

THE ANTI-GOUT COOKBOOK™

150 RECIPES



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Foreword

In this recipe book, you will find 150 nutritious and delicious recipes to help speed up your journey to gout freedom. Whilst some foods do indeed exacerbate gout as detailed in The Gout Code™, this does not mean that you have to forgo the joys of eating or that you have to stick to some bland tasteless diet!

Not at all...and it was with this in mind that I wrote out this book – to ensure you were eating the proper foods while STILL enjoying good and tasty meals.

Note that these meals are not only powerful anti-gout, they are also based on healthy eating principles and will help to bolster your immunity and help ward off chronic ailments such as diabetes, heart disease and cancer.

Also, let me assure that you do not have to be a cook to prepare the recipes in this book – in fact, the recipes were written with the busy person in mind, and most will take only a few minutes to prepare.

Quick note: some of these recipes call for white sugar. Don't use it! There are so many sweeteners out there and so many alternatives, that we just use the term "white sugar" to designate that a sweetener is needed. You can choose what that sweetener is and how much you want to use. It won't affect the outcome of the dish.

You'll notice that cherries appear in many of the recipes we have provided. They are extremely powerful in reducing uric acid accumulation in your body and important in your gout-free journey.

Breakfast

Banana Split Breakfast

Prep: 5 min.

Serving: 1

Ingredients:

1 Banana

1 container of nonfat vanilla yogurt

¼ cup of blueberries

¼ cup of cherries

Method:

1. Slice banana lengthwise on a plate.
2. Cover bananas with scoops of yogurt.
3. Sprinkle blueberries and cherries on to the yogurt.

Quick Fix Gout Juice

Prep: 5 min.

Serves: 1

Ingredients:

1 carrot
2 apples
1 celery stick
1 cucumber
1 lemon
½ inch of ginger

Method:

1. Peel and quarter the ginger, cucumber and celery.
2. Add all ingredients into a juicer one at a time.
3. Pour juice into a glass. Chill or drink at room temperature.

Pumpkin Pancake

Prep: 10 min.

Servings: 2

Ingredients:

½ cup of canned pumpkin
½ cup low fat vanilla yogurt
¼ tsp baking soda
1 large egg yolk
¼ cup wheat flour
4 large egg whites
1/4 tsp. salt
Cooking spray
Maple syrup or honey

Method:

1. Combine yogurt, pumpkin, egg yolk, flour, and baking soda.
2. In a separate bowl mix together egg whites and salt.
3. Fold the two bowls together.
4. Heat a skillet and use a little cooking spray to coat.
5. Pour small amounts of batter into skillet to form pancakes.
6. Flip and serve.
7. Drizzle with honey or syrup.



Oatmeal in a Mug

Prep: 5 min.

Serving: 1

Ingredients:

1 banana mashed

2 Tbsp. peanut butter

1 package of plain unsweetened instant oatmeal

Pinch of salt

Garnish:

Cinnamon

Chocolate chips

Cherries or berries

Method:

1. Smash and mash oatmeal into the bottom of a mug.
2. Stir in oatmeal.
3. If it seems dry, then add a small amount of milk.
4. Press it down with a spoon until flat.
5. Cook in microwave for 2 min.
6. Garnish with above suggestions.

Energy Balls

Prep: 15 min.

Serving: 12-15 balls

Ingredients:

1 cup rolled oats
1/2 cup mini semi-sweet chocolate chips
1/2 cup ground flax seed
1/2 cup crunchy peanut butter
1/3 cup honey
1 tsp. vanilla extract

Method:

1. Combine everything together into a dough using your hands.
2. Make any size or shape you want.
3. Freeze energy bites for 1 hour.
4. Grab and go!

Viva la Mexico Egg Bake Breakfast

Prep: 20 min.

Servings: 4 to 6

Ingredients:

1 can of black beans
2 cans of Rotel
¼ tsp. salt
2 cups shredded colby cheese
5 large egg
¼ cup low fat milk
½ Tbsp. tabasco sauce
8 corn tortillas

Method:

1. Mix rotel, salt and beans together.
2. In a 9 x 9 casserole dish layer ½ of the bean mixture on 4 tortillas.
3. Cover with 1 cup of the shredded cheese.
4. Repeat layers with remaining ingredients.
5. Mix together eggs, milk and Tabasco sauce.
6. Pour this mixture over beans and tortillas.
7. Cover and bake at 350 until egg is set.



Egg and Vegetable Strata

Prep: 20 min.

Serves: 4

Ingredients:

6 eggs
1 diced onion
1 minced garlic clove
1 can of green chili peppers
1 medium zucchini
1 Tbsp. olive oil
½ cup low fat milk

Method:

1. Saute zucchini, onion and garlic.
2. When onions are translucent add in green chilis.
3. Using a whisk, stir egg mixture with a bit of water.
4. Carefully add egg mixture to the veggies in the pan.
5. Add cheese and cover.

Leave this on low heat until eggs are cooked on top.

Microwave Coffee Mug Eggs

Prep: 5 min.

Serving: 1

Ingredients:

2 eggs

2 Tbsp. milk

2 Tbsp. cheddar cheese

Salt and pepper to taste

Method:

1. Spray inside of mug with cooking spray.
2. Blend eggs and milk, then pour into a mug.
3. For 45 seconds microwave this mixture until eggs are almost set.
4. Top with cheese and season with salt and pepper.
5. Microwave another 30 seconds and enjoy!

Frittata

Prep: 20 min.

Serves: 6

Ingredients:

6 eggs

2 cups of milk

Dash of salt and pepper

1 cup of lowfat cheddar cheese

1 small zucchini chopped

½ small red pepper chopped

¼ chopped red onion

Cooking spray

Method:

1. Stir eggs and milk together.
2. Add remaining ingredients.
3. Spray muffin cups with cooking spray.
4. Fill muffin cups ½ full with egg mixture.
5. Bake at 350 degrees until eggs are set.
6. Let the muffins cool in the pan for 5 min. then remove.

These can be made ahead and reheated in the microwave for a dash and go breakfast!



Scrambled Eggs

Prep: 10 min.

Serves: 2

Ingredients:

4 eggs

¼ cup of milk (or water)

Salt and pepper to taste

2 Tbsp. of butter (or cooking spray)

Method:

1. Whisk everything together.
2. Melt butter in a skillet and wait until it is hot.
3. Add egg mixture.
4. Gently, using the spatula, pull the eggs across the pan.
5. This should form large curds.
6. Do not stir mixture.
7. Serve warm with garnishes

Garnishes

Salsa

Fresh basil

Fresh oregano

Tabasco sauce

Fresh Fruit Bagel

Prep: 5 min.

Serving: 1

Ingredients:

Cherries/Grapes

Whole grain bagel, toasted both sides

Whipped strawberry cream cheese

Method:

1. Schmeer the bagel with strawberry cream cheese (small amount).
2. Slice fresh cherries and grapes.
3. Alternate fruit in a pattern until bagel is covered.
4. Enjoy!



Breakfast Bagel

Prep: 10 min.

Serves: 2

Ingredients

Olive oil or flaxseed margarine for cooking

2 or 3 eggs

Onion, green pepper, and red pepper all diced

Whole wheat tortillas

Salsa

Salt and pepper to taste

Method:

1. Heat olive oil or margarine in a skillet.
2. Saute veggies.
3. Add egg and slowly fold together until eggs are cooked.
4. Stir in salsa.
5. Lay tortilla flat and add egg mixture to the bottom $\frac{1}{4}$ of the tortilla.
6. Fold sides as you roll egg mixture into the tortilla.

Grits and Eggs

Prep: 5 min.

Servings: 2

Ingredients:

2 ½ cups of hot cooked grits

3 Tbsp. of grated cheese

½ tsp. garlic powder

Salt and pepper to taste

1 tsp. chopped green onions

2 poached eggs

Method:

1. Combine all ingredients into the cooked grits, except eggs.
2. Poach eggs until they are soft set.
3. Add eggs to top of grits and sprinkle with green onion.

Quinoa Breakfast Blend

Prep: 20 min.

Serves: 4-6

Ingredients:

1 cup cooked quinoa
1½ cup sliced strawberries
1 cup cherries
1 cup blueberries
1 diced mango
Honey

Method:

1. Mix ingredients together.
2. Top with honey.

Poached Egg on Avocado Toast

Prep: 10 min.

Serves: 1

Ingredients:

2 eggs

2 slices of wheat bread toasted

1 small avocado

1 tsp. lime juice

Sea salt + black pepper

Method:

1. Poach egg.
2. Toast the toast.
3. Peel the avocado.
4. Mash the avocado with lime juice, salt and pepper.
5. Cover toast with avocado mixture and then add the poached egg on top.
6. You can add additional seasonings if you prefer.



Fresh Apple Toast

Prep: 5 min.

Serving: 1

Ingredients

1 tsp. oats

1 apple

1 tsp. peanut butter

Method:

1. Core the apple with a teaspoon.
2. Fill the core with peanut butter and top with oats.
3. Put the two halves together.
4. Good for travelling!

Whole Wheat French Toast

Prep: 10 min.

Serves: 3-4

Ingredients:

5 pieces 100% whole-wheat bread

4 eggs

⅓ cup almond milk

1 tsp. vanilla

Butter for cooking

100% pure maple syrup for serving

Method:

1. Cut the bread into triangles or in half.
2. Mix together the eggs, milk, and vanilla.
3. Dip each piece of bread into egg mixture (both sides).
4. Heat a pan with a small bit of butter. Place pieces in pan.
5. Cook until egg turns brown on the bread.
6. Serve warm with pure maple syrup and a side of fruit.(cherries!)

Instant Oatmeal Packets

Prep: 5 min.

Serves: 1

Ingredients:

1/2 cup old-fashioned rolled oats or instant oats

2 tsp. chi seeds

2 tsp. dried milk

1 tsp. dry sweetener of choice

A pinch of salt

Method:

1. Mix all together and place in baggie.



Deluxe Oatmeal Packets

Additions to the Instant Oatmeal Packets

Strawberries and Cream:

2 Tbsp. dried strawberries

2 tsp. powdered milk

Cherry Almond:

2 Tbsp. freeze-dried cherries or blueberries or both

1 Tbsp. sliced almonds

Maple Pecan:

1 Tbsp. chopped pecans

2 tsp. maple sugar

Ginger Apple:

2 Tbsp. freeze-dried apples

2 tsp. diced crystallized ginger

Apricot Hazelnut:

2 Tbsp. diced dried apricots

1 Tbsp. chopped hazelnuts

Banana Walnut:

2 Tbsp. dried bananas

Pecans

Pinch of nutmeg

Cranberry Pistachio:

2 Tbsp. dried cranberries or cherries

1 Tbsp. chopped raw or roasted pistachios

Caramel Cashew:

1 Tbsp. chopped dates

1 Tbsp. cashew pieces

Cherry Pancakes

Prep: 10 min.

Serves: 3 to 4

Ingredients:

1 cup whole wheat flour

1 tsp. sweetener of your choice

$\frac{3}{4}$ tsp. baking powder

$\frac{1}{2}$ tsp. baking soda

$\frac{1}{2}$ tsp. salt

1 egg (beat it slightly)

1 cup of buttermilk (or almond milk with 1 tsp vinegar added)

$\frac{1}{2}$ cup chopped dried cherries

Method:

1. Combine all ingredients.
2. Preheat griddle to 350 degrees.
3. Cook pancakes until bubbles appear on top.
4. Remove and top with fresh fruit or other topping of your choice.

Anti Gout Juice

Prep: 5 min.

Serves:1

Ingredients:

2 carrots

2 green apples

1 fennel

6 leaves of kale

Thumb size piece of ginger

½ small peeled pineapple

1 cucumber

Method:

1. Cut vegetables and fruit into chunks.
2. Add one at a time to the juicer.
3. Refrigerate for 1 hour.
4. Enjoy.

Cherry Bomb Smoothie

Prep: 5 min.

Serving: 1

Ingredients:

1 cup of cherries

1 cup of almond milk

1 banana

2 dates

Method:

1. Add all ingredients into a blender and mix until smooth.
2. Serve chilled.

Cherry Banana Smoothie

Prep: 10

Serving: 1

Ingredients:

1 cup frozen pitted cherries

1 banana cut in chunks

½ juiced lemon

½ cup low-fat greek-style yogurt

6 ice cubes

3 drops almond extract

Method:

1. Add all ingredients into a blender.
2. Blend until smooth.
3. Refrigerate for 1 hour.

Cherry and Goat Cheese Toast

Prep: 15 min.

Serves: 2 to 3

Ingredients:

1 pound pitted sweet cherries
2 Tbsp. brown sugar
2 tsp. balsamic vinegar
¼ tsp. minced fresh thyme
4 ounces goat cheese

Method:

1. Add first four ingredients to a saucepan.
2. Mix until everything is smooth and heat until it thickens a bit.
3. Toast bread.
4. Pour sauce over goat cheese and serve on toast.

Almond Cereal Bars

Prep: 10 min.

Serving: 10

Ingredients:

¼ cup almond butter

⅓ cup honey

2 cups whole-grain cereal flakes

2 cups oat and bran O's cereal

2 Tbsp. chopped unsweetened dried cherries

Cooking spray

Method:

1. Warm almond butter and honey in the microwave for 30 seconds.
2. Combine dry ingredients and almond butter mixture.
3. Spray an 8x8 pan with cooking spray.
4. Spread into the pan and press it down firmly.
5. Refrigerate until it is firm and can be cut.

Cherry Breakfast Cake

Prep: 15 min.

Serves: 9

Ingredients:

1 ½ cups rolled oats
½ cup whole wheat flour
1 tsp. baking powder
½ tsp. cinnamon
½ tsp. salt
¾ cup brown sugar
¼ cup butter spread
½ cup egg substitute or 2 eggs
1 ½ cups almond milk
1 cup frozen sweet cherries

Method:

1. Mix all dry ingredients in a bowl. Mix wet ingredients in a bowl
2. Pour wet mixture into dry mixture and mix well. Fold in fruit.
3. Spray pan 9 x 9 with cooking spray, then pour batter into prepared baking pan.
4. Bake for 25-30 min. at 350 degrees.

Morning Pastry

Prep: 10 min.

Serving: 8

Ingredients:

1 tube refrigerated crescent rolls

$\frac{3}{4}$ cup cherry pie filling

$\frac{1}{8}$ tsp. almond extract

1 Tbsp. milk

1 Tbsp. sugar

Cooking spray

Method:

1. Place crescent roll triangles on a baking sheet sprayed with cooking spray.
2. Mix almond extract into pie filling. Place small amount on the triangles.
3. Fold right point to left point. Seal.
4. Fold the top over the pie filling to the left point, and seal.
5. Brush the milk on each pastry then add a bit of sugar to the top.
6. Bake at 400 degrees for 12 to 14 min.

Lunch

Tomato Crostini

Prep: 10 min.

Servings: 2

Ingredients

½ cup chopped plum tomato

1 Tbsp. chopped fresh basil

1 Tbsp. chopped pitted green olives

1 tsp. capers

½ tsp. balsamic vinegar

½ tsp. olive oil

⅛ tsp. sea salt

Dash of freshly ground black pepper

1 minced garlic clove

4 slices French bread baguette

Cooking spray

Method:

1. In a bowl combine first 9 ingredients.
2. Preheat oven to 375 degrees.
3. Spray both sides of bread with cooking spray
4. Toast for 4 min. on each side.
5. Rub 1 side of the bread with the garlic
6. Top with tomato medley.



Shredded Cabbage Salad

Prep: 10 min.

Serving: 1

Ingredients:

1 cup shredded cabbage

2 Tbsp. mayonnaise

2 tsp. white distilled vinegar, salt and black pepper

Method:

1. Combine and mix mayonnaise, vinegar, salt and pepper.
2. Toss cabbage in mixture until coated.

Spanish Salad

Prep: 20 min.

Serving: 4

Ingredients:

4 chicken breasts (boiled and shredded)
1 large yellow onion (diced)
1 can black olives
1 can Rotel tomatoes with green chilis
1 head iceberg lettuce
1 cup shredded low-fat cheddar cheese
1 tsp chili powder
1 tsp. cumin
2 Tbsp. olive oil
1 cup low-fat sour cream(or plain yogurt)
1 cup guacamole
Salsa

Preparation:

1. Saute shredded chicken, half the onion, chili powder, cumin and tomatoes for 20 min.
2. Shred the lettuce into bowls.
3. Top lettuce with tomato and chicken.
4. Garnish with cheese, sour cream, olives, onions, guacamole and salsa.

Salsa

Prep: 5 min.

Servings: 4

Ingredients:

1 large can peeled tomatoes

Small bunch cilantro

1 medium onion

1 tsp. garlic salt

2 Tbsp. lime juice

Method:

1. Combine ingredients in blender.
2. Serve over Spanish Salad.

Greek Salad

Prep: 15 min.

Serves: 4

Ingredients:

1 Tbsp. red wine vinegar
1 Tbsp. extra-virgin olive oil
1 small shallot
½ tsp. chopped fresh thyme leaves
Salt and pepper
1 jar artichoke hearts
1 jar red peppers
3 oz. baby spinach leaves
4 pieces focaccia bread
¼ cup prepared basil pesto
2 Tbsp. mayonnaise
1 lb. fresh mozzarella cheese

Method:

1. Combine first five ingredients.
 2. Stir until incorporated.
 3. Put next three ingredients in separate bowls.
 4. Divide dressing among all 3 bowls.
 5. Toss all food in the bowls until well coated.
 6. Coat slices of focaccia bread with basil and mayo combined.
 7. Add equal amounts of food in bowls to the focaccia slices.
- Top with cheese and toast until warm and melted.

Quinoa Patties with Feta

Prep: 15 min.

Serving: 13 patties

Ingredients:

Patties:

1 cup of cooked Quinoa
2 medium zucchini peeled and shredded
1 cup crumbled Feta cheese
2 Tbsp. chopped sun-dried tomatoes
2 Tbsp. finely chopped sun-dried tomatoes
3 Tbsp. breadcrumbs
2 eggs beaten
1 clove minced garlic
Salt and pepper
Olive oil for cooking

Method:

Patties:

1. Sprinkle zucchini with a little salt and let it sit.
2. Blot up the liquid from the zucchini.
3. Combine all ingredients and form into patties.
4. Cook until patties are brown.

Sauce:

4 Tbsp. plain greek yogurt
1 Finely chopped baby dill pickle
1 Tbsp. dill
1 clove finely minced garlic
Salt and pepper

Method:

1. Combine all ingredients and use for topping

Lentil Burritos

Prep: 15 min.

Serves about 4

Ingredients:

1 ¼ cups cooked brown lentils
15 oz. can diced tomatoes
3 oz. baby spinach
4 cloves of minced garlic
1 medium diced onion
2 tsp. cumin
1 tsp. oregano
4-5 tortillas
Salt to taste

Method:

1. Saute garlic and onion for 7 min.
1. Add cumin and oregano. Saute for 2 min.
2. Add lentils and tomatoes with juice. Heat for 10 min.
3. Stir in spinach and let cook until wilted.
4. Salt to taste. Place the mixture onto tortillas.

Roll up tightly, tucking in one or both ends.



Fancy Tomato Soup

Prep: 15 min.

Serving: 4 to 6

Ingredients:

1 Tbsp. dried basil
½ bay leaf
1 cup carrots
1 cup celery
1 cup onion
1 tsp. dried oregano oregano
28 oz canned tomatoes
4 cup vegetable or chicken broth
½ cup flour
1 tsp. Salt & pepper
2 Tbsp. olive oil
1/2 cup butter
1 cup fresh parmesan
2 cup skim milk
Olive oil for cooking

Method:

1. Combine first 8 ingredients and simmer in a saucepan until vegetables are tender.
2. Melt butter in a sauce pan. Add flour, salt and pepper until it forms a ball.
3. Slowly add in milk to make a thick sauce and then add parmesan cheese.
4. Add to the soup to thicken it.
5. Take small parts at a time and blend it in a blender.

Greek Salad

Prep: 10 min.

Serves: 6

Ingredients:

1 medium cucumber peeled
½ cup plain whole-milk greek yogurt
2 roasted red peppers
2 clove garlic
2 Tbsp. chopped dill
3 Tbsp. red wine vinegar
Salt
Freshly ground pepper
2 Tbsp. extra-virgin olive oil
½ tsp. dried Greek oregano
1 small Kirby cucumber
12 pitted kalamata olives
6 pickled peperoncini
4 radishes
2 plum tomatoes
1 cup thinly sliced mustard greens or kale
½ small red onion
1 cup crumbled feta
6 pitas

Method

1. Place cucumber in a food processor and pulse until minced. Turn out onto a paper towel and squeeze to remove water.
2. Combine peppers, garlic, dill, and 2 tsp. of vinegar in the food processor. Pulse until incorporated.
3. Add cucumber and mix well. Season the tzatziki with salt and pepper.
4. In a large bowl, combine the remaining 1 tablespoon of vinegar with the olive oil and oregano.
5. Add the Kirby cucumber, olives, peperoncini, radishes, tomatoes, mustard greens, tomato, and feta. Toss well. Season with salt and pepper.
6. Add the tzatziki into the pocket and then add salad.

Eggplant and Goat Cheese Sandwich

Prep: 15 min.

Servings: 1

Ingredients

1 tsp. olive oil
2 small eggplant vertically sliced into 1 in. pieces
Cooking spray
1/4 tsp. salt
1/4 tsp. freshly ground black pepper
1/4 cup goat softened cheese
2 rustic sandwich rolls
2 slices of tomatoes

Method:

1. Using a skillet, spray the cooking spray in it.
2. Each slice of eggplant needs brushed with oil.
3. Cook eggplant for 5 min. then turn over and cook another 5 min.
4. Add salt and pepper to the eggplant.
5. Preheat oven to 275 degrees.
6. Spread goat cheese on each 1/2 roll. Add eggplant on top of cheese.
7. Bake at 275 on a baking sheet for 8 min.
8. Top with tomato.

Grilled Vegetable Sandwich

Prep: 15 min.

Serves: 4

Ingredients:

1 small garlic clove
1 small shallot
1 Tbsp. vegetable oil
¼ cup soft fresh goat cheese
¼ cup heavy cream
½ tsp. fresh thyme leaves
1 dash of hot sauce
Kosher salt
Freshly ground pepper
½ cup pitted kalamata olives
1½ tsp. chopped mint
Extra-virgin olive oil
1 medium zucchini
1 long soft baguette
1 cup roasted red peppers
½ cup oil-packed sun-dried tomatoes
Shredded iceberg lettuce

Method:

1. Combine first three ingredients and saute.
2. In a food processor combine cream, cheese, thyme hot sauce and shallots.
3. Pulse until pureed.
4. Season with salt and pepper and transfer to a bowl.
5. Clean food processor and add 2 tbs olive oil, pepper and olives
6. Process until it is a paste.
7. Spread paste on the baguette.
8. Add sliced zucchini and sundried tomatoes.
9. Top with cream mixture.

Tomato Sandwich

Prep:10

Serves:2

Ingredients:

1 ripe tomato

2 slice bread

1 Tbsp. mayonnaise

Salt and pepper

Method:

1. Cut tomato into thick slices.
2. Add mayo and tomato to bread.
3. Season with a little salt and pepper.
4. Add second slice of bread. Sandwich can be cut in half.
5. Should be eaten outside. (just kidding!)



California Sandwich

Prep: 15 min.

Serves: 4

Ingredients:

½ lb. yellow squash
1¼ tsp. salt
½ cup olive oil
2 Tbsp. fresh lemon juice
1 tsp. minced garlic
¼ tsp. ground black pepper
2 cups red cabbage shredded
4 oz. goat cheese
4 oz. low-fat cream cheese (Neufchâtel)
½ cup chopped green onions
8 slice whole-grain bread
2 avocados sliced
2 medium tomatoes sliced
2 oz. alfalfa sprouts

Method:

1. Slice the squash and sprinkle with ¼ tsp of salt. Let sit for 15 min.
 2. Combine next 4 ingredients plus 1 tsp of salt. Blend well. This is the dressing.
 3. Combine cabbage and dressing. This is the slaw.
 4. Combine cheeses and green onion thoroughly. This is the spread.
 5. Take 2 slices of bread and add spread.
 6. After patting the squash dry, add the squash, avocado, tomato, red cabbage slaw and sprouts to the bread.
 7. Add the second slice of bread.
- Cut in half and serve.

Hummus Sandwich

Prep: 10 min.

Serves: 5 to 6

Ingredients:

1 can garbanzo beans (also called chickpeas)

1 clove garlic

1 jar roasted red peppers

¼ cup tahini

Juice of half a lemon

¼ tsp. salt

5 to 6 bagels

6 slice Muenster cheese

Veggies of your choice (cucumbers, sprouts, and tomato.)

Method:

1. In food processor place garlic, garbanzos, red peppers, tahini, salt and lemon juice. Puree.
2. It will be thin but after it sits for 5 min. it will thicken.
3. Spread hummus on bagel and add vegetables. Add second half of bagel and enjoy.

Indiana Sandwich

Prep: 20 min.

Serving: 4

Ingredients:

1 pork tenderloin
1 cup buttermilk
1 tsp. Kosher salt, plus more for seasoning
1/2 tsp. ground black pepper, plus more for seasoning
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. sweet paprika
1/4 tsp. sugar
1 cup all-purpose flour
2 large eggs, whipped
2 cups plain breadcrumbs
Vegetable oil for frying
4 hamburger buns, toasted on cut sides

Method:

1. Cut pork into 4 even pieces. Trim.
2. Butterfly those 4 pieces with a long ways cut.
3. Pound each piece until it measures 6 to 8 inches across.
4. Combine next 7 ingredients in a shallow dish
5. Add the pork pieces until they are covered.
6. Refrigerate overnight or at least 4 hours.
7. Add 1.5 inches of oil to a skillet and heat.
8. Put flour, eggs and breadcrumbs into separate dishes. Season all with salt and pepper.
9. Starting with flour, followed by egg, and finally the breadcrumbs, place each cutlet into each bowl.
10. Place cutlets in skillet with oil and cook about 2 minutes on each side.
11. Drain on paper towels.
12. Place cutlet on bun. Add lettuce, tomato, onion, pickle, mayonnaise and mustard (or whatever you want)!

Ohio Sandwich

Prep: 30 min.

Serves: 2

Ingredients:

1 chicken breast and 1 thigh boiled and shredded

Salt and pepper

Hamburger buns

2 cups chicken broth

1 tbsp. of flour

Method:

1. Save the water from the chicken and return shredded chicken to the pan.
2. Mix the flour and water together until it looks like a paste.
3. Add to chicken broth then add chicken.
4. Heat chicken mixture until it thickens. Add salt and pepper if you want.
5. Add this mixture to a hamburger bun!



Illinois Sandwich

Prep: 45 min.

Serves: 8

Ingredients:

Frozen french fries

Cheese Sauce (see next page)

8 slices toasted white bread

Sliced baked ham or 8 cooked hamburger patties

Dash of ground paprika

Instructions:

1. Cook french fries according to directions
2. Toast bread on each side and top with ham or patties
3. Cover with Cheese O'Doul's
4. Top with large amount of french fries
5. Sprinkle with paprika. Serve immediately.

O'Doul's Cheese Sauce

Prep: 15 min.

Serves: 8

Ingredients:

2 egg yolks

½ cup O'Doul's

2 Tbsp. butter

3 cups shredded sharp Cheddar cheese

1 tsp. Worcestershire sauce

¼ tsp. dry mustard

½ tsp. salt

½ tsp. freshly-ground black pepper

½ tsp. red (cayenne) pepper

Method:

1. Combine egg yolks and O'Doul's.
2. In the microwave melt butter and next 6 ingredients. Stir every 1 minute.
3. Remove from microwave and place in a sauce pan.
4. Heat, stirring constantly. Slowly add egg mixture.
5. Egg mixture will begin to thicken and bubble.

Remove from heat and serve over sandwiches.

Florida Sandwich (Cuban Panini)

Prep: 10 min.

Serves: 2

Ingredients:

1 loaf of cuban bread or panini bread
4 Tbsp. yellow mustard
6 ounces sliced Swiss cheese
6 ounces thinly sliced dill pickles
8 ounces sliced honey ham
4 ounces sliced salami

Method:

1. Heat a skillet or panini maker. Lay bread on work surface.
2. Mustard both sides of bread.
3. Layer with next 5 ingredients.
4. Top with 2nd slice of bread. Press together.
5. Place butter into skillet or panini maker
6. Add sandwiches. If using a panini maker close and cook.
7. If using a skillet, place sandwich in the skilled and press a second pan on top.
8. Cook until crisp on both sides.
9. Cut and serve.

Georgia Sandwich

Prep: 45

Serves: 4

Ingredients

1 pound chicken breast cutlets
1 cup buttermilk
½ cup mayonnaise
3 Tbsp. finely chopped pickled jalepeño chiles
½ cup finely ground pecans
½ cup breadcrumbs
½ cup vegetable oil
4 rolls split in half
1 thinly sliced peach
8 lettuce leaves

Method:

1. Soak chicken in buttermilk for at least 20 min..
2. In a bowl mix together pecans and bread crumbs
3. Mix together chili's and mayonnaise.
4. Coat cutlets in mayonnaise mixture and then dredge in pecan mixture.
5. Fry in oil until golden brown.
6. On ½ of roll add chicken, sliced peaches and 2 lettuce leaves.
7. Top with remaining roll.

North Carolina Sandwich

Prep: 20 min.

Serves:5

Ingredients:

Pork

5 pounds boneless pork shoulder with skin

Kosher salt and freshly ground black pepper

1 cup apple cider

1/2 cup distilled white vinegar

1 head of peeled garlic

Barbeque Sauce:

1 cup cider vinegar

6 Tbsp. sugar

4 Tbsp. ketchup

2 Tbsp. honey

1 Tbsp. red pepper

2 tsp. kosher salt

1 tsp. freshly ground black pepper

Hamburger buns, for serving

Mayo-based coleslaw, for serving

Method:

1. Poke holes in the pork skin.
2. Sprinkle pork with salt and pepper.
3. Add pork, apple cider, white vinegar and garlic to a heavy duty pot.
4. Cook for 3 hours at 350 degrees. Turn pork over halfway through cooking.
5. Let the pork rest uncovered in the pot.
6. Heat the vinegar and sugar until the sugar dissolves.
7. Remove from heat and stir in the ketchup, honey, red pepper, salt and black pepper.
8. Shred pork and add sauce until well mixed.
9. Serve on buns with coleslaw.

Iowa Sandwich

Prep time: 10 min..

Serves: 4

Ingredients:

Two 6-ounce cans albacore (or use canned chicken)

¼ cup finely diced red onion

¼ cup extra-virgin olive oil

1 Tbsp. balsamic vinegar

1 Tbsp. minced basil

1/2 tsp. crushed red pepper

Salt and freshly ground pepper

4 ciabatta rolls, split

Dijon mustard and mayonnaise for spreading

8 slices of cheddar or swiss cheese

16 sliced lengthwise dill pickles (thin)

2 Tbsp. unsalted butter, softened

Method

1. Mix first 7 ingredients. Heat a panini press or griddle.
2. Spread mustard and mayonnaise on half of roll.
3. Add pickles and cheese then or chicken
4. Spread butter on bread. Cook sandwiches in a skillet or broil in oven at 400 degrees until cheese is melted.

Alaska Sandwich

Prep: 10 min.

Serves: 4

Ingredients:

½ cup of mayonnaise
1 Tbsp. lime juice
½ tsp. celery salt
4 salmon fillets
1 Tbsp. of olive oil
⅛ tsp salt
⅛ tsp pepper
1 cup chopped green onions
4 Ciabatta rolls
4 Butter lettuce leaves

Instructions:

1. Blend first three ingredients.
2. Wash salmon with cold water and dry on paper towel.
3. Brush salmon with oil and cook in skillet 4 min. on each side.
4. Make sure salmon doesn't stick.
5. Add green onions.
6. Cook 8 more min.
7. Remove onions and add to mayonnaise mixture.
8. Spread mayonnaise mixture onto each roll. Place salmon on roll
Place another teaspoon of mayo on the salmon. Top with lettuce and roll.

New Mexico Sandwich

Prep: 10 min.

Serves: 4

Ingredients:

- 2 cans of green chilies
- 1 pound ground beef or ground chicken (at least 15% fat)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. cayenne pepper
- 1 tsp. ancho chile powder
- 1 tsp. Worcestershire sauce
- 8 thin slices monterey jack cheese
- 4 leaves romaine lettuce
- 4 brioche buns (warmed)
- 4 slices tomato
- 1 pkg of frozen onion rings
- 1 yellow onion (sliced into 1/2-inch-thick rings)
- 2 Tbsp grated parmesan cheese

Method

1. Season chili's with salt and pepper.
2. In a bowl mix beef or chicken with next 5 ingredients.
3. Form 4 patties on wax paper and flatten.
4. Cook until meat is no longer pink.
5. Prepare onion rings as directed on package.
6. Assemble sandwich with pattie, onion, cheese and onion rings.

Vermont Sandwich

Prep: 5 min.

Serving 6 people

Ingredients:

1 loaf raisin bread
1 lb. sliced ham
1 8 oz brick of white sharp cheese sliced thin
2 apples sliced thinly
1 jar apple butter
(bag frozen sweet potato fries. Optional as a side)
½ Tbsp. butter or spray oil

Method:

1. Cook sweet potatoes according to direction if you are using them.
2. Toast bread and heat ham.
3. Spread apple butter on raisin bread add ham and cheese slices.
4. Heat butter or spray oil in a heated skillet. Cook each sandwich until bread is browned and cheese has melted.

West Virginia Sandwich

Prep: 10 min.

Serves: 4

Ingredients:

1 apple, peeled, cored, and thinly sliced

½ tsp. white sugar or alternative

½ tsp. ground cinnamon

8 Tbsp. creamy peanut butter

8 slices whole wheat bread

¼ cup unsalted butter

Method

1. Mix cinnamon and sugar.
2. Spread peanut butter on 1 side of the bread.
3. Add apple slices and sprinkle with cinnamon mixture.
4. Top with second slice of bread.
5. Melt butter in skillet and cook sandwiches until brown.

California Sandwich

Prep time: 5 min.

Serves: 4

Ingredients:

8 slices of tomato

8 slices of toasted sourdough bread

4 Tbsp. mayonnaise

4 large leaves of romaine lettuce, shredded

8 slices of deli chicken

8 slices of cooked Tempeh

1 avocado sliced thinly

Method:

1. Spread mayo on each slice of toast.
2. Add 2 slices of tomato, lettuce, 4 slices of chicken, two pieces of Tempeh and 4 slices of avocado to the bread. Omit Tempeh if need be.
3. Sprinkle with salt.
4. Top with the second piece of bread and cut in half.

Hawaii Sandwich

Prep: 25 min.

Serves: 4

Ingredients

¼ cup reduced-sodium soy sauce
3 Tbsp. O'Doul's
2 Tbsp. diced onion
1 garlic clove minced
½ tsp. minced fresh gingerroot
1 pork tenderloin cut into ¼ in slices
2 Tbsp. olive oil
1 Tbsp. white wine vinegar
1 tsp. Dijon mustard
¼ tsp. sugar
⅛ tsp. pepper
2 cups shredded red cabbage
1 loaf French bread cut in half lengthwise
Refrigerated butter-flavored spray
⅓ cup fat-free mayonnaise

Method:

1. Combine first 5 ingredients. (save 2 tablespoons)
2. Put marinade and pork into a plastic bag.
3. Combine olive oil, mustard, vinegar, pepper and sugar.
4. Add cabbage and coat thoroughly. Refrigerate.
5. Remove bread from inside of crusts (making a boat).
6. Spray with cooking spray and toast in the broiler.
7. Combine mayonnaise and reserved marinade; spread over bread.
8. Drain pork and cook in skillet until it is not pink.
9. Spoon cabbage mixture onto bottom half of bread then top with pork. Replace bread top.

Rhode Island Sandwich

Prep: 15 min.

Serves:16

Ingredients

2 ½ pounds ground beef or chicken
5 medium green peppers, finely chopped
4 large chopped onions
1 can crushed tomatoes in puree
1 can tomato sauce
1 can tomato paste
1 cup water
2 Tbsp.sugar
2 Tbsp. garlic powder
1 Tbsp. Italian seasoning
1 Tbsp. dried oregano
2 ¼ tsp. salt
2 tsp, hot pepper sauce
1 ½ tsp. pepper
1/2 tsp. crushed red pepper flakes, optional
12 hoagie buns or other sandwich rolls, split

Method

1. Crumble the meat and cook until meat is not pink.
2. Stir in all remaining ingredients except buns.
3. Bring to a boil then simmer for 1 hour.
4. Serve meat mixture on buns.

Idaho Sandwich

Prep: 5 min.

Serves: 1

Ingredients

1 hamburger bun

1 ½ Tbsp. mayonnaise

2 leaves of lettuce

2 slices tomato

⅓ cup prepared potato salad(or homemade)

Method:

1. Spread mayonnaise on buns.
2. Layer lettuce, tomato and potato salad.
3. Cover with top bun.

New Hampshire Sandwich

Prep: 10 min.

Serves: 4

Ingredients:

1 quart oil for frying, or as needed
 $\frac{2}{3}$ cup water
1 egg
 $\frac{1}{3}$ cup all-purpose flour
1 $\frac{3}{4}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
8 slices white bread
4 slices Swiss cheese
4 slices chicken
4 slices ham
 $\frac{1}{8}$ tsp. ground black pepper
1 Tbsp. confectioners' sugar for dusting

Method:

1. Heat oil.
2. Combine egg and water. Add next 3 ingredients+pepper.
3. Mix until smooth and refrigerate.
4. Layer bread and next 4 ingredients. Make sure cheese is in the middle.
5. Cut sandwich into 4 pieces and spear with a toothpick.
6. Dip each quarter completely in the batter.
7. Fry in the hot oil until golden brown on all sides.
8. Dust with confectioners' sugar just before serving.

The Gerber

Prep: 5 min.

Serves: 1

Ingredient:

1 Loaf of french bread
1 clove of garlic minced
1 Tbsp. of butter
2 slices of ham
2 slices of provolone cheese
Paprika

Method:

1. Cut bread in half and then lengthwise.
2. Combine butter and garlic to make a spread.
3. Cover both sides of bread with this mixture.
4. Layer rest of ingredients and sprinkle with paprika.

Kentucky Sandwich (The Hot Brown)

Prep: 15 min.

Serves:4

Ingredients:

½ cup butter

½ cup all-purpose flour

3 cups milk

6 Tbsp. grated Parmesan cheese

1 egg beaten

2 Tbsp. heavy cream

Salt and pepper to taste

2 pounds sliced roasted chicken

1 tomato thinly sliced

8 slices toasted white bread(use whole wheat if you want)

¼ cup grated Parmesan cheese

8 slices crispy Tempeh (vegetarian)

Method:

1. Make a roux with flour and butter. Stir in milk until there are no lumps.
2. Add in 6 tablespoons of Parmesan cheese.
3. Stir in egg to thicken. Do not allow this to boil.
4. Remove from heat and add cream.
5. Place two slices of bread on baking dish
6. Cover with lots of chicken and tomato.
7. Spoon sauce over the top and sprinkle with parmesan cheese.
8. Place in broiler for 5 min. or until the top is kind of brown.
9. Plate and add 2 slices of Tempeh to top of bread.

Chicken Melt

Prep : 10 min.

Serves: 2

Ingredients:

2 5-ounce can drained chicken
1 medium shallot minced
2 Tbsp. low-fat mayonnaise
1 Tbsp. lemon juice
1 Tbsp. minced flat-leaf parsley
⅛ tsp. salt
Dash of hot sauce
Freshly ground pepper, to taste
2 sliced tomatoes
½ cup shredded sharp Cheddar cheese
4 slices toasted whole-wheat bread

Method:

1. Preheat broiler.
2. Add and mix first 8 ingredients.
3. Toast bread and add a generous amount to one slice of bread.
4. Top with tomato and cheese.
5. Bake in broiler until brown.
6. Add second piece of bread and serve.

Dinner

Stir Fry

Prep: 20 min.

Serves: 4

Ingredients:

1 cup sliced carrots
1 ½ Tbsp. garlic
1 ½ Tbsp, ginger
2 ½ cups green beans
1 oz. extra firm Tofu
3 tbsp soy sauce
3 Tbsp. brown sugar
2 Tbsp. cornstarch
1/2 tsp. salt
3 Tbsp. oil
1 Tbsp. rice vinegar
1 Tbsp. sesame oil
2 Tbsp. water
¼ tsp. pepper flakes

Method:

1. Lightly brown cubed tofu in a little oil
2. Add first 4 ingredients plus tofu plus oil to a wok and cook quickly.
3. Mix together next 7 ingredients.
4. Cook in saucepan until thickened.
5. Add to wok and mix together while cooking.
6. Add red pepper flakes if you want a little heat

Stuffed Peppers

Prep: 10 min.

Serves: 6

Ingredients:

2 cups cooked brown rice
3 small chopped tomatoes
1 cup frozen corn, thawed
1 small sweet onion chopped
 $\frac{3}{4}$ cup cubed Monterey Jack cheese
 $\frac{1}{3}$ cup chopped ripe olives
 $\frac{2}{3}$ cup canned black beans, rinsed and drained
4 fresh basil leaves thinly sliced
3 garlic cloves, minced
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper
6 large sweet peppers
 $\frac{3}{4}$ cup Italian tomato sauce
4 Tbsp. grated Parmesan cheese, divided

Method:

1. Mix first 12 ingredients.
2. Cut tops off of peppers and remove seeds.
3. Add rice mixture to peppers.
4. Pour half the tomato sauce on the bottom of a 9 x 13 in pan.
5. Add peppers to the pan and top with remaining tomato sauce.
6. Add 2 tablespoons of parmesan cheese to top of peppers.
7. Cook covered in 350 degree oven for about an hour.
8. When finished cooking sprinkle rest of cheese.

Enchiladas

Prep: 20 min.

Serves: 6

Ingredients:

Nonstick cooking spray

14 small (6-inch) corn tortillas

1 medium size chopped onion

1 clove garlic minced

1 Tbsp. chili powder

½ tsp. dried oregano

1 can enchilada sauce

4 cups shredded cooked chicken

2 cups shredded cheddar cheese or a Mexican cheese blend

Chopped fresh cilantro

½ cup thinly sliced scallions

Thinly sliced avocado

Sour cream

Salsa

Method:

1. Saute onion and garlic 3 minutes.
2. Add next 3 ingredients.
3. Add enchilada sauce and stir. Let sauce simmer
4. Place the chicken in half of the sauce.
5. Reserve remaining sauce.
6. Heat tortillas for a few seconds.
7. Spoon chicken mixture onto each tortilla
8. Gently roll the tortilla and place in a 9 x 13 baking dish.
9. Do this to all the tortillas. Push them up close to each other.
10. Cover the enchiladas with remaining sauce and top with cheese.
11. Serve with cilantro, scallions, avocado, salsa and sour cream if you want.

Easy Cheesy Zucchini Bake

Prep: 15 min.

Serves: 4 to 6

Ingredients:

2 medium-sized zucchini in slices or half-moon slices
2 medium-sized yellow squash cut in slices or half-moon slices
2-4 Tbsp. chopped fresh basil
2 Tbsp. thinly sliced green onion
½ tsp. dried thyme
¾ tsp. garlic powder
½ cup + ½ cup low-fat pizza cheese
½ cup coarsely grated Parmesan
Salt and fresh ground black pepper to taste
Cooking spray

Method:

1. In a skillet, coat with cooking spray.
2. Add first 4 vegetables.
3. Sprinkle next 5 ingredients.
4. Cover and cook on low until vegetables are semi soft.



Curried Vegetable and Fruit Soup

Prep: 15 min.

Recipe Serves: 4 to 6

Ingredients:

4 cups unsalted chicken stock or low-sodium chicken broth
1 ½ Tbsp. unsalted butter
1 cup chopped onions
2 tsp. curry powder
½ tsp. saffron threads or 2 pinches of saffron powder(optional)
1 cup apples split, cored, and sliced
4 cups cauliflower, use only the florets
1 cup heavy cream
Salt and freshly ground white pepper
1 Tbsp. minced chives

Method:

1. Add the chicken stock plus next 6 ingredients and stir over medium heat.
2. Add the apples and cauliflower to the broth and simmer until they are tender.
3. Season with salt and pepper.
4. Transfer the soup to a blender or food processor and puree until very smooth.
5. Serve with chives as garnish.

Cream of Pumpkin Soup

Prep: 15 min.

Serves: 6

1 whole pumpkin
1 bunch (8-10) chopped scallions
4 Tbsp. unsalted butter
4 Tbsp. all purpose flour
4 cups chicken stock or canned broth
3 cups pumpkin purée (canned)
1 ½ tsps. salt
½ tsp. black pepper
½ tsp. grated nutmeg
½ tsp. ground sage
Dash tabasco
1 cup heavy cream
¼ cup toasted almonds (slivered)

Method:

1. In a skillet saute scallions in butter. Add flour and let bubble.
2. Add stock and let cook for 5 minutes.
3. Transfer to food processor and puree.
4. Transfer to a large saucepan and add next 5 ingredients
5. Simmer for additional 15 minutes.
6. Just before serving, completely clean out the pumpkin.
7. Bake empty pumpkin for 30 min.
8. Remove pumpkin to a serving platter.
9. Add cream to soup and transfer soup into pumpkin.



Barbeque Chicken

Prep: 15 min.

Recipe Serves: 6

Ingredients:

2 Tbsp. vegetable or canola oil

1 ½ cups chopped onion

2 Tbsp. finely chopped garlic

4 cups ketchup

½ cup cider vinegar

¼ cup firmly packed light or dark brown sugar

¼ cup honey

¼ cup tomato paste

3 Tbsp. Worcestershire sauce

2 Tbsp. Dijon mustard

1 Tbsp. chili powder

Salt and pepper

5 pounds skin-on, bone-in chicken pieces, your choice of breasts, thighs, or drumsticks

Method:

1. Heat oil in sauce pan. Add next two ingredients. Stir until onions are soft.
2. Add the next 8 ingredients and simmer for 15 minutes
3. If you want your sauce smooth then puree in a food processor or use an immersible blender.
4. Heat grill or broiler and cook chicken with no sauce until almost done
5. Brush chicken with barbeque sauce on both sides and and cook 5 minutes or so.
6. Serve with a side. (see last chapter)

Peperonata

Prep: 10 min.

Serves: 8

Ingredients:

2 red peppers
2 green peppers
2 yellow peppers
2 Tbsp. olive oil
1 onion
2 garlic cloves
1 tsp. chili flakes (or less)
¼ cup Kalamata olives
1 bay leaf
2 Tbsp. red wine vinegar
1 stalk rosemary

Method:

1. Clean and cut all the peppers and onion into strips.
2. Add oil to a large skillet and then add peppers, onions and garlic.
3. Cover and cook this mixture until peppers are semi soft.
4. Remove from heat and drain.
5. Add next 4 ingredients.
6. Let simmer softly for 15 minutes.

Pork Chops with Cherry Sauce

Prep: 10

Serves: 4

Ingredients

1 pork tenderloin
Salt and ground black pepper to taste
1 Tbsp. vegetable oil
1 sliced red onion
2 sliced shallots
3 fresh thyme sprigs
2 firm plums, pitted and each cut into 4 wedges
1 cup water
1 Tbsp. balsamic vinegar
1 tsp.cold butter

Method:

1. Season pork with salt and pepper.
2. In a skillet with oil, brown tenderloin and then transfer to a plate.
3. Saute onions with a little salt about 3 minutes.
4. Add shallots and caramelize.
5. Add thyme to onion mixture.
6. Add browned tenderloin to onion mixture and place plums around the tenderloin.
7. Cook for 20 minutes covered then transfer tenderloin and plums to a plate.
8. Add balsamic vinegar and water to onions and bring to a boil.
9. Reduce liquid by half. Stir butter into onion mixture and cook until sauce is shiny.
10. Top tenderloin and plums with onions sauce.
11. Serve with a side. (see last chapter)

Caramelized Onion Pork Chops

Prep: 5 min.

Serves: 4

Ingredients:

1 Tbsp. vegetable oil
4 pork loin chops, ½ inch thick
3 tsp. seasoning salt
2 tsp. ground black pepper
1 onion cut into strips
1 cup water

Method:

1. Season chops with salt and pepper.
2. Brown chops in oil over medium heat.
3. Add the onions and water.
4. Cover and simmer for 20 minutes.
5. Turn chops over and season with salt and pepper.
6. Cook until liquid is absorbed and onions turn light brown.
7. Serve with a side. (see last chapter)

Mushroom Pork Chops

Prep: 10 min.

Serves: 4

Ingredients:

4 pork chops

Salt, pepper and garlic to taste

1 chopped onion

½ pound fresh sliced mushrooms

1 can condensed cream of mushroom soup

Method:

1. Combine salt, pepper and garlic.
2. Season pork chops with garlic mixture.
3. Brown chops in a skillet.
4. Saute the onions and mushrooms with the chops.
5. Dollop canned soup over chops.
6. Cover and simmer for 20 to 30 minutes.
7. Serve with a side. (see last chapter)

Tomato Pork Loin Chops

Prep: 15 min.

Serving: 4

Ingredients:

2 tbsp olive oil, divided
4 boneless pork loin chops, pounded thin
1 large onion, sliced
½ tsp. sugar
2 tsp. chili powder
½ tsp. fennel seeds, crushed
½ tsp. red pepper flakes
1 tsp. Dried oregano
1 (8 ounce) can tomato sauce
2 Tbsp. water
1 tsp. Worcestershire sauce
Salt and pepper to taste

Method:

1. Brown pork chops in oil. Then transfer to a plate.
2. On medium heat cook onions until tender.
3. Add next 9 ingredients.
4. Bring this to a boil and place pork chops on top.
5. Cover and cook on low for 10 minutes
6. Remove the cover and cook until chops are done.
7. Serve with a side. (see last chapter)

Cumin Rubbed Pork Chops

Prep: 10 min

Serves: 2

Ingredients:

½ tsp. salt

1 Tbsp. cumin

1 Tbsp. ground coriander

3 cloves minced garlic

2 Tbsp. olive oil (divided)

2 boneless pork loin chops

Ground black pepper to taste

Method:

1. Combine first 5 ingredients+1 tbsp of oil forming a paste.
2. Season the chops with pepper and rub the paste on the chops.

Heat remaining oil in a skillet and cook pork chops for 5 minutes a side or until they are cooked.

Salsa Chicken

Prep: 5 min.

Serves: 4

Ingredients

4 skinless boneless chicken breast halves

4 tsp. taco seasoning mix

1 cup salsa

1 cup shredded Cheddar cheese

2 Tbsp. sour cream or plain yogurt (optional)

Cooking spray

Method:

1. Preheat oven to 375 degrees.
2. Spray 9 x 13 inch pan with cooking spray. Add chicken.
3. Sprinkle with taco seasoning and top with salsa.
4. Bake for 25 to 30 minutes
5. Add cheese on top for last 5 minutes or until cheese is melted.
6. Top with sour cream or yogurt if you want.



Baked Teriyaki Chicken

Prep: 30 min

Serves: 6

Ingredients:

1 Tbsp. cornstarch
1 Tbsp. cold water
½ cup white sugar or alternative
½ cup soy sauce
¼ cup cider vinegar
1 clove garlic minced
½ tsp. ground ginger
¼ tsp. ground black pepper
12 skinless chicken thighs
Cooking Spray

Method:

1. Combine first 7 ingredients and stir on low heat until it thickens.
2. Preheat oven to 425 degrees.
3. Spray and 9 x 13 inch pan.
4. Brush both sides of chicken with the sauce.
5. Bake for 30 minutes. Turn chicken over.
6. Baste and bake for another 30 minutes.
7. Brush chicken with sauce every 10 minutes if you can.

Aussie Chicken

Prep: 25 min.

Servings 4

Ingredients

4 skinless boneless chicken breast halves - pounded to 1/2 inch thickness
2 tsp. seasoning salt
6 slices Tempeh, cut in half and cooked crispy
1/2 cup prepared yellow mustard
1/2 cup honey
1/4 cup light corn syrup
1/4 cup mayonnaise
1 Tbsp. dried onion flakes
1 Tbsp. vegetable oil
1 cup sliced fresh mushrooms
2 cups shredded Colby-Monterey Jack cheese
2 Tbsp. chopped fresh parsley

Method:

1. Rub chicken with seasoning salt. Cover and place in refrigerator for 10 minutes.
2. Preheat oven to 350 degrees.
3. Combine next 5 ingredients in a bowl and take out half.
4. Brown the chicken and then place them in a 9 x 13 inch pan.
5. Brush with 1/2 the sauce and layer mushrooms and Tempeh on chicken
6. Bake 30 to 40 minutes.
7. Add cheese and bake another 5 minutes to melt cheese.
8. In a medium bowl, combine the mustard, honey, corn syrup, mayonnaise and dried onion flakes.
9. Add onion sauce to top of chicken when ready to serve. Serve with a side. (see last chapter)

Rotisserie Chicken

Prep: 10 min.

Serves: 5

Ingredients

4 tsp. salt
2 tsp. paprika
1 tsp. onion powder
1 tsp. dried thyme
1 tsp. white pepper
½ tsp. cayenne pepper
½ tsp. black pepper
½ tsp. garlic powder
2 onions quartered
2 whole chickens

Method:

1. Combine first 8 ingredients.
2. Clean chicken and remove anything that is inside.
3. Pat it with a paper towel and place 1 onion in each chicken cavity.
4. Rub each chicken inside and out with spicy mixture.
5. Cover with plastic wrap and let refrigerate overnight or for 4 to 6 hours.
6. Preheat oven to 250 degrees.
7. Place chicken into a roasting pan.
8. Bake uncovered for 5 hours.
9. Serve with a side. (see last chapter)

Sunday Chicken

Prep: 5 min

Serves: 4

Ingredients

4 skinless boneless chicken breast halves
5 fluid ounces Worcestershire sauce
8 slices Tempeh
2 Tbsp. butter
1 package Monterey Jack cheese, shredded
1 container honey mustard salad dressing
1 pkg of sliced mushrooms
1 pat of butter

Method:

1. Toss chicken with Worcestershire sauce and refrigerate in a container for 1 hour.
2. Cook Tempeh in the microwave until brown.
3. Preheat oven to broil.
4. Broil chicken for 5 minutes on each side.
5. When the time is up, top each with Tempeh and cheese.
6. Broil until cheese has melted.
7. Saute mushrooms in butter.

Serve with salad and mushrooms.

Pesto Chicken

Prep: 10 min.

Serves: 4

Ingredients

4 skinless boneless chicken breast halves

½ cup prepared basil pesto divided

4 thin slices prosciutto, or more if needed

Cooking spray

Method:

1. Spray baking dish with cooking spray.
2. Spread 2 Tablespoons of pesto on each breast.
3. Wrap each breast with prosciutto (cover the breast.)
4. Bake chicken in a baking dish for about 25 minutes.
5. Serve with fresh diced tomatoes.

Chicken Yakisoba

Prep: 20 min.

Serves: 2

Ingredients:

- 2 Tbsp. oil
- 1 Tbsp. sesame oil
- 2 skinless, boneless chicken breast halves - cut into bite-size pieces
- 2 cloves garlic, minced
- 2 Tbsp. Asian-style chile paste
- ½ cup soy sauce
- 2 Tbsp. canola oil
- ½ medium head cabbage, thinly sliced
- 1 sliced onion
- 2 carrots cut into matchsticks
- 1 Tbsp. salt
- 2 pounds cooked yakisoba noodles
- 2 Tbsp. pickled ginger, or to taste (optional)

Method:

1. Heat both canola oil in a skillet.
 2. Add chicken and stir for 1 minute.
 3. Add chili paste and cook until chicken is browned.
 4. Add soy sauce and simmer for 2 minutes.
 5. Remove chicken and sauce to a bowl.
 6. Heat remaining oil in a skillet and add cabbage, carrots and salt. Cook until cabbage is wilted.
 7. Stir chicken into the cabbage mixture
 8. Add noodles and cook until noodles are hot and chicken is not pink.
- Garnish with pickled ginger if desired.

Chicken Pockets

Prep: 20 min.

Serves: 2

Ingredients

1 package refrigerated crescent rolls
1 package cream cheese, softened
1 Tbsp. butter
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. ground black pepper
2 Tbsp. milk
1 Tbsp. minced onion
2 cups chopped cooked chicken
2 Tbsp. softened butter
3 Tbsp. cracker crumbs,

Method:

1. Using crescent roll dough, make 4 rectangles (pinching 2 together.)
2. Mix next ingredients. Add chicken and stir.
3. Spoon chicken mixture onto rectangle dough and roll dough over filling.
4. Pinch edges together to form a pocket.
5. Place on baking sheet. Brush each rectangle with butter and sprinkle with bread crumbs.
6. Bake at 350 in preheated oven until dough is browned.

Chicken Francese

Prep: 15 min.

Serves: 4

Ingredients

4 large skinless, boneless chicken breast halves

1 cup milk or as needed

1 cup bread crumbs

1 cup grated Romano cheese

2 Tbsp. chopped fresh parsley

1 cup olive oil

Salt and ground black pepper to taste

1 thinly sliced lemon

1 cup white wine

1 cup chicken broth

¼ cup lemon juice

1 shot brandy-based orange liqueur(or orange extract)

Cooking spray

Method:

1. Pound chicken pieces until ¼ inch thick.
2. Soak chicken for 30 minutes in the milk.
3. Combine breadcrumbs, cheese and parsley.
4. Remove chicken from milk and coat in bread crumb mixture.
5. In a skillet with some oil, cook chicken until it is browned on both sides.
6. Spray baking dish and place chicken in dish.
7. Salt and pepper chicken and place 1 lemon slice on each piece.
8. Pour the wine in a skillet with left over oil and boil scraping the browned bits.
9. Add chicken broth and cook 10 minutes.
10. Pour this mixture over the chicken and drizzle with orange liquor.
11. Bake in a 350 degree oven about 25 minutes

Chicken and Noodles

Prep: 15 min.

Serves: 6

Ingredients

$\frac{3}{4}$ ricotta cheese
 $\frac{3}{4}$ cup shredded mozzarella cheese, divided
 $\frac{1}{2}$ cup grated Parmesan cheese, divided
1 $\frac{1}{4}$ tsp. Italian seasoning
6 skinless boneless chicken cutlets
1 package sliced mushrooms
 $\frac{3}{4}$ cup white wine
 $\frac{1}{2}$ cup lemon juice
2 Tbsp. s butter cut into small pieces, divided
1 pound penne pasta

Method

1. Blend ricotta, $\frac{1}{2}$ the mozzarella and $\frac{1}{2}$ the parmesan plus italian seasoning.
2. Place 2 tablespoons of cheese mixture on each chicken cutlet. Roll each one and hold together with a toothpick.
3. Place chicken in a casserole dish with mushrooms, wine and lemon juice.
4. Cut 1 tbsp of butter in pieces and put it on the top of the chicken. Sprinkle rest of cheese mixture over the top.
5. Bake at 350 degrees for 40 minutes
6. Prepare noodles according to directions. Mix in butter. Then place in bowls with chicken and juices on top.
7. Serve with french green beans.

Caprese Chicken

Prep: 10 min.

Servings: 4

Ingredients

4 chicken breasts, skinless

10 large basil leaves (chop 6)

2 pints Cherry tomatoes

3 garlic cloves, large

1 balsamic vinegar

1 kosher salt & freshly ground black pepper

2 Tbsp. olive oil

8 oz fresh mozzarella

Method:

1. Place chicken with 1 basil leaf on top on a baking sheet along with garlic and bake for 35 to 40 minutes until it is done.
2. Mix cherry tomatoes, mozzarella cut in pieces, and chopped basil together
3. Mix together olive oil and vinegar and add to tomato mixture.
4. When chicken is done pour tomato mixture over it and serve.
5. Serve with crusty Italian bread.

Chicken with Fruit Sauce

Prep: 25 min.

Servings: 4 servings

Ingredients

4 boneless skinless chicken breast halves

½ tsp. garlic salt

¼ tsp. ground ginger

2 tsp. canola oil

1 can unsweetened pineapple chunks

½ cup sweet-and-sour sauce

¼ cup dried cherries

2 green onions sliced

Method:

1. Place garlic, salt and ginger on chicken.
2. Brown in a skillet with oil.
3. Drain pineapple. Reserve ¼ cup of juice.
4. Combine soy sauce, sweet and sour sauce and pineapple juice plus cherries.
5. Pour over chicken.
6. Bring this to boil and simmer for 8 to 10 minutes or until meat is done.
7. Add pineapple and onions.
8. Serve with brown rice.

Parmesan Crusted Tilapia

Prep: 10 min

Serves: 4

Ingredients

$\frac{3}{4}$ cup grated Parmesan cheese

2 tsp. paprika

1 Tbsp. chopped fresh parsley

Salt and ground black pepper to taste

4 tilapia fillets

Olive oil

Method:

1. Stir together first 4 ingredients.
2. Rub filets with olive oil and press the parmesan mixture firmly on filets.
3. Line a baking pan with aluminum foil.
4. Add fish to baking pan.
5. Bake in a 400 degree oven for 10 to 12 minutes. Turn once.
6. Serve with rosemary potatoes.

Tilapia with Mango Salsa

Prep: 45 min.

Serves: 2

Ingredients

1/3 cup extra-virgin olive oil
1 Tbsp. lemon juice
1 Tbsp. minced fresh parsley
1 clove garlic minced.
1 tsp. dried basil
1 tsp. ground black pepper
1/2 tsp. salt
2 tilapia fillets
1 large ripe mango, peeled, pitted and diced
1/2 red bell pepper, diced
2 Tbsp. minced red onion
1 Tbsp. chopped fresh cilantro
1 jalapeno pepper, seeded and min..ced
2 Tbsp. lime juice
1 tsp. lemon juice
Salt and pepper to taste

Method:

1. Stir together first 7 ingredients.
2. Pour into a plastic bag. Add tilapia.
3. Refrigerate for 1 hour.
4. Combine next 7 ingredients set aside.
5. Remove tilapia from plastic bag
6. Grill fillets until the fish is flaky.
7. Remove and serve with salsa on top.

Lemon Butter Tilapia

Prep: 10 min.

Serves: 4

Ingredients:

¼ cup unsalted butter, melted

3 cloves garlic, minced

2 Tbsp. freshly squeezed lemon juice, or more to taste

Zest of 1 lemon

4 tilapia fillets

Kosher salt and freshly ground black pepper, to taste

2 Tbsp. chopped fresh parsley leaves

Method:

1. Add first 4 ingredients. Set aside.
2. Season tilapia with salt and pepper.
3. Place tilapia in a lightly oiled 9 x 13 baking dish.
4. Drizzle with butter mixture.
5. Bake at 425 for 12 minutes.
6. Garnish with parsley.
7. Serve with fresh steamed broccoli.

Blackened Tilapia

Prep: 10 min.

Serves: 4

Ingredients:

1 ½ pounds carrots, cut into sticks
1 Tbsp. unsalted butter
1 Tbsp. chopped fresh oregano
Kosher salt and black pepper
4 tilapia fillets split lengthwise
2 Tbsp. blackening seasoning
3 Tbsp. canola oil, plus more if needed
Corn bread for serving

Method:

1. Steam carrots in microwave.
2. Toss with next 3 ingredients combined.
3. Rub tilapia with blackening seasoning.
4. Heat oil on medium heat.
5. Cook tilapia approximately 2 to 3 minutes per side.
6. Serve with carrots and cornbread.

Teriyaki Tilapia

Prep: 10 min.

Serves: 4

Ingredients:

1 cup brown rice cooked
4 6-ounce tilapia fillets
¼ cup teriyaki sauce
¼ cup fresh cilantro leaves
¼ cup fresh mint leaves
2 scallions, thinly sliced
1 Tbsp. fresh lime juice
1 tsp. crushed red pepper

Method:

1. Line a baking sheet with foil. Place tilapia on baking sheet.
2. Broil tilapia and baste with teriyaki sauce for 7 to 9 minutes.
3. Break tilapia into pieces.
4. Mix together next 5 ingredients.

Serve tilapia over rice topped with salad mixture.

Tilapia Salad

Prep: 15 min.

Serves: 4

Ingredients:

4 Tbsp. olive oil plus more if needed

4 6-ounce tilapia fillets

Kosher salt and black pepper

2 Tbsp. fresh lime juice

1 Tbsp. Dijon mustard

2 tsp. honey

6 cups arugula, thick stems removed

2 heads endive, sliced

1 apple cored and thinly sliced

¼ cup sliced toasted almonds

Method:

1. Season tilapia with salt and pepper.
2. Cook in a little oil 2 to 3 minute per side.
3. Cool then break into pieces.
4. Mix together next three ingredients plus ¼ tsp salt and pepper
5. Add the next 4 ingredients.
6. Place this mixture on top of tilapia and serve.

Horseradish Salmon

Prep: 10

Serves:4

Ingredience:

1 english cucumber seeded
1 Tbsp. white vinegar
1 Tbsp. chopped dill
2 Tbs. olive oil
½ cup of panko bread crumbs
2 Tbsp. prepared horseradish
6 oz of baby spinach
4 skinless boneless salmon fillets

Method:

1. Mix together first 4 ingredients plus small amount of salt and pepper
2. Add next two ingredients and stir all together
3. Salt and pepper salmon and place on an aluminum foil covered baking dish
4. Press panko mixture on salmon
5. Cook at 350 degrees for 8 minutes or until brown.
6. Toss spinach and cucumber mixture.
7. Serve salmon with spinach salad.

Sweet and Sour Cabbage with Salmon

Prep: 10 min.

Serves: 4

Ingredients

2 tsp. olive oil

1 medium sweet onion

1 head red cabbage

Pepper and salt

½ cup dry red wine

2 Tbsp. balsamic vinegar

½ pt. blackberries

4 piece skinless center-cut salmon fillet

Parsley leaves

Method:

1. In a skillet saute onion. Add cabbage and salt and pepper.
2. Cook 3 minutes or until cabbage becomes tender.
3. Add wine and vinegar and bring to a boil.
4. Cover and simmer for 25 minutes
5. Remove from heat and add blackberries and ½ tsp salt.
6. In a broiler place salmon sprinkled with salt and pepper.
7. Broil 7 minutes or until flaky.
8. Divide cabbage on plates and top with salmon and parsley.

Salmon and Pea Puree

Prep: 20 min.

Serves: 4

Ingredients:

Cooking spray

1 cup sliced leeks

1½ cup peas

½ cup white wine

¼ cup water

4 skinless salmon fillets

¼ tsp. salt

¼ cup half-and-half

¼ tsp. salt

¼ tsp. pepper

Method:

1. Cover saucepan with cooking spray. Cook leeks for 2 minutes
2. Add next 3 ingredients and heat to boiling.
3. Simmer for 6 minutes
4. Spray a skillet and heat.
5. Season fillets with ¼ tsp salt.
6. Cook for 10 minutes. Turn once.
7. Puree pea mixture with half and half plus salt and pepper
8. To plate: place pea mixture on plate, set salmon on top.

Ginger Salmon

Prep: 10 min.

Serves: 4

Ingredients:

2 cups cubed cantaloupe cut into $\frac{1}{3}$ -inch pieces
1 cup cubed honeydew cut into $\frac{1}{3}$ -inch pieces
 $\frac{1}{4}$ cup chopped fresh cilantro leaves
2 Tbsp. finely chopped fresh mint leaves
1 jalapeño chile
2 Tbsp. fresh lime juice
Salt and pepper
2 Tbsp. grated peeled fresh ginger
2 tsp. curry powder
4 piece skinless salmon fillet
2 tsp. vegetable oil

Method:

1. Combine first 7 ingredients. Mix well and set aside.
2. Combine next two ingredients with salt and pepper.
3. Spread this mixture on the salmon.
4. Cook salmon in a non stick skillet with ginger side down for 10 minutes.
5. Turn once.
6. Serve salmon with melon salsa.

Citrus Salmon

Prep: 10 min.

Serves: 4

Ingredients

1 lemon
3 navel oranges
1 Tbsp. Dijon mustard
1 Tbsp. extra virgin olive oil
1 tsp. sugar
Salt and pepper
1 seedless (English) cucumber diced
8 oz. red cabbage shredded
¼ c. panko (Japanese-style bread crumbs)
2 green onions
1 Tbsp. packed fresh tarragon leaves chopped
4 piece skinless center-cut salmon fillet
4 tsp. plain fat-free Greek yogurt

Method:

1. In a bowl grate 1 tsp. of lemon peel and squeeze 3 tbsp of juice.
2. Grate 1 ½ tsp. of orange zest.
3. Cut peel and take pith off of oranges and discard.
4. Cut oranges into slices.
5. Mix together next 6 ingredients.
6. Combine next 3 ingredients.
7. Press this combination onto salmon
8. Add tsp. of yogurt to salmon as a spread.
9. Top with panko mixture and press.
10. Add salmon to a foil lined pan and bake at 350 for 12 minutes
11. Serve fillets with orange slices.

Serve with cabbage.

Salmon Cakes

Prep: 10 min.

Serves: 9 cakes

Ingredients:

1 lb. skinless salmon fillet

1½ c. cornflakes

1 tsp. grated orange peel

4 Tbsp. chopped cilantro

Salt and pepper

1 orange

Method:

1. Add first 3 ingredients to a food processor until chopped fine(¼ tsp salt and pepper)
2. Form 9 patties and cook in skillet until brown on each side.
3. Combine diced orange, cilantro and ¼ tsp salt and pepper.
4. Serve this mixture with cakes and handful of cherries.

Oriental Salmon

Prep: 45 min.

Serves: 4

Ingredients:

1½ lb. fennel bulbs
1 small potato cut up in pieces
1¼ cup fresh orange juice
¼ tsp. lower-sodium soy sauce
4 center-cut salmon fillets
salt and pepper
1 Tbsp. margarine or butter

Method:

1. Combine fennel and potato. Cover with cold water in a saucepan. Boil for about 20 minutes until vegetables are tender.
2. In a 4 qt. Sauce pan add the juice and boil for 10 minutes.
3. Add soy sauce and boil for 1 minutes. Add fennel.
4. Skin and clean salmon.
5. Season with salt and pepper.
6. Roast on foil lined pan at 300 degrees for 15 minutes
7. Drain potatoes and fennel. Pulse slightly.
8. Add margarine, ¼ salt and pepper.
9. Puree and divide among plates.
10. Place salmon on plates.
11. Spoon fennel puree on top of salmon.

Salmon-Lime Fillets

Prep: 15

Serves: 4

Ingredients

1 cup quick-cooking brown rice, cooked
1½ tsp. canola oil
4 skinless center-cut salmon fillets
2 limes
3 small peppers (red, orange, and yellow)
1 medium onion

Method:

1. In a skillet heat oil for 1 minute.
2. Season salmon with ¼ tsp of salt ⅛ tsp of pepper.
3. Place salmon in pan and cook for 8 minute. Turn once.
4. Transfer to plates and grate peel of the lime over fish.
5. Slice peppers and chop onions.
6. Add 3 Tbsp. of water and ⅛ tsp of salt.
7. Cover and cook for 5 minutes
8. Remove lid and cook 5 minutes longer.
9. Stir in basil and lime juice into this mixture.
10. Microwave spinach until wilted.
11. Serve salmon with rice and pepper mixture and side of spinach.
12. Serve with slices of lime.

Desserts

Dessert Crepes

Prep: 10 min.

Servings: 8

Ingredients:

4 eggs, lightly beaten

1 $\frac{1}{3}$ cups milk

2 Tbsp. butter melted

1 cup all-purpose flour

2 Tbsp. white sugar or alternative

$\frac{1}{2}$ tsp. salt

1 tsp. vanilla (optional)

$\frac{1}{4}$ - $\frac{1}{2}$ tsp. cinnamon (optional)

Method:

1. Whisk first 6 ingredients together until smooth.
2. In a skillet heat a small amount of butter.
3. Ladle batter into hot pan.
4. Tilt the pan so the batter covers entire bottom of pan.
5. This will be very thin.
6. Cook and flip until golden brown.
7. Fill with desired filling.



Dessert Pizza

Prep: 15 min

Serves: 6 to 8

Ingredients:

- 1 package refrigerated sugar cookie dough
- 1 container frozen whipped topping, thawed
- ½ cup sliced banana
- ½ cup sliced fresh strawberries
- ½ cup crushed pineapple, drained
- ½ cup seedless grapes, halved

Method:

1. On a 12 inch pizza pan, spread and press cookie dough evenly.
2. Bake in 350 preheated oven for 15 minutes until lightly browned.
3. Cool completely.
4. Spread whipped topping on crust and add fruit.
5. Refrigerate until you serve.

Pumpkin Dessert

Prep: 10 min.

Serves: 12

Ingredients:

1 package yellow cake mix
1/3 cup butter, melted
1 egg
1 large can pumpkin
1/2 cup brown sugar
2/3 cup milk
3 eggs
2 Tbsp. pumpkin pie spice
1/4 cup butter, chilled
1/2 cup white sugar or alternative
3/4 cup chopped walnuts

Method:

1. Stir together cake mix (reserving 1 cup) with butter and eggs.
2. Spread this mixture into a 9 x 13 inch greased baking pan.
3. Mix together pumpkin, sugar egg, milk and pumpkin spice.
4. Pour this mixture over cake mix.
5. Blend in a food processor remaining butter and sugar and remaining cake mix.
6. Crumble on the top of the pumpkin mix. Scatter walnuts on top also.
7. Bake at 350 degrees for 40 to 50 minutes.

Cherry Dessert

Prep: 15 min

Servings: 9

Ingredients:

1 ¼ cups graham cracker crumbs
¾ cup margarine, melted
1 package cream cheese
½ cup white sugar or alternative
1 dash vanilla extract
1 dash almond extract
1 cup heavy cream
1 (12 ounce) can cherry pie filling
Cooking spray

Method:

1. Spray bottom of 9 x 9 cooking pan.
2. Mix together first 2 ingredients.
3. Stir together next 4 ingredients.
4. Press graham crackers into bottom of pan
5. Bake at 350 degrees for 5 minutes. Let cool.
6. Combine next 4 ingredients.
7. Whip the cream until soft peaks form.
8. Fold whip cream into cheese mixture.
9. Spread over cooled crust and then add pie filling to cover the top.
10. Chill in refrigerator.

Strawberry Angel Dessert

Prep: 15 min.

Serves: 6

Ingredients:

- 1 (10 inch) angel food cake
- 2 packages cream cheese, softened
- 1 cup white sugar or alternative
- 1 container frozen whipped topping, thawed
- 1 quart fresh strawberries, sliced
- 1 (18 ounce) jar strawberry glaze

Method:

1. Add crumbled cake to a 9 x 13 inch pan.
2. Blend the cream cheese and sugar until fluffy.
3. Fold in the entire container of whipped topping.
4. Flatten the cake with your hands and spread cheese mixture on cake.
5. Combine strawberries and glaze.
6. Spread over cream cheese.
7. Refrigerate until ready to serve.

Avocado Dessert

Prep: 20 min.

Serves: 1

Ingredients:

1 avocado peeled and pitted

½ cup milk

¼ cup white sugar or alternative

½ tsp. vanilla extract

Method:

1. Blend avocado with a food processor.
2. Add next 3 ingredients. Process until smooth.
3. Refrigerate for 20 minutes.

Cherry Enchilada Dessert

Prep: 15 min.

Serve: 6 to 12

Ingredients

1 (21 ounce) can cherry, apple, or peach pie filling

6 (8 inch) flour tortillas

1 tsp. ground cinnamon

$\frac{1}{3}$ cup margarine

$\frac{1}{2}$ cup white sugar or alternative

$\frac{1}{2}$ cup packed brown sugar

$\frac{1}{2}$ cup water

Method:

1. Place pie mixture on tortillas.
2. Sprinkle with cinnamon.
3. Roll tortillas and place seam down on a prepared 8 x 8 baking pan.
4. Put margarine and sugar into a pan. Simmer for 3 min..
5. Pour sauce over tortillas and sprinkle with cinnamon
6. Bake for 20 minutes in a 350 degree oven.

Dessert Cherry Pie

Prep: 20 minutes

Serves: 6

Ingredients:

- 1 (20 ounce) can pitted sour cherries
- ¼ cup white sugar or alternative
- 1 envelope (1 Tbsp.) unflavored gelatin
- 2 egg yolks
- ⅛ tsp. salt
- ¼ tsp. almond extract
- ¼ cup white sugar or alternative
- 1 cup heavy cream
- 1 (9 inch) graham cracker crust
- 1 pkg of whipped topping

Method:

1. Mix cherries with ¼ cup of sugar set for 20 minutes
2. Drain the cherries and place juice in a saucepan.
3. Sprinkle gelatin on top of cherry juice and leave for 5 minutes
4. Mix in egg yolks and salt.
5. Cook on low heat for 5 minutes. Stir constantly.
6. Add extract and cherries.
7. Let cool until room temp.
8. Whip cream and add sugar gradually.
9. Whip until stiff peaks form.
10. Add to cherry mixture.
11. Pour into the graham cracker crust and top pie with cool whip.
12. Cover and chill for several hours.

Merry Cherry Dessert

Prep: 15 min

Serves: 4

Ingredients

- 1 (21 ounce) can cherry pie filling, divided
- 1 ½ cups boiling water
- 1 (3 ounce) package JELL-O Brand Cherry Flavor Gelatin
- 1 ½ cups cold water
- 4 cups angel food cake cubes
- 3 cups cold milk
- 2 pkg. (4 serving size) vanilla Instant pudding and pie filling
- 1 (8 ounce) tub whipped topping, thawed, divided

Method:

1. Save ⅓ of cherry pie filling.
2. Prepare gelatin as directed on package using measurements in recipe.
3. Stir in remaining pie filling.
4. Refrigerate for 45 minutes or until kind of thickened.
5. Put cake cubes in a serving bowl (clear for presentation).
6. Add gelatin mixture by pouring over cake.
7. Refrigerate for 45 minutes
8. Pour milk and dry puddings into a bowl beat well for 2 minutes
9. Add 2 cups of the whipped topping and fold together.
10. Refrigerate 2 hours.
11. Top with remaining whipped cream and cherry pie filling.

Cherry Delights

Prep: 15

Serves: 24

Ingredients:

$\frac{3}{4}$ cup butter
1 cup white sugar or alternative
2 eggs
2 Tbsp. milk
1 tsp. vanilla extract
2 $\frac{1}{4}$ cups sifted all-purpose flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. baking soda
 $\frac{1}{2}$ tsp. salt
1 cup chopped pecans
1 cup dates, pitted and chopped
 $\frac{1}{3}$ cup maraschino cherries, chopped
2 $\frac{1}{2}$ cups crushed cornflakes cereal
10 maraschino cherries, quartered
Cooking spray

Method:

1. Blend the butter and sugar.
2. Blend eggs and next 3 ingredients
3. Stir together next 4 ingredients.
4. Add the two mixtures together.
5. Stir in pecans, dates, and $\frac{1}{3}$ cup of the cherries.
6. Roll into balls and then roll into crushed cornflakes.
7. Place balls on baking sheet sprayed with cooking spray.
8. Top each cooking with $\frac{1}{4}$ of a cherry.
9. Press down on the cherry.
10. Bake for 10 to 12 minutes at 375 degrees.

Cherry Coconut Bars

Prep: 10 min.

Serves: 9 bars

Ingredients:

1 cup all-purpose flour
½ cup butter
3 Tbsp. confectioners' sugar
2 eggs
1 cup white sugar or alternative
¼ cup all-purpose flour
½ tsp. baking powder
¼ tsp. salt
1 tsp. vanilla extract
¾ cup chopped walnuts
½ cup flaked coconut
¼ cup maraschino cherries, quartered

Method:

1. Mix first 3 ingredients with your hands.
2. Spread on the bottom of an 8 x 8 pan
3. Bake for 25 minutes at 350 degrees.
4. Beat eggs and add in remaining ingredients.
5. Spread on cooled cookie dough and bake for 25 more minutes.



Fresh Peach Dessert

Prep: 35 min.

Servings: 8

Ingredients:

16 whole graham crackers, crushed

$\frac{3}{4}$ cup butter, melted

$\frac{1}{2}$ cup white sugar or alternative

4 $\frac{1}{2}$ cups mini marshmallows

$\frac{1}{4}$ cup milk

1 pint heavy cream

$\frac{1}{3}$ cup white sugar or alternative

6 large fresh peaches - peeled, pitted and sliced

Method:

1. Combine first 3 ingredients, saving $\frac{1}{4}$ cup.
2. Press the mixture into the bottom of a 9 x 13 in baking pan.
3. Heat the marshmallows and milk until the marshmallows are melted.
4. Whip cream until soft peaks form and slowly stir in $\frac{1}{3}$ cup of sugar.
5. Fold the whipped cream into the cooled marshmallow mixture.
6. Spread half the mixture on the crust. Arrange peaches.
7. Spread the rest of the mixture over the peaches.
8. Refrigerate.

Grecian Cherries

Prep: 10 min.

Servings: 2

Ingredients

2 cups cherries, pitted and coarsely chopped

1 cup whole-milk ricotta cheese

½ cup crumbled feta cheese

4 tsp. ground coriander

4 tsp. white sugar or alternative

1 Tbsp. lemon juice

Method:

1. Combine all ingredients, stir and refrigerate.
2. Serve alone.

Black Walnut and Cherry Strudel

Prep 30 min.

Serves: 6

Ingredients:

- 1 large egg, beaten
- 1 Tbsp. water
- 1 package cream cheese, softened
- ½ cup white sugar or alternative
- 1 Tbsp. lemon juice
- 2 sheets frozen puff pastry, thawed
- 1 (12 ounce) bag frozen dark cherries
- 8 ounces chopped black walnuts

Glaze:

- ½ cup confectioners' sugar
- 2 Tbsp. milk or more as needed
- 1 tsp. vanilla extract

Method:

1. Mix first two ingredients.
2. With an electric mixture mix next 3 ingredients until fluffy.
3. Roll each puff pastry into a 12 x 16 rectangle.
4. Place ½ of cream cheese mixture down the middle of the pastry.
5. Dividing the cherries and the walnuts, place ½ of each on the cream cheese mixture.
6. Fold pastry over the filling and brush with egg and water mixture.
7. Bake at 350 degrees about 34 minutes.
8. Cool until room temp.
9. Blend last three ingredients for glaze and then drizzle over the strudel.

Cherry Dump Pudding

Prep 15 min.

Serves: 4

Ingredients:

2 cups all-purpose flour

½ tsp. salt

2 tsp. baking powder

½ cup butter

1 cup milk

1 tsp. vanilla extract

4 cups pitted sour cherries

½ cup white sugar or alternative

1 ¼ cups cherry juice

Cooking Spray

Method:

1. Combine first 4 ingredients and blend.
2. Add next 3 ingredients and blend well with the dry ingredients
3. Spray a 10 x 10 baking dish and pour this mixture into dish.
4. Cover with cherries.
5. Heat cherry juice in saucepan and ½ of the sugar.
6. Pour over top of cake.
7. Bake for 40 minutes at 375 degrees.

Cherry Snowball Cookies

Prep: 20 min

Servings: 24 cookies

Ingredients:

1 ¼ cups confectioners' sugar, divided
½ cup butter, softened
1 cup all-purpose flour
¼ cup quick cooking oats
¼ cup finely chopped sweetened coconut
¼ cup finely chopped walnuts
1 pinch salt
15 maraschino cherries, finely chopped

Method:

1. Mix first two ingredients (¼ of the confectioners sugar) with an electric mixture.
2. Add next five ingredients one at a time, blending for 5 seconds each.
3. Mix cherries into the butter mixture until the dough comes together.
4. Form cookies on the baking sheet 2 inches apart.
5. Bake at 350 degrees until slightly brown, 18 minutes.
6. Pour remaining sugar into a bowl and roll each warm cookie in the sugar.
7. After rolling all of the cookies once, roll again in confectioners' sugar to coat.



Coconut Refrigerator Cake

Prep: 15min

Servings: 8

Ingredients:

¼ cup flaked sweetened coconut

1 cup heavy (or whipping) cream, whipped to a soft peak

2 pound cakes (such as Sara Lee), about 11 ounces each

2 cups vanilla Pudding

Method:

1. Spread coconut on a cookies sheet. Bake at 350 for 10 minutes.
2. Shake tray halfway through. Let cool. Save a handful.
3. Fold whipped cream and pudding together in a bowl.
4. Cut pound cakes in half then cut horizontally into three layers.
5. Line an 8 x 8 inch pan with 4 cake slices. Top with pudding.
6. Repeat until there are three layers.
7. Refrigerate for 1 hour and garnish with handful of coconut.

Lemon Bars

Prep: 15 min.

Servings: 24 bars

Ingredients:

Crust:

Nonstick cooking spray

1½ cups all-purpose flour, spooned and leveled

½ cup (1 stick) cold unsalted butter, cut into pieces

⅓ cup granulated sugar

¼ tsp. kosher salt

Filling:

3 large eggs

1 large egg yolk

⅔ cup granulated sugar

⅓ cup fresh lemon juice

2 tsp. finely grated lemon zest

2 Tbsp. all-purpose flour

2 Tbsp. heavy cream

⅛ tsp. kosher salt

Confectioners' sugar for dusting

Method:

1. In a food processor combine first four ingredients.
2. Press this mixture into a 8 x 8 inch square pan that has been sprayed with cooking spray and then crisscrossed with two pieces of parchment. Spray parchment too.
3. Bake at 350 for 25 minutes
4. While that is baking combine next 8 ingredients.
5. Pour this mixture onto the hot crust.
6. Bake for additional 15 to 18 minutes.
7. Cool completely in the pan and refrigerate for 2 hours.
8. Using both sides of the parchment lift the cake out of the pan.
9. Cut into 24 rectangles.
10. Keep in refrigerator until serving.
11. Lightly dust with remaining sugar.

Lemon Pound Cake

Prep time: 15 min.

Servings: 6

Ingredients:

2 Tbsp. unsalted butter, melted, plus 1 cup (2 sticks) at room temperature

2 $\frac{3}{4}$ cups all-purpose flour

$\frac{1}{4}$ cup cornstarch

2 tsp. baking powder

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. ground nutmeg

2 cups sugar

3 large eggs, at room temperature

Zest of 1 lemon

1 cup light cream

1 Tbsp. lemon extract

1 tsp. vanilla extra

Method:

1. Blend flour, cornstarch, baking powder, salt and nutmeg in a bowl.
2. Using an electric mixer beat the butter until smooth.
3. Gradually add the sugar until mixture is fluffy.
4. Barely whisk eggs and beat them into the butter mixture.
5. Add the lemon zest and $\frac{1}{4}$ of the dry ingredients.
6. Then add $\frac{1}{3}$ of the cream
7. Blend until smooth.
8. Repeat until cream and flour have been incorporated.
9. Add extracts
10. Spray pan/pans.
11. Place batter into a loaf pan, or smaller loaf pans.
12. Bake at 350 degrees for 40 to 45 minutes.
13. Wrap in plastic and freeze until needed.

No Bake Chocolate Eclair

Prep: 10 min

Serves: 12

Ingredients:

3 box instant vanilla pudding

3 cups milk

1 container of whipped topping

Graham crackers

$\frac{1}{3}$ cup cocoa

1 cup sugar

$\frac{1}{4}$ cup milk

1 stick butter

1 tsp. vanilla

Method

1. Combine puddings with the milk. Beat 2 minutes. Stir in whipped topping.
2. Layer graham crackers on bottom of 9 x 13 inch pan.
3. Spread filling on the graham crackers. Repeat ending with graham cracker layer.
4. In a saucepan combine cocoa, milk and butter. Bring to a boil for 1 minute.
5. Add butter and vanilla and stir until butter is melted.
6. Pour chocolate over graham crackers and refrigerate overnight.

Sauces, Jams and Other Good Stuff

Cherry Barbeque Sauce

Prep: 10 min.

Serving: 8

Ingredients:

- 1 medium onion chopped
- 2 Tbsp. butter
- 2 garlic cloves, minced
- 2 cups fresh or frozen dark sweet cherries, pitted and coarsely chopped
- 1 cup ketchup
- $\frac{2}{3}$ cup packed brown sugar
- $\frac{1}{4}$ cup cider vinegar
- 1 Tbsp. Worcestershire sauce
- 2 tsp. ground mustard
- $\frac{1}{2}$ tsp. pepper
- $\frac{1}{8}$ tsp. Liquid Smoke, optional

Method:

1. Saute first 3 ingredients.
2. Add rest of ingredients and cook uncovered for 20 minutes.
3. Store in airtight container.

Cherry Chutney

Prep: 30 min.

Servings: 1

Ingredients

1 pound cherries, pitted
1 cup cider vinegar
½ cup rice vinegar
1 large onion, chopped
1 apple - peeled, cored and chopped
½ cup white sugar or alternative
¼ cup brown sugar
2 Tbsp. minced fresh ginger
2 Tbsp. Chinese five-spice powder
1 tsp. salt
¼ tsp. ground nutmeg

Method:

1. Add everything into a saucepan. Simmer covered for 1 hour.
2. Remove the lid and continue cooking until it has the consistency you are looking for.
3. Refrigerate before serving.



Cherry Sauce for Chicken

Prep: 20 min.

Servings 4

Ingredients;

1 pound fresh or frozen pitted sweet cherries

½ cup orange juice

½ cup soy sauce

¼ cup packed brown sugar

¼ cup honey

2 Tbsp. lemon juice

1 garlic clove, minced

2 tsp. minced fresh gingerroot

Method:

1. Reserve ¾ cup of cherries.
2. In a blender combine cherries and orange juice.
3. Add rest of ingredients.
4. Heat in a saucepan with rest of cherries until it thickens.
5. Chill until ready to use.

Cherry Jam

Prep: 35 min.

Servings: 48

Ingredients

2-1/2 pounds fresh tart cherries, pitted

1 package (1-3/4 ounces) powdered fruit pectin

1/2 tsp. butter

4-3/4 cups sugar

Method:

1. In batches put all the cherries in a food processor until fine.
2. Place cherries in a big pot and stir in pectin and butter.
3. Bring this mixture to a boil for 1 minute.
4. Add sugar and boil for 1 minute.
5. Skim off foam and fill 6 sterilized half pint jars.
6. Leave 1/4 inch at top. Wipe rims and screw lids on tight.
7. Place jars in a large pot of water that is simmering.
8. Cans should be covered. Bring to a boil for 5 minutes.
9. Remove jars and let cool.

Freezer Cherry Jam

Prep: 30 min.

Servings: 80

Ingredients:

2 cups of cherries

4 cups sugar, measured into separate bowl

3/4 cup water

1 box Fruit Pectin

Method:

1. Clean plastic containers and lids. Dry.
2. Finely chop cherries or grind.
3. Add sugar. Let it stand 10 minutes.
4. Mix water and pectin in a small saucepan.
5. Bring it to boil and stir for 1 minute.
6. Add to fruit mixture and stir 3 minutes.
7. Fill containers and wipe off excess. Let stand for 24 hours.
8. Refrigerate for up to 3 weeks or freeze up to a year.

Cherry Lemonade

Prep: 10 min..

Serves: 25

Ingredients:

- 1 package cherry gelatin
- 1 cup boiling water
- 1 (6 ounce) can frozen lemonade concentrate
- 3 cups cold water
- 1 (1 quart) bottle cranberry juice cocktail, chilled
- 1 (28 ounce) bottle ginger ale, chilled

Method

1. Pour package of gelatin into boiling water.
2. Add lemonade, cold water and cranberry juice.
3. Place 2 handfuls of ice and pour into a punch bowl.
4. Add the ginger ale, but not all at once.
5. If desired, add scoops of fruit-flavored sherbet.

Cherry Relish

Prep: 20 min..

Servings: 3 cups

Ingredients:

2 cups rinsed fresh cherries

2 skinned and cored tart green apples, cut into thick slices

1 large, whole (peel ON) seedless orange, cut into sections

1 to 2 cups granulated sugar

Method:

1. Pulse cranberries, apples and orange with a food processor. Just a little.
2. Stir in sugar, adding as you go to get the sweetness you like.
3. Let it sit at room temp for about 45 minutes. Refrigerate.

Chipotle Cherry Sauce

Prep: 15 min.

Serving: 20

Ingredients:

2 cups cherries, pitted and chopped

½ cup red onion, diced

1 Tbsp. chipotle chiles chopped

¼ cup fresh cilantro, minced

3 Tbsp. fresh lime juice

Salt & freshly ground black pepper

Method:

1. Add all ingredients into the food processor. Let it sit 5 minutes.

Serve at room temp or cover and refrigerate up to 2 days.



Cherry Pesto

Prep: 5 min.

Ingredients:

2 cups pitted cherries
¼ cup walnuts
¼ cup freshly grated parmesan cheese
5 garlic cloves minced
1 handful fresh cilantro chopped
2 tbsp olive oil

Method:

1. Pulse everything in a food processor. Refrigerate.

Cherry Onion Marmalade

Prep: 10 min.

Servings: 20

Ingredients:

4 medium sized onions

3 Tbsp. olive oil

2 tsp. salt

1 ⅓ cups cherries, pitted and pulsed.

1 cup of red wine (or an Irish red ale)

1 cup of brown sugar

⅓ cup balsamic vinegar

1 tsp. red pepper flake (more or less depending on how spicy you prefer your foods)

Method:

1. Saute onions in olive oil. Add rest of ingredients.
2. Cook until everything has dissolved and is getting thick, about 3 minutes.
3. Refrigerate.

Sides

Baked Mushrooms

Prep: 24

Servings: 4

Ingredients:

1 ½ pounds cremini mushrooms, thinly sliced

3 Tbsp. olive oil

¼ cup freshly squeezed lemon juice

Zest of 1 lemon

3 cloves garlic, minced

2 tsp. dried thyme

¼ cup grated Parmesan

Kosher salt and freshly ground black pepper, to taste

Method:

1. Place mushrooms on baking sheet coated with nonstick spray.
2. Add next six ingredients and mix to combine.
3. Pour over mushrooms.
4. Bake at 375 degrees for 12-15 minutes or until tender.

Baked Zucchini

Prep: 10 min.

Serving: 4

Ingredients:

4 zucchini, quartered lengthwise

½ cup freshly grated Parmesan

½ tsp. dried thyme

½ tsp. dried oregano

½ tsp. dried basil

¼ tsp. garlic powder

Kosher salt and freshly ground black pepper to taste

2 Tbsp. olive oil

2 Tbsp. chopped fresh parsley leaves

Method:

1. Place zucchini on a baking sheet treated with non stick spray.
2. Combine next 7 ingredients and mix well.
3. Drizzle this mixture over zucchini.
4. Bake in 350 degree oven for 15 minutes.
5. Remove from oven and broil for 2 to 3 min.

Garnish with parsley if desired.

Baked Green Beans

Prep: 10 min.

Serving: 6

Ingredients:

1 cup Panko bread crumbs

½ cup grated Parmesan cheese

Pinch of cayenne pepper

Kosher salt and freshly ground black pepper, to taste

1 ½ pounds green beans, trimmed

½ cup all-purpose flour

2 large eggs, beaten

Method:

1. Combine first 4 ingredients. Set aside.
2. Cover green beans with flour.
3. Then dip into eggs.
4. Then in the panko mix.
5. Layer green beans in non stick baking pan.
6. Cook at 350 degrees for 10 to 12 minutes or until brown.

Garlic Roasted Potatoes

Prep: 40 min.

Serves: 4

Ingredients:

3 pounds red potatoes, halved

2 Tbsp. olive oil

5 cloves garlic, minced

1 tsp. dried thyme

½ tsp. dried oregano

½ tsp. dried basil

⅓ cup freshly grated Parmesan

Kosher salt and freshly ground black pepper, to taste

2 Tbsp. unsalted butter

2 Tbsp. chopped parsley leaves

Method:

1. Toss potatoes in olive oil.
2. Combine next 7 ingredients and toss potatoes in that mixture.
3. Place potatoes on baking sheet.
4. Bake at 400 degrees for 25-30 minutes.
5. Remove potatoes from a pan to a bowl.
6. Add butter and toss. Garnish with parsley.

Glazed Carrots

Prep: 20 min..

Serves: 4

Ingredients:

2 Tbsp. unsalted butter
1 (16-ounce) baby carrots
2 Tbsp. honey
2 Tbsp. brown sugar, packed
2 tsp. dill
2 tsp. thyme leaves

Method:

1. Melt butter in a skillet.
2. Add next 5 ingredients.

Cook and stir occasionally until carrots are tender.

Roasted Vegetables

Prep: 15 min.

Servings: 6

Ingredients:

2 cups broccoli florets
2 cups cremini mushrooms
2 cups chopped butternut squash
1 zucchini, sliced and quartered
1 yellow squash, sliced and quartered
1 red bell pepper, chopped
1 red onion, chopped
2 Tbsp. olive oil
2 Tbsp. balsamic vinegar, or more, to taste
4 cloves garlic minced
1 ½ tsp. dried thyme
Kosher salt and freshly ground black pepper, to taste

Method:

1. Mix together first 7 ingredients and place on a baking sheet.
2. Bake at 425 degrees 15 minutes or until veggies are tender.

Creamed Corn

Prep: 10 min.

Serving: 6

Ingredients:

6 ounces cream cheese, cubed

¼ cup unsalted butter

3 cloves garlic, minced

⅓ cup milk

2 cups corn kernels, frozen, canned or roasted

½ tsp. dried thyme

Kosher salt and freshly ground black pepper, to taste

1 cup shredded cheddar cheese

2 Tbsp. chopped fresh parsley leaves

Method:

1. Mix first 3 ingredients in a saucepan.
2. Stir in milk until smooth.
3. Stir in seasonings.
4. Spread corn in a casserole dish and sprinkle with cheese.
5. Pour milk mixture over corn.
6. Bake at 375 degrees for 17 minutes
7. Garnish with parsley.

Zucchini and Corn

Prep: 5 min.

Servings: 4

Ingredients:

2 Tbsp. olive oil

2 cloves garlic, minced

4 zucchinis, diced

1 cup corn kernels, frozen, canned or roasted

¼ tsp. dried basil

¼ tsp. dried oregano

¼ tsp. thyme

Kosher salt and freshly ground black pepper, to taste

Juice of 1 lime

2 Tbsp. chopped fresh cilantro leaves

2 Tbsp. grated Parmesan or more to taste

Method:

1. In a skillet add garlic and olive oil. Cook and stir for 1 minute.
2. Add next 5 ingredients.
3. Cook 3 to 4 minute Season with salt and pepper.
4. Stir in lime and cilantro. Sprinkle with parmesan and serve.

Glazed Butternut Squash

Prep: 15 min.

Servings: 4

Ingredients:

3 pounds butternut squash, peeled

½ cup apple cider or juice

¼ water

2 Tbsp. butter

1 Tbsp. sugar

1 tsp. salt

½ tsp. pepper

¼ cup chopped toasted pecans

1 Tbsp. chopped fresh or 1 tsp. dried sage

Method:

1. To prepare squash cut it lengthwise and remove seeds.
2. Cut each half into 2 in pieces.
3. Mix next 5 ingredients.
4. Bring mixture to a boil. Cover and simmer for 25 minutes.
5. Uncover and cook until squash is tender and liquid thickens.
6. Add pecans and sage. Serve.

Seasoned Roasted Broccoli

Prep: 5 min.

Servings: 6

Ingredients:

24 ounces broccoli florets

3 Tbsp. olive oil

4 cloves garlic minced

Kosher salt and freshly ground black pepper to taste

¼ grated Parmesan

Juice of 1 lemon

Method:

1. Place florets in a lightly oiled baking pan. Add oil, garlic and seasoning.
2. Mix to combine.
3. Bake in 425 degree oven for 10-12 minutes.
4. Top with parmesan and lemon juice.
5. Serve warm.

Savory Corn on the Cob

Prep: 15

Serving: 2

Ingredients:

¼ cup margarine in a squeezable container

¼ cup grated Parmesan cheese divided

1 tsp. chili powder divided

4 ears of corn

Method:

1. Bring water to boil in a large pot.
2. Shuck and clean corn.
3. Place corn in boiling water. Cover with a lid and turn off heat.
4. Leave in water for 10 minutes.
5. Remove corn and squeeze butter all over corn.

Sprinkle with parmesan cheese and Chili powder. Do all ears.

Grilled Pineapple

Prep: 10 min.

Servings 6

Ingredients:

- 1 cup brown sugar
- 2 tsp. ground cinnamon
- 1 pineapple - peeled, cored, and cut into 6 wedges

Method:

1. Stir brown sugar and cinnamon together.
2. Pour sugar into resealable bag.
3. Add pineapple to bag and shake to coat everything.

Grill pineapple on grill for 3 to 5 minutes on each side

Refried Beans

Prep: 10 min.

Servings: 2

Ingredients:

2 Tbsp. s Tempeh grease or flavored oil

2 Tbsp. s chopped onion

1 tsp. minced garlic

1 (15 ounce) can pinto beans undrained

¼ tsp. ground cumin

Method:

1. Saute onion and garlic using oil.
2. Combine next 3 ingredients. Mash beans until they are right consistency.
3. Cook beans until completely heated.

Fall Squash

Prep: 5 min.

Serving: 4

Ingredients:

Cooking spray

2 acorn squash halved and seeded

¼ cup butter divided

4 tsp. minced garlic divided

Salt and ground black pepper to taste

Method:

1. Place each squash half cut side down in cooking sprayed 9 x 13 baking dish.
2. Cook squash for 30 min. Flip it over.
3. Place 2 tbs of butter and 1 tsp of garlic into each squash.
4. Season with salt and pepper.
5. Bake until squash is tender, about 20 more minutes.

Let it cool a bit before serving.

Microwave Corn on the Cob

Prep: 5 min.

Servings: 1

Ingredients:

1 ear fresh corn in the husk

Method:

1. Wash corn with cold water and dry on paper towel.
2. Wrap in paper towel and place on a microwave plate.
3. Cook corn for 5 minutes.
4. Let it cool a minute then pull husk off.

Spicy Black Eyed Peas

Prep: 10 min.

Serves: 2

Ingredients:

1 (15.5 ounce) can black-eyed peas with liquid

2 onion chopped

1 minced jalapeno pepper to taste ground black pepper to taste

Method:

1. Combine all ingredients in pot and simmer for 30 min...

Zucchini Boats

Prep: 5 min.

Servings: 2

Ingredients:

4 zucchini cut in half

2 slices of sharp cheddar cheese cut in half.

Salt and pepper

Method:

1. Place zucchini in boiling water and cook until just barely tender.
2. Remove from pot and place on a cookie sheet.
3. Add 1 slice of cheese to top of each zucchini.
4. Season with salt and pepper.
5. Place sheet under broiler until cheese melts.

Italian Tomatoes

Prep: 10 min.

Servings: 2

Ingredients:

4 Roma tomatoes diced

½ onion chopped

1 Tbsp. of oregano

1 Tbsp. minced garlic

Splash of olive oil

Salt and pepper to season

Method:

1. Combine all ingredients. Let sit overnight.
2. Serve with crusty Italian bread.

Zucchini Herb Casserole

Prep: 15 min.

Servings:

Ingredients:

1/3 cup cooked brown rice
2/3 cup water
2 Tbsp. vegetable oil
1 1/2 pounds zucchini cubed
1 cup sliced green onions
1 clove garlic, minced
1 1/4 tsp. garlic salt
1/2 tsp. basil
1/2 tsp. sweet paprika
1/2 tsp.
1 1/2 cups seeded chopped tomatoes
2 cups shredded sharp cheddar cheese, divided

Method:

1. Over medium heat add zucchini, green onions and garlic to a skillet.
2. Cook about 5 minutes and season with all seasonings.
3. Mix in the rice, tomato and 1 cup of the cheese.
4. Cook until the cheese has melted. Transfer to a baking dish and top with cheese.
5. Cook another 20 minutes.

Roasted Beets with Greens

Prep: 10 minutes

Serving: 2

Ingredients:

1 bunch beets with greens
1/4 cup olive oil, divided
2 cloves garlic minced
2 Tbsp. chopped onion (optional)
Salt and pepper to taste
1 Tbsp. red wine vinegar (optional)

Method:

1. Wash the beets, leave skin on but remove the greens.
2. Rinse the greens and remove stems. Set aside.
3. Toss beets with oil and place in a baking dish.
4. You can peel the beets after they have roasted if you want.
5. Bake covered for 1 hour or until beets are tender.
6. Heat olive oil in a skillet add garlic and onion. Cook for 1 minute
7. Tear beet greens into pieces and saute the with garlic and onion until the Greens are wilted. Season with salt and pepper
8. Serve with butter or vinegar.

Corn Pudding

Prep: 10 min.

Servings:

Ingredients:

5 eggs

$\frac{1}{3}$ cup butter melted

$\frac{1}{4}$ cup white sugar or alternative

$\frac{1}{2}$ cup milk

4 Tbsp. cornstarch

1 can whole kernel corn

2 cans cream-style corn

Cooking spray

Method:

1. Lightly beat eggs in a bowl. Add next 3 ingredients.
2. Add cornstarch and mix until smooth.
3. Stir in corn and creamed corn. Mix well.
4. Coat 2 quart casserole dish with spray.
5. Pour mixture into casserole.
6. Bake for 1 hour.