

DEREKEATS



FAVIROTES

Main Dishes

Chicken fried steak

Mac and cheese

Chicken parm

Cheeseburgers

Tomato soup

Cheese steak

Coconut shrimp

Tacos

Quesadilla

Ravioli

Meatballs

Pesto pasta

Alfredo bake

Pierogis

Fried calamari

Chicken nuggets

Fajitas

Biscuits and gravy

Eggs Benedict

Lemon arugula chicken

Shrimp piccata

Veal saltimbocca

Fried rice

Lasagna

Chicken curry

Stuffed peppers

Salmon

Swordfish

Bread bowls

Meatloaf

Cheeseburger pizza

Sweet and sour chicken

Bang bang shrimp

Ricotta pasta

Fish tacos

Baked potato pizza

Soups and Salads

Chicken Caesar salad

Chicken salad

Pasta e fagioli

Tomato soup and grilled cheese

Egg drop soup

Appetizers

Guacamole

Arancini

Hummus

Taco dip

Cheeseburger bread

Poutine

Eggrolls

Crab cakes

Twice baked potatoes

Side Dishes

Onion rings
Waffle fries
Broccoli potato puffs
Baked potato
Broccoli casserole

Desserts

Salted caramel cookies
Almond cookies
Everything but the kitchen sink cookies
Lemon drop cookie

Main Dishes

Pierogi Recipe

Prep Time: 1 hour 30 minutes **Cook Time:** 30 minutes **Total Time:** 2 hours

Pierogi filled with cheesy potatoes, tossed with crisp bacon and melted butter and served with sour cream is the ultimate comfort food.



Author: Natasha of Natasha's Kitchen.com

Skill Level: Medium

Cost to Make: \$10

Keyword: Pierogi, Pierogi Recipe

Cuisine: Russian, Ukrainian

Course: Main Course

Calories: 246 kcal

Servings: 12 servings (5 pierogi per serving)



Ingredients

Ingredients for Potato Filing:

2 lbs russet potatoes (5 medium), peeled

1/2 tsp **salt**

2 Tbsp butter melted

2 oz cream cheese softened

3/4 cup mozzarella cheese shredded

For the Pierogi Dough:

1 cup warm water

1/4 cup whole milk

2 Tbsp sour cream

1 large egg

1 tsp **salt** (plus more for cooking)

4 cups **all-purpose flour** measured correctly*

For the Toppings (For 1/3 batch):

4 oz bacon chopped

2 Tbsp butter

Sour Cream to serve



Instructions

How to Make Potato Cheese Filling:

1. Place potatoes in a pot, add enough water to cover potatoes then bring to a boil over medium/high and continue cooking 25 minutes or until easily pierced with a fork. Drain and cool 5 minutes then mash potatoes.
2. Mash in 1/2 tsp salt, 2 Tbsp melted butter and 2 oz cream cheese. Mash in 3/4 cup shredded mozzarella cheese. Partially cover and set aside while rolling out the dough.

To Make Pierogi Dough:

1. In the bowl of a stand mixer (or large mixing bowl if mixing by hand), whisk together 1 cup warm water, 1/4 cup milk, 2 Tbsp sour cream, 1 egg and 1 tsp salt until blended.
2. Using dough hook attachment, add 2 cups flour and mix on speed 2 until incorporated. Add remaining flour 1/2 cup at a time, letting it incorporate before adding more. Add the last bit of flour 1 Tbsp at a time just until dough no longer sticks to sides of the bowl. Knead on speed 2 or by hand for 10 minutes.

How to Mold Pierogi:

1. Divide dough into 2 pieces. Cover the second piece with the mixing bowl and thinly roll the first piece out onto a floured surface to just under 1/8" thickness.
2. Use a 3" diameter round cookie cutter to cut circles from the dough, keeping them as close as possible (collect scraps and place under the bowl to re-use). Add 1/2 Tbsp of potatoes over each round.
3. To form pierogi, pull the 2 edges together and pinch tightly to seal. To ensure a tight seal, crimp the edges a second time with a pinch and twist motion. Cook or freeze pierogi for a future dinner (see freezing instructions in post).

How to Make Bacon Topping:

1. Make the topping before boiling pierogi so it's ready to drizzle over pierogi to prevent sticking. In a medium skillet, saute 4 oz chopped bacon. Once crisp, melt in 2 Tbsp butter and remove from heat.

How to Cook Pierogi:

1. Bring a pot of water to a rolling boil and add 1 Tbsp salt. Add fresh or frozen pierogi. Once they are floating and water is back to a boil, cook additional 3-5 minutes or until dough is very tender. Remove to a bowl with a slotted spoon drizzling buttery bacon between layers.

Recipe Notes

This recipe makes 55-60 pierogi, based on how thinly you roll.

Serving suggestion: serve with caramelized onion and cut up sausage

\$1.20/12 servings

Fish Tacos Recipe with Best Fish Taco Sauce!

Prep Time: 30 minutes **Cook Time:** 25 minutes **Total Time:** 55 minutes

Our all-time favorite fish tacos recipe! These are loaded with fresh ingredients and perfectly seasoned plump fish. Don't skip the best fish taco sauce - an irresistible garlic lime crema.



Author: Natasha of Natasha'sKitchen.com
Skill Level: Easy
Cost to Make: \$20-\$25
Keyword: fish tacos
Cuisine: American
Course: Dinner, Lunch, Main Course
Calories: 172 kcal
Servings: 24 tacos



Ingredients

Fish Taco Ingredients:

24 small white corn tortillas
1 1/2 lb tilapia
1/2 tsp ground cumin
1/2 tsp cayenne pepper
1 tsp **salt**
1/4 tsp black pepper
1 Tbsp **Olive oil**
1 Tbsp Butter

Fish Taco Toppings:

1/2 small purple cabbage
2 medium avocado sliced
2 roma tomatoes diced (optional)
1/2 diced red onion
1/2 bunch Cilantro longer stems removed
4 oz 1 cup Cotija cheese, grated
1 lime cut into 8 wedges to serve

Fish Taco Sauce Ingredients:

1/2 cup sour cream
1/3 cup **Mayo**
2 Tbsp lime juice from 1 medium lime
1 tsp **garlic powder**
1 tsp Sriracha sauce or to taste

Instructions

1. Line large baking sheet with parchment or silicone liner. In a small dish, combine seasonings: 1/2 tsp cumin, 1/2 tsp cayenne pepper, 1 tsp salt and 1/4 tsp black pepper and evenly sprinkle seasoning mix over both sides of tilapia.
2. Lightly drizzle fish with olive oil and dot each piece with butter. Bake at 375 for 20-25 min. To brown edges, broil for 3-5 minutes at the end if desired.
3. Combine all Taco sauce ingredients in a medium bowl and whisk until well blended.
4. To serve the tacos, toast quickly toast the corn tortillas on a large dry skillet or griddle over medium/high heat.
5. To assemble: start with pieces of fish then add remaining ingredients finishing with a generous sprinkle of cotija cheese and finally that awesome taco sauce! Serve with a fresh lime wedge to squeeze over tacos.

Serving suggestion: have as is

\$1.20/24 tacos

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Italian Bread Bowls

★★★★☆

These cute little bread bowls are a great way to serve soup in the wintertime. I usually serve a hearty potato soup when I have the time to bake them. They freeze for up to 1 month, if desired.

Prep: 30 mins

Cook: 30 mins

Additional: 1 hr 15 mins

Total: 2 hrs 15 mins

Servings: 8

Yield: 8 bowls



Ingredients

2 (.25 ounce) packages active dry yeast

2 ½ cups warm water (110 degrees F/45 degrees C)

2 teaspoons salt

2 tablespoons vegetable oil

7 cups all-purpose flour

1 tablespoon cornmeal

1 egg white

1 tablespoon water

Directions

Step 1

In a large bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.

Step 2

Add salt, oil and 4 cups flour to the yeast mixture; beat well. Stir in the remaining flour, 1/2 cup at a time, beating well with an electric mixer at medium speed after each addition.

Step 3

When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 6 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 40 minutes.

Step 4

Punch dough down, and divide into 8 equal portions. Shape each portion into a 4 inch round loaf. Place loaves on lightly greased baking sheets sprinkled with cornmeal. Cover and let rise in a warm place, free from drafts, until doubled in bulk, about 35 minutes.

Step 5

Preheat oven to 400 degrees F (200 degrees C). In a small bowl, beat together egg white and 1 tablespoon water; lightly brush the loaves with half of this egg wash.

Step 6

Bake in preheated oven for 15 minutes. Brush with remaining egg mixture, and bake 10 to 15 more minutes or until golden. Cool on wire racks.

Step 7

To make bowls: Cut a 1/2 inch thick slice from top of each loaf; scoop out centers, leaving 3/4-inch-thick shells. Fill bread bowls with hot soup and serve immediately.

Nutrition Facts

Per Serving: 439 calories; protein 12.5g; carbohydrates 85g; fat 4.6g; sodium 593.7mg.

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Serving suggestion: serve with pasta

\$1.25/8 servings

Pasta e Fagioli

Ingredients:

1 lb Ground Beef (or Turkey)
1 Small Onion, diced (1 cup)
1 Large Carrot, julienned (1 cup)
3 Stalks of Celery, chopped (1 cup)
3 Cloves Garlic, minced
2 - 14.5 oz cans Diced Tomatoes (Italian Seasoned)
1 can Dark Red Kidney Beans (15 oz)
1 can Great Northern or Cannelli Beans (15 oz)
2 cans Tomato Sauce or Puree
1 Tablespoon Worcestershire Sauce
1-1/2 Teaspoon Salt
1 Teaspoon Oregano
1 Teaspoon Basil
1/2 Teaspoon Ground Pepper
1/2 Teaspoon Tyme
Hot Sauce (to taste)
Cayenne Pepper (to taste)
1/2 lb Ditali Pasta

Directions:

Brown the ground beef in a large saucepan or pot over medium heat. Drain off most of the fat. Add onion, carrot, celery and garlic. Saute for 10 minutes. Add remaining ingredients, except pasta and simmer for 1 hour.

About 50 minutes into simmer time, cook pasta in boiling water over high heat. Cook for 10 minutes or just until pasta is al dente. Drain. Add pasta to soup. Simmer for 5-10 minutes. Serve and top with grated Parmesan.

serving suggestion: have as is

\$1.25/8 servings

Baked Potato Pizza

★★★★★
51 Ratings 19 Reviews

Prep 15 MIN | Total 30 MIN | Ingredients 9 | Servings 8



Take all of your favorite flavors from a loaded baked potato, and combine them on a pizza crust. Brilliant!

By [Pillsbury Kitchens](#)

Updated June 2, 2008

Ingredients

- 1 can (11 oz) Pillsbury™ refrigerated thin pizza crust
- 6 slices (1 oz each) provolone cheese
- 2 cups cubed unpeeled baked potato (about 1 large)
- 2 tablespoons olive oil
- 2 tablespoons ranch dressing and seasoning mix (from 1-oz milk recipe package)
- 8 strips crisply cooked bacon, chopped
- 1 cup shredded mild Cheddar cheese (4 oz)
- 1/4 cup sliced green onions (4 medium), if desired
- Sour cream, if desired

Steps

- 1 Heat oven to 400°F. Spray or grease 15x10-inch or larger dark or nonstick cookie sheet. Unroll dough on cookie sheet; starting at center, press dough into 15x10-inch rectangle.
- 2 Arrange provolone cheese slices on dough. In medium bowl, mix potato, olive oil and ranch dressing mix. Spoon evenly over cheese. Sprinkle with bacon and Cheddar cheese.
- 3 Bake 13 to 16 minutes or until crust is golden brown and cheese is melted. Sprinkle with onions. Serve with sour cream.

Serving suggestion: have as is

\$1.25/8 servings

Meatloaf Recipe with the Best Glaze

Prep Time: 10 minutes **Cook Time:** 1 hour **Total Time:** 1 hour

Amazing homemade Meatloaf Recipe. The meatloaf is so tender and juicy on the inside with a sweet and tangy sauce that glazes the meatloaf and adds so much flavor!



Author: Valentina Ablaev

Skill Level: Easy

Cost to Make: \$10-\$12

Keyword: meatloaf, meatloaf recipe

Cuisine: American

Course: Dinner, Main Course

Calories: 344 kcal

Servings: 8 servings



Ingredients

Meatloaf Ingredients:

2 lbs ground beef 85% or 90% lean
1 med onion finely chopped
2 large eggs
3 garlic cloves minced
3 Tbsp **ketchup**
3 Tbsp fresh parsley finely chopped
3/4 cup Panko breadcrumbs
1/3 cup milk
1 ½ tsp **salt** or to taste
1 ½ tsp **Italian seasoning**
¼ tsp ground black pepper
½ tsp ground paprika

Meatloaf Sauce Ingredients:

3/4 cup **ketchup**
1 ½ tsp **white vinegar**
2 ½ Tbsp **brown sugar**
1 tsp **garlic powder**
½ tsp **onion powder**
¼ tsp ground black pepper
¼ tsp **salt**

Instructions

1. Line a 9"x5" loaf pan with parchment paper and preheat oven to 375°F.
 2. In a large bowl, add all of the ingredients for the meatloaf. Mix well to combine.
 3. Add meat to the loaf pan, gently press meat down and shape evenly and bake meatloaf at 375°F for 40 minutes.
 4. In a small bowl, mix all of the ingredients together for the sauce. Spread the sauce over meatloaf then return to oven and bake additional 15-20 minutes. Rest meatloaf 10 minutes before slicing. Drizzle with baking juices from the pan.
-

Serving suggestion: serve with mashed potatoes and veggies

\$1.45/8 servings

Lasagna Recipe (VIDEO)

Prep Time: 30 minutes **Cook Time:** 50 minutes **Resting Time:** 30 minutes
Total Time: 1 hour 20 minutes



This 3 cheese EASY Lasagna recipe is beefy, saucy and supremely flavorful. This homemade lasagna is better than any restaurant version and it feeds a crowd!

Author: Natasha of Natasha's Kitchen.com

Skill Level: Easy/Medium

Cost to Make: \$18-\$22

Keyword: lasagna, lasagna recipe

Cuisine: Italian

Course: Dinner, Main Course

Calories: 368 kcal

Servings: 12 slices



Ingredients

Ingredients for Lasagna

1 lb ground beef (15-20% fat content)
1 small onion finely diced
2 large garlic cloves minced
1/4 cup red wine (any kind), or beef broth
1 Tbsp olive oil
24 oz Marinara Sauce (3 cups)
1/2 tsp sea salt
1/4 tsp black pepper ground
1/4 tsp dried thyme
1/2 tsp granulated sugar
2 Tbsp parsley finely chopped
9 lasagna noodles cooked al dente

Ingredients for Cheese Sauce:

16 oz low-fat cottage cheese
15 oz reduced fat ricotta cheese
1 large egg
2 Tbsp parsley finely chopped, plus more to garnish
4 cups mozzarella cheese shredded, divided

Instructions

How to Make Meat Sauce:

1. Place a deep pan or dutch oven over medium/high heat and add 1 Tbsp olive oil, 1 lb ground beef and diced onion. Sauté, breaking up the meat, for 5 minutes or until beef is no longer pink. Add pressed garlic and sauté another minute until fragrant.
2. Add 1/4 cup wine and stir for 2 minutes or until wine is nearly evaporated. Add 3 cups marinara, 1/2 tsp salt, 1/4 tsp pepper, 1/4 tsp thyme, 1/2 tsp sugar and 2 Tbsp parsley. Bring to a simmer then cover and cook 5 minutes.

How to Make Cheese Sauce:

1. In a large mixing bowl, combine 16 oz Cottage Cheese, 15 oz Ricotta, 1 cup mozzarella, 1 egg and 2 Tbsp parsley. Mix well.

How to Make Lasagna:

1. Preheat oven to 375°F. Bring a large pot of water to a boil. Add salt and 9 lasagna noodles. Cook until al dente according to package instructions.
2. Spread 1/2 cup meat sauce in the bottom of a deep 9x13 casserole dish. Add 3 noodles, spread on 1/3 of the meat sauce and sprinkle with 1 cup mozzarella cheese. Spoon on and spread the top with 1/2 of your cheese sauce.
3. Repeat until you have 3 layers of noodles:
Add 3 noodles, 1/3 meat sauce, 1 cup mozzarella cheese, 1/2 cheese sauce
Add 3 noodles, remaining 1/3 meat sauce, remaining 1 cup mozzarella.
4. Poke 9-12 toothpicks over the surface of your lasagna (to keep the foil from sticking to the cheese). Cover with foil and bake at 375°F for 45 minutes.
5. Remove foil and broil for 3 to 5 minutes, or until cheese turns golden. Let lasagna rest 30 min before slicing.

Serving suggestion: have as is

\$1.50/12 servings

Ricotta Pasta

The most delicious Ricotta Pasta Recipe made 2 ways, with fresh and zingy lemon zest or lots of parmesan and cracked black pepper. This no-cook pasta sauce is easy and effortless the hardest part is boiling the pasta!



★★★★★
5 from 2 votes

Course: pasta Cuisine: Italian Servings: 4 servings

Calories: 534kcal Author: Emily Kemp

Ingredients

Cheese and pepper version

- 15 oz short pasta (4 cups / 400g)
- 1 cup full fat ricotta (250g)
- ½ cup freshly grated parmesan
- ½ cup reserved pasta water (120ml)
- Salt and pepper to season

To make lemon ricotta pasta

- 15 oz short pasta (4 cups / 400g)
- 1 cup ricotta (250g)
- Zest of 1 lemon
- ½ cup reserved pasta water (120ml)
- Salt and pepper to season

Instructions

Ricotta cheese and pepper version

1. Bring a large pot of salted water to a boil and cook your desired pasta shape until al dente making sure to reserve ½ cup of pasta water.
2. Pass the ricotta through a sieve and add to a mixing bowl with parmesan, salt and a generous amount of cracked black pepper.
3. Drain the pasta once cooked then add it back to the pot. Add the ricotta mixture and stir until completely coated.
4. Add a splash of pasta water and stir again to loosen, the pasta sauce should be smooth and creamy, serve.

Lemon ricotta version

1. Follow the same instructions as above but replace the parmesan with lemon zest and instead of a generous amount of black pepper just sprinkle in a small amount.
2. Drain the pasta once cooked then add it back to the pot. Add the ricotta mixture and stir until completely coated.
3. Add a splash of pasta water and stir again to loosen, the pasta sauce should be smooth and creamy, serve.

Notes

- Drain any excess liquid from the ricotta **before starting** (*I do this by letting the ricotta sit in a sieve for a couple of minutes letting any excess liquid drain off*).
- You can use any pasta shape you like for this pasta sauce but I find **a shorter pasta shape works best!**
- It's always a good idea to **reserve more pasta water than you'll probably need** (just in case). I reserve ½ cup but you may not need all of it depending on the consistency of the ricotta.
- This **pasta sauce is best served immediately** as it'll thicken and lose its creamy texture as it cools.
- This recipe **won't freeze well** but it's so quick and easy to make you don't need to.

Serving suggestion: have as is

\$2.25/ 4 servings

This recipe allows you to have the crispy, delicious chicken nuggets you love from Chick-fil-A without even leaving your house! These Copycat Chick Fil A Nuggets taste just like the real thing. Best of all, they're ready in less than 30 minutes!

★★★★★ 4.83 from 28 votes

	PREP TIME	COOK TIME	TOTAL TIME
20 mins	5 mins	25 mins	
	COURSE	CUISINE	
Main Course	American		
	SERVINGS	CALORIES	
20 nuggets	60 kcal		

INGREDIENTS

- 2 boneless skinless chicken breasts
- 1/2 cup milk
- 1 eggs
- 1 cup flour
- 3 tbsp powdered sugar
- 2 tsp salt
- 1/2 tsp pepper
- vegetable oil

INSTRUCTIONS

1. Begin by cutting up your chicken breasts into bite-sized pieces. M
2. Place oil in a medium pan and turn to medium heat.
3. From there add your milk and egg to a bowl and whisk together until combined. Set aside.
4. Pour your flour, powdered sugar, salt and pepper into a gallon bag.
5. Add several chicken pieces to your milk/egg mixture until well coated and then throw the pieces into your gallon bag and shake until each piece is evenly coated.
6. Place chicken pieces in oil and cook for 5-7 minutes on each side or until golden brown.
7. Drain pieces onto paper towel and serve warm.

Serving suggestions: serve with any dip

\$2.40/5 servings

Healthier Sausage Gravy and Biscuits

Biscuits and Gravy are classic comfort food. Now, with this low-fat version, you can enjoy your favorite without by-pass surgery. One biscuit (two halves) plus sausage gravy goes from 540 calories to 216 (60% lower). The fat drops from 34 grams to only 3 (over 90% lower)—amazing.

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Breakfast Cuisine: American Servings: 8 servings Calories: 216kcal

Author: [Dan Mikesell AKA DrDan](#)

Ingredients

Low-Fat Biscuits

- 2 cups AP flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 ¼ cup non-fat yogurt

Gravy

- ½ pound turkey breakfast sausage
- 2 cups skim milk
- ¼ cup AP flour
- 1 teaspoon seasoning salt I used Lowery's
- ½ teaspoon pepper or to taste

Instructions

1. Preheat the oven to 400° convection or 425° conventional oven.
2. Combine 2 cups AP flour, 1 tablespoon baking powder, ½ teaspoon baking soda, ½ teaspoon salt—mix well. Add 1 ¼ cup nonfat yogurt. Fold in until all dry is incorporated.
3. Make eight drop biscuits on a PAM sprayed baking pan.
4. Bake until golden brown—about 12 minutes.
5. While biscuits are baking, brown ½ pound of turkey breakfast sausage.
6. Whisk together ¼ cup flour with 2 cups skim milk. I used a Tupperware shaker. Slowly add the milk-flour mixture to the sausage over medium heat while whisking or mixing continuously.
7. Continue to mix, and this will start thickening in a few minutes. Add one teaspoon seasoning salt and ½ teaspoon pepper (or to taste). Simmer another 5-10 minutes.
8. Server over biscuits cut in half.

Notes

Pro Tips

1. Use zero fat ingredients - milk and yogurt. And the lowest fat turkey sausage possible.
2. Exact nutrition varies by the ingredients you use.
3. You can use Greek yogurt, but there will be more of a yogurt taste and may need a bit of milk added since it is less moist.
4. The serving is calculated with one biscuit cut in half and about ⅓ cup of gravy. If you want to use a more generous ½ cup, then the calories only increase by 45 calories.
5. Use aluminum-free baking powder to prevent a metallic after-taste.
6. Store biscuits at room temperature air-tight for 2-3 days. They are very crumbly after that.
7. Store the gravy refrigerated for 3-4 days or frozen for 3-4 months.



Make it Perfect First Time and Every Time

Don't miss out, check the full post. Almost every recipe includes easy step by step photo instructions so you can visualize yourself cooking this recipe along with helpful tips and options.

Serving suggestion: serve as is

\$2.45/8 servings

RECIPE

 PRINT

 SAVE IT

How to Make Eggs Benedict

PREP TIME

5 mins

COOK TIME

20 mins

TOTAL TIME

25 mins

SERVINGS

4

NOTE: Eggs benedict is also great made with slices of smoked salmon in place of the bacon. If you are in or around New Jersey, try it with Taylor ham.

Ingredients

- 8 pieces of bacon or 4 pieces of Canadian bacon
- 2 tablespoons chopped parsley, for garnish
- 4 eggs
- 2 teaspoons white or rice vinegar
- 2 English muffins
- Butter

Blender Hollandaise:

- 10 tablespoons unsalted butter (if using salted butter, omit the added salt)
- 3 egg yolks
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Dash of cayenne or tabasco

Create a List

Make a list for the store or order

Method

1. Cook the bacon

Heat a large skillet on medium low heat. Add the strips of bacon or the slices of Canadian bacon. Slowly fry, turning occasionally, until the bacon is browned on both sides, and if using strip bacon, much of the fat is rendered out (about 10 minutes).

Use tongs or a fork to remove the bacon from the pan, set on a paper towel to absorb the excess fat.

Don't pour the bacon fat left in the pan down the drain! Either sop it up with paper towels when it has cooled a bit, or pour it into a jar to be used later (see [rendering bacon fat](#)).

2. Bring poaching water to a simmer

While the bacon is cooking, bring a large saucepan two-thirds-filled with water to a boil, then add the vinegar. Bring the water to a boil again, then lower the heat to a bare simmer.

3. Make Hollandaise sauce in blender

To make blender hollandaise, melt 10 Tbsp unsalted butter.

Put 3 egg yolks, a tablespoon of lemon juice, 1/2 teaspoon salt in a blender, blend on medium to medium high speed for 20-30 seconds, until eggs lighten in color.

Turn blender down to lowest setting, slowly dribble in the hot melted butter, while continuing to blend. Taste for salt and acidity and add more salt or lemon juice to taste.

Transfer it to a container you can use for pouring and set it on a warm—but not hot—place on or near the stovetop.

4. Poach the eggs

Here is [an easy method for poaching eggs](#). Essentially, working one egg at a time you crack an egg into a small bowl and slip it into the barely simmering water. Once it begins to solidify, you can slip in another egg, until you have all four cooking.



Turn off the heat, cover the pan, and let sit for 4 minutes. (Remember which egg went in first, you'll want to take it out first.) When it comes time to remove the eggs, gently lift out with a slotted spoon.

Note that the timing is a little variable on the eggs, depending on the size of your pan, how much water, how many eggs, and how runny you like them. You might have to experiment a little with your set-up to figure out what you need to do to get the eggs exactly the way you like them.

5. Toast English muffins

As soon as all the eggs are in the poaching water, begin toasting your English muffins. If you can't get all the muffins toasted by the time the eggs are ready, gently remove the eggs from the poaching water and set in a bowl.

6. Assemble your Eggs Benedict

To assemble, butter one side of an English muffin. Top with two slices of bacon or 1 slice of Canadian bacon. You can trim the bacon to fit the muffin if you'd like.

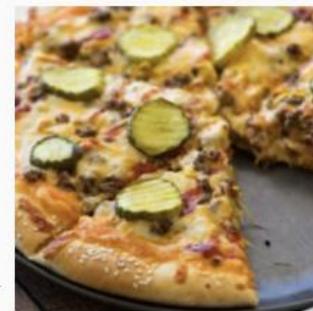
Put a poached egg on top of the bacon, then pour some hollandaise over. Sprinkle some parsley over it all and serve at once.

Serving suggestion: server as is

\$2.45/4 servings

Cheeseburger Pizza

I've been dreaming of making this Cheeseburger Pizza for months! I've combined two of my favorites into one, out of this world party food!



5 from 37 votes

Prep Time

10 mins

Cook Time

15 mins

Course: Dinner

Cuisine: American

Servings: 8 slices

Calories: 422 kcal

Author: Shawn

Ingredients

For the Pizza Dough:

- 1 3/4 cup [all purpose flour](#)
- 1 pizza crust yeast, 1/4 oz. pkg.
- 1 1/2 tsp sugar
- 3/4 tsp salt
- 2/3 cup very warm water
- 3 tbsp oil

For the Pizza:

- 1 egg
- 1 tsp sesame seeds
- 1/2 lb. ground beef
- 1 tbsp seasoned salt
- 1/2 tsp black pepper
- 1/2 onion, diced
- 1/4 cup mayo
- 4 tbsp ketchup, divided
- 1 tsp hot sauce
- 2 cups colby jack cheese, shredded
- 1/2 cup dill pickle chips, (sliced)drained
- Mustard

Instructions

1. Preheat oven to 425 degrees F. Lightly grease a 12" pizza pan and set aside.

For the Pizza Dough:

For the Pizza:

1. Beat the egg with 1 tbsp water and brush the edges of the dough with the egg wash mixture. Sprinkle the edges with the sesame seeds.
2. Brown the hamburger in a skillet over medium heat with the seasoned salt, black pepper and diced onion. Cook until no longer pink and drain any excess fat.
3. Meanwhile combine the mayo, 2 1/2 tbsp ketchup and the hot sauce in a small dish and whisk until smooth. Spread this mixture over the base of the pizza dough with the back of a spoon. Top with the cooked ground beef.
4. Spread the shredded cheese over the top. Drizzle the remaining ketchup and mustard over the top of the pizza, followed by the dill pickle chips.
5. Bake for 12 to 15 minutes, or until center is bubbly and crust is golden brown. Let cool slightly before slicing. Enjoy!

Serving suggestion: have as is

\$2.45/4 servings

Creamy Garlic Butter Shrimp Piccata

Creamy Garlic Butter Shrimp Piccata is the recipe of your dreams! Garlic butter shrimp coated in a rustic creamy garlic parmesan sauce with a hint of lemon, capers and spinach! Leave people wondering if there is a hidden chef in your kitchen! Quick and easy to make, ready on the table in less than 15 minutes!



★★★★★

4.85 from 13 votes

Course: Dinner Cuisine: American Servings: 4 people Calories: 427kcal
Author: Karina

Ingredients

- 1 tablespoon unsalted butter
- 6 cloves garlic minced
- 1 pound (500 grams) shrimp, tails on or off
- 1 tablespoon olive oil
- 1 small brown shallot
- 1/2 cup dry white wine*
- 1 1/2 cups reduced fat cream**
- Salt and pepper, to taste
- 3 cups baby spinach
- 1/2 cup fresh grated Parmesan cheese
- 1 teaspoon cornstarch (mixed with 1 tablespoon of water)
- 4 tablespoons fresh chopped parsley
- 2 tablespoons fresh lemon juice, adjust to your tastes
- 4 tablespoons rinsed and drained capers
- Lemon slices, to serve
- Fresh chopped parsley (extra), to garnish

Instructions

1. Heat a large skillet over medium-high heat. Melt the butter and add in the garlic and fry until fragrant (about one minute). Add in the shrimp and fry two minutes on each side, until just cooked through and pink. Transfer to a bowl; set aside.
2. Fry the onion in the butter remaining in the skillet. Pour in the white wine (if using), and allow to reduce to half, while scraping any bits off of the bottom of the pan.
3. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.
4. Add in the spinach leaves and allow to wilt in the sauce, then add in the parmesan cheese and allow sauce to gently simmer for a further minute or so until the cheese melts through the sauce. (For a thicker sauce, add the milk/cornstarch mixture to the centre of the pan, and continue to simmer while quickly stirring the mixture through until the sauce thickens.)
5. Add the shrimp back into the pan along with the lemon juice, capers and parsley; stir through. Take off the heat and serve immediately with lemon slices and extra parsley to garnish (if desired).
6. Serve over pasta, rice or steamed veg.

Notes

*Use a good quality dry white wine such as a pinot griot or chardonnay.

White wine can also be substituted for chicken broth or left out completely. The flavour in the sauce will be altered.

**I use reduced fat cream (or light cream) for this recipe. Substitute with half and half if you wish, being careful not to bring the sauce to a boil or it may curdle. You can also use evaporated milk as a low calorie substitution.

Heavy or thickened cream may also be used and will not require thickening with cornstarch. Allow cream to reduce in a gentle simmer until thickened to your liking.

Serving suggestion: serve as is

\$2.45/ 4 servings

FRIED RICE

★★★★★ 4.9 from 844 reviews

prep time: 5 MINUTES cook time: 10 MINUTES total time: 15
MINUTES yield: 4 -6 SERVINGS

INGREDIENTS

- 3 tablespoons butter, divided
- 2 eggs, whisked
- 2 medium carrots, peeled and diced
- 1 small white onion, diced
- 1/2 cup frozen peas
- 3 cloves garlic, minced
- salt and black pepper
- 4 cups cooked and chilled rice (I prefer short-grain white rice)
- 3 green onions, thinly sliced
- 3–4 tablespoons soy sauce, or more to taste
- 2 teaspoons oyster sauce (optional)
- 1/2 teaspoons toasted sesame oil

INSTRUCTIONS

Heat 1/2 tablespoon of butter in a large sauté pan* over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate. Add an additional 1 tablespoon butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft. Increase heat to high, add in the remaining 1 1/2 tablespoons of butter, and stir until melted. Immediately add the rice, green onions, soy sauce and oyster sauce (if using), and stir until combined. Continue sautéing for an additional 3 minutes to fry the rice, stirring occasionally. (I like to let the rice rest for a bit between stirs so that it can crisp up on the bottom.) Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined. Taste and season with extra soy sauce, if needed. Serve immediately, or refrigerate in a sealed container for up to 3 days.

Serving suggestion: have as is

\$2.45/4-6 servings

Baked Salmon with Garlic and Dijon

Prep Time: 5 minutes **Cook Time:** 15 minutes **Total Time:** 20 minutes

Baked salmon with garlic and dijon is juicy, flaky and flavorful. An easy, excellent 20-minute salmon recipe. Learn how to bake perfect salmon every time!



Author: Natasha of NatashasKitchen.com

Skill Level: Easy

Cost to Make: \$10-\$12

Keyword: baked salmon

Cuisine: American

Course: Main Course

Calories: 314 kcal

Servings: 4 people



Ingredients

1 1/2 lb salmon filet
2 Tbsp fresh parsley chopped
2 Tbsp light olive oil not extra virgin
2 Tbsp **fresh lemon juice**
3 garlic cloves pressed
1/2 Tbsp **Dijon mustard**
1/2 tsp **salt** we use sea salt
1/8 tsp black pepper
1/2 Lemon sliced into 4 rings

Instructions

1. Preheat oven to 450°F and line a rimmed baking sheet with silpat or foil. Slice salmon into 4 portions and arrange them on a lined baking sheet, skin-side-down.
2. In a small bowl, combine: 2 Tbsp parsley, 2-3 pressed cloves garlic, 2 Tbsp oil and 2 Tbsp lemon juice, 1/2 Tbsp Dijon, 1/2 tsp salt, and 1/8 tsp pepper.
3. Generously spread the marinade over the top and sides of the salmon then top each piece with a slice of lemon.
4. Bake at 450°F for 12-15 min or until just cooked through and flaky. Don't over-cook.

Recipe Notes

Air Fryer Salmon: place salmon pieces on the wire basket, spread marinade over the top and air fry at 450°F for 6-7 minutes or just until cooked through.

Serving suggestion: serve with veggies, rice or a salad

\$2.50/4 servings

Sweet and Sour Chicken

★★★★★

4.8 from 5 votes

Sweet and Sour chicken can be made at home.

 Course	Main Course
 Cuisine	Chinese
 Keyword	Sweet and Sour Chicken
 Prep Time	20 minutes
 Cook Time	15 minutes
 Total Time	35 minutes
 Servings	6
 Calories	555kcal
 Author	Stephanie Manley

Ingredients

- Sweet and Sour Sauce Ingredients
- 5 cups water
- 1 orange
- 1 lemon
- 2 or 3 slices fresh ginger
- 1 cup sugar
- 1/2 cup vinegar
- 1 cup ketchup
- Red food coloring if desired
- 3 tablespoons cornstarch
- 3 tablespoons water
- 2 eggs divided use
- 1 pound chicken breasts
- 1/4 teaspoon white pepper
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon salt
- 2 tablespoons rice cooking wine
- 4 tablespoons cornstarch divided use
- 2 1/4 cups self rising flour
- 1/4 teaspoon white pepper
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon salt
- 1 1/2 cups water
- 2 tablespoons vegetable oil

Instructions

Sauce Directions

Sweet and Sour Sauce Directions Wash the orange and the lemon well. Slice the fruit and sliced ginger and place into a medium pot along with 5 cups of water. Bring the pot to a boil, and then simmer for 30 minutes.

Drain water with a sieve, press the fruit into the sieve, you want to get all of the water released. Place water into a pot and add 1 cup sugar, 1/2 cup vinegar, and 1 cup ketchup mix until well blended with a whisk. Heat the sauce over medium-high heat. Combine 3 tablespoons cornstarch and three tablespoons water in a small bowl. Slowly stream the liquid into the sauce stirring constantly. The sauce will thicken.

When the sauce thickens, remove from heat. Store unused sauce in an air tight container.

Chicken Directions

In a medium-sized bowl add 1 egg. Scramble egg with a fork. Cut chicken into small bite-sized pieces. Add chicken to the beaten egg. Add 1/4 teaspoon white pepper, 1/2 teaspoon granulated garlic, 1/2 teaspoon salt, 2 tablespoons rice cooking wine, 2 tablespoons of cornstarch. Stir to combine. The batter will look a mess.

Allow to marinate for about 15 minutes before continuing the recipe. To make the batter for the

becomes a light brown. Remove chicken for about 1 minute, and then place chicken back in and fry for about an additional minute. Frying the chicken twice will make chicken extra crispy. Drain chicken on a wire wrack. Serve chicken with sweet and sour sauce.

Serving suggestion: serve with rice

\$2.50/6 servings

Indian Chicken Curry

Ingredients:

1/2 Cup Finely Chopped Onion
1/2 Cup Finely Chopped Celery
Olive Oil
1/2 Cup Flour
2 Cups Chicken Broth
2 Cups Tomato Juice/Puree
1 Teaspoon Worcestershire Sauce
Salt & Pepper
1-1/2 Teaspoons Curry Powder
4 Cups diced, cooked chicken
4 cups hot, cooked rice

Directions:

Lightly brown onion and celery in oil. Add flour and blend. Add Broth; cook until thick, stirring constantly. Add tomato puree, Worcestershire sauce, seasonings and chicken. Heat thoroughly. Serve over cooked rice.

Serving suggestion: serve over rice

\$2.50/7-8 servings

Bonefish Grill Bang Bang Shrimp



Bang Bang Shrimp from the Bonefish Grill is crispy, creamy, sweet and spicy with just a few ingredients and tastes just like the most popular appetizer on the menu.

Course Main
Cuisine American
Keyword Bonefish Grill Bang Bang Shrimp (Copycat)

Prep Time 10 minutes
Cook Time 10 minutes
Total Time 20 minutes

Servings 4 servings
Calories 413 kcal
Author Sabrina Snyder

Ingredients

- 1/2 cup mayonnaise
- 1/4 cup Thai sweet chili sauce
- 1/4 teaspoon Sriracha
- 1 pound shrimp shelled and deveined
- 1/2 cup buttermilk
- 3/4 cup cornstarch
- canola oil for frying

Ads will not
be printed

Instructions

1. In a small bowl add the mayonnaise, Thai sweet chili sauce and Sriracha and stir.
2. In a second bowl add the shrimp and buttermilk and stir to coat all the shrimp.
3. Remove from the buttermilk and let excess liquid drain away.
4. Coat the shrimp in cornstarch.
5. In a heavy bottomed pan add 2-3 inches of canola oil and heat to 375 degrees
6. Fry the shrimp until lightly brown, 1-2 minutes on each side.
7. Once fried coat with the sauce and serve immediately.

Serving suggestion: serve over lettuce

\$2.75/ 4 servings

Chicken Cutlets with Spicy Arugula



Recipe courtesy of Valerie Bertinelli

Show: Valerie's Home Cooking Episode: Dinner for My Best Friend!

Level: Easy

Total: 55 min (includes chilling time)

Active: 35 min

Yield: 4 servings

Ingredients:

- 4 chicken cutlets, 4 to 5 ounces each
- Kosher salt and freshly ground black pepper
- Kosher salt and freshly ground black pepper
- 2 large eggs
- 2 cups panko breadcrumbs
- 1/4 cup grated Parmesan, plus Parmesan shavings, for serving
- 2 teaspoons Italian seasoning
- 1/2 teaspoon dried basil
- Canola oil, for frying
- Spicy Arugula, recipe follows
- Lemon wedges, for serving

Spicy Arugula:

- 1 1/2 tablespoons freshly-squeezed lemon juice (about 1/2 lemon)
- 1 tablespoon chopped shallots
- Heaping 1/2 teaspoon Dijon mustard
- Kosher salt and freshly ground black pepper
- Kosher salt and freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 4 ounces arugula

Directions:

- 1 Put a chicken cutlet between 2 pieces of plastic wrap and, using a rolling pin or the flat side of a meat mallet, pound it out about 1/4 inch thick. Season all over with some salt and pepper. Repeat with the remaining 3 cutlets.
- 2 Whisk the eggs in a large shallow bowl. Spread the panko in another large shallow bowl and stir in the grated Parmesan, Italian seasoning and basil. Have a large tray ready nearby. Dip a cutlet in the egg to coat all over, letting the excess drip off, and then press both sides into the panko, coating well. Set aside on the tray and repeat with the remaining 3 cutlets. Refrigerate the cutlets for 20 minutes.
- 3 Set a large skillet over medium-high heat, add some canola oil and heat until hot (you can check by dropping in a little bit of the panko mixture; it should sizzle). Add 2 chicken cutlets and cook until the bottoms are golden brown, about 2 minutes. Flip and cook until the other sides are golden brown and the chicken is cooked through, about 2 more minutes. Transfer each cutlet to a dinner plate.
- 4 Carefully pour out and discard any remaining oil and crumbs in the skillet. Heat some more canola oil and cook the 2 remaining chicken cutlets. Top each cutlet with some Spicy Arugula and Parmesan shavings. Put a lemon wedge on each plate and serve.
- 5 Put the lemon juice, shallots, Dijon mustard and some salt and pepper in a small bowl. Slowly whisk in the olive oil. Taste and adjust the seasoning as needed.
- 6 Put the arugula in another bowl. Drizzle some of the dressing around the sides of the bowl. Toss to lightly coat the arugula; taste and season with additional salt and pepper if needed.



Serving suggestion: server with pasta

\$3.00/ 4 servings

Philly Cheesesteak

Prep Time: 15 minutes **Cook Time:** 13 minutes **Total Time:** 28 minutes

Philly Cheesesteak with tender ribeye steak, melted gooey provolone, and caramelized onions hugged by a toasted garlic butter hoagie roll.



Author: Natasha Kravchuk

Skill Level: Easy

Cost to Make: \$13-\$16

Keyword: philly cheesesteak

Cuisine: American

Course: Main Course

Calories: 732 kcal

Servings: 4 people



Ingredients

1 lb Ribeye steak trimmed and thinly sliced*
1/2 tsp **Sea salt** or to taste
1/2 tsp Black pepper or to taste
1 sweet onion (large), diced
8 slices provolone cheese mild (not aged provolone)
4 Hoagie Rolls sliced 3/4 through
2 Tbsp unsalted butter softened
1 garlic clove pressed
2-4 Tbsp mayonnaise or to taste

Instructions

1. Slice hoagie rolls 3/4 of the way through with a **serrated knife**. Dice onions and thinly slice beef.*
2. In a small bowl, stir together 2 Tbsp softened butter with 1 pressed garlic clove. Spread garlic butter onto the cut sides of 4 hoagie roll. Toast the buns on a large skillet, **flat cooktop** or griddle on medium heat until golden brown then set aside.
3. Add 1 Tbsp oil to your pan/cooktop and sautee diced onions until caramelized then transfer to a bowl.
4. Increase to high heat and add 1 Tbsp oil. Spread the super thinly sliced steak in an even layer. Let brown for a couple of minutes undisturbed then flip and season with 1/2 tsp salt and 1/2 tsp black pepper. Sautee until steak is fully cooked through then stir in the caramelized onions.
5. Divide into 4 even portions and top each with 2 slices of cheese and turn off the heat so the cheese will melt without overcooking the meat.
6. Spread a thin layer of mayo on the toasted side of each roll. Working with one portion at a time, place a toasted bun over each portion and use a **spatula** to scrape the cheesy beef into your bun as you flip it over. Serve warm.

Serving suggestion: make some fries to go with it

\$3.25-4.00/4 servings

FOOD&WINE**Easy Chicken Fajitas**

★★★★★

This easy recipe comes from eight-year-old Dani Shaub, who loves making these juicy chicken fajitas. She based the recipe on the ingredient list from a packet of fajita seasoning and likes that it involves lots of slicing (one of her favorite cooking tasks). Bonus: "everyone gets to participate and pick their own toppings," she says. They're great for kid and adult cooks. More Quick Mexican Dishes

**Ingredients**

1 teaspoon pure chile powder
1 teaspoon kosher salt
1/2 teaspoon ground cumin
1/2 teaspoon onion powder
1/4 teaspoon garlic powder
1 tablespoon cornstarch
1/4 cup water
3 tablespoons extra-virgin olive oil
1 whole skinless, boneless chicken breast (about 1 pound), cut into 1/2-inch strips
1 green bell pepper—cored, seeded and cut into thin strips
1 medium onion, thinly sliced
2 tablespoons fresh lime juice, plus lime wedges for serving
8 flour tortillas, warmed in the microwave
Shredded lettuce, shredded cheddar cheese, salsa and sour cream, for serving

Directions**Step 1**

In a resealable plastic bag, combine the chile powder with the salt, cumin, onion powder, garlic powder, cornstarch, water and 2 tablespoons of the oil. Add the chicken, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.

Step 2

Heat the remaining 1 tablespoon of oil in a large nonstick skillet until shimmering. Empty the contents of the bag into the skillet and cook over high heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat and stir in the lime juice.

Step 3

Transfer the chicken and vegetables to a large bowl and serve with the warmed tortillas, lettuce, cheese, salsa, sour cream and lime wedges.

Suggested Pairing

When it comes to pairing wine and fajitas—a situation that might occur for some people only after every last margarita on earth had been drained—here's a general thought. Fajitas, which are typically served with onions, grilled bell peppers, cheese, pico de gallo, possibly guacamole, maybe sour cream and who knows what other fixings, fall into the broad pairing category of "It isn't the meat, it's the sauce (or condiments)." Essentially, you're picking a wine to go with a mass of wildly different flavors. So you want one that goes with, more or less, anything. There's also a general pairing rule of thumb that suggests matching weight with weight—with a delicate piece of sole, pour a lighter wine; with something like a fajita, pour a wine with more heft. It's a handy guideline, especially when you don't want to think about nuances of flavor. With fajitas, following these two guidelines, there are a number of reds out there that would work just fine—Monastrell from Spain, Malbec from Argentina, a Grenache-based red from the South of France—but from California, go for Zinfandel.

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Serving suggestion: server with tortilla

\$3.45/4 servings



Traditional Veal Saltimbocca Recipe

This traditional Roman dish consists of veal and prosciutto and herbs. Enjoy this recipe which explain its origin and its pairings as well!



4.18 from 28 votes

Course: Secondi Cuisine: Italian Keyword: involtini, scaloppine

Prep Time: 25 minutes Cook Time: 5 minutes Total Time: 30 minutes

Servings: 4 people Calories: 465kcal Author: Nonna Box

Ingredients

- 8 veal cutlets
- 8 slices prosciutto
- 8 leaves fresh sage
- 1 tsp Butter
- 1 tbsp Olive oil
- $\frac{1}{2}$ - $\frac{3}{4}$ cl white wine
- 1 pinch salt
- 1 pinch pepper

Instructions

1. Trim any connective tissue and loose meat off of the veal scallops, then pound them thinly between two sheets of wax paper or plastic wrap.
2. Lay a thin slice of prosciutto and one sage leaf on top of each veal scallop, securing all of the layers together with a wooden toothpick.
3. Heat a large stainless steel or copper skillet on the stove and add a splash of olive oil and a dab of butter.
4. Once the butter is melted, place the veal in the pan sage-side down and brown for up to one minute. Be careful not to leave it too long, or the prosciutto will burn.

5. Flip each piece over and brown for another minute or so. Season to taste with salt and pepper.
6. Arrange the veal on a serving platter, remove the toothpicks, and cover with foil to keep warm.
7. Add the wine to the hot pan and stir to scrape up the sucs stuck on the bottom. Bring it to a boil, then cook for two to three minutes or until the sauce is reduced. The sauce should be silky and just thick enough that when you pull a spoon across the bottom of a pan, it leaves a clean trail behind it.
8. Remove the pan from the heat, stir in another dab of butter, and pour the sauce over the veal. Enjoy the veal saltimbocca while it's still hot!

Serving suggestion: serve with pasta

\$3.50/4 servings

Perfect Burger Recipe

Prep Time: 20 minutes **Cook Time:** 10 minutes **Total Time:** 30 minutes

The Best Burger Recipe! Sharing our secrets for making restaurant quality burgers, from the juiciest burger patties to the best buns and burger sauces.



Author: Natasha of Natasha's Kitchen

Skill Level: Easy

Cost to Make: \$14-\$22

Keyword: burger recipe

Cuisine: American

Course: Main Course

Calories: 533 kcal

Servings: 4 burgers



Ingredients

Burger Ingredients:

1 lb ground chuck beef (80/20)

salt to taste

black pepper to taste

Classic Cheeseburger Toppings:

4 burger buns

4 slices medium cheddar cheese (thick sliced)

1 large tomato sliced into 8 rings

1/2 bunch green leaf lettuce

1/2 medium red onion thinly sliced into rings

1/2 cup dill pickle slices

Instructions

1. Slice, and prepare all of your burger toppings and sauces.
2. Spread the cut-side of the bun with softened or melted butter and toast the cut side on a skillet or on the grill until golden brown. You can toast the bun ahead or in the last couple of minutes with the burgers on the grill. Toasting the bun adds great flavor and prevents a soggy bun.
3. Preheat grill to medium heat. Divide beef into 4 portions and form patties that are about 1/2" thick and 1" wider than the burger buns. Season patties generously with salt and pepper.
4. Grill burger patties (indent-side-up) covered for 3-5 min each side on the grill. Flip burgers when juices are accumulating on top of burger and you have a good sear. Apply cheese in the last 1-2 minutes of grilling then cover with lid and cook until internal temperature of beef reaches 160°F.

Recipe Notes

How to Make Burger Sauces:

- BBQ Aioli: 1/3 cup mayo + 1 tsp BBQ Sauce (we love sweet BBQ)
- Mustard Aioli: 1/3 cup mayo + 1 tsp yellow mustard
- Dijon Aioli: 1/3 cup mayo + 1 tsp dijon mustard
- Fry Sauce: 1/3 cup mayo + 1 Tbsp ketchup

Serving suggestion: make onion rings or fries

\$3.50-5.50/ 4 servings

INGREDIENTS

4 center-cut swordfish steaks, about
6 ounces each, one-inch thick

Salt and freshly ground pepper to
taste

3 tablespoons olive oil

2 teaspoons soy sauce

1 tablespoon red-wine vinegar

4 sprigs rosemary or 1 teaspoon
dried

1 tablespoon finely chopped garlic

2 teaspoons ground coriander

1 teaspoon ground cumin

2 teaspoons grated lemon rind

1/4 teaspoon red pepper flakes

PREPARATION**Step 1**

Preheat a charcoal grill or broiler, or heat a grill pan.

Step 2

Sprinkle fish with salt and pepper on both sides. Place oil in a flat dish, and add soy sauce, vinegar, rosemary, garlic, coriander, cumin, lemon rind and pepper flakes. Blend well. Place fish steaks in marinade, coat well on both sides, cover with plastic wrap and let stand for 10 to 15 minutes.

Step 3

If the swordfish is to be cooked on a grill (or grill pan), place fish on grill and cook for 3 to 4 minutes. Turn and cook for 3 minutes more. Cook longer if desired. If it is to be cooked under a broiler, place fish on a rack and cook for 3 to 4 minutes on each side. Serve with a string bean salad.

Serving suggestion: serve with veggies, rice or a salad

\$3.75/4 servings

Stuffed Peppers

Ingredients:

4 Peppers, any color
1 lb ground beef or turkey (or more)
1/4 cup bread crumbs
3-4 cloves garlic, minced
1 Onion, diced
1 Egg
Garlic Powder
Parsley Flakes
Salt & Pepper
1 (28 oz) can Crushed Tomatoes or Puree
Oregano
Grated Romano or Parmesan Cheese
Cooked Rice

Directions:

Boil peppers just to soften a bit. Remove from water & let cool.

Combine Ground meat, bread crumbs, garlic, onion, egg & seasonings. When peppers are cool enough to handle, add meat mixture into peppers. Put some tomato puree (or crushed) in bottom of pan, put stuffed peppers upright on the "sauce", then top with remaining "sauce". Add oregano (and any other seasonings you'd like to add to the sauce). Cover & cook until peppers are tender & meat is cooked. Put rice on plate, place stuffed pepper on top. Top with more sauce and cheese.

Serving suggestion: serve with rice

\$4.00/per servings

Chicken Parmesan Recipe

Prep Time: 10 minutes **Cook Time:** 25 minutes **Total Time:** 35 minutes

Classic Chicken Parmesan recipe with parmesan-crusted tender chicken, topped with marinara and cheese. Chicken Parm is an easy, excellent chicken dinner.



Author: Natasha of Natasha'sKitchen.com

Skill Level: Easy/Medium

Cost to Make: \$18-\$24

Keyword: chicken parmesan

Cuisine: Italian

Course: Main Course

Calories: 499 kcal

Servings: 4 people



Ingredients

2 chicken breasts (large), about 1 1/2 lbs

1/2 cup **all-purpose flour**

1 tsp **salt**

1/2 tsp black pepper

2 large eggs beaten until frothy

1/2 cup **Italian bread crumbs**

1/2 cup parmesan cheese shredded or grated

2 Tbsp Light olive oil to sauté

24 oz **marinara sauce**

4 oz mozzarella cheese (1 cup shredded)

1 Tbsp fresh basil or parsley, chopped for optional garnish

Instructions

1. Trim chicken breasts and slice in half length-wise so you end up with 4 equal-thickness cutlets.* Season with salt and pepper.
2. In a shallow bowl, stir together 1/2 cup flour, 1 tsp salt, and 1/2 tsp black pepper. In a second bowl, whisk 2 eggs until frothy. In a third bowl, stir together 1/2 cup Italian bread crumbs with 1/2 cup parmesan cheese.
3. Dip both sides of each chicken cutlet into the flour, tapping off excess, then dip in beaten eggs, letting excess egg drip off and finally dip into the cheesy breadcrumbs, pressing cutlets into breading to ensure a thick, even coating of crumbs.
4. Heat a large **non-stick pan** over medium heat and add enough olive oil to lightly coat the bottom of the pan. Once oil is hot, add chicken in batches (don't crowd the pan), sautéing 3-4 min per side or until golden brown and just cooked through.
5. Pour 1 1/2 cups of marinara into a 9x13 **casserole baking dish**. Arrange chicken over sauce in a single layer. Top each chicken down the center with remaining 1 1/2 cups marinara, then cover with shredded mozzarella. Bake uncovered at 425°F for 15 minutes or until cheese is melted and sauce is bubbling. Garnish with chopped parsley or basil if desired.

Recipe Notes

*Cook's Tip: For large chicken breasts, **pound** your chicken between **plastic wrap** into even 1/3"-thick cutlets.

Serving suggestion: make penne pasta or anytime of pasta

\$4.50-6.00/4 servings

INGREDIENT LIST

- ✓ 1 box (4.6 oz) Old El Paso™ taco shells
(12 shells)
- ✓ 1 lb lean (at least 80%) ground beef
- ✓ 2/3 cup water
- ✓ 1 package (1 oz) Old El Paso™ taco seasoning mix

PREPARATION

1. Heat taco shells as directed on box.
2. In 10-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in water and taco seasoning mix; heat to boiling. Reduce heat; simmer uncovered 3 to 4 minutes, stirring frequently, until thickened.
3. Spoon beef into taco shells.

Servings suggestion: make all the fillings for taco or serve with guacamole

\$4.50/ 8 servings

Chicken Quesadillas

by Ree Drummond



Ingredients:

- 12 large flour tortillas
- 2 tablespoons olive oil
- 2 1/2 cups grated cheese (Monterey Jack is the best)
- 2 pounds skinless chicken breasts
- Pico de Gallo, for serving, recipe follows
- Salt and pepper
- 2 tablespoons taco or Cajun seasoning mix
- 1 large onion, cut in half and then into slices
- 1 green bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 1 yellow bell pepper
- 12 tablespoons butter, for frying

Pico de Gallo:

- 12 Roma tomatoes (slightly under ripe is fine)
- 3 yellow or red onions
- 2 cups fresh cilantro leaves
- 2 to 3 jalapenos
- 1 lime
- Salt



Page 1

Directions: Heat 1 tablespoon of the olive oil in a skillet over high heat. Sprinkle the chicken with salt, pepper and taco seasoning. Add the chicken to the skillet and saute over medium-high heat until done, about 4 minute per side. Remove from the skillet and dice into cubes. Set aside.

Add the remaining 1 tablespoon olive oil to the skillet over high heat. Throw in the onions and peppers and cook until the peppers have a few dark brown/black areas, 3 to 4 minutes. Remove and set aside.

Sizzle 1/2 tablespoon of the butter in a separate skillet or griddle over medium heat and lay a flour tortilla in the skillet. Then build the quesadillas by laying grated cheese on the bottom tortilla, and then arranging the chicken and cooked peppers. Top with a little more grated cheese and top with a second tortilla.

When the tortilla is golden on the first side, carefully flip the quesadilla to the other side, adding another 1/2 tablespoon butter to the skillet at the same time. Continue cooking until the second side is golden. Repeat with the remaining tortillas and fillings.

Cut each quesadilla into wedges and serve with Pico de Gallo.

Pico de Gallo

Dice up equal quantities of tomatoes and onions. Roughly chop the cilantro.

Now, slice 1 or 2 jalapenos in half. With a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.) Dice the jalapenos very finely; you want a hint of heat and jalapeno flavor, but you don't want to cause any fires. Now dump the four ingredients into a bowl.

Slice the lime in half and squeeze the juice from half the lime into the bowl. Sprinkle with salt, and stir together until combined. Be sure to taste the pico de gallo and adjust the seasonings, adding salt or more diced jalapeno if needed.

Serving suggestion: make guacamole or salsa

\$4.50/6 servings

Oven Fried Steak

Ingredients Crust:

1 lb Cube Steaks
1/3 Cup Flour
1 Teaspoon Seasoning Salt
3/4 Cup Panko Bread Crumbs (I use Whole Wheat ones)
2 Eggs
2 Tablespoons Milk (I use Skim)

Ingredients Gravy:

2 Cups Milk (I use Skim)
2 Tablespoons Flour
1/2 Teaspoon Salt
1/4 Teaspoon Freshly Ground Pepper

Directions:

Preheat Oven to 400 degrees F. Line cookie sheet with foil (for easy clean up) and spray with cooking spray.

Combine flour, seasoning salt and Panko. In separate bowl beat eggs and milk. Coat steaks in crumb mixture. Dip the coated steak into egg mixture, and then re-coat in crumb mixture. Place steak on prepared cookie sheet. Spray top of steaks with cooking spray. Bake 10 minutes, turn over, spray again with cooking spray. Bake an additional 11 minutes or until crispy and slightly golden brown.

To make gravy: Pour milk into pan. Wish in remaining ingredients (flour, salt & pepper). Cook over medium-high heat, stirring constantly about 5 minutes or until gravy thickens. Serve over steaks.

Serving suggestion: Serve with mashed potatoes and green beans.

\$10 /4 servings

Mac and Cheese



Recipe courtesy of Ina Garten

Show: Barefoot Contessa | Episode: What Are Friends For?



Yield: 6 to 8 servings
Level: Easy

Ingredients:

- Kosher salt
- Vegetable oil
- 1 pound elbow macaroni or cavatappi
- 1 quart milk
- 8 tablespoons (1 stick) unsalted butter, divided
- 1/2 cup all-purpose flour
- 12 ounces Gruyere, grated (4 cups)
- 8 ounces extra-sharp Cheddar, grated (2 cups)
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground nutmeg
- 3/4 pound fresh tomatoes (4 small)
- 1 1/2 cups fresh white bread crumbs (5 slices, crusts removed)

1 tsp (heap) Dijon

Garlic Powder.

Parm

8oz mon. jack

8oz wby jack

8oz Shp. ched.

Directions:

- 1 Preheat the oven to 375 degrees F.
- 2 Drizzle oil into a large pot of boiling salted water. Add the macaroni and cook according to the directions on the package, 6 to 8 minutes. Drain well.
- 3 Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt 3 tablespoons of butter in a large (4-quart) pot and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or two more, until thickened and smooth. Off the heat, add the Gruyere, Cheddar, 1 tablespoon salt, pepper, and nutmeg. Add the cooked macaroni and stir well. Pour into a 3-quart baking dish.
- 4 Slice the tomatoes and arrange on top. Melt the remaining 2 tablespoons of butter, combine them with the fresh bread crumbs, and sprinkle on the top. Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is browned on the top.



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Serving suggestion: Serve with sloppy joes

\$10/6-8 servings

The next time I make it, I plan on making a triple batch to have extra to freeze the leftovers.

YIELD: 4 SERVINGS

PANERA CREAMY TOMATO SOUP COPYCAT RECIPE

TOTAL TIME: 30 MINUTES

To make your meal perfect, make a grilled cheese with fresh thick crusty sourdough bread, havarti cheese and a ton of real butter. That is my PERFECT grilled cheese.

INGREDIENTS:

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 1 large yellow onion, sliced
- 2 (28 oz) cans San Marzano peeled tomatoes
- 1 cup chicken stock (or vegetable stock)
- 1 tablespoon sugar
- 1/4 cup heavy cream
- 8 large fresh basil leaves, roughly chopped
- 1/4 teaspoon dried oregano
- 1/2 teaspoon of red pepper flakes
- kosher salt and freshly ground black pepper, to taste
- 1/3 cup shredded parmesan cheese, optional
- buttery croutons, optional topping

DIRECTIONS:

1. In a heavy bottomed pot (or dutch oven), heat olive oil over medium-high heat. Add garlic and saute for 30 seconds – until fragrant. Add onion and cook, stirring as needed, until translucent – about 8 minutes.
2. Add San Marzano peeled tomatoes (juice and all), chicken stock, and sugar. Bring to a low simmer. Cook uncovered, for 12 minutes or until it has thickened.
3. Add the heavy cream, basil, oregano, red pepper flakes and season to taste with salt and pepper.
4. Using an immersion blender (or carefully transfer soup to a blender), puree soup until there are no large chunks left.
5. OPTIONAL: stir in parmesan cheese and serve topped with buttery croutons.
6. Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months.

This delicious recipe brought to you by **THE NOVICE CHEF**

Serving suggestion: make a grilled cheese to go with it

\$10/4 servings

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Recipe Image - **8** + servings

Easy Baked Coconut Shrimp

TOTAL TIME:
30 mins

COURSE: Appetizer
CUISINE: American

These Easy Baked Coconut Shrimp are crisp, golden and delicious served a sweet and spicy apricot dipping sauce. Set these out on a platter in front of some hungry guests and I guarantee they will disappear!!

Ingredients

- 1 lb 24 large raw shrimp, peeled and deveined (weight after peeled)
- 1/2 cup + 1 tbsp shredded sweetened coconut
- 1/2 cup + 1 tbsp panko crumbs (or gluten-free panko)
- 2 tbsp all purpose or gluten-free flour (you will only use 1 tbsp)
- 1 large egg
- pinch salt
- non-stick spray (I used my misto)

For the Sweet and Spicy Dipping Sauce:

- 1/2 cup apricot preserves (you can use sugar free if you wish)
- 1 tbsp rice wine vinegar
- 3/4 tsp crushed red pepper flakes

Instructions

Oven Method:

1. For the sauce, combine all the ingredients and place in a small bowl.
2. Preheat oven to 425°F. Spray a non-stick baking sheet with cooking spray.
3. Combine coconut flakes, panko crumbs and salt in a bowl.
4. Place the flour on a small dish. Whisk egg in another bowl.
5. Lightly season shrimp with salt. Dip the shrimp in the flour, shaking off excess, then into the egg, then in the coconut crumb mixture.
6. Lay shrimp on the cookie sheet then spray the top of the shrimp with more cooking spray; bake in the middle rack for about 10 minutes. Turn shrimp over then cook another 6-7 minutes or until cooked through. Remove from oven and serve with dipping sauce.

Air Fryer Method:

1. For the sauce, combine all the ingredients and place in a small bowl.
2. Preheat air fryer to 375°F. Spray a non-stick baking sheet with cooking spray.
3. Combine coconut flakes, panko crumbs and salt in a bowl.
4. Place the flour on a small dish. Whisk egg in another bowl.
5. Lightly season shrimp with salt. Dip the shrimp in the flour, shaking off excess, then into the egg, then in the coconut crumb mixture.
6. Lay shrimp on the cookie sheet then spray both sides of the shrimp with more cooking spray.
7. Spray the air fryer basket and cook the shrimp, in 2 batches, 4 minutes on one side, turn cook 2 minutes (6 min total). Repeat with the remaining shrimp. Serve with dipping sauce.

Serving: 3shrimp, 1 tbsp sauce, Calories: 161.5kcal, Carbohydrates: 22g, Protein: 10g, Fat: 3.5g, Sodium: 164mg, Fiber: 2g, Sugar: 15.5g
Blue Smart Points: 5 Green Smart Points: 6 Purple Smart Points: 5 Points +: 4



YIELD: 8 servings

★★★★★
5 from 22 votes

Serving suggestion: make any type of sauce

\$10/8 servings

MANUAL METHOD

1. Sift flour and salt into a mixing bowl.
2. Gradually add eggs and oil to flour, mixing with a spoon. As the mixture becomes lumpy, begin to press together and knead with your hands. If mixture seems too dry and grainy, add one tablespoon of water at a time until the mixture holds together into a ball.
3. Remove dough from the mixing bowl and begin to knead dough for 2 minutes on a lightly floured dough board or table top.
4. Cover the dough with a bowl and let the dough rest for 30 minutes. Allowing the dough to rest will improve the texture of the dough.

TO COOK RAVIOLI:

1. Bring a large pot of water to a boil. Salt the water. You want your water as salty as the sea.
2. Add the ravioli in batches. About 10- 12 at a time. Don't overcrowd. Bring the water back to a gentle simmer and cook for about 3-4 minutes. If the ravioli is frozen, cook for an additional minute.
3. Remove with a slotted spoon or spider to a serving dish. Continue cooking the rest of the ravioli. Serve with your favorite sauce or just with extra-virgin olive oil, butter, sea salt, and freshly ground black pepper. Sprinkle with fresh herbs.

Homemade Italian Ravioli with Meat & Cheese Filling

A flavorful meat and cheese filling for the homemade ravioli dough pockets. It's a versatile filling that can be spiced up with hot pepper flakes and garlic or a different type of cheese can be added if you would prefer to make it "all your way." The pasta dough can be used for any type of pasta shape or dish. Every Italian dish is improved 1000% by making your own pasta.



★★★★★

4.43 from 130 votes

Prep Time

40 mins

Cook Time

20 mins

Total Time

1 hr

Course: Main Course Cuisine: Italian Servings: 15 people Calories: 327kcal

Ingredients

MEAT CHEESE RAVIOLI FILLING

- 2 eggs beaten
- 2 Tbs parsley chopped
- 12 oz beef chuck ground
- 12 oz pork sausage country style
- 16 oz ricotta cheese
- 1 cup parmesan cheese grated
- 1 Tbs olive oil extra virgin
- 1 tsp kosher salt
- 1 cup spinach leaves baby spinach chopped.

PASTA DOUGH

- 14 oz. all-purpose flour 3 1/8 cups
- 4 eggs large
- 1 Tbs olive oil extra virgin
- 1 tsp Kosher salt

Instructions

FOR THE MEAT RAVIOLI FILLING

1. Fry the meat in olive oil until well browned. Drain the meat on paper towels
2. When the meat cools a little put it into a large bowl and mix in the chopped spinach, chopped parsley, beaten eggs and the rest of the ingredients, add salt and pepper to taste.
3. Put the filling into the food processor bowl and pulse several times until the mixture is fine.
4. Return the filling to the mixing bowl and refrigerate. (The filling is easier to work with when refrigerated.) The filling will give you enough for a double batch -- making about 90 - 100+ ravioli. The filling can be frozen.

PASTA DOUGH

THE FOOD PROCESSOR METHOD

1. Using the metal blade pulse the flour and salt together.
2. Lightly stir the eggs and olive oil in a measuring cup.
3. With the processor running, add the egg/oil mixture all at once through the feed tube until a ball is formed then pulse several times. The dough should be slightly sticky to the touch and should spring back when you press it.
4. Form the dough into a smooth ball and place on a dough board or tabletop and cover with a bowl for 30 minutes.
5. After 30 minutes you can make the dough into your preferred shape. This is a single batch

Serving suggestion: make meatballs

\$10/15 servings

Provenzano Sauce

1 can Crushed Tomatoes
2 Cans Tomato Puree (Red Pack is best)
½ amount of water
2 Tblsp Salt
Oregano
Basil
Garlic, 4-5 cloves pressed (or Garlic Powder)
1 large or 2 small Onions

Meatballs

1 lb ground beef
2 eggs
1-2 handfuls breadcrumbs
dash salt & pepper
Parsley flakes
Garlic, 1-3 cloves pressed (or Garlic Powder)

Brown ham hocks, spareribs & sausage in oil. Add ham hocks & sausage to sauce.
Brown meatballs, set aside. Sauté onion in oil. Add to sauce. Put spareribs in sauce about 2 hours before sauce is done. Put meatballs in about 1 hour before sauce is done. Let sauce simmer on low for 4-5 hours.

Serving suggestion: serve over some pasta

\$10/8 servings

Whole Wheat Fusilli with Kale and Walnut Pesto Pasta

Ingredients

- Kosher salt
- 1 pound whole wheat fusilli
- 1/2 cup walnuts halves
- 2 cloves garlic
- 1 1/2 cups packed baby arugula
- 1 1/2 cups packed chopped kale
- 1 cup fresh basil leaves
- 1/2 cup grated Pecorino-Romano, plus more for garnish
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup extra-virgin olive oil, plus more for drizzle

Directions

1. Bring a large pot of water to a boil and salt generously. Add the pasta and cook until al dente. Drain, reserving about 1 cup pasta water.
2. Roughly chop some of the walnuts and set aside. Pulse the remaining walnuts and garlic together in a food processor, then add the arugula, kale, basil, cheese, lemon juice, sea salt and pepper and pulse to puree. With the motor running, slowly add the oil and process until smooth. The pesto can be refrigerated in an airtight container for up to 1 week.
3. Add the pesto to a large bowl. Add the hot pasta and toss to coat, adding a splash of pasta water to thin, if necessary. Transfer to a serving bowl and garnish with more cheese, a drizzle of olive oil and a sprinkle of chopped walnuts.

Credit: Katie Lee on The Kitchen.

Serving suggestion: server with salmon

\$10/5-7 servings

YIELD: ABOUT 6 SERVINGS

CHICKEN ALFREDO BAKED ZITI

Delicious chicken and ziti are tossed with a lighter alfredo sauce and baked to cheesy perfection.

PREP: 10 MINS COOK: 30 MINS TOTAL: 40 MINS



INGREDIENTS:

CHICKEN BAKED ZITI INGREDIENTS:

- 12 ounces ziti (or any pasta shape)
- 2 cups shredded, cooked chicken (about 2 small chicken breasts)
- 1 batch alfredo sauce (see below)
- 1 1/2 cups shredded mozzarella cheese (I used 2% low fat)
- (optional toppings: additional shredded Parmesan cheese, chopped fresh parsley)

ALFREDO SAUCE INGREDIENTS:

- 1 Tbsp. olive oil
- 4 cloves garlic, minced
- 3 Tbsp. flour
- 1 cup chicken broth
- 1 cup low-fat milk (I used 1%)
- 3/4 cup freshly-grated Parmesan cheese
- 1/2 tsp. salt
- 1/4 tsp. black pepper

DIRECTIONS:

TO MAKE THE CHICKEN BAKED ZITI:

1. Preheat oven to 375 degrees F.
2. Cook the pasta al dente in a large stockpot of well-salted boiling according to package instructions. Drain. Return pasta to the stockpot and add chicken and alfredo sauce. Gently toss to combine until the pasta is evenly coated.
3. Pour half of the pasta into a greased 11x7-inch or 9x13-inch baking dish. Sprinkle evenly with 1 cup of cheese. Layer the remaining half of the pasta evenly on top. Sprinkle evenly with the remaining 1/2 cup of cheese.
4. Bake for 20-25 minutes until the cheese is melted and just barely starts to turn golden. Remove and serve immediately, sprinkled with additional toppings if desired.

TO MAKE THE ALFREDO SAUCE:

1. Heat olive oil in a large saute pan over medium-high heat. Add garlic and saute one minute, stirring occasionally, until fragrant. Sprinkle with flour, and stir to combine. Saute for an additional minute to cook the flour, stirring occasionally.
2. Slowly add chicken broth, whisking to combine until smooth. Whisk in milk, and bring the mixture to a simmer. Let cook for an additional minute until thickened, then stir in Parmesan cheese, salt and pepper until the cheese melted. Remove from heat and set aside.

DIFFICULTY: EASY INGREDIENTS: **ALFREDO SAUCE** CHICKEN CHICKEN BROTH FLOUR GARLIC MILK MOZZARELLA CHEESE PARMESAN

Serving suggestion: Has it as is

\$10/5-7 servings

Fried Calamari



Recipe courtesy of Giada De Laurentiis

Show: Everyday Italian Episode: Italian Restaurant Classics



Level: Intermediate
Total: 30 min
Prep: 10 min
Cook: 20 min
Yield: 6 servings

Ingredients:

- Vegetable oil, for deep-frying
- 1 pound clean squid with tentacles, bodies cut into 1/3- to 1/2-inch-thick rings
- 2 cups all-purpose flour
- 2 tablespoons dried parsley
- Salt and freshly ground black pepper
- 2 lemons, cut into wedges
- 1 cup simple tomato sauce, recipe follows or jarred marinara sauce, warmed

Simple Tomato Sauce:

- 1/2 cup extra-virgin olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- Sea salt and freshly ground black pepper
- 2 (32-ounce) cans crushed tomatoes
- 2 dried bay leaves
- 4 tablespoons unsalted butter, optional

Directions:

- 1 Pour enough oil into a heavy large saucepan to reach the depth of 3 inches. Heat over medium heat to 350 degrees F. Mix the flour, parsley, salt, and pepper in a large bowl. Working in small batches, toss the squid into the flour mixture to coat. Carefully add the squid to the oil and fry until crisp and very pale golden, about 1 minute per batch. Using tongs or a slotted spoon, transfer the fried calamari to a paper-towel lined plate to drain.
- 2 Place the fried calamari and lemon wedges on a clean plate. Sprinkle with salt. Serve with the marinara sauce.



Simple Tomato Sauce:

Yield: 6 cups

- 3 In a large casserole pot, heat oil over medium high heat. Add onion and garlic and saute until soft and translucent, about 5 to 10 minutes. Add celery and carrots and season with salt and pepper. Saute until all the vegetables are soft, about 5 to 10 minutes. Add tomatoes and bay leaves and simmer uncovered on low heat for 1 hour or until thick. Remove bay leaves and check for seasoning. If sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.
- 4 Add 1/2 the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.
- 5 If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

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<https://www.foodnetwork.com/recipes/giada-de-laurentiis/fried-calamari>

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Serving suggestion: server with tomato sauce

\$12.50/6 servings

Soups and Salads

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Egg Drop Soup (Better than Restaurant Quality!)

★★★★☆

After many many trips to different Chinese restaurants looking for a good bowl of egg drop soup, I decided to take it upon myself to create what I feel is the ultimate in egg drop soup. I hope you enjoy it as much as I do!

Prep: 5 mins

Cook: 5 mins

Total: 10 mins

Servings: 1

Yield: 1 cup



Ingredients

1 cup chicken broth
1/4 teaspoon soy sauce
1/4 teaspoon sesame oil
1 teaspoon cornstarch (Optional)
2 teaspoons water (Optional)
1 egg, beaten
1 drop yellow food coloring (Optional)
1 teaspoon chopped fresh chives
1/8 teaspoon salt (Optional)
1/2 teaspoon ground white pepper (Optional)

Directions

Step 1

In a small saucepan, combine the chicken broth, soy sauce and sesame oil. Bring to a boil. Stir together the cornstarch and water to dissolve cornstarch; pour into the boiling broth. Stir gently while you pour in the egg and yellow food coloring if using. Season with chives, salt and pepper before serving.

Nutrition Facts

Per Serving: 112 calories; protein 7.5g; carbohydrates 4.8g; fat 6.7g; cholesterol 191mg; sodium 1395.7mg.

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Serving suggestion: have as is

\$1.25/1 serving

Chicken Salad



Recipe courtesy of Food Network Kitchen



Level: Easy

Total: 30 min

Active: 30 min

Yield: 4 servings

Ingredients:

- 4 cups diced poached chicken, recipe follows
- 1 stalk celery, cut into 1/4-inch dice
- 4 scallions, trimmed and thinly sliced or 1/4 cup sweet onion cut into 1/4-inch dice
- 1 1/2 teaspoons finely chopped fresh tarragon or fresh dill
- 2 tablespoons finely chopped parsley
- 1 cup prepared or homemade mayonnaise
- 2 teaspoons strained freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 2 teaspoons kosher salt
- Freshly ground black pepper

POACHED CHICKEN FOR SALADS:

- 10 sprigs parsley
- 2 sprigs fresh thyme
- 1 small onion, halved
- 1 small carrot, halved
- 1 stalk celery, halved
- 3 pounds bone-in, skin-on chicken breasts halves, fat trimmed
- 5 to 6 cups chicken broth, homemade or low-sodium store bought

Directions:

- 1 Toss together the chicken, celery, scallions, dill and parsley in a large bowl.
- 2 In a small bowl, whisk together the mayonnaise, lemon juice, mustard, salt and pepper to taste. Add to the chicken and mix gently until combined. Refrigerate until ready to serve.



POACHED CHICKEN FOR SALADS:

Yield: 4 cups cubed chicken or 4 to 6 servings

- 3 Put the parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken until firm to the touch, about 20 minutes. Remove the pan from the heat, uncover and cool the chicken in the liquid for 30 minutes.
- 4 Transfer the chicken to a cutting board and reserve the liquid. Bone and skin the chicken and roughly chop the meat into about 1-inch pieces. Discard the bones and skin.
- 5 Strain the broth and store, covered, in the refrigerator for 3 days or freeze for later use. Remove any fat from the surface of the broth before using.

Cook's Note

Serve on a bed of lettuce with sliced tomatoes, in half an avocado or in a chicken club sandwich made with artisanal bread, crispy smoked bacon, vine-ripened tomatoes and lettuce.

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Serving suggestion: bacon is optional

\$1.45/4 servings

Homemade Caesar Salad Dressing

By Jennifer Segal, adapted from Gourmet magazine

My family loves this rich and creamy Caesar salad dressing. It's not overly garlicky or fishy — it's just right.

Servings: Makes 1-1/3 cups (enough for about 10 starter salads)
Total Time: 10 Minutes



INGREDIENTS

2 small garlic cloves, minced
1 teaspoon anchovy paste (found near the canned tuna in the supermarket)
2 tablespoons freshly squeezed lemon juice, from one lemon
1 teaspoon Dijon mustard (I like the brand Maille)
1 teaspoon Worcestershire sauce
1 cup mayonnaise, best quality such as Hellmann's Real
1/2 cup freshly grated Parmigiano-Reggiano
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

INSTRUCTIONS

In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about a week.

NUTRITION INFORMATION

Powered by Edamam

Per serving (10 servings)

Serving size:	About 2 tablespoons
Calories:	184
Fat:	



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Serving suggestion: make grilled chicken

\$2.50/10 servings

YIELD: 4 SERVINGS

Panera Creamy Tomato Soup

Copycat Recipe

To make your meal perfect, make a grilled cheese with fresh thick crusty sourdough bread, havarti cheese and a ton of real butter. That is my PERFECT grilled cheese.

PREP TIME
10 minutes

COOK TIME
30 minutes

TOTAL TIME
40 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 1 large yellow onion, sliced
- 2 (28 oz) cans San Marzano peeled tomatoes
- 1 cup chicken stock (or vegetable stock)
- 1 tablespoon sugar
- 1/4 cup heavy cream
- 8 large fresh basil leaves, roughly chopped
- 1/4 teaspoon dried oregano
- 1/2 teaspoon of red pepper flakes
- kosher salt and freshly ground black pepper, to taste
- 1/3 cup shredded parmesan cheese, optional

INSTRUCTIONS

1. In a heavy bottomed pot (or dutch oven), heat olive oil over medium-high heat. Add garlic and saute for 30 seconds - until fragrant. Add onion and cook, stirring as needed, until translucent - about 8 minutes.
2. Add San Marzano peeled tomatoes (juice and all), chicken stock, and sugar. Bring to a low simmer. Cook uncovered, for 12 minutes or until it has thickened.
3. Add the heavy cream, basil, oregano, red pepper flakes and season to taste with salt and pepper.
4. Using an immersion blender (or carefully transfer soup to a blender), puree soup until there are no large chunks left.
5. OPTIONAL: stir in parmesan cheese and serve topped with buttery croutons.
6. Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months.

Serving suggestion: serve with grilled cheese

\$2.50/4 servings

Appetizers

Cheesy Italian Arancini Rice Balls

A classic Italian dish, I've made these bite size to be finger food but they are typically made larger to serve as a meal or appetiser! This makes 25 mini Arancini balls about the size of a golf ball. :) Great for making ahead - they keep in the fridge for 3 days, then just reheat at 350F/180C for 10 minutes!



★★★★★
5 from 41 votes

Course: Appetizer Cuisine: Italian Servings: 25

Author: Nagi | RecipeTin Eats

Ingredients

Baked Risotto

- 2 tbsp butter
- 2 garlic cloves , minced
- 1 small onion , finely diced (white, yellow, brown)
- 1 1/2 cups risotto rice (arborio)
- 1/2 cup white wine (or substitute with broth/stock or water)
- 3 1/2 cups chicken broth/stock
- 1 cup milk

Rice Mixture

- 1 egg
- 1 cup grated cheddar cheese
- 3/4 cup grated mozzarella cheese
- 2 1/2 tbsp finely chopped fresh parsley , or 1 1/2 tbsp dried parsley (Note 1)
- 1/2 tsp salt
- Pepper

Coating

- 1/2 cup plain flour
- 1/2 tsp salt
- Black pepper
- 2 eggs
- 2 cups panko breadcrumbs
- Cooking oil (I used vegetable oil)

Instructions

1. Preheat oven to 180C/350F.
2. Melt butter in a skillet over medium heat. Add garlic and onion and cook for 5 minutes until soft.
3. Add rice and stir until grains turn translucent. Add wine and turn up the heat to medium high. Cook until liquid is mostly absorbed/evaporated.
4. Add chicken broth and milk. Stir, bring to simmer, cover, then transfer to oven. Baked, covered, for 30 to 40 minutes until all liquid is absorbed and rice is tender.
5. Remove from oven and allow to cool. Add Rice Mixture Ingredients and mix to combine. Cover and transfer to refrigerator for at least 3 hours or preferably overnight.

Coating

1. Mix flour, salt and pepper in a shallow bowl, eggs in another (lightly beaten) and panko in a third shallow bowl.
2. Measure out a level (packed) ice cream scoop of rice mixture (about 2 1/2 tbsp) and roll into a ball. (Note 2)
3. Roll in flour, then dredge in egg mixture, then coat in panko, pressing to coat. (Note 3)
Repeat with remaining mixture.

Cook

1. In a medium saucepan, pour in 1"/2.5cm depth of oil and heat over medium high heat.
2. Toss in a breadcrumb and if it starts sizzling immediately, the oil is hot enough.
3. Carefully transfer a few balls into the hot oil, using a spoon. Turn frequently so they cook golden evenly, and when they are a deep golden brown, remove onto a paper towel lined plate to drain.
4. Repeat with remaining balls.

To Serve

1. Serve with Marinara Sauce (optional) (Note 4) sprinkled with finely chopped fresh parsley if desired.

Notes

1. You can substitute with any other Italian-esque herbs or combination you want e.g. basil, thyme, oregano.
2. When the rice is refrigerated, it should become sticky and firm enough to roll into firm balls. If not, just add a wee bit of panko breadcrumbs (2 tbsp at a time) which will help absorb excess moisture and hold together.
3. I find the fastest way to do this is to measure the scoops out first into a baking tray, then roll them, then coat them in batches.
4. Quick Marinara Dipping Sauce - Heat 1 tbsp of oil in a small saucepan with 1/4 cup of very finely chopped onion and 1 garlic clove, crushed. Cook over medium heat for 2 minutes, then add 1 cup of tomato passata (pureed canned tomatoes, also known as tomato sauce in America), 1/2 tsp onion powder, 1 tsp mixed Italian herbs (or sub with other herbs), pinch of chili flakes (optional), salt and pepper. Cook for 5 minutes until thick, remove from heat and allow to cool.
5. These can be baked, but the crumb is not quite the same deep golden brown, but it's still delicious! To bake, after rolling the balls, place them in the fridge for 20 minutes to firm them up again. Then coat in panko as per recipe, drizzle with oil OR generously spray with olive oil and baking in a 200C/390F oven for 20 minutes or until golden brown.
6. I know some people like to stuff a cube of cheese in the middle. I used to but I don't anymore, ever since the hot cheese scorched my chin!
7. Make Ahead: Refrigerate overnight raw or freeze in airtight container. Then defrost and cook per recipe. Or cook per recipe then cool, then refrigerate up to 3 days or freeze and thaw, then reheat in a hot oven 200C/390F for 12 to 15 minutes until heated through and crunchy again.

Serving suggestion: serve with tomato sauce

\$1.25/25 servings

Egg Roll Recipe - How to Make Egg Rolls

Prep Time: 30 minutes **Cook Time:** 45 minutes **Total Time:** 1 hour 15 minutes

These homemade egg rolls are super crispy and way better than takeout. This makes a big batch of pork egg rolls which is perfect for meal planning. They freeze and reheat really well.



Author: Natasha Kravchuk

Skill Level: Easy/Medium

Cost to Make: \$18-\$22

Keyword: egg rolls, pork egg roll

Cuisine: Asian, Chinese

Course: Appetizer

Calories: 130 kcal

Servings: 40 egg rolls



Ingredients

40 frozen egg roll or spring roll wrappers (8"x8"), thawed*
3 oz **vermicelli rice noodles** (Chinese angel hair rice sticks)
1 lb ground pork
8 oz mushrooms brown or white
1 medium onion finely chopped
2 medium carrots grated or **cut into matchsticks**
4 cups green cabbage thinly sliced
2 tsp **salt** or to taste, (divided)
1/2 tsp black pepper or to taste
1 1/2 Tbsp **soy sauce**
1 tsp sesame oil
Peanut oil or Canola Oil for frying (2-3 inches of oil)
1 egg (beaten) for sealing eggrolls

Instructions

1. Place noodles in a large heatproof bowl and pour steaming hot water over the noodles. Separate the noodles by pulling them apart with forks and let it rest 5-7 minutes to soften until tender. Rinse with cold water to cool them down then drain really well. Chop the rice noodles to about 1-inch pieces on a cutting board and transfer to a large mixing bowl.
2. Place a deep skillet over medium/high heat. Add 1 Tbsp oil and saute ground pork until cooked through and season with 1/2 tsp salt. Transfer to the mixing bowl with noodles.
3. In the same skillet, add 2 Tbsp oil, sliced mushrooms, diced onions, and shredded carrots. Sauté until softened (5-6 minutes) then add 4 cups cabbage and sauté just until wilted (2 minutes). Season with 1/2 tsp salt and transfer to the mixing bowl with the noodles.
4. Season egg roll mixture with 1 tsp salt, 1/2 tsp black pepper, 1 1/2 Tbsp soy sauce, and 1 tsp sesame oil. Since the filling is fully cooked, taste it, and add more seasoning to taste. Drain any excess liquid from the filling if present.
5. Peel back 1 egg roll wrapper and place it in a triangle shape on a clean work surface. Keep remaining egg roll wrappers covered with a damp paper towel to keep them from drying out. Add 1/4 cup of filling onto the bottom third of the wrapper.
6. Fold the bottom corner over the filling and tuck underneath. Roll tightly towards the center then fold in the sides, roll again then brush the last flap lightly with beaten egg and roll to seal. Repeat with remaining egg rolls. Keep the formed egg rolls covered with plastic wrap so they don't dry out.
7. Heat oil in a dutch oven or fryer to 350°F. Fry 5-7 egg rolls at a time for 5-6 minutes or until golden brown and crispy. Egg rolls should sizzle when they are in the oil. Keep the temperature of the oil between 340-350°F while frying. Transfer to a wire rack and cool 15 minutes before serving with your favorite sauce.

Recipe Notes

*Thaw packaged egg roll wrappers at room temperature 45 minutes before using. We recommend frozen brands like "Spring Home" "Wei Chuan" or "Little Chef." We found them in our local Asian market store.

Nutrition Disclosure: oil content is estimated at 1 tsp oil per egg roll.

Serving suggestion: serve with homemade Chinese food

\$1.25/40 servings

Taco Dip

Ingredients:

8 oz Cream Cheese
1 Pint Sour Cream (16 oz)
1 lb Ground Beef or Turkey
1 package Taco Seasoning Mix
1 Can Refried Beans
2 Cups of Shredded Cheese of your choice
1 Tomato, diced
1 Onion, diced

Directions:

Mix Cream Cheese and sour cream together until smooth. (This is easier if both are at room temperature). Spread into a 13" x 9" dish/pan.

Brown meat and drain. Add taco seasoning (no water) and onions. Mix well. Spread over cheese mixture. Spread Refried Beans next. Sprinkle tomatoes next, then the cheese on top.

Bake at 350 for 15 minutes. Serve with tortilla chips.

Serving suggestion: serve with chips

\$1.25/8 servings

Twice Baked Potatoes

PREP TIME 30 minutes

COOK TIME 15 minutes

TOTAL TIME 45 minutes

SERVINGS 12 servings

Ingredients

- 6 small russet potatoes
- $\frac{1}{2}$ cup milk
- $\frac{1}{3}$ cup sour cream
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ cup butter
- 1 tablespoon sliced chives (or green onions)
- 1 $\frac{1}{2}$ cups shredded cheddar cheese, divided
- salt and pepper to taste

Instructions

- Preheat oven to 375°F. Wash potatoes and poke with a fork. Bake potatoes in oven 1 hour or microwave until soft. Allow them to cool slightly.
- Slice each potato in $\frac{1}{2}$ lengthwise. Scoop out the pulp of the potato leaving a $\frac{1}{8}$ " shell.
- In a bowl, mash potatoes, sour cream, butter, garlic powder, salt and pepper until smooth. Add milk as needed to create a creamy texture. Stir in chives and 3/4 cup cheddar cheese.
- Fill each skin with the mashed potato filling and top with remaining cheese.
- Bake 15-20 minutes or until heated through and cheese is melted.

Serving suggestion: have as is

\$1.25/12 servings

Bacon Cheeseburger Crescent Ring



Recipe courtesy of Food Network Kitchen

Have your golden, flaky crescent rolls and eat your cheeseburger too: This crowd-pleasing ring is filled with beef and all your favorite burger toppings—bacon, cheese, pickles and a special sauce....

Level: Easy

Total: 1 hr 15 min

(includes cooling time)

Active: 35 min

Yield: 8 to 10 servings

Ingredients:

- 3/4 cup ketchup
- 3/4 cup mayonnaise
- 40 dill pickle chips, finely chopped, plus 16 whole dill pickle chips (from a 32-ounce jar)
- 1/3 cup yellow mustard
- 6 strips bacon, chopped
- Half small red onion, finely chopped
- 1 pound ground beef
- Kosher salt and freshly ground black pepper
- Nonstick cooking spray, for the pan
- Two 8-ounce tubes refrigerated crescent roll dough
- 5 slices American cheese, cut in half
- 2 tablespoons unsalted butter, melted
- 1 teaspoon toasted sesame seeds

Directions:

Special equipment: a 5-inch ramekin



- 1 Preheat oven to 375 degrees F. Stir together the ketchup, mayonnaise, chopped pickles and mustard in a medium bowl. Set aside.
- 2 Cook the bacon in a large skillet over medium-high heat until golden and crispy, 3 to 4 minutes per side. Drain all but 1 tablespoon of bacon drippings from the skillet. Add the onion and cook, stirring occasionally, until softened, 2 to 3 minutes. Add in the ground beef, 1/2 teaspoon salt and a few grinds of pepper and cook, breaking the meat up with a wooden spoon and scraping up any brown bits in the pan, until golden brown in spots and cooked through, 5 to 6 minutes. Transfer to a medium bowl and let cool slightly, about 15 minutes. Stir in 3/4 cup of the ketchup sauce.
- 3 Coat the back of a baking sheet with cooking spray. Unroll both cans of crescent dough and separate unto 16 triangles. Put a 5-inch ramekin in the center of the prepared baking sheet. Arrange the triangles in a ring around the ramekin so the short sides of the dough are touching the ramekin, overlapping slightly, and the pointed ends are facing outward (it should look like a giant sun).
- 4 Spoon the beef mixture over the short ends of the triangles closest to the ramekin. Cover the beef with the cheese slices. Top the cheese with the pickle slices. Remove the ramekin. Take hold of the pointed end of one of the triangles and fold it up and over the filling, tucking the tip under the bottom edge of dough to secure (the dough will not cover the filling completely but should cover the pickle slice). Repeat with the remaining triangles (there will be some gaps where you can see the beef mixture).
- 5 Bake until the dough is golden brown and the cheese is melted, about 25 minutes. Brush the ring with butter and sprinkle on the sesame seeds. Let cool for 15 minutes. Use a spatula to slide the ring off the baking sheet onto a platter. Serve with the remaining ketchup sauce.

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Serving suggestion: have as is

\$1.25/ 8 servings

Guacamole

★★★★★

You can make this avocado salad smooth or chunky depending on your tastes.

Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- ½ cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (Optional)

Directions

Step 1

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Tips

Upgrade your cutting boards using our guide to the best cutting boards on the market, then use them to prepare our favorite recipes.

Nutrition Facts

Per Serving: 262 calories; protein 3.7g; carbohydrates 18g; fat 22.2g; sodium 595.7mg.



Serving suggestion: serve with tacos

\$2.50/4 servings

PREP 10mins **TOTAL** 10mins

Homemade hummus is very easy to make and it tastes much better than anything you can buy at the store. If you don't have any tahini, a paste made from sesame seeds, you can try making it yourself (see [our Easy Homemade Tahini Recipe](#)) or leave it out.

A chickpea purée without it is still quite delicious. Just add more olive oil. Another option is to use a natural unsweetened creamy peanut butter in its place. We love serving this with flatbread — here's [our easy flatbread recipe from scratch](#).

Makes 6 servings or about 1 1/2 cups

YOU WILL NEED

1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas
1/4 cup (60 ml) fresh lemon juice (1 large lemon)
1/4 cup (60 ml) well-stirred tahini, see our [homemade tahini recipe](#)
1 small garlic clove, minced
2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
1/2 teaspoon ground cumin
Salt to taste
2 to 3 tablespoons (30 to 45 ml) water
Dash ground paprika or sumac, for serving



DIRECTIONS

In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps "whip" or "cream" the tahini, making the hummus smooth and creamy.



Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.



Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.



Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate up to one week.

ADAM AND JOANNE'S TIPS

- How to Cook Chickpeas: You can use canned or home-cooked chickpeas for this recipe. To see how we cook dried chickpeas, [see our simple tutorial here](#). We have included three methods to do it in a slow cooker.
- If you love a strong garlic flavor in hummus, you might want to increase the garlic by a clove or you can add roasted garlic — [here's how we roast garlic](#).
- Nutrition facts: The nutrition facts provided below are estimates. We have used the USDA Supertracker recipe calculator to calculate approximate values.

If you make this recipe, snap a photo and hashtag it #inspiredtaste — We love to see your creations on [Instagram](#) and [Facebook](#)! Find us: @inspiredtaste

Serving suggestion: serve with veggies

\$2.50/6 servings

Ingredients

Poutine Gravy:

- 3 Tbsp cornstarch
- 2 Tbsp water
- 6 Tbsp unsalted butter
- 1/4 cup unbleached all purpose flour
- 20 oz beef broth
- 10 oz chicken broth
- Pepper, to taste

For Deep Fried Fries:

- 2 lbs Russet potatoes (3-4 medium potatoes)
- Peanut or other frying oil

Toppings:

- 1 - 1 1/2 cups white cheddar cheese curds (Or torn chunks of mozzarella cheese would be the closest substitution)

Instructions

1. Prepare the gravy: In a small bowl, dissolve the cornstarch in the water and set aside.
2. In a large saucepan, melt the butter. Add the flour and cook, stirring regularly, for about 5 minutes, until the mixture turns golden brown.
3. Add the beef and chicken broth and bring to a boil, stirring with a whisk. Stir in about HALF the cornstarch mixture and simmer for a minute or so. If you'd like your gravy thicker, add a more of the cornstarch mixture, in small increments, as needed, to thicken. Season with pepper. Taste and add additional salt, if necessary, to taste. Make ahead and re-warm or keep warm until your fries are ready.
4. For Deep-Fried Fries: Prepare your potatoes and cut into 1/2-inch thick sticks. Place into a large bowl and cover completely with cold water. Allow to stand at least one hour or several hours. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 300° F.
5. Remove the potatoes from the water and place onto a sheet of paper towel. Blot to remove as much excess moisture as possible.
6. Add your fries to the 300°F oil and cook for 5-8 minutes, just until potatoes are starting to cook but are not yet browned. Remove potatoes from oil and scatter on a wire rack. Increase oil temperature to 375°F Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown. Remove to a paper towel-lined bowl.
7. To Prepare Poutine: Add your fried or baked fries to a large, clean bowl. Season lightly with salt while still warm. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy. Add more gravy, as needed to mostly coat the fries.
8. Add the cheese curds and toss with the hot fries and gravy. Serve with freshly ground pepper. Serve immediately.

Serving suggestion: have as is

\$3.00/3 servings

Morton's Crab Cakes

SERVINGS 6 servings

Ingredients

- 1 pound fresh lump crabmeat (about 3 cups loosely packed)
- 1 Cup bread crumbs (Note 1)
- 1 large egg
- 8 Tablespoons Mustard-Mayonnaise Sauce (Note 2)
- 1 Tablespoon chopped fresh curly-leaf parsley
- 1 Teaspoon Dijon Mustard
- 1/2 Teaspoon Worcestershire Sauce
- 1/4 Teaspoon Tabasco sauce
- 6 Tablespoons Olive Oil (or clarified butter, melted)

Instructions

1. Preheat oven to 450°F.
2. Drain the crabmeat and put in a medium bowl. Pick through the crabmeat to remove any bits of shell, if necessary. Add the bread crumbs and gently toss until combined.
3. In a small bowl, whisk together the egg, 2 tablespoon of Mustard-Mayonnaise sauce, the parsley, mustard and Worcestershire and Tabasco sauces. Pour this mixture over the crabmeat. Using a rubber spatula, gently fold the egg mixture into the crabmeat.
4. Divide the crabmeat into six equal portions, each measuring 1/2 cup. Gently form each portion of crabmeat into ball a ball and flatten into a 1-inch thick cake.
5. Put the oil (or butter) in a 7" x 11" ovenproof dish and then put the crab cakes in the pan. Bake for 7-8 minutes, or until golden brown on the bottom. Gently turn the crab cakes and bake for 7-8 minutes longer, or until the cakes are golden brown on both sides and cooked through. Serve with the remaining 6 tablespoons of Mustard-Mayonnaise Sauce on the side.

Note 1: Bread Crumbs (If you want to make your own bread crumbs)

- 8 oz firm white bread
- 5 teaspoons minced garlic
- 2 teaspoons minced shallot
- 2 teaspoons chopped fresh curly-leaf parsley
- Salt and freshly ground pepper

1. Slice the crusts from the bread and then cut the bread into large chunks. Discard the crusts or reserve them for another use.
2. In the bowl of a food processor fitted with a metal blade, grind the bread to fine crumbs. Transfer the crumbs to a mixing bowl.

Pat the garlic and shallot dry with a paper towel. Add to the bread crumbs and toss to mix. Add the parsley, toss and season to taste with salt & pepper. Mix well. Use right away or store the bread crumbs in tightly covered container for up to 24 hours.

Note 2: Mustard-Mayonnaise Sauce

- 1-1/2 cups mayonnaise
- 3 Tablespoons Dijon mustard
- 3/4 teaspoon Worcestershire sauce
- 1-1/2 teaspoons prepared horseradish

1. In mixing bowl, stir together add ingredients . Whisk with a wire whisk until lightened and smooth.
2. Use immediately or transfer to a lidded container and refrigerate for up to 5 days.

Serving suggestion: have as is

\$25.00/6 servings

Side Dishes

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Recipe Image - 4 + servings

Easy Waffle Fries Recipe (Chick-Fil-A Copycat)

The best homemade Chick-Fil-A copycat waffle fries made from scratch. You'll only need 3 simple ingredients!

★★★★★ 5 from 2 votes

PREP TIME
25 mins

COOK TIME
6 mins

TOTAL TIME
31 mins

COURSE
Snacks

CUISINE
American

SERVINGS
4 servings

CALORIES
3028 kcal

INGREDIENTS

- 5 Russet potatoes
- 5-6 cups Canola oil for frying
- Sea salt to taste

INSTRUCTIONS

1. Slice the potatoes into waffle shapes using a Mandoline.
2. Place the potato slices in a large bowl of cold water. Allow them to soak in the water for at least 20 minutes.
3. In a large pot or deep fryer, heat your oil to 320 degrees F.
4. Drain out the cold water then thoroughly dry your sliced potatoes before placing them inside the deep fryer. Fry them for 3-4 minutes in small batches.
5. After 4-5 minutes, remove them from the oil and allow them to cool on paper towels.
6. Increase your oil temperature to 375 degrees F.
7. Return the potatoes to the oil and allow them to cook for an additional 2-3 minutes or until they are golden and crispy.
8. Remove from the oil and transfer to towel-lined baking sheets.
9. Sprinkle with sea salt or preferred waffle seasoning.
10. Serve and enjoy while hot!

NUTRITION

Serving: 4g

Calories: 3028kcal

Carbohydrates: 40.2g

Protein: 5.2g

Fiber: 5.6g

Serving suggestion: serve with burgers

\$1.25/4 servings

Ingredients

for 3 servings

- 3 russet potatoes
- 2 tablespoons olive oil
- 2 teaspoons salt
- 1 cup shredded cheddar cheese, plus more for topping
- ½ cup scallions, chopped
- ¾ cup bacon, chopped, divided
- ½ cup sour cream, plus more for topping
- 1 tablespoon butter
- ¼ cup milk
- 1 teaspoon pepper
- chive, to serve

Nutrition Info

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Preparation

- 1 Preheat the oven to 350°F (180°C).
 - 2 Carefully pierce potatoes with a fork. On a baking sheet oil the potatoes well and sprinkle with salt.
 - 3 Bake for one hour. If making more potatoes, an additional 15 minutes per potato is needed.
 - 4 Once cooled, cut the potatoes vertically, scoop out the inside, and transfer to a bowl.
 - 5 In the bowl with the scooped out potato, add the cheese, scallions, ½ cup (110 g) of bacon, sour cream, butter, milk, and pepper, and mix well.
 - 6 Scoop the potato mixture back into the hollowed-out potatoes and top with cheddar cheese and remaining ¼ cup (55 G) of bacon bits.
 - 7 Bake an additional 15 minutes until the cheese is melted.
 - 8 Serve warm with sour cream and chives.
-

Serving suggestion: have as is or have it with a meal

\$1.25/3 servings

Broccoli Casserole

Ingredients:

- 32 oz Frozen Chopped Broccoli
- 2 Sleeves of Ritz Crackers
- 1 stick of butter
- 8 oz Velveeta or Cheese of your choice

Directions:

Cook broccoli according to packages. Melt butter. Crush crackers and add to melted butter. Mix well. Dice cheese (or use shredded). Drain broccoli, mix with cheese and 3/4 of the cracker crumbs. Pour into 2 quart casserole dish. Top with remaining cracker crumbs. Bake at 350 for 30 minutes

Serving suggestion: have as is

\$1.25/8 servings

FOOD&WINE

Crispy Onion Rings

★★★★★

"There's nothing better than a simple tempura of a primo vegetable," states Peter Hoffman. For this sensational version, he coats thick onion rings in an ultralight batter and quickly fries them. Hoffman says that any vegetable that slices nicely, like delicata squash, fennel or zucchini, would be great here, as long as it "takes to the batter"—meaning the batter stays on.[More Fast Snacks from Star Chefs](#)

Total: 30 mins

Yield: 10

Crispy Onion Rings

© Zubin Schriff

Ingredients

1 quart vegetable oil, for frying

2 large Spanish onions, cut crosswise into 1/2-inch rings

2 teaspoons kosher salt, plus more for sprinkling

3 to 4 cups club soda, chilled

1 teaspoon baking powder

3 cups all-purpose flour

1/3 cup cornstarch

Directions

- Step** In a large bowl, whisk the flour with the cornstarch, baking powder and the 2 1 teaspoons of kosher salt. Whisk in 3 cups of the club soda until the batter is smooth. Add more club soda, about 1 tablespoon at a time, until the mixture is the consistency of thin pancake batter. Let stand for 10 minutes.
- Step** Meanwhile, in a large saucepan, heat the vegetable oil to 380°. Dip 8 onion 2 rings in the batter, letting the excess drip back into the bowl. Fry the onion rings in the hot oil over high heat, turning occasionally, until golden and crispy, about 3 minutes. Transfer the onion rings to a paper towel-lined baking sheet and sprinkle lightly with salt. Repeat with the remaining onion rings and batter and serve hot or warm.

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Service suggestion: serve with a burger

\$1.50/2-3

Ingredients

for 15 tots

- 12 oz broccoli, cut into small florets
- 1/4 cup scallions, thinly sliced
- 2 cloves large garlic, finely diced
- 2/3 cup shredded cheddar cheese
- 1 egg, beaten
- 2/3 cup bread crumbs
- salt, to taste
- pepper, to taste
- 2 teaspoons Sriracha, optional but recommended

Nutrition Info

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Preparation

- 1 Fill a medium saucepan with water and bring to a boil. Aggressively season with salt. Blanch the broccoli in boiling water for about two minutes.
- 2 Drain and finely chop the cooked broccoli.
- 3 In a mixing bowl, add broccoli, scallions, garlic, cheddar, egg, and bread crumbs. Optional: Add hot sauce of choice. Mix well and chill in the refrigerator for 15–20 minutes.
- 4 Preheat oven to 400°F (204°C).
- 5 Spray a nonstick baking sheet with nonstick spray. Shape the mixture into tot shapes and spread them evenly on the sheet.
- 6 Bake for 8–9 minutes. Flip and then bake for an additional 8–9 minutes on the other side until golden brown.
- 7 Enjoy!

Serving suggestion: serve with a burger

\$1.50/3 servings

Desserts

Salted Caramel Chocolate Chip Cookies



Recipe courtesy of Valerie Bertinelli



Show: Valerie's Home Cooking Episode: Big Game, Big Flavors!

Level: Intermediate

Total: 55 min (includes cooling time)

Active: 30 min

Yield: about 36 cookies

Ingredients:

- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon fine salt
- 1 cup packed light brown sugar
- 1/2 cup granulated sugar
- 2 sticks butter, softened
- 2 large eggs
- 1 1/2 teaspoons pure vanilla extract
- 3/4 cups semisweet chocolate chips
- 1 cup caramel bits or caramel candies, chopped
- 1 1/2 teaspoons flaky sea salt

Directions:

- 1 Preheat the oven to 375 degrees F; position racks in the upper and lower thirds of the oven. Line two baking sheets with parchment paper.
- 2 Whisk the flour, baking powder, baking soda and fine salt together in a bowl.
- 3 With an electric mixer, beat the brown sugar, granulated sugar and butter together in a large bowl until light and fluffy, 3 minutes. Add the eggs, one at a time, beating well after each addition. Add the vanilla extract and beat to combine. Add the flour mixture and beat until just incorporated. Stir in the chocolate chips and caramel bits.
- 4 Scoop heaping tablespoons of the dough onto the baking sheets, leaving about 2 inches of space between the cookies (you will have cookie dough left over). Sprinkle each cookie with a pinch of sea salt.
- 5 Bake the cookies until golden brown, rotating the position of the baking sheets halfway through, 13 minutes. Transfer the cookies to a rack to cool. Meanwhile, cool the baking sheets and repeat with the remaining cookie dough.



Related Pages

Thin and Crispy Chocolate Chip Cookies Recipe	Crispy Chocolate-Mint Cookies Recipe	Mocha Chocolate Chip Cookies Recipe
White Bean Chocolate Chip Cookies Recipe	Sun-Butter Chocolate Chip Cookies Recipe	Extra Crispy Chocolate Chip Cookies Recipe

Serving suggestion: server as is

\$.25/36 servings

Kitchen Sink Cookies (Panera Copycat)

Filled with chocolate, caramel, and crushed pretzels, these Kitchen Sink Cookies are a Panera Bread copycat and the perfect blend of salty and sweet. One of these jumbo cookies is plenty to share, but you probably won't want to!



★★★★★

4.67 from 9 votes

Course	Dessert
Cuisine	American
Keyword	everything but the kitchen sink cookies, kitchen sink cookies, panera copycat
Prep Time	15 minutes
Cook Time	9 minutes
Total Time	24 minutes
Servings	12 cookies
Calories	481kcal
Author	Melissa Williams

Ingredients

- $\frac{3}{4}$ cup butter cubed
- 1 $\frac{1}{2}$ cups light brown sugar
- 1 large egg
- 1 large egg yolk
- 1 Tablespoon vanilla extract
- 2 $\frac{1}{4}$ cups all purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 6 oz dark chocolate chopped (about 1 cup)
- $\frac{1}{2}$ cup Werther's original caramels chopped into small pieces
- $\frac{3}{4}$ cup crushed pretzels
- sea salt

Instructions

1. Preheat the oven to 350° and line two baking sheets with silicone mats or parchment paper. Set aside.
2. In a medium microwave safe bowl, add the cubed butter and brown sugar. Microwave for 30 seconds, stir, then repeat until fully combined. Let sit for approximately 5 minutes to cool.
3. While cooling, in a large bowl, whisk together the flour, baking soda, and salt.
4. Once the butter mixture has slightly cooled, stir in the egg, egg yolk, and vanilla.
5. Pour the wet mixture into the dry ingredients and stir to fully combine.
6. Pour in the chopped chocolate, chopped caramels, and crushed pretzels ad stir to evenly distribute.
7. To make jumbo cookies, scoop 3 Tablespoons of dough, roll into a ball, place on the prepared baking sheet and sprinkle with sea salt - 4 cookies per baking sheet. Bake for 9 minutes or until edges are browned and centers are set. Remove from oven and let fully cool on the pan.
8. To make regular sized cookies, use a medium (1.5 Tb) cookie scoop, roll into a ball, place on the prepared baking sheet and sprinkle with sea salt - 12 cookies per baking sheet. Bake for 8 minutes or until edges are browned and centers are set. Remove from oven and let fully cool on the pan.

Notes

I use a Trader Joe's 72% Pound chocolate bar to chop up. Chocolate chips can also be used.

Serving suggestion: have as is

\$1.20/12 servings

Easy Lemon Drop Cookies

These Easy Lemon Drop Cookies are made in one bowl, a simple buttery lemony cookie that will satisfy every lemon lover.

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

Course: cookies, Dessert Cuisine: American

Servings: 20 cookies Calories: 113kcal Author: [Rosemary Molloy](#)



5 from 9 votes

Ingredients

- 2 cups all purpose flour (260 grams)
- 1/2 cup + 1 1/2 tablespoons granulated sugar (120 grams)
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 pinch salt*
- zest of 1 lemon
- 2 large eggs (room temperature)
- 1/2 cup butter (soft)* (105 grams)
- 1 tablespoon fresh lemon juice
- 1/4-1/3 cup shredded or flaked unsweetened (desiccated) coconut (I used 1/4 cup) (25-33 grams)

*If using unsalted butter then use 1/4 teaspoon of salt.

Instructions

1. Pre-heat oven to 350F (180C). Line two cookie sheets with parchment paper.
2. In the mixing bowl, whisk together the flour, sugar, baking powder, baking soda, salt and zest.
3. Add the eggs, butter and lemon juice, beat to combine (do not over beat). Fold in the shredded coconut (or any extra such as nuts, raisins or chocolate chips) if using.
4. Drop by spoonfuls and sprinkle with more coconut or pearl sugar if desired. Bake for approximately 15-18 minutes or until golden (lightly browned around the edges) let cool on cookie sheet then move to a wire rack. Dust with powdered sugar before serving if desired. Enjoy!

Serving suggestion: have as is

\$1.50/20 servings

Amaretti

Almond Macaroons



Makes 36

One 8-ounce can almond paste
1 cup sugar
2 large egg whites, at room temperature
36 red or green candied cherries or whole almonds



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

In a food processor or the large bowl of an electric mixer, combine the almond paste and sugar. Process or beat until blended. Add the egg whites and process or beat until very smooth.

Scoop up 1 tablespoon of the batter and lightly roll it into a ball. Dampen your fingertips with cool water if necessary to prevent sticking. Place on a prepared baking sheet and repeat with the remaining batter, placing the balls about 1 inch apart on the baking sheets. Push a candied cherry or almond into the top of each cookie.

Bake for 18 to 20 minutes, or until the cookies are lightly browned. Let cool briefly on the baking sheets. With a thin metal spatula, transfer the cookies to wire racks to cool completely.

Store the cookies in airtight containers.

Serving suggestion: have as is

\$2.50/8-10 servings

Modified kitchen tools

Chopping



Etac Swedish One-Handed Food Preparation Cutting Board is ideal for persons who have had a stroke or have neurological impairments that limit them to the use of one hand. This robust, multi-purpose food preparation aid enables the user to hold food in place for cutting, peeling or grating



Rocker knife



Strawberry cutter



360 Circular Rolling Knife

Extra help



Peddle Master Vehicle Hand Controls



Smart Measuring Cup



One touch can opener



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Emoly Steak Clamps Pizza Clip Fish Gripper

Cutting board



Gripper Bamboo Cutting Board



Chef Buddy Sink Cutting Board



Napoleon Cutting Board with Stainless Steel Bowls

Electronic appliance



The Lynx Smart Grill is a voice activated gas grill that cooks based on voice commands. It also lets you monitor cooking from a smart device and will send automatic notifications



Electric toaster



GE's Brillion app lets you control your oven remotely: preheat while you're picking vegetables in the backyard or change the oven's temperature while you finish watching a movie.



With a GE Microwave powered by SmartHQ Wifi technology, you can monitor your timers from anywhere, scan-to-cook your favorite microwave meals and use your voice with Amazon Alexa or Google Assistant.



GE Profile Refrigerators powered by SmartHQ, you can use your refrigerator in a whole new way!

Alerts

The refrigerator's temperature is too high

The water filter needs to be replaced

The refrigerator door is left open

Controls

Schedule hot water for your morning cup of coffee*

Initiating water heating from your phone*

Turn the icemaker on and off

Adjust the temperature

Control Sabbath Mode, Turbo Cool and Turbo Freeze