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# COASTAL WOMEN'S FORUM QUARANTINE E-COOKBOOK

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Cookbook Compiled by Rose MacNeal



COASTAL  
WOMEN'S  
FORUM

Networking ■ Education ■ Encouragement

EST. 1988

*These recipes include a compilation submitted by some of our CWF Members, friends and beyond. We hope that you will find something new to make.  
Enjoy perusing the cookbook!*

**Section 1. Cocktails (Pages 2-7)**

**You may find something new or unique to try!**



**Section 2. Appetizers (Pages 8-18)**

**Are you looking for something to wow your guests!**

**Section 3. Salads, Sides & Soups. (Pages 19-43)**

**We have some awesome recipes for you to try!**



**Section 4. Main Courses. Pages 44-61)**

**We have some great Main Courses in this section!  
Instead of the same old things, try some of these for your next dinner!**

**Section 5. Desserts**

**Lastly, we have our Dessert Section! (Pages 62-75)  
Who doesn't like dessert? Need we say more!**



## *Section 1. Cocktails*

### **APPLE CIDER SANGRIA**

**4 servings**

#### **INGREDIENTS**

2 small pears, thinly sliced  
2 small apples, thinly sliced  
1 medium lemon, cut into wedges  
1/2 cup pomegranate seeds  
2 cups apple cider (chilled)  
1/2 cup apple whiskey (or regular whiskey)  
1/4 cup brandy  
1½ cups chilled sparkling white wine or Prosecco (or sparkling cider)  
cinnamon sticks and star anise, for garnish

#### **INSTRUCTIONS**

Mix together in a large pitcher, apple cider, whiskey, brandy and wine.  
Pour into glasses and add pears, apples, pomegranate seeds.  
Squeeze lemon and add into glass.  
Garnish with cinnamon sticks and star anise



### **BERRY COCKTAIL**

**Submitted by Diane Jones**

Makes two

#### **INGREDIENTS**

8-10 ripe red raspberries  
8-10 ripe blackberries  
4 oz. premium vodka  
1 ½ oz. Cointreau  
¼ oz. Rose's Sweetened Lime Juice  
Raspberries, blackberries and/or lime for garnish

#### **INSTRUCTIONS**

Chill two martini glasses.  
Thoroughly muddle or crush berries in cocktail shaker.  
Add vodka, Cointreau, Rose's Sweetened Lime Juice. Fill shaker with ice and shake very well.  
Strain into chilled martini glasses and garnish with berries and/or lime. (Straining with a tightly wound Hawthorne strainer works best.)



## CHAI SPICED WHITE RUSSIANS

4-6 Servings

### INGREDIENTS

8 ounces Vodka  
4 chai tea bags  
4 ounces coffee-flavored liqueur  
4 ounces half-and-half  
Cinnamon  
Ice  
Cinnamon sticks and star anise for garnish

### INSTRUCTIONS

1. Add the vodka and tea to a large pitcher and allow it to sit for at least 2 hours. Remove the tea bags and add the coffee-flavored liqueur and half-and-half. Stir to combine. Keep the mixture chilled until ready to serve.
2. To serve, fill four rocks glass with ice. Divide the Chai Spice White Russian mixture evenly among the glasses.
3. Garnish with cinnamon sticks, and star anise.



## Cranberry Lemon Drop Martini

Servings 2

### INGREDIENTS

#### *Simple Syrup:*

2 cups chopped cranberries  
1 ½ cups water  
1 cup granulated sugar

#### *Cranberry Lemon Drops:*

1 cup 8oz cranberry simple syrup  
1 cup fresh lemon juice  
1 cup vodka  
Ice for shaking



### INSTRUCTIONS

1. Coarsely chop the cranberries and place in a medium saucepan with water. Simmer the cranberries for 20 minutes.
2. Gently mash the cranberries and strain through cheesecloth or a fine strainer (you should have about 1 cup of juice, add more water if not)
3. Place the juice back in the saucepan with 1 cup of sugar. Bring to a boil and immediately remove from heat. Set aside to cool.
4. Fill a shaker halfway with large chunks of ice. Add in 2 oz (¼ cup) of each the cranberry simple syrup, lemon juice, and vodka.
5. Shake until mixed and chilled well and pour into a martini glass. Enjoy immediately!

## Manhattan Dirty Mary Martini

Servings: 2 cocktails

### INGREDIENTS

2 1/2 Tbsp lemon juice  
1 tsp onion powder  
1 1/4 tsp celery salt, divided  
2 tsp black sesame seeds  
1/4 tsp ground black pepper  
1 cup chilled tomato juice  
4 oz. vodka  
2 tsp dry vermouth  
2 tsp Worcestershire sauce  
1 tsp hot pepper sauce  
3 Tbsp liquid from jarred pimento-stuffed olives  
Olives, pepperoncini, marinated mushrooms, optional for garnish



### INSTRUCTIONS

1. Lightly brush the rims of each martini glass with lemon juice. On a small plate, mix together onion powder, 1 tsp celery salt, black sesame seeds, and black pepper. Place martini glasses upside-down on the plate to coat with spice mixture.
2. In a cocktail shaker, combine tomato juice, vodka, dry vermouth, Worcestershire sauce, hot sauce, remaining 1/4 tsp celery salt, olive juice, and remaining lemon juice. Add ice, cover, and shake. Strain the mixture into the prepared glasses.
3. Garnish with skewers of olives, pepperoncini, and marinated mushrooms, if desired.



## North Pole Nog

Makes 2 servings

### INGREDIENTS

6 oz eggnog  
1 oz spiced rum  
2 oz bourbon  
1 Tbsp ground cinnamon  
1 cinnamon stick



### INSTRUCTIONS

Stir spiced rum, bourbon, and eggnog together in a pitcher. Pour into glasses.

Sprinkle top with cinnamon and top with cinnamon stick.

## Pumpkin Spice Moscow Mules

2 servings

### INGREDIENTS

2-4 oz vanilla vodka  
1 heaping tablespoon pumpkin puree plus more for garnish  
1/4 teaspoon pumpkin pie spice  
squeeze of lime  
spicy ginger beer



### INSTRUCTIONS

1. In a cocktail shaker filled with ice shake together vodka, pumpkin puree, pumpkin pie spice and lime juice.
2. Pour into a copper mule mug filled with ice and top with ginger beer.
3. Garnish with a sprinkle of pumpkin pie spice and serve.

*Note:*

You can substitute vanilla vodka for plain vodka if you want a less sweet version.

## **Sunrise Cove Margaritas** **Submitted by Penny Zibula**

1 (12 ounce) can frozen lime aid  
Fill the lime aid can with tequila  
Fill the lime aid can with club soda  
1 (12 ounce) can of your favorite beer

Combine all ingredients in a pitcher and stir well. Serve over ice.



## **Thanksgiving Margarita** **2 servings**

### **INGREDIENTS**

2 oz 100% apple cider  
2 oz pear juice  
1½ oz gold tequila  
1 oz Grand Mariner or orange liqueur  
Salt (for glass)  
Lime  
Ice  
Cinnamon sticks, for garnish

### **INSTRUCTIONS**

1. Pour a 1/4" layer of salt on a small plate. Run a lime along the rim of your cocktail glass, turn glass upside down and gently press the rim into salt.
2. Scoop ice into glass so that it is about 3/4 of the way full and squeeze the rest of your lime wedge over the ice.
3. Combine liquid ingredients into a cocktail shaker filled with ice and shake vigorously for about 15 seconds.
4. Strain ice and pour your Thanksgiving margarita into prepared cocktail glass.
5. Finish with a whole cinnamon stick.





## *Section 2. Appetizers*

### **Bacon Wrapped Chicken Bites**

#### **INGREDIENTS**

- 2 chicken breasts boneless and skinless, cut into 1 inch cubes
- 1/2 tsp salt or to taste
- 1 tsp pepper or to taste
- 12 slices bacon thin cut, cut into halves or thirds
- 3/4 cup dark brown sugar packed
- 1 tbsp parsley for garnish



#### **INSTRUCTIONS**

1. Preheat oven to 350 F degrees.
2. Cover a baking sheet with aluminum foil, this will save you from having to scrub your baking sheet.
3. Place a cookie rack on top the baking sheet.
4. Place the brown sugar in a shallow plate.
5. Season chicken pieces with salt and pepper.
6. Depending on your bacon how thin or thick it is, cut each slice in either half or 3 pieces.
7. Wrap each piece of chicken with a piece of bacon. There is no need for toothpicks, the bacon will stick to the chicken.
8. Roll the wrapped chicken into the brown sugar and make sure each piece is nicely coated in the brown sugar.
9. Place chicken pieces on the prepared baking sheet and season again with more salt and pepper.
10. Bake for about 45 minutes or until bacon is nice and crisp.
11. Garnish with parsley

## **CRANBERRY BRIE BITES**

### **INGREDIENTS**

- 1 package of Fillo dough cups (usually in the freezer section)
- 1 Can Cranberry Sauce with Berries
- 1 small Brie round – diced into ¼” cubes

### **INSTRUCTIONS**

Place a spoonful of cranberry sauce in the bottom of the fillo cups and then add 1 cheese cube on top.

Bake them at 350 degrees until the cheese is melted and just starts to turn brown – about 12 minutes.



# EVERYTHING BAGEL CHEESE CHIPS

## INGREDIENTS

- 1 cup shredded cheddar cheese
- 1 cup mozzarella cheese
- 3/4 cup parmesan cheese
- 1 tbsp Everything but the Bagel Seasoning



## INSTRUCTIONS

1. Preheat oven to 350 degrees and line a sheet pan with parchment paper.
2. Combine all three kinds of cheese and half a tablespoon of seasoning in a bowl and mix well.
3. Using a teaspoon-sized amount, place each amount on the parchment-lined pan, keeping 1-2 inches between each chip. You will either need to do two sheet pans or two orders.
4. Bake for 7-11 minutes, depending on the oven and how dark you want them.
5. Upon removing from the oven, sprinkle with remaining seasoning.
6. Let the keto chips sit on the sheet pan for 5-10 minutes to harden, and then transfer to another dish to cool completely.

## Ham and Cheese Pinwheels

48 pinwheels

### INGREDIENTS

2 sheets frozen puff pastry thawed overnight in the refrigerator  
3 tablespoons Dijon mustard divided  
12 slices thinly-sliced, good-quality deli ham  
2 cups freshly grated gruyere, Swiss, sharp cheddar, or similar  
Chopped fresh parsley, thyme or chives (optional, for serving)

### INSTRUCTIONS

1. Lay a large piece of plastic wrap on your counter (I pressed two long sheets together at the edges to create a single larger sheet).
2. Unfold the first sheet of puff pastry in the center of the plastic, then roll it into a 10x12-inch rectangle. Spread with 1 1/2 tablespoons mustard, leaving a 1/2-inch border on all sides.
3. Lay 6 ham slices on top, overlapping as needed. Sprinkle with 1 cup cheese.
4. Starting at the long (12-inch) edge, roll the puff pastry into a log.
5. Trim the ends so that they are even, then tightly wrap the log with the plastic wrap.
6. Place in the refrigerator for 20 minutes. Repeat with the second sheet of puff pastry and remaining mustard, ham, and cheese.
7. Preheat your oven to 375 degrees F and line two baking sheets with parchment paper or silicone baking mats.
8. Once the log has chilled, using a sharp, serrated knife, carefully cut each log into 1/2-inch-wide slices. (If each log is 12 inches, you will get 24 rolls from each one).
9. Arrange the rolls 1 inch apart on the prepared baking sheets.
10. Bake until the puff pastry is light golden brown and the cheese is hot and bubbly, about 18 minutes.
11. Immediately sprinkle with chopped parsley, thyme, or chives as desired. Let cool slightly. Serve warm or at room temperature.



## Jalapeno Bottle Caps

### INGREDIENTS

- 3 fresh jalapeno peppers sliced into rings
- ½ cup all-purpose flour
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- salt and pepper to taste
- 2 large eggs
- 4 ounces light beer
- 2 to 3 cups peanut or vegetable oil enough to cover the battered jalapeno peppers



### INSTRUCTIONS

1. Heat the oil in a large pan to medium heat. Do not let it boil.
2. In a large mixing bowl, add flour, garlic, paprika and salt and pepper. Mix well.
3. Add the eggs and beat into a batter.
4. Stir in the beer.
5. In batches, coat the sliced jalapeno peppers in the batter.
6. Fry the battered peppers about 5-6 minutes each, turning if needed, until golden.
7. Drain on paper towels and serve plain or with favorite dipping sauce.

## Million Dollar Dip

### INGREDIENTS

- 1/2 cup slivered almonds toasted
- 2 cups real mayonnaise
- 1 8-oz chive and onion cream cheese softened
- 1/2 tsp garlic powder
- 1/2 tsp lemon pepper
- 1/2 tsp Worcestershire sauce
- 2 cups shredded sharp cheddar cheese
- 10 slices bacon cooked and chopped
- 1 bunch green onions thinly sliced



### INSTRUCTIONS

1. Preheat the oven to 350°F. Spread the almonds in a single layer on a baking sheet. Toast for 6-8 minutes until lightly golden. Cool.
2. In a medium size mixing bowl using an electric mixer, cream together the cream cheese, mayonnaise, garlic powder, lemon pepper and Worcestershire sauce.
3. By hand mix in the cheese, bacon, green onion and almonds. Mix well.
4. Place into an airtight container and chill for at least 6 hours--preferably overnight.
5. Serve with crackers, cut up veggies or pita chips for dipping.



## **Oil Free Hummus**

submitted by **Rose MacNeal**

### **INGREDIENTS**

2 cans of drained chickpeas, save 1/2 a cup of the chickpea liquid  
1/2 a cup of the saved chickpea water  
2 level Tbs of Tahini  
1/2 a cup of water  
1 tsp of ground cumin  
Juice from 1 lemon  
A small handful of chopped parsley (optional)  
1 tsp of liquid smoke or smoked paprika  
1 clove of crushed garlic (add more if you like it “spicy”)  
Salt and pepper to taste



### **INSTRUCTIONS**

1. Drain the cans of chickpeas making sure to reserve 1/2 a cup of chickpea liquid.
2. Into a food processor add the drained chickpeas, and all the other ingredients.
3. Blend until smooth and add more water slowly if you want a slightly different texture.
4. Season to taste and serve sprinkled with smoked paprika.
5. Serve with veggies or spread on your favorite cracker or bread.

## **Pesto Bruschetta**

**Submitted by Penny Zibula**

### **INGREDIENTS**

1 cup firmly packed basil  
1/2 cup firmly packed parsley  
1/2 cup parmesan cheese  
1/4 cup pine nuts  
1 large garlic clove  
Salt to taste  
1/4 cup olive oil  
1 loaf French bread, sliced  
Thinly sliced tomato, sun-dried tomatoes, softened in boiling water, or pieces of roasted red pepper  
Thin slices of Mozzarella cheese  
Oregano



### **INSTRUCTIONS**

1. Process first 6 ingredients in food processor until smooth.
2. Gradually add olive oil and continue processing until blended.
3. Spread bread slices with pesto and top with a slice of tomato, a sun-dried tomato or a slice of roasted red pepper.
4. Top with a slice of mozzarella.
5. Sprinkle with oregano.
6. Broil 4" from heat for 2 to 3 minutes, or until cheese is hot and bubbly.

## Sausage Cheese Bites

### INGREDIENTS

- 1 pound bulk sausage (sweet or hot or mixture of both)
- 1 cup grated Sharp Cheddar cheese (4 ounces)
- 1 cup grated Smoked Cheddar cheese (4 ounces)
- ½ teaspoon dried rosemary leaves, crushed
- ½ teaspoon dried thyme leaves
- 1 pinch cayenne (eliminate if using hot sausage)
- 1 shake crushed red pepper flakes (eliminate if using hot sausage)
- 1 -8 ounce can refrigerated crescent dinner rolls
- 2 tablespoons all-purpose flour



### INSTRUCTIONS

1. Preheat oven to 375°F.
2. Line a large baking sheet with parchment paper and set aside.
3. In large bowl, add sausage, both cheeses, rosemary, thyme, cayenne\* and crushed red pepper flakes\* (if using\*) and mix well using hands or spoon.
4. Unroll crescent dough on lightly floured work surface.
5. Lightly flour the top side of the dough.
6. Using pizza cutter or knife, cut dough into about ¼-inch square pieces.
7. Mix crescent dough pieces into bowl of sausage mixture in small amounts until well blended.
8. Shape mixture into 42 (1¼-inch) balls.
9. Place on baking sheet.
10. Place the baking sheet into the oven and bake 15 to 17 minutes or until golden brown.

## Spinach Artichoke Stuffed Mushrooms

### INGREDIENTS

Whole Portobella Mushrooms  
1 8 oz package cream cheese  
1/2 box frozen spinach, thawed and well-drained  
1 can artichokes, quartered and drained (14 oz)  
1/4 cup mayonnaise  
1/2 cup parmesan cheese  
1/2 cup mozzarella cheese  
red pepper flakes (to taste)



### INSTRUCTIONS

1. Clean and hull mushrooms with melon baller. Rough chop artichokes.
2. Combine all other ingredients in mixer and mix well then Spoon mixture into hulled mushrooms.
3. Top with a light sprinkle of mozzarella cheese.
4. Bake at 350 degrees until tops are browned. (About 25 minutes.)

## Zucchini Cheesy Garlic Bites

submitted by Rose MacNeal

### INGREDIENTS

2 cups shredded and patted dry zucchini (from about 2 medium-sized zucchini)  
1 1/4 cup plain panko breadcrumbs  
1 cup shredded cheddar cheese  
1 large egg  
1/2 cup finely chopped green onion  
2 tablespoons chopped dill  
1 teaspoon Kosher salt, or to taste  
1 teaspoon garlic powder  
Ranch, for serving



### INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, stir together the zucchini, panko breadcrumbs, cheddar cheese, egg, green onion, dill, and seasonings until well-combined.
3. One tablespoon at a time, press the zucchini mixture into small balls. Place onto the baking sheet and repeat until all of the zucchini mixture has been used up.
4. Bake until browned and crisp, about 30 minutes, flipping halfway through.
5. Serve warm with ranch, or any other dipping sauce you like.

## Section 3. Salads, Sides & Soups

### SALADS

#### Autumn Chopped Chicken Salad

##### INGREDIENTS

1 lb chicken breasts (2 large) trimmed and halved lengthwise  
1/2 tsp Garlic salt (or to taste)  
1/8 tsp black pepper freshly ground  
1 Tbsp olive oil  
1 head romaine lettuce (8 cups chopped) rinsed and dried  
2 pears cored and sliced  
1 cup dried cranberries  
1 cup pecans lightly toasted on a dry skillet  
1/2 cup feta cheese (4 oz) crumbled

*Balsamic Vinaigrette Ingredients:*

3 Tbsp balsamic vinegar  
1 Tbsp Dijon mustard  
1 garlic clove pressed or finely minced  
1/2 cup extra virgin olive oil (regular olive oil also works)  
1/4 tsp salt  
1/8 tsp black pepper

##### INSTRUCTIONS

1. Cut chicken breasts in half lengthwise so you have 4 thin cutlets. Season chicken cutlets on both sides with garlic salt and black pepper. Place a large skillet over medium heat with 1 Tbsp olive oil. Add chicken cutlets and sautee 3-4 minutes per side or until fully cooked through. Transfer to a cutting board and let chicken rest while preparing the salad then slice the chicken into strips.
2. Meanwhile, in a medium dry skillet, toast pecans over medium heat for 5 minutes, tossing frequently or until pecans are fragrant and lightly golden. Remove from heat and cool to room temperature.
3. In a large mixing bowl, combine chopped romaine, sliced pears, dried cranberries, toasted pecans, crumbled feta and cooked sliced chicken.
4. Combine dressing ingredients in a small mason jar. Cover with lid and shake vigorously to combine. If any separation occurs, shake again just before using. Drizzle balsamic vinaigrette over the salad, adding it to taste then toss to combine.





## Beef Taco Salad

### Ingredients

1 tablespoon olive oil  
1 tablespoon chili powder  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
1 lb lean ground beef



### Salad:

6 cups romaine lettuce (chopped)	1/2 avocado (sliced/chopped)
3/4 cup little tomatoes (grape or cherry, halved)	1 cup Doritos (crushed)
1/2 small red onion (chopped)	1 tablespoon fresh cilantro (chopped - optional)
1 cup shredded cheese (e.g. cheddar or Tex-Mex blend)	Salt & pepper (to taste)
1/2 cup canned corn (drained)	
1/2 cup black beans (drained)	

### Dressing:

3/4 cup sour cream  
3/4 cup salsa

### Instructions

1. Add the oil, ground beef, and spices to a skillet over medium-high heat. Cook the beef until it's browned and cooked through, stirring occasionally (about 8-10 minutes). There should not be much (if any) fat to drain if you used lean ground beef. Just spoon the excess fat out if needed.
2. While the beef is cooking, start to prep your other salad ingredients, and make the dressing by mixing the sour cream and salsa together.
3. Add the salad ingredients to a large bowl. Once the beef is done, let it cool for a few minutes. Add the beef and Doritos to the salad last (so the Doritos don't get soggy). Toss the salad with the dressing, season with salt & pepper as needed, and serve immediately.

## **Eileen's Potato Salad**

**Submitted by Eileen Nonemaker**

4-6 people

All the following amounts are approximate, please use your best judgment for your taste. I prepare this dish 2-3 hours before serving - so that it does not need to be refrigerated. It tastes best at room temperature. If you must refrigerate, remove and let stand at least an hour before serving.



### **Ingredients:**

2-3 lbs. small red bliss potatoes, cooked until tender  
1 medium Vidalia onion, chopped fine  
1/2 - 3/4 cup Hellman's mayonnaise  
1/4 cup red wine vinegar  
1-2 T salt  
1/4 cup safflower oil, canola oil or vegetable oil

### **Instructions:**

Cut potatoes, skins on, into small pieces. Cook until tender

While warm - Sprinkle with some salt and only 1/2 of the vinegar. Add onions and toss. Let stand 5-10 minutes.

Add mayonnaise and toss lightly to coat- add additional if needed. Then add oil, balance of vinegar, a bit more salt and oil. Toss gently. Taste and add vinegar or salt to your taste.

Sprinkle top w/black pepper and paprika before serving.

## **Fresh Anytime Pasta Salad**

**Submitted by Judi Dorn**

### **INGREDIENTS**

8 oz of your favorite pasta, which is about 2 cups dry  
(I like bow tie pasta)  
Fresh baby spinach  
Sliced tomatoes  
Chopped scallions  
Fresh mozzarella cut in 1/4 inch pieces  
Sliced cucumbers  
Crumbled bacon  
Salt and pepper to taste



### **INSTRUCTIONS**

Mix together with you favorite dressing. Simple and delicious, especially with a hardy bread!

## **Harvest Salad with Maple Mustard Vinaigrette**

**Submitted by Rose MacNeal**



### **INGREDIENTS**

5 oz greens

1/2 cup roasted butternut squash

1/2 cup sliced green apple

1/4 cup crumbled feta cheese

1/4 cup thinly sliced radish

1/4 cup chopped candied pecans

4 strips bacon, sliced and cooked

#### **For the Maple Mustard Vinaigrette:**

1/2 cup olive oil

1/4 cup apple cider vinegar

1/4 cup maple syrup

2 cloves garlic

2 tbsp whole grain dijon mustard

1 1/2 tbsp lemon juice

1/2 tsp salt (plus more to taste, if needed)

pepper to taste

### **INSTRUCTIONS**

1. Add all of the salad ingredients to a large serving bowl.
2. Add all of the vinaigrette ingredients to a high-powered blender or food processor. Blend or pulse until smooth and creamy.
3. Drizzle the vinaigrette over the salad, toss, and then serve. Enjoy!

**Notes:** You can sub honey for maple syrup if you prefer. If you need to make this dairy-free, you can leave out the feta cheese or sub avocado

## Healthy Quinoa & Veggie Salad

Submitted by Mary Ann LeRay

A delicious and healthy quinoa recipe made with all-natural ingredients.

### INGREDIENTS

- 1 cup quinoa thoroughly rinsed
- 2 cups water
- 3-4 ounces spinach, stems removed and coarsely chopped
- 1 can (15 ounces) corn, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 5-6 green onions, chopped
- 1/4 cup cilantro or parsley, finely chopped
- Salt and pepper, to taste
- 2 large limes, juiced
- 4 tablespoons olive oil
- 2 teaspoons ground cumin
- 1/2 teaspoon red pepper flakes



### INSTRUCTIONS

1. Follow package instructions to cook the quinoa. Transfer to a large bowl and aside to cool completely.
2. To the bowl with the cooled quinoa, add the chopped spinach, rinsed corn, rinsed black beans, cherry tomatoes, chopped green onions, and finely chopped cilantro or parsley.
3. Toss together.
4. In a small bowl whisk together the lime juice, olive oil, about 1 teaspoon salt, 1/4 teaspoon pepper, ground cumin, and red pepper flakes. Pour over the salad and toss to coat.
5. Store leftovers in the fridge in an airtight container.

## Middle Eastern Chickpea Salad (Balela)

### INGREDIENTS

- 15 ounce can of chickpeas, drained and well rinsed
- 7 ounces canned black beans, drained and rinsed
- 1/2 cup finely chopped tomatoes
- 1/3 cup minced red onion
- 1/3 cup finely chopped bell peppers, assorted colors
- 1/3 cup finely chopped cucumber
- 1/4 cup finely chopped black olive
- 1/4 cup halved or sliced stuffed green olives
- 2 cloves garlic, very finely minced
- 1 packed cup parsley leaves, minced
- 1/2 packed cup **mint leaves, minced**



### Dressing

- 1/4 cup extra virgin olive oil
- 1/4 cup fresh squeezed lemon juice
- 1 tsp sumac, or more to taste
- salt and fresh cracked pepper to taste

### INSTRUCTIONS

1. Whisk together the dressing and taste to adjust any of the ingredients.
2. Add all the salad ingredients to a large bowl and toss lightly with the dressing.
3. Serve with fresh pita bread or pita chips



## **Minted Cucumbers**

**Submitted by Penny Zibula**

### **INGREDIENTS**

2 medium cucumbers, peeled, halved lengthwise and diced  
1 teaspoon salt  
1/2 cup plain yogurt  
2 tablespoons lemon juice  
1 tablespoon oil  
1 clove garlic, minced  
1 tablespoon chopped fresh mint



### **INSTRUCTIONS**

1. Sprinkle cucumber with salt and let stand 15 minutes.
2. Meanwhile, combine remaining ingredients and mix well.
3. Rinse and drain cucumbers and toss with dressing.
4. Cover and chill at least 30 minutes.

Makes 4 servings.

## **7-Layer Salad**

### **INGREDIENTS**

Chopped Iceberg or Romaine Lettuce  
Chopped red onion – about 1/2 of large onion  
4 Hard Boiled Eggs sliced  
1 cup cooked peas  
1 cup chopped cucumbers  
1 cup chopped red bell peppers  
Creamy Dressing (Italian or Ranch)  
1/2 cup of cooked chopped bacon (cooled)  
3/4 cup of shredded cheddar cheese

### **INSTRUCTIONS**

Start layering the ingredients in the order above up to red bell peppers.

Pour dressing evenly over the top.

Sprinkle cheese on top of dressing.

Top with the chopped bacon.

Refrigerate 6-12 hours before serving.



## SIDES

### Bacon & Garlic Green Beans

#### Ingredients

- 1 lb fresh whole green beans can use frozen or 2 cans (14.5 oz each)
- 6 tbsp butter
- 1 cup chopped bacon or bacon bits
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp granulated garlic
- 1 tbsp dried minced onions
- 2 tsp minced garlic
- 1 tbsp parmesan cheese



#### Instructions

1. In a medium saucepan, add your green beans & fill with water until the green beans are covered.
2. Heat over medium & bring to a boil.
3. Boil until the green beans are tender – about 5-8 minutes.
4. Drain in a colander & transfer back to your saucepan.
5. Add in bacon, butter, garlic, minced onions, parmesan cheese, salt & pepper.
6. Stir well to combine & serve immediately.

## **BALSAMIC, HONEY**

### **ROASTED CABBAGE STEAKS**

#### **INGREDIENTS**

1/2 head savoy cabbage or green cabbage, cut into 1/2-inch-thick rounds

3 tablespoons olive oil

¾ teaspoon coarse salt

½ teaspoon ground white pepper

2 tablespoons balsamic vinegar

2 teaspoon honey

1 sprig fresh thyme



#### **INSTRUCTIONS**

1. Preheat your oven to 400°F
2. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil.
3. In a bowl, combine olive oil, balsamic vinegar and honey.
4. Arrange the cabbage slices in a single layer and brush with the honey balsamic vinaigrette. Season with coarse salt and ground pepper and sprinkle with thyme.
5. Roast until cabbage slices are tender and edges are golden, 25 to 30 minutes.

## Butternut Squash with Brown Butter and Thyme

Serves 4

### INGREDIENTS

1 1/2 pounds butternut squash, peeled, seeds removed, flesh diced into 1/2-inch pieces (about 4 cups)

3 tablespoons butter

1 tablespoon chopped fresh thyme (or 1 teaspoon of dried)

Salt and freshly ground black pepper



### INSTRUCTIONS

1. Brown the butter: Heat a large skillet on medium heat. Add the butter, whisking frequently. Once melted the butter will foam up a bit, then subside. Honey-colored browned milk solids will begin to form. The butter should have a wonderful nutty aroma.
2. Remove from heat. Add the thyme, whisking continuously. If using fresh thyme, the mixture will foam up a bit. (Note that it doesn't take much time to go from browned butter to burnt butter. You will want to remove the pan from the heat element and place it on a cool surface to help stop the cooking of the butter. If the butter burns, I recommend dumping it and starting over, something I've had to do on occasion when not paying close attention.)
3. Brown the cubed squash in the butter: Add the cubed butternut squash pieces to the pan and return the pan to the burner, heating to medium high use a wooden or metal spoon to stir the squash pieces so they are all well coated with the butter thyme mixture.
4. Sprinkle generously with salt and pepper.
5. Spread the squash pieces out in an even layer and let cook, without stirring, so that they brown a bit on one side (several minutes). Stir and spread the pieces out again and let cook without stirring so more sides get browned.
6. Lower the heat, cover and cook: Reduce the heat to low, cover the pan, and let cook until the squash is tender, 10 to 20 minutes, depending on how big you cut the pieces.
7. Add more salt and pepper to taste, sprinkle with a bit more chopped fresh thyme before serving.

## Creamy Brussels Sprouts with Sun-Dried Tomatoes



### INGREDIENTS

- 1 lb. Brussels sprouts, trimmed and halved (4 cups)
- 1 cup thinly sliced leeks (white parts only)
- 1 clove garlic, minced
- ¼ to ½ cup vegetable broth or water
- 1 cup unsweetened, unflavored plant milk
- 2 tablespoons unbleached all-purpose flour
- 1 tablespoon nutritional yeast
- 1 teaspoon yellow mustard
- 1 tablespoon finely chopped sun-dried tomatoes (not oil-packed)
- Sea salt and freshly ground black pepper, to taste
- 1 tablespoon finely chopped fresh parsley

### INSTRUCTIONS

1. In a large saucepan cook Brussels sprouts, leeks, and garlic in vegetable broth over medium-low 10 minutes or until sprouts can be pierced with a fork, stirring occasionally. Do not overcook.
2. In a bowl whisk together milk, flour, nutritional yeast, and mustard. Stir in sun-dried tomatoes.
3. Add to Brussels sprouts. Cook 3 to 5 minutes or until sprouts are coated and the sauce thickens, stirring frequently.
4. Season with salt and pepper.
5. Sprinkle with parsley.

## Crispy Potato Roast

### INGREDIENTS

3 tablespoons butter, melted  
3 tablespoons extra-virgin olive oil  
10 - 12 russet potatoes, peeled  
Kosher salt  
1 small onion or 4 shallots, peeled and sliced very thin  
1/2 teaspoon red pepper flakes (optional)  
4 - 6 fresh thyme sprigs  
About 3 ounces pancetta, cubed



### INSTRUCTIONS

Preheat oven to 375 degrees.

Combine the oil and melted butter in a small dish. Set aside.

Brush a round baking dish (around 9 - 10 inches) with a little of the butter and oil mixture.

Slice the potatoes as thin as possible crosswise - try to keep the potato slices together as you cut each potato. Arrange potatoes vertically in the baking dish.

Wedge onion or shallot slices throughout potato slices - in about 3 or 4 sections of each potato. Sprinkle with salt and pepper flakes (use some black pepper if not using red pepper flakes). Brush with the remaining butter and oil mixture.

Bake for 1 hour and 25 minutes. Cover loosely with foil during the first thirty minutes of baking. A little of the olive oil/butter from the bottom of the baking dish should be brushed/spooned onto the slices a few times during baking (much like basting a turkey). Also, a butter knife can be used to separate some of the slices if there are some sticking together too much during baking.

While potatoes are baking, crisp pancetta in a small pan. Remove with a slotted spoon and drain on paper towel. Set aside.

Remove potatoes from oven. Add pancetta by scattering around throughout the potatoes. Lay the thyme sprigs on top of potatoes.

Bake for an additional 35 minutes. Remove from oven.

Sprinkle on a little more kosher salt. Serve immediately. Sour cream is a great accompaniment to the potatoes.



## **Cumin Black Beans**

**Submitted by Penny Zibula**

### **INGREDIENTS**

1 tablespoon olive oil  
1 teaspoon each cumin and minced garlic  
1 cup rice  
2-1/2 cups chicken broth  
salt and pepper to taste  
1 16 oz. can black beans, drained and rinsed



### **INSTRUCTIONS**

1. Heat oil in saucepan and cook cumin and garlic for 30 seconds, stirring constantly.
2. Add rice, broth and seasonings.
3. Bring to boil, cover and simmer on low heat for 20 minutes.
4. Stir in beans, cover and simmer 5 minutes until heated through.
5. Makes 6 servings.



## Honey Garlic Butter Roasted Carrots

### INGREDIENTS

2 pounds carrots diagonally cut into about 2 to 3-inch pieces

5 tablespoons butter

4 garlic cloves minced

2 tablespoons honey

1/4 teaspoon salt

1/4 teaspoon fresh ground pepper

chopped fresh parsley for garnish



### INSTRUCTIONS

1. Preheat oven to 425F grease a rimmed baking sheet with cooking spray
2. Cut up the carrots and set aside.
3. Melt butter over medium-heat in a large nonstick skillet.
4. Add garlic and cook for 3 minutes, or until lightly browned, stirring very frequently. DO NOT burn the garlic.
5. Remove from heat and stir in the honey; stir until thoroughly combined.
6. Toss the carrots with the prepared sauce either in the skillet, or pour the sauce over the carrots in a mixing bowl. Season with salt and pepper, and mix until well combined.
7. Transfer carrots to previously prepared baking sheet.
8. Arrange in one layer and bake for 22 to 25 minutes, or until carrots are browned and tender.
9. Remove from oven and transfer to a serving plate – garnish with chopped parsley.

## Garlic Parmesan Roasted Brussels Sprouts

6 servings

### INGREDIENTS

- 16 oz **Brussels sprouts**, trimmed, halved, and rinsed
- 3 tablespoons **olive oil** (or melted butter)
- 1/2 teaspoon **kosher salt** and freshly cracked **black pepper**
- 1 teaspoon **Italian seasoning**
- 3 **garlic cloves**, minced
- 1/2 cup grated **Parmesan cheese**



### DIRECTIONS

1. To make the roasted parmesan Brussels sprouts: Preheat your oven to 400°F (200°C) and prepare a large baking sheet (you can line it with parchment paper if you like).
2. Pat the Brussels sprouts dry with paper towels and place in a large bowl. Add olive oil, Italian seasoning, garlic, Parmesan, salt, and pepper. Toss gently to coat the Brussels sprouts evenly.
3. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake the **parmesan Brussels sprouts** on the center rack for 25 to 30 minutes – Adjust the time depending on your oven, the vegetables should be golden brown.
4. Transfer the **roasted parmesan Brussels sprouts** to a large serving bowl and sprinkle with fresh chopped parsley if you like.
5. Enjoy!

## **Roasted Ratatouille**

**Submitted by Penny Zibula**

Yield: 10 servings

### **INGREDIENTS**

2 large red bell peppers, seeded and cut lengthwise into 1-inch wide strips  
5 baby eggplant, quartered lengthwise  
6 baby zucchini, quartered lengthwise  
5 plum tomatoes, quartered lengthwise and seeded  
2 shallots, peeled and sliced lengthwise  
Extra-virgin olive oil, to coat  
Coarse salt and pepper

### **INSTRUCTIONS**

1. Preheat oven to 500 degrees F.
2. Working on a cookie sheet, combine vegetables.
3. Drizzle liberally with extra-virgin olive oil and season with salt and pepper. Toss to coat vegetables evenly.
4. Roast until just tender, 15 minutes. Transfer to a serving platter.



## SOUPS

### Broccoli Potato Soup

#### INGREDIENTS

- 2 14.5 oz cans chicken broth
- 2-3 large carrots peeled and diced
- 4 medium potatoes peeled and cubed into small pieces
- 1 tsp onion powder
- 2 small heads broccoli washed and diced small
- 3 TB butter
- 1/3 c flour
- 3 1/2 c milk
- 4 c shredded cheddar cheese
- 1 tsp salt
- 1/2 tsp garlic pepper
- 6 slices bacon cooked and chopped



#### INSTRUCTIONS

1. In a large pot combine chicken broth, carrots potatoes and onion powder. Bring to a boil, cover and simmer for about 10 minutes.
2. Add broccoli, cover and simmer for an additional 10 minutes.
3. While simmering, melt butter in a large saucepan. Whisk in the flour and cook for another minute (or until golden brown). Whisk in milk and cook for an additional 5 minutes until the sauce thickens.
4. Add cheese and stir until it is all melted. Add salt and garlic pepper. Pour cheese sauce into the large pot and stir until well combined.
5. Add more milk for a thinner consistency and add any additional salt and pepper needed. Top with bacon pieces.
6. Serve warm.

## Hamburger Cauliflower Soup

### INGREDIENTS

- 1 Tbsp olive oil
- 1/2 Medium Onion (roughly chopped)
- 1 lb ground beef
- 1 (14.5 oz) Can Stewed Tomatoes
- 3 Cups water
- 3 Beef bouillon cubes
- 1/2 tsp Onion Powder
- 1/4 tsp Garlic Salt
- 1/2 tsp Basil
- 1 tsp Celery flakes
- Salt & Pepper to taste
- 1/2 Large Cauliflower head (cut into florets)



### INSTRUCTIONS

1. Add the oil to a large pot and turn heat on medium.
2. When oil is hot, saute the onion until almost translucent.
3. Add the hamburger and brown. Drain excess grease.
4. Add the stewed tomatoes, water, bouillon cubes, onion powder, basil, garlic salt, celery flakes and salt and pepper.
5. Simmer on low for about 20 minutes.
6. Add cauliflower florets and simmer (very slow simmer) for 1 hour.
7. Salt and pepper to taste.

## ITALIAN WHITE BEAN SOUP

### INGREDIENTS

- 2 cans (14oz) cannellini or other white beans
- 1 large potato, diced
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1-1/2 cup low sodium vegetable broth
- 1 handful Italian flat parsley, chopped
- 2 Tbsp extra virgin olive oil
- 1/4 tsp chili flakes
- 1/2 tsp salt, or according to taste



### INSTRUCTIONS

1. Rinse your beans under runny water and drain, you want to remove the cloudy water.
2. In a large pot heat gently 1 Tbsp of extra virgin olive oil and add 1 chopped garlic clove (keep the other one for the dressing), onion, chili and cook for about 3 minutes or until the onion starts to soften.
3. Add cannellini beans, the diced potato and stir well for another minute.
4. Add the vegetable broth (or hot water) and salt and bring to the boil.
5. Reduce the heat and simmer for about **20 minutes**, stirring occasionally.
6. When the diced potato is soft, remove the pot from the heat, check the seasoning and the consistency (you might like a thicker or a thinner soup, so you can add or reduce the amount of liquid). Set aside.
7. **Make the dressing:** blend the parsley leaves with the rest of the garlic and 1 Tbsp of extra virgin olive oil (2 Tbsp if you like more dressing). Alternatively, you can chop parsley and garlic and then blend all together with the rest of the olive oil.
8. Serve drizzled with the parsley dressing and some chili flakes.



## Quinoa Vegetable Soup

Submitted by Rose MacNeal

(makes 6 servings)

### INGREDIENTS

2 tbsp. extra-virgin olive oil  
1 medium onion, chopped  
2 carrots, peeled and cut into thin rounds  
2 stalks celery, thinly sliced  
3 cloves garlic, thinly sliced  
1 large zucchini, cut into 1/2" pieces  
1 (14.5-oz.) can diced tomatoes  
1 (15.5-oz.) can cannellini beans, rinsed and drained  
1 c. quinoa  
1/2 tsp. ground cumin  
8 c. low-sodium vegetable broth  
8 oz. Tuscan kale, ribs removed and leaves thinly sliced  
1 tbsp. fresh lemon juice  
Crushed red pepper flakes, for serving



### INSTRUCTIONS

1. In a large pot over medium-high heat, heat oil. Add onion, carrot, celery, and garlic and season with salt and pepper. Cook, stirring occasionally, until vegetables are soft, about 10 minutes.
2. Add zucchini, diced tomatoes, beans, quinoa, and cumin. Pour in broth and stir to combine. Bring to a boil and boil until quinoa is tender, about 13 minutes.
3. Stir in kale and cook until wilted, 1 minute more, then stir in lemon juice. Season with salt, pepper, and red pepper flakes and serve.



## Red Lentil Soup with Lemon

Submitted by Penny Zibula

### INGREDIENTS

3 tablespoons olive oil, more for drizzling  
1 large onion, chopped  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 teaspoon ground cumin  
¼ teaspoon kosher salt, more to taste  
¼ teaspoon ground black pepper  
Pinch of ground chile powder or cayenne, more to taste  
1 quart chicken or vegetable broth  
2 cups water  
1 cup red lentils  
1 large carrot, peeled and diced  
Juice of 1/2 lemon, more to taste  
3 tablespoons chopped fresh cilantro



### INSTRUCTIONS

1. In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.
2. Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and sauté for 2 minutes longer.
3. Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
4. Using an immersion or regular blender or a food processor, purée half the soup then add it back to pot. Soup should be somewhat chunky.
5. Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder if desired.

## Sausage & Orzo Soup

### INGREDIENTS

1 lb Mild Italian Sausage  
1 cup Orzo Pasta  
1 tbsp Olive Oil  
1/2 Onion  
1 tbsp Garlic  
1 28 Oz Crushed Tomato  
2 tsp Italian Seasoning  
1/2 tsp red chili Flakes (optional)  
salt and pepper to taste  
4 cups Chicken Broth  
2 cups Spinach (Tightly Packed)  
1/4 cup Half and Half  
1/2 cup Parmesan Cheese (to serve)



### INSTRUCTIONS

1. Heat Oil in a heavy bottom pan. Once Warm add chopped onion and garlic. Saute until the onion has softened and raw garlic smell is gone.
2. Roughly break sausages to small chunks. Add to the pan. Saute for 5-6 minutes until they are browned and aromatic. Break any bigger chunk of sausage.
3. Deglaze the pot by adding stocks. Scarp the bottom of the pan to remove any brown bits. Stir in the tomatoes, Italian seasoning, chili flakes, salt and pepper
4. When the stock comes to a boil stir in Orzo Pasta,
5. Cover and let it cook for 8-10 minutes in the medium-low heat until Orzo is almost cooked. Stir in between to prevent Orzo from getting stuck at the bottom.
6. Stir in Spinach to the pot and let it cook for 2 minutes. Switch off the flame.
7. Stir in half and half and serve with a generous topping of parmesan cheese.

## Vegetable Beef Soup



### INGREDIENTS

- 2 yellow onions, diced
- 2 tablespoons butter
- 1½ pound ground beef I like ground sirloin
- 2-3 cloves garlic, finely chopped
- 1 cup potatoes, peeled and cubed about 2 Yukon Gold
- 1 cup celery, sliced about 2 ribs
- 1 cup fresh green beans, cut into 1-inch pieces
- 1 cup carrots, peeled and diced about 2 medium
- 1 cup parsnips, peeled and diced about 2 medium
- 1/2 head small green cabbage, roughly chopped in bite-size pieces
- 2 tablespoons fresh parsley, chopped
- ½ teaspoon basil
- ½ teaspoon thyme
- 3 cups beef broth or stock preferably unsalted
- 1 cup dry red wine
- 2 (29-ounce) cans whole tomatoes and their juices, crushed by hand I like San Marzanos
- Kosher salt and pepper, to taste
- Optional: canned and drained corn, peas or lima beans, about ½ - ¾ cup each

### INSTRUCTIONS

1. In a large dutch oven, melt 2 tablespoons butter.
2. Add chopped onions, a pinch of salt, and cook until translucent, about 5 minutes.
3. Add garlic, cook 1 minute until fragrant and then add the ground beef. Break up beef with wooden spoon and cook until no longer pink.
4. Add the tomatoes, beef broth and wine. Stir well and then add the parsley, basil and thyme. Season with salt and pepper.
5. Add the vegetables: potatoes, celery, green beans, carrots, parsnips and cabbage (and any other optional veggies). Stir well to combine and bring to a boil.
6. Reduce heat to low, cover and simmer for 1½ hours, stirring occasionally, until the vegetables are all tender and the soup broth has fully developed

## Vegetable Dumpling Soup

Submitted by Rose MacNeal

6 servings

### INGREDIENTS

#### Dumplings:

5 large heaping Tbsp all-purpose flour (add a bit more, if you want firmer dumplings-you can add 1 tsp your favorite dry herb if you like)

½ tsp salt

½ cup

1 Tbsp (olive) oil

#### Soup:

3 Tbsp oil

2 onions

3 larger carrots

2 bay leaves

½ tsp ground black pepper

3 cloves of garlic

2 tsp dried dill

6 cups boiling water

3 potatoes (don't use red)

1 - 1 ½ tsp salt

bunch of fresh parsley



### INSTRUCTIONS

1. I add the dumplings in the end, so it's best to start making the dumpling batter. It has to sit for some time to let the flour set a bit. To make the dumplings, combine flour with salt, add water and whisk. Add oil and whisk again. The dumpling batter should be a creamy mixture, almost like a thicker sour cream. Let the dumpling batter sit until you make the soup.
2. Heat up a thick-bottomed pot.
3. Add oil and chopped onions.
4. Cook for a minute or two.
5. Add carrots (cut into little pieces), bay leaves, ground black pepper, 3 cloves of chopped garlic and dried dill.
6. Stir and cook for a couple of minutes. Add the boiling water and let the soup boil under a lid, until the carrots are halfway cooked (about 10 minutes).
7. Add potato cubes and salt. Boil, until the potatoes are almost soft.
8. Now start adding the dumplings. Take a teaspoon of dumpling dough and carefully slide it into the boiling soup. Continue, until you are out of the dough.
9. Cover the pot with a lid and let the soup boil on a medium heat for 7 - 10 minutes. In the end, add chopped parsley. Taste for salt and serve.

## Section 4. Main Dishes

### BAJA FISH TACOS

#### FISH

- 1 ½ - 2 lbs. fresh cod, sliced
- 1 c. all purpose flour
- ½ c. panko bread crumbs
- 12 oz. beer (any light beer will work well)
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. chili powder
- 1 tsp. salt

#### CITRUS SLAW

- 2 c. cole slaw mix
- ½ c. cilantro
- 2 Tbsp. lime juice
- 2 Tbsp. pineapple juice
- ⅛ tsp. salt

#### CHIPOTLE MAYO

- ½ c. mayo
- 1 tsp. honey
- 1 tsp. adobo sauce

#### OTHER

- 2 c. Canola oil
- 1 package white corn tortillas
- 1-2 avocados, thinly sliced



#### INSTRUCTIONS

1. Prepare citrus slaw by combining all ingredients in a small mixing bowl. Set aside.
2. Prepare sauce by combining all ingredients in a small mixing bowl. Set aside.
3. Slice cod into 1x2 inch pieces. Pat dry with a paper towel.
4. Prepare batter by combining flour, panko bread crumbs, beer, and seasonings in a medium mixing bowl. Mix well.
5. Pour canola oil into a medium skillet, filling it about 1 inch deep. Heat on medium-high.
6. Dip fish into batter. Working in small batches, add battered fish to hot oil. Fry for 2 minutes on each side or until golden brown.
7. Remove fish from oil and place on a wire rack. Continue until all fish is fried.
8. Heat tortillas as desired. Assemble tacos by adding fish, citrus slaw, and sliced avocado to tortillas. Top with sauce and additional cilantro, as desired.

## Blackened Tilapia

### INGREDIENTS

#### *Blackening Seasoning:*

- 1 1/4 tsp smoked paprika
- 1 1/2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp black pepper
- 1 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1 tsp brown sugar packed

#### *Blackened Tilapia:*

- 1 lb tilapia
- 3 tbsp unsalted butter
- 2-4 wedges of lime for topping



### INSTRUCITONS

1. Melt butter in a wide, shallow bowl.
2. Combine all the ingredients for the seasoning in one bowl and mix it well. Spread the seasoning on a cutting board covered with parchment paper.
3. Pat the fish fillets dry with a paper towel.
4. Dip a fillet in melted butter on both sides and let some excess butter drip off. Place the fish in the seasoning and coat it evenly on both sides. Repeat with the other fish fillet.
5. Pour leftover melted butter into a cast iron skillet and spread it around.
6. Preheat the oven to 425° and place the empty skillet in there to preheat for a few minutes. Take it out and add seasoned fish fillets.
7. Bake fish for 12-13 minutes.

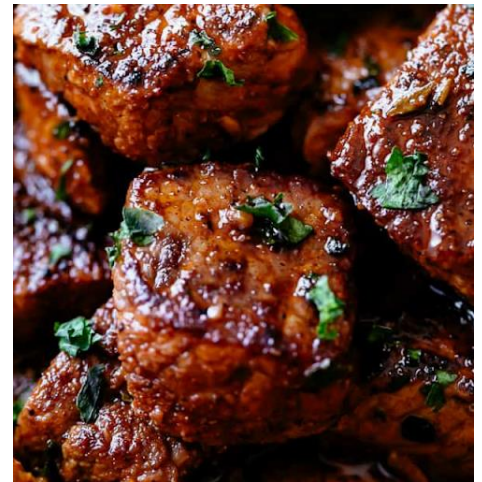


## Cajun Butter Steak Bites

### INGREDIENTS

For Cajun Seasoning:

- 1 tablespoon mild paprika
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder, add more if you like heat
- 3/4 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon brown sugar KETO: use brown sugar substitute
- 1/2-3/4 teaspoon cayenne pepper, add more if you like heat
- 1/4 teaspoon cracked black pepper to taste



### For Steak:

- 23 oz (650 g) steak, cut into 2-inch cubes (Sirloin, Rump, New York Strip, Porterhouse or Ribeye)
- 1-2 tablespoons canola oil, divided
- 1/4 cup butter
- 4 cloves garlic finely chopped

### INSTRUCTIONS

1. Combine Cajun seasoning in a shallow bowl. Add the steak bites and toss to evenly coat.
2. Heat 2 teaspoons oil in a skillet or pan over medium-high heat until hot.
3. Sear the steak bites in batches for 2-3 minutes each side until edges are crispy and browned, adding extra oil as needed. Set aside.
4. Reduce heat to medium. Add butter to the skillet and heat until melted. Sauté the chopped garlic until fragrant (about 30 seconds), while scraping up any browned bits from the pan.
5. Take the pan off the heat. Throw the steak bites back in and toss through the garlic butter to evenly coat.
6. Serve warm over your favorite rice or noodles with a vegetable side.



## Easy Chicken and Dumplings

4 servings



### INGREDIENTS

4 tablespoons butter divided  
2 carrots diced small  
2 stalks celery plus their leaves diced  
1 onion diced  
1 1/4 cup all-purpose flour divided  
4 cups chicken stock/broth  
1 cup whole milk divided  
1 teaspoon kosher salt  
1 teaspoon baking powder  
1 teaspoon chopped fresh thyme leaves or 1/2 teaspoon dried, plus more for garnish  
2 cups cooked diced or shredded chicken  
extra salt and pepper

### INSTRUCTIONS

1. Sauté the carrots, celery, and onions in 2 tablespoons of the butter in a large pot over medium high heat until softened a bit and beginning to brown (about 3 minutes).
2. Add 1/4 cup flour, stir to coat.
3. Add chicken broth (4 cups) and bring to a boil.
4. Turn the heat down to simmer and add 1/2 cup milk and the chicken. Season with salt and pepper.
5. Meanwhile, to make the dumplings, mix together the remaining 1 cup of flour, 1 teaspoon salt, 1 teaspoon baking powder, and 1 teaspoon fresh thyme leaves. Stir in the remaining 2 tablespoons of butter, melted, until flour mixture is crumbly looking. Add the remaining 1/2 cup of milk and stir until JUST combined. Do NOT over mix, or your dumplings may be dense.
6. Add spoonfuls of the dumpling mixture to the simmering pot- I recommend using a small cookie scoop for this (a tablespoon can also be used).
7. Cover and simmer on low for 15 minutes, or until dumplings are fluffy, cooked, and float to the top. No peeking!
8. Serve garnished with extra fresh thyme and fresh ground pepper, if desired.

## Classic Beef Stew

### INGREDIENTS

2 tablespoons extra-virgin olive oil  
2 1/2 pounds boneless beef chuck , trimmed of hard fat, cut into 2-inch chunks  
3/4 teaspoon salt  
1/2 teaspoon black pepper  
2 sweet onions , chopped  
3 medium carrots , peeled and cut into 1/2-inch thick pieces  
2 stalks celery , cut into 1/2-inch pieces  
3 cloves garlic , minced  
3 tablespoons all-purpose flour  
3 cups low-sodium beef broth  
2 cups water  
1 tablespoon Worcestershire sauce  
2 beef bouillon cubes , crumbled  
3 tablespoons tomato paste  
2 bay leaves  
3 sprigs fresh thyme (or 1 teaspoon dried)  
2 small potatoes , peeled and cut into 2 1/2-inch cubes  
1/2 cup frozen peas



### INSTRUCTIONS

1. Warm oil in a heavy bottomed pot over high heat until very hot.
2. Pat beef dry and sprinkle with the salt and pepper.
3. Add beef to the pot in batches and brown well all over. Transfer to a plate. Repeat with remaining beef. Lower heat to medium. If the pot looks dry, add a touch more oil.
4. Stir in the onion, carrots, and celery; saute for 5 minutes until vegetables have softened. Add garlic and cook for 30-60 seconds until fragrant.
5. Add flour and stir for 1 minute to cook off.
6. Slowly pour in the beef broth and whisk to combine until the flour dissolves.
7. Add in the water, Worcestershire, beef bouillon cubes, and tomato paste; mix well.
8. Toss in the bay leaves and thyme. Return beef to the pot (including any juices). Liquid level should just cover the top of the contents. Cover with lid, adjust heat to medium-low so it's a gentle simmer. Cook for 2 hours until the beef is tender.
9. Add in the potatoes; simmer for another 20-25 minutes (without the lid) until the potatoes and beef are very tender, the sauce has reduced and thickened slightly.
10. During the last 5 minutes add in the peas.
11. Skim off fat on surface, if desired. Discard bay leaves and thyme.
12. Adjust salt and pepper, to taste.
13. Ladle into bowls, sprinkle with some fresh chopped parsley and enjoy with crusty bread or popovers, if desired.

## **SPINACH PIE**

**8 SLICES**

### **INGREDIENTS**

10 ounces frozen spinach thawed (do not use chopped)  
(drain and squeeze excess water)  
4 eggs beaten  
2 1/2 cups cheddar or Mexican blend cheese  
1-1/2 teaspoon dried minced onion  
1/2 teaspoon garlic powder  
salt and pepper to taste



### **INSTRUCTIONS**

1. Grease a 9-inch pie pan.
2. Combine all ingredients and pour into the prepared pan.
3. Bake at 375F for about 30 minutes or until edges start to brown.
4. Let cool for 5 minutes then slice and serve!

## **Easy Baked Pork Chops**

**Submitted by Janet Ross**

This is an easy weeknight recipe:

### **INGREDIENTS**

6 boneless lean pork chops  
grated cheese  
salt and pepper  
bread crumbs (Italian style-already spiced)  
Egg wash (one egg beaten and add 1/2 cup water)



### **INSTRUCTIONS**

1. Rinse pork chops-dip into egg wash and then into mixture of bread crumbs, salt and pepper and grated cheese.
2. Put into low baking dish coated with a little bit of olive oil (or oil spray if you like)
3. Bake in a 350 degree oven for 35-45 minutes depending on the thickness of the pork chops.
4. Easy and good – enjoy!

## **Eggplant Timballo**

**Submitted by Penny Zibula**

### **INGREDIENTS**

3/4 pound anelli (ring-shaped) pasta, or other pasta to your taste  
1/2 pound Italian sausage (optional)  
1/2 cup peas, cooked  
6 ounces mozzarella cheese, cubed  
1/2 cup grated parmesan cheese  
1-1/2 cups + 1/2 cup tomato sauce  
2 medium eggplants, sliced about 1/4 inch thick



### **INSTRUCTIONS**

1. Remove the casing from the sausage, if using, break into small chunks and cook in a pan. Drain. Place in a large bowl. Set aside.
2. In boiling water; cook the pasta until al dente. Drain the pasta and place into the bowl with the cooked sausage, the peas, mozzarella, parmesan and up to 1-1/2 cup of the tomato sauce (using only enough sauce as necessary to coat the mixture well.) Set the mixture aside. Reserve some of the tomato sauce for later.
3. Heat grill or turn oven to "broil". Brush olive oil over eggplant slices and grill or broil until softened and cooked through. Oil a 1-1/2 soufflé dish or similar vessel and arrange the cooked eggplant slices along the sides, leaving enough hanging over the sides to fold over the pasta when the dish is full.
4. Fill the dish with the pasta, then fold the eggplant slices over, covering the top of the pasta completely. If the slices from the side of the soufflé dish are not large enough to cover the area, place some extra pieces on the top.
5. Cover with aluminum foil and bake in a 350 degree oven for 45minutes. Remove and let it rest for at least 15 minutes.
6. Invert onto a serving platter, sprinkle with some parmesan cheese, and serve with the extra sauce.

Serves 4-6.

Note: This is just as good without the sausage.

## **Garlic and Herb Baked Cod Recipe**

**Submitted by Rose MacNeal**



### **INGREDIENTS**

2 lbs. cod fillets  
1/3 cup real mayonnaise (not miracle whip)  
1/3 cup freshly grated Parmigiano & Regianno Blend Cheese  
2 Tbs each chopped parsley and basil  
1 garlic clove grated  
Salt and Pepper to taste

### **INSTRUCTIONS**

1. Preheat oven to 450 degrees.
2. Line baking sheet with parchment paper or silicone baking mat. Place fish fillets onto the prepared baking sheet and set aside.
3. In a small bowl, stir mayonnaise together with cheese, fresh herbs, garlic, salt, and pepper until combined. Spread evenly over the top of the fillets.
4. Bake 10-12 minutes or until fish starts looking opaque and will flake.
5. Switch oven to broiler and brown the tops of the fish until lightly golden.
6. Remove from oven, cool 3-5 minutes and serve.



## **Lentil Spaghetti Sauce**

**Submitted by Penny Zibula**

### **INGREDIENTS**

2 tablespoons olive oil  
1-1/2 cups chopped onions  
2 cloves garlic, minced  
1 cup dried lentils, rinsed  
2 cups water or vegetable broth  
1 6 oz. can tomato paste  
1 4 oz. can mushrooms, drained (I prefer to sauté fresh mushrooms with the onion and garlic.)  
1 teaspoon oregano  
1 teaspoon salt  
1/4 teaspoon basil  
1/8 teaspoon cayenne pepper



### **INSTRUCTIONS**

1. Sauté onions and garlic in oil until onions are soft.
2. Add lentils and water and bring to boil.
3. Cover and simmer, stirring occasionally for 30 minutes, or until
4. lentils are tender.
5. Add remaining ingredients and simmer uncovered 10 minutes, adding more
6. water if necessary.
7. Serve over spaghetti.
8. Makes about 3 cups.

Note: recipe can be doubled and will freeze well.

## No Crust Broccoli Quiche

### INGREDIENTS

- 1 tablespoon butter for pan
- 1 (16 oz package) frozen chopped broccoli
- 8 large eggs
- 1/2 cup sour cream (or full-fat Greek yogurt)
- 1 teaspoon Kosher salt (not fine salt)
- 1/4 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/4 cup chopped scallions, white and green parts
- 1 cup shredded sharp cheddar cheese (4 oz will equal 1 cup when shredded)



### INSTRUCTIONS

1. Preheat oven to 400 degrees F. Generously butter a 9-inch pie dish.
2. Place the broccoli in a large microwave safe bowl. Add 1/4 cup water. Cover and microwave on high for 6 minutes, stirring after the first 3 minutes. Drain well.
3. In a large bowl, whisk together the eggs, sour cream, Kosher salt, black pepper, and garlic powder. Stir in the broccoli, the scallions and the cheese.
4. Pour the mixture into the prepared pie dish.
5. Bake until golden brown and a knife inserted in center comes out clean, about 30 minutes.
6. Allow the quiche to cool and set in pan on a wire rack, about 15 minutes, before slicing into 8 triangles and serving.

## One Pot Creamy Tomato Spinach Gnocchi

(2 servings as a meal)

### INGREDIENTS

3 TBSP olive oil  
1/2 cup halved and sliced leek  
(1 large leek wash and clean thoroughly)  
1/2 cup yellow onion, diced  
3-4 garlic cloves, minced  
1-pint cherry tomatoes  
3/4 cup white wine or vegetable stock  
3 TBSP unsalted butter  
17 oz. refrigerated fresh gnocchi  
1/4 cup freshly grated parmesan cheese  
Several handfuls of baby spinach (1-2 cups)  
1/4 cup half-and-half  
Salt and pepper, to taste



### INSTRUCTIONS

1. In a large skillet over medium heat, add olive oil. Once hot, add leek and onion and cook for about 3 minutes. Add a pinch of salt- remember to continue to add it in layers for flavor! Add garlic and cook for another 2-3 minutes until fragrant.
2. Add cherry tomatoes; cook until they begin to blister, about 5 minutes, and then begin to smash them down gently with the back of your spoon. Let the juices cook about 1-2 minutes.
3. Deglaze the pan with white wine or vegetable stock. Bring it back to a simmer and let it cook down for 1-2 minutes. Stir in the butter to melt.
4. Add in the gnocchi, stir to coat and make sure they are in a single layer to cook evenly. Cover the pan and cook about 2 minutes longer than the package suggests (since you won't be boiling them, it may take a little longer). Mine usually cook for about 4-5 minutes total. Be sure to taste test!
5. Stir in parmesan, spinach, and half-and-half. The spinach will wilt with the heat of the gnocchi.
6. Serve immediately with additional parmesan and/or fresh basil as desired.

## Pappardelle Pasta with Rosemary Portobello Mushroom Sauce

4 servings

### INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 2 shallots halved lengthwise and thinly sliced
- Kosher salt
- 3 portobello mushroom caps (10 -12 oz) sliced into 1-inch pieces
- 8 ounces pappardelle pasta fresh or dried
- 1 garlic clove finely sliced
- 2 teaspoons finely chopped fresh rosemary leaves
- 1/2 teaspoon red chili flakes
- 2 tablespoons tomato paste
- 1 teaspoon balsamic vinegar
- 2 tablespoons unsalted butter
- 1 chunk Parmigiano Reggiano or Parmesan cheese



### INSTRUCTIONS

1. Put the oil, shallots and a pinch of salt in a large skillet and place over medium heat. Cook, stirring frequently, until the shallots are softened, but not browned.
2. Add the mushrooms to the pan. Cook the mushrooms for a few minutes until they take on some color, then stir and add 1/2 teaspoon salt. Continue cooking until the mushrooms become tender and their liquid evaporates.
3. Meanwhile, bring a large pot of water to a boil and add 2 tablespoons kosher salt. Cook the pasta until al dente. Scoop out and reserve 1/2 cup of the pasta water, then drain the pasta.
4. Add the garlic, rosemary, chili, tomato paste, vinegar and butter to the mushrooms. Add 1/3 cup of the pasta water and stir over medium heat until the mixture becomes saucy. Add the pasta to the pan and toss gently with tongs to coat with the sauce, adding more water if it seems too dry. Taste for seasoning.
5. Shave curls of Parmigiano cheese over the pasta with a vegetable peeler and serve.

## SHEET PAN BEEF & BROCCOLI

### INGREDIENTS

- 1 cup basmati rice
- 1 1/2 pounds New York strip steak, cut into 1-inch chunks
- 3 tablespoons reduced sodium soy sauce, divided
- 2 tablespoons plus 2 teaspoons brown sugar, divided
- 2 heads broccoli, cut into florets\*
- 2 teaspoons toasted sesame oil
- 3 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- 1/4 teaspoon crushed red pepper flakes
- 2 green onions, thinly sliced
- 1 tablespoon toasted sesame seeds



### INSTRUCTIONS

1. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
2. Preheat oven to 450 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
3. In a large bowl, combine steak, 1 tablespoon soy sauce and 2 teaspoons brown sugar. Place steak and broccoli in a single layer onto the prepared baking sheet.
4. Place into oven and bake until steak is browned and broccoli is just tender, about 16-18 minutes.
5. In a small saucepan over medium low heat, combine sesame oil, garlic, ginger, red pepper flakes, remaining 2 tablespoons soy sauce and remaining 2 tablespoons brown sugar. Bring to a boil; reduce heat and simmer, stirring constantly, until slightly thickened, about 2-3 minutes.
6. Serve steak and broccoli immediately with rice, drizzled with soy sauce mixture and garnished with green onions and sesame seeds, if desired.

## Slow Cooker Thai Peanut Chicken

Submitted by Mary Duquette

Serves 6

### Ingredients

- 1 cup coconut milk about a half a can
- 1/3 cup creamy peanut butter
- 2 tablespoons soy sauce - low-sodium
- 2 tablespoons honey
- 1 tablespoons rice wine vinegar
- 1 tablespoon ginger peeled and minced
- 3 garlic cloves minced
- 3 chicken breasts boneless and skinless
- 2 tablespoons cornstarch mixed with 2 tablespoons water
- 1 tablespoon lime juice
- Optional garnishes: chopped peanuts cilantro or green onions



### Instructions

1. To a 6 qt slow cooker, add the coconut milk, peanut butter, soy sauce, honey, rice wine vinegar, ginger, garlic, and stir until combined.
2. Cut the chicken breasts into one inch chunks and add to the slow cooker.
3. Cook on low for 4-5 hours.
4. Add the lime juice and cornstarch/water mixture to the slow cooker and stir carefully.
5. Cook for an additional 20 minutes until sauce is thickened
6. Garnish with desired toppings like chopped peanuts, cilantro or green onions (or all three!).



## SUN DRIED TOMATO SPINACH GRILLED CHEESE SANDWICHES

8 SANDWICHES

### INGREDIENTS

- 1 loaf sourdough bread, sliced
- 8 tbsp pesto sauce
- 6 oz sun dried tomatoes
- 4-6 oz fresh spinach
- 8 slices provolone cheese
- 2-4 tbsp olive oil



### INSTRUCTIONS

1. Heat a grilled/griddle skillet over medium heat.
2. Divide the olive oil over the outside of each slice of bread.
3. Spread the pesto sauce over the inside of four slices of bread.
4. Place half a slice on the provolone cheese on four pieces of bread followed by the sun dried tomatoes and fresh spinach.
5. Place the other half of provolone cheese slice on top of the spinach and top with the other slice of bread.
6. Add the sandwiches to the grill pan and grill until golden brown and the cheese is starting to melt, about 2-4 minutes on each side.
7. Serve them while they are still warm with your favorite soup!

## Teriyaki Pineapple Salmon

### INGREDIENTS

2 tbsp vegetable oil  
1/2 tsp salt  
1/2 tsp freshly ground pepper  
2 salmon fillets skin on  
1/3 cup teriyaki sauce  
1/2 tsp ginger powder  
1/4 cup pineapple juice  
4 pineapples slices



### INSTRUCTIONS

1. Heat vegetable oil in a pan. Sprinkle salt and pepper on both sides of salmon fillets.
2. Once the pan is hot, place the fillets in the pan, skin side down and sear for 5 minutes until the skin is crispy. Turn the fillets and cook for another 5 - 8 minutes until the fish is fully cooked.
3. Mix teriyaki sauce, ginger and pineapple juice in a small sauce pan and bring to boil. Simmer for 3-4 minutes.
4. Pour the sauce on the salmon fillets (Save one tbsp) and cook for another two minutes.
5. Sear pineapple slices in the remaining sauce until caramelized.
6. Serve with white rice and top with caramelized pineapple.

## TEX-MEX MEATBALLS

### INGREDIENTS

1 1/2 lb. ground beef  
2 cup shredded Mexican cheese blend, divided  
1/2 cup panko breadcrumbs  
2 tbsp. freshly chopped parsley, plus more for garnish  
2 cloves garlic, minced  
1 jalapeño, finely chopped  
1 large egg  
1 tsp. ground cumin  
Kosher salt  
Freshly ground black pepper  
1 tbsp. extra-virgin olive oil  
1/2 large onion, chopped  
1 (15-oz.) can crushed tomatoes  
2 tbsp. chopped chipotle chiles in adobo sauce



### INSTRUCTIONS

1. In a medium bowl, combine ground beef, 1 cup of cheese, breadcrumbs, parsley, garlic, jalapeño, egg, and cumin and season with salt and pepper. Mix until combined, then form into meatballs.
2. In a large skillet over medium-high heat, heat oil. Add meatballs in a single layer and sear 2 minutes per side. Transfer to a plate.
3. Add onion to skillet and cook, stirring, until soft, 5 minutes.
4. Stir in crushed tomatoes and chipotle in adobo and bring mixture to a boil. Reduce heat to medium-low and return meatballs to skillet.
5. Cover and simmer until meatballs are cooked through, about 10 minutes.
6. Top with remaining 1 cup cheese, then cover with lid to let melt, about 2 minutes.
7. Garnish with parsley before serving.
8. Serve over rice or noodles (optional).

## *Section 5. Desserts*

### **Agua Fresca Sorbet**

Submitted by Rose MacNeal

#### **INGREDIENTS**

6 cups seedless watermelon, diced into chunks

1/3 cup water

3 tablespoon fresh lime juice

3 tablespoon cup raw honey



#### **INSTRUCTIONS**

1. Cut up the watermelon and freeze for 4-6 hours.
2. Blend the frozen watermelon in a food processor or high-speed blender with 1/3 cup of water, 3 tablespoons of fresh lime juice, and 3 tablespoons of raw honey.
3. Garnish with lime wedges and enjoy!

## Almond Joy Magic Cookie Bars

### INGREDIENTS

#### Cookie Crust:

- 1/2 c. unsalted butter, room temperature
- 3/4 c. light brown sugar, packed
- 1 tsp. vanilla
- 1 egg
- 1 c. all-purpose flour
- 1 c. chocolate graham cracker crumbs (*not quite 9 full-sheet crackers*)
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 c. semi-sweet chocolate chips



#### Layers:

- 3/4 c. mini semi-sweet chocolate chips
- 1 3/4 c. shredded sweetened coconut
- 1/2 c. sliced almonds
- about 12 oz. sweetened condensed milk (*not quite one can*)

### INSTRUCTIONS

1. Preheat oven to 350 degrees. Line an 8x8-inch baking pan with parchment paper, leaving a slight overhang for easy removal and spray with cooking spray; set aside. For the Crust: In a large bowl, cream together the butter and brown sugar, using a hand mixer, until smooth and creamy. Add the vanilla and egg and mix until combined. Add the flour, graham cracker crumbs, baking powder and salt and mix until fully combined. Stir in the chocolate chips. Press graham cracker dough evenly into the bottom of your prepared baking pan. Bake for 5 minutes.
2. Remove from oven and sprinkle with the mini chocolate chips (*reserving a small amount*), coconut and sliced almonds. Drizzle the sweetened condensed milk over the top and sprinkle with reserved mini chocolate chips. Remember the pan is hot and return to the oven and bake for 25-30 minutes until set (*I baked mine for about 26 minutes*). Loosely tent the pan with aluminum foil halfway through baking time to prevent the coconut and almonds from browning and rotate the pan in the oven.
3. Allow to cool at room temperature for 30 minutes and then stick in the refrigerator to cool all the way through (*the bottom of the pan will be cold*). Cut into 9-12 squares. DO NOT cut the bars while they are still warm or the gooey filling will run all over the place.

## Apple Blondies

### INGREDIENTS

3/4 cup butter, melted  
1 1/2 cup packed brown sugar  
1 1/2 cup white sugar  
3 eggs  
3 teaspoon vanilla extract  
3/4 teaspoon ground cinnamon  
3/4 teaspoon salt  
3 teaspoon baking powder  
3 cups all-purpose flour  
3 cups apples, diced (a tart baking apple is best like granny smith)  
1 cup chopped walnuts (optional)

### For topping prior to baking:

1 Tablespoon white sugar  
1/2 teaspoon ground cinnamon

### INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Spray a 9 x 13 casserole dish with cooking spray.
3. In a bowl, mix together butter, brown sugar & 1 1/2 cup white sugar.
4. Add eggs, vanilla, cinnamon, salt & baking powder, mix well.
5. Add flour and mix again. Batter will be thick.
6. Add apples and walnuts (if desired) and mix well. Batter should begin to be more a brownie-like consistency.
7. Spread mixture evenly into prepared pan.
8. For topping: In a small dish, mix 1 Tablespoon sugar and 1/2 teaspoon of cinnamon. Sprinkle on top of the batter.
9. Bake for 40 - 45 minutes or until brownie consistency then remove from oven.
10. Allow to cool.
11. Once cooled, cut and serve with vanilla ice cream on top for an extra treat!





## Caramel Apple Crisp Cheesecake Bars

### INGREDIENTS

#### **Crust:**

1/4 cup brown sugar  
1 cup graham cracker crumbs  
3/4 cup rolled oats  
1/2 cup melted butter, plus more for greasing the plate

#### **Cheesecake Layer:**

2 8oz package softened cream cheese  
2 tbsp corn starch  
1/4 cup brown sugar 1/2 tsp cinnamon  
1/4 cup white sugar  
1/2 tsp ginger  
2 tsp vanilla extract

#### **Apple Crisp Topping:**

1/4 cup all purpose flour  
1/4 cup rolled oats  
1/4 cup brown sugar  
1/2 tsp cinnamon  
2 tbsp coconut oil  
2 medium to large apple, peeled and thinly sliced  
Caramel Topping of your choice



### INSTRUCTIONS

1. Preheat your oven to 350F.
2. Prepare one 9x13-inch glass pan by greasing thoroughly with butter or baking spray,
3. or light-colored metal baking pan with foil,
4. Be sure to cover the sides, you are going to use this to lift the bars.
5. In a mixing bowl combine graham cracker crumbs, rolled oats, melted butter and brown sugar together.
6. Press inside the bottom of a 9x13-inch baking pan.
7. Bake for 5 minutes. Remove from oven to cool.
8. Meanwhile in the bowl of your electric mixer blend together cream cheese, brown sugar, white sugar, cinnamon, ginger, cornstarch and vanilla.
9. Once well combined, pour on top of your graham cracker/oat crust.
10. To start your apple layer, arrange the thinly sliced apple on top of the cream cheese mixture in a single layer. Top with the Apple Crisp Topping.
11. Bake at 350F for 40-50 minutes.
12. Once it's done cooking, cool for 15 minutes, then refrigerate overnight.
13. Cut into squares. Serve with caramel drizzled over the top of cheesecake bars.

## Carrot Walnut Loaf with Cream Cheese Frosting

### INGREDIENTS

#### For the loaf:

2 1/2 cups all-purpose flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
1/4 teaspoon ground ginger  
3/4 cup vegetable oil  
1 cup light brown sugar, lightly packed  
1/2 cup granulated sugar  
3 large eggs, at room temperature  
2 teaspoons vanilla extract  
3 cups shredded carrots (about 6 to 7 medium carrots)  
1/2 cup walnuts, roughly chopped

#### For the frosting:

8 ounces cream cheese, at room temperature  
1 stick unsalted butter, at room temperature  
2 teaspoons vanilla extract or paste  
2 cups powdered sugar, sifted  
Chopped walnuts, for garnish

### INSTRUCTIONS

1. Preheat the oven to 350°F. Spray an 8 1/2 by 4 1/2-inch loaf pan with nonstick cooking spray.  
In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
2. In a large bowl, whisk together the oil, brown sugar, granulated sugar, and eggs. Stir in the vanilla and carrots. Add the dry ingredients and mix until just combined. Stir in the walnuts.
3. Pour the batter into the prepared loaf pan. Bake until a cake tester inserted comes out clean, about 65 to 75 minutes. Let cool for 20 minutes then turn out onto a wire rack to cool completely. At this point the loaf can be wrapped well and stored at room temperature for up to 2 days.

#### Frosting:

In the bowl of a stand mixer fitted with the paddle attachment, beat the cream cheese, butter, and vanilla on medium-high speed until very light, creamy, and smooth. On low speed gradually add in the sugar and beat until fluffy. Spread evenly over the loaf. Sprinkle with walnuts. Slice and serve, or cover and leave at room temperature for up to 8 hours, or in the fridge for up to 3 days. Bring to room temperature before serving.



## Cranberry Christmas Cake

### INGREDIENTS

3 large eggs room temp  
2 C sugar  
3/4 C unsalted butter softened  
1 tsp vanilla extract  
1 tsp almond extract  
2 C all-purpose flour  
12 oz fresh cranberries  
Powdered sugar for garnish



### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Prep a 9 x13 pan with non-stick baking spray.
3. Beat the eggs and sugar together with an electric mixer until slightly thickened and light in color.
4. This mixture should form peaks when you lift the beaters out of the bowl.
5. Add the butter, almond and vanilla extract to the egg mixture and continue to mix.
6. Mix for two minutes.
7. Slowly add in the flour but just until combined.
8. Add the fresh cranberries.
9. Stir the cranberries to mix throughout.
10. Bake at 350 degrees for 40-50 minutes.
11. Allow the cake to cool completely before cutting into slices.
12. Garnish with powder sugar.
13. Makes 16 servings.

## Crusty Candy Cane Chocolate Chip Pound cake recipe

### INGREDIENTS

1 and ¼ cup butter no substitution, at room temperature  
8 ounces cream cheese at room temperature  
3 cups granulated sugar  
6 large eggs at room temperature  
3 cups all-purpose flour sifted, I use this brand  
1 teaspoon pure vanilla extract recommended  
1 teaspoon peppermint extract recommended  
1 cup chocolate chips good quality like these  
1 cup candy cane crushed



### Marshmallow Mint Frosting

2 cups dark chocolate chips recommended  
¼ cup butter no substitutions, salted or unsalted, at room temperature, recommended  
¾ cup marshmallow creme my favorite brand  
1 teaspoon peppermint extract I use this  
2 cups powdered sugar sifted  
4 to 5 tablespoons milk  
crushed and whole candy canes chocolate chips, and marshmallows for garnish

### INSTRUCTIONS

Preheat oven to 350 degrees F.

1. Grease a 10-inch tube pan (I use this tube pan. You can also use this bundt pan.)
2. In the bowl of your stand mixer, beat butter and cream cheese until light and fluffy.
3. Add sugar and mix until smooth.
4. Add eggs two at a time alternating with flour, beating after each addition.
5. Mix in vanilla and peppermint.
6. Fold in crushed candy canes and chocolate chips by hand.
7. Spoon into prepared tube pan.
8. Bake at 350 degrees for 80 to 90 minutes or until pick inserted in center of the cake comes out clean or with dry crumbs. (A dark pan will take a shorter amount of time to cook.)
9. Allow cake to cool on a wire rack for 30 minutes before inverting onto serving platter.

### Marshmallow Mint Frosting

Mix the butter and marshmallow cream together until smooth.  
Mix in peppermint, sugar, and milk one tablespoon at a time until desired consistency.  
Spoon over top of the cooled cake. Garnish with candy canes, chocolate chips, and marshmallows

## Easy Chocolate Cake in a Mug

Submitted by Rose MacNeal

1 serving

### INGREDIENTS

- 2 tbsp. flour
- 1 1/2 tbsp. no-calorie sweetener You can use sugar, but it adds calories
- 2 tsp. cocoa powder
- 1/4 tsp. baking powder
- Pinch of salt
- 2 tbsp. milk
- 1 tsp. oil
- 1 drop of vanilla extract



### INSTRUCTIONS

1. Combine the flour, sweetener, cocoa powder, baking powder, and salt in the mug. Whisk gently until no lumps remain.
2. Stir in the milk, olive oil, and vanilla until smooth.
3. Bake in the microwave on high for 30-35 seconds. Do not overcook or it will be rubbery! The cake will continue cooking for the next minute as it sets.
4. Cool 3-5 minutes. Serve with a sprinkle of powdered sugar or topped with berries & cream, and a drizzle of chocolate sauce, etc.

## **Flourless Peanut Butter Oatmeal Chocolate Chip Cookies** submitted by Rose MacNeal

### **INGREDIENTS**

- 1 cup creamy all natural peanut butter  
(only ingredients should be peanuts and salt)
- 1/2 cup pure maple syrup
- 1 tablespoon vanilla extract
- 1 cup gluten free rolled oats
- 1 cup semisweet chocolate chips
- 2 eggs
- 1/2 teaspoon baking powder
- 1/8 teaspoon sea salt



### **INSTRUCTIONS**

1. Preheat oven to 350 degrees
2. In a bowl, beat peanut butter, maple syrup, eggs, and vanilla.
3. In a separate bowl, whisk together the oats, baking powder, and salt
4. Add dry mixture to wet and beat until combined
5. Beat or stir in the chocolate chips
6. Drop batter into cookie shapes on a nonstick baking sheet
7. Bake at 350 degrees for 8-13 minutes, or until the center is cooked through.
8. Let cool completely.
9. Store in an air-tight container for up to 1 week.



## Lemon Zucchini Cupcakes

### INGREDIENTS

2 eggs  
¾ cup sugar  
⅓ cup canola oil  
2 ½ tablespoons lemon juice  
Zest the rind from one lemon approx. 2 teaspoons  
⅓ cup milk  
1 teaspoon almond extract  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
1 ⅔ cup flour  
½ teaspoon salt  
1 ½ cups zucchini shredded



### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix together dry ingredients in a small bowl.
3. Combine eggs, sugar, oil, lemon juice, milk, zest, and extract in a large bowl. Stir in dry ingredients until well combined.
4. Stir in zucchini.
5. Line a cupcake pan with papers. Fill each well 2/3 full and bake for 15-17 minutes or until a toothpick comes out clean. Cool on a wire rack.
6. Serve with your favorite lemon or buttercream frosting.

## Mini Caramel Pecan Tarts

### INGREDIENTS

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*For the crust:*

1 1/4 cups almond flour or almond meal  
1 cup pecans or walnuts  
4 teaspoons coconut flour, sifted if lumpy  
1/8 teaspoon salt

*For the filling:*

3/4 cup tightly packed dark brown sugar  
2/3 cup whipping cream  
7 tablespoons unsalted butter

5 tablespoons unsalted butter  
1/4 cup coconut sugar or brown sugar  
2 teaspoons cinnamon

1 teaspoon vanilla  
3/8 teaspoon salt  
2 1/2 cups chopped pecans



### INSTRUCTIONS

1. Preheat the oven to 375°F Line two muffin pans with 18 muffin liners.
2. Prepare the crust. Place all the crust ingredients in the bowl of a food processor fitted with the S-blade and pulse for 15 seconds or until there are no large chunks of nuts left. The nuts should be 1/8" or smaller in size.
3. Press 20 grams, about a rounded tablespoon, of dough onto the bottom of each liner. Try to press it in the nooks and crannies of the muffin liner.
4. Bake for 7 minutes or until golden brown. Let cool for at least 20 minutes while preparing the rest of the recipe. Don't skimp on the cooling time or the caramel may leak through.
5. Place the chopped pecans on a baking sheet and roast for 4-6 minutes or until starting to smell toasty. They burn quickly so keep a close eye on them. Remove from the oven.
6. Prepare the caramel. Heat the sugar, cream, butter, vanilla and salt in a heavy bottom saucepan (do not use non-stick) over medium heat.
7. Stir until combined and then simmer for 8 minutes. Do not stir. If needed, tilt the pan to redistribute the mixture.
8. Remove from the heat. The caramel will be quite thin at this point. Let it cool for 20 minutes or until considerably thickened and just barely pourable. Stir in the nuts and then spoon about 2 tablespoons of caramel pecan mixture onto the top of each baked crust.
9. Place the pans in the refrigerator for 2-3 hours or until the caramel has firmed up.
10. Serve cold or at room temperature. These can be left at room temperature for 8 hours.

Refrigerate in an airtight container for up to 4 days.

## **The Most Amazing Chocolate Cake** **Submitted by Tracey Brenneman**

Servings: 16 Serving

### **Ingredients**

butter and flour for coating and dusting the cake pan  
3 cups all-purpose flour  
3 cups granulated sugar  
1 1/2 cups unsweetened cocoa powder  
1 tablespoon baking soda  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons salt  
4 large eggs  
1 1/2 cups buttermilk  
1 1/2 cups warm water  
1/2 cup vegetable oil  
2 teaspoons vanilla extract



### **Chocolate Cream Cheese Buttercream Frosting**

1 1/2 cups butter softened  
8 oz cream cheese softened  
1 1/2 cups unsweetened cocoa powder  
3 teaspoons vanilla extract  
7-8 cups powdered sugar  
about 1/4 cup milk as needed

### **Instructions**

1. Preheat oven to 350 degrees Fahrenheit. Butter three 9-inch cake rounds. Dust with flour and tap out the excess.
2. Mix together flour, sugar, cocoa, baking soda, baking powder, and salt in a stand mixer using a low speed until combined.
3. Add eggs, buttermilk, warm water, oil, and vanilla. Beat on a medium speed until smooth. This should take just a couple of minutes.
4. Divide batter among the three pans. I found that it took just over 3 cups of the batter to divide it evenly.
5. Bake for 30-35 minutes in a 350 degree oven until a toothpick inserted into the center comes out clean.
6. Cool on wire racks for 15 minutes and then turn out the cakes onto the racks and allow to cool completely.
7. Frost with your favorite frosting and enjoy!

## PUMPKIN SCONES

### INGREDIENTS

#### For the scones:

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- { 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger or 1-1/2 teaspoons pumpkin spice
- 6 tablespoons butter, frozen
- 1/2 cup pumpkin puree
- 3 tablespoons half & half
- 1 large egg

#### For the cinnamon glaze:

- 1/2 cup powdered sugar
- 3 teaspoons milk
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon pumpkin spice



### INSTRUCTIONS

1. To make the scones:
2. Preheat oven to 425F and line a baking sheet with parchment paper.
3. Combine flour, sugar, baking powder, salt and spices inside a sifter and sift onto a large bowl or the bowl of your stand mixer. Give it a whirl to combine.
4. Using a cheese grater, grate your butter into the dry mixture. Combine shredded butter and dry ingredients with your hands until there are no large lumps.
5. In a medium bowl mix pumpkin, half & half, and egg. Fold wet ingredients into dry ingredients -if they aren't combining well, turn on the mixer on low and mix it well (do not over mix). The dough won't be dry, it's a bit sticky.
6. Remove dough onto a lightly floured surface and make a large round circle. cut into 6 or 8 triangles and place onto lined baking sheet (or into your scone pan).
7. Bake 14-16 minutes until they are light brown. Remove from oven and allow them to cool.

#### For the glaze:

1. Mix powdered sugar, milk and spices.
2. Once scones have cooled, drizzle with glaze. Let glaze harden and enjoy.

## Sea Salt Butterscotch Pretzel Cookies

### INGREDIENTS

- 1 cup butter
- 2 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon coarse sea salt
- 1 1/2 cups light brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 3/4 cup butterscotch chips
- 3/4 cup semi-sweet chocolate chips
- 1 cup coarsely chopped pretzels
- optional – flaked sea salt



### INSTRUCTIONS

1. In a medium saucepan, melt the butter over medium heat, then bring it to a boil. Once the butter starts boiling, swirl the pan constantly until the butter passes the foamy phase and becomes a deep amber color. Remove the pan from the heat and allow the butter to cool for 20 minutes.
2. While the butter is cooling, preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.
3. In a large bowl whisk together the flour, baking soda, and sea salt. Set aside.
4. Add the brown sugar, eggs and vanilla into the cooled butter in the saucepan and stir to combine. Pour this mixture into the bowl with the flour mixture. Stir using a rubber spatula or wooden spoon until the dough comes together.
5. Stir in the butterscotch chips, chocolate chips and pretzels.
6. Using a medium (2-tablespoon) cookie scoop, drop the dough 2 inches apart on the baking sheet. Bake for 10-12 minutes, or until the edges are lightly golden.
7. Allow the cookies to cool for 2-3 minutes on the baking sheet and then transfer to a wire rack to cool completely.
8. If desired sprinkle with a tiny pinch of flaked sea salt on top of the cookies while cooling.