



# Jen's Cherry Limeade

## Jen's Cherry Limeade

Serves: 8

Prep Time: 10 minutes

### Ingredients:

1 Cherry 7-Up (2 Liter)

1 Frozen Limeade (sold with the frozen juices)

### Garnish (Optional):

Sliced Limes

Maraschino Cherries

### Directions:

Empty limeade into a large pitcher.

Slowly add entire 2 liter of Cherry 7-Up.

Stir GENTLY until limeade dissolves.

ENJOY--You can garnish with limes and maraschino cherries (plus a little of the juice from the cherry jar)!



# Best Salsa

## **Best Salsa (Inspired By Pioneer Woman, Ree Drummond)**

Serves: A LOT (12+)

Cook Time: 15 minutes

### **Ingredients:**

- 1 can (28 Ounce) Whole Tomatoes With Juice
- 1 can (10 Ounce) Rotel (Original)
- 1 can (10 Ounce) Rotel (Chipotle)
- 1/4 - 1/2 cup Chopped Onion
- 1 clove Garlic, Minced OR 1/2 teaspoon jarred minced garlic
- 1/4 teaspoon Sugar
- 1/4 teaspoon Salt
- 1/4 teaspoon Ground Cumin
- 1/2 cup Cilantro (I tear off the leaves and add to blender)
- 1/2 whole Lime Juice

OPTIONAL: 2 Tablespoons Chopped Jarred Jalapeno ( I often toss about 8 slices into the blender with the rest of the ingredients).

### **Directions:**

In a large blender, add all ingredients!

Blend for short pulses until you have your desired consistency!  
(I like mine pretty smooth!)





# Every Night is Date Night Crostini

## **Blue Cheese and Bacon Crostini**

Serves: 2 OR a Party

Prep Time: 10 minutes

Cook Time: 5 minutes

### **Ingredients:**

1 Package of Crumbled Blue Cheese

1 Package of Pre-Cooked Bacon Slices (we like Hormel)

1 Bag of Crostini

\*(Or make your crostini by slicing a French baguette to 1/4 inch thick slices. Drizzle with olive oil and toast at 375 degrees for 5-8 minutes. You can rub a fresh clove of garlic over the tops if you're feeling fancy!)

### **Directions:**

Preheat oven to 350 degrees or Set to Broil.

Cook bacon according to package (use entire package for party)--or about 4-5 slices for 2 people. Chop bacon.

Line large baking sheet with foil. Spread out crostini. Spoon small amount of blue cheese onto each piece. Top each crostini with small amount of chopped bacon.

Bake for about 5 minutes at 350 or until blue cheese begins melting. OR Broil--but watch closely!! Cheese will melt quickly (within a minute or so) and can easily burn!

Serve with your favorite beverage (we love cabernets)! Fig jam, honey, and/or pecans are also great served on the side!



# Everyday Meatballs

**(Inspired by Betty Crocker's New Cookbook Recipe)**

Serves: 4-5

Prep Time: 15 Minutes Bake: 25 Minutes

## **Ingredients:**

1 lb. lean ground beef  
1/2 cup dried bread crumbs  
1/4 cup milk  
1/2 teaspoon salt  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon pepper  
1 large egg

## **Directions:**

Preheat Oven to 400. Combine all ingredients in large bowl.  
Roll mixture into meatballs (I like mine about 2 inch diameter).

Place meatballs into ungreased 9x13 glass baking dish or pan.

Bake for 20-25 minutes--juices should be clear and centers cooked through (no longer pink).

## **Serve:**

Prepare noodles of your choice according to package directions (I love thin spaghetti).

Serve with your favorite sauce and fresh parmesan cheese!

**\*\***For special occasions, I add the cooked meatballs to my sauce in a slow cooker and allow to cook on low for a couple hours. I also like to cook italian sausage in a skillet, and then add it to the meatballs and sauce. Allowing all the flavors to meld for a few hours in the slow cooker makes a big difference--and all the meat will be extra tender and flavorful!





# Favorite Quinoa Burger (Vegan)

## Favorite Quinoa Burger (Vegan)

Inspired by Stellar Quinoa Burger from Bon Appetit

Prep Time: 45 Minutes

Cook Time: 5 Minutes

Servings: 4

### Ingredients:

1 small sweet potato  
6 tablespoons olive oil, divided  
Kosher salt, freshly ground pepper  
1 portobello mushroom  
1/2 small zucchini  
1 small shallot (or 1/4 cup yellow onion), finely chopped  
1/4 teaspoon crushed red pepper flakes  
1 cup cooked quinoa (from about 1/2 uncooked)  
3/4 cup dried breadcrumbs  
1 1/2 teaspoons fresh lemon juice  
4 English muffins, split, toasted OR Buns/Bread of Choice!

Toppings: Guacamole, tomatoes, lettuce, red onions--any of your burger favorites!

### Directions:

Preheat oven to 350 degrees. Prick sweet potato all over with a fork; rub with 1 tablespoon oil, then season with salt and pepper. Roast directly on oven rack until tender (30-45 minutes). Let cool. Remove skin and mash with a fork. Set aside.

Remove stem from mushroom, discard. Pulse cap in a food processor until finely chopped. Grate zucchini on the large holes of a box grater; gather up in a kitchen towel and squeeze out excess liquid.



# Favorite Quinoa Burger (Vegan)

## Directions Continued...

Heat 1 tablespoon oil in a medium skillet over low. Cook shallot (or onion) and red pepper flakes, stirring often, until shallot is soft, about 2 minutes. Add mushroom and zucchini and cook, stirring occasionally, until vegetables begin to release their liquid but have not taken on any color, about 2 minutes.

Transfer to a large bowl and mix in quinoa. Add salt and pepper to taste. Let cool.

Add breadcrumbs, lemon juice, and about 1/4 cup reserved mashed sweet potato to quinoa mixture and mix well. Taste and adjust seasoning with salt and pepper if needed. If mixture is too loose, add more sweet potato.

Divide mixture into 4 portions and firmly form into patties.

Heat 2 tablespoons oil in a medium skillet over medium and cook 2 patties until golden brown, about 2 minutes per side. Lightly season with salt and pepper. Repeat with remaining 2 tablespoons oil and 2 patties. (OR use a large griddle and make several patties at once!)

Build burgers with patties, buns/bread/or English muffins, guacamole, and any favorite burger toppings!

## Advance Preparation:

Patties can be made 3 days ahead. Cover and chill.



A large pot of yellow curry is visible in the background, and a jar of green paste is in the foreground.

# Panang Curry

## Easy Panang Curry

Serves: 6-8

Cook and Prep Time: 20-30 minutes

### Ingredients:

2 Cups jasmine rice (or rice of your preference)  
2 tablespoons coconut oil (or oil of your preference)  
4-5 tablespoons panang curry paste (I use Mae Ploy Panang Curry Paste and buy the large container to keep in the freezer once opened. \*\*FYI--It does contain Shrimp Paste.)  
2 cans coconut milk (Thai Kitchen—unsweetened, organic)  
¼ teaspoon of kaffir lime leaf powder (Burma Spice Kaffir Lime Leaf Ground)  
¼ cup of brown sugar

\*\*Optional: 2 tablespoons-1/4 cup of peanut butter\*\*

\*\*\*Optional: Sliced Chicken Breast (I roast mine first and then add to sauce--but you can cook your chicken in the sauce). OR Serve meatless (how we usually eat it)! A can of chickpeas is also a great way to add protein without adding chicken.

### Directions:

Prepare rice according to the package directions. While rice is cooking, make panang curry sauce...

Warm coconut oil in a large skillet or pan over medium heat.

Add panang curry paste to the pan and stir to break-up and begin heating through. The curry will begin to become fragrant and release oils.

Continue cooking over medium to medium-low heat. Add 1 can of coconut milk. Gently whisk to incorporate the panang paste—stirring out any clumps. When well combined, add 2nd can of coconut milk. Continue to whisk and stir well.



# Panang Curry

## Directions Continued...

Add kafir lime leaf powder, stirring well.

Add brown sugar, stir until dissolved.

(Add optional peanut butter--combine well.)

\*If serving with chicken—add your cooked meat to the sauce (I know some people cook their sliced chicken in the pan with the sauce—I'm just not that talented. Instead, I typically oven bake chicken breasts and then slice thinly before adding to the sauce.). Be sure meat is cooked and warmed through!

## To Serve:

Finally, serve panang curry sauce over your cooked rice!

\*\*If you want to add chickpeas--add them to the top of rice and pour the sauce over.

Enjoy!



# Cincinatti Chili

## Cincinnati Chili (with Vegan/Vegetarian Option)

Serves: 6-8

Cook Time: 2-3 Hours

### Chili Ingredients:

2 lbs ground chuck  
1 large yellow onion (or 2 medium)—approximately 1 cup, finely chopped  
1 quart of water  
2 (8 ounce) cans tomato sauce  
1/2 teaspoon allspice  
1 teaspoon garlic powder  
4 Tablespoons chili powder  
2 teaspoons ground cumin  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground cloves  
1/2 ounce of unsweetened chocolate OR 1&1/2 Tablespoons cocoa powder  
2 Tablespoons apple cider vinegar  
1 bay leaf  
2 teaspoons Worcestershire sauce  
2 teaspoons ground cinnamon  
1 teaspoon salt  
4 drops of Tabasco sauce  
2 teaspoons of paprika  
2 beef bouillon cubes

### Accompaniments for Serving:

cooked Spaghetti  
shredded cheddar cheese  
hot dogs and buns  
chopped raw onion  
cooked kidney beans (I use 1 can of red kidney beans)  
oyster crackers



# Cincinatti Chili

**Directions:**

Bring the water to a boil and add ground beef. Stir until beef is separated.

Add the rest of chili ingredients. Bring to boil.

Reduce heat and simmer, uncovered, for 2-3 hours (chili will begin to thicken).

Chilli is ready to serve (or cool if making in advance)! I like to keep the stovetop on low, while serving.

(If you are making chili ahead of time, allow the chili to cool and then refrigerate overnight. After refrigerating, skim off accumulated fat before reheating.)

**To Serve:**

Prepare spaghetti and hot dogs according to directions on packages.

The chili is served on spaghetti or hot dogs. Everyone adds additions ingredients as they wish: kidney beans, onions, cheese, and crackers

**\*Vegetarian and Vegan Option:**

Substitute cooked lentils for ground chuck and omit the Worcestershire sauce. I usually use about 3 cups cooked lentils, but feel free to add however many lentils you like to achieve your desired consistency and thickness. This option is also great served with rice and roasted veggies (such as potatoes, carrots, broccoli, onions, and cauliflower).



A vertical photograph on the left side of the page shows a kitchen counter. On the counter, there is a white bowl, a bag of green asparagus, and a stainless steel faucet. Below the counter are wooden cabinets with dark metal handles.

# Creamy Chipotle Chicken Pasta

## Creamy Chipotle Chicken Pasta

Serves: 8-10

Prep Time: 2 Hours

Cook Time: 30-45 Minutes

### Ingredients:

- 4 Tablespoons (Tabasco) Chipotle Pepper Sauce, divided
- 3 Tablespoons Olive Oil, divided
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon ground pepper (black or white)
- 4 boneless, skinless chicken breasts
- 1/2 sundried tomatoes (from jar)
- 1 cup water
- 2 large poblano peppers
- 1-2 large ears of corn, shucked
- 4 Tablespoons butter
- 1 1/2 cups freshly grated parmesan cheese
- 2 cups heavy cream
- 1 lb bowtie (farfalle) pasta

### Directions:

Marinate Chicken:

For the marinade, combine 2 Tablespoons of the Tabasco Chipotle Pepper Sauce, 1 Tablespoon of Olive Oil, 1/4 teaspoon salt & pepper. Add chicken to large/gallon sized plastic bag.

Pour marinade over the chicken, seal the bag, and massage/shake bag so that the chicken is covered evenly and completely. Allow chicken to marinate in the refrigerator for 2 hours.



A kitchen counter with a sink, a bag of green beans, and a white bowl.

# Creamy Chipotle Chicken Pasta

## Directions Continued...

Other Prep Work:

Meanwhile, roast peppers and corn in the oven on broil--about 4-5 inches from the heat. Watch carefully, so they don't burn!

Rotate the peppers and corn so they get evenly charred! Remove from oven when evenly charred--you may need to leave some veggies in and remove others individually (my corn usually takes longer than the peppers).

\*Immediately, place peppers in a glass bowl and cover. Allow to sit and cool for about 10 minutes. Set corn aside to cool.

Chop sundried tomatoes.

Remove skins from peppers once they have cooled--the skins should just peel off. Chop the peppers.

Remove corn from the cob.

Set aside chopped tomatoes, peppers, and corn for later.

Grate parmesan cheese!

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Grill or Bake Chicken! Slice into strips.


Boil water and cook pasta according to package directions in a large pot.

Make the Sauce:

In a large saucepan over medium-low heat, melt butter. Stir in cheese, cream, remaining 2 Tablespoons of Tabasco Chipotle Sauce, and 1/4 teaspoon of salt. Cook until cheese is melted and heated through--about 20 minutes. Whisk often!

After pasta has been drained--return it to large pot. Add all veggies, cream sauce, and sliced chicken. Combine well and serve!





# Curried Couscous Salad with Dried Cranberries

**(Inspired by Cooking Light Recipe)**

Serves: 8

Prep Time: 15 Minutes, 1 Hour Cool

## **Ingredients:**

Salad:

- 1 1/2 cups uncooked couscous (or 10 oz box)
- 1 cup dried cranberries
- 1 cup frozen peas (thawed)
- 1/2 teaspoon curry powder
- 2 cups boiling water
- 1/4 cup thinly sliced green onions (optional)
- 1 15.5 oz can of garbanzo beans (chickpeas), rinsed & drained

Dressing:

- 1/3 cup fresh lemon (juice about 2-3 lemons)
- 1 Tablespoon orange zest (rind of about 1 orange)
- 2 Tablespoons water
- 1 1/2 Tablespoons olive oil
- 1 Tablespoon orange juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 garlic cloves crushed/minced/ or 1 teaspoon garlic powder

## **Directions:**

Add 1st 4 salad ingredients to large bowl. Pour the 2 cups of boiling water over the top. Cover bowl and let sit for 5 minutes. Uncover and fluff with a fork. Gently stir in garbanzo beans and onions.

In separate bowl, combine all dressing ingredients. Whisk well!

Pour dressing over the top of salad, and stir gently to combine. Cover salad and chill in refrigerator for 1 hour before serving.





# Bowtie Pasta Salad

## Bowtie Pasta Salad

Serves: 8

Cook Time: 20 minutes (1 hour chill if possible)

### Ingredients:

1 lb bowtie (farfalle) pasta  
1 green pepper chopped  
1 red onion chopped (depending on size--I may only use 1/2)  
1-2 celery stalks chopped  
1 package of Kraft Cheddar Crumbles (or chop/crumble 8 oz of cheddar cheese)

### Dressing:

3/4 cup each: sugar, vinegar (white), oil (canola or olive)  
2 Tablespoons chopped parsley (optional)  
1 teaspoon dry mustard  
1 1/2 teaspoons each: salt, garlic, pepper

### Directions:

1 Whisk all dressing ingredients together until well combined.

Cook pasta according to package directions and let cool slightly.

In a large bowl, combine pasta with all the chopped vegetables and cheese. Pour dressing over top and gently toss salad to coat and combine evenly.

Chill for one hour if time allows!



# Breakfast Pizza

## Breakfast Pizza

Serves: 6-8

Cook Time: 30 minutes

### Ingredients:

1 lb. spicy hot pork sausage roll (I like Jimmy Dean Hot)  
1 & 1/2 package pillsbury crescent rolls  
2 cups frozen hashbrowns (Oreida Southern Style) thawed  
1 cup shredded cheddar cheese (be generous if you want)  
5 eggs  
1/2 cup milk  
1/2 teaspoon salt  
1/8 teaspoon pepper

### Directions:

Brown sausage & drain well.

Create a crust for your pizza. Separate crescent rolls. Press them in 9x13 casserole dish--covering the bottom and extending up the sides about 1/2-1 inch.

Spoon sausage over crescent roll crust evenly.

Add potatoes evenly over the top of sausage layer.

Sprinkle cheese evenly over top.

Beat eggs, milk, salt & pepper in a bowl.. Pour over casserole.

Bake at 375 degrees for 30-35 minutes (eggs may still be runny when crust is done, microwave to finish if necessary.)



# Baked Oatmeal

## Baked Oatmeal

Serves: 6-8

Prep Time: 15 minutes

Cook Time: 35 minutes

### Ingredients:

1/2 Cup Vegetable Oil (Canola)  
3/4 Cup Sugar  
3 Eggs  
1 1/2 Cups Milk  
1/2 teaspoon Salt  
1 Tablespoon Baking Powder  
3 Cups Quick Oats  
2 Tablespoons Brown Sugar  
1/2 teaspoon Ground Cinnamon  
2 Tablespoons Butter

### Directions:

Preheat oven to 350 degrees.

In a large bowl, beat together oil and sugar until well combined.

Add eggs, milk, salt, baking powder, and oats. Combine well and pour into a lightly greased 8X8 pan.

Sprinkle brown sugar and cinnamon over the top. Add small pats of butter spaced out across entire top (approximately 2 Tablespoons).

Bake until firm==about 35 minutes.





# Cinnamon Bundt Cake

## **Cinnamon Bundt Cake:**

Serves: 8-10

Cook Time: 40-45 minutes

### **Ingredients:**

1 box yellow cake mix  
1 box instant vanilla pudding (3 3/4 oz size)  
4 eggs  
1/2 cup vegetable oil  
1 cup water

### **Cinnamon Mix (combine in small bowl):**

1/2 cup sugar  
4 teaspoons cinnamon

### **Directions:**

Mix all ingredients (except Cinnamon Mix) for 5 minutes at medium speed.

Pour 1/3 of mix into a greased and floured circular tube pan. Evenly sprinkle 1/2 of the cinnamon mix over batter in the pan. Add another 1/3 of the batter over the layer of cinnamon mix. Sprinkle remaining cinnamon mix over batter. Spoon remaining batter over the layer of cinnamon mix.

Bake 40-45 minutes at 350 degrees.

Cool in pan for 10-15 minutes

Frost/drizzle with a powdered sugar glaze

### **Powdered Sugar Glaze (combine ingredients in small bowl and mix until smooth):**

2 cups powdered sugar  
3 tablespoons water (or milk)  
1/2 teaspoon vanilla

# Best Chocolate Chip Cookies

## Best Chocolate Chip Cookies

Prep Time: 20 Minutes

Cook Time: 10 Minutes

### Ingredients:

1 cup butter, softened  
1 cup white sugar  
1 cup packed brown sugar  
2 eggs  
2 teaspoons vanilla extract  
3 cups all-purpose flour  
1 teaspoon baking soda  
2 teaspoons hot water  
1/2 teaspoon salt  
2 cups semisweet chocolate chips  
1/2 teaspoon cream of tartar

### Directions:

Preheat oven to 350 degrees.

Cream together the butter, sugar, and brown sugar until smooth. Beat in eggs one at a time, then stir in vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, cream of tartar, and chocolate chips. Drop by large spoonfuls onto ungreased pans.

Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

**VEGAN Option:** Use vegan chocolate chips (we use Trader Joe's). Substitute eggs with a flax seed substitute (1 egg = 1 tablespoon ground flax seed + 2 tablespoons of water). Use Earth Balance butter.

