

# Sopa de Puerros y Papas

**Time:** 0:50 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 6 puerros rebanados
- 4 papas medianas rebanadas
- $\frac{3}{4}$  taza de crema/leche evaporada
- $\frac{1}{4}$  taza mantequilla
- 1 cucharada de aceite
- 1 litro de Caldo de pollo
- Cebollina picada
- Sal y Pimienta

## Directions

1. Saltee el puerro en una cacerola con mantequilla y aceite mezclados por 10 minutos o hasta que esté blando.
2. Agregue las papas, el caldo, y sazone con sal y pimenta.
3. Tape la cacerola y cocine a fuego lento durante unos 30 minutos o hasta que las papas estén blandas. Deje enfriar ligeramente y luego licue la sopa.
4. Si prefiere la sopa caliente, póngala nuevamente en la cacerola, añada la crema y déjela por a fuego lento, sin permitir que hierva.
5. Si la prefiere fría, agregue la crema y refrigérela.
6. Adornar con cebollina picada.

# Sweet Potato Casserole

**Time:** 1:00 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- 5 sweet potatoes, sliced
- ¼ cup reduced fat margarine
- ½ cup packed brown sugar
- 3 tablespoons orange juice
- 1 pinch ground cinnamon
- 1 (10.5 ounce) package miniature marshmallows

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes. Remove from heat, drain, and mash.
3. Place mashed sweet potatoes in large bowl, and use an electric mixer to blend with the margarine, brown sugar, orange juice, and cinnamon. Spread evenly into a 9x13 inch baking dish. Top with miniature marshmallows.
4. Bake for 25 to 30 minutes in the preheated oven, or until heated through, and until marshmallows are puffed and golden brown

# White Sangria Popsicles

**Time:** 6:00 Hours

**Servings:** 8

**Difficulty:** Easy

## Ingredients

- 1 bottle dry white wine
- ½ cup simple syrup
- ½ cup orange liqueur
- 2 lemons
- 2 cups chopped fruit (strawberries, green apples, peaches, and blackberries)

## Directions

1. Combine wine, simple syrup, and orange liqueur in a large pitcher.
2. Juice 1 lemon into the pitcher.
3. Slice the other lemon thinly and then halve the slices. Add to the pitcher with the remaining fruit.
4. Pour into 3-ounce paper cups and freeze for ~2 hours until it starts to ice over.
5. Insert popsicle sticks and freeze for another 2-3 hours until solid.
6. To serve, carefully peel the paper cut away from the sangria pop starting with the seam.
7. Eat immediately.

# Grapefruit Margarita

**Time:** 0:05 Hours

**Servings:** 12

**Difficulty:** Easy

## Ingredients

- 3 oz tequila
- 2 oz orange liqueur
- 2 oz fresh-squeezed lime juice (~2 limes)
- 6 oz fresh-squeezed Texas grapefruit juice (1 grapefruit)
- Simple syrup, to taste (optional)
- Salt, for rim (optional)
- Grapefruit wedges, for serving (optional)

## Directions

1. Mix tequila, orange liqueur, lime, and grapefruit juices well. If you think you need a little more sweetness, add a splash of simple syrup.
2. Rub one of the used lime or grapefruit rinds around the rim of two glasses and dip in cocktail salt.
3. Fill each glass with ice and pour in the margarita.

# Sopa de Champiñones

**Time:** 0:30 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 500 gramos de champiñones
- 1 cebolla
- 2 ajos
- Litro y medio de caldo de verduras casero
- Perejil
- Sal
- Pimienta

## Directions

1. Comenzamos pochando los ajos y la cebolla cortadas finamente.
2. Una vez pochado agregamos los champiñones cortados en dados. Pochamos 10 minutos a fuego lento. Salpimentamos.
3. Agregamos el caldo de verduras y un poco de perejil. Dejamos cocer a fuego lento durante 20 minutos.
4. Para que coja color y consistencia la sopa cogemos un par de cucharadas de champiñones y de caldo, las pasamos por la batidora. Agregamos la pequeña crema resultante a la sopa y cogerá un color grisáceo muy característico.

# Shrimp and Avocado Salad

**Time:** 0:15 Hours

**Servings:** 6

**Difficulty:** Easy

## Ingredients

- 1 pound jumbo shrimp
- 3 limes
- Salt and pepper, to taste
- 1 head of romaine lettuce, chopped
- ½ cup cherry or grape tomatoes, halved
- ⅓ cup cilantro leaves, roughly chopped
- 2 avocados, chopped
- 4 Tbsp. olive oil
- 1 Tbsp. honey
- ½ tsp. chili powder
- Blue corn tortilla chips

## Directions

1. In a medium bowl, toss shrimp with salt, pepper, and juice from one lime.
2. Sauté shrimp around 1-2 minutes each side, until the shrimp is pink and cooked through. Avoid overcrowding the pan, so you may need to sauté the shrimp in batches. Set aside.
3. Place chopped lettuce, tomatoes, cilantro, avocados, and shrimp in a large salad bowl.
4. In a small bowl, mix olive oil, juice from 2 limes, honey and chili powder, salt and pepper to form the dressing.
5. Toss salad with dressing.
6. Add tortilla chips to the sides of the bowls and enjoy!

# Garlic Parmesan Scalloped Potatoes

**Time:** 1:45 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- 4 tablespoons butter
- 1 tablespoon minced garlic (or 4 large garlic cloves, minced)
- 4 tablespoons all-purpose (or plain) flour
- 4 cups milk (skim, 2% or full fat -- more if needed)
- 1 teaspoon chicken bouillon powder
- Salt to taste
- ½ teaspoon black pepper
- 3 pounds potatoes, peeled and sliced into 1/8-inch rounds
- 2 cups shredded mozzarella cheese
- ¾ cup Parmesan cheese (freshly grated)
- 1 tablespoon fresh chives, divided

## Directions

1. Preheat oven to 400°F | 200°C.
2. Melt butter in a medium-sized pan / pot. Add the garlic and sauté until just fragrant (about 1 minute).
3. Whisk in the flour; continue to cook while whisking (or stirring) for at least 2 minutes. Reduce heat down to low; gradually whisk in 4 cups of the milk (about ¼ cup at a time), whisking between each addition to combine. Bring to a boil until beginning to thicken. Stir in the bullion powder, salt (if needed), and pepper. Set aside.
4. Lightly grease a 9 x 13-inch baking pan with cooking oil spray. Arrange a layer of potatoes over base of prepared dish. Pour half of the cream sauce over the potatoes, then top evenly with half of the mozzarella cheese, and half of the Parmesan cheese. Arrange the remaining potato slices over the cheese, the remaining creamy sauce, and the remaining cheeses.
5. Cover tightly with aluminum foil and bake for 40 minutes until potatoes are just tender. Remove foil; cook for a further 30 minutes or until top is golden and the sauce is bubbling. For a crispier top, broil (or grill) on medium heat for 2-3 minutes until cheese is crispy.
6. Garnish with chives. Serve warm.

# Pesto Chicken Bake

**Time:** 1:00 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 3 – 4 chicken breasts
- Salt and pepper to taste
- 4 – 6 Tbsp. basil pesto
- 1 – 2 Roma tomatoes, sliced
- 1 – 2 cups mozzarella cheese

## Directions

1. Preheat oven to 400°F/200°C.
2. Place chicken breast in a baking dish. Season chicken with salt and pepper to taste.
3. Spread pesto on each chicken breast.
4. Layer tomatoes on top of the chicken.
5. Top with cheese.
6. Bake for 40 minutes.



# Alfredo Chicken Bake

**Time:** 1:00 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 24 oz – 48 oz Alfredo sauce
- 3 – 4 chicken breasts
- Salt and pepper to taste
- 1 lb broccoli heads
- 1 cup Parmesan cheese

## Directions

1. Preheat oven to 400°F/200°C.
2. Spread a layer of Alfredo sauce on the baking dish. Place chicken breast over sauce. Season chicken with salt and pepper to taste.
3. Spread broccoli over pan.
4. Pour remaining Alfredo over chicken and broccoli.
5. Top with cheese.
6. Bake for 40 minutes.

# BBQ Chicken Bake

**Time:** 1:00 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 3 – 4 chicken breasts
- Salt and pepper to taste
- 6 – 8 Tbsp. BBQ sauce
- ½ onion, sliced

## Directions

1. Preheat oven to 400°F/200°C.
2. Place chicken breast in a baking dish. Season chicken with salt and pepper to taste.
3. Spread BBQ sauce on each chicken breast.
4. Layer onions on top of the chicken.
5. Bake for 40 minutes.

# Honey Orange Glazed Florida Grouper

**Time:** 0:15 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 1 tablespoon honey
- 1 tablespoon orange marmalade
- 1 tablespoon orange juice
- $\frac{3}{4}$  teaspoon Dijon mustard
- $\frac{1}{2}$  teaspoon light soy sauce
- $\frac{1}{8}$  teaspoon ground white pepper
- $\frac{3}{4}$  pound grouper fillets

## Directions

1. Preheat broiler.
2. Combine all ingredients except grouper, mixing well.
3. Place fillets on an oiled broiler pan and brush fillets with honey glaze to cover. Broil 5 to 6 inches from heat for 4 to five minutes until browned. Turn fillets, brush with honey glaze and broil additional 5 minutes or until fish flakes easily.

# Florida Sangria

**Time:** 4:15 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 1 lemon
- 1 lime
- 1 orange
- 1 cup strawberries
- 1 bottle blueberry wine, semi-dry

## Directions

1. Wash and thinly slice lemons, limes and oranges, without removing the peel. Place in a large pitcher and add strawberries.
2. Pour wine into pitcher so that it covers fruit. Cover and refrigerate for 4 hours

# Snowy Broccoli and Cauliflower Bake

**Time:** 0:45 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 2 cups water
- ½ teaspoon kosher salt
- 1 pound Florida broccoli florets
- 1 pound Florida cauliflower florets
- 1 tablespoon chopped fresh Florida rosemary, or 1 teaspoon dried
- 1 tablespoon chopped fresh Florida thyme, or 1 teaspoon dried
- Low-fat milk
- 5 tablespoons butter
- 4 tablespoons unbleached flour
- Kosher salt and freshly ground pepper to taste
- Small dash of ground nutmeg
- 2 tablespoons fine dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- ⅛ teaspoon paprika

## Directions

1. In a large saucepan, bring water and salt to a boil. Add broccoli and cauliflower; cook just until slightly tender yet crisp.
2. Drain broccoli and cauliflower, removing as much water as possible. Set liquid to side.
3. Add milk to the vegetable liquid to measure a total of 2 ½ cups. Pour vegetables into a shallow 2-quart baking dish.
4. Melt 3 tablespoons of butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly. Gradually stir in milk mixture.
5. Cook, stirring constantly, until thickened and smooth. Season with the salt, pepper, herbs and nutmeg. Pour sauce over broccoli and cauliflower. Dot with remaining 2 tablespoons of butter.
6. Combine bread crumbs, Parmesan cheese and paprika; sprinkle over vegetables. Bake at 450° for about 20 minutes, until casserole is bubbly.

# Arugula and Florida Berry Salad with Candied Pecans

**Time:** 0:45 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 16 ounces arugula, rinsed and drained
- 1 dozen Florida strawberries, rinsed, hulled and sliced
- 1 cup Florida blueberries
- 2 oranges, peeled and segmented
- 8 ounces goat cheese, crumbled
- 1 lemon, juiced
- 1 tablespoon
- Olive oil
- Sea salt to taste
- Fresh ground pepper to taste

## Directions

1. In a medium-sized mixing bowl, add arugula, lemon juice and olive oil. Lightly toss the arugula to coat and season lightly with salt and pepper.
2. Serve on four chilled plates. Add an even amount of the dressed arugula to the center of each plate.
3. Arrange an even amount of citrus, blueberries and strawberries in a decorative manner on each plate. Evenly distribute the crumbled goat cheese over the top of each salad.
4. Garnish each salad with a few of the candied pecans. Serve salad chilled.

# Baked Tomatoes

**Time:** 0:35 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 4 ripe vine-ripened tomatoes
- 2 tablespoons olive oil, plus more for tossing and drizzling
- Kosher salt and freshly ground black pepper
- $\frac{3}{4}$  cup panko breadcrumbs
- $\frac{1}{4}$  cup grated Parmesan
- 1 tablespoon finely chopped fresh parsley
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped
- Pinch red pepper flakes

## Directions

1. Preheat the oven to 450 degrees F.
2. Slice the tomatoes from core to core. Remove and discard the seeds and juice, and add the tomatoes to a casserole dish.
3. Drizzle with olive oil and sprinkle with salt and pepper.
4. Combine the 2 tablespoons olive oil, panko, Parmesan, parsley, garlic, shallots, red pepper flakes and some salt and pepper together in a small bowl.
5. Fill the tomatoes with the panko mixture.
6. Bake 20 minutes.
7. Drizzle with a splash of olive oil before serving.

# Tequila Lime Chicken

**Time:** 12:25 Hours

**Servings:** 6

**Difficulty:** Medium

## Ingredients

- ½ cup gold tequila
- 1 cup freshly squeezed lime juice (5 to 6 limes)
- ½ cup freshly squeezed orange juice (2 oranges)
- 1 tablespoon chili powder
- 1 tablespoon minced fresh jalapeno pepper (1 pepper seeded)
- 1 tablespoon minced fresh garlic (3 cloves)
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 whole (6 split) boneless chicken breasts, skin-on

## Directions

1. Combine the tequila, lime juice, orange juice, chili powder, jalapeno pepper, garlic, salt, and pepper in a large bowl.
2. Add the chicken breasts.
3. Refrigerate overnight.
4. Heat a grill with coals and brush the rack with oil to prevent the chicken from sticking. Remove the chicken breasts from the marinade, sprinkle well with salt and pepper, and grill them skin-side down for about 5 minutes, until nicely browned.
5. Turn the chicken and cook for another 10 minutes, until just cooked through. Remove from the grill to a plate. Cover tightly and allow to rest for 5 minutes.
6. Serve hot or at room temperature.



# Chicken and Mushrooms with Couscous

**Time:** 0:40 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 1 ½ pounds cremini mushrooms, halved
- 3 tablespoons extra-virgin olive oil
- 4 cloves garlic, smashed
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- Kosher salt and freshly ground pepper
- 4 skin-on, bone-in chicken breasts (2 to 2 ½ pounds)
- 1 cup whole-wheat or regular couscous
- 1 tablespoon fresh lemon juice
- ¼ cup chopped fresh cilantro or dill, Plain yogurt, for serving

## Directions

1. Preheat oven to 400 degrees F.
2. Toss the mushrooms, 2 tablespoons olive oil, the garlic, cumin, cinnamon, ½ teaspoon salt, and pepper to taste on a rimmed baking sheet.
3. Rub the chicken breasts with the remaining 1 tablespoon olive oil and season with salt and pepper. Arrange the chicken skin-side up among the mushrooms.
4. Roast until the chicken skin is crisp and golden and a thermometer inserted into the thickest part registers 165 degrees F, 25 to 30 minutes.
5. Meanwhile, cook the couscous with the chopped apricots as the package directs. Season with salt and pepper.
6. Transfer the chicken to plates. Toss the mushrooms with the lemon juice, cilantro or dill, and salt and pepper to taste. Serve the chicken with the mushrooms, couscous and yogurt.

# Sticky Wings

**Time:** 0:48 Hours

**Servings:** 6

**Difficulty:** Medium

## Ingredients

- ½ cup chopped green onion
- ¼ cup honey
- 2 tablespoons soy sauce
- 2 tablespoons Asian chili sauce
- 2 tablespoons oyster sauce
- 2 tablespoons dark Asian sesame oil
- 1 teaspoon ground ginger
- 2 cloves garlic, finely chopped
- 2 pounds chicken wings, cut in 2 pieces at joint

## Directions

1. Heat oven to 450 degrees F.
2. Grease large baking pan.
3. Combine green onion, honey, soy sauce, chili sauce, oyster sauce, sesame oil, ginger and garlic in large bowl. Add wings; toss to coat.
4. Place wings with sauce in single layer in prepared baking pan. Bake, turning occasionally, 25 minutes or until chicken is evenly browned.
5. Increase oven temperature to broil. Broil wings 6 inches from heat, turning occasionally, for 8 minutes or until sauce is thick enough to coat back of spoon.
6. Remove wings to platter; spoon sauce over.

# Chicken and Mushrooms with Rigatoni

**Time:** 0:35 Hours

**Servings:** 6

**Difficulty:** Medium

## Ingredients

- 2 tablespoons EVOO (Extra Virgin Olive Oil)
- 2 tablespoons butter
- 1 pound crimini or button mushrooms, sliced
- 3 to 4 cloves garlic, finely chopped
- 2 shallots, finely chopped
- A few sprigs each fresh sage and thyme, finely chopped
- Salt and freshly ground black pepper
- 2 tablespoons tomato paste
- About ⅓ cup marsala or dry sherry
- 2 cups tomato passata or puree
- 1 cup chicken stock
- ½ cup heavy cream
- 2 cups poached chicken, in bite-size pieces
- 1 pound rigatoni
- Freshly grated Parmigiano-Reggiano

## Directions

1. Heat the Extra Virgin Olive Oil in a deep skillet over medium-high heat, add the butter and melt into the oil.
2. Add the mushrooms and brown well. Add the garlic, shallots, herbs and some salt and pepper, and cook for 2 to 3 minutes more. Then add the tomato paste, stir 1 minute more. Add the Marsala, stir. Add the passata, stock and cream, and combine. Add the chicken and simmer over low heat to thicken. Adjust seasoning. Cool and store for a make-ahead meal.
3. Bring a pot of water to boil for the pasta, salt the water and cook the rigatoni to al dente.
4. Reserve a cup starchy water, then drain.
5. Toss the pasta with the sauce and add the starchy water as needed if the mixture seems dry or tight.
6. Serve topped with Parmigiano-Reggiano.

# Curried Chicken with Fresh & Dried Cranberries

**Time:** 1:05 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- 3 teaspoons canola oil, divided
- 2 pounds boneless, skinless chicken breasts, trimmed and cut crosswise into ½-inch-thick slices
- 3 tablespoons mild or medium-hot curry powder, divided
- 2 teaspoons butter
- 1 small onion, chopped
- 1 tablespoon yellow mustard seeds
- Generous ¼ teaspoon ground cardamom, or cloves
- 15-ounce can diced tomatoes with green chilies
- 1 ½ cups reduced-sodium chicken broth
- 1 ½ cups sweetened dried cranberries
- 1 cup cranberries, fresh or frozen, thawed, coarsely chopped (see Note)
- 1 tablespoon minced fresh ginger
- ¼ teaspoon salt
- Chopped fresh cilantro, for garnish

## Directions

1. Heat 1 1/2 teaspoons oil in a nonreactive pan (stainless steel, enamel-coated or glass) over medium-high heat. Add half the chicken pieces and sprinkle with a generous 1/2 teaspoon curry powder.
2. Cook, stirring occasionally, until the chicken is beginning to brown, about 5 minutes. Transfer to a large plate. Heat the remaining 1 1/2 teaspoons oil in the pot. Add the remaining chicken; sprinkle with another generous 1/2 teaspoon curry powder and cook, stirring occasionally, until beginning to brown, about 5 minutes. Transfer to the plate.
3. Add butter, onion and mustard seeds to the pot; cook, stirring, until the seeds pop and the onion begins to brown, 2 to 4 minutes.
4. Return the chicken and any accumulated juices to the pot, sprinkle with the remaining curry powder and cardamom (or cloves); stir to coat the chicken with the spices.
5. Cook, stirring, for 1 minute. Stir in tomatoes, broth, dried and fresh cranberries, ginger and salt. Bring to a boil, reduce heat to a simmer and cook, uncovered and stirring occasionally, until the mixture reduces slightly and the chicken is cooked through, 10 to 12 minutes more.
6. Serve garnished with cilantro.
7. Serve with brown basmati rice.

# Roast Cauliflower With Turmeric

**Time:** 1:05 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- 3 teaspoons canola oil, divided
- 2 pounds boneless, skinless chicken breasts, trimmed and cut crosswise into ½-inch-thick slices
- 3 tablespoons mild or medium-hot curry powder, divided
- 2 teaspoons butter
- 1 small onion, chopped
- 1 tablespoon yellow mustard seeds
- Generous ¼ teaspoon ground cardamom, or cloves
- 15-ounce can diced tomatoes with green chilies
- 1 ½ cups reduced-sodium chicken broth
- 1 ½ cups sweetened dried cranberries
- 1 cup cranberries, fresh or frozen, thawed, coarsely chopped (see Note)
- 1 tablespoon minced fresh ginger
- ¼ teaspoon salt
- Chopped fresh cilantro, for garnish

## Directions

1. Heat 1 ½ teaspoons oil in a nonreactive pan (stainless steel, enamel-coated or glass) over medium-high heat. Add half the chicken pieces and sprinkle with a generous ½ teaspoon curry powder.
2. Cook, stirring occasionally, until the chicken is beginning to brown, about 5 minutes. Transfer to a large plate. Heat the remaining 1 ½ teaspoons oil in the pot. Add the remaining chicken; sprinkle with another generous ½ teaspoon curry powder and cook, stirring occasionally, until beginning to brown, about 5 minutes. Transfer to the plate.
3. Add butter, onion and mustard seeds to the pot; cook, stirring, until the seeds pop and the onion begins to brown, 2 to 4 minutes.
4. Return the chicken and any accumulated juices to the pot, sprinkle with the remaining curry powder and cardamom (or cloves); stir to coat the chicken with the spices.
5. Cook, stirring, for 1 minute. Stir in tomatoes, broth, dried and fresh cranberries, ginger and salt. Bring to a boil, reduce heat to a simmer and cook, uncovered and stirring occasionally, until the mixture reduces slightly and the chicken is cooked through, 10 to 12 minutes more.
6. Serve garnished with cilantro.
7. Serve with brown basmati rice.

# Avocado Lime Salmon

**Time:** 0:25 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 6 ounces skinless salmon
- 1 garlic clove, minced
- Olive oil, salt and Pepper to taste
- ½ teaspoon paprika
- 1 avocado, chopped
- 1/4 red onion, chopped
- 1 tablespoon cilantro, chopped
- 1 tablespoon olive oil
- Salt and Pepper to taste
- 1 tablespoon lime juice

## Directions

1. Preheat oven to 400°F/200°C.
2. On a baking sheet, season salmon with garlic, olive oil, salt, pepper, and paprika.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients until fully incorporated. Do not overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon.

# Tomato Pesto Salmon

**Time:** 0:35 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 6 ounces skinless salmon
- 2 zucchinis, sliced
- Olive oil to taste
- Salt and pepper to taste
- 10 cherry tomatoes, halved
- 3 tablespoons pesto

## Directions

1. Preheat oven to 400°F/200°C.
2. On a baking sheet, lay down zucchini. Drizzle on olive oil and sprinkle on salt and pepper.
3. Lay the salmon on the zucchini, and spread the pesto on top of the salmon. Top with tomatoes.
4. Bake for 10–12 minutes.
5. Enjoy!

# Honey Soy Salmon

**Time:** 0:35 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 6 ounces skinless salmon
- 2 cups broccoli florets
- Olive oil to taste
- Salt and pepper to taste
- 1 tablespoon green onions, sliced
- 1 teaspoon garlic
- 1 teaspoon ginger
- ¼ teaspoon pepper
- 1 tablespoon soy sauce

## Directions

1. Preheat oven to 400°F/200°C.
2. In a small bowl, mix honey soy marinade ingredients.
3. Lay the salmon on a baking sheet. Pour the marinade over the salmon.
4. Lay the broccoli beside the salmon, but not touching. Drizzle olive oil over the broccoli, then season with salt and pepper.
5. Bake for 10–12 minutes.
6. Top with sliced green onions.



# Parmesan Crusted Salmon

**Time:** 0:35 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 6 ounces skinless salmon
- 7 ounces asparagus
- Olive oil, Salt and Pepper to taste
- 1 egg
- ¼ cup panko bread crumbs
- ¼ cup grated parmesan
- 1 tablespoon parsley, chopped
- Salt to taste

## Directions

1. Preheat oven to 400°F/200°C.
2. In a medium bowl, mix the parmesan crust ingredients.
3. In a separate bowl, whisk egg. Dredge the salmon in the egg, then parmesan.
4. Lay the salmon on a baking sheet. Lay asparagus beside the salmon. Drizzle with olive oil, then season with salt and pepper.
5. Bake for 10–12 minutes.

# Garlic Herb Prime Rib Roast

**Time:** 1:35 Hours

**Servings:** 6

**Difficulty:** Hard

## Ingredients

- 6 pounds standing rib roast (4 bone rib roast)
- 4 tablespoons melted butter, or olive oil
- 8 large cloves garlic, minced or finely chopped (or 2 tablespoons minced garlic)
- 1 tablespoon fresh oregano, finely chopped or 2 teaspoons dried
- 1 tablespoon fresh parsley, finely chopped (or 2 teaspoons dried)
- 2 teaspoons fresh Thyme, finely chopped (or 1 teaspoon dried)
- 2 teaspoons fresh rosemary finely chopped (or 1 teaspoon dried)
- 1 tablespoon kosher salt
- ½ tablespoon black pepper

## Directions

1. Preheat your oven to 450°F | 230°C for at least 30 minutes while the prime rib comes to room temperature.
2. Mix together the butter, garlic, herbs, 1 tablespoon of salt and the pepper together in a small bowl until combined.
3. Place the roast in a cast iron skillet or roasting pan bone-side down. The bones create a natural roasting rack for the meat. Pour the garlic herb butter mixture over the meat, rubbing it into the flesh to coat it well and evenly.
4. Season with a little extra salt and pepper for added flavor.
5. Cook the roast for 30 minutes, then reduce the oven temperature to 375°F | 190°C. Cover with foil and continue to cook the roast to your preference of doneness (until your meat thermometer reads 110°F | 43°C). For the pictured roast, we cooked it for 45 minutes, covered.
6. Once cooked to your liking, allow to rest for 20 minutes. The roast will continue to cook as the juices inside settle, raising the internal temperature to 130°F | 55°C for a perfect medium-rare prime rib.

# Perfect Apple Pie

**Time:** 3:45 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- Refrigerated pie crusts
- 6 cups thinly sliced, peeled apples (6 medium)
- $\frac{3}{4}$  cup sugar
- 2 tablespoons all-purpose flour
- $\frac{3}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  Teaspoon ground nutmeg
- 1 Tablespoon lemon juice

## Directions

1. Heat oven to 425°F.
2. Place 1 pie crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom.
3. In large bowl, gently mix filling ingredients; spoon into crust-lined pie plate. Top with second crust.
4. Wrap excess top crust under bottom crust edge, pressing edges together to seal; flute. Cut slits or shapes in several places in top crust.
5. Bake 40 to 45 minutes or until apples are tender and crust is golden brown. Cover edge of crust with 2- to 3-inch wide strips of foil after first 15 to 20 minutes of baking to prevent excessive browning.
6. Cool on cooling rack at least 2 hours before serving.

# Barbecue Pork Ribs

**Time:** 2:35 Hours

**Servings:** 6

**Difficulty:** Hard

## Ingredients

- 8 -10 country-style pork ribs
- 2 tablespoons garlic powder
- 1 tablespoon salt
- 1 tablespoon pepper
- 2 cups of your favorite barbecue sauce

## Directions

1. Preheat oven to 325.
2. Place ribs meaty side up in an ungreased baking dish.
3. Sprinkle with garlic powder, salt, and pepper.
4. Cover with foil and bake for 2 hours.
5. Drain liquid.
6. Brush ribs generously with BBQ sauce.
7. Bake uncovered for an additional 30 minutes in oven or on the BBQ.
8. Add more sauce half-way through.

# Pan Seared Garlic Butter Steak & Mushroom Cream Sauce

**Time:** 1:45 Hours

**Servings:** 8

**Difficulty:** Hard

## Ingredients

- 200 gram 1-inch thick New York strip steaks
- A pinch of salt
- A pinch of cracked black pepper
- 2 tablespoons olive oil, divided
- 4 tablespoons butter, divided
- 6 garlic cloves lightly crushed with the back of a knife, divided
- 6 - 8 thyme sprigs, divided (or rosemary or parsley)
- 2 cloves garlic crushed
- 1 – 2 teaspoons balsamic vinegar
- 1 cup sliced brown mushrooms
- ½ cup light cream or reduced fat cream, (or heavy cream)

## Directions

1. Before cooking, allow steaks stand 30 minutes at room temperature. Then season all sides with salt and pepper.
2. Heat a large cast-iron skillet or pan over medium-high heat. Add 1 tablespoon of oil in and swirl to coat. When pan begins smoking, lay the steaks into the pan away from you, in batches of two and cook 3 minutes on each side or until browned.
3. Reduce heat to medium-low; add 2 tablespoons of butter, 3-4 sprigs of thyme, and 3 garlic cloves to the pan. Allow the butter to foam a little and baste the steaks (use an oven mitt, hold pan handle and very carefully tilt pan toward you so butter pools in the pan, and baste steaks with a large spoon). Baste constantly while cooking for a further 1-2 minutes, or until the steaks are done to your liking.
4. Discard the thyme and garlic from the pan and transfer steaks to a plate. Pour the pan juices over the steaks and let rest for 5 minutes. Repeat with the remaining steaks, then remove them and let rest. (Discard the thyme and garlic, but leave the second lot of pan juices in the pan.)
5. While steaks are resting, add the crushed garlic to the buttery juices in the pan. Sauté on medium heat for 30 seconds until fragrant. Add the vinegar and mushrooms and cook until soft, then add the cream. Season with salt and pepper to your taste.
6. Serve steak with the mushrooms sauce and garlic roasted potatoes

# Garlic Herb Butter Roast Chicken

**Time:** 1:05 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- 4 pound whole chicken, at room temperature giblets and neck removed from cavity
- ¼ cup unsalted butter, melted
- 3 tablespoons olive oil
- ¼ cup white wine (like Sauv blanc or Chardonnay)
- 1 lemon, halved
- Salt and freshly ground pepper, to taste
- 2 tablespoons fresh chopped parsley
- 4 garlic cloves, minced
- 1 head of garlic roughly peeled and cut in half horizontally through the middle crosswise
- 3 fresh whole rosemary sprigs

## Directions

1. Preheat oven to 430°F | 220°C (400°F or 200°C fan forced). Line a baking tray with foil, or lightly grease a roasting pan.
2. Discard neck from inside the cavity and remove any excess fat and leftover feathers. Rinse chicken (including cavity) under cold running water. Pat dry with paper towels.
3. Pour the olive oil, melted butter, wine (if using) and the juice of half a lemon over the chicken, under the skin and inside the cavity. Season chicken liberally on the outside and inside the cavity with salt and pepper. Sprinkle over the parsley.
4. Rub the minced garlic over the chicken, mixing all ingredients together over the chicken and under the skin.
5. Stuff the garlic head into the chicken cavity along with the rosemary sprigs and the squeezed lemon halve. Tie legs together with kitchen string.
6. Place breast-side up into baking tray or roasting pan. Roast for 1 hour and 15-20 minutes, basting half way through cooking time, until juices run clear when chicken thigh is pierced with a skewer.
7. Baste again, then broil for a further 2-3 minutes, until golden.
8. Remove from the oven, cover with foil and allow to stand for 10 minutes before serving. Serve, drizzled with pan juices and remaining lemon half cut into wedges or slices.

# Caprese Chicken

**Time:** 0:25 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 lb. boneless skinless chicken breasts
- Salt - Freshly ground black pepper
- ¼ c. balsamic vinegar
- 2 cloves garlic, minced
- 1 pint grape tomatoes, halved
- 2 tbsp. shredded basil
- 4 slices mozzarella

## Directions

1. In a large skillet over medium-high heat, heat oil.
2. Season chicken with salt and pepper and cook until golden and cooked through, 6 minutes per side. Transfer to a plate.
3. Add balsamic vinegar to skillet to deglaze, then add garlic and stir until fragrant, 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes.
4. Stir in basil.
5. Return chicken to skillet and nestle in tomatoes. Top with a slice of mozzarella and cover with lid to melt cheese.
6. Spoon tomatoes over chicken and serve.

# Honey Mustard Chicken

**Time:** 0:25 Hours

**Servings:** 8

**Difficulty:** Medium

## Ingredients

- 1 package Chicken breasts/Wings
- ½ cup - Dijon mustard
- ¼ cup - Maple syrup
- 1 tablespoon Rice/rice wine vinegar
- Fresh rosemary
- Salt and pepper

## Directions

1. Preheat your oven to 450° F.
2. Mix together ½ cup of Dijon mustard, ¼ cup of maple syrup, and 1 tablespoon of rice/rice wine vinegar.
3. Put a 1.5 pound package of chicken thighs into a foil-lined, oven-proof baking dish.
4. Salt and pepper the thighs, pour your maple mustard mixture over them, turning the thighs in the mixture so they are fully coated.
5. Put the chicken thighs into the oven, and let them bake for 40 minutes.
6. Baste the tops of the chicken with more sauce half way through.
7. Let the chicken rest for 5 minutes before serving.
8. Sprinkle over some fresh rosemary.



# Garlic Chicken Primavera Penne

**Time:** 0:25 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 2 Tbsp. olive oil
- 3 cloves garlic, chopped
- 2 chicken breasts, thinly sliced
- 2 cups asparagus, chopped
- 1 cup cherry tomatoes, halved
- 1 cup carrots, sliced
- 1 tsp pepper
- 1 tsp salt
- 4 cups cooked penne
- 1 cup Parmesan

## Directions

1. Heat oil in a large pot over high heat.
2. Cook garlic and chicken until no pink is showing.
3. Add asparagus, tomatoes, carrots, salt, and pepper, cooking for about 2 minutes.
4. Add pasta and Parmesan, stirring until cheese is melted and evenly distributed.
5. Serve!

# Penne Alla Vodka

**Time:** 0:25 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 2 Tbsp. olive oil
- 1 onion, chopped
- 1 lb ground beef
- 1 tsp salt
- 1 tsp pepper
- 1 28-ounce can crushed tomatoes
- ½ cup vodka
- ½ tsp red chili flakes
- ½ cup heavy cream
- 4 cups cooked penne
- Parsley and Parmesan to garnish

## Directions

1. Heat oil in a large pot over high heat.
2. Cook onion until translucent.
3. Add beef, salt, and pepper, cooking until all the moisture has evaporated and the beef is browned.
4. Add crushed tomatoes, vodka, and chili flakes, stirring and cooking until half of the liquid has evaporated and the sauce has reduced.
5. Add cream, stirring until evenly incorporated.
6. Stir in pasta until evenly coated.
7. Serve with parsley and Parmesan.

# Brown Sugar Mustard Glazed Ham Recipe

**Time:** 3:45 Hours

**Servings:** 12

**Difficulty:** Hard

## Ingredients

- 8 pound bone-in fully cooked ham,
- ½ cup water
- ½ cup unsalted butter, reduce fat or full fat
- 1 cup brown sugar
- ½ cup honey
- 2 tablespoons Dijon mustard
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 4 cloves garlic, smashed

## Directions

1. Preheat the oven to 300°F | 150°C and arrange a rack in the lower third. Remove any plastic packaging or netting from the ham. Trim away the rind and discard. Set the ham aside to rest at room temperature for 1-2 hours.
2. Line a baking tray or dish with several sheets of aluminum foil or parchment paper if you prefer (it will make cleanup a lot easier).
3. Remove the rind or skin of the ham (refer to steps in post), ensuring you leave the fat on. Using a sharp knife score a 1-inch-wide diamond pattern (don't cut more than 1/4-inch-deep) over the entire ham. Place the ham in the baking tray; pour 1/3 cup of water into the base of the pan and cover the ham with two pieces of foil or parchment paper and bake for 30 minutes.
4. Meanwhile, heat the butter in a small pot or saucepan over medium heat until golden browned. Add in the brown sugar, honey, mustard, cinnamon and cloves, stirring to mix together well until the brown sugar has completely dissolved, (about 2 minutes).
5. Reduce heat to low and add in the garlic. Allow it to become fragrant, cooking for a further minute or two until the glaze just begins to simmer, then set it aside and let cool to lukewarm (the glaze should be the consistency of room-temperature honey).
6. After 30 minutes baking time, carefully remove the ham from the oven and increase the oven temperature to 425°F | 220°C. Discard the foil or parchment paper and pour 1/3 of the glaze all over the ham, brushing in between the cuts to evenly cover. Return to the oven and bake uncovered for 15 minutes.
7. Remove from the oven, brush with another third of the glaze and some of the pan juices, and repeat again after 15 minutes more minutes of baking until a dark golden-brown crust has formed, (about 30 minutes total). For added depth of flavor, mix some of the ham pan juices together with the glaze in the pot which will help keep it runny enough for brushing. If your crust is still pink after their suggested baking time, turn on your broiler (or oven grill), and allow it to broil for 2-5 minutes, while keeping an eye on it so it doesn't burn from the sugar.
8. Let the ham rest 10-20 minutes before slicing.

# Baba Ghanoush

**Time:** 1:05 Hours

**Servings:** 4

**Difficulty:** Easy

## Ingredients

- 3 medium eggplants
- ¼ cup lemon juice
- ¼ cup tahini
- 3 tablespoons extra virgin olive oil
- 4 cloves garlic, finely minced
- 1 teaspoon salt
- ½ teaspoon cumin
- ⅓ cup parsley, minced
- 1 package of chips or bread, to serve

## Directions

1. Prick each eggplant with a fork until the surface is covered with holes.
2. Place the eggplants under a broiler (or on a grill) and cook for about 40 minutes, until blackened and slightly shrunk, turning occasionally.
3. When they're very tender, let them cool.
4. When cool enough to handle, scoop the eggplant flesh into a bowl of a food processor with a spoon, discarding the skins.
5. Add the lemon juice, tahini, olive oil, minced garlic, salt, and cumin.
6. Process until desired texture, then add the parsley and pulse to combine.
7. Serve with chips, pita bread, a baguette, crackers, etc.

# Tahini-Free Baba Ghanoush

**Time:** 1:05 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- 3 medium eggplants
- ¼ cup lemon juice
- ¼ cup extra virgin olive oil
- 2 tablespoons minced garlic
- 1 teaspoon salt
- ½ teaspoon cumin
- ⅓ cup parsley, minced
- 1 Pita chips, crackers, or vegetables, to serve

## Directions

1. Prick each eggplant with a fork until the surface is covered with holes.
2. Place the eggplants under a broiler (or on a grill) and cook for about 40 minutes, until blackened and slightly shrunk, turning occasionally.
3. When they're very tender, let them cool.
4. When cool enough to handle, scoop the eggplant flesh into a the bowl of a food processor with a spoon, discarding the skins.
5. Add the lemon juice, olive oil, minced garlic, salt, and cumin.
6. Process until desired texture, then add the parsley and pulse to combine.
7. Serve with chips, pita bread, a baguette, crackers, etc.

# Penne with Tomatoes, Eggplant, and Mozzarella

**Time:** 0:25 Hours

**Servings:** 4

**Difficulty:** Medium

## Ingredients

- ½ pound penne
- ¼ cup olive oil
- 1 medium eggplant, cut into half-inch pieces
- ½ pound cherry tomatoes, halved
- 2 cloves garlic, sliced
- ¼ teaspoon crushed red pepper
- kosher salt and black pepper
- ½ pound fresh mozzarella, cut into half-inch pieces
- ¼ cup torn fresh mint leaves

## Directions

1. Cook the pasta according to the package directions. Reserve ¼ cup of the cooking water. Drain the pasta and return it to the pot.
2. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat.
3. Add the eggplant. Cook, tossing occasionally, until golden brown and tender, 8 to 10 minutes.
4. Add the tomatoes, garlic, red pepper, ¾ teaspoon salt, and ¼ teaspoon black pepper. Cook, tossing, until the tomatoes soften, 2 to 3 minutes.
5. Add the tomato mixture to the pasta, along with the mozzarella and reserved cooking water.
6. Toss to combine. Sprinkle with the mint.

# Grilled Tuna with Fresh Tomato, Cucumber and Dill Relish

**Time:** 2:30 Hours

**Servings:** 4

**Difficulty:** Hard

## Ingredients

- 4 Tbsp. Seasoned Rice Vinegar Basil and Oregano, Roasted Garlic, or Balsamic Blend
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ⅛ tsp. freshly ground pepper
- 4 (6 to 8 oz. each) tuna steaks, ¾ inch thick
- 1 cup seeded, diced ripe tomato
- ⅔ cup peeled, seeded and diced cucumber
- 1 Tbsp. chopped fresh dill or 1 tsp. dried dill

## Directions

1. Combine 2 tablespoons rice vinegar, oil, salt and pepper; mix well.
2. Place tuna in resealable plastic bag.
3. Pour marinade over tuna; close bag securely, turning to coat.
4. Refrigerate at least 20 minutes or up to 2 hours.
5. Meanwhile, in a small bowl, combine tomato, cucumber, dill and remaining 2 tablespoons rice vinegar.
6. Season to taste with salt and pepper; set aside.
7. Drain tuna and discard marinade.
8. Grill tuna over medium-hot coals 4 minutes per side, or until cooked as desired.
9. Serve topped with relish.

# Spinach Salad with Tomatoes, Cucumber and Feta

**Time:** 0:15 Hours

**Servings:** 6

**Difficulty:** Easy

## Ingredients

- ½ small red onion, sliced (optional)
- 6 ounces baby spinach
- 1 pound tomatoes, cut in wedges or diced
- 1 small cucumber, cut in half lengthwise, then sliced
- 8 calamata olives, pitted and cut in half lengthwise
- 1 green or red pepper, thinly sliced
- 2 teaspoons chopped fresh dill
- 1 tablespoon chopped fresh mint
- 2 tablespoons fresh lemon juice
- 1 salt to taste
- 5 tablespoons extra virgin olive oil
- 2 ounces feta cheese, cut in small dice or crumbled

## Directions

1. Place the onion in a bowl, cover with cold water and let sit for five minutes. Drain, rinse and dry on paper towels.
2. Combine with the tomatoes, cucumber, olives, pepper, dill and mint in a large bowl.
3. Mix together the lemon juice, salt and olive oil.
4. Toss half of the dressing with the tomato mixture and half with the spinach.
5. Combine everything in one bowl, add the feta, toss together thoroughly and serve.



# Tomato Spinach Salad

**Time:** 0:15 Hours

**Servings:** 6

**Difficulty:** Easy

## Ingredients

- 2 cups fresh spinach
- 2 tomatoes, cut into chunks or wedges
- 6 small mozzarella balls, cut in half
- ½ tablespoon olive oil
- 2 tablespoons honey
- 1 tablespoon balsamic vinegar

## Directions

1. In a salad bowl, combine spinach, tomatoes, and mozzarella balls.
2. In a small bowl, combine olive oil, honey, and balsamic vinegar.
3. Drizzle dressing over salad and serve.

# Porotos

**Time:** 1:15 Hours

**Servings:** 8

**Difficulty:** Normal

## Ingredients

- 1 lbs de porotos Camellia
- 3 a 5 dientes de ajo
- 1 tableta de caldo maggie
- 1 cebolla mediana
- 3 a 4 Hojas de laurel
- 2 a 3 Tomates perita
- ½ pimiento

## Directions

1. Poner los porotos a hervir con el ajo, la tableta de caldo Maggie y las hojas de laurel.
2. Esperar un aproximado de 30 a 40 minutos, (depende a veces demoran más en suavizarse) revolviendo y revisando que no se queden secos.
3. Oportunamente ir poniendo mas agua poco a poco.
4. Cuando los porotos estén suaves, sofreír la cebolla, los tomates y el pimiento con sal y pimienta probando de no pasarse de sal.
5. Agregarlos a la olla de los porotos.
6. Cocer otros 5 minutos más.

# Arroz con Guandù

**Time:** 0:55 Hours

**Servings:** 8

**Difficulty:** Normal

## Ingredients

- 1 lb de arroz
- 1 lbs de guandú
- 1 pastilla caldo maggie
- 3 a 5 dientes de ajo
- 1 cebolla mediana
- 3 a 4 hojas de culantro

## Directions

1. Freír el ajo y cebolla picadito.
2. Cuando este blando colocar los Guandú lavados y colados, sofreír y colocar una pastilla de caldo Maggie
3. Sofreír hasta que el guandú estén abiertos, y poner dos cucharadas de arroz previamente lavados
4. Seguir sofríendolos juntos, cuando el arroz este suelto, tirar el resto del arroz y agua.
5. Probar de sal y a continuación colocar mas sal, y las hojas del cilantro.
6. Tapar a fuego bajo y dejar pasar 35 min y cerciorarse de que este completamente seco y así poder revolver.

# Ropa Vieja

**Time:** 1:25 Hours

**Servings:** 8

**Difficulty:** Hard

## Ingredients

- 3 Lbs de Carne – Falda
- 1 cebolla
- 3 a 4 dientes de ajo
- 1 Salsa china o inglesa
- 3 a 5 tomates perita
- 1 frasco de salsa o pasta
- 1 lata de Vegetales Mixtos

## Directions

1. Limpiar las faldas de res de la primera capa de piel gras.
2. Colocar en un bowl y a continuación combinarla con la salsa china parte del ajo y mitad de la cebolla finamente picados.
3. En una sartén colocar el aceite y cuando este caliente poner a dorar por ambos lados la falda de res.
4. Al estar dorada poner el agua y dejar hervir hasta que este totalmente suave (puede durar mas de 45 min).
5. Cuando esté suave retirar y conservar poco del agua donde se coció la carne.
6. Deje enfriar, y empezar a deshilar. En una sartén, colocar el resto del ajo y la cebolla, y al minuto tirar los tomates.
7. Automático tirar la carne previamente deshilachada agregar los vegetales mixtos y la salsa o pasta y la reserva del agua.
8. Puede agregar vino, si lo desea.

# Pollo Agridulce Asado

**Time:** 2:15 Hours

**Servings:** 5

**Difficulty:** Hard

## Ingredients

- 5 pollos
- 5 cucharadas de azúcar rubia
- 10 cebollas grandes, rebanadas
- 1 ketchup
- 5 cucharadas de aceite
- 5 cucharadas de salsa de soya

## Directions

1. Asar el pollo destapado por 1 hora a 175 grados.
2. Saltear las cebollas.
3. Agregar el agua, el azúcar rubia, el ketchup y la salsa de soya.
4. Verter sobre el pollo, cubrirlo, y hornear una ½ hora adicional o más.
5. Servir caliente o frío.
6. Acompañalo con nujadarrah (arroz con lentejas)

# Pescado Al Horbo Con Vegetales

**Time:** 2:15 Hours

**Servings:** 35

**Difficulty:** Hard

## Ingredients

- 20 a 25 filetes de corvina.
- 1 jugo de limón exprimido (opcional).
- 1 aceite de oliva.
- 5 cebolla pequeña, en dados.
- 2 cabezas de ajo, picados.
- 15 tomates, en trozos.
- 2 frascos de alcaparras, en trozos (opcional).
- 2 frascos de aceitunas negras en rodajas, escurridas.
- 10 pimientos rojos

## Directions

1. Precalienta el horno a 200°C.
2. En una sartén mediana, calienta el aceite de oliva y saltea hasta que se ablande, durante unos 5 minutos. Agrega ajo y saltea durante 1 minuto.
3. Agrega los tomates, las alcaparras, las aceitunas negras, los copos de pimienta roja y el perejil. Lleva a hervor y deja cocinar a fuego lento durante 15 minutos.
4. Esparce ½ taza de la salsa en una bandeja de horno de 20x30cm y acomoda los filetes de pargo rojo en una única capa.
5. Rocía jugo de limón sobre los filetes y luego vierte el resto de la salsa sobre el conjunto.
6. Hornea durante 15 minutos para filetes de 12mm de espesor o 30 minutos para filetes de 25mm de espesor. Hornea durante 15 minutos para filetes de 12mm de espesor o 30 minutos para filetes de 25mm de espesor.
7. Humedece una vez con la salsa mientras horneas. El pargo rojo está hecho cuando se desmenuza fácilmente con un tenedor.

# Lemon-Garlic Marinated Shrimp

**Time:** 0:15 Hours

**Servings:** 2

**Difficulty:** Easy

## Ingredients

- 3 tablespoons garlic, minced
- 2 tablespoons extra-virgin olive oil
- ¼ cup lemon juice
- ¼ cup fresh parsley, minced
- ½ teaspoon kosher salt
- ½ teaspoon pepper
- 1 ¼ pound cooked shrimp

## Directions

1. Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper.
2. Toss with shrimp in a large bowl.
3. Chill until ready to serve.

# Grilled Steak with Fresh Corn Salad

**Time:** 1:15 Hours

**Servings:** 4

**Difficulty:** Normal

## Ingredients

- 1 tablespoon minced garlic
- 3 teaspoons extra-virgin olive oil
- ½ teaspoon salt
- 2 boneless strip (top loin) steaks, trimmed (about 1 ¼ pounds)
- 5 large ears corn
- 2 medium tomatoes
- 1 small orange or red bell pepper
- 2 tablespoons fresh basil
- 2 tablespoons red-wine vinegar

## Directions

1. Preheat grill to high.
2. Combine garlic, 1 teaspoon oil and ¼ teaspoon salt in a small bowl. Rub the mixture on both sides of steaks. Place the steaks and corn on the grill.
3. Grill the steaks 2 to 4 minutes per side for medium-rare. Let them rest while the corn finishes cooking. (The steaks will continue to cook while resting.)
4. Grill the corn, turning to cook all sides, until some of the kernels are slightly charred, 8 minutes total. Let stand until cool enough to handle, about 5 minutes.
5. Remove the kernels from the cobs using a sharp knife.
6. Combine the corn, tomatoes and bell pepper in a medium bowl; stir in basil, vinegar, the remaining 2 teaspoons oil and ¼ teaspoon salt. Slice the steaks and serve with the corn salad.



# The Real Mojito

**Time:** 0:05 Hours

**Servings:** 1

**Difficulty:** Easy

## Ingredients

- 10 fresh mint leaves
- ½ lime, cut into 4 wedges
- 2 tablespoons white sugar, or to taste
- 1 cup ice cubes
- 1 ½ fluid ounces white rum
- ½ cup club soda

## Directions

1. Place mint leaves and 1 lime wedge into a sturdy glass.
2. Use a muddler to crush the mint and lime to release the mint oils and lime juice.
3. Add 2 more lime wedges and the sugar, and muddle again to release the lime juice. Do not strain the mixture.
4. Fill the glass almost to the top with ice.
5. Pour the rum over the ice, and fill the glass with carbonated water.
6. Stir, taste, and add more sugar if desired.
7. Garnish with the remaining lime wedge.

# Pesto Summer Squash

**Time:** 0:30 Hours

**Servings:** 1

**Difficulty:** Normal

## Ingredients

- ½ cup fresh basil, chopped
- ¼ cup pine nuts, toasted
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon parmesan cheese, grated
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 2 medium summer squash, (about 1 pound) sliced diagonally
- ¼ inch thick canola or olive oil cooking spray

## Directions

1. Preheat grill to medium-high.
2. Combine basil, pine nuts, oil, Parmesan, garlic, lemon juice and salt in a small bowl.
3. Coat both sides of squash slices with cooking spray.
4. Grill the squash until browned and tender, 2 to 3 minutes per side.
5. Serve topped with the pesto.