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Chapter 1

Breakfast

Maple Granola Clusters

Ingredients:

- 1 cup sliced almonds
- $\frac{1}{3}$ cup of olive oil
- $\frac{2}{3}$ cup maple syrup
- 3 cups rolled oats
- $\frac{2}{3}$ cup of unsweetened coconut flakes
- 1 cup of dried cranberries
- $\frac{1}{2}$ cup of unsalted sunflower seeds
- $\frac{1}{4}$ cup of honey
- 3 tsp. vanilla extract
- 3 tsp. ground cinnamon
- 1 tsp. sea salt (or $\frac{1}{2}$ tsp. iodized salt)

Procedure:

1. Begin by preheating oven to 300 degrees. Grease a half sheet pan with nonstick spray.
2. Combine the maple syrup, olive oil, sea salt, cinnamon and vanilla extract in a small saucepan. Heat the mixture for 4-5 minutes over medium heat until warm (the coconut oil should be completely melted) but not simmering, whisking until evenly combined. Remove from heat.
3. In a large mixing bowl, add the oats, almonds, coconut flakes, pecans and sunflower seeds. Drizzle the maple syrup mixture over the dry ingredients. Gently toss until evenly combined.
4. Spread the granola out evenly on the sheet pan and then gently press it down with a spatula. Bake for 25 minutes, then without stirring, rotate pan 180 degrees. Bake for 15-20 more minutes until the granola is lightly golden on top. Transfer the pan to a wire baking rack and let it cool completely. If the granola seems a bit loose when it comes out of the oven, don't worry, it will dry and harden as it cools.
5. Once the granola has cooled, use your hands to break it up into your desired size of chunks. Then serve and enjoy! Leftover granola can be stored in an airtight container for up to 2 weeks.

Cinnamon Apple Overnight Oats

Ingredients:

- 1 $\frac{1}{2}$ cup rolled oats
- 1 $\frac{1}{2}$ cup oat milk
- $\frac{3}{4}$ cup of vanilla yogurt
- 3 tbsp. maple syrup
- 3 tbsp. chia seeds
- 3 tbsp. sliced almonds
- 2 small-medium apples, chopped
- 1 $\frac{1}{2}$ tsp. ground cinnamon

Procedure:

1. Using 3 clean mason jars, put $\frac{1}{2}$ cup of oats in each jar, then $\frac{1}{4}$ cup yogurt in each jar.
2. Next, add in $\frac{1}{2}$ cup oat milk and 1 tbsp. maple syrup to each jar. Add $\frac{1}{2}$ tsp. cinnamon to each jar, stir, and top with about $\frac{1}{3}$ rd of the chopped apples.
3. Finish by adding 1 tbsp. chia seeds and 1 tbsp. sliced almonds to the top and sealing. Refrigerate overnight.

Chapter 2

Chicken Recipes

Thai Red Curry



Thai Red Curry

Ingredients:

- 2 red bell peppers
- 1 lb green beans
- 2 chicken breasts
- 1 can coconut milk
- 1 can thai red curry paste
- lime juice
- ginger paste
- minced garlic (6 cloves)
- basil
- salt to taste

Procedure:

1. Cut the bell peppers into strips and remove the stems from the green beans. Cube the chicken breast and sautee in a pan until cooked through. Remove from heat.
2. While the chicken is cooking, add the garlic, ginger, and red curry paste to a pan with some olive oil on a medium heat and cook until fragrant. Add the can of coconut milk, red bell peppers, and green beans and bring to medium-high temp, stirring occasionally.
3. Cook the vegetables until they are soft and then add the chicken back to the mix. Cook for another few minutes and add salt, lime juice, and basil to taste. Serve over jasmine rice.

Chicken Marsala

Ingredients

- 1 $\frac{1}{2}$ pounds boneless skinless chicken breasts, pounded $\frac{1}{4}$ -inch thick
- 3 tbsp. all-purpose flour
- 3 tbsp. unsalted butter, divided
- $\frac{1}{2}$ lb baby bella mushrooms
- 1 shallot, minced
- 2 cloves garlic, minced
- $\frac{2}{3}$ cup chicken broth
- $\frac{2}{3}$ cup dry white wine
- $\frac{2}{3}$ cup heavy cream
- 2 tsp. chopped fresh thyme
- 2 tbsp. chopped fresh Italian parsley (optional)
- 1 tbsp. olive oil

Procedure:

1. Place the flour, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in a ziplock bag. Add the chicken to the bag; seal bag tightly and shake to coat chicken evenly. Set aside.
2. Heat oil and 2 tbsp. butter in a large skillet over medium-high heat. Place the flour-dusted chicken in the pan, shaking off any excess first, and cook, turning once, until the chicken is golden and just barely cooked through, about 5-6 minutes. Transfer chicken to a plate and set aside.
3. Melt remaining tbsp. butter in the pan. Add mushrooms and cook, stirring frequently, until mushrooms begin to brown, 3-4 minutes. Add shallots, garlic, and $\frac{1}{4}$ tsp. of salt; cook for 1-2 minutes more. Add broth, wine, heavy cream, thyme, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ teaspoon of pepper; use a wooden spoon to scrape any brown bits from the pan into the liquid.
4. Bring to a boil, then reduce heat to medium and gently boil, uncovered, until sauce is reduced by about half, slightly thickened, and darkened in color, 10-15 min. (you're going for a thin cream sauce; it won't start to thicken until the very end of the cooking time). Add the chicken back to the pan, along with any juices that accumulated on the plate. Reduce the heat to low and simmer until the chicken is warmed through and the sauce thickens a bit more, 2 to 3 minutes.

Chapter 3

Beef Recipes

Texas Chili

Ingredients

- 2 lbs ground beef
- 1 yellow onion
- 2 red bell peppers
- 1 can pinto beans
- 2 cans kidney beans
- 1 can fire-roasted tomatoes
- 2 8 oz. cans tomato sauce
- A fuckton of minced garlic
- 2 tbsp. cumin
- 1 tbsp. red pepper flakes
- 4 tbsp. chili powder
- 1 tsp. cayenne pepper
- 2 tsp. salt
- 1 tsp. smoked paprika
- 1 cup water
- 2 cups shredded cheese (I prefer colby jack for this)

Procedure:

1. Cook ground meat with onion and bell peppers.
2. Drain excess grease and add tomatoes, seasonings, and water. Bring to a boil.
3. Add beans, cover and simmer for 1-2 hours.
4. Serve with shredded cheese on top.

Chapter 4

Soups and Stews

Beef Stew

Ingredients:

- 1 onion
- 2 lbs stew beef
- 1 can diced tomatoes
- 2 medium zucchini
- 3 russet potatoes (medium/medium large)
- 1 lb baby carrots
- 2 cans tomato sauce (8 oz each)
- 1 can of corn (with water)
- ~ 5 cloves of garlic (minced)
- 4-5 cups of water (enough to fill $\frac{1}{4}$ inch from rim of crock pot.)
- 6-7 cubes of beef bullion
- 2 tsp. salt (more to taste)
- 1 tsp. black pepper
- 1 tsp. thyme
- 3 bay leaves

Procedure:

1. **Note:** This is a MASSIVE recipe. This will fill an 8-quart slow cooker to the brim.
2. Dice onion, cube potatoes and beef, chop carrots in half, cut zucchini into bite-sized pieces. Add to crock pot. Add canned items, bullion, and spices then fill with water and give it a good stir.
3. Cook on low in crock pot for approximately 8 hours for best results. I usually start it in the morning to have it ready for dinner.

Baked Potato Soup

Ingredients:

- 1 onion
- 1 lbs bacon
- 3 lbs cubed potatoes
- 1 cup heavy cream
- 2 cups of milk
- 3 tbsp. butter
- $\frac{1}{3}$ cup of flour
- $\frac{2}{3}$ cup sour cream
- 1 box chicken broth
- 6 cloves minced garlic
- 1 tsp. chili powder
- 1 tsp. smoked paprika
- salt and pepper to taste

Procedure:

1. **First, a warning:** This is not a healthy recipe. It is, however, absolutely delicious.
2. Cut the bacon into small pieces and in a large pot (I use a dutch oven), cook the bacon until crispy.
3. Remove the bacon and about half of the remaining bacon grease
 - I save this for cooking other meals but is not necessary for this recipe.
4. While the bacon cooks, dice your onion, and cube your potatoes into bite-sized pieces.
5. When you've removed the bacon, cook the onion in the remaining grease and butter until they start turning translucent, then add minced garlic.
6. When the onion and garlic is fragrant, add in flour and combine.
7. Add potatoes, broth, milk, cream, paprika, salt, pepper, and bring to an easy boil. If the box of broth isn't enough to cover the potatoes, add water and supplement with bullion.
8. Cook until potatoes are tender, stirring occasionally to make sure potatoes don't stick to the bottom.
9. When potatoes are cooked, remove about half the soup and blend. Return the blended mixture to the pot, then add sour cream and bacon. Simmer and stir in the sour cream for another 10 minutes and serve topped with cheese and green onions.

French Lentil and Mushroom Soup

Ingredients

- 1 tbsp. olive oil
- 2 large leeks (light green and white parts only), halved and sliced
- 2 stalks celery, sliced
- 1 lb baby bella mushrooms, sliced
- 5 large cloves of garlic
- $\frac{2}{3}$ cup dry white wine
- 4 sprigs of fresh thyme
- 2 bay leaves
- 2 cups French lentils, rinsed and drained
- 3 large handfuls of baby spinach (or chopped kale)
- 2 tbsp. balsamic vinegar
- salt & pepper to taste
- grated parmesan (as garnish)

Procedure:

1. Heat the olive oil in a large stockpot over medium-high heat. Add the leeks, celery, mushrooms, and sauté for 6-8 minutes, stirring occasionally. Add the garlic and sauté for 2 minutes, stirring occasionally. Pour in the white wine and deglaze the pan by using a wooden spoon to gently lift up any brown bits that have stuck to the bottom of the pan.
2. Add in the vegetable stock, thyme and bay leaves and stir to combine. Continue cooking until the soup reaches a simmer. Add in the lentils and stir to combine. Then reduce heat to medium-low, cover, and simmer for 30 minutes or until the lentils are tender, checking back occasionally to stir the soup so that the lentils do not stick to the bottom of the pot.
3. Remove and discard the thyme sprigs and bay leaves. Stir in the spinach and balsamic until the spinach begins to wilt. Then give the soup a taste and season with however much salt, black pepper, and/or extra balsamic you think is needed. Sprinkle a little parmesan on top and enjoy!

Green Chile Chicken Stew

Ingredients

- 1 onion
- 2 lbs cubed chicken breast
- 2 cans of cream of chicken soup
- 1 lb baby carrots
- 3 russet potatoes (medium/medium large)
- 1 Jar of green chile (I use santa fe hot)
- 1 can of corn (with water)
- ~ 5 cloves of garlic (minced)
- 4-5 cups of water (enough to fill $\frac{1}{4}$ inch from rim of crock pot.)
- optional: top with cheese
- 6-7 cubes of chicken bullion
- 2 tsp. salt
- 1 tsp. black pepper
- 3 bay leaves

Procedure:

1. **Note:** This is a MASSIVE recipe. This will fill an 8-quart slow cooker to the brim.
2. Dice onion, cube potatoes, and chop carrots into bite size pieces. Add to crock pot. Add canned items, and freeze the remaining green chile.
3. Cube chicken and add garlic and bullion. Add salt and black pepper and mix thoroughly. Set on low for 8-9 hours or high for 5-6 hours.

Chapter 5

Pasta

Shrimp Scampi

Ingredients

- 1 lb linguine
- 2 lbs peeled & deveined shrimp
- 3-4 shallots
- 1 cup dry white wine (I use Pinot Grigio)
- 4 tbsp butter
- 4 tbsp. olive oil
- ~ 5 cloves of garlic (minced)
- The juice of 2 lemons
- 2 tbsp. red pepper flakes
- 2 tsp. salt
- 1 tsp. black pepper
- $\frac{1}{4}$ cup chopped parsley

Procedure:

1. Begin by boiling water in a large pot for the pasta. When it has come to a boil, add a couple of teaspoons of salt and add linguine. Stir to make sure the pasta separates. Cover. When water returns to a boil, cook for 7-9 minutes. Drain pasta.
2. Meanwhile, in a large skillet, melt 2 tbsp of olive oil in 2 tbsp butter over medium-high heat. Saute the shallots, garlic, and red pepper flakes until the shallots are translucent (~4 minutes). Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink. Remove shrimp from pan and keep warm.
3. Add wine and lemon juice and bring to a boil. Add 3 tbsp of olive oil and 3 tbsp of butter. When the butter has melted, return the shrimp to the pan along with parsley and cooked pasta.
4. Stir well and season with salt and pepper. Drizzle olive oil and serve immediately.

Chapter 6

Seafood Recipes

Garlic and Shrimp Quinoa

Ingredients

- 2 lbs peeled & deveined shrimp
- 1 yellow onion (diced)
- ~ 6 cloves of garlic (minced)
- 2 cups rinsed and drained quinoa
- 1 box (32 oz) chicken stock
- 3 tbsp olive oil
- 1.5 tsp chili powder
- 1 tsp cayenne
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp of salt to cook shrimp and more to taste
- the juice of 1 lemon and more to taste
- 3 tsp parsley flakes

Procedure:

1. In a large pan, cook shrimp in 2 tbsp olive oil, chili powder, salt, and cayenne until pink. Remove from pan and set aside.
2. Sautee garlic and diced onion in pan in another tablespoon of olive oil until onions are translucent.
3. Add chicken stock and rinsed quinoa to pan and bring to a boil. Reduce to medium low heat until quinoa is cooked and add shrimp, garlic powder, onion powder, and lemon juice to taste.

Chapter 7

Vegetarian Recipes

Mushroom Risotto

Ingredients

- 1 lb white mushrooms
- 1 $\frac{1}{2}$ cups arborio rice
- 10 oz. grape tomatoes
- 1 yellow onion
- $\frac{1}{2}$ cup parmesan cheese
- 1 tbsp. olive oil
- 2 tbsp. butter
- 4 cups vegetable or chicken broth (1 box)
- 5 cloves of garlic
- Salt to taste
- 2 tsp. dried thyme
- green onions (optional garnish)

Procedure:

1. Slice the mushrooms and put on medium heat in a large pan with a pinch of salt. Cook until mushrooms release their water and let the water boil off while stirring occasionally. When the water is mostly boiled off, remove the mushrooms and set aside.
2. Add one box of chicken stock to a medium saucepan and bring to a boil. Once boiling, reduce to a simmer.
3. Add a diced onion to a large pan with a tablespoon of olive oil and cook until slightly softened.
4. When the onions are softened, add garlic, rice, and 1 tbsp. butter. Cook on medium heat for a couple of minutes, until the garlic is fragrant.
5. Reduce heat to medium-low. Adding about $\frac{1}{2}$ cup at a time, add chicken stock to the rice. When the rice has absorbed the stock, add more. Repeat until about $\frac{1}{4}$ of the chicken stock remains. Add water if there is no more chicken stock and the rice is not yet cooked.
6. Add halved grape tomatoes to the pan and continue adding chicken stock.
7. Once the rice is cooked, add the mushrooms back in, along with 1 tbsp butter, and stir in about $\frac{1}{2}$ cup of parmesan cheese. Once the cheese melts and everything is combined, remove from heat.
8. Season with salt and thyme to taste. Garnish with chopped green onions on top, if desired.

Chapter 8

Baked Goods

Zucchini Bread

Ingredients

- 3.5 cups flour
- 1 cup vegetable oil
- 3 eggs
- 1 cup white sugar
- 1 cup brown sugar
- 2 cups grated zucchini
- 3 teaspoons vanilla extract
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon nutmeg

Procedure:

1. Preheat oven to 325 degrees and grease and flour two 8×4 bread pans.
2. Sift flour, salt, baking powder, baking soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla extract, and sugar in a large bowl. Add sifted ingredients to creamed mixture and beat well. Stir in zucchini and pour batter into prepared pans.
4. Bake for 40-60 minutes, or until tester inserted in the middle comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan and let cool.

Banana Bread

Ingredients

- 2 $\frac{1}{4}$ cups flour
- 1 stick of butter
- 2 eggs
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar
- 3 large ripe bananas
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt

Procedure:

1. Preheat oven to 350 degrees and grease and flour an 8 × 4 bread pan.
2. Soften butter in a bowl, add bananas and mash with a fork.
3. Add eggs and vanilla extract to the bowl and use the same fork to mash and stir until no yellow streaks of egg remain.
4. In a second large bowl whisk together the flour, sugar, baking soda, salt, and cinnamon.
5. Add the dry ingredients to the wet ingredients and mix together with a spatula just until combined.
6. Pour the batter into prepared loaf pan and bake for 45-55 minutes until a spaghetti noodle inserted in the center of the bread comes out clean.

Lemon Loaf

Ingredients

- 2 cups flour
- 3 eggs (room temperature)
- 1 $\frac{1}{4}$ cup white sugar
- 1 stick unsalted butter (softened)
- $\frac{1}{2}$ cup milk (room temperature)
- $\frac{1}{2}$ cup lemon juice
- 1 teaspoon baking powder
- 1 tablespoon lemon zest
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt

Procedure:

1. Preheat the oven to 350 degrees.
2. Grease and flour (or use non-stick spray) a 9 x 5 inch loaf pan.
3. Sift together flour, baking powder, soda, and salt. Stir in lemon zest. Set aside.
4. In a large mixing bowl or stand mixer beat butter on medium speed for 2-3 minutes.
5. Gradually add the sugar and continue beating for another 2-3 minutes.
6. Add eggs, one at a time. Make sure you scrape the bottom of your bowl.
7. Add lemon juice (the batter will curdle).
8. Alternate addition of flour and milk (in 2 additions). Mix on low speed until combined. Do not over mix.
9. Bake in preheated oven for 60-75 minutes until golden and cake tester comes out clean.
10. Transfer pan to a rack where it can cool down for about 10 minutes before removing loaf to cool down completely on a wire rack.
11. **To make icing:** whisk about a quarter cup of lemon juice adding powdered sugar until mixture thickens to a honey-like consistency. Drizzle over a slice for maximum lemon flavor!

Cranberry Cobbler

Ingredients

- 1 cups flour
- $\frac{3}{4}$ cup melted butter
- 2 eggs (room temperature)
- 1 cup white sugar
- $\frac{3}{4}$ lb. cranberries
- $\frac{1}{2}$ cup sliced almonds
- 1 teaspoon almond extract

Procedure:

1. Preheat oven to 325 degrees and grease a pie pan (or tart pan if you have it)
2. In a medium bowl, combine $\frac{1}{2}$ cup of sugar, almonds, and cranberries. Transfer to greased pan.
3. In the empty bowl, beat the eggs, butter, almond extract, and remaining sugar until blended. Gradually add flour until mixture thickens (it will be quite thick). Spread evenly over sugared berries.
4. Bake at 325 degrees for 40-45 minutes or until a toothpick inserted in the center comes out clean. Cool in pan or on a wire rack. If desired, dust with powdered sugar or serve with whipped cream.

Blondies

Ingredients

- 2 $\frac{1}{4}$ cups flour
- 1 $\frac{1}{4}$ cups brown sugar (tightly packed)
- $\frac{1}{2}$ cup white sugar
- 2 sticks of unsalted melted butter
- 2 eggs and one egg yolk (room temperature)
- 1 cup chopped walnuts or macadamia nuts
- $\frac{2}{3}$ cup white chocolate chips
- 1 teaspoon salt
- 2 teaspoons cornstarch
- 2 teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon baking powder

Procedure:

1. Preheat oven to 350 degrees and grease and flour a 13 x 9" pan.
2. Combine melted butter and sugar in a large bowl and stir well.
3. Add eggs, egg yolk, and vanilla extract and stir until completely combined. Set aside.
4. In a separate bowl, whisk together flour, cornstarch, baking powder, and salt.
5. Gradually stir dry ingredients into wet until completely combined.
6. Fold in white chocolate chips and nuts, if using.
7. Spread blondie batter into prepared pan and transfer to oven.
8. Bake at 350 degrees for 25-30 minutes or until a toothpick inserted in the center comes out clean.
9. Allow to cool before cutting and enjoying.

Chapter 9

Desserts and Drinks

Chai

Ingredients

- 2 quarts water
- 8-10 tea bags (regular black tea)
- 2 sticks of cinnamon
- 2 piece of star anise
- 10 green cardamon pods (split open)
- $\frac{1}{4}$ tsp. ground nutmeg
- 5-6 whole cloves
- 2-3 whole allspice
- 1 can of evaporated milk

Procedure:

1. **Note:** This recipe is portioned for approximately 6 mugs.
2. Place spices in water and bring to boil. Simmer for 20-25 minutes.
3. Add teabags and steep for 5-10 min.
4. Remove tea bags and squeeze with tongs to drain.
5. Add evaporated milk and bring “almost” back to boil.
6. Turn off heat or reduce to very low, add sugar to taste.

Lemon Possets



Lemon Possets

Ingredients

- 6 lemons
- 2 cups heavy cream
- $\frac{2}{3}$ cup of white sugar
- zest of 1 lemon

Procedure:

1. Note: You'll need to reduce to 2 cups of liquid, you can estimate this by pouring two cups of water into the saucepan you plan to use then take a wooden skewer or chopstick and put it in the water. Mark the level of the water on the skewer.
2. Note: One of the lemons is for zesting, you can empty it out for presentation but it will not be as pretty as the others.
3. Cut lemons in half vertically and use a spoon to scoop out the insides into a medium bowl. Keep this as you will need the juice.
4. In a medium (preferably deep) saucepan, combine cream, sugar and lemon zest. Bring to a boil over medium heat and cook, stirring frequently, to dissolve the sugar. Don't walk away from the mixture as it can easily boil over and it will be *incredibly* sticky. If it gets close to the top, remove the pan briefly from the heat to slow the boil.
5. Cook until the mixture reduces to two cups (see first note). Remove from the heat and add the lemon juice. Set the saucepan aside to cool until a skin forms on top, about 20 minutes. Strain the posset through a fine mesh strainer into a bowl. Discard the lemon zest.
6. Divide the mixture between the lemon halves or serving bowls. Refrigerate, uncovered, until set, about 2-3 hours. Once fully chilled, cover with plastic wrap and refrigerate for up to 2 days.