

My Little College Cookbook

Easy College Recipes for Students!

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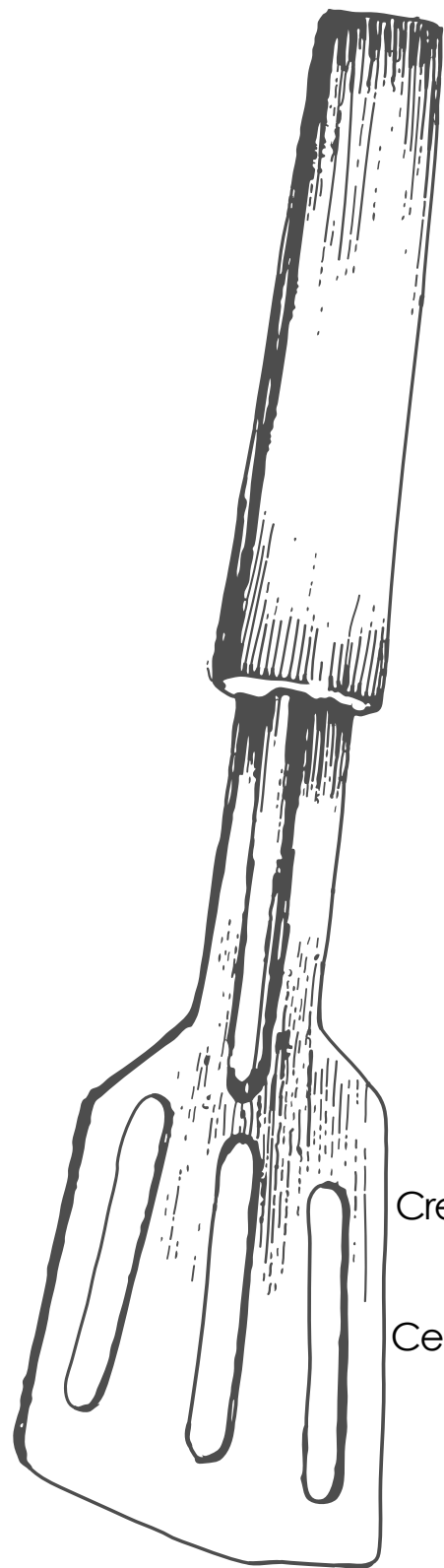


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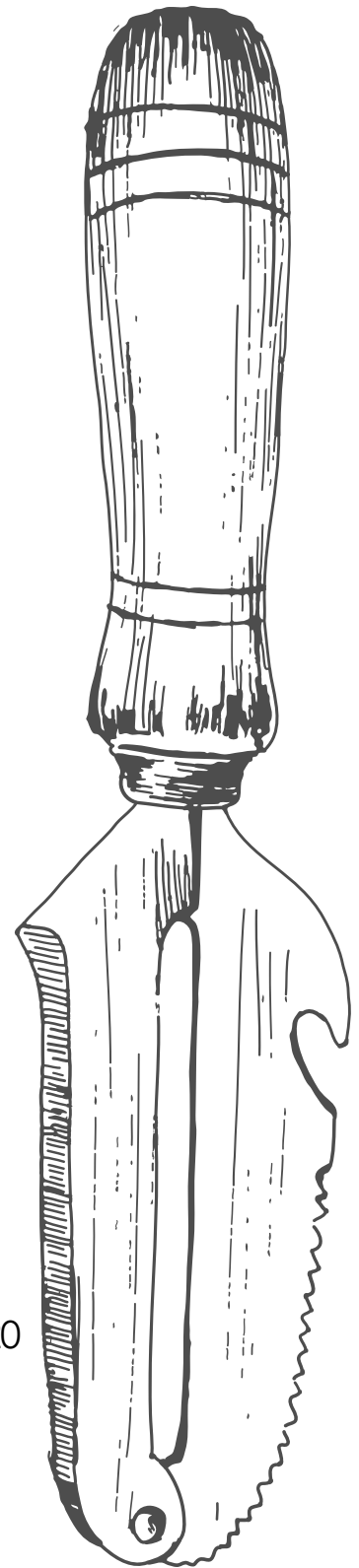
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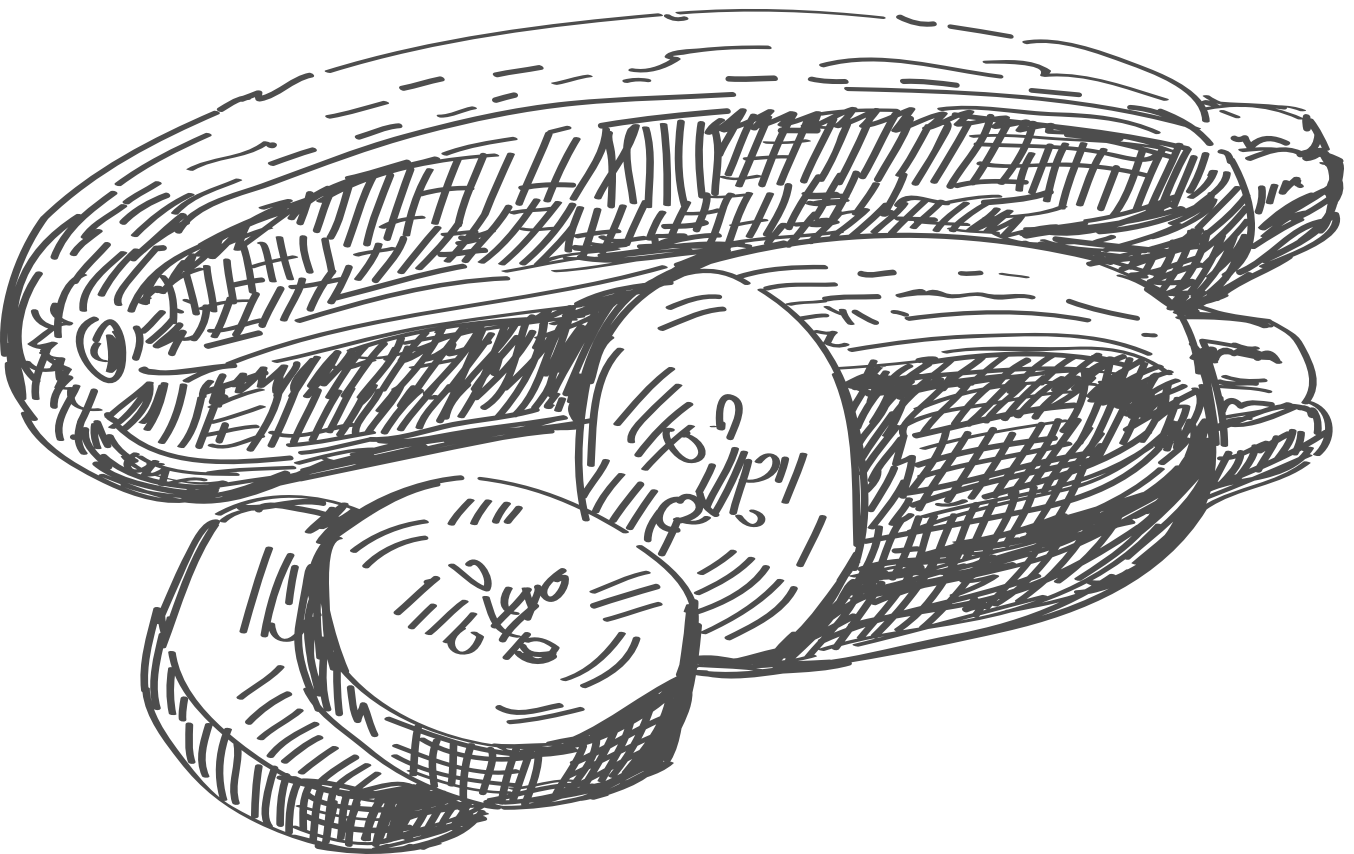


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Mashe Tortellini Jarred Salad



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 719 kcal

Fat 39.1 g

Carbohydrates 66.6 g

Protein 29.2 g

Cholesterol 76 mg

Sodium 1027 mg

Ingredients

1 (9 oz) package spinach and cheese
tortellini
1 (4 oz) jar pesto
1/4 C. halved, seeded, and sliced English
cucumber
1/4 C. halved cherry tomatoes
1/4 C. matchstick-sized pieces red onion

1/2 C. chopped mache
1 canning jar
salt and ground black pepper to taste

Directions

1. Cook the pasta according to the directions on the package.
2. Spread the pesto in the jar then top it with the cucumbers, tomatoes, onions, tortellini, and mache. Season them with some salt and pepper.
3. Serve your salad right away or refrigerate it until you are ready to serve it.
4. Enjoy.





ITALIAN STYLE

Chicken Tenders and Farfalle Salad



Prep Time: 15 mins

Total Time: 1 hr 30 mins

Servings per Recipe: 6

Calories 542 kcal

Fat 18.4 g

Carbohydrates 67.7g

Protein 29.4 g

Cholesterol 195 mg

Sodium 733 mg

Ingredients

- 6 eggs
- 1 (16 oz) package farfalle (bow tie) pasta
- 6 chicken tenders
- 1 cucumber, sliced
- 1 bunch radishes, trimmed and sliced
- 2 carrots, peeled and sliced
- 3 green onions, thinly sliced
- 1/2 red onion, chopped
- 1/2 (16 oz) bottle Italian-style salad dressing
- 4 romaine lettuce hearts, thinly sliced

Directions

1. Place the eggs in a large saucepan and cover them with water. Cook the eggs over medium heat until they start boiling.
2. Turn off the heat and let the eggs sit for 16 min. Rinse the eggs with some cold water to make them lose heat.
3. Peel the eggs and slice them then place them aside.
4. Place the chicken tenders in a large saucepan. Cover them with 1/4 C. of water. Cook them over medium heat until the chicken is done.
5. Drain the chicken tenders and cut them into small pieces.
6. Get a large mixing bowl: Toss in it the pasta, chicken, eggs, cucumber, radishes, carrots, green onions, and red onion. Add the Italian dressing and mix them again.
7. Place the salad in the fridge for 1 h 15 min.
8. Place lettuce hearts in serving plates. Divide the salad between them. Serve them right away.
9. Enjoy.

Louisiana Inspired Pancakes



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 309 kcal

Fat 14 g

Carbohydrates 38g

Protein 8.5 g

Cholesterol 72 mg

Sodium 865 mg

Ingredients

- | | |
|-------------------------------------|------------------------------------|
| 2 tsp canola oil, divided | 1/2 tsp vanilla extract |
| 2 C. diced apples | 1/2 C. all-purpose flour |
| 2 tbsp white sugar, divided | 1/2 C. oat flour |
| 2 tsp ground cinnamon | 1 tbsp baking powder |
| 3/4 C. milk | 1/2 tsp salt |
| 2 tbsp melted butter | 2 tbsp chopped cooked turkey bacon |
| 1 egg | |
| 1 1/2 tsp bourbon whiskey, optional | |

Directions

1. In a skillet, heat 1 tsp of the canola oil on medium heat and cook the apples, 1 tbsp of the sugar and cinnamon for about 5-10 minutes.
2. Remove the skillet from the heat.
3. In a bowl, add the milk, butter, egg, bourbon and vanilla extract and beat till well combined.
4. In another bowl, sift together the all-purpose flour, oat flour, 1 tbsp of the sugar, baking powder and salt.
5. Add the flour mixture into the milk mixture and mix till well combined.
6. Fold in the apples and bacon.
7. In a skillet, heat remaining 1 tsp of the canola oil on medium heat.
8. Add about 1/2 C. of the mixture into the skillet and cook for about 3-5 minutes per side.
9. Repeat with the remaining mixture.

OCTOBER'S Pancakes



Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 10

Calories 271 kcal

Fat 5.2 g

Carbohydrates 52.9g

Protein 3.6 g

Cholesterol 40 mg

Sodium 260 mg

Ingredients

Pancakes:

- 1 C. Original Bisquick(R) mix
- 1 C. Betty Crocker(R) SuperMoist(R) yellow cake mix
- 3 tbsp candy sprinkles
- 1 C. milk
- 1 tsp vanilla
- 2 eggs

Glaze and Garnish:

- 2 1/2 C. powdered sugar
- 3 tbsp milk plus
- 2 tsp milk
- 1 tsp vanilla
- Additional candy sprinkles

Directions

1. Heat a greased griddle on medium-high heat.
2. In a bowl, add the pancake
3. Ingredients and mix till well combined.
4. Add 1/4 C. of the mixture into the griddle and cook till the edges become dry.
5. Flip and cook till golden brown.
6. Repeat with the remaining mixture.
7. Stack on serving plates.
8. In small bowl, add the powdered sugar, milk and 1/2 tsp of the vanilla and beat till smooth.
9. Serve with a topping of the glaze and additional candy sprinkles.

Rustic Country Squash Pancakes



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 107 kcal

Fat 5.7 g

Carbohydrates 10.6g

Protein 3.9 g

Cholesterol 49 mg

Sodium 255 mg

Ingredients

2 tbsp chicken stock	1/2 C. vegetable oil
2 eggs, slightly beaten	
1 C. baking mix (such as Bisquick(R))	
4 pattypan squash, grated	
1/4 C. diced onion	
1/4 C. grated Parmesan cheese	
1 tsp minced garlic	

Directions

1. In a bowl, add the chicken stock and eggs and beat to combine.
2. Add the baking mix and beat till just moistened.
3. Add the squash, onion, Parmesan cheese and garlic and stir till well combined.
4. Keep aside for about 5 minutes.
5. In a large skillet, heat the oil to 350 degrees F.
6. Add about 1/4 C. of the mixture into the hot oil and cook for about 2-3 minutes per side.
7. Repeat with the remaining mixture.
8. Transfer pancakes to a brown paper bag-lined surface to drain.

ALABAMA PORCH Pancakes



Prep Time: 15 mins

Total Time: 25 mins

Servings per Recipe: 12

Calories 214 kcal

Fat 8.2 g

Carbohydrates 31g

Protein 6.1 g

Cholesterol 18 mg

Sodium 396 mg

Ingredients

1 1/2 C. old-fashioned rolled oats
1 1/2 C. whole wheat flour
2 tsp baking soda
1 tsp baking powder
1/2 tsp salt
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1 1/2 C. buttermilk
1 C. milk
1/3 C. white sugar
1/4 C. vegetable oil
1 egg
1/2 C. raisins
3 tbsp chopped walnuts
1 tsp vegetable oil

Directions

1. In a food processor, add the oats and pulse till finely ground.
2. In a bowl, mix together the grounded oats, flour, baking soda, baking powder, salt, cinnamon and nutmeg.
3. In another bowl, add the buttermilk, milk, sugar, 1/4 C. of the vegetable oil and egg and beat till smooth.
4. Add the egg mixture into the oat mixture and mix till well combined.
5. Fold in the raisins and walnuts.
6. Grease a griddle with remaining 1 tsp of the oil and heat on medium heat.
7. Add the mixture by large spoonfuls into the griddle and cook for about 3-4 minutes.
8. Flip and cook for about 2-4 minutes.
9. Repeat with the remaining mixture.

Loveable Fruity Pancakes



Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 8

Calories 202 kcal

Fat 9.6 g

Carbohydrates 25.8g

Protein 4.7 g

Cholesterol 26 mg

Sodium 211 mg

Ingredients

Crisco(R) Original No-Stick Cooking Spray
1 large egg, slightly beaten
2/3 C. milk
2 tbsp Crisco(R) Pure Canola Oil
1 (7 oz.) package Martha White(R) Banana
Nut Flavored Muffin Mix
1 C. low-fat vanilla yogurt

2 C. berries, sliced strawberries, blueberries and
raspberries
Powdered sugar (optional)

Directions

1. Grease a griddle with the cooking spray and heat it.
2. In a bowl, add the egg, milk, oil and muffin mix in medium bowl and mix till large lumps disappear.
3. Add about 1/4 C. of the mixture into the hot griddle and cook for about 1 - 2 minutes per side.
4. Repeat with the remaining mixture.
5. Place the yogurt and berries over half of each pancake and fold over.
6. Serve with a sprinkling of the powdered sugar

GARDEN ZUCCHINI

Pancakes



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 392 kcal

Fat 23.3 g

Carbohydrates 37.1g

Protein 8.2 g

Cholesterol 77 mg

Sodium 607 mg

Ingredients

2 tbsp olive oil
2 C. shredded zucchini
2 C. finely crushed buttery round
crackers (such as Ritz(R))
1 1/2 C. finely chopped yellow onion
3 eggs, beaten
1/2 C. shredded sharp Cheddar cheese
salt and ground black pepper to taste

Directions

1. In a large skillet, heat the oil on medium - high heat.
2. In a bowl, add the zucchini, crackers, onion, eggs, Cheddar cheese, salt and pepper and mix till well combined.
3. Shape the zucchini mixture into small equal sized patties.
4. Cook the patties in the hot oil for about 2-3 minutes per side.

Swedish Breakfast



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 301 kcal

Fat 10.2 g

Carbohydrates 36.2g

Protein 15.3 g

Cholesterol 159 mg

Sodium 892 mg

Ingredients

4 slices turkey bacon, cut into 1x1/2-inch squares

3 eggs

2 tbsp white sugar

1 tsp salt

2 C. milk

1 C. all-purpose flour

Directions

1. Set the broiler of your oven and arrange oven rack about 6-inches from the heating element.
2. In a 13x9-inch baking dish, spread the bacon squares and cook under the broiler for about 7-10 minutes.
3. Now, set your oven to 425 degrees F.
4. In a bowl, add the eggs, sugar and salt and beat well.
5. Add the milk and flour alternately, mixing till a thin mixture forms.
6. Transfer the mixture into the hot baking dish with the bacon.
7. Cook in the oven for about 20-30 minutes.



Pancakes



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 386 kcal

Fat 10.6 g

Carbohydrates 63.5g

Protein 7.8 g

Cholesterol 93 mg

Sodium 35 mg

Ingredients

1 C. rice flour
salt to taste
1 egg, beaten
1 tbsp vegetable oil
1 tbsp water
cooking spray

Directions

1. In a bowl, mix together the rice flour and salt.
2. Make a well in the center of the flour mixture.
3. Add the egg, vegetable oil and enough water in the well and mix till a smooth mixture forms.
4. Grease a non-stick frying pan with cooking spray and heat on medium heat.
5. Add about 1/4 C. of the mixture and tilt pan to cover the bottom with a thin pancake.
6. Cook for about 1 minute per side.
7. Repeat with the remaining mixture.

Tropical Coconut Pancakes



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 682 kcal

Fat 48.7 g

Carbohydrates 51.3g

Protein 20.7 g

Cholesterol 372 mg

Sodium 140 mg

Ingredients

2 eggs	1/2 tsp vanilla extract
1/4 C. coconut flour	1 tsp coconut oil
2 tbsp coconut oil, melted	
1 1/8 tsp stevia sweetener	

Directions

1. In a bowl, add the eggs, coconut flour, 2 tbsp of the melted oil, stevia sweetener and vanilla extract and beat till smooth.
2. In a large skillet, melt 1 tsp of the coconut oil on medium heat.
3. Add enough mixture into the skillet and cook for about 2-3 minutes per side.





TRADITIONAL Chinese Pancakes



Prep Time: 30 mins

Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 120 kcal

Fat 5.5 g

Carbohydrates 15.4g

Protein 2.1 g

Cholesterol 0 mg

Sodium 75 mg

Ingredients

- | | |
|----------------------------------|-----------------------------------|
| 1/4 tsp salt | 1 tbsp vegetable oil |
| 3/4 C. warm water | 1 tbsp Asian (toasted) sesame oil |
| 1 C. all-purpose flour | 1/2 C. finely chopped green onion |
| 1/4 tsp vegetable oil (optional) | 1 tbsp vegetable oil |
| 1/4 C. all-purpose flour | |

Directions

1. In a bowl, dissolve the salt in warm water.
2. Add 1 C. of the flour and mix till a soft dough forms.
3. Place the dough out onto a well-floured smooth surface and knead for about 5 minutes.
4. Divide the dough into 8 equal-size portions and keep aside covered with a cloth.
5. In a bowl, add 1/4 C. of the flour and 1 tbsp of the vegetable oil and mix till a fine crumbs like mixture forms.
6. Place 1 portion of dough onto a floured smooth surface and roll into a 5x7-inch thin square.
7. Coat the dough with toasted sesame oil and lightly, sprinkle with about 1 1/2 tsp of the flour-oil mixture.
8. Sprinkle about 1 tbsp of chopped green onion onto the dough and spread the onion out evenly.
9. Starting with a long end, roll the dough up into a rope shape, and pinch the seam and the ends closed.
10. Roll the rope shape into a flat spiral and with your hands, press lightly to compact the spiral and keep it from unrolling.
11. Place the spiral down onto the floured work surface and gently roll it out into a 5-inch diameter pancake with the onions folded inside, turning the pancake over often. (Avoid making holes in the pancakes.)
12. Repeat with the remaining dough portions.
13. Grease a non-stick skillet with vegetable oil and heat on medium heat.
14. Cook each pancake for about 5 minutes per side.
15. Cut into the wedges and serve warm.

Parsnip Pancakes



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 194 kcal

Fat 13 g

Carbohydrates 14.7g

Protein 5.8 g

Cholesterol 138 mg

Sodium 641 mg

Ingredients

- 1 C. grated peeled parsnips
- 2 small eggs
- 1/4 C. finely chopped onion
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp dried rosemary
- ground black pepper to taste (optional)
- 1 tsp sunflower oil

Directions

1. In a bowl, add the parsnips, eggs, onion, olive oil, salt, rosemary and black pepper and mix till a lumpy mixture forms.
2. In a heavy frying pan, heat the sunflower oil on medium heat.
3. Add the desired amount of the mixture into oil and cook for about 6 - 7 minutes per side.

SOUTH INDIAN Pancakes



Prep Time: 15 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 8

Calories 119 kcal

Fat 2.8 g

Carbohydrates 21.2g

Protein 2.9 g

Cholesterol 0 mg

Sodium 4 mg

Ingredients

- 1 C. brown rice flour
- 1/2 C. whole wheat flour
- 1 1/2 C. water
- 1 red onion, finely chopped
- 1 clove garlic, minced
- 1/4 C. fresh cilantro, chopped
- 1/4 tsp white sugar
- 1/2 tsp ground turmeric
- 1 tsp ground cumin
- 2 tsp whole mustard seeds
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 1 tsp ground ginger
- 1 pinch cayenne pepper
- 3 tbsp rice vinegar
- 1 tbsp vegetable oil

Directions

1. In a bowl, mix together the brown rice and whole wheat flour.
2. Add the water and mix till a thin mixture forms.
3. Add the onion, garlic, cilantro, sugar, turmeric, cumin, mustard seeds, cumin seeds, coriander, ginger, cayenne pepper and rice vinegar and mix till well combined.
4. Refrigerate, covered for at least 1/2 hour or overnight.
5. In a skillet, heat the oil on medium heat.
6. Add about 1/4 C. of the mixture into the oil and tilt the skillet to spread the mixture in a thin layer in the bottom.
7. Cook for about 1 minute per side.
8. Repeat with the remaining mixture.

Romano Linguine Pasta Salad



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 275 kcal

Fat 12.8 g

Carbohydrates 32.2g

Protein 9.9 g

Cholesterol 10 mg

Sodium 141 mg

Ingredients

1 (8 oz) package linguine pasta
1 (12 oz) bag broccoli florets, cut into bite-size pieces
1/4 C. olive oil
4 tsp minced garlic
1/2 tsp red pepper flakes
1/2 C. finely shredded Romano cheese

2 tbsp finely chopped fresh flat-leaf parsley
1/4 tsp ground black pepper
salt to taste

Directions

1. Cook the pasta according to the directions on the package.
2. Bring a pot of water to a boil. Place a steamer on top. Steam in it the broccoli with the lid on for 6 min
3. Place a saucepan over medium heat. Heat the oil in it. Sauté in it the garlic with pepper flakes for 2 min.
4. Get a large mixing bowl: Transfer to it the sautéed garlic mix with pasta, broccoli, Romano cheese, parsley, black pepper, and salt. Mix them well.
5. Adjust the seasoning of the salad. Serve it right away.
6. Enjoy.

SAUCY CHEDDAR Fusilli Salad



Prep Time: 15 mins

Total Time: 1 hr 35 mins

Servings per Recipe: 10

Calories 597 kcal

Fat 34 g

Carbohydrates 43.2g

Protein 29.9 g

Cholesterol 85 mg

Sodium 1541 mg

Ingredients

- 2 tbsp olive oil
- 1 tsp salt
- 1 (16 oz) package fusilli pasta
- 2 lb extra lean ground beef
- 1 (1.25 oz) package taco seasoning mix
- 1 (24 oz) jar mild salsa
- 1 (8 oz) bottle ranch dressing
- 1 1/2 red bell peppers, chopped
- 6 green onions, chopped
- 3/4 C. chopped pickled jalapeno peppers
- 1 (2.25 oz) can sliced black olives (optional)
- 1 (8 oz) package shredded Cheddar cheese

Directions

1. Place a large pot over medium heat. Fill it with water and stir into it the olive oil with salt. Cook it until it starts boiling.
2. Add the pasta and boil it for 10 min. Remove it from the water and place it aside to drain.
3. Place a large pan over medium heat. Brown in it the beef for 12 min. Discard the excess grease.
4. Add the taco seasoning and mix them well. Place the mix aside to lose heat completely.
5. Get a large mixing bowl: Mix in it the salsa, ranch dressing, bell peppers, green onions, jalapenos, and black olives.
6. Add the pasta with cooked beef, Cheddar cheese, and dressing mix. Stir them well.
7. Place a piece of plastic wrap over the salad bowl. Place it in the fridge for 1 h 15 min. Serve it.
8. Enjoy.

Creamy Penn Pasta Salad



Prep Time: 20 mins



Total Time: 2 hrs 27 mins

Servings per Recipe: 10

Calories 381 kcal

Fat 15.5 g

Carbohydrates 34.1g

Protein 25.5 g

Cholesterol 102 mg

Sodium 210 mg

Ingredients

1 (16 oz) box mini penne pasta
1 1/2 lb chopped cooked chicken
1/2 C. diced green bell pepper
2 hard-boiled eggs, chopped
1/3 C. grated Parmesan cheese

1/3 C. chopped red onion

1/2 (8 oz) bottle creamy Caesar salad dressing,
or to taste

Directions

1. Cook the pasta according to the directions on the package.
2. Get a large mixing bowl: Toss in it the pasta, chicken, green bell pepper, eggs, Parmesan cheese, and red onion.
3. Add the dressing and stir them well. Cover the bowl and place it in the fridge for 2 h 15 min. Adjust the seasoning of the salad and serve it.
4. Enjoy.

HERBED FETA and Roasted Turkey Salad



Prep Time: 30 mins

Total Time: 30 mins

Servings per Recipe: 8

Calories 767 kcal

Fat 65.3 g

Carbohydrates 24.6g

Protein 21.4 g

Cholesterol 59 mg

Sodium 1270 mg

Ingredients

1 1/2 C. olive oil
1/2 C. red wine vinegar
1 tbsp minced fresh garlic
2 tsp dried oregano leaves
3 C. Butterball(R) Golden Oven Roasted Turkey Breast, sliced thick and cubed
3 C. cooked penne pasta
1 (16 oz) jar pitted kalamata olives, drained, chopped

1 pint grape tomatoes, halved
8 oz crumbled feta cheese
1 (5 oz) package spring lettuce mix
1/2 C. chopped Italian parsley
1/2 C. thinly sliced red onions

Directions

1. Get a small mixing bowl: Combine in it the olive oil, vinegar, garlic and oregano. Mix them well to make the vinaigrette.
2. Get a large mixing bowl: Toss in it the rest of ingredients. Add the dressing and mix them again. Adjust the seasoning of the salad then serve it.
3. Enjoy.

Nutty Tuna and Pasta Salad



Prep Time: 25 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 906 kcal

Fat 49.3 g

Carbohydrates 66.9 g

Protein 50.8 g

Cholesterol 85 mg

Sodium 672 mg

Ingredients

1 head broccoli, separated into florets
1 lb penne pasta
1 lb fresh tuna steaks
1/4 C. water
2 tbsp fresh lemon juice
1/4 C. white wine
4 medium tomatoes, quartered
1 lb mozzarella cheese, diced
8 large black olives, sliced

1/2 C. walnut pieces, toasted
4 cloves garlic, minced
2 tbsp chopped fresh parsley
4 anchovy fillets, rinsed
3/4 C. olive oil

Directions

1. Cook the pasta according to the directions on the package.
2. Bring a salted pot of water to a boil. Cook in it the broccoli for 5 min. Remove it from the water and place it aside.
3. Place a large pan over medium heat. Stir in it the tuna in a with water, white wine, and lemon juice. put on the lid and cook them until the salmon is done for about 8 to 12 min.
4. Bread the salmon fillets into chunks.
5. Get a large mixing bowl: Toss in it the cooked salmon fish with broccoli, penne, fish, tomatoes, cheese, olives, walnuts, garlic, and parsley. Mix them well.
6. Place a large skillet over medium heat. Heat the oil in it. Slice the anchovies into small pieces. Cook them in the heated skillet until they melt in the oil.
7. Stir the mix into the pasta salad and mix them well. Serve your pasta salad right away.
8. Enjoy.

ROASTED

Kalamata Rotini Salad



Prep Time: 40 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 10

Calories 478 kcal

Fat 34.7 g

Carbohydrates 39.9g

Protein 8.4 g

Cholesterol 0 mg

Sodium 1614 mg

Ingredients

1 (12 oz) package tri-colored rotini pasta
1 small head broccoli, broken into small florets
1/2 tsp minced garlic
1 small red onion, diced
1 (12 oz) jar marinated artichoke hearts, drained and chopped
1 (12 oz) jar pitted kalamata olives, sliced
1 (8 oz) jar roasted red bell peppers,

drained, cut into strips
4 Roma tomatoes, diced
1 (12 oz) jar oil-packed sun-dried tomatoes, drained, cut into strips
1 small zucchini, chopped
1 small cucumber, chopped
1 small yellow bell pepper, chopped
2 ripe avocados
1 (16 oz) bottle Greek vinaigrette salad dressing

Directions

1. Cook the pasta according to the directions on the package.
2. Bring a large pot of water to a boil. Place a steamer on it. Cook in it the broccoli for 5 min with the lid on.
3. Clean the broccoli with some cool water and drain it. Chop it and place it aside.
4. Get a large mixing bowl: Combine in it the broccoli with pasta, garlic, red onion, artichoke hearts, kalamata olives, roasted red peppers, Roma tomatoes, sun-dried tomatoes, zucchini, cucumber, and yellow pepper.
5. Mix them well.
6. Get a small mixing bowl: Mash in it the avocado until it becomes smooth. Add the Greek dressing and mix them well until they become creamy to make the dressing.
7. Add the avocado dressing to the salad and toss it well. Adjust the seasoning of the salad and chill it in the fridge until ready to serve.
8. Enjoy.

Nutty Farfalle Salad with Dijon Dressing



Prep Time: 15 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 8

Calories 505 kcal

Fat 26.7 g

Carbohydrates 50.7g

Protein 18.9 g

Cholesterol 20 mg

Sodium 731 mg

Ingredients

- | | |
|-------------------------------|--|
| 1 1/2 tbsp white sugar | 1/2 C. olive oil |
| 1 tsp salt, or to taste | 1 tsp lemon juice |
| 1 1/2 tsp ground black pepper | 1 (4 oz) package grated Parmesan cheese |
| 1 tsp onion powder | 4 roma (plum) tomatoes, chopped |
| 1 1/2 tsp Dijon mustard | 6 green onions, chopped |
| 2 cloves garlic, chopped | 1 (4 oz) can minced black olives |
| 1 1/2 C. chopped fresh basil | 1 (16 oz) package farfalle (bow tie) pasta |
| 1/2 C. chopped fresh oregano | 1/2 C. pine nuts |
| 1/4 C. chopped fresh cilantro | 1 C. shredded mozzarella cheese |
| 2 tsp hot pepper sauce | |
| 1/3 C. red wine vinegar | |

Directions

1. Get a large mixing bowl: Combine in it the sugar, salt, pepper, onion powder, mustard, garlic, basil, oregano, cilantro, hot pepper sauce, red wine vinegar, olive oil, lemon juice, and Parmesan cheese.
2. Mix them well. Stir in the tomatoes, green onions and olives. Mix them again. Place the mix in the fridge.
3. Cook the pasta according to the directions on the package.
4. Stir the pasta into the salad bowl and mix them well. Top your salad with mozzarella cheese and pine nuts. Chill it in the fridge until ready to serve.
5. Enjoy.





INDIAN STYLE

Fritters II



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 10

Calories 177 kcal

Fat 5.4 g

Carbohydrates 28.4g

Protein 4.8 g

Cholesterol 19 mg

Sodium 147 mg

Ingredients

2 C. all-purpose flour

1 tsp curry powder, or more to taste

1 egg

1/2 C. soy milk

salt

1 (16 oz.) can whole kernel corn

olive oil for frying, as needed

Directions

1. Get a bowl, sift: curry and flour.
2. Now slowly add in your salt, milk, and eggs.
3. Beat the mix until it is smooth then place it to the side for 20 mins.
4. Now add your oil to a pan and get it hot.
5. Once the oil is hot, fry large dollops of your mix for 3 mins each side.
6. Enjoy.

Caprese Fritters



Prep Time: 40 mins



Total Time: 1 hr

Servings per Recipe: 10

Calories 349 kcal

Fat 21 g

Carbohydrates 24g

Protein 15.3 g

Cholesterol 112 mg

Sodium 430 mg

Ingredients

3 C. shredded zucchini
2 C. all-purpose flour
1/2 tsp baking soda
1/4 C. grated Parmesan cheese
1 tsp garlic powder
1 tsp dried oregano
1 tsp dried marjoram
1 tsp dried basil
1/2 tsp ground black pepper

1 tsp kosher salt
4 large eggs
1/2 C. buttermilk
3 tbsps vegetable oil, or as needed
3 tbsps olive oil, or as needed
1 lb fresh mozzarella cheese, sliced
2 large ripe fresh tomatoes, sliced
sea salt to taste

Directions

1. Get a bowl, combine: kosher salt, zucchini, black pepper, flour, basil, baking soda, marjoram, parmesan, oregano, and garlic powder.
2. Get a 2nd bowl, combine: buttermilk and eggs.
3. Now combine both bowls and form a smooth mix.
4. Begin to get your olive and veggie oil hot.
5. Once the oil is hot fry 1/4 C. of mix for 4 mins each side or until golden.
6. Place the fritters on some paper towels.
7. Once the fritters have cooled slightly, serve them with a piece of tomato, mozzarella, and some salt.
8. Enjoy.

CAULIFLOWER Fritters



Prep Time: 15 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 402 kcal

Fat 34 g

Carbohydrates 18g

Protein 9.4 g

Cholesterol 108 mg

Sodium 694 mg

Ingredients

- | | |
|---|---|
| 1/4 C. water | 2 C. water |
| 2 tbsps butter | 2 C. chicken stock |
| 1 pinch salt | 1/2 C. heavy cream |
| 1/4 C. flour | 1 pinch ground nutmeg, or more to taste |
| 1 egg | 1 pinch cayenne pepper, or more to taste |
| 2 tbsps butter | 2 oz. cold firm blue cheese, crumbled |
| 1 onion, chopped | 2 C. vegetable oil for frying |
| 1 clove garlic, diced | 1 tbsp chopped fresh chives, or more to taste |
| salt to taste | |
| 1 head cauliflower, broken into florets | |

Directions

1. Get the following boiling: 2 tbsp butter, salt, and 1/4 C. of water. Once the mix is boiling set the heat to low-medium and being to stir in your flour. Continue heating and stirring for 4 mins then place the dough in a bowl and let it loose its heat for 7 mins.
2. Once it is cool beat your egg into it then place the mix in the fridge for 40 mins.
3. Now begin to stir fry your garlic, onions, and some salt in 2 tbsp of butter for 7 mins then add in the stock, 2 C. of water, and the cauliflower.
4. Let the soup cook for 40 mins then use and immersion blender to puree the soup. Add in: more salt, cream, cayenne, and nutmeg. Set the heat to its lowest level and let the soup simmer.
5. Now get your oil hot to 350 degrees before doing anything else to begin making the fritters. Grab your dough from the fridge and add in your blue cheese.
6. Fold the cheese into the dough then begin to fry large tsp dollops of the mix in the hot oil for 4 mins or until the fritters are golden on every side.
7. When eating your soup layer some fritters on top. Enjoy.

Yam Fritters



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 16

Calories 177 kcal

Fat 9.9 g

Carbohydrates 20.2g

Protein 1.7 g

Cholesterol 8 mg

Sodium 148 mg

Ingredients

1 C. all-purpose flour
1 tsp baking powder
1/2 tsp salt
1/2 tsp ground nutmeg
1 tsp ground cinnamon
2 tbsps dark rum
2 C. cooked, mashed sweet potatoes

1 C. mashed banana
1 C. crushed pineapple, drained
1/4 C. butter, melted
vegetable oil, for deep-fat frying
powdered sugar for dusting

Directions

1. Get a bowl, sift: cinnamon, flour, nutmeg, baking powder, and salt.
2. Get a 2nd bowl, combine: butter, rum, pineapple, banana, and sweet potatoes.
3. Now combine both bowls and get your oil hot to 375 degrees before doing anything else.
4. Fry large dollops of the mix until golden on both sides then coat the fritters with the sugar.
5. Enjoy.

MEDITERRANEAN

Fritters



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 560 kcal

Fat 40.7 g

Carbohydrates 25.3g

Protein 24.4 g

Cholesterol 256 mg

Sodium 1582 mg

Ingredients

- 2 zucchini, grated
- 1 tsp salt
- 3/4 C. all-purpose flour
- 4 eggs
- 2 tbsps milk
- 1 tsp seafood seasoning
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 3/4 C. cubed cooked chicken
- 2/3 C. crumbled feta cheese
- 1/2 C. chopped fresh chives
- 1/3 C. vegetable oil, divided
- 1/2 C. sour cream (optional)

Directions

1. Place your zucchini in a colander with 1 tsp of salt. Let the veggies sit for 12 mins then drain them.
2. Place the veggies in a kitchen towel and press out as much liquid as possible.
3. Now place everything into a bowl.
4. Get a 2nd bowl, combine: black pepper, flour, half tsp salt, eggs, seafood spice, and milk.
5. Now add in: chives, zucchini, feta, and chicken.
6. Stir the mix until it is even then get 3 tbsps of veggie oil hot for frying.
7. Fry large dollops of the mix in the oil for 4 mins each side or until golden then serve your fritters, with some sour cream.
8. Enjoy.

Chickpea Okra Fritters



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 5

Calories 145 kcal

Fat 11.6 g

Carbohydrates 9.6g

Protein 1.7 g

Cholesterol 0 mg

Sodium 470 mg

Ingredients

1/2 lb okra, finely chopped
1 green chile pepper, finely chopped
2 tbsps finely chopped fresh cilantro leaves
1 tbsp shortening
1 tsp salt, or to taste
1 tsp grated fresh ginger

3 tbsps rice flour, or as needed
1 tbsp chickpea flour, or as needed
2 C. vegetable oil for frying, or as needed

Directions

1. Get a bowl, combine: ginger, okra, salt, chili pepper, shortening, and cilantro.
2. Stir the mix then add your chickpea flour and rice flour.
3. Form the mix into a dough and get your oil hot to 350 degrees before doing anything else.
4. Coat your hands with water and begin to shape a piece of your dough into a ball.
5. Break off some pieces of the ball and fry the pieces in the oil for 9 mins.
6. Place the fritters on some paper towel.
7. Enjoy.

PARMESAN

Zucchini Fritters



Prep Time: 20 mins

Total Time: 35 mins

Servings per Recipe: 25

Calories 66 kcal

Fat 3.2 g

Carbohydrates 6.5g

Protein 2.8 g

Cholesterol 45 mg

Sodium 121 mg

Ingredients

- 6 eggs
- 3 zucchinis, shredded
- 1 zucchini, diced
- 1 tsp salt
- 1/2 tsp ground black pepper
- 3 tbsps grated Parmesan cheese
- 1/4 C. chopped fresh basil
- 1 1/2 C. all-purpose flour
- 2 C. vegetable oil for frying

Directions

1. Get a bowl and whisk your eggs.
2. Add in the basil, zucchini, parmesan, pepper, and salt.
3. Stir the mix until it is smooth then slowly add the flour while continuing to stir.
4. Now get your oil hot to 375 degrees before doing anything else.
5. Begin to fry dollops of the mix, in oil, in batches, for 5 mins, until golden on all sides.
6. Enjoy.

Fruit Fritters



Prep Time: 25 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 614 kcal

Fat 47.3 g

Carbohydrates 43.6g

Protein 8.2 g

Cholesterol 156 mg

Sodium 237 mg

Ingredients

1 C. all-purpose flour
1/4 C. unsalted butter, melted
1/4 C. heavy cream
3 eggs
1/4 tsp salt
2 tbsps packed brown sugar
1 tsp ground cinnamon
2 C. hulled strawberries

1 quart vegetable oil for frying
1 C. semisweet chocolate chips
3 tbsps butter
1 tsp vanilla extract
1/4 C. heavy cream
2 tbsps confectioners' sugar for dusting

Directions

1. Get a bowl, combine: cinnamon, flour, brown sugar, 1/4 C. butter, salt, 1/3 C. cream, and eggs.
2. Stir the mix then add in the strawberries and stir everything again.
3. Get your oil hot to 360 degrees before doing anything else.
4. At the same time microwave the following until it is smooth and melted: 1/4 C. cream, vanilla, and 3 tbsp of butter.
5. While microwaving your mix stir the contents every 40 secs until it is all smooth.
6. Place a covering of plastic over the bowl and keep it warm.
7. Now begin to fry your coated strawberries in the oil until golden on all sides then place the fritters on some paper towel.
8. Once the fritters have drained a bit top everything with some confectioners'; and eat them with the melted chocolate as a dip.
9. Enjoy.

DOUGH

Fritters



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 16

Calories 80 kcal

Fat 3.8 g

Carbohydrates 9g

Protein 2.4 g

Cholesterol 35 mg

Sodium 159 mg

Ingredients

3 eggs

1 1/2 C. all-purpose flour

1 tsp salt

2 C. canola oil for frying

Directions

1. Whisk your eggs in a bowl then slowly add in your flour and salt.
2. Stir the mix into a dough then flatten the dough into 1/8 of an inch.
3. Now slice everything into strips.
4. Get 2 inches of oil hot to 375 degrees before doing anything else.
5. Once the oil is hot begin to fry your dough in batches until golden on all sides.
6. Enjoy.

Caribbean Fritters II



Prep Time: 1 hr



Total Time: 1 d 1 h 20 m

Servings per Recipe: 6

Calories 232 kcal

Fat 8.3 g

Carbohydrates 18.1g

Protein 20.4 g

Cholesterol 43 mg

Sodium 2079 mg

Ingredients

6 oz. dried salted cod fish, soaked in water
for 8 hrs, then run under fresh water,
bones and skin removed
cold water, to cover
1 C. all-purpose flour
1 tsp baking powder
2 tsps ground black pepper

1/2 C. water
1 large tomato, chopped
2 green onions, chopped
vegetable oil for frying

Directions

1. Take your cod and flake it into pieces into a bowl and place it to the side.
2. Get a 2nd bowl, sift: pepper, baking powder, and flour.
3. Stir the mix then add in: the cod, green onions, and tomatoes.
4. Stir the mix again then add 1/2 C. of water and continue stirring everything until it is all even.
5. Now get an inch of oil hot for frying then begin to fry large dollops of the mix for 4 to 6 mins each side until everything is golden.
6. Enjoy.





SUMMER

Safflower Fries



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 388 kcal

Fat 14.4 g

Carbohydrates 59.8g

Protein 6.6 g

Cholesterol 0 mg

Sodium 601 mg

Ingredients

cooking spray

6 Yukon Gold potatoes, cut into thick fries

1 tablespoon white sugar

1/4 cup Safflower oil

1 tsp tarragon

1 teaspoon garlic powder, or more to taste

1 teaspoon salt, or more to taste

1 teaspoon ground black pepper, or more to taste

Directions

1. Cover a casserole dish with foil the coat the foil with nonstick spray then set your oven to 425 degrees before doing anything else.
2. Get a colander for your potatoes and top them with the sugar evenly and toss. Let the potatoes sit for 40 mins to drain.
3. Get a bowl, combine: black pepper, tarragon, potatoes, Safflower oil, salt, and garlic powder.
4. Toss the potatoes evenly in the oil then layer them in the casserole dish evenly.
5. Cook everything in the oven for 25 mins then turn the fires and continue baking them for about 15 mins.
6. Enjoy.

Country Cilantro Basil Rustic Sweet Potato Fries



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 2

Calories 299 kcal

Fat 9.7 g

Carbohydrates 46.2g

Protein 7.5 g

Cholesterol 9 mg

Sodium 439 mg

Ingredients

2 sweet potatoes, cut into French fries
1 tablespoon olive oil
1/4 cup Parmesan cheese
2 tablespoons chopped fresh cilantro

1 tbsp fresh basil, chopped
sea salt and ground black pepper to taste

Directions

1. Set your oven to 425 degrees before doing anything else.
2. Get bowl, combine: olive oil, and sweet potatoes. Stir everything completely then layer the potatoes in a casserole dish.
3. Cook the fries in the oven for 14 mins then then flip them and continue to cooking them for about another 10 mins.
4. Place everything into a serving bowl and top the fries, while they are still hot with the parmesan, basil, and cilantro. Toss everything then add the salt, toss again then add the pepper.
5. Enjoy.

JULY 4TH

Mustard Pepper Lime Fries



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 269 kcal

Fat 11 g

Carbohydrates 39.6g

Protein 5 g

Cholesterol 0 mg

Sodium 699 mg

Ingredients

4 russet potatoes, peeled and cut into
1/4 inch thick fries
3 tablespoons olive oil
2 tablespoons lime juice
2 cloves garlic, minced
1/2 teaspoon red pepper flakes

1/4 teaspoon cayenne pepper
1 teaspoon chili powder
2 tablespoons spicy brown mustard
1/2 teaspoon ground black pepper
1 teaspoon salt

Directions

1. Set your oven to 400 degrees before doing anything else.
2. Get a bowl, combine: pepper, olive oil, mustard, lime juice, chili powder, and garlic, cayenne, and pepper flakes. Stir the spices then add in the potatoes and toss everything nicely.
3. Place the fries in a jelly roll pan that has been greased lightly or coated with non-stick spray and cook everything in the oven for 18 mins. Flip the potatoes and continue cooking for 14 more mins or until the potatoes are completely done.
4. Enjoy after topping the fries with salt.

Butter Lemon Pepper French Fries



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 227 kcal

Fat 11.3 g

Carbohydrates 29.9 g

Protein 3 g

Cholesterol 15 mg

Sodium 849 mg

Ingredients

- | | |
|--|------------------------|
| 1 32 ounce package frozen French fries | black pepper to taste |
| 2 1/2 tablespoons lemon pepper | 2 pinches chili powder |
| 2 tablespoons dried red pepper seasoning | 1/4 cup butter |
| 1 tablespoon garlic powder | |

Directions

1. Set your oven to 425 degrees before doing anything else.
2. Coat a baking dish with some nonstick spray then place your potatoes in the dish. Top the potatoes with: chili powder, lemon pepper, garlic powder, red pepper. Toss everything then dot the fries with the butter evenly.
3. Cook everything in the oven for 17 mins flipping the potatoes half way. If the fries are not done cook them for about 7 more mins.
4. Enjoy.

COPYCAT

Fast Food Franchise Fries



Prep Time: 10 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 600 kcal

Fat 322.4 g

Carbohydrates 394.8g

Protein 38.6 g

Cholesterol 0 mg

Sodium 112 mg

Ingredients

8 potatoes, peeled and cut into 1/4-inch thick fries

1/4 cup white sugar

2 tablespoons corn syrup

1 quart canola oil, or as needed

boiling water

sea salt to taste

Directions

1. Get a bowl, for your potatoes and let them sit submerged in water for 15 mins then remove the liquid and dry the potatoes.
2. Now submerge the potatoes in just enough boiling water then add in the corn syrup and sugar and stir everything. Do this in a metal bowl. Put everything in the fridge for 10 mins. Remove the liquid and dry the potatoes with some paper towels.
3. Get a casserole dish or jelly roll pan and lay out the fries on the dish, place a covering plastic on the dish and put everything in the freezer for 45 mins.
4. Now get your oil hot for frying to about 350 to 360 degrees and once the oil is hot begin to fry the fries in the oil for 3 mins. Place the fries on a plate with some paper towel to drain and let them sit for about 10 mins. Continue to work in batches until all the fries are done.
5. Now re fry the fries a second time 1/3 at a time for 6 mins each batch then season the fries with some salt.
6. Enjoy.

French Seasoned Fries with Tourtiere



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 8

Calories 192 kcal

Fat 3.1 g

Carbohydrates 37.8g

Protein 3.9 g

Cholesterol 0 mg

Sodium 751 mg

Ingredients

- | | |
|---|--------------------------------|
| 2 1/2 pounds russet potatoes, peeled, cut
into matchsticks, soaked in cold water | 1 teaspoon salt |
| 1 cup all-purpose flour | 1 teaspoon paprika |
| 1 teaspoon garlic salt | 1/2 cup water, or as needed |
| 1 teaspoon onion salt | 1 cup vegetable oil for frying |
| 1 tsp Tourtiere spice mix, see appendix | |

Directions

1. Get your oil hot in a frying pan.
2. As the oil heats begin to sift the following spices into a bowl: paprika, Tourtiere, flour, salt, garlic salt, and onion salt. Add in a small amount of water to make the spice mix slightly batterry just enough so that it would drip from a utensils.
3. Coat your fries evenly with batter carefully then carefully place them into the hot oil. Make sure you lay each fry into the oil separately so as to avoid any sticking together.
4. Let the fry cook until they are golden.

LOADED

State Fair Fries



Prep Time: 5 mins

Total Time: 25 mins

Servings per Recipe: 6

Calories 509 kcal

Fat 25.2 g

Carbohydrates 351.6g

Protein 19.8 g

Cholesterol 449 mg

Sodium 1484 mg

Ingredients

1 32 ounce package frozen seasoned French fries
2 tablespoons cornstarch
2 tablespoons water
2 cups low-fat milk
1 tablespoon margarine

8 slices American cheese, cut into pieces
1 15 ounce can chili without beans such as Hormel, or vegetarian chili for meatless

Directions

1. Cook your fries in the oven for about 25 mins until they are golden brown at 350 degrees.
2. Get a small bowl and combine your water and cornstarch evenly.
3. Get a saucepan with the margarine and milk boiling while whisking then set the heat to low and stir in the cornstarch mix into the milk mix. Set the heat to a medium level and continue heat the mix until it becomes thick while stirring.
4. Combine in the cheese slices and stir the mix until everything is melted. Then heat your chili in a separate pot.
5. Once the milk mix is done and the chili as well top your fries with the chili and cheese and serve.
6. Enjoy.

Rustic Windmill Fries



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 2

Calories 310 kcal

Fat 12.8 g

Carbohydrates 45.5g

Protein 5.4 g

Cholesterol 15 mg

Sodium 497 mg

Ingredients

4 medium Yukon Gold potatoes, wedges
1 tablespoon butter
1 tablespoon olive oil, or more to taste
2 cloves garlic, minced

1/2 teaspoon Fine Sea Salt

1 teaspoon ground black pepper

Directions

1. Set your oven to 400 degrees before doing anything else.
2. Get your garlic, olive oil, and butter heating in a pot then combine in the salt and pepper. Stir everything evenly then coat the wedges evenly with the garlic sauce.
3. Place everything into a casserole dish evenly dispersed and for 40 mins cook the fries in the oven.
4. Enjoy.

SAINT FRANCIS'S Feast Fries



Prep Time: 5 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 99 kcal

Fat 3.6 g

Carbohydrates 15.9g

Protein 1.6 g

Cholesterol 0 mg

Sodium 153 mg

Ingredients

- | | |
|-------------------------------------|-----------------------------------|
| olive oil cooking spray | 1/2 teaspoon dried oregano leaves |
| 4 russet potatoes | 1/2 teaspoon dried parsley |
| 1 tablespoon olive oil | 1/2 teaspoon ground sage |
| 1 tablespoon chopped fresh rosemary | 1/2 teaspoon cracked black pepper |
| 1 1/2 teaspoons dried thyme leaves | 1/4 teaspoon salt |
| 1 teaspoon garlic powder | |

Directions

1. Coat a casserole dish or jelly roll pan with nonstick spray then set your oven to 425 degrees before doing anything else.
2. Get a bowl for your potatoes and place a towel over the bowl or some plastic wrap and cook everything in the microwave for 5 mins with a high level of heat. Let the potatoes lose their heat then slice each one into wedges.
3. Get a 2nd bowl for your cut potatoes and coat them with the olive oil and toss them. Layer the potatoes on the jelly roll pan or casserole dish and cook them with the oven for 12 mins then coat them some nonstick spray and cook them for 14 more mins.
4. Get a small dish and combine: salt, rosemary, pepper, thyme, sage, parsley, garlic powder, and oregano.
5. Top your potatoes with the spice mix while they are still hot and toss them.
6. Enjoy.

Vishnu's Delight Fries



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 162 kcal

Fat 4.1 g

Carbohydrates 28.5g

Protein 3.8 g

Cholesterol < 1 mg

Sodium < 322 mg

Ingredients

6 potatoes, cut into wedges	1 teaspoon paprika
2 tablespoons vegetable oil	1 teaspoon salt
2 tablespoons shredded Parmesan cheese	1/2 teaspoon garlic powder
2 teaspoons curry powder	

Directions

1. Set your oven to 400 degrees before doing anything else.
2. Coat a jelly roll pan with nonstick spray.
3. Get a bowl, combine: garlic powder, veggie oil, salt, parmesan, paprika, and curry. Toss everything evenly to coat the potatoes layer everything into the pan.
4. Cook the wedges in the oven for about 14 mins then flip them and continue cooking for 10 more mins.
5. Enjoy.





BELGIAN

Waffles 101



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 635.9

Fat 34.7g

Cholesterol 110.0mg

Sodium 750.5mg

Carbohydrates 67.2g

Protein 13.6g

Ingredients

2 C. flour	1/2 C. vegetable oil
4 tsp baking powder	2 C. milk
1/2 tsp salt	1 tsp vanilla
1/4 C. sugar	
2 eggs	

Directions

1. Set your waffle iron to medium-high heat and lightly, grease it.
2. In a bowl, add the flour, sugar, baking powder and salt and mix well.
3. Now, sift the flour mixture into another bowl.
4. In another bowl, add the oil, milk, egg yolks and vanilla and beat until well combined.
5. Add the flour mixture and mix until well combined.
6. In a glass bowl, add the egg whites and beat until stiff peaks form.
7. Gently, fold the whipped egg whites into the flour mixture.
8. Add desired amount of the mixture in waffle iron and cook for about 6-10 minutes.
9. Repeat with the remaining mixture.
10. Enjoy warm.

Madison Oat Waffles



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 200.8

Fat 8.8g

Cholesterol 28.9mg

Sodium 371.4mg

Carbohydrates 26.8g

Protein 8.4g

Ingredients

- | | |
|--------------------------|--------------------|
| 3/4 C. oat bran | 1 egg yolk, beaten |
| 1/2 C. whole wheat flour | 2 egg whites |
| 1/2 C. all-purpose flour | |
| 2 tsp baking powder | |
| 1/2 tsp salt | |
| 1 1/2 C. skim milk | |
| 3 tbsp vegetable oil | |

Directions

1. In a bowl, add the flours, oat bran, baking powder and salt and mix well.
2. In another bowl, add the egg yolk, oil and milk and beat until well combined.
3. Add the flour mixture and mix until just combined.
4. In a glass bowl, add the egg whites and with an electric mixer, beat on high speed until stiff peaks form.
5. Gently, fold the whipped egg whites into the flour mixture.
6. Add desired amount of the mixture in waffle iron and cook as suggested by the manufacturer.
7. Repeat with the remaining mixture.
8. Enjoy warm.

ENHANCED Toasted Waffles



Prep Time: 1 min



Total Time: 5 mins

Servings per Recipe: 4

Calories 576.0

Fat 28.4g

Cholesterol 126.9mg

Sodium 840.8mg

Carbohydrates 68.0g

Protein 13.5g

Ingredients

8 frozen waffles, toasted
3 oz. cream cheese
14 oz. canned peaches
1 tbsp brown sugar
whipped cream

Directions

1. Spread cream cheese over each toasted waffle, followed by the fruit, brown sugar and whipped cream.
2. Enjoy.

Ice Cream Waffle Sandwiches



Prep Time: 5 mins



Total Time: 7 mins

Servings per Recipe: 1

Calories 709.7

Fat 35.6g

Cholesterol 161.5mg

Sodium 872.1mg

Carbohydrates 80.5g

Protein 16.4g

Ingredients

2 toasted hot waffles

1 C. ice cream

Toppings

1 - 2 tbsp decorative candies

1 - 2 tbsp crushed nuts

1 - 2 tbsp toasted coconut

1 - 2 tbsp granola cereal

1 - 2 tbsp praline

peanut butter spread on before ice cream

Directions

1. Place a thin layer of the peanut butter over each waffle evenly.
2. Put the ice cream onto inner part of each waffle.
3. Place your favorite topping beside the ice cream.
4. Enjoy.

COUNTRY

Cottage Waffles



Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 1

Calories 312.1

Fat 12.6g

Cholesterol 94.0mg

Sodium 540.3mg

Carbohydrates 38.6g

Protein 11.1g

Ingredients

4 tbsp unsalted butter, melted
1 3/4 C. all-purpose flour
2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1 C. cottage cheese

1 C. milk
2 large eggs
2 1/2 tbsp honey

Directions

1. Set your waffle iron and lightly, grease it.
2. In a bowl, add the flour, baking powder, baking soda and salt and mix well.
3. In another bowl, add the honey, eggs, milk and cottage cheese and beat until just combined.
4. Slowly, add the flour mixture and mix until just combined.
5. Add the butter and stir to combine.
6. Add desired amount of the mixture in waffle iron and cook as suggested by the manufacturer.
7. Repeat with the remaining mixture.
8. Enjoy warm.

Banana Waffles with Extras



Prep Time: 1 hr



Total Time: 1 hr

Servings per Recipe: 1

Calories 215.8

Fat 13.0g

Cholesterol 65.2mg

Sodium 130.1mg

Carbohydrates 22.0g

Protein 3.9g

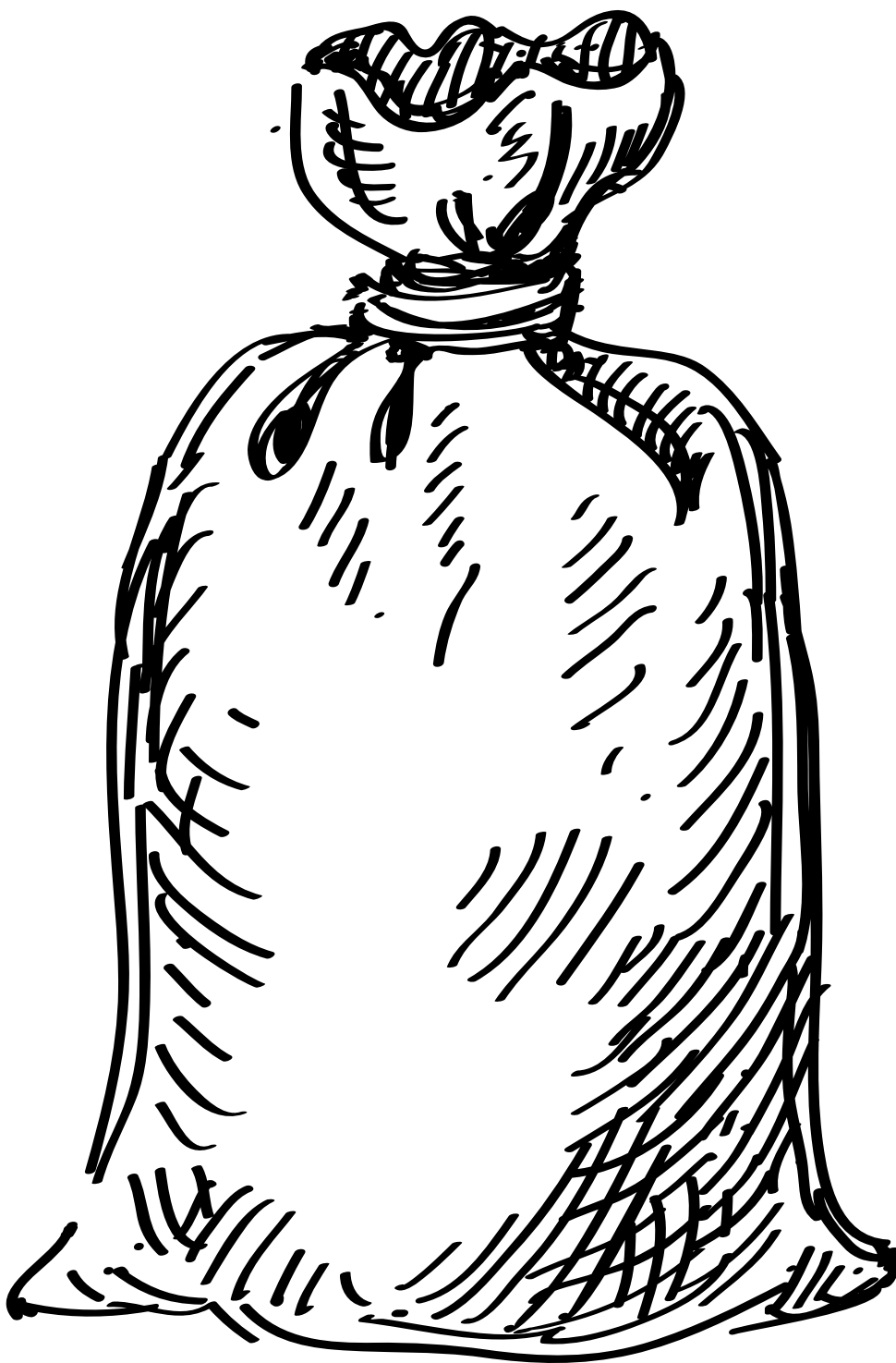
Ingredients

1/2 C. pecans, lightly toasted	3 tbsp sugar
1 1/2 C. flour	1 tbsp light brown sugar
1/2 C. yellow cornmeal	1 small banana, sliced into discs
1 tbsp baking powder	maple syrup, warmed
1/4 tsp salt	
1 1/4 C. milk	
3/4 C. unsalted butter, melted	
3 large eggs, separated	
2 large ripe bananas, quartered lengthwise and chopped	

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In the bottom of a baking sheet, place the pecans in a single layer.
3. Cook in the oven for about 10 minutes.
4. Remove from the oven and keep aside to cool completely.
5. After cooling, chop the pecans roughly. and set aside.
6. In a bowl, add the cornmeal, flour, baking powder and salt and mix well. In another bowl, add the butter, milk and egg yolks and beat until well combined.
7. Gradually, add the butter mixture into the flour mixture until just combined. Gently, fold half of the banana pieces.
8. In a glass bowl, add the egg whites and with an electric mixer, beat on medium speed until fluffy.
9. Now, beat on high speed until firm peaks form.
10. Add both sugars and beat until stiff.
11. Gently, fold the whipped egg whites into the flour mixture.

12. Set your waffle iron and lightly, grease it.
13. Add desired amount of the mixture in waffle iron and cook for about 6 minutes.
14. Repeat with the remaining mixture.
15. Enjoy warm with a topping of the banana slices, pecans and maple syrup.



Sweetened Flax Waffles



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 125.4

Fat 5.6g

Cholesterol 38.4mg

Sodium 182.0mg

Carbohydrates 14.8g

Protein 4.5g

Ingredients

1 1/2 C. whole wheat flour
1 1/2 C. white flour
1/2 tsp powdered stevia
6 tsp baking powder
4 tbsp flax seeds

1/2 tsp salt
4 eggs
3 C. milk
1/4 C. olive oil

Directions

1. In a bowl, add the flours, flax seed, stevia, baking powder and salt.
2. In another bowl, add the remaining ingredients and beat until well combined.
3. Add the flour mixture and mix until just combined.
4. Add 3/4 C. of the mixture in waffle iron and cook as suggested by the manufacturer.
5. Repeat with the remaining mixture.
6. Enjoy warm.

VICTORIAN Waffles



Prep Time: 5 mins

Total Time: 45 mins

Servings per Recipe: 1

Calories 165.2

Fat 5.7g

Cholesterol 0.0mg

Sodium 238.0mg

Carbohydrates 24.4g

Protein 4.7g

Ingredients

- | | |
|----------------------------|------------------------|
| 1 1/2 C. white flour | 3 C. soy milk |
| 1 1/2 C. whole wheat flour | 1 large banana, mashed |
| 1/4 C. flax seed | 1/4 C. canola oil |
| 2 tbsp sugar | 2 tsp vanilla extract |
| 1 tbsp baking powder | |
| 1 tsp salt | |

Directions

1. In a bowl, add the flours, flax seed, sugar, baking powder and salt.
2. In another bowl, add the remaining ingredients and beat until well combined.
3. Add the flour mixture and with a hand mixer, beat on a low setting well combined.
4. Heat a waffle iron and spray with oil.
5. Add desired amount of the mixture in waffle iron and cook as suggested by the manufacturer.
6. Repeat with the remaining mixture.
7. Enjoy warm.

Yam Waffles



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 12

Calories 141.6

Fat 4.6g

Cholesterol 31.6mg

Sodium 157.6mg

Carbohydrates 20.7g

Protein 4.8g

Ingredients

- | | |
|------------------------|---------------------------------|
| 1 C. whole wheat flour | 1 C. pureed cooked sweet potato |
| 1 C. all-purpose flour | 3 tbsp oil |
| 4 tsp baking powder | 2 tsp grated orange rind |
| 1/2 tsp cinnamon | 1 tbsp granulated sugar |
| 1/4 tsp clove | |
| 2 eggs, separated | |
| 1 1/2 C. skim milk | |

Directions

1. In a bowl, add the flour, spices and baking powder.
2. In another bowl, add the oil, milk, egg yolks, orange rind and sweet potato and beat until well combined.
3. Add the flour mixture and mix until just combined.
4. In a glass bowl, add the egg whites and with an electric mixer, beat until soft peaks form.
5. Add the sugar and beat until stiff peaks form.
6. Gently, fold the whipped egg whites into the flour mixture.
7. Add desired amount of the mixture in waffle iron and cook for about 5 minutes.
8. Repeat with the remaining mixture.
9. Enjoy warm.





FETA SPINACH Burgers



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 331 kcal

Fat 16.3 g

Carbohydrates 17g

Protein 28.7 g

Cholesterol 123 mg

Sodium 583 mg

Ingredients

2 lbs ground turkey

1 1/2 C. fresh bread crumbs

1 1/2 C. chopped baby spinach

1/2 C. light Greek dressing

5 oz. feta cheese, cubed

1/4 large onion, finely chopped

1 egg

Salt and ground black pepper to taste

Directions

1. Before you do anything preheat the grill.
2. Get a mixing bowl: Add all the ingredients. Mix them well. Shape the mix into 8 burger cakes. Grill them for 8 min on each side.
3. Assemble your burgers with your favorite toppings.
4. Enjoy.

Bell Artichoke Burgers



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 299.1

Fat 4.0g

Cholesterol 0.0mg

Sodium 673.8mg

Carbohydrates 55.4g

Protein 112.3g

Ingredients

- | | |
|--|-------------------------------|
| 2 (15 ounce) cans garbanzo beans, drained and rinsed | 2 C. spinach, chopped (fresh) |
| 1 small onion, chopped | 1/2 C. oats |
| 6 garlic cloves, chopped | 1/2 tsp dried oregano |
| 1/2 C. red bell pepper, chopped | 1/4 tsp salt |
| 1/3 C. Kalamata olive, chopped | 1/4 tsp pepper |
| 1 (8 ounce) jars marinated artichokes, drained and chopped | 1/2 C. breadcrumbs |

Directions

1. Get a mixing bowl: Add the beans, onion, and garlic. Press them with a fork and mash them for a bit. Stir in the remaining ingredients and mix them well.
2. Shape the mix into 6 burgers. Place a large skillet on medium heat and grease it. Cook in it the burgers for 6 min on each side.
3. Assemble your burgers with your favorite toppings. Serve them right away.
4. Enjoy.

CHEESY

Avocado Burgers



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 296 kcal

Fat 20.9 g

Carbohydrates 3.1g

Protein < 22.9 g

Cholesterol 95 mg

Sodium 524 mg

Ingredients

1 lb ground lamb

1 tbsp soy sauce

1/3 C. chopped onion

Salt and ground black pepper to taste

1/8 C. avocado oil

1/3 C. crumbled feta cheese (optional)

Directions

1. Get a mixing bowl: Add the lamb, soy sauce, and onion, salt and pepper. Mix them well. Shape the mix into 4 burgers.
2. Place a large skillet on medium heat. Heat the oil in it. Add the burger cakes and cook them for 7 min on each face. Top them with the feta cheese and cook them until it melts.
3. Assemble your burgers with your favorite toppings.
4. Enjoy.

Red Pecans Burgers



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 6

Calories 190.1

Fat 10.2g

Cholesterol 31.0mg

Sodium 1210.4mg

Carbohydrates 20.4g

Protein 5.4g

Ingredients

1 C. water
1/2 C. red quinoa
1 tbsp oil (of your choice)
1 C. onion, diced
2 C. mushrooms, finely chopped
1 garlic clove, minced
1 tsp Italian seasoning
1/2 tsp salt
1/4 tsp pepper

1 egg
3 tbsps cornstarch
1/2 C. whole pecans, toasted and finely
chopped
1 tbsp gluten-free soy sauce
2/3 C. gluten-free fat-free cheddar cheese
1/3 C. gluten-free quick-cooking rolled oats

Directions

1. Before you do anything preheat the oven on 350 F.
2. Place a saucepan on medium heat. Stir in the quinoa and cook it until it starts boiling. Lower the heat and put on the lid. Cook them for 16 min.
3. Turn off the heat and place the quinoa aside to rest for 8 min. Mix it gently with a fork.
4. Lay the pecans on a lined up baking sheet. Cook it in the oven for 8 min.
5. Place a large skillet on medium heat. Add oil and heat it. Stir in the onion and cook it for 4 min. Stir in the mushrooms, garlic, and spices. Cook them for 6 min.
6. Place the onion mix aside to lose heat. Get a mixing bowl: Add the egg and mix it well. Stir in the quinoa, mushroom and the rest of the ingredients.
7. Shape the mix into 6 burgers. Place the burgers on a lined up baking sheet. Cook them in the oven for 32 min. assemble your burgers with your favorite toppings. Serve them right away.
8. Enjoy.

MONTEREY

Ketchup Burgers



Prep Time: 7 mins

Total Time: 14 mins

Servings per Recipe: 6

Calories 418 kcal

Fat 18.8 g

Carbohydrates 52.8g

Protein 113.8 g

Cholesterol 28 mg

Sodium 1720 mg

Ingredients

- 1 eggplant, peeled and sliced into 3/4 inch rounds
- 1 tbsp margarine
- 6 slices Monterey Jack cheese
- 6 hamburger buns split
- 6 leaves lettuce
- 6 slices tomato
- 1/2 onion, sliced
- 1/2 C. dill pickle slices
- 1 (20 oz.) bottle ketchup
- 3 tbsps mayonnaise
- 2 tbsps prepared yellow mustard

Directions

1. Lay the eggplant slices in a heatproof shallow dish. Microwave it on the highest setting for 6 min.
2. Place the large skillet on medium heat. Add the margarine and cook it until it melts. Add the cooked eggplant slices and cook them for 2 to 3 min.
3. Flip them and top each one with a slice of cheese then cook them for 2 min. Transfer each eggplant slice to a burger bun then top it with lettuce, tomato, onion, and pickles, and dress with ketchup, mayonnaise and mustard.
4. Serve them right away.
5. Enjoy.

Nuts Burger



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 444.2

Fat 31.4g

Cholesterol 40.0mg

Sodium 781.2mg

Carbohydrates 32.9g

Protein 113.4g

Ingredients

- | | |
|--|-------------------------|
| 1 C. chopped onion | 1/3 C. walnuts |
| 2 tbsps minced garlic | 1/3 C. almonds |
| 1 tbsp olive oil | 1/3 C. sunflower seeds |
| 3 tbsps chopped fresh basil or 2 tsp dried basil | 1/4 C. tamari soy sauce |
| 2 C. cooked brown rice | 2/3 C. tahini |
| 1/3 C. cashews | |

Directions

1. Place a skillet on medium heat. Heat half tbsp of oil in it. Add the onion and cook it for 4 min. Stir in the basil with rice and mix them well.
2. Get a food processor! Add the sunflower seeds with cashews, walnuts and almonds. Process them until they become finely chopped.
3. Spoon the chopped nuts to the rice with tamari and tahini. Mix them well. Form the mix into 6 burgers.
4. Place a large skillet on medium heat. Heat in it half tbsp of oil Add the burgers and cook them for 6 min on each side.
5. Assemble your burgers with your favorite toppings. Serve them right away.
6. Enjoy.

ELIZABETH'S

Favorite



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 272 kcal

Fat 17.7 g

Carbohydrates 3.7g

Protein 23.5 g

Cholesterol 124 mg

Sodium 222 mg

Ingredients

1 lb ground beef
1/2 onion, finely chopped
1 egg, beaten
1 tsp hot pepper sauce (e.g. Tabasco(TM))
1 tbs dry bread crumbs
1 tsp paprika

1 tsp dried parsley
Salt and pepper to taste
1/3 C. shredded Monterey Jack cheese
1/2 fresh red chili pepper, finely chopped
4 slices pickled jalapeno pepper, finely chopped

Directions

1. Before you do anything preheat the oven to 350 F.
2. Get a large mixing bowl: Add the beef, onion, egg, hot pepper sauce, and bread crumbs, paprika, parsley, salt, and pepper. Mix them well.
3. Get a mixing bowl: Add the cheese, red chili pepper, and jalapeno pepper. Mix them well to make the stuffing.
4. Shape the mix into 4 burger cakes then press them flat. Place the cheese mix in the middle of each patty and pull the meat mix around it to cover it.
5. Press the burger patties slightly. Place them on a lined up baking sheet. Cook it in the oven for 11 min. Flip the patties and cook them for another 11 min.
6. Assemble your burgers with your favorite toppings.
7. Enjoy.

Chili Corn Burgers



Prep Time: 5 mins



Total Time: 21 mins

Servings per Recipe: 8

Calories 124.7

Fat 1.0g

Cholesterol 0.0mg

Sodium 586.3mg

Carbohydrates 25.8g

Protein 5.0g

Ingredients

- | | |
|----------------------------------|----------------------|
| 1 carrot, sliced | 1/2 tsp fresh pepper |
| 1 (15 ounce) cans garbanzo beans | Salt |
| 2 C. store-brand fresh salsa | 1 pinch chili powder |
| 1 C. crushed corn flakes | |
| 1/2 C. whole wheat flour | |

Directions

1. Fill 1/4 inch of a bowl with water. Add the carrot. Cook it in the microwave for 3 min. discard the water.
2. Get a mixing bowl: Add the beans with carrot. Press them with a fork until they become finely mashed. Add the salsa with corn flakes, flour, salt, chili powder and pepper. Mix them well.
3. Shape the mix into 8 burgers. Grease a skillet and put it on medium heat. Add the burgers and cook them for 9 min on each side.
4. Assemble your burgers with your favorite toppings. Serve them right away.
5. Enjoy.

CRUNCHY

Colby Burgers



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 2

Calories 1261 kcal

Fat 75.9 g

Carbohydrates 168.1g

Protein 274.4 g

Cholesterol 1239 mg

Sodium 81897 mg

Ingredients

6 slices turkey bacon
1 tbsp bacon drippings
1 lb ground beef
1 C. dry bread crumbs
1 tbsp red pepper flakes
1 pinch freshly ground black pepper
1/2 C. shredded Colby-Jack cheese, or
more to taste

Cooking spray
2 slices Colby-Jack cheese (optional)
2 thin tomato slices
2 slices avocado
2 hamburger buns split

Directions

1. Before you do anything preheat the grill on 300 F.
2. Cook the bacon for 8 min until it becomes slightly crisp. Drain it and place it aside. Reserve 1 tbsp of grease.
3. Get a large mixing bowl: add the beef, bread crumbs, red pepper flakes, black pepper, salt, and bacon grease. Mix them well. Shape the mix into 4 thin burger patties.
4. Sprinkle the Colby cheese and with jack cheese in the middle of 2 burgers. Cover them with the remaining 2 burgers then press their edges to seal them. Freeze them for 12 min.
5. Transfer the stuffed burger patties into the grill then put on the lid. Cook the burger patties for 12 min. Flip them and place 3 bacon slices on each burger. Cook them for another 10 min.
6. Lay the cheese slices on top followed by the tomato slices and avocados then cook them for 2 min. serve your burgers right away.
7. Enjoy.

Saucy Vegan Burger



Prep Time: 5 mins



Total Time: 11 mins

Servings per Recipe: 2

Calories 202.6

Fat 4.6g

Cholesterol 3.5mg

Sodium 1395.0mg

Carbohydrates 25.6g

Protein 12.7g

Ingredients

- 1/2 C. chili sauce
- 1 tbsp Worcestershire sauce
- 1/4 tsp dried thyme, crushed
- 1/8 tsp cayenne pepper
- 2 frozen veggie burgers (3.2 oz. each)
- 1/4 tsp dried garlic
- 1/4 tsp ground black pepper
- Lettuce leaf
- Red onion, slices
- Fresh chives, snipped

Directions

1. Before you do anything heat the grill and grease it.
2. Get a small saucepan: Add the chili sauce, Worcestershire sauce, thyme and red pepper.
3. Mix them well and bring them to a boil to make the sauce. Lower the heat and cook the sauce for 4 min.
4. Place the burgers on the grill and cook them for 3 min on each side. Season the burgers with black pepper and garlic on both sides. Cook them for 2 min on each side.
5. Assemble your burgers with your favorite toppings. Serve them right away.
6. Enjoy.





HOW TO

Make a Monte Cristo



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 424.6

Fat 16.2g

Cholesterol 83.7mg

Sodium 752.3mg

Carbohydrates 28.1g

Protein 39.7g

Ingredients

1/2 lb. turkey breast, scaloppini, sliced and pounded
2 tsp vegetable oil
1/2 tsp oregano, dried
1/8 tsp sea salt
1/8 tsp pepper
1 egg white
1 tbsp skim milk

1/8 tsp cayenne pepper
2 tbsp Dijon mustard
4 slices bread
3/4 C. spinach leaves
1 small pear, sliced
2 oz. low-fat Swiss cheese

Directions

1. Coat the whole turkey with the spices.
2. Place a pan over medium heat. Grease it with a cooking spray.
3. Stir in it the turkey and let it cook for 4 min. Drain it and place it aside.
4. Get a shallow mixing bowl: Whisk in it the egg white, milk, and salt and pepper.
5. Coat one side of 2 slices of bread with 2 tsp of mustard. Top them with spinach, pear, cooked turkey, and cheese.
6. Coat the other 2 bread slices with mustard. Place them on top.
7. Place a pan over medium heat. Heat in it the oil.
8. Gently coat the sandwiches with the milk mixture.
9. Place them in the hot pan and cook them for 4 to 5 min on each side.
10. Serve your sandwiches right away with your favorite toppings.
11. Enjoy.

Grilled Cheese Los Angeles



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 667.9

Fat 28.1g

Cholesterol 78.3mg

Sodium 997.5mg

Carbohydrates 74.4g

Protein 29.7g

Ingredients

4 slices French bread	1 1/2 tbsp butter, softened
2 slices Swiss cheese	1 tsp taco seasoning
1/2 C. shredded cheddar cheese	
2 tsp roasted jalapenos, minced	

Directions

1. Get a mixing bowl: Mix in it the butter with taco seasoning.
2. Spread the mixture over one side of the bread slices.
3. Place a pan over medium heat. Place in it two bread slices with the buttered side facing down.
4. Place a slice of cheese over each bread slice followed by 1 tsp of roasted jalapenos and 1/2 of the cheddar.
5. Layover them the spinach and cover them with the other two bread slices leaving the buttered side facing up.
6. Use a spatula to carefully flip the sandwiches and cook them for 4 to 5 min on the other side.
7. Serve your sandwiches hot with your favorite toppings.
8. Enjoy.

AMERICAN Bologna Rolls



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 12

Calories 214.3

Fat 17.5g

Cholesterol 36.1mg

Sodium 691.8mg

Carbohydrates 6.2g

Protein 8.1g

Ingredients

1/2 lb. of your favorite bologna,
quartered
6 oz. packages sliced American cheese,
quartered

1/4 C. sweet pickle relish
1/4 C. real mayonnaise

Directions

1. Get a blender: Place in it the cheese and bologna. Pulse them several times until they become chunky.
2. Place it in a mixing bowl with relish, a pinch of salt and pepper. Mix them well.
3. Stir in the mayonnaise. Spread the mixture over crackers then serve them.
4. Serve your sandwiches right away.
5. Enjoy.

Chinese Chicken Cutlets



Prep Time: 10 mins



Total Time: 16 mins

Servings per Recipe: 2

Calories 727.4

Fat 23.6g

Cholesterol 65.7mg

Sodium 1504.1mg

Carbohydrates 83.2g

Protein 46.8g

Ingredients

- | | |
|---|---|
| 1 tbsp soy sauce | 4 tbsp peanut butter |
| 1 tbsp clear honey | 2 tbsp bean sprouts |
| 1 tsp sesame oil | 2 tbsp red bell peppers, seeded and chopped |
| 1 garlic clove, crushed & minced | |
| 8 oz. boneless skinless chicken breasts | |
| 4 slices sourdough bread | |

Directions

1. Get a mixing bowl: Mix in it the butter with taco seasoning.
2. Spread the mixture over one side of the bread slices.
3. Place a pan over medium heat. Place in it two bread slices with the buttered side facing down.
4. Place a slice of cheese over each bread slice followed by 1 tsp of roasted jalapenos and 1/2 of the cheddar.
5. Layover them the spinach and cover them with the other two bread slices leaving the buttered side facing up.
6. Use a spatula to carefully flip the sandwiches and cook them for 4 to 5 min on the other side.
7. Serve your sandwiches hot with your favorite toppings.
8. Enjoy.

CREAM on Marmalade Sandwiches



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 231.8

Fat 9.0g

Cholesterol 23.3mg

Sodium 409.0mg

Carbohydrates 32.5g

Protein 5.4g

Ingredients

2 (3 oz.) packages cream cheese,
softened

1/4 C. orange marmalade

16 slices white bread

Directions

1. Get a mixing bowl: Cream in it the marmalade with cream cheese until they become smooth.
2. Place the bread slices on a cutting board. Use a cookie cutter in the shape of a heart to cut them into 16 hearts.
3. Place them on a serving plate. Spoon the marmalade mix over the bread slices.
4. Serve your marmalade sandwiches right away.
5. Enjoy.

Candy Bar Sandwich



Prep Time: 15 mins



Total Time: 21 mins

Servings per Recipe: 1

Calories 365.5

Fat 15.9g

Cholesterol 126.6mg

Sodium 537.0mg

Carbohydrates 44.7g

Protein 10.0g

Ingredients

- | | |
|---|--|
| 3 eggs | 3 (1 5/8 oz.) chocolate candy bars, halved |
| 1 C. milk | 2 tbsp butter |
| 2 tbsp sugar | icing sugar |
| 1 tsp vanilla | |
| 1/4 tsp salt | |
| 12 slices day-old bread, crusts removed | |

Directions

1. Grease a baking dish.
2. Get a mixing bowl: Whisk in it the eggs, milk, sugar, vanilla, and salt.
3. Pour half of the mixture into the greased pan. Top it 6 bread slices.
4. Place a piece of chocolate in the middle. Cover it with the rest of the egg mixture.
5. Let it sit for 6 min.
6. Place a pan over medium heat. Heat in it the butter until it melts.
7. Drain the bread slices and cook them in the hot pan for 1 to 2 min on each side.
8. Sprinkle over them some icing sugar and serve them right away.
9. Enjoy.

CELIA'S

Chicken Caesar Sandwiches



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 280.0

Fat 17.5g

Cholesterol 64.1mg

Sodium 619.5mg

Carbohydrates 9.2g

Protein 21.3g

Ingredients

2 roasted boneless skinless chicken breasts, sliced
4 oz. sliced pancetta
1 large garlic clove, chopped
2 tbsp chopped flat-leaf parsley
1 tsp Dijon mustard
1 1/2 tbsp lemon juice

1/2 C. mayonnaise
1 loaf ciabatta, halved horizontally
2 oz. romaine lettuce, chopped
3 oz. Parmesan cheese, grated

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In the bottom of a baking sheet, arrange the pancetta in a single layer. Cook in the oven for about 10-15 minutes.
3. For the Caesar dressing: in a blender, add the parsley and garlic and pulse until minced.
4. Add the mayonnaise, mustard and lemon juice and pulse until smooth. In a baking sheet, arrange the bread halves, cut side up and cook in the oven for about 5-7 minutes.
5. Remove from the oven and keep aside to cool slightly.
6. Place the Caesar dressing over cut side of each bread piece evenly.
7. Place half of the romaine onto the bottom half of the bread, followed by the Parmesan, pancetta and chicken.
8. Season with the salt and pepper evenly and top with the remaining romaine.
9. Cover with the top half of ciabatta.
10. Cut into 4 equal sized portions crosswise and enjoy.

Seattle Backyard Sandwich



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 591.7

Fat 18.1g

Cholesterol 19.3mg

Sodium 1089.7mg

Carbohydrates 85.0g

Protein 25.9g

Ingredients

8 slices sourdough bread
1/3 C. low-fat mayonnaise
1/4 C. Dijon mustard
4 romaine lettuce leaves
4 slices provolone cheese
1 large tomatoes, sliced
1 red onion, sliced

1 cucumber, peeled and halved lengthwise
1 - 2 avocado, peeled and sliced
1 (4 oz.) packages bean sprouts

Directions

1. Place the mayonnaise and Dijon mustard on one side of all bread slices.
2. Place 1 lettuce leaf on each of 4 bread slices, followed by 1 cheese slice, 1 tomato slice, onion slices, cucumber slices, and avocado slices and sprouts.
3. Cover each with the remaining bread slices.
4. Cut each sandwich in half diagonally and enjoy.

JAMAICAN

Jerk Seasoning



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 10 kcal

Fat 0.1 g

Carbohydrates 2.4g

Protein 0.3 g

Cholesterol 0 mg

Sodium 1074 mg

Ingredients

1 1/2 C. allspice
8 C. salt
5 1/2 C. garlic powder
4 C. white sugar
1 C. chile powder
1/2 C. ground cloves
2 C. dried thyme leaves

2 C. ground black pepper
4 C. cayenne pepper
1 C. ground cinnamon

Directions

1. Get a bowl, sift: cinnamon, allspice, cayenne, salt, black pepper, sugar, thyme, cloves, and chipotle powder.
2. Get a container that is airtight for best storage and maximum shelf time.

Cajun Seasoning



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 12

Calories 19.5

Fat 0.5g

Cholesterol 0.0mg

Sodium 200.8mg

Carbohydrates 4.0g

Protein 0.9g

Ingredients

5 tbsp paprika
2 tbsp garlic powder
1 tbsp black pepper
1 tbsp ground red pepper
1 tbsp white pepper
1 tbsp thyme
1 tbsp oregano

1 tsp salt
1 tsp chili powder
1 tsp onion powder

Directions

1. Get a small mixing bowl: Mix in it all the ingredients. Place it in the storing jar then use it whenever your desire.
2. Enjoy.





VERSATILE

Poppy Glazed Salad



Prep Time: 10 mins

Total Time: 10 mins

Servings per Recipe: 4

Calories 97.3

Fat 1.0g

Cholesterol 2.7mg

Sodium 32.6mg

Carbohydrates 19.9g

Protein 2.7g

Ingredients

4 C. fresh fruit

Dressing

4 tbsp sugar

1 tbsp orange zest

3/4 C. low-fat yogurt

1 tbsp lemon juice



2 tbsp frozen orange juice concentrate

1 tsp poppy seed

Directions

1. For the dressing: in a blender, add all the ingredients and process for about 5 seconds.
2. In a bowl, add the fruit and dressing and gently, toss to coat well.
3. Enjoy.

Pear Salad

 Prep Time: 3 mins
 Total Time: 3 mins

Servings per Recipe: 1

Calories	52.1
Fat	0.1g
Cholesterol	0.0mg
Sodium	7.5mg
Carbohydrates	13.5g
Protein	0.6g

Ingredients

1 lettuce leaf	
1/2 pears, canned and drained	
1 tbsp Miracle Whip	
	1 dash paprika

Directions

1. Arrange the lettuce leaf onto a serving plate, followed by the pear and Miracle Whip.
2. Enjoy with a dusting of the paprika.

SWEET and Sour Fruit Salad



Prep Time: 10 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 10

Calories 200.1

Fat 5.2g

Cholesterol 14.0mg

Sodium 177.0mg

Carbohydrates 38.3g

Protein 2.9g

Ingredients

1 (3 1/2 oz.) packages vanilla instant
pudding mix
1 1/2 C. milk
1/3 C. frozen orange juice concentrate,
thawed
3/4 C. sour cream

16 oz. pineapple slices, cut into tidbits,
drained
1 (24 1/2 oz.) jars dole mandarin orange
segments, drained
3 bananas, sliced

Directions

1. In a bowl, add the orange juice concentrate, milk and pudding mix and with an electric mixer, beat on medium speed for about 2 minutes.
2. Add the sour cream and stir to combine.
3. In a bowl, add the fruit and mix well.
4. Add the orange dressing and gently, stir to combine.
5. Cover the bowl and place in the fridge for about 3 hours.
6. Enjoy chilled.

Pineapple Papaya Salad



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 86.1

Fat 0.3g

Cholesterol 0.0mg

Sodium 1.8mg

Carbohydrates 22.3g

Protein 0.9g

Ingredients

- | | |
|------------------------------|----------------------|
| 1/3 papaya, chopped | 1 lime, juice |
| 1/3 pineapple, chunked | 1 ripe orange, juice |
| 2 bananas, sliced | |
| 2 cored tart apples, chopped | |

Directions

1. In a bowl, add all the ingredients and gently, toss to coat well.
2. Keep aside for about 45 minutes.
3. Enjoy.

CREAMY

Pineapple Salad



Prep Time: 25 mins

Total Time: 25 mins

Servings per Recipe: 6

Calories 56.8

Fat 5.0g

Cholesterol 8.4mg

Sodium 18.1mg

Carbohydrates 2.4g

Protein 0.7g

Ingredients

fresh pineapple, cored and sliced
fresh strawberries, washed and
stemmed
kiwi fruit, peeled and sliced

1/2 C. sour cream
3 tbsp sweetened flaked coconut
1 tbsp lime juice

Directions

1. In a bowl, add the coconut, sour cream and lime juice and mix until well combined.
2. Place the fruit onto serving plates in a decorative pattern.
3. Enjoy with the topping of dressing.

Latin Banana Lunch Box Salad



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 140.7

Fat 0.4g

Cholesterol 0.0mg

Sodium 30.3mg

Carbohydrates 34.2g

Protein 3.0g

Ingredients

2 firm bananas, peeled and sliced	2 - 3 tbsp lemon juice
2 apples, cored and chopped	3 egg whites
1 (15 oz.) cans mandarin oranges, drained	1 1/2 tbsp sugar
1 tbsp honey	
1/2-1 tsp cinnamon	
1/2 C. pineapple juice	

Directions

1. Set your oven to 450 degrees F before doing anything else.
2. In a casserole dish, place all the fruit, honey, pineapple juice, lemon juice and cinnamon and mix until well combined.
3. In a glass bowl, add the egg whites and beat until frothy.
4. Slowly add the sugar, beating continuously until stiff peaks form.
5. Place the meringue over the fruit mixture evenly.
6. Cook in the oven for about 5-10 minutes.
7. Enjoy warm.

GERMAN

Plum Salad



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 415.3

Fat 8.1g

Cholesterol 0.0mg

Sodium 10.8mg

Carbohydrates 85.5g

Protein 6.5g

Ingredients

2 red plums, pitted and chopped

4 bananas, chopped

4 apples, cored and chopped

1 lemon, juice

4 tbsp sugar

1 C. granola cereal

Directions

1. In a bowl, add the sugar and lemon juice and beat until sugar is dissolved.
2. In another bowl, add the fruit and mix well.
3. add the sugar mixture and granola and mix until well combined.
4. Enjoy.

Alaskan Cranberry Salad



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 210.3

Fat 14.8g

Cholesterol 31.1mg

Sodium 92.3mg

Carbohydrates 18.3g

Protein 2.9g

Ingredients

8 oz. cream cheese, softened
2 tbsp sugar
8 oz. cranberry sauce, whole
1 C. pineapple, crushed, drained

1/2 C. pecans, chopped
1 C. Dream Whip

Directions

1. In a bowl, add all the ingredients except the Dream Whip and mix until well combined.
2. Add the Dream Whip and gently, stir to combine.
3. Place the mixture into the paper liners lined muffin cups evenly.
4. Place in the freezer until set completely.
5. After freezing, remove the paper liners from the muffin cups and put transfer into a re-sealable plastic bag.
6. Freeze until using.
7. Remove the frozen salad from the paper cups and enjoy.

SOUTHWEST

Fruit Salad



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 55.2

Fat 0.2g

Cholesterol 0.0mg

Sodium 149.4mg

Carbohydrates 13.8g

Protein 1.1g

Ingredients

1 (15 oz.) cans reduced sodium black beans, drained
3 tbsp salsa
2 tbsp cilantro, chopped
1 tbsp red onion, chopped
1/2 tsp orange peel, grated
1 tbsp lime juice

1/4 tsp ground cumin
1 large banana, sliced
1 orange, sectioned
red leaf lettuce
1 oz. feta cheese, crumbled

Directions

1. In a bowl, add the salsa, beans, onion, cilantro, orange peel, lime juice and cumin and mix well.
2. Add the orange and banana and gently stir to combine.
3. Divide the lettuce onto plates and top with the salad.
4. Enjoy with a topping of the feta cheese.

Big Backyard Party Melon Salad



Prep Time: 1 hr



Total Time: 1 hr

Servings per Recipe: 24

Calories 204.7

Fat 1.0g

Cholesterol 0.0mg

Sodium 22.0mg

Carbohydrates 51.4g

Protein 3.8g

Ingredients

- | | |
|--|---------------------|
| 20 lb. watermelon | 1 pint raspberries |
| 2 cantaloupe, peeled and cubed | 1 bunch red grapes |
| 1 honeydew, peeled and cubed | 1 bunch green grape |
| 1 pineapple, chunks | |
| 2 pints strawberries, hulled and quartered | |
| 2 pints blueberries | |

Directions

1. With a melon carver, cut the top third of the watermelon and make a decorative edge of your choice.
2. With a scooper, scoop the watermelon flesh and transfer into a bowl.
3. In the bowl of watermelon, add the remaining fruit and mix.
4. Transfer the fruit mixture into the watermelon basket and enjoy.





MACARONI

Hot Dog Dinner



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 635.1

Fat 40.5g

Cholesterol 75.5mg

Sodium 1935.4mg

Carbohydrates 48.1g

Protein 20.5g

Ingredients

2 tbsp butter

1 large onion, sliced

1 1/2 C. macaroni, uncooked

1 tsp salt

1 C. water

1 lb hot dog

1 green pepper

2 (16 oz.) cans tomatoes

1 C. American cheese, grated

Directions

1. Cut the hot dogs in half and then into small pieces.
2. In a Dutch oven, melt the butter and cook the onion, pepper and hot dogs for about 10 minutes.
3. Add the macaroni, salt, tomatoes and water.
4. Cover the pan and bring to a boil.
5. Reduce heat and simmer for about 12 minutes, stirring occasionally.
6. Stir in the cheese and simmer till the cheese is melted.

Hofstra Gourmet Hot Dogs



Prep Time: 10 mins



Total Time: 55 mins

Servings per Recipe: 8

Calories 335.2

Fat 18.3g

Cholesterol 33.5mg

Sodium 1017.5mg

Carbohydrates 30.5g

Protein 12.4g

Ingredients

8 hot dog buns
mayonnaise
sweet relish
mustard
8 beef hot dogs

1 (16 oz.) cans chili
cheddar cheese, shredded
1/2 onion, chopped

Directions

1. Set your oven to 350 degrees F before doing anything else and line a 13x9 -inch baking dish with a piece of foil.
2. Coat the inside of the hot dog buns with the mayonnaise and sweet relish and top with the mustard evenly.
3. In the prepared baking dish, arrange the hot dogs, side-by-side and top with the chili, cheese and diced onion.
4. With a piece of the foil, cover the baking dish.
5. Cook in the oven for about 45 minutes.

HOT DOG and Potato Skillet



Prep Time: 15 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 695.6

Fat 38.6g

Cholesterol 50.6mg

Sodium 881.1mg

Carbohydrates 70.0g

Protein 18.9g

Ingredients

6 beef hot dogs, sliced
4 tbsp oil
1/2 C. chopped onion
1 tsp garlic salt
1/2 tsp pepper
4 large potatoes, peeled and diced
2 oz. shredded cheddar cheese

Directions

1. In large skillet, heat the oil and sauté till browned.
2. Add the onion, garlic salt and pepper and cook for about 1 minute.
3. Add the potatoes and cook on medium heat till browned, flipping occasionally.
4. Top with the cheese and cook, covered till the cheese is melted.

Quiet Friday Night Beef Soup



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 184 kcal

Fat 10.5 g

Carbohydrates 14.8g

Protein 9.1 g

Cholesterol 32 mg

Sodium 581 mg

Ingredients

- | | |
|---|---------------------------|
| 1/2 lb ground beef | 1/4 C. dry onion soup mix |
| 1 (14.5 oz) can stewed tomatoes | 1 tsp white sugar |
| 1 (8 oz) can tomato sauce | |
| 2 C. water | |
| 1 (10 oz) package frozen mixed vegetables | |

Directions

1. Place a soup pot over medium heat. Brown in it the beef for 6 min. Discard the excess grease.
2. Stir in the rest of the ingredients. Cook them until they start boiling. Lower the heat and cook the soup for 22 min. Serve it warm.
3. Enjoy.

FARFALLE AND BEEF

Casserole



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 522 kcal

Fat 23.1 g

Carbohydrates 47.4g

Protein 30.4 g

Cholesterol 76 mg

Sodium 867 mg

Ingredients

- 1 (8 oz) package farfalle (bow tie) pasta
- 1 lb ground beef
- 1 small onion, chopped (optional)
- 1 (28 oz) jar pasta sauce
- 8 oz mozzarella cheese, cut into 1/2 inch cubes
- 1/4 C. grated Parmesan cheese

Directions

1. Before you do anything preheat the oven to 400 F.
2. Cook the pasta according to the directions on the package.
3. Place a large pan over medium heat. Brown in it the beef with onion for 6 min. Discard the excess grease.
4. Add the pasta sauce. Cook them until they start boiling. Lower the heat. Fold in half of the mozzarella cheese with pasta.
5. Pour the mix into a greased casserole dish. Cook it in the oven for 18 min. Serve it warm.
6. Enjoy.

How to Make a Taco



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 162.5

Fat 11.3g

Cholesterol 51.4mg

Sodium 49.9mg

Carbohydrates 0.0g

Protein 14.0g

Ingredients

1 lb ground beef
1 packet taco seasoning mix
tomatoes, chopped
lettuce, shredded
onion, chopped
black olives, sliced
shredded cheese

sour cream
taco sauce or picante sauce
corn chips

Directions

1. Place a large pan over medium heat. Cook in it the beef for 8 min. discard the grease.
2. Mix in the taco seasoning. Cook them for 2 extra min.
3. Spoon the beef mixture into the taco shells followed by some tomato, onion, olives, cheese, sour cream, taco sauce and corn chips.
4. Enjoy.

LOW-CARB

Taco Shells



Prep Time: 2 mins



Total Time: 3 mins

Servings per Recipe: 1

Calories 151.6

Fat 12.4g

Cholesterol 39.5mg

Sodium 233.6mg

Carbohydrates 0.4g

Protein 9.3g

Ingredients

1/3 C. cheddar cheese
parchment paper

Directions

1. Line up a small baking sheet with a parchment paper. Spread in it 1/3 C. of cheese in a thin layer.
2. Place in the microwave and cook it for 1 min on high.
3. Bend the parchment paper with cheese slightly in the shape of a taco shell while the cheese is soft.
4. Place it aside and let it cool down completely.
5. Fill it with some taco seasoned meat, lettuce, tomatoes, cheese, and sour cream.
6. Enjoy.

Taco Tuesday Casserole



Prep Time: 25 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 8

Calories 468.6

Fat 37.6g

Cholesterol 197.1mg

Sodium 538.4mg

Carbohydrates 3.7g

Protein 28.4g

Ingredients

4 oz. cream cheese, softened
3 eggs
1/3 C. heavy cream
1/2 tsp taco seasoning mix
8 oz. cheddar cheese, shredded
1 lb ground beef
3 tsp taco seasoning mix

1/4 C. tomato sauce
4 oz. chopped green chilies
8 oz. cheddar cheese, shredded

Directions

1. Before you do anything, preheat the oven to 375 F. Grease a casserole dish with a cooking spray.
2. Get a mixing bowl: Mix in it the eggs with cream cheese until they become creamy. Mix in the heavy cream with taco seasoning.
3. Lay the cheese in the bottom of the casserole. Pour the cream mixture over the cheese layer.
4. Cook it in the oven for 27 to 32 min. Let sit for 7 min.
5. Place a large pan over medium heat. Cook in it the beef for 10 min. discard the fat.
6. Mix in it the taco seasoning, with chilies, tomato sauce, a pinch of salt and pepper. Sprinkle the cheese on top.
7. Lower the oven heat to 350 F. Place in it the taco casserole and cook it for 22 min.
8. Serve your taco casserole warm with your favorite toppings.
9. Enjoy.

EASY

Egg Drop Soup



Prep Time: 15 mins

Total Time: 20 mins

Servings per Recipe: 1

Calories 137 kcal

Fat 6.7 g

Carbohydrates 11g

Protein 8.4 g

Cholesterol 5 mg

Sodium 2109 mg

Ingredients

1 C. chicken broth	
1/2 C. shredded lettuce	3 tbsp egg substitute
1/4 C. sliced mushrooms	1 tbsp soy sauce
1/4 C. sliced onion	1 tsp sesame oil
1/2 (3 oz.) package instant ramen noodles (exclude seasoning packet)	

Directions

1. In a small pan, add the lettuce, mushrooms, onion and chicken broth and bring to a boil.
2. Add the ramen noodles and cook for about 3 minutes, stirring occasionally.
3. Add the egg substitute into the broth, stirring continuously.
4. Remove from the heat and stir in the soy sauce and sesame oil.

Ramen Chicken Casserole



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 811 kcal

Fat 46.9 g

Carbohydrates 60.1g

Protein 39 g

Cholesterol 119 mg

Sodium 1298 mg

Ingredients

1 lb. skinless, boneless chicken breast halves
3 (3 oz.) packages chicken flavored ramen noodles
1 (13 oz.) package Ranch-flavored tortilla chips
1 (10.75 oz.) can condensed cream of mushroom soup

2 C. sour cream
1 C. milk
1 (16 oz.) package frozen broccoli florets, thawed
4 C. shredded Cheddar cheese

Directions

1. Set your oven to 325 degrees F before doing anything else and grease a 13x9-inch baking dish
2. In a large pan, add the chicken, ramen noodles seasoning packets and enough water to cover by at least 2-inch and bring to a boil.
3. Cook till chicken is done.
4. With a slotted spoon, transfer the chicken into a bowl and keep aside to cool.
5. Add the ramen noodles into the boiling chicken liquid and cook for about 2 minutes.
6. Drain well.
7. After cooling, chop the chicken into bite sized pieces.
8. In a bowl, add the cream of mushroom soup, milk and sour cream and mix well.
9. In the prepared baking dish, place 1/3 of the tortilla chips, followed by 1/2 of the noodles, 1/2 of the chicken, 1/2 of the broccoli, 1/3 of the cheese and 1/2 of the soup mixture.
10. Repeat the layers once and top with the remaining tortilla chips and cheese.
11. Cook in the oven for about 30 minutes.





MANHATTAN

Honey Bagel Sandwiches



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 2

Calories 144.3

Fat 0.8g

Cholesterol 0.0mg

Sodium 280.3mg

Carbohydrates 28.0g

Protein 5.5g

Ingredients

1 bagel, split in half
smooth peanut butter
honey

Directions

1. Heat a frying pan and toast the bagel until golden brown from both sides.
2. Spread the peanut butter onto on each side of warm bagel, followed by the honey.
3. Enjoy.

Skinny Girl Radish on Pumpernickel



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 106.3

Fat 7.2g

Cholesterol 20.7mg

Sodium 155.1mg

Carbohydrates 8.3g

Protein 2.3g

Ingredients

8 radishes, trimmed and chopped
6 oz. cream cheese
2 tbsp unsalted butter
1 tbsp parsley, without stems
1 tsp chives, snipped
lemon juice
salt
ground black pepper

6 -8 slices pumpernickel bread, crust removed
Topping
4 trimmed radishes, sliced
coarse salt

Directions

1. For the filling: in a colander, place the radishes and with paper towels press to drain.
2. Then, squeeze out the excess liquid.
3. In a bowl, add the butter and cream cheese and beat until fluffy.
4. Add the radishes, chives, parsley, lemon juice, salt and pepper and beat until well combined.
5. Cut the bread into small squares.
6. In a bowl, place the sliced radishes and salt and toss to coat well.
7. Place the filling over each bread square and top with the sliced radishes.
8. Refrigerate to chill completely.
9. Enjoy chilled.

REAL ROAST

Beef Sandwiches



Prep Time: 10 mins

Total Time: 10 mins

Servings per Recipe: 4

Calories 442.3

Fat 29.9g

Cholesterol 105.1mg

Sodium 1599.0mg

Carbohydrates 8.5g

Protein 35.5g

Ingredients

3/4 C. mayonnaise

1 - 1 1/2 tbsp Tabasco sauce

1/4 C. chopped cilantro

1 long French bread, horizontally and hollowed

1 lb. deli roast beef

salt

1/2 lb. Monterey Jack cheese

1 large avocado, peeled, pitted, and sliced, dipped in lemon juice

crispy romaine lettuce

Directions

1. In a bowl, add the cilantro, mayonnaise and Tabasco sauce and mix well.
2. Place the mayonnaise mixture onto both sides of the bread.
3. Place the roast beef onto bottom of bread, followed by the cheese, lettuce, avocado and sprinkle with the salt slightly.
4. Cover with the top layer of bread and press slightly.
5. Cut into desired sized pieces and enjoy.

Albany

Alfalfa Sandwich



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 474.6

Fat 31.4g

Cholesterol 31.9mg

Sodium 573.1mg

Carbohydrates 40.7g

Protein 12.8g

Ingredients

2 slices whole wheat bread
2 tbsp cream cheese, softened
6 slices cucumbers
2 tbsp alfalfa sprouts
1 tsp olive oil
1 tsp red wine vinegar
1 tomatoes, sliced
1 leaf lettuce

2 tbsp pepperoncini peppers, sliced
1/2 avocado, sliced

Directions

1. Place about 1 tbsp of the cream cheese onto each bread slice.
2. Place the cucumber slices onto one bread slice in a single layer, followed by the sprouts.
3. Drizzle with the vinegar and oil.
4. Now top with the tomato slices, followed by the lettuce and pepperoncini.
5. Place the avocado slices onto remaining bread slice.
6. Close the sandwich and enjoy.

VEGGIE

Ranch on Rye



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 20

Calories 51.1

Fat 4.5g

Cholesterol 13.9mg

Sodium 39.6mg

Carbohydrates 2.1g

Protein 1.0g

Ingredients

3 cucumbers, peeled and sliced

8 oz. cream cheese, softened

1 package hidden valley ranch dressing mix

1/2 C. mayonnaise

1/4 C. sour cream

1 loaf rye cocktail bread

dill weed

Directions

1. In a bowl, add the sour cream, cream cheese, mayonnaise and dressing mix and stir until well combined.
2. Refrigerate for about 2 hours.
3. Place the mayonnaise mixture over each bread slice evenly, followed by 1 cucumber slice and dill weed.
4. Enjoy.

Banh Mi Sandwiches



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 327.6

Fat 3.6g

Cholesterol 54.4mg

Sodium 777.4mg

Carbohydrates 45.9g

Protein 27.0g

Ingredients

- 1 clove garlic, crushed
- 1/2 tsp salt
- 1/4 C. rice wine vinegar
- 1 tsp sugar
- 1/2 C. carrot, peeled and grated
- 1/3 C. sliced white onion
- 2 tbsp jalapeño chile, chopped
- 1 (16 inch) baguette
- 4 tsp low-fat mayonnaise
- 3/4 lb. boneless skinless chicken breasts, cooked
- 1 tbsp lime juice
- 1/2 tsp five-spice powder
- 1/2 C. cilantro

Directions

1. Place the garlic and salt onto a cutting board and with a knife, mash until a paste is formed.
2. In a bowl, add the garlic paste, sugar and vinegar and mix until blended nicely.
3. Add the onions, carrots and chilies. And toss to combine.
4. Cut the baguette into 4 equal pieces lengthwise and then, split each horizontally.
5. Place the mayonnaise onto the cut sides of each bread piece evenly.
6. Place the chicken onto 4 bottom half pieces.
7. Drizzle with the lime juice and sprinkle with 5-spice powder.
8. Place the carrot salad on top, followed by the cilantro leaves.
9. Cover with the bread top halves and enjoy.

TWIN CITY

French Beef Sandwiches



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 12

Calories 393.6

Fat 13.4g

Cholesterol 41.0mg

Sodium 817.8mg

Carbohydrates 51.4g

Protein 17.0g

Ingredients

1 loaf French bread, split lengthwise
Spread
1 (8 oz.) packages cream cheese,
softened
1 C. shredded cheddar cheese
3/4 C. sliced green onion

1/4 C. mayonnaise
1 tbsp Worcestershire sauce
Inside
1/2-1 lb. deli roast beef
pickle

Directions

1. For the spread: in a bowl, add all the ingredients and mix well.
2. Place the spread mixture on the inside of both halves evenly.
3. Place the meat onto the bottom half, followed by the pickles.
4. Cover with the top half.
5. Cut into desired sized portion and enjoy.

Mexican Monterey Black Bean Sandwiches



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 540.2

Fat 25.5g

Cholesterol 65.8mg

Sodium 779.4mg

Carbohydrates 52.0g

Protein 26.5g

Ingredients

8 slices rye bread, German rye, the lighter type with grains

1 (15 oz.) cans black beans, drained and pat dried

1 medium purple onion, chopped

1 (8 oz.) packages Monterey Jack pepper cheese, sliced

2 tbsp butter, softened

Directions

1. Place the butter on one side each bread slice in a thin layer, followed by the black beans, onions and cheese.
2. Place a skillet over medium heat until heated through.
3. Add the slices in batches and cook until golden brown from both sides.
4. Enjoy.

\$2

Sandwiches



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 2

Calories 116.5

Fat 4.6g

Cholesterol 0.0mg

Sodium 172.1mg

Carbohydrates 16.8g

Protein 1.9g

Ingredients

2 tsp margarine

2 slices white bread

2 tsp sugar

Directions

1. Place about the margarine on both bread slice evenly and sprinkle with the sugar.
2. Enjoy.

Cabrini

Green Italian Beef Sandwiches



Prep Time: 15 mins



Total Time: 12 hrs 15 mins

Servings per Recipe: 10

Calories 452.0

Fat 27.5g

Cholesterol 170.1mg

Sodium 355.6mg

Carbohydrates 0.6g

Protein 47.1g

Ingredients

- | | |
|---------------------------|--|
| 1 tsp salt | 1 tsp garlic powder |
| 1 tsp ground black pepper | 1 bay leaf |
| 1 tsp dried oregano | 1 (2/3 oz.) package Italian salad dressing mix |
| 1 tsp dried basil | 5 lb. rump roast |
| 1 tsp onion salt | |
| 3 C. water | |
| 1 tsp dried parsley | |

Directions

1. In a pot, add all the ingredients except roast over medium-high heat and cook until just boiling, stirring frequently.
2. Remove from the heat.
3. In a slow cooker, add the roast and top with the dressing mixture evenly.
4. Set the slow cooker on Low and cook, covered for about 10-12 hours.
5. Uncover and discard the bay leaf.
6. With 2 forks, shred the meat.
7. Enjoy in your favorite sandwich.





SONOMA

Chicken Sandwiches



Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 2

Calories 479.8

Fat 36.5g

Cholesterol 85.6mg

Sodium 423.4mg

Carbohydrates 12.5g

Protein 28.1g

Ingredients

1 avocado, peeled and pitted
1 tsp lemon juice
1/4 C. red onion, diced
1/4 C. cilantro, chopped
1/3 C. grape tomatoes, quartered
2 tsp jalapeños, chopped
salt and pepper
2 pieces naan bread

4 pieces bacon, cooked crisp
1 cooked chicken breast half, sliced
3 oz. Monterey Jack pepper cheese, sliced
1 - 2 tsp fat-free mayonnaise
1/4 C. fat-free cheddar cheese, grated

Directions

1. Set your panini press to medium.
2. In a bowl, add the avocado and, mash roughly.
3. Add the onion, tomatoes, cilantro, jalapeños, lemon juice, salt and pepper and mix well.
4. Spread the mayonnaise over 1 naan bread piece in a thin layer, followed by the Monterey Jack cheese, chicken, bacon, avocado mixture and cheddar cheese.
5. Cover with the remaining naan bread slice.
6. Cook the sandwich in panini press until heated completely.
7. Cut into the sandwich into 6 triangles and enjoy.

Sun Dried Tuna Sandwiches



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 338.1

Fat 11.7g

Cholesterol 37.4mg

Sodium 801.8mg

Carbohydrates 28.5g

Protein 29.4g

Ingredients

4 tsp roasted red pepper olive oil
4 tsp balsamic vinegar
8 slices whole grain bread slices, toasted
2 (6 oz.) cans tuna in water, drained and flaked
1/3 C. sun-dried tomato packed in oil, drained
1/4 C. ripe green olives, sliced

1/4 C. red onions, chopped
1/4 C. red bell pepper, seeded and chopped
3 tbsp mayonnaise
2 tsp capers
1/4 tsp ground black pepper
4 romaine lettuce leaves

Directions

1. In a bowl, add the vinegar and oil and ix.
2. In another bowl, add the remaining ingredients except lettuce and mix well.
3. Coat 1 side of each bread slice withe oil mixture evenly.
4. Arrange 1 lettuce leaf on each of 4 bread slices, followed by the tuna mixture evenly.
5. Top with the remaining bread slices and enjoy.

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