

**WHAT'S COOKIN'  
BABE?**

# BANANA OATMEAL BREAD

**1¼ HOURS | 10 MIN PREP**

**SERVES 12**

1 1/2 cups flour  
2/3 cup sugar  
1 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
3/4 cup oats  
1 cup mashed banana  
1/3 cup buttermilk (recipe says low-fat, but I used regular dry buttermilk)  
1/4 cup vegetable oil  
1 teaspoon vanilla (I used more)  
2 eggs, beaten  
cooking spray

- 1** Preheat oven to 350°F and spray a 8 x 4 inch loaf pan with cooking spray.
- 2** Combine dry ingredients together in a large bowl.
- 3** Combine banana, buttermilk, oil, vanilla, and eggs in a small bowl or measuring cup.
- 4** Pour wet ingredients into the dry ingredients and stir gently just until the dry ingredients are moistened.
- 5** Spoon batter into the prepared pan and bake for 55 minutes, or until a toothpick inserted in the center comes out clean.
- 6** Cool on a wire rack, in the pan, for about 15 minutes.
- 7** Remove the bread from the pan after 15 minutes and cool thoroughly on the rack.

# PUMPKIN BREAD

**1 HOUR | 10 MIN PREP**

**SERVES 12**

1 and 1/3 cup margarine, completely melted (or same amount canola oil)

4 eggs

1 15oz can of pumpkin (2 cups)

2 (3.5 oz) boxes of instant vanilla pudding mix

2 cups sugar

1 teaspoon salt

1 teaspoon baking soda

2 teaspoons cinnamon

1 teaspoon pumpkin pie spice

2 cups flour

- 1** Mix together the margarine, eggs, and pumpkin.
- 2** Add everything else in the order given.
- 3** Pour into 2 bread loaf pans
- 4** Bake at 325° for about 1 hour.

# SWEET ENGLISH TEA BREAD

**1 HOUR | 10 MIN PREP**

**SERVES 12**

6 cups flour  
1 cup brown sugar  
3 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 quart buttermilk (approx.)

- 1** Mix together all dry ingredients in a large bowl.
- 2** Slowly add the buttermilk and stir it in — getting the right texture is an inexact science, but it should be well blended, but still be able to hold a ‘crunchy’ looking texture on it’s surface. In warmer areas or in higher humidity it will take less buttermilk.
- 3** Spilt the dough in half and mound each half into a well greased pie plate.
- 4** Will make at least 2 large loaves.
- 5** Bake at 350° for about an hour.
- 6** Loaves will generally split at the top and get a crunchy outer crust, and will sound kind of hollow if you tap them when they’re done.

# BEEER BREAD

3 cups flour

1 can beer

3 tablespoons sugar

1/4 cup melted margarine

- 1 Mix flour, sugar and beer together well.
- 2 Place into one greased loaf or pie pan.
- 3 Drizzle 1/2 of the melted margarine on top.
- 4 Bake at 350° for 40 minutes.
- 5 Take it out, drizzle on the other half of the margarine, and let it bake another 15-20 minutes.

# APPLE BANANA MUFFINS

1/2 cup shortening or margarine  
1 and 1/2 cup sugar  
1/2 cup milk  
2 eggs  
2 smallish bananas, mashed, or 1 large one  
1/2 cup applesauce, or small cut, mashed cooked apples.  
2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
dash of salt  
1 teaspoon vanilla  
1 tablespoon cinnamon

- 1** If you're using whole apples, cut and core about 4 apples, cut them into small pieces, and microwave them for about 6 minutes. Mash them up and let them cool a little (can be a little chunky-no need to make perfect applesauce.)
- 2** mix all ingredients together well, pour into 2 loaf pans, bake at 350 for about 40 minutes (watch these ones, I'm not sure how long they take. It will be 20 minutes, give or take, as muffins. I'd start keeping an eye on them at about 15 min.)

# SPINACH, TOMATO & FETA QUICHE

1 package frozen shortcrust pastry dough  
1 tablespoon olive oil  
2 cups packed fresh spinach leaves, trimmed and washed thoroughly  
4 large eggs  
2/3 cup creme fraiche (you can also use heavy cream or milk)  
1/3 cup crumbled feta cheese  
6 cherry tomatoes, halved  
2 cloves garlic, minced  
2 tablespoons fresh chives, chopped  
fresh ground black pepper

- 1** Two hours before you want to make the quiche, take the dough out of the freezer to defrost.
- 2** When you're ready to start, lay the dough into either a 10 inch quiche or springform baking pan, making sure you have enough dough to form a crust around the edge. The crust should come 1 to 1 1/2 inches up the side of the pan.
- 3** Crumble the feta cheese onto the bottom of the crust.
- 4** Pour the olive oil into a saucepan and, when it is heated, throw in the spinach and cook until wilted.
- 5** Spread the spinach over the feta cheese.
- 6** Beat the eggs, garlic and creme fraiche together.
- 7** Pour over top of the feta cheese and spinach.
- 8** Place cherry tomatoes on top of the quiche.
- 9** Sprinkle chives and ground pepper on top.
- 10** Bake at 350° F for 45 minutes.

# BLUEBERRY BANANA PANCAKES

Pancake Mix of Choosing

1-2 Ripe or overripe bananas, mashed

eggs (number according to pancake mix directions)

unsweetened applesauce (substitute for the oil as called for in pancake mix directions)

milk (amount called for in pancake mix directions)

1 bag frozen or 1 dry pint fresh blueberries

1 T oil for griddle

- 1 Heat oil over medium/high heat on a griddle.
- 2 Measure out pancake mix according to directions (I use a wheat or oatmeal mix) — amount will vary depending on how many pancakes you'll want to make.
- 3 Add banana, applesauce and milk.
- 4 Stir until combined.
- 5 Batter will be a bit lumpy. If it looks too thick, add a bit more milk. If it looks too thin, add a bit more mix.
- 6 Fold in blueberries.
- 7 Test the griddle to make sure it's hot by dripping a drop of water on it. If it sizzles, it's hot enough.
- 8 Using a 1/3 c measuring cup (or 1/4 c if you're really uncomfortable with your pancake flipping skills), pour 2-3 pancakes on your griddle.
- 9 When the top of the pancakes is all nice and bubbly, it's time to flip.
- 10 Flip pancakes and cook until the other side is browned.

# TOMATO & BARLEY SOUP

**1¼ HOURS | 10 MIN PREP**

**SERVES 6**

- 1 cup onion (diced)
- 1 cup carrot (diced)
- 1 cup celery (diced)
- 2 teaspoons garlic (minced)
- 2 tablespoons olive oil
- 1/3 cup pearl barley
- 1 (14 ounce) can stewed tomatoes (I like to give them a whirl in the food processor)
- 2 cups chicken broth
- 2 cups water
- 1 bay leaf
- 1/8 teaspoon black pepper

- 1** Heat the olive oil in a large pot.
- 2** Add the onions, carrots, celery and garlic. Saute for about 10 minutes or until the vegetables are starting to soften.
- 3** While they are cooking pour the barley into a dish with water to cover.
- 4** Add the tomatoes, broth, water, bay leaf, and pepper and bring to a boil, stirring occasionally.
- 5** Drain the barley and add to the pot.
- 6** Reduce heat and cook at a low boil for about 45 minutes (until the barley is tender).
- 7** Add more water or broth if it thickens too much.

# SNICKERS CARAMEL APPLE SALAD

**15 MIN | 15 MIN PREP**

**SERVES 12**

6 (2 1/4 ounce) Snickers candy bars, chill and chop

6 apples, cored and chopped into bite sized pieces (Granny Smith and or or Red Delicious)

1 (12 ounce) container Cool Whip

1 (5 ounce) box instant vanilla pudding or butterscotch pudding mix (NO milk, use dry mix, DO NOT pre-prepare!)

## **GARNISH FOR EXTRA FLAIR**

1/2 cup caramel ice cream topping (optional) or caramel apple dip (optional)

1/2 cup chopped peanuts, can also sprinkled on top (optional)

- 1** Mix cool whip and dry pudding mix together.
- 2** Chop apples and chilled Snickers.
- 3** Mix together.
- 4** Heat caramel sauce a bit in the microwave — just enough to drizzle, not enough to heat up salad.
- 5** Drizzle caramel sauce over salad and sprinkle peanuts on top.
- 6** Chill for at least an hour.

# GREEK LEMON CHICKEN SOUP

**40 MIN | 20 MIN PREP**

**SERVES 8, 10 CUPS**

2 cups cooked chicken, chopped  
2 medium carrots, coarsely chopped  
1/2 cup onion, chopped  
1 teaspoon lemon zest  
1/4 cup fresh lemon juice  
2 tablespoons fresh parsley, chopped  
1 garlic clove, pressed (or finely minced)  
1 (10 3/4 ounce) can fat free low-sodium cream of chicken soup  
3 (14 1/2 ounce) cans fat-free chicken broth  
1/4 teaspoon fresh ground black pepper  
2/3 cup long-grain white rice, uncooked

- 1** Heat a 4 quart stockpot over medium heat.
- 2** Lightly spray with nonstick cooking spray.
- 3** Add carrots, onion and garlic, cook and stir for 2 minutes.
- 4** Stir in chicken, lemon zest, lemon juice, soup, broth and black pepper; bring to a boil.
- 5** Stir in rice and reduce heat.
- 6** Cover and simmer over low heat 15-20 minutes or until rice is tender.
- 7** Remove from heat and stir in parsley just before serving.

# CORN & MACARONI CASSEROLE

**1½ HOURS | 10 MIN PREP**

**SERVES 4**

- 1 (15 ounce) can whole kernel corn, undrain
- 1 (15 ounce) can creamed corn
- 1 cup of uncooked macaroni
- 1/2 cup oleo
- 1 cup Velveeta cheese, cubed

- 1** Bake at 350F covered for 45 minutes, then uncovered for 30 minutes.

# TURKEY POT PIE

**1½ HOURS | 20 MIN PREP**

**SERVES 6 -8, 1 PIE**

2 prepared pie crusts

## **FILLING**

3 tablespoons butter

1 onion, sliced

1/2 cup diced celery

1 cup sliced carrot

1 cup diced potato

8 ounces sliced mushrooms

3 garlic cloves, minced

1 tablespoon chopped parsley

1 teaspoon fresh thyme leave

1 pinch red pepper flakes

1/4 teaspoon ground sage

salt and pepper

3 tablespoons flour

2 cups turkey broth

2 cups diced turkey meat

Pie crust Topping

1/8 teaspoon poppy seed

1 pinch seasoning salt

- 1** Place one pie crust in a pie plate.
- 2** Preheat oven to 425°F .
- 3** In a large pan melt butter add onion, celery, carrots, potatoes, mushrooms and garlic.
- 4** Sauté for 5 minutes stirring frequently.
- 5** Season with parsley, thyme, pepper flakes, sage, salt, & pepper.
- 6** Sprinkle the sautéed mixture with flour and stir to mix evenly.
- 7** Add turkey stock and simmer for 5 minutes.
- 8** Pour the thickened mixture into the prepared pie plate. Top with the second crust and crimp sides to seal.
- 9** Cut a couple slits in top so steam can be released.
- 10** Bake for 15 minutes then lower oven temperature to 350°F . Bake for 45 more minutes.
- 11** Remove from oven

# RED WINE CROCK POT ROAST

**6¼ HOURS | 5 MIN PREP**

**SERVES 8**

2 cups red wine (or more! It's good for you!)  
1/2 cup water  
1 (1 1/4 ounce) envelope dry onion soup mix  
1 tablespoon brown sugar  
1 teaspoon dried rosemary or fresh rosemary  
4 lbs trimmed beef roast  
1-2 teaspoon cornstarch

- 1** Place roast in crock pot and season with pepper.
- 2** Mix rest of ingredients together and pour over roast.
- 3** Cover and cook on low 6-7 hours.
- 4** Remove roast to rest on platter.
- 5** Turn crock pot to high.
- 6** Whisk cornstarch into juices to thicken.
- 7** This makes a wonderfully tasty au jus, or over mashed potatoes.
- 8** You can easily make additions to this: garlic, pearl onions, mushrooms etc.

# TURKEY BOLOGNESE WITH WHOLE WHEAT SPAGHETTI

**SERVES 4 PLUS MAKES 5-6 CUPS LEFTOVER SAUCE**

## **INGREDIENTS**

3 pounds lean ground turkey  
1/4 cup extra virgin olive oil (EVOO)  
2 medium carrots, grated  
2 onions, grated or finely chopped  
4 cloves garlic, grated  
Salt and black pepper  
1 bay leaf, fresh or dry  
2 cups chicken stock, regular or low sodium stock  
2 cans crushed tomatoes (28 ounces each), regular or low sodium  
1 pound whole wheat spaghetti  
1 cup grated Parmigiano Reggiano or Romano cheese

## **PREPARATION**

- 1** Bring a large pot of water to a boil for pasta.
- 2** Pre-heat a large Dutch oven or deep pot over medium-high heat with about 1/4 cup EVOO, 3-4 turns of the pan.
- 3** Add in the turkey and, using the back of a wooden spoon, break up the meat into small pieces. Cook 5-6 minutes to start the browning process.
- 4** Grate the carrots, onions and garlic into the pot or finely chop and stir in.
- 5** Season liberally with salt and pepper, add bay leaf and cook five minutes more
- 6** Stir in the stock and the tomatoes.
- 7** Bring up to a bubble, then drop the heat to low and simmer while you cook another 5-6 minutes more.
- 8** Salt water and cook pasta to al dente, with a bite to it. Place the pasta back into the warm pot you cooked it in.
- 9** Toss pasta with cheese and two cups of the sauce.
- 10** Serve pasta in shallow bowls with an extra ladle of sauce on top.
- 11** Cool the leftover sauce and store in refrigerator.

# HUNGARIAN GOULASH

**½ DAY | 20 MIN PREP**

**SERVES 6**

2 lbs round steaks, cut into 1/2 inch cubes  
1 cup chopped onion  
1 clove garlic  
1 tablespoon flour  
1 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon paprika  
1/4 teaspoon dried thyme  
1 bay leaf  
1 (12 ounce) can tomatoes  
1 cup sour cream (light sour cream is fine)  
1 package wide egg noodles

- 1** Put steak cubes, onion, and garlic in crock-pot.
- 2** Stir in flour and mix to coat steak cubes.
- 3** Add all remaining ingredients except sour cream.
- 4** Stir well.
- 5** Cover and cook on low 7-10 hours.
- 6** Add sour cream 30 minutes before serving.
- 7** Cook noodles.
- 8** Serve goulash on top of noodles.

# GREEK PENNE PASTA

**35 MIN | 15 MIN PREP**

**SERVES 8**

12 ounces uncooked penne  
1 teaspoon olive oil  
2/3 ounce pine nuts, about 2 tbsp  
1 1/2 teaspoons minced garlic  
10 ounces frozen chopped spinach, thawed (I use freshly cooked spinach)  
1 lb plum tomato, chopped  
4 ounces feta cheese, crumbled  
6 medium kalamata olives

- 1** Cook pasta according to package directions (without butter or oil), drain and set aside.
- 2** Coat a large skillet with cooking spray.
- 3** Add olive oil and heat over medium-high heat until oil sizzles.
- 4** Add pine nuts and garlic.
- 5** Cook and stir until pine nuts are golden brown, about 3 minutes.
- 6** Stir in spinach and tomatoes and cook until heated through, stirring occasionally, about 3 minutes.
- 7** Add spinach mixture to pasta and toss until combined.
- 8** Serve pasta sprinkled with feta cheese and black or green olives.

# SWEET & SOUR CHICKEN

**33 MIN | 25 MIN PREP**

**SERVES 2-4**

- 3 uncooked boneless skinless chicken breasts, cut into strips
- 1/4 cup chicken stock
- 2 stalks celery, diagonally sliced
- 1 onion, thinly sliced lengthwise
- 1 small red bell pepper, cut in strips
- 1 small green bell pepper, cut in strips
- 1/3 cup pineapple juice or orange juice
- 2 tablespoons packed brown sugar (can use more)
- 2 tablespoons white vinegar
- 3 tablespoons soy sauce (or to taste)
- 1 tablespoon cornstarch
- 1 cup mango or pineapple chunk
- 1 pinch salt and pepper

- 1** In a large skillet, bring chicken and stock to a simmer over med-high heat.
- 2** Add celery, onion and sweet peppers; cook, stirring often, for about 5 minutes, or until chicken is no longer pink inside, and veggies are almost tender-crisp.
- 3** Mix together the juice, brown sugar, vinegar and soy sauce until blended.
- 4** Stir into skillet; bring to a boil.
- 5** Cook, stirring for about 2 minutes, or until glossy and thickened.
- 6** Mix the cornstarch with a small amount of cold water and add to the simmering sauce to thicken.
- 7** Add mango or pineapple chunks (if using), salt and pepper; simmer for 2 minutes, or until heated through.

# COBB PASTA

**45 MIN | 15 MIN PREP**

**SERVES 4**

3 (10 ounce) packages cherry tomatoes (cherubs) or grape tomatoes  
4 tablespoons extra virgin olive oil, divided  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
6 slices bacon  
1 lb whole wheat penne  
1 lb chicken breast, cut into bite-sized pieces  
2 avocados, pitted and diced  
1 lemon, juice of  
2 garlic cloves, grated (or minced)  
1/2 teaspoon Tabasco sauce (or your favorite and add to taste)  
4 green onions, thinly sliced on a bias  
1 cup blue cheese, crumbled  
1/4 cup fresh basil, chopped  
1/4 cup flat leaf parsley, chopped

- 1** Preheat oven to 400°F and place a large pot of salted water over high heat to boil.
- 2** Scatter the tomatoes onto a baking sheet and drizzle with about 2 tablespoons EVOO and some salt and pepper. Toss lightly to coat and roast them in the hot oven until they burst open and are tender, 12-15 minutes.
- 3** Place the bacon on a broiler pan and transfer to the oven as well. Cook until crispy, about 15 minutes.
- 4** While the tomatoes and bacon are in the oven, drop the pasta in the boiling water and cook to al dente according to package directions. When the pasta is ready, reserve a large mug of the starchy cooking water and then drain the pasta-keep warm by returning it back into the cooking pot.
- 5** While the pasta is cooking, season chicken pieces with salt and ground black pepper. Heat a large skillet with about 2 Tablespoons of EVOO, add the chicken, and sauté until golden brown and cooked through, about 6 minutes.
- 6** While the chicken is cooking, scoop the diced avocado into a small bowl and squeeze the juice of the lemon over it, tossing to coat.
- 7** When the chicken is finished cooking, add garlic to the pan, cook for 1 minute, then sprinkle in a few dashes of hot sauce and toss to coat.
- 8** In a large serving bowl, mash cooked tomatoes together with scallions, add the pasta water and pasta.
- 9** Top with chicken, crumble the cooked bacon over it, and toss with the avocado, blue cheese, basil, and parsley.

# CROCK POT ROAST

**7 HOURS | 15 MIN PREP**

**SERVES 4**

- 1 one ounce package of powder brown gravy mix
- .8 oz package dry ranch dressing mix
- .8 oz package italian seasoning mix
- 1 small onion
- 1 cup merlot (or other dark red wine)
- 1 cut pino grigio (or another dry white wine)

- 1 Mix together the dry seasonings into a bowl.
- 2 Get out your roast, beat it up with the back of a knife or a tenderizing mallet to tenderize it.
- 3 Rub a liberal amount of the seasoning mix into the meat on all sides.
- 4 Put a frying pan or chef's pan on medium high heat and give it a quick spray of oil.  
When the pan is hot, give the meat about 30 seconds on either side, and a little on the edges ( a lot of the seasoning will come off and stick to the pan- don't worry, it'll be taken care of.)
- 5 Place browned meat into a crock pot.
- 6 Add 1 small onion, sliced, to the pan, and turn down the heat to medium.  
Let that cook for about a minute on it's own, then add the wines.
- 7 Using a spatula or spoon, get the spices off the bottom of the pan and dissolve them into the wine.
- 8 Add in all unused dry seasoning mix. Let it bubble for a minute or two, until it reduces a little bit and thickens slightly.
- 9 Pour over the roast in the crock pot, cook on low for 5-7 hours.

# EGGPLANT PARMIGIANA

## MAKES 6-8 SERVINGS

1/2 cup Vegetable Oil  
2 Eggs  
1/2 cup Milk  
2 cups Dry bread crumbs  
1/2 tsp Oregano  
1/2 tsp Salt  
1/4 tsp Pepper  
2 Eggplants, medium  
4 cups (1L) Spaghetti sauce  
1/2 cup Parmesan cheese, grated  
3 cups Mozzarella cheese, grated

- 1** Preheat the broiler element of your oven. Brush a baking sheet with just enough of the vegetable oil to coat it lightly.
- 2** In a small dish, beat the eggs with the milk. In another dish, combine the bread crumbs, oregano, salt, and pepper.
- 3** Peel the eggplants, trim off the ends, and slice them into 1/4-inch rounds. Dip the eggplant slices first into the egg mixture, then into the bread crumbs, turning to coat both sides. Arrange a few slices on the oiled baking sheet (don't let them overlap) and broil for about 3-4 minutes, then flip the slices over and broil for another 3-4 minutes. The eggplant should be lightly browned on both sides, and tender when you poke it with a fork. Remove the slices from the baking sheet, brush on a bit more oil, and repeat until you've done all the eggplant slices. You may not need to use all of the oil.
- 4** Turn off the broiler and set the oven to 350°F.
- 5** Spread 1/2 cup of the spaghetti sauce on the bottom of a 9x13" baking dish (just a thin layer). On this, arrange a layer of eggplant slices, cutting them if necessary to cover the bottom. Spread with 1 cup of the sauce, a sprinkle of parmesan cheese, and 1 cup of mozzarella cheese. Repeat—another layer of eggplant slices, another cup of sauce, a sprinkle of parmesan and a cup of mozzarella. And finally, all the rest of the eggplant slices, all the rest of the spaghetti sauce, and all the rest of the parmesan cheese. Hang on to the mozzarella—you'll need it later.
- 6** Bake at 350° for 30 minutes. Sprinkle on all of that mozzarella cheese you were saving, and bake for another 15 minutes, until bubbling and the cheese has melted.

# PAD THAI

## SERVES 6 | 25 MINUTES

- 1/2 pound dry rice noodles, preferably 1/4 inch wide
- 3 tablespoons canola oil
- 3 large garlic cloves, minced
- 1/2 pound cleaned and peeled shrimp, cut lengthwise in half
- 1 pound extra-firm tofu, cubed
- 2 large eggs, lightly beaten
- Pad Thai Sauce
- 6 scallions, cut into 2-inch pieces
- 2 cups bean sprouts
- 1 small red bell pepper, seeded and slivered
- 1/4 cup peanuts, chopped
- 1 lime, cut into wedges

- 1 Cover the noodles with warm water and soak for 30 to 45 minutes or until softened but not mushy.
- 2 Drain and discard the water.
- 3 In a wok or large stockpot, heat the oil over medium-high heat.
- 4 Add the garlic and stir-fry 15 seconds.
- 5 Add the shrimp and stir-fry 2 to 3 minutes or just until pink and opaque.
- 6 Add the tofu and toss until lightly coated with oil.
- 7 Add the eggs and scramble.
- 8 Fold in the softened noodles, pad thai sauce and toss for about 2 minutes or until well combined.
- 9 Add the scallions and bean sprouts and heat through.
- 10 Pile onto a large platter and garnish with the red pepper, peanuts, and wedges of lime.

# PUMPKIN SOUP

2 tbsp butter  
1/2 medium onion, finely diced  
1 tbsp fresh ginger, minced or 1 tsp ground ginger  
2 tbsp curry powder  
2 cups chicken or vegetable stock  
2 15oz cans unsweetened pumpkin puree  
1 cup reduced fat (2%) milk  
Pinch cayenne pepper  
Crème fraiche optional

- 1** In a heavy-bottomed 3- or 4-quart stockpot, melt butter over medium-high heat, or until it becomes fragrant.
- 2** Add onions and sauté until they become tender and just translucent.
- 3** Add ginger and curry powder and stir to combine.
- 4** Let cook another 2-3 minutes so that flavors can blend.
- 5** Add pumpkin and stock, and with a sturdy whisk, stir until combined.
- 6** Bring the pot to a simmer over medium-high heat.
- 7** Reduce heat to low and let cook for about 20 minutes, stirring occasionally.
- 8** Turn off heat, add milk and cayenne pepper, and stir until blended.
- 9** Serve topped with crème fraiche, if desired.

# FISH TACOS

1/4 c olive oil  
1 t cumin  
2 t chili powder  
1 t garlic powder  
1 t oregano  
1/8 t cayenne pepper  
salt + pepper, large pinch each  
1 lb cod, cut into large pieces  
fresh salsa  
fresh spinach, cut into ribbons  
8 fresh corn tortillas

## YOGURT CREMA

5 T greek yogurt  
1/2 cumin  
1 small clove garlic, minced  
1 small lime, juiced  
hot sauce  
salt

- 1** In a large shallow bowl, combine the olive oil and spices.
- 2** Add the fish and let marinate for 15 minutes, flipping the fish so that it's well coated on all sides.
- 3** Prepare the crema by mixing together all the ingredients into a small bowl, adding hot sauce and salt to taste. Set aside.
- 4** Heat a large skillet over med-high heat and add the fish, along with the oil from the bowl and fry until the bottom of the fish is brown.
- 5** Flip and cook the other side until brown. Turn off heat.
- 6** Wipe some olive oil into another skillet and turn heat to high.
- 7** Add the each corn tortilla one at a time, flipping when one side gets warm and browns slightly.
- 8** Repeat for remaining tortillas.
- 9** To assemble the tacos, place a large spoonful of the fish into the centre of each tortilla, spoon on the crema, fresh salsa and top with spinach.

# LINGUINE WITH SHRIMP & LEMON OIL

1 pound linguine pasta  
2 tablespoons olive oil  
2 shallots, diced  
2 garlic cloves, minced  
16 ounces frozen shrimp  
1/4 cup lemon juice (about 2 lemons)  
1 lemon, zested  
1 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
3 ounces arugula (about 3 packed cups)  
1/4 cup chopped fresh flat-leaf parsley

## LEMON OIL

1/2 cup extra-virgin olive oil  
1 lemon, zested

- 1 Combine the olive oil and the lemon zest in a small bowl and reserve.
- 2 Bring a large pot of salted water to a boil over high heat.
- 3 Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- 4 Drain pasta, reserving 1 cup of the cooking liquid.
- 5 Meanwhile, in a large, heavy skillet warm the olive oil over medium heat.
- 6 Add the shallots and garlic and cook for 2 minutes. A
- 7 dd the shrimp and cook until pink, about 5 minutes.
- 8 Add the cooked linguine, lemon juice, lemon zest, salt, and pepper. Toss to combine.
- 9 Turn off the heat and add the arugula. Using a mesh sieve, strain the lemon zest out of the reserved lemon olive oil and add the oil to the pasta. The zest can be discarded.
- 10 Add some of the cooking water to desired consistency. Add the chopped parsley to the pasta and toss to combine. Serve immediately.

# ITALIAN WEDDING SOUP

2 teaspoons olive oil  
1/4 cup onion, chopped  
2 garlic cloves, minced  
Salt & pepper  
1 bag baby spinach (or 1/2 – 3/4 carton frozen spinach\*)  
2 Tablespoons parmesan cheese  
46 oz (1 carton + 1 can) chicken broth  
1/2 cup small pasta, dry  
1/2 lb mini meatballs, cooked

- 1** Heat olive oil in a big soup pot on medium low heat.
- 2** Add onion, a dash of salt & pepper, and sauté for 3-4 minutes, or until onions are translucent.
- 3** Add garlic and cook for an additional minute, stirring constantly.
- 4** Add entire bag of spinach to the pot, stir to coat with oil.
- 5** Add a couple more dashes of S&P and allow spinach to wilt and cook 3-4 minutes, stirring occasionally.
- 6** When spinach is cooked, add chicken broth to pot and bring to a boil. Add pasta and cook until al dente 7-8 minutes.
- 7** Add mini meatballs and cook for an additional minute, or until heated through.
- 8** Add parmesan cheese and stir.

# SLOW COOKER POT ROAST

1 tablespoon cornstarch  
8 medium carrots, cut into thirds  
2 medium onions, each cut into 8 wedges  
Coarse salt and ground pepper  
1 beef chuck roast (3 pounds), trimmed of excess fat  
2 tablespoons Worcestershire sauce

- 1** In slow cooker, stir together cornstarch and 2 tablespoons cold water until smooth.
- 2** Add carrots and onions; season with salt and pepper, and toss.
- 3** Sprinkle roast with 1 teaspoon salt and 1/2 teaspoon pepper; place on top of vegetables, and drizzle with Worcestershire.
- 4** Cover; cook on high, 6 hours (or on low, 10 hours).
- 5** Transfer roast to a cutting board; thinly slice against the grain.
- 6** Place vegetables in a serving dish; pour pan juices through a fine-mesh sieve, if desired.
- 7** Serve roast with vegetables and pan juices.

# CHICKEN GYROS

16 oz. plain yogurt (not nonfat, if possible)  
1/2 hothouse cucumber or 1 regular cucumber, peeled and seeded  
2-3 cloves garlic, pressed through a garlic press (or finely minced)  
1 tsp. white wine vinegar  
Salt and pepper  
Squeeze of fresh lemon juice  
Extra virgin olive oil  
For the chicken:  
4 cloves garlic, smashed  
Juice of 1 lemon  
2 tsp. red wine vinegar  
2 tbsp. extra virgin olive oil  
2 heaping tbsp. plain yogurt  
1 tbsp. dried oregano  
Salt and pepper  
1 1/4 lbs. chicken pieces (I used boneless, skinless chicken breasts)  
To assemble:  
Pita bread  
Fresh tomatoes, seeded and diced  
Red onion, sliced thin

- 1** To make the tzatziki sauce, strain the yogurt using cheesecloth over a bowl.
- 2** Let strain for several hours or overnight, if possible, to remove as much moisture as possible.
- 3** Shred the cucumber. Wrap in a towel and squeeze to remove as much water as possible.
- 4** Mix together the strained yogurt, shredded cucumber, garlic, white wine vinegar, salt and pepper to taste, and lemon juice.
- 5** Drizzle lightly with olive oil.
- 6** Refrigerate for at least 30 minutes before serving to allow the flavors to meld.
- 7** To prepare the chicken, combine the garlic, lemon juice, red wine vinegar, olive oil, yogurt, oregano, and salt and pepper to taste in a medium bowl.
- 8** Whisk together until mixed well.
- 9** Add the chicken pieces to the bowl and mix well to coat.
- 10** Cover and refrigerate for about 1 hour.
- 11** Cook the chicken as desired, either in the skillet or with the broiler.
- 12** Once the chicken is completely cooked through, transfer to a plate and let rest for 5 minutes.
- 13** Cut into strips.
- 14** Heat pitas.
- 15** Top with chicken, tzatziki sauce, diced tomatoes and sliced onions.
- 16** Serve immediately.

# BEEF CHILI

2 large onions, chopped (about 3 cups)  
1/4 cup vegetable oil  
1 tablespoon minced garlic  
2 carrots, sliced thin or in a small dice  
3 pounds boneless beef chuck, ground coarse or 3 pounds ground beef  
1/4 cup chili powder  
1 tablespoon ground cumin  
2 tablespoons paprika  
1 tablespoon crumbled dry oregano  
Dried red pepper flakes, to taste  
2 8-ounce cans tomato sauce or 2 cups fresh tomato sauce or tomato puree  
1 1/4 cups beef broth  
3 tablespoons cider vinegar  
1 3/4 cups or 1 19-ounce can kidney beans, rinsed and drained  
2 green bell peppers, chopped  
Sour Cream and Cheddar Biscuits, below  
Sour cream and pickled jalapeños (optional, to finish)

- 1** In a large pot, heat the oil over moderately low heat and cook the onions in it for 5 to 10 minutes, until softened.
- 2** Add the garlic and carrots and cook for one minute more.
- 3** Raise the heat to medium and add the beef, stirring and breaking up any lumps until it is no longer pink, about 10 minutes.
- 4** Add the chili powder, cumin, paprika, oregano and pepper flakes and cook for another minute.
- 5** Add the tomato sauce, broth and vinegar and simmer the chili, covered, for 35 to 40 minutes.
- 6** Add the kidney beans, bell peppers, salt and pepper to taste and simmer for an additional 15 minutes, until the bell peppers are tender.

# CHICKEN STROGANOFF

2 tablespoons olive oil  
3 medium yellow onions, thinly sliced into rings  
1 green pepper, seeded and thinly sliced  
1 1/2 teaspoons kosher salt  
1/2 teaspoon freshly ground black pepper  
8 ounces (15 medium) button mushrooms, thinly sliced  
4 boneless, skinless chicken breasts, cut into 1/2-inch-thick strips  
1 cup dry white wine  
1 cup reduced-sodium chicken broth  
2 tablespoons tomato paste  
1 teaspoon Worcestershire sauce  
2 tablespoons Dijon mustard  
1 teaspoon hot sauce  
1/2 cup sour cream

- 1 Heat 1 tablespoon of the oil in a large saucepan over medium heat.
- 2 Add the onions and cook, stirring frequently, until soft, about 8 minutes.
- 3 Add the green pepper, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, and the mushrooms.
- 4 Continue cooking until the mushrooms give up their liquid, about 6 minutes, and are tender.
- 5 Place the vegetables in a colander, reserving both vegetables and liquid.
- 6 You should have about 1/2 cup of liquid.
- 7 Return pan to heat and add the remaining 1 tablespoon of oil.
- 8 Season the chicken with the remaining 1 teaspoon of salt and 1/4 teaspoon of pepper.
- 9 Cook the chicken in batches until golden brown and cooked through, about 5 minutes.
- 10 Add it to the vegetables.
- 11 Pour the wine, broth, and vegetable liquid into the pan and bring to a boil.
- 12 With a wooden spoon, loosen any brown bits stuck to the pan and let cook in the sauce.
- 13 Add the tomato paste, Worcestershire, mustard, and hot sauce. Whisk until smooth.
- 14 Boil until the liquid has reduced by half, to about 1 1/2 cups. The liquid should thicken slightly.
- 15 Reduce heat and whisk in the sour cream. Do not let the sauce boil.
- 16 Return the vegetables and chicken to the pan and simmer until heated through.
- 17 Serve over rice, pasta, or toast.

# CARROT CAKE

## CAKE

Butter, for pans  
2 cups all-purpose flour, plus more for pans  
2 cups sugar  
2 teaspoons baking soda  
2 teaspoons ground cinnamon  
1 teaspoon salt  
4 eggs  
1 1/2 cups vegetable oil  
3 cups grated carrots  
1 1/2 cups chopped pecans, optional

- 1** Preheat oven to 350° F. Grease and flour 3 (9-inch) round pans; Line bottom of the pans with parchment paper.
- 2** In a large bowl, combine flour, sugar, baking soda, cinnamon, and salt. Add eggs and vegetable oil. Using a hand mixer, blend until combined. Add carrots and pecans, if using.
- 3** Pour into pans. Bake for approximately 40 minutes.
- 4** Remove from oven and cool for 5 minutes. Remove from pans, place on waxed paper and allow to cool completely before frosting.

## FROSTING

2 (8-ounce) packages cream cheese, room temperature  
1 stick salted butter, room temperature  
1 (16-ounce) box powdered sugar  
1 teaspoon vanilla extract  
1/2 cup chopped pecans

- 1** Add all ingredients, except nuts, into a medium bowl and beat until fluffy using a hand mixer.
- 2** Stir in the nuts.
- 3** Spread frosting on top of each cake layer.
- 4** Stack the cakes on a serving plate and serve.

# MONSTER COOKIES

**1½ HOURS | 20 MIN PREP**  
**22 COOKIES**

1 1/2 cups crunchy peanut butter  
1/2 cup butter  
1 cup packed brown sugar  
1 cup granulated sugar  
3 eggs  
2 teaspoons vanilla  
3 teaspoons baking soda  
4 1/2 cups quick-cooking oatmeal  
3/4 cup semi-sweet chocolate bits  
3/4 cup candy-coated chocolates (I use M&M's)

- 1** In a large bowl with mixer at medium speed, beat together the first 4 ingredients till light and fluffy.
- 2** Add eggs and vanilla; beat 2 minutes.
- 3** Blend in baking soda.
- 4** Stir in oats and remaining ingredients.
- 5** Dough will be very stiff and crumbly.
- 6** Drop dough by 1/3 cup measures, 4" apart on a ungreased baking sheet.
- 7** Flatten with a spatula to 3 1/2" cookies.
- 8** Bake in 350 oven for 12-14 minutes or till golden.
- 9** Remove and cool on racks.

# CRACK BROWNIES

**45 MIN | 15 MIN PREP**

**SERVES 8**

24 caramel candies  
1/3 cup fat-free evaporated milk  
1 (18 1/4 ounce) package German chocolate cake mix  
3/4 cup unsalted butter  
1/3 cup fat-free evaporated milk  
2 cups semi-sweet chocolate chips

- 1** Preheat oven to 350 degrees.
- 2** In heavy saucepan, combine caramels and 1/3 cup evaporated milk. Cook over low heat, stirring constantly, until caramels are melted.
- 3** Grease and flour a 9x13-inch baking dish.
- 4** In a large mixing bowl, combine dry cake mix, melted butter, and the other 1/3 cup evaporated milk. Stir by hand until the dough holds together.
- 5** Divide dough in half and press first half of dough into prepared baking dish.
- 6** Bake at 350°F for 8 to 9 minutes.
- 7** Remove from oven and sprinkle chocolate chips over baked crust.
- 8** Pour caramel mixture over the chocolate chips.
- 9** Crumble the other half of the dough over caramel layer.
- 10** Return to oven and bake for 20 minutes.
- 11** Remove and cool for 15 minutes, then cut into squares.
- 12** Refrigerate for at least 30 minutes before serving.
- 13** Return to refrigerator when no eating, as they get goopy at room temperature.

# WHITE CHOCOLATE CHIP OATMEAL COOKIES

## 6 DOZEN

- 1 cup butter
- 1 cup light brown sugar
- 1 cup white sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 cups rolled oats
- 2 cups white chocolate chips

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Lightly grease cookie sheets.
- 3 In a medium bowl, cream together the butter, brown sugar and white sugar until smooth.
- 4 Stir in the egg and vanilla.
- 5 Sift together the flour, baking powder, baking soda and salt, stir into the creamed mixture.
- 6 Finally, stir in the rolled oats and white chocolate chips.
- 7 Drop by tablespoons onto the prepared cookie sheets.
- 8 Bake for 10 to 12 minutes in the preheated oven.
- 9 Remove from baking sheets to cool on wire racks.