

Main Dishes (click the link below to jump to a recipe)

These are the recipes from my family, my fabulous aunts, my mom, my sister, my cousins and wherever else I clipped them from. I've been saving them since childhood because sometimes, food brings people together and brings peace.



Bacon Fried Cabbage New Years	Crab Cakes	Pineapple Quesadillas	Shrimp Crab Casserole
Baked Spaghetti	Crab Cakes 2	Pizza BBQ Pork Pinwheel	Shrimp Jelly Ginger
Batter for Frying by Mom	Crab Cheese Casserole	Pizza Grade School Style	Sloppy Josies
Beef Butchering Diagram	Crab Mac and Cheese	Pizza No Crust	Slow Smoking Cooking Guide
Beef Jerky	Crawfish Eggrolls	Pizza Pot Pie	Spaghetti Alfredo
Beef Stroganoff by Mom	Crawfish Empanadas	Porcupine Meatballs	Spice Guide
Big Mac Sloppy Joe	Crawfish Enchiladas	Porcupine Meatballs 2	Swedish Meatballs
Big Mac Wrap	Deconstructed Eggrolls	Pork Butchering Guide	Taco Frito Salad
Blue Bacon Pizza	Egg roll in a Bowl	Porkchops Hawaiian Style	Tuna Casserole by Mom
Breaded and Fried	Fish Tips	Pork Cuts	Turkey Burget Twisted
Buffalo Chicken Nachos	Gnocchi Corn Cream Sauce	Pork Peach Pesto Quesadillas	Vegetarian Quesadillas
Burger Turtles	Ham Potato Layer Bake	Pot Roast Island Style	Waffle Sushi
Cabbage and Noodles New Year	Hawaiian Hot Dog	Salisbury Steak	
Cabbage Rolls NewYear	Jalapeno Popper Grilled Cheese		
Cheeseburger Cups	Lasagna By Mom	Salmon Bowl	
Chicken and Dumplings by Mom	Matilda's Cajun Gumbo	Salmon Cakes	
Chicken Buffalo Wrap	Meatballs Sweet Saucy	Salmon Honey Lime	
Chicken Cheese Soup Jones Style	Meatball Wellington	Salmon Mango Mango	
Chicken Crescent Flips	Meatloaf April Fools Style	Salmon Meatballs Garlic Lemon Cream	
Chicken Crocker Peach Salsa	Meat Sauce for Spaghetti	Salmon Poke Bowl	
Chicken Enchiladas by Mom	Mexican Pizza	Salmon Saucy Sweet	
Chicken King Ranch	Mexican Pizza 2	Salmon Stacker	
Chicken Pot Pie by Mom	Mexican Pizza Taco Bell	Salmon Tuscan Butter	
Chicken Salad Mango Mango		Seafood Mac and Cheese	
Chicken Spaghetti by Gwen			
Chicken Taquito Jalapeno			
Chicken Tortilla Casserole			



SALMON BITE BOWL-seriously this just became a regular on our weekly menu

For the salmon

1 lb salmon fillet , thickest cut if possible, skin removed, cut into equal-sized cubes (about 1-inch)
1/2 tsp garlic powder
1/4 tsp ground ginger
kosher salt or sea salt to taste
cracked black pepper to taste

For the sauce

1/4 cup coconut aminos , (can also sub with gf tamari or low-sodium)
3 tbsp honey , maple syrup or preferred sticky liquid sweetener
1 tsp sesame oil
1-2 tsp Sriracha , or preferred hot sauce, to taste or omit if sensitive to spice
1 tsp rice wine vinegar or 1/2 tsp apple cider vinegar

For serving:

1/2 - 2/3 cup cooked Jasmine rice , cauliflower rice or preferred rice of choice ()
1/4 avocado sliced or cubed
1-2 tbsp shelled edamame
4-5 slices of Mini or Persian cucumber slices
1-2 tbsp shredded / grated carrots
Tiny sprinkle of chopped green onions
Tiny sprinkle of sesame seeds for garnish

Instructions

Season the salmon with salt, black pepper, garlic powder and ground ginger.

In a small bowl, whisk together the coconut aminos, honey, sesame oil and Sriracha until combined. Pour a little more than half of the sauce over the salmon. Toss salmon to coat and allow to marinate for 20-30 minutes. Add the vinegar to the remaining sauce and set aside for topping the cooked salmon later.

Air Fryer Method: If your air fryer requires preheating, preheat to 390F. Spray the air fryer basket with oil spray. Place 12-16 seasoned salmon bites (depending on the size of your air fryer basket - reserving at least half for the oven method) on the basket in a single layer. Air fry for 6-8 minutes (or more as needed depending on your air fryer), flipping the salmon bites (or shaking the basket) halfway through, until the salmon is crispy and golden (with some pieces with a light char).

Oven Method: Preheat the oven to 415F. Line a small baking sheet with parchment paper. Place the remaining salmon bites on the baking sheet in a single layer. Roast for 10-12 minutes (or more as needed) until the salmon is crispy and golden (with some pieces with a light char). Turn the oven setting to broil at the end, and broil for 2-3 minutes to give the salmon a light char, if desired.

Transfer the salmon bites to a bowl. Whisk the reserved sauce once more to combine, if needed, then drizzle over the salmon bites. Sprinkle salmon bites with a little bit of green onions and sesame seeds.

When ready to serve, assemble the rice bowl by adding some rice, then top with a few pieces of salmon, along with edamame, avocado, cucumber and green onions. Top with another small sprinkle of sesame seeds, if desired.

VARIATIONS: Lemon Herb Salmon Bites: Add a refreshing twist by incorporating lemon zest and chopped fresh herbs like dill or parsley into the breadcrumb mixture. The citrusy aroma and herbaceous flavors will elevate the taste of the salmon bites.

Spicy Cajun Salmon Bites: For those who crave a kick of heat, sprinkle Cajun seasoning or a blend of chili powder, cayenne pepper, and smoked paprika onto the salmon bites before coating them with breadcrumbs. This variation adds a bold and spicy flavor profile.

SERVING SUGGESTIONS: Appetizer Platter, Salad Topping, Lettuce Wraps, Bowls or Taco

Night! You are welcome.



Tik Tok Spaghetti Alfredo

- 1 Jar Spaghetti Sauce
- 1 Pound Ground Beef or Ground Sausage
- 1/2 Cup Butter
- 1/4 Cup Flour
- 2 Cups Heavy Cream
- 1 1/2 Cups Shredded Parmesan, divided
- 2 Cups Mozzarella
- 1 Box Spaghetti

Red Sauce: Begin by browning the sausage or ground beef in a large skillet. When fully cooked, add the jar of spaghetti sauce and heat on medium heat. Keep warm.

Spaghetti: Boil the spaghetti noodles according to the package directions. Drain and set aside.

Alfredo Sauce: In a medium sauce pan, melt the butter then sprinkle with flour. Cook for 1-2 minutes before slowly adding in the heavy cream. When the sauce has thickened, reduce the heat and stir 1 cup of parmesan cheese. When the cheese has melted, season the sauce with salt and pepper.

Spaghetti Assembly: Spray a 9x13 baking dish with nonstick spray. Combine the alfredo sauce with the spaghetti noodles and place in the baking dish. Pour the red sauce over the top of the spaghetti then top with shredded mozzarella cheese and the remaining parmesan cheese. **Bake the Spaghetti:** Bake the Spaghetti Alfredo at 350 degrees for 20 minutes.



Big Mac Wrap Attack

Sauce:

- 1/2 cup mayonnaise
- 2 Tablespoons sweet pickle relish
- 1 Tablespoon grated yellow onion (with juices)
- 2 teaspoons yellow mustard
- 1/2 teaspoon white vinegar (optional, see notes)*
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon garlic powder

Grate the onion using a box grater. Be sure to use any juices that accumulate with the onion. In a small bowl, mix all ingredients together.

Place tortilla in skillet and smash ground beef onto tortilla till it is thin and round and flat, then cook till ground beef is done and add slice of cheese and garnish with lettuce and pickle and special Big Mac Attack Sauce and serve hot.





Mystery Recipe Shrimp Crab Casserole (CRAZY GOOD)

Make dough from Bisquik, spread in pan by the small spoonfulls evenly. (or, if like me, you don't always have what you need, try 1.5 cups of rice instead of Bisquik)

- 1 1/2 lbs medium shrimp, raw, peeled and deveined
- 1 lb of shreaded crab meat
- 1/2 cup butter
- 1 red or yellow bell pepper, chopped
- 1 onion, chopped
- 3 celery ribs, chopped
- 2 garlic cloves, minced
- 4 green onions, chopped
- 2 (10 3/4 ounce) cans cream of shrimp soup, undiluted
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1 cup cheddar cheese, shredded
- 1/4 cup fine dry breadcrumb

Prepare Bisquik dough according to package directions and spoon into tiny dollops in a greased baking dish. But don't bake it..yet.

Preheat oven to 350°F.

Melt butter in a large skillet over medium heat; add red or yellow bell pepper and next 4 ingredients, and sauté 10 to 12 minutes or until tender.

Stir in soup, shrimp, crab, salt, and pepper; cook 3 minutes or just until shrimp turn pink, taking care not to overcook the shrimp.

Pour it all over the dollops of Bisquik (or cooked rice) in the lightly greased 13- x 9-inch baking dish. Sprinkle evenly with 1 cup shredded cheese and 1/4 cup breadcrumbs.

Bake for 25 minutes or until cheese is melted.

I usually serve this with french bread warm from the oven.

(The mystery is: This recipe is missing one ingredient, no idea what that could be, the lady who shared the recipe said she held out one secrete thing to keep the secret of her cooking)



Cajun Crawfish Enchiladas makes 5 large servings

- 2 lbs crawfish peeled
- 2 cups heavy cream {or milk}
- 1/4 cup butter
- 8 oz cream cheese cubed
- 2 cups cheddar cheese shredded {divided}
- 1 cup mini sweet peppers diced
- 1 large yellow onion diced
- 2 tsp Tony Chachere's {or similar Creole seasoning}
- 10 taco size {medium} flour tortillas
- 1/4 cup green onion diced {for garnish}

Preheat oven to 350 degrees.

Heat a large skillet over medium heat and add butter.

Once it is melted, add diced yellow onions and peppers and saute until softened and browned, about 10 minutes.

Add in the heavy cream and Tony Chachere's seasoning and bring to a simmer, whisking often.

Add cream cheese and stir until melted and smooth.

Now sprinkle in the crawfish tails and mix well.

Finally add 1 cup shredded cheese.

Stir and remove from heat.

Add 2-3 ladles of the crawfish filling to the bottom of a extra large baking dish. I used 2 dishes, one 8X8 and 1 9X13.

Add a couple spoonfuls of the filling to each tortilla and roll.

Please seam side down in the baking dish{es} and repeat until all tortillas are filled.

Spread remaining filling on top of the tortillas then top with 1 cup shredded cheese.

Cover with aluminum foil and bake for 20 minutes.
Optional: remove foil and turn the broiler on and heat for an additional 2 minutes to crisp and melt the cheese more.
Sprinkle with green onions and serve with rice on the side.



CRISPY CAJUN CRAWFISH EGG ROLLS

15 Egg roll wrappers
1/8 cup cooking oil
1/8 cup flour
1/4 onion
1/2 green pepper
1/2 can diced tomatoes
1/2 cup fish broth
1/2 pound crawfish tails
2 tablespoons heavy cream
1 tablespoon Cajun seasoning
2 cups pepper jack cheese shredded
2 cups white rice cooked

Heat the butter and oil in a skillet over medium low heat. Stir continuously until it reaches a medium brown color, about 7-10 minutes.
Add the onion and green pepper and cook for 1 minute.
Add the tomatoes and cook for 1 minute.
VERY SLOWLY pour in the fish broth, while whisking constantly, and bring to a simmer for 5 minutes. It's key to pour slowly to avoid lumps from forming.
Add the Cajun seasoning, crawfish and cream and simmer until thickened, about 3-5 minutes. While the mixture is simmering, add the cooked rice and shredded pepper jack cheese to a large bowl.
Pour the crawfish mixture into the bowl and mix to combine.
Lay an egg roll wrapper on a flat countertop or surface and folder up the bottom about one inch.
**see post above for step by step photos.
Place 2 tablespoons of the mixture right above the folder up corner (towards the bottom).
Fold the right and left corners in towards the middle, then roll the egg roll all the way, leaving 1 inch free at the top.
Lightly wet the free corner at the top with water and press onto the egg roll to seal it.
Continue with all remaining egg rolls until all the mixture has been used.
Heat about 2 inches of oil over medium heat to 350F degrees in Dutch oven or high sided cast iron skillet. I prefer cast iron as the pot retains it's heat better.
Once the oil is heated to 350 degrees, add 4-5 egg rolls (begin careful not to overcrowd the pan so the oil temperature doesn't come down too much) and fry for about 2-3 minutes per side, until they are golden brown.
Remove and place on a wire rack over paper towels to let any excess grease drain off.

Expert Tips:
Use a thermometer (I love the Thermapen) to make sure the oil stays at 350 degrees.
It is easier to roll the egg rolls if the filling has been chilled for 1-2 hours. It becomes thicker and slightly easier to handle.
Dampen the edge of the egg roll wrapper to make sure it sticks.
You can make the mixture up to 3 days in advance. Store it in a covered container in the fridge until ready to use.
You can also freeze the egg rolls for use in the future. Flash freeze them (place directly on a baking sheet in the freezer for 3 hours), then store in an airtight freezer bag or container for up to one month.
If you bake them from frozen, add 10 minutes to the cook time. (1 eggroll about 170 calories)



Lobster, Crab and Shrimp Macaroni and Cheese

1 Pound Penne Pasta or Large Elbow Pasta

3 Cups Whole Milk

2 Cups Half & Half

1 Tablespoon Butter

2 Tablespoons Extra Virgin Olive Oil

¼ Cup Onion, diced

1 Tablespoon Fresh Thyme, chopped

1 to 2 Cloves Fresh Garlic, finely minced

3 Level Tablespoons All Purpose Flour

To Taste Kosher Salt

To Taste Black Pepper

To Taste or 1 to 2 Tablespoons Grand Diamond All Purpose Seasoning

To Taste or 2 to 3 Teaspoons Hot Sauce or Tabasco

1 to 2 Teaspoons Liquid Crab Boil, (optional) (careful, it can be spicy but it adds a nice seafood flavor)

3 Cups (about 12 Ounces) Gouda Cheese or Monterey Jack Cheese , grated

3 Cups (about 8 Ounces) Muenster Cheese or Mild Cheddar Cheese, grated

1 Cup (a little less than 4 Ounces) Gruyere Cheese, grated

1 Pound Shrimp, raw, deveined, tail removed, Size 14-16 or 31-40

½ to ¾ Pound Lobster, raw or pre-steamed, chopped into chunks (3 to 4 small lobster tails will do)

½ to ¾ Pound Lump Crab, your choice

Nonstick Cooking Spray, optional

Directions

Note: Store bought lobster that has been steamed/precooked along with your choice of lump crab meat works great for this recipe.

Prepare, chop, and dice all of the ingredients first. Grate all of the cheeses and toss together in one large bowl.

Season the shrimp and lobster. Set aside.

Preheat oven to 350 degrees



In a large stock pot, bring 3 quarts of water to a boil over high heat. Season the boiling water, with 3 Tablespoons of salt. Cook until just al dente or 2 minutes short of the suggested cooking time on the package. Once done, drain the pasta, DO NOT rinse, and toss with 1 or 2 tablespoons of olive oil or vegetable oil to keep it from sticking together while the sauce is being cooked.

Preheat the milk and half & half together in the microwave, about 3 to 4 minutes. Next, in a large skillet melt the butter and olive oil together over medium-high heat. Add the onions and sauté for about 3 to 4 minutes or until soft. Add and stir in the flour, cook for about 2 minutes. (This is a roux. Do not brown it.) Add the chopped garlic and thyme, cook for another minute. Next, while whisking vigorously add all of the milk mixture to the roux. Whisk until the sauce is smooth and has no lumps. Once it's smooth, turn the heat down to medium heat. Add the salt, pepper, Grand Diamond All Purpose Seasoning, hot sauce, and optional liquid crab boil to taste. Simmer for about 5 to 8 minutes or until the sauce has thickened. Whisk occasionally to keep it from sticking.

Next, add 3 cups of the grated chesses to the sauce (reserve 4 cups for layering), turn off the heat and stir just until the cheese melts and the sauce is combined. Stir in the drained pasta.

In a lightly sprayed 9×13 baking dish, pour in half of the macaroni & cheese.

Next, place the first layer of seafood, using half of each. Sprinkle 2 cups of the reserved cheeses. Add the next layer of macaroni & cheese, repeat layering of

	<p>seafood, and top with the final 2 cups of cheese. Bake COVERED with aluminum foil at 350 degrees for 30 minutes. Remove the cover and continue to bake for an additional 10 minutes or just until the cheese is fully melted and the seafood is fully cooked. Serve hot.</p> <p>Note: This dish can be prepared and assemble a day in advance, covered, refrigerated, and baked off the following day. When reheating leftovers be sure to cover.</p>
	<p>Crawfish Empanadas (Makes 1 pan)</p> <ul style="list-style-type: none"> 1 lb of crawfish tails or shrimp 1 can - 12 oz of diced tomatoes w/diced jalapeno peppers 1 cup of cooked rice 1/2 of colby jack shredded cheese 1/3 cup of seasoning blend (diced onions & bell peppers) 1/4 tsp salt 1/2 tsp chili power or your favorite chili seasoning blend 2 packages of refrigerated pie crust (or make your own pie crust) 1 beaten egg <p>Instructions</p> <p>Combine crawfish tails or shrimp, diced tomatoes w/diced jalapeno peppers, cooked rice, colby jack shredded cheese, seasoning blend (diced onions & bell peppers), salt and chili power to create your empanada filling.</p> <p>Roll out your pie crust to form a small circle of dough approx 4-6 inches in diameter. Add 1-2 tbs of empanada filling and fold in half to create a seam and close your semicircle. Brush egg wash on top and repeat. 2 individual pie crusts (1 package) should make 8 empanadas. Bake for 20 minutes in oven at 350F.</p> <p>You can make more empanadas at a lower cost by making your own pie crust dough to save money versus already make pie crust in your store's refrigerated section.</p>
	<p>Original Old Bay Crab Cakes</p> <ul style="list-style-type: none"> 2 slices dried bread, crusts removed (or croutons or panko) 1 Tbs. milk 1 tablespoon mayonnaise 1 tablespoon Worcestershire sauce 1 tablespoon parsley flakes 1 tablespoon baking powder 1 teaspoon Old Bay Seasoning 1/4 teaspoon salt 1 egg, beaten 1 pound lump crabmeat Oil for frying <p>In a large bowl, break bread into small pieces. Moisten with milk. Add mayo, Worcestershire sauce, parsley, baking powder, Old Bay, salt, egg and crabmeat. Mix lightly and shape into 4 patties. Refrigerate patties 30 minutes to help keep them stay formed when cooking. Fill your frying pan with about 1/4" vegetable oil. Over medium-high heat, fry until golden-brown on both sides. I usually flip every 1 minute to avoid over frying.</p>



Aunt Matilda's Cajun Gumbo (There is no Aunt Matilda, in our family, when we don't know who done it, it was either "Aunt Matilda" or "Lucy Jane" neither of which exist.)

3-4 cups cooked chicken or pork, shredded or cubed (Lori doesn't eat chicken)
2 lbs Jimmy Deam Sausage (or Chappel Hill link sausage)
1 lb small or medium shrimp

Make a Roux using 2 cups of white flour and Milk and some of the chicken broth, sifted and cooked over low head in a non-stick pan until light brown. Do not burn it, takes a long time..Stir Often.

In separate pan or skillet saute the following until soft and clear on low to medium heat. There should be enough liquid to do this without oil. I add a stick of butter towards the end as it gets too dry.

3-4 stalks celery-diced
2 bunches parsley-diced
2 bunches green onion-diced
1 yellow onion-diced
1 bell pepper-diced (I leave this out-I hate green peppers)
(You can chop all this in the food processor to speed things up)

Once the veggies and roux are done sift the roux again to be sure there are no lumps and mix with the vegetables. Add 3-4 cups chicken broth. Add the chicken or pork. Season with fresh garlic, file', black pepper, cayenne pepper and basil. Put the shrimp in 1st so they don't overcook. Add water to fill your pot to whatever level you need to fill the number of people who show up! Ha! (Depression Era Grandma Hack)

Lori Logic: Roux can be tricky, if you've never made roux..google for tips first...or just buy some from the Cajun section at the store...or, if its lumpy pour it into the ninja blender and smooth it out.



Cheesy Baked Crab Casserole (Makes about 4 cups)

8 oz imitation crab
4 oz cream cheese (softened)
1/4 cup sour cream
1 1/2 cups mozzarella cheese (shredded)
1 cup cheddar cheese (shredded)
1 tsp worcestershire sauce
1/2 tsp onion powder
1/4 tsp garlic powder
1/4 tsp pepper
Ritz crackers

Preheat the oven to 350F

Shred the imitation crab and put it in a large mixing bowl

Add the cream cheese, sour cream, mozzarella cheese, and 1/2 cup of cheddar cheese and stir to combine

Add the Worcestershire sauce, onion powder, garlic powder, and pepper

Spread the crab dip in a casserole dish

Cover with the remaining cheddar cheese

Bake for 30 minutes until the cheese is bubbly

Serve warm with Ritz crackers



Million Dollar Spaghetti Casserole (aka Baked Spaghetti)

1 lb of ground beef
1 jar of spaghetti sauce
8 oz of cream cheese
¼ cup sour cream
½ lb cottage cheese (equals 1 cup)
½ cup butter (1 stick)
1 pkg spaghetti 16 oz
Grated cheddar cheese

Preheat your oven to 350°. Boil your spaghetti noodles until al dente (firm). Drain and set aside until ready to assemble.

Combine the cream cheese, sour cream and cottage cheese until well blended. Brown your hamburger and when done, drain well. Combine the hamburger with your spaghetti sauce.

Put a few slices of butter into a 9×13 pan then pour half of your spaghetti noodles on top.

Take your cream cheese mixture and pour on top of the noodles. Spread well over noodles.

Pour the rest of the noodles on top of the cream cheese mixture. Put a few more slices of butter on top of the noodles.

Pour your spaghetti and meat sauce on top of your noodles.

Now it is ready to put into the oven for 30 minutes. After 30 minutes, pour the desired amount of grated cheese on top and return to the oven for 15 minutes to allow cheese to melt.

Serves 10 (10SP)



MEATBALL WELLINGTON

1 pound ground beef
1/2 cup breadcrumbs
1 egg
1 pinch salt
1 pinch freshly ground black pepper
1/2 cup onion, minced
3 cloves garlic, minced
1/4 cup fresh parsley, chopped
Thawed puff pastry, cut into 4-inch squares
2 cups shredded mozzarella
1 egg, beaten
Tomato sauce, for serving
Fresh basil, for garnish
Grated Parmesan, for garnish

Instructions:

In a large mixing bowl, combine ground beef, breadcrumbs, egg, salt and pepper, minced onion, garlic cloves, and chopped

parsley.
 Shape into small balls (about 1 1/2 inches in diameter).
 Place meatballs on a parchment-lined baking sheet.
 Broil for 7 to 10 minutes. Set aside until cool enough to handle.
 Preheat oven to 400 degrees.
 Flour your work surface and place puff pastry squares onto surface.
 Add a heaping tablespoon of shredded mozzarella onto center of pastry square.
 Place meatball on top of the cheese.
 Wrap puff pastry around meatball.
 Place on parchment-lined baking sheet, seam side down.
 Brush with egg wash.
 Bake for 25 minutes.
 Serve atop tomato sauce, and garnish with basil and Parmesan.



Maple, Apple (or pear), Blue Cheese and Bacon Pizza on Cauliflower Crust

- Store-bought or homemade pizza dough
- 2 small apples thinly sliced (or pears)
- 1/3 cup maple syrup
- 12 ounces shredded Italian blend cheese
- 4 slices cooked bacon cut into thick pieces (crispy)
- 1/2 cup roasted garlic cloves
- 3 ounces blue cheese (or goat cheese if you don't like blue cheese)

Preheat oven to 475 degrees.

Place the sliced apples in a small bowl and pour the maple syrup on the sliced apples and set aside.
 Divide the pizza dough ball into 4 sections, reserving half of the dough for another use. Stretch the dough and place on a small baking sheet, working the dough into a rectangle. If the dough springs back, let it rest for a few minutes then continue to spread it into the corners of the baking sheet.
 Layer the dough with half of the shredded Italian cheese then top with slices of the apple, half of the bacon, garlic cloves and chunks of blue cheese.

Bake for 8-10 minutes or until the cheese is melted and the crust is golden.
 Drizzle with additional maple syrup, cut and serve immediately.

Note: Substitute Pears for the apples for an equally awesome change up.



MEAT SAUCE FOR SPAGHETTI (makes about 4 cups)

- 2 tablespoons olive oil
- 1 pound ground beef
- 1 pound can tomato puree
- 1 6-ounce can tomato paste
- 1 teaspoon salt
- 2 cloves garlic
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 teaspoon rosemary
- 2 or 3 bay leaves, crumbled
- 1 1/2 cups water
- 1/2 cup red wine

In a large skillet brown the beef in olive oil. Set aside.

Place all remaining ingredients except water into the container. Cover.

Press button 14 for 20 seconds. After 10 seconds remove center section of cover and gradually add water until container is 3/4 full. Keep any remaining water for addition to sauce as it thickens while cooking.

Pour sauce over meat. Simmer for a minimum of 30 minutes and add leftover water when needed. Stir occasionally. This sauce can simmer for 2 hours if you prefer. Check for seasoning. add salt if desired.

LORI'S HOMEMADE SAUCE: When available I use fresh whole tomatoes, cook or roast them first on the BBQ pit till they are nearly all black on the outside, then peel them, then puree in the blender or food processor. I have also added fresh roasted zucchini, onions, garlic and cooked and pureed it to add to the sauce and it was phenomenal. Garnish with fresh basil. (Its easier to peel the tomato's if you core and score them before roasting)



Salmon Poke Bowl for 1

Note: To cook the salmon, marinate it in the sauce recipe provided, and either cook on a hot grill or bake in the oven at 400 degrees for 12 to 15 minutes, or until cooked through.

- 3 oz fresh sashimi-grade salmon cubed into 3/4- to 1-inch pieces
- 1/4 cup shredded purple cabbage
- 1/4 cup sliced cucumber
- 1/4 cup sliced carrot
- 1 tbsp chives, chopped
- 1 tbsp toasted sesame seeds
- Rice

For the sauce:

- 2 tbsp sesame oil
- 1 tbsp low-sodium soy sauce
- 1 tsp rice vinegar (Ive also used flavored vinegar for this like apple or etc)
- 1/4 tsp ground ginger
- 1/4 tsp toasted sesame seeds
- 1/2 to 1 tsp Sriracha hot sauce, or to taste (optional)

Directions:

In medium bowl, whisk together ingredients for sauce. Add salmon and toss well. Set aside. To assemble your poke bowl, add rice first. Then top with the rest of the

ingredients and seasoned salmon. Garnish with fresh chopped chives and toasted sesame seeds. Top off with remaining sauce.



Crab and Shrimp Macaroni and Cheese

1 Pound Penne Pasta or Large Elbow Pasta

3 Cups Whole Milk

2 Cups Half & Half

1 Tablespoon Butter

2 Tablespoons Extra Virgin Olive Oil

¼ Cup Onion, diced

1 Tablespoon Fresh Thyme, chopped

1 to 2 Cloves Fresh Garlic, finely minced

3 Level Tablespoons All Purpose Flour

To Taste Kosher Salt

To Taste Black Pepper

To Taste or 1 to 2 Tablespoons Grand Diamond All Purpose Seasoning

To Taste or 2 to 3 Teaspoons Hot Sauce or Tabasco

1 to 2 Teaspoons Liquid Crab Boil, (optional) (careful, it can be spicy but it adds a nice seafood flavor)

3 Cups (about 12 Ounces) Gouda Cheese or Monterey Jack Cheese , grated

3 Cups (about 8 Ounces) Muenster Cheese or Mild Cheddar Cheese, grated

1 Cup (a little less than 4 Ounces) Gruyere Cheese, grated

1-1.5 Pound Shrimp, raw, deveined, tail removed, Size 14-16 or 31-40

½ to ¾ Pound Lump Crab, your choice, or crawfish tails

Nonstick Cooking Spray, optional

Directions

Note: Store bought lobster that has been steamed/precooked along with your choice of lump crab meat works great for this recipe.

Prepare, chop, and dice all of the ingredients first. Grate all of the cheeses and toss together in one large bowl.

Season the shrimp and lobster. Set aside.

Preheat oven to 350 degrees

In a large stock pot, bring 3 quarts of water to a boil over high heat. Season the boiling water, with 3 Tablespoons of salt. Cook until just al dente or 2 minutes short of the suggested cooking time on the package. Once done, drain the pasta, DO NOT rinse, and toss with 1 or 2 tablespoons of olive oil or vegetable oil to keep it from sticking together while the sauce is being cooked.

Preheat the milk and half & half together in the microwave, about 3 to 4 minutes. Next, in a large skillet melt the butter and olive oil together over medium-high heat. Add the onions and sauté for about 3 to 4 minutes or until soft. Add and stir in the flour, cook for about 2 minutes. (This is a roux. Do not brown it.) Add the chopped garlic and thyme, cook for another minute. Next, while whisking vigorously add all of the milk mixture to the roux. Whisk until the sauce is smooth and has no lumps. Once it's smooth, turn the heat down to medium heat. Add the salt, pepper, Grand Diamond All Purpose Seasoning, hot sauce, and optional liquid crab boil to taste. Simmer for about 5 to 8 minutes or until the sauce has thickened. Whisk occasionally to keep it from sticking.

Next, add 3 cups of the grated chesses to the sauce (reserve 4 cups for layering), turn off the heat and stir just until the cheese melts and the sauce is combined. Stir in the drained pasta.

In a lightly sprayed 9×13 baking dish, pour in half of the macaroni & cheese. Next,

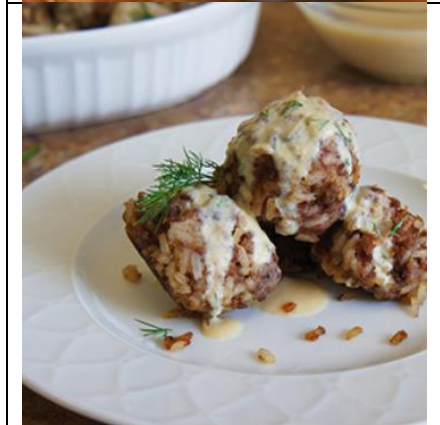
	<p>place the first layer of seafood, using half of each. Sprinkle 2 cups of the reserved cheeses. Add the next layer of macaroni & cheese, repeat layering of seafood, and top with the final 2 cups of cheese. Bake COVERED with aluminum foil at 350 degrees for 30 minutes. Remove the cover and continue to bake for an additional 10 minutes or just until the cheese is fully melted and the seafood is fully cooked. Serve hot.</p> <p>Note: This dish can be prepared and assemble a day in advance, covered, refrigerated, and baked off the following day. When reheating leftovers be sure to cover.</p>
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<p>Breaded and Fried Crack Chicken (or Shrimp) Tenders</p> <p>1 lb chicken tenders ½ cup mayonnaise ½ cup grated Parmesan cheese 1 packet Ranch seasoning mix ½ tsp garlic powder ½ tsp onion powder 1 cup crushed Ritz crackers</p> <p>Instructions: Preheat oven to 375°F (190°C). Combine mayonnaise, Parmesan, Ranch seasoning, garlic powder, and onion powder. Coat chicken tenders in the mayo mixture, then dredge in crushed Ritz crackers. Arrange on a baking sheet and bake for 20-25 minutes until golden and cooked through</p>
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<p>Buffalo Chicken Nachos</p> <p>Shreaded Chicken Colby Cheese Nacho Chips Buffalo Sauce</p> <p>Layer and Bake and Love</p>



<p>1930's Style Porcupine Meatballs-Lisa Clemons</p> <p>1 cup Mahatma® White Rice 1 ½ lbs lean ground beef 1 tsp salt 1 tsp lemon pepper 1 Tbsp fresh dill ½ cup seasoned bread crumbs ½ cup flour 2 Tbsps vegetable oil</p> <p>For the Sauce:</p>
--

2 each eggs, beaten
1 cup beef broth
juice of 2 lemons
fresh dill, for garnish

Prepare rice according to package directions. In a large bowl combine rice, beef, salt, lemon pepper, dill and bread crumbs. Mix until just combined. Do not over mix or meatballs will be tough. Shape rice mixture into desired shaped balls and gently roll in flour. Heat oil in a large skillet over medium heat. Shake excess flour from meatballs and add to skillet. Brown meatballs on all sides. Continue to cook, turning occasionally, until centers are no longer pink, about 20 minutes. Meanwhile, in a small bowl combine eggs and broth. Add lemon juice and beat well. Pour mixture through a strainer into a small saucepan. Cook over medium heat, stirring constantly, until it begins to thicken, about 5 minutes. Do not boil. Place meatballs in a serving dish and top with sauce. Garnish with fresh dill, if desired.



BIG MAC SLOPPY JOES:

Brown your ground beef halfway in your large skillet then add in the chopped onions, salt and pepper. Cook the beef until fully browned then add in the chopped pickles and stir. Add in the McDonald's Copycat Big Mac Sauce and stir well.

Cook 1 additional minute then serve on sesame hamburger bun following this stacking order:

From the bottom up:

Bun bottom
Secret Sauce
Lettuce
American Cheese
Meat
Bun Bottom
Secret Sauce
Lettuce
Pickles
Meat
Bun Top

HOW TO MAKE MCDONALDS SECRET BIG MAC SAUCE:

1 cup mayonnaise
¼ cup French dressing
2 tablespoons sweet relish
1 tablespoon ketchup
1 teaspoon white vinegar
¼ teaspoon onion powder
½ teaspoon salt

Mix ingredients well.

Refrigerate for 24 hours before using for best (and most authentic) taste.

EASY SECRET SAUCE SHORTCUTS:

You can swap out Thousand Island Dressing instead of the secret sauce – add in additional mayonnaise to make it creamier (about ¼ cup).

Use mayonnaise and ketchup (½ and 1/2)

Use Fry Sauce or other secret sauces available at supermarkets.



Tuscan Butter Salmon

- 2 tbsp. extra-virgin olive oil
- 4 (6-oz) salmon fillets, patted dry with paper towels
- kosher salt
- Freshly ground black pepper
- 3 tbsp. unsalted butter
- 3 cloves garlic, minced
- 1 1/2 c. halved cherry tomatoes
- 2 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. Parmesan
- 1/4 c. chopped herbs (such as basil and parsley), plus more for garnish
- Lemon wedges, for serving

In a large skillet over medium-high heat, heat oil. Season salmon all over with salt and pepper. When oil is shimmering but not smoking, add salmon skin-side up and cook until deeply golden, about 6 minutes. Flip over and cook 2 minutes more. Transfer to a plate.

Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.

Stir in heavy cream, parmesan and herbs and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.

Return salmon back to skillet and spoon over sauce. Simmer until salmon is cooked through, about 3 minutes more.

Garnish with more herbs and squeeze lemon on top before serving.



Jalapeno Popper Grilled Cheese

- 4 medium jalapeños, stems removed, sliced in half, and seeded
- 1 tablespoon olive oil
- 4 ounces cream cheese, room temperature
- 1/2 teaspoon garlic salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1 cup (113 g) mild cheddar cheese, shredded, divided
- 6 strips bacon, cooked, divided
- 4 slices Texas toast (Or your bread of choice)
- 4 tablespoons unsalted butter, divided

Preheat oven to 425°F. Line a baking sheet with parchment paper. Brush the jalapeños with the olive oil on all sides and place on the prepared baking sheet. Roast for about 15 minutes, or until the skin of the jalapeños begins to char slightly. Remove from oven and set aside to cool slightly. To a medium mixing bowl, add cream cheese, garlic salt, pepper, and onion powder. Mix until creamy. Once the jalapeños are cool enough to handle, roughly chop them and fold them into the cream cheese mixture. Butter one side of one slice of bread. On the opposite side, spread half of the cream cheese mixture. Top the cream cheese mixture with 3 slices of bacon and 1/2 cup of cheddar cheese. Top with another slice of bread and butter the outside. Repeat these steps with the remaining bread.

Jalapeno Popper
GRILLED CHEESE





Mom's Lasagna (Loretta Diman)

1 pkg Lasagna Noodles
Boil until tender, then drain and separate into a pan and set aside.

Meat Sauce:

Brown 1 chopped onion and 1.5 lbs of ground beef seasoned with salt, pepper and garlic powder. Drain excess fat from the meat and add
1 large jar of Ragu Spaghetti Sauce, add meat and simmer.

Cheese Blend:

1 c grated Ricotta Cheese
½ Romano Cheese
¾ cup Parmesean Cheese

In large greased casserole dish layer the following:

A little sauce
Cooked noodles
Meat Sauce
Italian Seasoning Sprinkle
Cheese Blend
Mozerella
Keep making layers till you fill the pan.
Bake at 350 degrees for 35 minutes.



Jill's Tortilla Chip Chicken Casserole

1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
1 (10 ounce) can diced tomatoes with green chile peppers (or Rotel)
1 (14.5 ounce) package nacho-flavor tortilla chips –crushed
Family size portion of cooked chicken, broiled, boiled or grilled.
1 1/4 cups milk
1/2 cup shredded processed cheese

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, combine the soups, tomatoes and green chile peppers and milk. Mix well until smooth. Layer a 9x13 inch baking dish with the tortilla chips, then the chicken, and then pour the soup mixture over.

Bake at 375 degrees F (190 degrees C) for 20 minutes. Remove from oven, top with the cheese and bake for 10 more minutes, or until cheese is bubbly.



Waffle Sushi from Tik Tok

1/2 cup steamed white rice (or more for larger waffle irons)
1/4 teaspoon sesame oil
2 tablespoons shredded crab, fish, or whatever (I like teeny tiny shrimp)
2 tablespoons diced cucumber
2 tablespoons chopped avocado
1 tablespoon scallions/green onions
Furikake and sesame seeds for garnishing
Sriracha and mayonnaise, to taste
Soy sauce, to taste

Chop cucumber, scallions, and avocado, and set aside.



Measure out a half cup of steamed white rice, and mix with sesame oil. Roll rice into a tight ball, and press into greased waffle iron. Let waffle iron run for one cycle or until the rice reaches your desired level of crispiness. Top waffle with crab, cucumber, avocado, and scallions. Drizzle on sriracha and mayonnaise, then garnish with furikake seasoning and sesame seeds.



Mexican Pizza

2 premade pizza crusts approx 10 inch round
1/2 cup refried beans, more or less to taste
1 lb cooked ground beef, seasoned with your choice of taco seasoning, divided
1/2 cup chopped tomatoes
3 cups shredded cheese, a combination of Mozzarella, Monterey Jack, and Cheddar, divided
1/2 cup enchilada sauce
Directions:
Preheat oven to 400 degrees F. In a round pizza pan place 1 pizza crust. Spread beans, half the ground beef, and half the cheese.
Add second crust. Add enchilada sauce, remaining beef, tomatoes, and cheese. Bake for 10-12 minutes or until cheese is bubbly.



Deconstructed Eggrolls (Loris Fave)

Makes about 4-5 servings

Ingredients:

1.5 lbs. lean grass fed ground beef or jimmy dean sausage or shredded pork or no meat at all.
1 large head of green cabbage, shredded thinly
3 small carrots, peeled and cut into small matchsticks
6-8 green onions, cut into 2" pieces
4-5 cloves fresh garlic, minced
1 Tbsp grated fresh ginger
1 Tbsp sesame oil
1/4 cup low sodium soy sauce, Bragg's liquid aminos, or (my favorite) coconut aminos
2 Tbsps toasted sesame seeds

Instructions:

In a small bowl, whisk garlic, ginger, sesame oil, and soy sauce, then set aside. Heat a large skillet over medium-high heat, and add in the beef. Cook, breaking the meat with a wooden spoon until browned and cooked through. Stir in your carrots, green onions and cabbage, then stir fry for about 3 minutes. Drizzle your soy sauce mixture into the skillet, and continue stir-fry cooking for about 4 minutes more, or just until all of your vegetables are crisp-tender. Sprinkle each serving with sesame seeds, and additional chopped green onions, if desired.
Works great for meal prep too!
Simply divide equally between 4 sealable containers, and store in your fridge for 4-5 days.



Salisbury Steak:

- 1 (10 1/2 ounce) cans Campbell's French onion soup
- 1 1/2 lbs ground beef
- 1/2 cup dry breadcrumbs
- 1 egg
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper, to taste
- 1 tablespoon all-purpose flour
- 1/4 cup ketchup
- 1 -3 teaspoon Worcestershire sauce, to taste
- 1/2 teaspoon mustard powder
- 1/4 cup water

- 1In a large bowl, mix together 1/3 cup condensed French onion soup with ground beef, bread crumbs, egg, salt and black pepper.
- 2Shape into 6 oval patties.
- 3In a large skillet over medium-high heat, brown both sides of patties.
- 4Pour off excess fat.
- 5In a small bowl, blend flour and remaining soup until smooth.
- 6Mix in ketchup, water, Worcestershire sauce and mustard powder.
- 7Pour over meat in skillet.
- 8Cover, and cook for 20 minutes, stirring occasionally.
9. Serve & Enjoy



April Fools day Meatloaf and Mashers

This is your basic pie crust filled with meatloaf and food colored (or beet colored) mashed potatoes. For extra appeal you can use an icing tip and icing back to make the "pie" more believable.



Ham & Potato Layer Bake

INGREDIENTS

- Serves 4-5
- 5 potatoes, peeled
 - 2 teaspoons salt
 - 1 teaspoon pepper
 - 8-10 slices ham
 - 7-8 slices mozzarella cheese
 - 5 slices bacon, cooked and crumbled
 - 1/4 cup parsley, chopped
 - 2 cups shredded mozzarella cheese
 - 1 cup heavy cream
 - 2 eggs

PREPARATION

1. Preheat oven to 350°F/180°C.
2. Slice the peeled potatoes into 1/2-centimeter slices.
3. Season the potatoes with salt and pepper, tossing them to make sure they're coated evenly.
4. Press a layer of potatoes evenly into the bottom of a greased, square baking pan.
5. Place half of the ham slices evenly on top of the potatoes, followed by half of the

sliced cheese.

6. Follow with another layer of potatoes, then the remaining ham and sliced cheese.
7. Sprinkle the bacon and parsley evenly on top of the sliced cheese, and place one final layer of potatoes on top.
8. Sprinkle the shredded cheese on top of the potatoes, then press it into an even layer.
9. In a small bowl, mix the heavy cream and eggs. Pour on top of the shredded cheese.
10. Bake for about 40 minutes, until the cheese is a deep golden brown.
11. Cool slightly, slice, then serve!



Baked Honey Cilantro Lime Salmon in Foil

Baked honey cilantro lime salmon in foil is cooked to tender, flaky perfection in just 30 minutes with a flavorful garlic and honey lime glaze.

Ingredients

- 1 large salmon fillet (see note)
- salt and pepper, to taste
- ½ cup butter, melted (see note)
- juice of 2 limes (plus one lime, thinly sliced)
- 4 tablespoons honey
- 3 teaspoons minced garlic
- ½ cup cilantro, roughly chopped

1. Preheat oven to 350 degrees. Line and grease a large baking sheet with foil. Lay salmon on foil and season with salt and pepper on both sides to taste. Slip lime slices underneath the salmon.
2. Stir together butter, lime juice, honey, and garlic. Pour mixture over salmon. Fold sides of foil up over the salmon (don't worry if it doesn't cover the salmon completely).
3. Bake for 15-20 minutes. Switch oven to broil and cook another 5 minutes. Sprinkle chopped cilantro over the top and serve.

Notes: For an even lighter version, you can cut back the butter to 4 tablespoons instead of a half cup (8 tablespoons).



Pizza Pot Pie

1 loaf frozen rising bread dough

IN an oven safe bowl, spray with Pam or coat with butter.

Line with layers of cheese (you choose the flavor)

Then add crumbled sausage, ground beef pepperoni or other meat.

Then add mushrooms, onions, or other "toppings" (sauté first)

Stretch uncooked dough over the top of the bowl and bake at 350 for 30 minutes.

Remove from oven and cool for 5 minutes then dump over upside down onto a platter and serve.



King Ranch Chicken

- 1/4 cup stick butter
- 1/2 cup chopped green bell pepper (Optional, I hate green peppers)
- 1/2 cup chopped yellow onion
- 1 can (10-3/4 oz each) condensed cream of chicken soup
- 1 can (10-3/4 oz each) condensed cream of mushroom soup
- 1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies, undrained
- 2 cups chopped cooked chicken breast
- 12 corn tortillas (6 inch), torn into bite-size pieces
- 2 cups shredded Cheddar cheese (2 cups = 8 oz)

Preheat oven to 325°F. Spray 13x9-inch baking dish with cooking spray; set aside.

Melt Fleischmann's in large saucepan over medium heat. Add bell pepper and onion; cook and stir about 5 minutes or until tender. Stir in both soups, undrained tomatoes and chicken.

Layer one-third each of tortillas, chicken mixture and cheese evenly in dish. Repeat layers twice more. Bake uncovered 40 minutes or until hot and bubbly.



Creamy Jalapeño Chicken Taquitos Servings: 6 (Makes 24 Taquitos)

For the taquito filling:

- 6 cups cooked chicken, shredded
- ¼ cup jalapeños, diced
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 ½ cups crema table cream
- 24 soft corn tortillas

Oil for frying

Garnishes:

- Crema
- Cilantro
- Cotija cheese
- Avocado

4. PREPARATION

1. In a sauce pan, over medium-high heat, combine all taquito filling ingredients. 2. Mix well and cook for 5 minutes, stirring occasionally.
3. Wrap tortillas in a damp towel and microwave for 15-20 seconds.
4. Place about 2 tablespoons of filling across the tortilla about ⅓ of the way up from the bottom of the tortilla, and roll the tortilla around the filling.
5. Heat about ¼ inch of oil over medium-high heat. Carefully, place 3-4 taquitos in the oil, and cook for 3 minutes on each side. (Frying them seam side down first helps them stay closed during frying!)
6. Remove from the pan and drain excess oil on the taquito on a paper towel.
7. Place cooked taquitos on a bed of lettuce and garnish with crema, cilantro, cotija, and avocado.



Mom's Beef Stroganoff (Loretta Diman) **TREVORS FAVORITE**

1.5 lbs ground beef
Diced onion to taste (about 2 large tablespoons)
Parsley flakes
1 teaspoon garlic salt
Salt & pepper to taste
1 can mixed vegetables (or corn or carrots or peas)
1 cup sour cream
½ cup Milk

Brown the beef with the onions and parsley and garlic, then add vegetables and simmer 15 min.

Blend in Sour cream and Milk and beat thoroughly.

Place in a 2.5 quart casserole dish and serve over egg noodles.

Option 1: Instead of serving over egg noodles, top the casserole dish with biscuit dough and bake till the biscuits are done.

Option 2: Skip the noodles and top with tater tots and bake until the tots are done. Caution: When you buy tator tots some are raw potatoes and some are pre-browned..get the pre-browned ones.



CHICKEN POT PIE-MOM

Filling

1/3 cup butter or margarine
1/3 cup chopped onion
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 3/4 cups Progresso™ chicken broth (from 32-oz carton)
1/2 cup milk
2 1/2 cups shredded cooked chicken or turkey
2 cups frozen mixed vegetables, thawed

Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan.

In 2-quart saucepan, melt butter over medium heat. Add onion; cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened. Stir in chicken and mixed vegetables. Remove from heat. Spoon chicken mixture into crust-lined pan. Top with second crust; seal edge and flute. Cut slits in several places in top crust.

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



CHICKEN & DUMPLINGS-MOM (Loretta)

BROTH

1 chicken cut into pieces
1 onion
3 large carrots cut into thirds
3 stalks celery cut into thirds
8 cups low sodium chicken broth
salt & pepper to taste
bay leaf or a pinch of poultry seasoning optional

DUMPLINGS

1 3/4 cups flour plus extra for dusting
1/3 cup shortening
1/2 teaspoon baking powder
3/4 cup milk
1/2 teaspoon salt

4 tablespoons cornstarch (as needed/desired)
parsley for garnish

Combine chicken, onion, carrots and celery in a large pot. Season to taste. Add chicken broth. Bring to a boil, reduce heat, and simmer covered 45-60 minutes or until chicken is tender. While broth is simmering, prepare dumplings below. Remove chicken and vegetables from broth. Discard skin and bones and chop remaining chicken, set aside. Gently add dumplings to broth. Simmer 15-20 minutes or until tender. Stir chicken (and vegetables if desired) into broth and cook about 2-3 minutes or until heated through.

DUMPLINGS

Combine flour, baking powder, salt and shortening with a fork until shortening is mixed in. Add milk a little at a time and mix until combined (you may not need all of it, you want a soft but not sticky dough). Knead a few times on a floured surface until dough is smooth. Generously flour your surface and roll the dough out to 1/8" thick. Cut dough into 1" x 2" strips. Flour generously to avoid sticking. Cook in broth as directed above.

TO THICKEN BROTH (OPTIONAL)

In a small bowl combine 4 tablespoons cornstarch with 4 tablespoons water. Add to boiling broth a little bit at a time stirring to reach desired consistency.

Carrots and celery can be served on the side or chopped and added to the broth along with the chicken. As an alternate, we also use bisquik and make biscuit dough and drop it into the boiling broth for fluffier dumplings.



Hawaiian Hot Dog

When making a hot dog on the grill, brush it with teriyaki sauce then pair it with crisp bacon crumbles, grilled pineapple tidbits, grilled red onion and a light drizzle of teriyaki.

(For a vegan option you can use a cooked carrot instead of a hot dog-don't laugh, it's good)



Mom's Fried Shrimp OR Onion Rings (Loretta Diman)

Batter # 1 Ingredients:

1 cup flour
1 tsp baking powder (NOT BAKING SODA)
1 teaspoon vinegar
Pinch of salt
Yellow food coloring (optional)
Note: You can substitute ½ cup of the flour for ½ cup of corn meal when necessary)
Mix and beat until smooth



Batter #2 (from Kelly's Country Cookin') (Chef shared it with me when I worked there)

1.5 cups crushed premium (or ritz) crackers
1 cup flour
¼ cup corn meal
Buttermilk

Batter #3

1 cup Corn Starch
½ cup sifted all purpose flour
½ teaspoon salt
1 cup cold water
Stir together corn starch, flour and salt in small bowl. Gradually mix in the water until mix is smooth. Let stand 15 min before using. If batter is too thick, still in tiny increments of water to make a good coating consistency.



MEXICAN PIZZA

- 1 cup refried beans
- 4 - 6-inch flour tortillas
- ½ cup red enchilada sauce
- 1 medium tomato, diced
- ¾ cup shredded cheddar cheese blend
- 2 green onions, chopped
- Cooking spray

1. Preheat oven to 400 degrees Fahrenheit.
2. Spray a hot skillet with cooking spray. Brown and crisp the tortillas on both sides. Reserve for later.
3. Heat the refried beans.
4. Place 2 of the browned tortillas on a sheet pan and spread half of the heated refried beans onto each tortilla. Place the remaining tortillas on top of the beans.
5. Pour and evenly spread half of the enchilada sauce on top of each tortilla. Top each with half the tomato and ½ cup cheese, then sprinkle half the green onion on each.
6. Bake for 8 to 10 minutes, or until the cheese has melted. Allow to sit a few minutes before cutting and serving.



NEW YEARS SOUTHERN BACON-FRIED CABBAGE

INGREDIENTS

- 6 slices bacon, chopped (better when fried first, but can use it either way)
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 large head cabbage, cored and chopped
- 2 tsp. seasoned salt
- 1/2 tsp. ground black pepper
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder

Cook the bacon in a jumbo cooker over medium-high heat until crisp. Remove the bacon to a paper towel-lined plate. Reserve 2 tbsp. of the bacon grease and discard the rest.

In the same jumbo cooker, return the 2 tbsp. bacon grease. Over medium-high heat, cook the onion until it is soft, about 4 minutes. Add the garlic and continue to cook for an additional 1 minute. Stir in the cabbage and continue to cook and stir for 4-5 minutes. Add the seasoned salt, pepper, onion powder and garlic powder. Mix well. Reduce heat to low, cover, and allow to simmer, stirring occasionally, for about 30 minutes.

Just before serving, mix the bacon into the cooked cabbage. Serve immediately.

For meat eaters, like my husband, you can also add 1lb. of ground beef, chicken or pork.



Classic Swedish Meatballs

Classic Swedish Meatballs Recipe

- 1-2/3 cups evaporated milk, divided
- 2/3 cup chopped onion
- 1/4 cup fine dry bread crumbs
- 1/2 teaspoon salt
- 1/2 teaspoon allspice
- Dash pepper
- 1 pound lean ground beef (90% lean)
- 2 teaspoons butter
- 2 teaspoons beef bouillon granules
- 1 cup boiling water
- 1/2 cup cold water
- 2 tablespoons all-purpose flour
- 1 tablespoon lemon juice

Combine 2/3 cup evaporated milk with the next five ingredients. Add beef; mix lightly. Refrigerate until chilled.

With wet hands, shape meat mixture into 1-in. balls. In a large skillet, heat butter over medium heat. Brown meatballs in batches. Dissolve bouillon in boiling water. Pour over meatballs; bring to a boil. Cover; simmer 15 minutes.

Meanwhile, stir together cold water and flour. Remove meatballs from skillet; skim fat, reserving juices. Add flour mixture and remaining evaporated milk to pan juices; cook, uncovered, over low heat, stirring until sauce thickens.

Return meatballs to skillet. Stir in lemon juice.



SALMON STACK

1 oz. salmon filet
1 tbsp. olive oil
1 tsp. minced fresh ginger
1 small garlic clove, minced
Kosher salt

FOR THE SPICY MAYO

1/2 c. Duke's Mayonnaise
1 tbsp. sriracha
2 tsp. soy sauce
1/2 tsp. sesame oil

FOR THE RICE

2 1/2 c. cooked white rice
2 tsp. rice wine vinegar
2 tsp. toasted sesame seeds

FOR THE AVOCADO SALAD

1 avocado, cut into small cubes
1/4 red onion, finely chopped
1/4 c. finely chopped fresh mango
1 small cucumber, cubed
Juice of 1 lime
Kosher salt

DIRECTIONS

Preheat oven to 375° and line a small baking sheet with parchment paper. Drizzle salmon with olive oil and rub with garlic and ginger. Season with salt and place on prepared baking sheet. Bake 12 to 15 minutes, or until flesh is opaque and flakes easily with a fork.

Make spicy mayo: in a small bowl, whisk together Duke's Mayonnaise, sriracha, soy sauce, and sesame oil. In a medium bowl, stir together rice and rice wine vinegar.

Meanwhile, prepare avocado mixture: in a medium bowl, stir together avocado, cucumber, red onion, mango, and lime juice. Season with salt.

To assemble, use a 1 or 2-cup dry measuring cup, depending on how large you'd like your stacks to be. Fill 1/3 of the way with avocado mix, 1/3 with flaked salmon, and 1/3 with white rice. Run a butter knife along the edge of the measuring cup. Place a small plate on top of the measuring cup and invert the cup onto the plate. Carefully remove the measuring cup to reveal the sushi stack. Repeat with remaining ingredients.

Drizzle each stack with spicy mayo, garnish with sesame seeds, and serve.



Salmon Cakes

1/4 cup mayonnaise
1/4 cup minced onion
2 eggs, lightly beaten
1/2 tsp Worcestershire sauce
1/2 tsp dry ground mustard
1/4 tsp salt
1/4 tsp cayenne pepper
1/2 tsp Old Bay seasoning
1 lb. lump crabmeat
1 cup Panko bread crumbs
2 Tbs unsalted butter
1/4 cup vegetable oil
Lemon wedges for serving

1. In a medium bowl, combine the mayo, onion, eggs, Worcestershire, dry mustard,

salt, Old Bay seasoning and cayenne. Fold in crabmeat and 1/4 cup Panko. Shape the mixture into 16 cakes about 1 inch thick. Coat the crab cakes with the remaining Panko crumbs and transfer to a baking sheet lined with wax paper.

2. In a large skillet, melt 1 Tbs of butter into 2 Tbs of the oil. When the foam subsides, add half of the crab cakes and cook over moderate heat until golden and crisp, 2-3 minutes per side. Drain crab cakes on paper towels and keep warm in low oven if you like.

3. Cook the remaining crab cakes in the remaining 1 Tbs of butter and 2 Tbs of oil. Serve with lemon wedges.



Barbecue Pork Pizza Pinwheels

- 1 can Refrigerated Crescents or Pizza Dough
- ¼ cup your favorite barbecue sauce
Coupons

- ¾ cup shredded Cheddar-Jack Cheese
- 1 cup shredded cooked pork
- ¼ cup diced red onion
- 1 tablespoon chopped cilantro (optional)

1. Preheat oven to 350 degrees. Cover a cookie sheet with foil and spray lightly with cooking spray.

2. Lightly flour a large wooden cutting board. Roll out dough onto the floured surface, pressing seams together as you go.

3. Spread barbecue sauce evenly over the dough, to the edges.

4. Top with shredded cheese, chicken, onions and cilantro.

5. Roll pizza and seal then slice into 1 inch pieces. *Roll width-wise (the longest side) for smaller pinwheels, and length-wise (the shortest side) for larger pinwheels.

6. Place pinwheels on the prepared cookie sheet, about 2 inches apart.

7. Bake at 350 degrees for about 9-11 minutes, or until the tops are golden brown.

8. Allow to cool for a couple of minutes then serve with barbecue ranch dipping sauce (1 part bottled barbecue sauce, 1 part bottled ranch dressing).



CABBAGE & Noodles (Aunt Debbie)

- 12 oz kielbasa or sausage, sliced
- 2 tablespoons olive oil, divided
- ¼ cup salted butter
- 1 large onion, diced
- ½ head cabbage, chopped (approx. 6-7 cups)
- 1 clove garlic, minced
- ¾ cup frozen peas
- 8 oz uncooked egg noodles
- salt and fresh ground black pepper to taste
- 4-6 Cups Chicken Broth

Cook noodles according to package directions, drain and set aside.

In a large saucepan, heat 1 tablespoon olive oil. Cook sausage until lightly browned.

Add remaining olive oil, butter and onion. Cook until softened, about 5 minutes.

Add cabbage and garlic. Cook until tender (10-15 minutes). Stir in peas, noodles and salt & pepper. Cook 2-3 minutes or until heated through.



Egg Roll In A Bowl

- 1 pound ground pork sausage (or shredded chicken or pork)
- 6 cups coleslaw mix or shredded cabbage
- 4 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 tablespoon soy sauce
- 1/4 cup chopped green onions
- 1 tablespoon sesame oil

- 1.Heat a large skillet over medium heat. Add the sausage and cook, stirring often to crumble, until cooked through. Do not drain.
- 2.Add the coleslaw mix, garlic, ginger, and soy sauce to the skillet with the sausage. Cook for 3-4 minutes or until cabbage has softened a bit.
- 3.Remove from the heat and top with the green onions and drizzle with sesame oil.
- 4.Serve immediately.



Cheeseburger Cups Recipe (Try this using the BigMac Sloppy Joe Mix too)

TOTAL TIME: Prep/Total Time: 30 min. YIELD:5 servings

- 1 pound ground beef
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon prepared mustard
- 1-1/2 teaspoons Worcestershire sauce
- 1 tube (12 ounces) refrigerated buttermilk biscuits
- 1/2 cup cubed process cheese (Velveeta)

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the ketchup, brown sugar, mustard and Worcestershire sauce. Remove from the heat; set aside.
2. Press each biscuit onto the bottom and up the sides of a greased muffin cup. Spoon beef mixture into cups; top with cheese cubes. Bake at 400° for 14-16 minutes or until golden brown.

Freeze option: Freeze cooled pastries in a freezer container, separating layers with waxed paper. To use, thaw pastries in the refrigerator for 8 hours. Reheat on a baking sheet in a preheated 375° oven until heated through. Yield: 5 servings.

2 each: 440 calories, 16g fat (7g saturated fat), 78mg cholesterol, 1142mg sodium, 45g carbohydrate (13g sugars, 0 fiber), 27g protein.



Gnocchi, Sweet Corn & Arugula in Cream Sauce

- 3 medium-sized fresh sweet corn on the cob
- 3 C fresh arugula (*I used a mix of fresh arugula and spinach*)
- 3/4 C fresh mushrooms, chopped (optional)
- 1 pound potato gnocchi
- 3/4 C half and half (or half heavy cream, half whole milk/skim)
- 3 oz light cream cheese
- 1 t salt
- 1 t garlic powder
- 1 t fresh basil, julienne
- 1/4 t black pepper
- Pinch of crushed red pepper
- Parmesan cheese for sprinkling

In large pot, boil water and cook gnocchi according to package directions, adding in the corn on the cob in the last 5 minutes. Remove corn, transfer to cutting board. Drain gnocchi, but make

sure to reserve 1/2 cup of pasta water. Don't rinse your gnocchi.

For the cream sauce, combine half and half, cream cheese, salt, garlic powder, fresh basil, and pepper in a medium saucepan. Cook over medium for about 10 minutes, stirring until cream cheese has evenly dispersed throughout sauce. Stir in reserved pasta water.

Slice your corn off the cob.

In a medium bowl, combine your pasta sauce, corn, gnocchi and arugula. Sprinkle with additional salt, pepper, basil, and crushed red pepper if desired. Enjoy it, man.



Amazing Rice Crab Cakes Recipe

- 1 cup fat-free reduced-sodium chicken broth
 - 1 cup instant white rice, uncooked
 - 2 eggs
 - 2 cans (6 oz. each) crabmeat, drained, flaked
 - 1/4 cup KRAFT Grated Parmesan Cheese
 - 1/4 cup butter or margarine
- Make It
Tap or click steps to mark as complete

Bring broth to boil in small saucepan. Stir in rice; cover. Remove from heat; let stand 5 min. Fluff with fork.

Beat eggs in large bowl. Add crabmeat, cheese and rice; mix lightly. Shape into 8 patties. Let stand 5 min.




Melt butter in large skillet on medium heat. Add crab patties; cook 5 min. on each side or until heated through and lightly browned on both sides.



Taco Bell Mexican Pizza

- 1/2 pound ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon dried minced onion
- 1/4 teaspoon paprika
- 1 1/2 teaspoons chili powder (Spanish blend is best)
- 2 tablespoons water
- 8 small (6-inch diameter) flour tortillas
- 1 cup Crisco shortening or cooking oil
- 1 (16 ounce) can refried beans
- 1/3 cup diced tomato
- 2/3 cup mild picante salsa
- 1 cup shredded Cheddar cheese
- 1 cup shredded Monterey jack cheese
- 1/4 cup chopped green onions

Cook the ground beef over medium heat until brown, then drain off the excess fat from the pan. Add salt, onions, paprika, chili powder and water, then let mixture simmer over medium heat for about 10 minutes. Stir often. Heat oil or Crisco shortening in a frying pan over medium-high heat. If oil begins to smoke, it is too hot. When oil is hot, fry each tortilla for about 30-45 seconds per side and set aside on paper towels. When frying each tortilla, be sure to pop any bubbles that form so that tortilla lays flat in oil. Tortillas should become golden brown. Heat up refried beans in a small pan over the stove or in the microwave. Heat oven to 400 degrees F. When meat and tortillas are done, stack each pizza by first spreading about 1/3 cup refried

	<p>beans on the face of one tortilla. Next spread 1/4 to 1/3 cup of meat, then another tortilla. Coat your pizzas with two tablespoons of salsa on each, then split up the tomatoes and stack them on top. Next divide up the cheese, onions and olives, stacking in that order. Place pizzas in your hot oven for 8-12 minutes or until cheese on top is melted. Makes 4 pizzas.</p>
	<p>Vegetarian Quesadillas</p> <p>In a skillet sautee mushrooms, squash, tomatoes (hulled), sweet peppers and onions in oil or butter. (Thinly or diced small)</p> <p>In a separate skillet lightly grill the tortillas adding your sautéed vegetables and top with cheese and a second tortilla.</p> <p>Top with salsa and/or sour cream.</p> <p>Serve with pineapple pico.</p>
	<p>Mom's Tuna Casserole-Loretta Diman</p> <ul style="list-style-type: none"> 1 large can of tuna 1 onion 1 can Cream of Mushroom Soup 2 cups white Sauce 3 cups cooked noodles Ritz Crackers Salt, Pepper Grated Cheese <p>Cook pasta noodles, make white sauce, then add onion, then add tuna, mushroom soup and pasta and salt and pepper.</p> <p>Pour all into a casserole dish and top with cheese. Line the edge of the bowl with ritz crackers to keep the cheese from sticking to the edge of the dish.</p> <p>White Sauce: (1 cup recipe) (Note: also called white gravy)</p> <ul style="list-style-type: none"> 2 tablespoons butter 2 tablespoons flour .25 teaspoon salt 1 cup milk <p>Melt butter in sauce pan over low heat. Blend in flour and salt a little at a time till smooth. Add milk all at once, cook while stirring until mixture thickens. Use a wooden spoon, I don't know why..but mom said..so do it. Sautee the onion in the butter and flour before adding the milk.</p>
	<p>Mom's Chicken Fried Steak-Loretta Diman</p> <p>Use tenderized, cubed steaks (Important to get cubed steak)</p> <p>Dip raw meat into raw egg then roll in blend of flour and seasonings, Repeat for thicker batter.</p> <p>Fry in frying pan with about ¼ inch of hot oil.</p> <p>Cook until brown.</p> <p>Optional: Can fry chicken in this method also.</p> <p>Optional: For crispier batter, add some crushed saltine crackers to the flour, as much as half and half.</p>

White Gravy: (1 cup recipe)
2 tablespoons butter
2 tablespoons flour
.25 teaspoon salt
1 cup milk

Melt butter in sauce pan over low heat. Blend in flour and salt a little at a time till smooth. Add milk all at once, cook while stirring until mixture thickens. Use a wooden spoon, I don't know why..but mom said..so do it. Sautee the onion in the butter and flour before adding the milk.

Optional: instead of butter, you can use the drippings from the frying pan.



Gwen's Chicken Spaghetti

1.25 cups chicken broth
1 cup diced onion
½ cup celery
1 can cream of chicken
1 can cream of mushroom
18 oz spaghetti noodles
Velveeta cheese
Chicken

In skillet, sauté butter, onion, celery ..then add soups, and cooked spaghetti noodles and chicken and half the cheese and then top with all the remaining cheese

Bake at 350 degrees 30 minutes.



Mom's Chicken Chalupas (They are really Enchiladas, but whatever)

1 Whole cooked chicken, boiled in plenty of celery, salt and pepper. Must boil the chicken so you can dip the tortillas in the broth later.
1 lb grated cheddar cheese
1 can green chilis
1 pint heavy cream
1 tablespoon worchestershire sauce
1 teaspoon tobacco sauce
1 pint milk
1 onion
1 clove garlic
Salt and pepper
24 soft flour tortillas

After cooking the chicken, cut into strips, and grate the cheese.

Grease a baking pan and chop onion and garlic and pour over milk and cream adding worchestershire and tobacco and salt and pepper.

Dip tortillas into the hot oil to soften, then fill with chicken and cheese and a sliver of the green chili. Roll and place in the greased pan.

Repeat till all the tortillas and chicken are used up.

Pour remaining sauce over the entire pan of enchiladas and top with cheese.

Refrigerate several hours.

Bake at 350 degrees for 1 hour.



Kathy Jones Amazing Chicken Cheese Soup (Great with leftover turkey)(Loris ex, Chris Jones Step Mom)

- ¼ cup butter
- ½ cup diced onions
- ½ cup diced carrots
- ½ cup celery
- ¼ cup flour
- ¼ teaspoon baking soda
- 1 quart of milk
- 1 quart of chicken stock
- Salt and pepper to taste
- 1 cup velveeta cheese grated
- Meat from 1 whole chicken (or turkey)

Sautee onions, garlic, carrots and celery in butter then add mixture of cooked chicken, broth, milk, flour, baking soda and salt and pepper, then simmer for 1 hour or slow cook for 6 hours add velveeta (or cheddar) 15 minutes before serving.



Taco Frito Salad (Loris Favorite)

- 1 head lettuce
- 2 tomatos
- 4 green onions
- 2 avocados
- Jalapeno (to taste)
- 6-8oz grated sharp cheddar cheese
- Fritos or corn chips
- ½ lb. cooked seasoned ground beef or chicken or tempeh
- 1 can red beans or drained, rinsed ranch style beans

Mix all, top with Catalina or French dressing and serve.



Salmon Meatballs with Garlic Lemon Cream Sauce

- Servings 20medium meatballs
- 2tablespoons butter or ghee/coconut oil
- 1/3cup finely chopped onion
- 2cloves garlic, minced or pressed
- 1pound ground wild caught salmon
- 2tablespoons dijon mustard
- 1/4cup chopped fresh chives
- 1large egg
- 1tablespoon organic coconut flour
- 1teaspoon seasoned salt<-- Get my Homemade Recipe

For the Lemon Cream Sauce

- 2tablespoons butter or ghee/coconut oil
- 4 cloves garlic, minced or pressed
- 1medium lemon Juiced & zested (the zest is important)
- 2tablespoon Dijon mustard
- 2cups heavy cream or coconut cream

2+tablespoons chopped fresh chives

1. Preheat oven to 350 degrees
2. In a small skillet, over medium heat saute onions and garlic in butter until soft, roughly 3 minutes. Set aside and allow to cool.
3. In a large bowl, combine remaining meatball ingredients with cooked onion mixture and mix well.
4. Form into meatballs (of desired size) I prefer to bake mine in a silicone mini muffin pan. at 350 for 20-25 minutes or until cooked through as desired.
5. While meatballs are baking, make your cream sauce.
6. In a large skillet over medium heat, saute garlic in butter until soft, roughly 3 minutes.
7. Add lemon juice and dijon mustard, whisk until combined. The whisk in heavy cream. Simmer until desired thickness is achieved, stirring frequently.
8. Remove cooked meatballs from the oven and place in the sauce. Garnish with chives.
9. Serve meatballs with cream sauce and Enjoy!

CROCKPOT Peach Salsa CHICKEN



TheFrugalGirls.com

Crockpot Peach Salsa Chicken

What You'll Need:

- 4 – 5 Boneless Skinless Chicken Breasts, thawed
- 1 jar Smucker's Peach Preserves {18 oz.} (also good with Mango)
- 1 jar Chunky Salsa {16 oz.}
- Crockpot

What You'll Do:

- Cook chicken in crockpot on high for 3 hours {covered}
- After 3 hours, drain juices from crockpot
- Mix together Salsa and Peach Preserves
- Pour mixture over chicken, and cook on high for 30 more minutes {covered}



Porcupine Meatballs

Hearty and well seasoned meatballs with rice that simmer in a rich tomato sauce. This is a family recipe passed down from my grandma. (Lisa Clemons)

- 1 Pound Ground Beef
- ¼ cup uncooked long grain rice
- 1 slightly beaten egg
- 1 tablespoon parsley, chopped
- ¼ cup onion, finely chopped
- ½ teaspoon McCormick® Garlic Powder
- ¼ teaspoon McCormick® paprika
- ⅛ teaspoon McCormick® Pepper
- ½ teaspoon salt
- 1 (10¾ oz) can condensed tomato soup, divided
- ½ cup water
- 2 teaspoons Worcestershire sauce

1. In a medium sized bowl combine meat, rice, egg, parsley, onion, garlic powder, paprika, pepper, salt and ¼ cup tomato soup. Mix thoroughly and shape into about 20 meatballs and place in a skillet.

2. Mix remaining soup, water and worchestershire sauce. Pour over meatballs. Bring to a boil and reduce heat. Cover and simmer for about 35-40 minutes stirring often.



NO CRUST PIZZA

Crust

- 1 (8 oz) package of full fat cream cheese, room temperature
- 2 eggs
- 1/4 tsp ground black pepper
- 1 tsp garlic powder
- 1/4 cup grated parmesan cheese

Topping

- 1/2 cup pizza sauce
- 1 1/2 cups shredded mozzarella cheese
- toppings - pepperoni, ham, sausage, mushrooms, peppers
- Garlic powder

Preheat oven to 350.

Lightly spray a 9×13 baking dish with cooking spray. With a handheld mixer, mix cream cheese, eggs, pepper, garlic powder and parmesan cheese until combined. Spread into baking dish. Bake for 12-15 minutes, until golden brown. Allow crust to cool for 10 minutes.

Spread pizza sauce on crust. Top with cheese and toppings. Sprinkle pizza with garlic powder.

Bake 8-10 minutes, until cheese is melted.



Buffalo Chicken Wraps

- 1½ pounds boneless, skinless chicken tenders
- 2 tbsp. olive oil
- 2 tbsp. hot sauce
- ½ tsp. paprika
- ½ tsp. garlic powder
- ¼ tsp. kosher salt
- 4 large tortillas (I used spinach wraps)
- about ½ c. Ranch or blue cheese dressing
- 1 c. finely shredded cabbage or salad greens
- ½ c. coarsely shredded carrots
- 4 tbsp. shredded cheddar cheese (really, you only need a little)

1. In a medium bowl, whisk together olive oil, hot sauce, paprika, garlic powder, and salt. Add chicken, and toss to coat. Allow to marinate for at least 5 minutes. (You can put in the fridge for up to 24 hours for more flavor.)
2. Meanwhile, heat a skillet over high heat and spray with cooking spray. Place each tortilla on a plate, and spread dressing evenly over the surface, leaving about an inch around the edges. Sprinkle cabbage, carrots, and cheese over the dressing.
3. Use tongs to arrange chicken pieces in your very hot skillet, leaving excess marinade behind. Cook approximately 5 minutes per side, until chicken is cooked through.
4. Arrange cooked chicken pieces down the center of each tortilla. Wrap tightly, cut in half, and serve.



Peach, Pork and Gorgonzola Balsamic Quesadillas with Arugula Pesto

- 2 (6-8 inch) tortillas
- 2 tablespoons gorgonzola dolce, crumbled
- 1/2 cup mozzarella, shredded
- 1 peach, sliced thinly
- 1/4 cup pork, cooked and shredded
- 1 tablespoon arugula pesto (see below) or arugula (optional)
- 1 teaspoon balsamic reduction

Heat a pan over medium heat, place a tortilla in the pan, sprinkle half of the cheese over the tortilla, followed by the peach, chicken, balsamic reduction, pesto, the remaining cheese and tortilla.

Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Note: To make balsamic reduction: Simmer 1/2 cup balsamic vinegar and 1 tablespoon brown sugar until reduced by half.



Caramelized Pineapple Quesadillas. [with Spicy Strawberry Salsa]

- 2 cups fresh pineapple chunks, cut into squares
- 3 tablespoons coconut oil
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1/2 vidalia onion, diced
- 1 small poblano pepper, seeded and diced
- 1 boneless, skinless grilled chicken breast, shredded
- 6 ounces monterey jack cheese, freshly grated
- 1/2 cup freshly torn cilantro

salsa

- 1 medium tomato, chopped
- 3/4 cup chopped strawberries
- 1/4 red onion, finely diced
- 1/2 jalapeno, seeded and diced
- 1/3 cup freshly torn cilantro
- 1 lime, juiced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Heat a large skillet over medium heat and add 1 tablespoon of coconut oil. Add pineapple and toss with salt and cinnamon, cooking until caramelized and golden, flipping occasionally – about 6-8 minutes. Remove pineapple and place in a bowl, then add another 1/2 teaspoon of coconut oil, tossing in onions and peppers with a pinch of salt. Stir and cook until softened, about 3-5 minutes, then remove from the skillet and place in the bowl with the pineapple.

Reduce the heat in the skillet to low, add another 1/2 tablespoons of coconut oil. Place a tortilla down, then cover in a sprinkling of cheese (make sure you leave enough for the second quesadilla), chicken, the pineapple, onions and peppers, and cilantro, then add another sprinkle of cheese. Cook until tortilla is golden, then gently flip, keeping the ingredients inside, and cook until other side is golden. Repeat with remaining quesadilla, and serve with strawberry salsa.

For salsa, combine all ingredients together in a bowl and mix thoroughly. The longer it sits, the more flavor that develops. Keeps well in the fridge for 2-3 days.



'Mango Mango' Miso Salmon

- 1/4 cup 'Mango Mango' Mango Preserves (Any flavor of preserves works)
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons hot water
- 2 tablespoons miso (soybean paste)
- 4 (6-ounce) salmon fillets (about 1 inch thick)
- Cooking spray
- 1 tablespoon chopped fresh chives

Preheat oven to 400 degrees. Whisk together first 4 ingredients. Arrange fish in a shallow baking dish coated with cooking spray. Spoon mango miso mixture evenly over fish. Bake 10 to 15 minutes or until fish flakes easily with a fork, basting twice with miso mixture. Sprinkle with chives. Serves well with mashed red potatoes and a side edamame beans.
Garnish with fresh Mango.



Chicken Salad with a kick of fruity greatness

Add 1-2 tablespoons of 'Mango, Raspberry or Peach Perserves' to your chicken salad for a surprise twist.



Turkey Burger with Terrific Twist

- 1 ½ lbs ground turkey
- ¼ cup 'Fruit Preserves (any flavor) (Mango, Fig, Peach, etc)
- 1/3 cup crumbled feta cheese
- 1 TBSP poultry seasoning
- 2 TBSP olive oil
- Toasted Kaiser bun
- Boston green leaf lettuce
- Sliced red onions
- Sliced tomatoes
- Seasoning to taste

Place the ground turkey in a large bowl. Sprinkle with seasoning over the turkey and make sure it's well blended. Add in perserves and feta cheese crumbles. Mix well and shape the seasoned turkey into circular patties. Drizzle the olive oil in a pan and heat. Cook the patties about 3-4 minutes on each side until done. Place the patty on the toasted Kaiser bun and top with Boston green leaf lettuce, sliced red onions and sliced tomatoes.



Island Style Pot Roast

- 2 ½- 3 lb beef chuck roast
- 1- 15 oz can black beans (drained)
- 1 tsp coarse salt
- 1 large onion chopped
- 1 TBSP curry powder
- 2 tsps cumin
- 1-14 oz can beef broth
- 1- 14 oz can coconut milk
- 1-10 oz can diced tomatoes with green chilies
- 2/3 cup Fruit Preserves (Peach or Mango is ideal but any flavor will be great)
- 4 garlic cloves grated
- 3 TBSP of vegetable oil

Cover skillet with vegetable oil and season roast on both sides with seasoning and coarse salt. Let meat brown on both sides over high heat. Make sure the roast has a good sear. Cover the bottom of your crockpot or slow cooker with chopped onions. Remove the roast from the skillet and put it into the crockpot/slow cooker. In the skillet used to brown the roast, add curry powder and cumin. Rub the spice mix into the hot oil. Now turn the heat up! Stir in the beef broth, coconut milk, diced tomatoes with green chilies, fruit preserves and grated garlic. Blend it well and when it comes to a boil pour it into the crockpot/slow cooker, over the pot roast. Cover the crockpot/slow cooker and cook on low for 6 hours or until the meat is fork tender. Once the roast is fork tender, remove the pot roast onto a cutting board. Add the black beans to the broth in the crockpot/slow cooker. Cut your roast into large chunks add it back to the broth for 15 minutes. Now serve on mashed potatoes or rice.



Cabbage Rolls

- 16-18 large cabbage leaves
 - 1 1/2 pounds lean ground beef
 - 3/4 cup white rice, uncooked
 - 3/4 large onion, chopped
 - 1 clove garlic, minced
 - 1/2 teas salt and pepper or to taste
- Full Recipe <https://lifewithjanet.com/2021/04/27/stuffed-cabbage-rolls/>



Salty Sweet Sloppy Joesies

- 1 lb ground beef
- ½ cup onion, thinly chopped
- 2 cups tomato sauce
- ½ cup Fruit Preserves (Mango, Peach or Raspberry works great)
- 1 TBSP Worcestershire sauce
- ½ TBSP dry mustard
- 1 TBSP paprika
- salt and pepper to taste

In a large skillet brown the ground beef over medium heat. When beef is browned, add onions to the skillet and cook about 5 minutes or until onions are tender. Add 'Mango Mango', tomato sauce, Worcestershire sauce, dry mustard, paprika and salt

and pepper to the skillet containing the beef and onions. Stir and reduce heat. Serve on butter, toasted sesame seed buns.



The School Pizza Recipe (It's a joke people, calm down)

Crust:

2-2/3 cup flour
3/4 cup powdered milk
2 T sugar
1 package quick rise yeast
1 tsp salt
1-2/3 cup warm water (110-115)
2 T vegetable oil

Filling:

1/2 lb Italian sausage
1/2 lb ground chuck
1/2 tsp pepper
1/2 tsp salt
1 (8oz) block mozzarella cheese
Sauce (I make the day before):
1 (6oz) can tomato paste
1 1/2 cups water
1/3 cup olive oil
2 cloves garlic minced
1 t salt
1 tsp pepper
1/2 T dried oregano
1/2 T dried basil
1/2 t dried rosemary

Crust:

Preheat oven to 475.

Spray 18 x 13 sheet pan with Pam and lay parchment paper down.

Add flour, powdered milk, sugar, yeast, and salt to a large bowl. Whisk to blend. Add oil to warm water. Pour into flour mixture. Stir with a wooden spoon until batter forms. Don't worry about lumps - you just want no dry spots. Spread dough onto sheet pan with fingertips until even. If the dough doesn't want to cooperate then let it rest for 5 min and try again.

Bake just the crust for 8-10 min. Remove from oven and set aside.

filling: Brown meats (add salt and pepper) until it resembles crumbles. Drain, set aside. Get out sauce.

To partially baked crust assemble: Spread sauce all over crust.

Sprinkle meats. Sprinkle cheese.

Bake at 475 for 8-10 min. Until cheese starts to brown.

Let stand 5 min, cut into slices and serve.



Jelly Ginger Shrimp

30 + large, fresh or frozen, deveined and peeled shrimp
3 tablespoons of Mango or Peach Preserves
seasoning blend or season salt to taste

In a medium bowl or large ziploc-style bag, toss the shrimp and preserves together making sure that the shrimp are well marinated. In a pan with a little olive oil sauté the shrimp, preserves and add seasoning in increments, add more spice for more kick if needed. Instead of the pan, the shrimp can also be grilled on a skewer 2-4 minutes on each side or until shrimp are done.

The Jelly Ginger Shrimp can be either an appetizer or an entree. As an appetizer, eat them like popcorn shrimp or on a kabob with other meats and veggies or in a lettuce wrap. They can be added to your stir fry or mixed with pasta and chicken & broccoli Alfredo.



Beef Jerky

- 3/4 cup Worcestershire sauce
- 3/4 cup soy sauce
- 1 tablespoon smoked paprika, or to taste
- 1 tablespoon honey, or more to taste
- 2 teaspoons freshly ground black pepper
- 1 teaspoon red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 pounds beef top round, thinly sliced

Whisk Worcestershire sauce, soy sauce, paprika, honey, black pepper, red pepper flakes, garlic powder, and onion powder together in a bowl. Add beef to bowl and turn to coat beef completely. Cover the bowl with plastic wrap and marinate in the refrigerator, 3 hours to overnight.
Preheat oven to 175 degrees F (80 degrees C). Line a baking sheet with aluminum foil and place a wire rack over the foil.
Transfer beef to paper towels to dry. Discard marinade. Arrange beef slices in a single layer on the prepared wire rack on the baking sheet.
Bake beef in the preheated oven until dry and leathery, 3 to 4 hours. Cut with scissors into bite-size pieces.



Hawaiian Pork Chops

- 6 pork chops
- Kosher Salt
- Pepper
- 1/2 cup of fruit Preserves (Peach, Mango, Fig or Raspberry)
- 3/4 teaspoon. ground ginger
- 2 teaspoon Worcestershire sauce

Preheat oven to 350. Season chops to taste with kosher salt and pepper on both sides, set chops aside in a baking dish. Mix Preserves, ground ginger and Worcestershire sauce. Brush mixture generously over chops, cover dish with foil and bake for 45 minutes or until chops are done.



Saucy Sweet Salmon

- 1 pound salmon fillet
- Salt
- Pepper
- 3 tablespoons of Fruit Preserves (Peach, Mango or Pineapple are perfect)
- 3 teaspoons soy sauce
- 2 teaspoons lime juice
- 1/2 tablespoon chopped green onions
- 1 tablespoon sesame seeds

Preheat oven to 450°F. Season salmon with salt and pepper; place skin side down in greased baking dish. In small bowl, stir together Fruit Preserves, soy sauce and lime juice. Spread evenly over salmon add green onions and sesame seeds. Bake 15 to 20 minutes, or until salmon is done and flakes easily. Serves well over rice or couscous .



Turtle Burgers—Kids food

Recipe By:Darryl Canady "HOW TO MAKE BOYS EAT" This is a GREAT kids' favorite, whether BBQ, frying or oven prepared. This recipe fits for all flavors of hot dogs and hamburger meat. If you make smaller hamburger patties, you can put them in hamburger buns to eat. BBQ grilling works also.

2 pounds ground beef round
2 teaspoons minced fresh chives
1/2 teaspoon salt
1/4 teaspoon Worcestershire sauce
1/4 teaspoon dry mustard
4 slices sharp Cheddar cheese
1/2 cup chopped sweet onion (such as Maui)
12 regular-sized hot dogs, halved crosswise
12 slices bacon, cut in half crosswise

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

Mix ground beef, chives, salt, Worcestershire sauce, and ground mustard thoroughly in a bowl; divide in fourths and make 4 thick oval-shaped burgers. Top each burger with a slice of sharp Cheddar cheese and about 2 tablespoons of chopped sweet onion. Poke 2 holes in the long ends of each burger with your fingers for the heads and tails. Insert half a hot dog into the head and tail holes, letting the rounded ends of the hot dogs poke out about 1 1/2 inches. Press to secure. Poke 2 more holes on each side of the burger and insert 2 more hot dog halves on each side for legs. Cut 2 small slits, about 3/4 inch long, into the ends of the legs to make toes. Repeat with remaining ground beef, hot dogs, cheese slices, and onion to make 4 turtle burgers topped with cheese and onion. If desired, cut tails to small sharp points for more realism. Place 3 halved bacon slices onto a work surface, sides touching. Weave 3 more bacon slices into the first ones, facing 90 degrees to the first slices, to make a woven bacon piece; lay the woven bacon onto a burger, arranging bacon between heads, legs, and tails. Secure with toothpicks. Repeat with remaining bacon to make 3 more woven bacon pieces and cover remaining burgers with bacon. Place a baking rack into a large roasting pan; lay the bacon-wrapped turtle burgers onto the rack and cover lightly with foil. Bake in the preheated oven until the burgers are no longer pink in the middle and hot dog ends are browned, 20 to 30 minutes. An instant-read meat thermometer inserted into the thickest part of a burger should read at least 160 degrees F (70 degrees C).




Sweet and Saucy Meatballs

Combine 1lb ground beef and 2/3 cup grated parmesan cheese and 1/2 cup seasoned dry bread crumbs with 1/2 cup milk and 1 beaten egg.

Shape into 20 meatballs. Brown in skillet with 2 tablespoons of cooking oil. Drain excess fat. Sprinkle meatballs with flour, stir gently to coat.

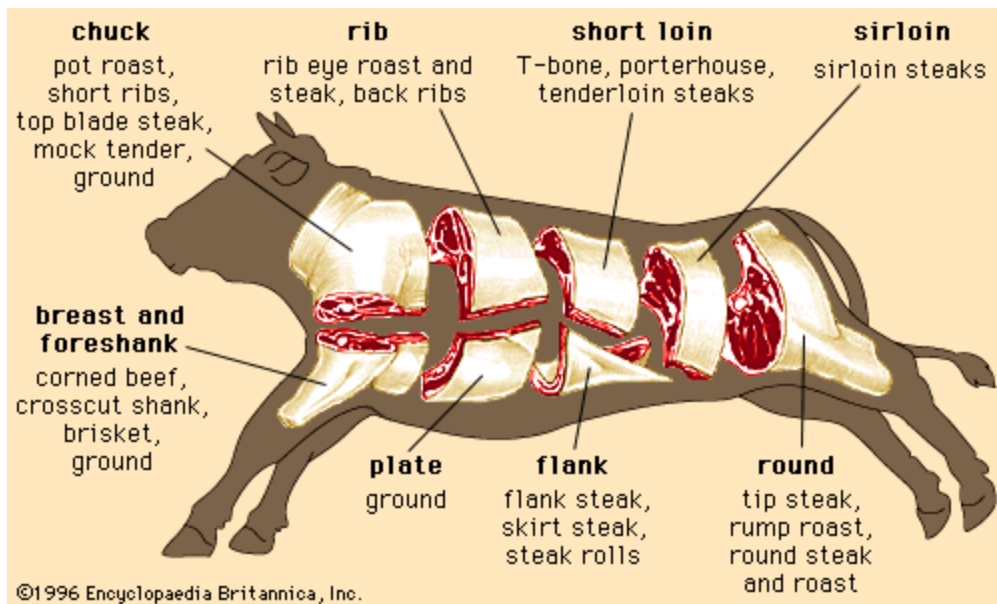
Combine 1 can (28 oz) tomatoes with 1/3 cup heinze 57 sauce and 1/2 teaspoon salt

	<p>and pour over meatballs. Simmer uncovered 25 min. or until desired consistency. Stir occasionally. Serve over noodles.</p> <p>Alternate: Heinze Chili Sauce and Grape Jelly or Peach Jelly to make sweet and sour sauce. Sounds gross, tastes great.</p> <p>TIP: When making meatballs for spaghetti first boil them in water until they rise to the top of the pan, drain and add them to the sauce to finish cooking. This eliminates the mess of frying and cuts the grease from the meat.</p>
	<p>Crescent Chicken Flips</p> <p>1 (8 count) package crescent rolls 12 ounces cooked shredded chicken 1 clove garlic, minced 3 ounces cream cheese, room temperature 2 tablespoons finely chopped red onion 2 tablespoons finely chopped celery Salt and pepper, to taste</p> <p>DIRECTIONS: Preheat oven to 375 degrees and prepare a baking sheet with parchment paper.</p> <p>Open crescent rolls and press two rolls together at the seam. This will create 4 large crescent rolls.</p> <p>In a medium-sized mixing bowl add shredded chicken, garlic, cream cheese, red onion, and celery. Mix together until smooth and creamy. If the mixture seems overly thick add a splash of milk so the mixture is still thick but creamy.</p> <p>Add mixture to the middle of each large crescent roll and tuck the corners up over the mixture. Creating the little packet seen in the picture. If you get a little hole in your crescent roll simply pinch it back together.</p> <p>Bake for about 15-20 minutes or until the packets are browned and fully cooked on the outside.</p> <p>Note: This recipe doubles perfectly!</p>

FISH TIPS

Use the following chart as a guide to determine the correct cooking times for fish according to the size of the fish, the weight or thickness, and the method of cooking, such as baking, pan frying, deep frying, grilling, and steaming.

Baked Fish			
Portion	Oven Temperature	Weight or Thickness	Approximate Cooking Time (Total Time)
Whole	350°F	3 - 5 lbs.	25 - 30 minutes
Fillets	350°F	3 - 5 lbs.	25 - 30 minutes
Steaks	350°F	3 - 5 lbs.	35 - 40 minutes
Pan-fried Fish			
Portion	Cooking Temperature	Thickness	Approximate Cooking Time (Turn Once)
Whole	Medium Heat		8 - 15 minutes
Fillets	Medium Heat	0.75 inch	7 - 9 minutes
Steaks	Medium Heat	1 inch	9 - 10 minutes
Deep-fried Fish			
Portion	Cooking Temperature	Thickness	Approximate Cooking Time (Total Time)
Whole	350°F		3 - 5 minutes
Fillets	350°F	0.75 inch	3 - 5 minutes
Steaks	350°F	1 inch	4 - 6 minutes
Grilled Fish (4 inches from the heat source)			
Portion	Cooking Temperature	Thickness	Approximate Cooking Time (Turn Once)
Whole	Medium Heat		10 - 20 minutes
Fillets	Medium Heat	0.75 inch	7 - 9 minutes
Steaks	Medium Heat	1 inch	9 - 10 minutes
Steaming Fish (over gently boiling water)			
Portion	Cooking Temperature	Thickness	Approximate Cooking Time (Total Time)
Whole	Gently Boiling Water		10 - 12 minutes
Fillets	Gently Boiling Water	0.75 inch	10 - 12 minutes
Steaks	Gently Boiling Water	1 inch	10 - 15 minutes
<p>Note: The cooking times listed in this guide are estimated times and will vary depending on the type of fish and the thickness of the meat. Fish is done when the meat becomes opaque white and has a flaky texture. Overcooking will result in fish that is less tender, flavorful, and moist than fish cooked with the recommended time and temperature guidelines.</p>			



Slow Smoking Cooking Guide



BEEF

Always cook beef to at least the following internal temperatures:

Brisket	165°F
Rare	125°F
Medium	145°F
Well	165°F

Whole Brisket	1 hr/lb	250°F
Beef Back Ribs	4 hrs	200°F
Bone-In Short Ribs	3 hrs	250°F
Boneless Short Ribs	2 hrs	250°F
Beef Steaks	2 hrs	250°F
Beef Roasts	4 hrs	250°F



CHICKEN

Always cook chicken to an internal temperature of at least 165°F

Whole/Half Chickens	2.5 hrs	275°F
Boneless/Bone-In Breast	1.5 hrs	275°F
Leg Quarters	1.5-2 hrs	250°F
Thighs/Drumsticks	1.5 hrs	250°F
Wings	1 hr	275°F
Drummettes	1.5 hrs	250°F



PORK

Always cook pork to an internal temperature of at least 180°F.

Spare Ribs/St Louis Ribs	4 hrs	250°F
Baby Back Ribs	3.5 hrs	250°F
Country Style Ribs	3 hrs	250°F
Boneless/Bone-In Chops	2 hrs	225°F
Pork Butt	1.5 hrs/lb	250°F
Tenderloin	1.5 hrs	225°F



SEAFOOD

Salmon Fillets	3 hrs	190°F
Whole Trout/Bass Fillets	1 hr	190°F
Whole Catfish	2 hrs	190°F
Catfish Fillets	1 hrs	190°F
Shrimp/Shark	1hr	190°F



TURKEY

Always cook turkey to an internal temperature of at least 165°F

Whole Tom	4-5 hrs	250°F
Whole Hen	3.5-4 hr	250°F
Drumsticks	1.5-2 hrs	250°F
Thighs	1-2 hrs	250°F
Bone-In Breast	5 hrs	225°F
Boneless Breast	2.5-3 hrs	225°F



SAUSAGE

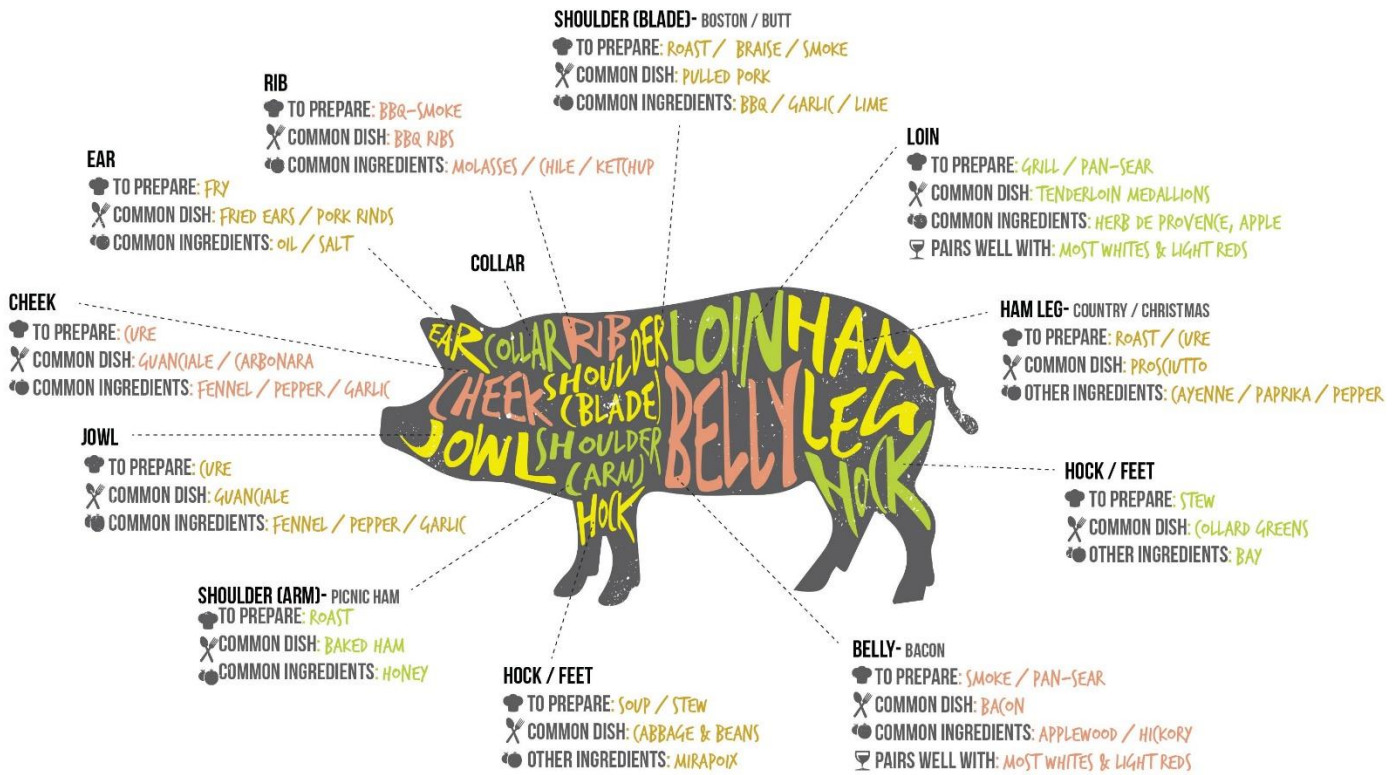
Always cook sausage to an internal temperature of at least 160°F.

Raw Italian	1.5-2hrs	225°F
Raw Sausage	1.5-2 hrs	225°F
Raw Bratwurst	1.5-2 hrs	225°F
Pre-Cooked	.75-1 hr	225°F

GET TO KNOW YOUR FAVORITE

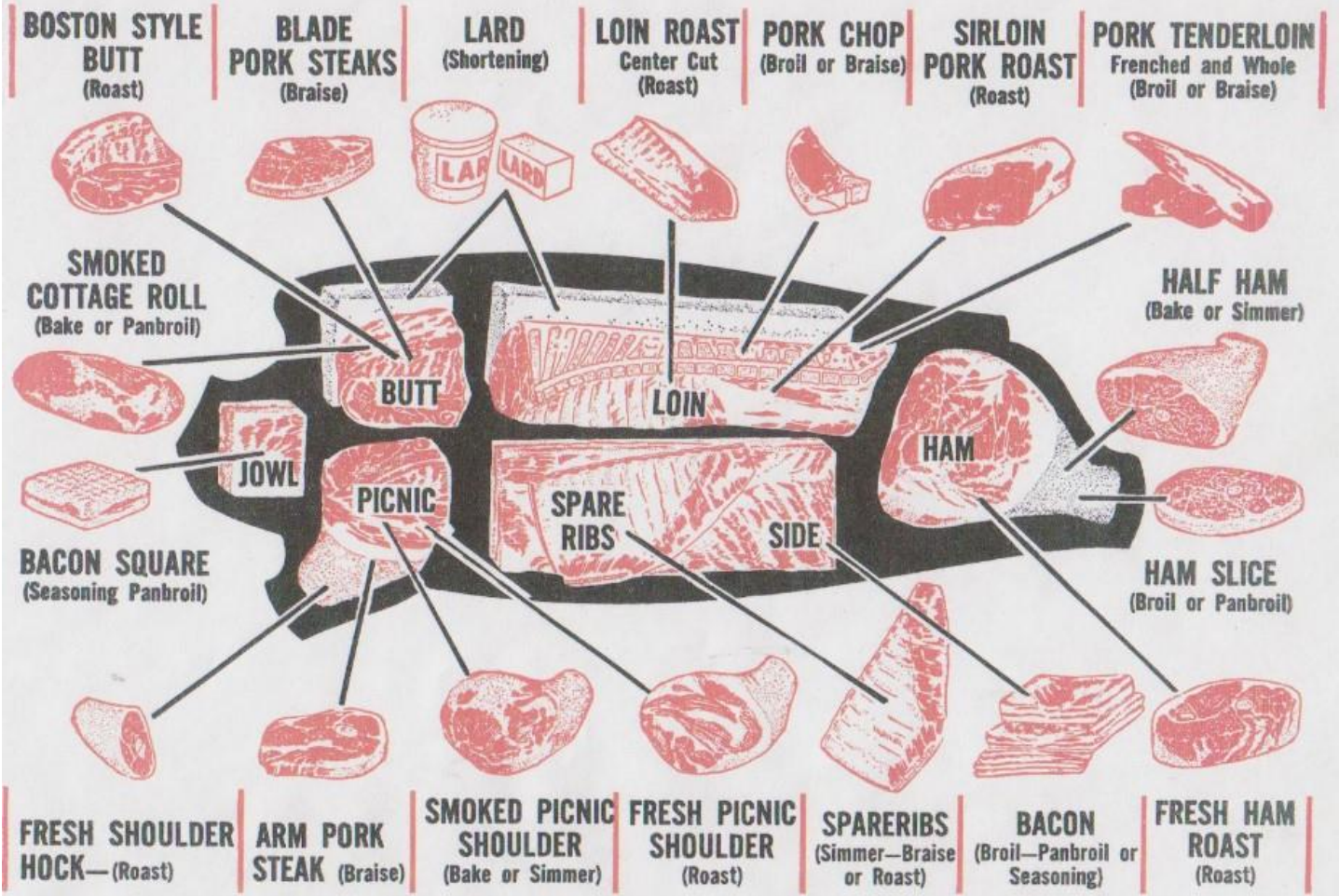
MEAT CUTS

PORK:



PORK CUTS

*Where They Come From
and How To Cook Them*



MEXICAN



CARIBBEAN



FRENCH



NORTH AFRICAN



CAJUN



THAI



Lobe Logic

Lobe Lifting Heavy Earring Support Hooks



*Just loop the lobe lifter over your ear
and insert your earring through your ear
and the bottom hole in the lobe lifter.*

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