

Somersize Recipes

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Vegetable Dishes

Artichoke Frittata

1/2 can artichoke hearts, quartered, drained
4 eggs
cheese (I like Southwestern) sharp cheddar would work too.
Tabasco Sauce

Mix the 4 eggs in a bowl, add Tabasco sauce, then fry in a pan with olive oil and scramble. When the eggs are almost done, add half of the can of artichokes. Leave the rest for next day. Sauté this for a couple minutes and add cheese to your liking. VERY GOOD!

Italian Frittata with Spinach and Parmesan

Beat 6 eggs in a bowl with 1/4 c grated Parmesan cheese. Add salt and pepper to taste. Heat 2 T oil in a non-stick skillet. Add 2 cloves of minced garlic, sauté until golden, add a 10-oz package of thawed and squeezed dry spinach.

Cook about 4 minutes, until liquid evaporates. Preheat the broiler. Pour eggs over spinach and cook on stove 5 minutes (or until almost set). Then run pan under broiler (don't use a pan with a plastic handle!) for a minute or 2 to brown the top. (If you don't like the top brown or don't have a pan with a metal handle, just cook on stove until set.) (Serves 4)

Spinach and Mushroom Frittata

1 10-oz pkg. frozen chopped spinach, thawed and squeezed dry
4 eggs
1 C ricotta cheese
3/4 C freshly grated Parmesan (I use Pecorino Romano)
3/4 C chopped portobello mushrooms
1/2 C finely chopped green onion with some green tops (about 4 large)
1/8 t. dried oregano
1/8 t. dried basil
1/2 t. salt
1/8 t. pepper

Preheat oven to 375 degrees. In a large bowl, whisk together all ingredients until well mixed. Spray a 9" pie plate with cooking spray and fill with the spinach mixture. Bake for 30 minutes, or until browned and set. Let cool for 10-15 minutes; cut in wedges and serve.

Fast Fabulous Frittata

Prepare the veggies and eggs in an ovenproof skillet you can run under the broiler to finish cooking the top.

2 strips of bacon cut into 1/2 inch pieces
1 onion, halved lengthwise and slivered
1 red and 1 green bell pepper cut into 1/4-inch strips.
2 T olive oil (optional)

4 eggs lightly beaten
3 T cream (replaces milk)
Salt & pepper to taste
2 thin slices of baked ham, coarsely slivered
1 T chopped flat-leaf parsley

Place bacon pieces in a 10-inch ovenproof skillet and cook over medium heat about 6 minutes to render fat. Use a slotted spoon to remove the bacon to a paper towel to drain. Reduce the heat to low.

Add the onion and peppers to skillet (add the olive oil if necessary) and cook for 5 minutes. Remove from the heat and sprinkle with the drained bacon pieces.

Preheat the broiler. Beat the eggs, cream, salt, pepper, ham and parsley in a bowl. Pour over the vegetables in the skillet.

Cook the egg mixture on the stove over medium heat until the bottom is set and top is still slightly wet.

Place the skillet under the broiler, 4 to 6 inches from the heat source, until the top of the frittata is puffed and set, 2 to 3 minutes.

Serves 2 to 4. Per serving (based on 4): 237 calories, 6g carb less if made with cream instead of milk.

Spinach and Mushroom Frittata

1 10-oz pkg of frozen chopped spinach, thawed and squeezed thoroughly to remove liquid
4 eggs or equivalent egg substitute
1 C part-skim ricotta cheese (I'm sure you could use the NF)
3/4 C freshly grated Parmesan cheese
3/4 C chopped portobello mushrooms
1/2 C finely chopped scallions with some green tops
1/4 t dried Italian seasonings
Salt and pepper, to taste

Preheat oven to 375 degrees. In a large bowl, whisk together all ingredients until well mixed. Spray a 9-in pie plate with cooking spray and fill with the spinach mixture. Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in wedges and serve.

Eggplant Lasagne

1 large, or 2 medium eggplants
1 c. ricotta cheese
2 eggs
1/2 - 1 c. grated Parmesan cheese
1 tsp. parsley flakes
Salt & pepper
1 lb. (or more) ground beef or turkey
Chopped green pepper (optional)

Minced garlic (optional)
1 c. low carb spaghetti sauce
Mozzarella Cheese - (alot)

Peel one large, firm eggplant and slice it lengthwise into "steaks" approx. 1/4" thick. (You need at least 16-20 of these "steaks" so use two eggplants if you don't get enough). Pam-spray a baking sheet or two and bake eggplant steaks at 400°F. for 8-10 min, or until softened. Keep an eye on your eggplant, because if you cut it unevenly (as I always do) the skinny parts will get crispy before the fat parts are soft.

While eggplant is baking, make a mixture of 1 c. ricotta cheese, 2 eggs, 1/2 - 1 c. grated parmesan cheese, 1 tsp. of parsley flakes and salt to taste. Brown about 1 lb. (or more!) ground beef or turkey in a skillet. Add chopped green pepper and minced garlic to this (optional). Salt and pepper to taste. Use a pan about 10 x 13, but you will need a bigger one if you use lots of ground meat. Spread 1/3 c. of the lowest carb spaghetti sauce you can find over the bottom of your pan. Place a layer of baked eggplant over the sauce. Cover eggplant with 1/2 the ricotta mixture, then 1/2 the beef. Sprinkle a generous handful of shredded mozzarella over the beef. (If your beef is a little warm, this is good, because it will slightly melt the mozzarella and make it easier to spread the next 1/3 c. of spaghetti sauce).

Repeat the layers, and end with a final layer of eggplant covered with a final 1/3 c. of spaghetti sauce. Sprinkle with a little more shredded mozzarella and grated parmesan cheeses. Bake at 375°F. for about 45-60 min. Cover with foil and bake for 40 min., and then remove foil to allow cheese to turn golden.

Let the finished lasagna stand for a while. This is so the eggplant can absorb all the juices. If you don't let it stand you will see a lot of "water" seep into the empty spot after you take out your portion, but the eggplant will eventually absorb all this moisture.

Broccoli with Cheese Sauce

1 bag Mann's Broccoli Wokly (or about 2 C. broccoli florets)
1 C. heavy cream
1 8-oz. pkg. shredded Swiss cheese

Cook broccoli to desired tenderness and season to taste. Drain and set aside. In medium saucepan (I used the same saucepan I cooked the broccoli in - less mess), heat cream. Add cheese and stir until melted. Add broccoli and stir gently until broccoli is coated with the sauce. Yum!

NOTE: After this cooled, the sauce thickened a bit and it became sort of casserole-ish. It would make a good casserole with diced chicken added.

Broccoli-Stuffed Tomatoes

8 - 10 medium-sized tomatoes
10 ounces chopped broccoli
1/4 cup chopped onions
1/3 cup grated sharp cheddar cheese
Sliced sharp cheddar cheese
Olive oil or butter

Salt

Preheat oven to 350. Slice tomatoes in half, and place in baking dish cut sides facing up. Salt to your taste. Sauté onion in olive oil or butter. Prepare broccoli. Combine broccoli, onions and grated cheese. Form broccoli mixture into mounds on top of tomato slice. Cover each tomato/broccoli mound with the sliced sharp cheddar cheese. Bake for 20 minutes, but watch closely. Very tasty

Fresh Mozzarella & Tomato

1 ball fresh mozzarella (approx 4 oz)
1 roma tomato

Slice mozzarella & tomato and arrange on a plate. Drizzle liberally with basil flavored olive oil. Salt and fresh ground pepper to taste.

Easy Brussels Sprouts

1 Onion chopped
1/2 cup of Beef Broth
1 Bag of Frozen Brussels sprouts

Sauté onion in a little butter, when tender add Brussels and broth, simmer covered until Brussels are tender and most of the broth has reduced. I have tried this with fresh Brussels but it isn't as good.

Shredded Brussels Spouts with Bacon

Bring a cup of water to a boil. Trim ends and discolored leaves from 1 pound Brussels sprouts. Add the sprouts, cover, cook on medium high for about 10 minutes. Drain and cool. Cook 12 strips bacon (reserve 6--you need 6 for this recipe). Shred Brussels sprouts crosswise. Set aside. Sauté 1 chopped onion in 1-2 T of olive oil. Add shredded sprouts to the pan. Heat through. Add crumbled bacon and serve.

Chilled Green Bean Salad

1 pound fresh green beans, with ends trimmed and cut into 1" segments (pole beans or snap beans work well)
1/2 Cup Swiss cheese, shredded
2 Roma tomatoes, diced
3/4 Cup fresh mushrooms, sliced
1/2 teaspoon lemon juice
1 tablespoon olive oil
salt and pepper

Place green beans in a vegetable steamer or in a metal colander placed in a covered pot of 2" boiling water. Steam green beans until they are bright green and crisp tender. Remove from steamer and rinse with cold water.

Meanwhile, toss sliced mushrooms with the lemon juice. This keeps the mushrooms from browning, and it adds a nice, tangy flavor to the salad. Combine the cooled beans, tomatoes, mushrooms, and cheese in a serving bowl. Add the olive oil and salt and pepper to taste. (I like a little salt and a lot of freshly ground black pepper.) Toss

well to fully coat. Cover and chill in the fridge at least 2 hours. For best flavor, allow to chill over night.

A great side dish with just about any pro/fat meal!

Fried Cabbage and Onions

3 slices bacon
1/2 head of cabbage
1/2 onion, thinly sliced

Fry bacon, drain, but reserve a couple tablespoons of fat. Crumble bacon. Add cabbage, onion, and crumbled bacon into drippings and cook until cabbage is wilted but firm. Add some salt and pepper to taste. Makes a great side dish and is VERY filling!

Fried Cabbage

1 small head of cabbage sliced
1 pound of thick sliced bacon cut into chunks
1 green pepper sliced
1 large onion sliced

In a deep skillet fry bacon so that is it nice and brown, do not drain the oil add the other ingredients and cook covered until the cabbage is done. Stirring occasionally

This is even good the next day for lunch

Crab-Stuffed Cherry Tomatoes

36 cherry tomatoes
Salt
1/4 cup cottage cheese
1 1/2 tsp. minced onion
1 1/2 tsp. lemon juice
Dash of garlic salt
1/2 pound fresh crabmeat, drained and flaked
1/4 cup minced celery
1 Tbls. finely chopped green pepper

Cut top off each tomato; scoop out pulp, reserving pulp for other uses. Sprinkle inside of tomatoes lightly with salt, and invert on paper towels to drain. Place cottage cheese in container of electric blender; process until smooth. Add onion, lemon juice, and garlic salt, blending well. Stir in remaining ingredients. Spoon crabmeat mixture into tomatoes. Chill before serving.

Cauliflower Au Gratin

2 heads cauliflower, broken into small florettes
1 1/2 cup mayonnaise
4-5 T Dijon mustard
1 t. white pepper
2 T parsley
Shredded cheese
1 cup cream

Steam the cauliflower lightly. Mix mayonnaise, dijon and spices. In a lightly buttered casserole dish, layer cauliflower and spread 1/2 mayonnaise mixture on top, followed by cheese. Repeat. Pour cream over top. Bake at 350 for 20 minutes, or until cheese is brown and bubbly.

Cauliflower Custard

(6 servings)

1 1/4 lb Cauliflowerettes
3 beaten eggs
1 1/2 c cream/water combined
2 tb Butter; melted
1 Salt and pepper
1 c Swiss cheese; grated

Blanch and drain cauliflower. Combine eggs, milk and butter. Salt and pepper to taste. Place the cauliflower in a 1-1/2 qt. casserole dish. Cover with grated cheese. (Parmesan can be added) Pour custard over top. Bake at 350 for 35 min. or until set.

Fried Cauliflower

Steam one head of cauliflower until it is cooked but still firm. Cut the cauliflower into slices and fry in butter until brown and crispy

Cucumber Rounds with Smoked Salmon Mousse

(or cherry tomatoes)

8 oz. creamed cheese (soft)
2 oz. smoked salmon
2-3 Tablespoons heavy cream
2 teaspoons lemon juice
2 cucumbers (skinny ones have less big seeds)

Combine ingredients in food processor and blend until smooth (can be put in pastry bag for la-dee-da effect)

Cut cucumbers crosswise into slices of 1/4 inches. Cucumbers can be peeled, or striated with fork tines, or cut into decorated shapes with biscuit cutters. Pipe mousse on top of each slice. You can also hollow out cherry tomatoes and pipe inside cavity.

Broiled Tomatoes

Thickly slice ripened tomatoes and place on cookie sheet. Sprinkle with Parmesan cheese and some grated mozzarella.
Broil for 3 - 5 minutes

Baked Cauliflower

1 head Cauliflower
2 T Butter
2 T Cream
1/2 cup grated cheese
S&P to taste

Parmesan for Sprinkling

Boil or steam cauliflower until quite soft, about 20-30 mins. Put in colander and mash with potato masher or fork while still in the colander. Add butter and cream and cheese, season to taste. Put into well-buttered casserole dish and sprinkle Parmesan Cheese on top. Bake for 15 mins. in 350 degree oven.

Marco's Stir Fried Veggies

1 green pepper sliced
1 red pepper sliced
1 small onion, sliced
Sliced mushrooms
Celery, chopped
(Sometimes he adds eggplant and zucchini)
Olive oil
Salt and Pepper to taste
All purpose seasoning to taste

Cut up all the veggies and place in a bowl. Cover with olive oil and the seasonings. Marinate for 1-2 hours. Then throw it all in a frying pan (or wok) and fry over medium-low heat for about 1/2 an hour. Season with some Tabasco and Worcestershire sauce.

We served with porterhouse steak and Caesar salad. The leftovers I put in my omelette the next morning. Delicious.

Button Mushrooms

A package of button mushrooms, stems trimmed, dirt brushed off, and sliced into fairly thick slices (between 1/8 and 1/4 inch thick)

1 egg with a little cream beaten into it
Some parmesan cheese with a little Italian seasoning and salt to taste... put in a plastic bag

Put mushrooms in egg mixture, lift out with fingers and drain slightly, then into bag of cheese, coat well. Fry in lots of butter, in a skillet large enough to put all the mushrooms out in one layer. Will take a little while to cook down, and become nice and crispy..... drain on paper towels, and enjoy!

Use two skillets if needed... they are not good if crowded in skillet.

Portobello Mushrooms

Pull the stem out of 1 mushroom, place in glass baking dish bottom side up!
Drizzle about 3 T of (Molly's) Dressing (on this post) or any oil/vinegar "legal" variety on upside down mushroom.

Add 2-3 ounces Cream Cheese

Add 1/2-2/3 cups Grated Mozz. Cheese to cover the Cream Cheese.

Microwave for 6-7 minutes, or cover and bake for 40 minutes at 350.

Absolutely awesome mushroom dish.

Roasted Vegetables Roma

8-oz. lg. fresh mushrooms, halved
2 lg. zucchini (or 1 zucchini and 1 yellow squash) cut into 1" slices and halved
1 lg. green or red bell pepper (I prefer the red), cut into 1" pieces
1 sm. onion, cut into 1/4" slices, rings separated
3 T. olive oil
2 garlic cloves, minced
1/4 tsp. gr. black pepper
1/2 tsp. salt
1 tsp. dried basil and oregano
2 lg. tomatoes, each cut into 8 wedges (optional)

Preheat oven to 425 F. In lg. bowl, combine mushrooms, zucchini (and squash), peppers and onion. In small bowl, combine oil, garlic, basil, oregano, S & P. Pour this mixture over the veggies and toss to coat. Then spread the veggies in 15x10" jellyroll pan. Bake 15 minutes. Stir in tomatoes (if desired) or just stir veggies and continue to bake for about 10 more minutes. They should get nice and crispy by then, but some times, depending on the moisture content of the veggies, I cook them a little longer. If you do, keep a close eye on them, so they do not burn!

In the summer months, if you do not want to heat up the kitchen, these could be done in one of those foil bags on the grill. Open the bag, to let out the steam.

Stuffed Mushrooms

(Level 1)

1 pkg. bacon
1 (8oz.) pkg. cream cheese
1 lb. fresh mushrooms

Fry bacon until crispy. Wash mushrooms and pull off the stems; save for use in another dish. Let cream cheese soften to room temperature. Crumble bacon onto softened cream cheese and mix in 2 T. of the bacon drippings. Pile mixture in the button cavity of the mushroom. Place on cookie sheet and broil 2 to 3 minutes. Serve as a warm hors d'oeuvre.

Turnip Fries (Easy)

6 turnips, peeled and sliced thinly
2-3 Tablespoons Olive Oil

Lay out in thin layer on cookie sheet (baking stone works wonderful) Sprinkle with kosher salt. Bake 425 degrees for 30-40 minutes, turn over and stir midway between baking.

Variations: Finely chop 1 sweet onion over or red & yellow peppers. Sprinkle with varying spices (Mrs. Dash, Cajun spices, etc. for a spicy effect) hope you like them as much as me.

Swiss Chard Ravioli

3/4 lb ruby chard washed and dried
1 1/2 Tbsp. tomato juice
1 medium shallot minced (or 3 green onions, chopped)
6 sprigs thyme
salt and pepper to taste
1 3/4 nonfat vegetable broth
6 Tbsp nonfat ricotta cheese
3 Tbsp nonfat grated parmesan
24 3-1/2 in square whole wheat wonton wrappers

Separate stems of chard from leaves, coarsely chop leaves and stems.

In skillet over medium heat add tomato juice, add shallot and cook until translucent. Add chard leaves and 3/4 tsp. thyme leaves, salt and pepper to taste. Cook until completely wilted, about 2 minutes. Transfer to a medium bowl and refrigerate about 5 minutes to cool. Stir in ricotta, and parmesan and more salt and pepper if needed.

Combine stock and 1 sprig thyme and chard stems in saucepan. Bring to a boil, lower heat and simmer 3 minutes. Remove from heat and let sit until dark pink 5-10 minutes. Strain, season w/ salt & pepper and reserve.

Lay 12 wonton wrappers on work surface. Place a slightly heaping tablespoon of filling in center of each wrapper. Brush edges w/ water and top with second wrapper. Pinch edges to seal.

Cook ravioli in lightly salted boiling water until translucent and floating, about 1-2 minutes. Remove from water. Ladle about 1/4 cup of broth in each of 4 shallow bowls, divide ravioli in bowls, garnish w/ thyme leaves.

Eggplant Lasagna

Peel and slice eggplant dip in egg wash seasoned with garlic and parmesan cheese then fry in olive oil then put tomato sauce in roasting pan and the same as you would make a regular lasagna add ricotta, chopped meat if you want, and mozzarella and bake. You will never miss the bread crumbs

Quiche-Stuffed Mushrooms

2 lbs. fresh mushrooms (clean & dried)
1 lbs. bacon
6 T of butter
2 T of minced onion
2 eggs beaten lightly
1 cup cream
2 3/4 c finely shredded Swiss cheese
3/4 tsp salt

Chop mushroom stems (1 1/2 cups) and set aside. In a large skillet, sauté bacon until crisp, drain, crumble and set aside. Pour bacon drippings from skillet. In same skillet, melt the butter. Brush mushrooms with only 4 T of the butter. To remaining 2 T of

butter, add onion and sauté for 2 mins. Add reserved mushroom stems and sauté 2 mins. longer. Remove from heat.

In bowl, combine eggs, cream, cheese & salt. Stir in bacon and mushroom mixture. Fill the caps and bake for 30 mins. at 350 degrees.

Turnip Fries

6 turnips
3/4 cup grated Parmesan cheese (or shaker type)
2 T of Olive Oil
Salt & Pepper
Cajun spices (if you want a little kick)

Cut turnips into french fry pieces. Toss with the spices, parmesan cheese and olive oil until well coated. Lay in single layer on cookie sheet. I use a baking stone which is the best for browning (nothing burns). 350 degree oven for 10 minutes. Then take out and toss them so edge ones don't get too burned. Turn oven up to 400-425 degrees and bake for another 10-15 minutes until the cheese begins to become golden brown. Eat hot!!

Fried Cabbage and Onions

3 slices bacon
1/2 head cabbage
1/2 onion, thinly sliced

Fry bacon, drain, and reserve a couple teaspoons of the fat. Crumble bacon. Add cabbage, onion and crumbled bacon to pan drippings and cook until cabbage is wilted but firm. Add a little salt and pepper to taste! Very filling! This makes a great side dish!

Spinach Pie

2 10oz pkg. frozen chopped spinach (thaw and squeeze out water)
1 8oz pkg. cream cheese (soften until smooth in the micro)
2 beaten eggs
salt & pepper
1 sautéed onion
pinch nutmeg
pinch cayenne

Mix together the thawed-squeeze-dry-spinach with soft cream cheese and eggs. Add sautéed onions and a sprinkle of nutmeg and cayenne, salt and pepper to taste. Spread mixture in greased pie plate and bake at 300 for 30 minutes.

(I think that this one is definitely better the 2nd day after being warmed in the microwave. The flavors seem to get stronger. I definitely recommend the onion and other flavorings)

Beanless Chili

1 lg. can tomato sauce
2 lg. cans tomatoes (if whole then break apart or else just buy chopped)

2 chopped onions
1 1/2 lb ground meat
1 1/2 T chili powder (more if you like it stronger)
1 T cumin
1/2 t black pepper
1/2 t red pepper
1 t oregano
2 t paprika
(I also add some chopped garlic and my mom adds cloves to hers)

Brown meat and onion (and garlic if using). Add tomatoes and sauté and seasonings (the above is a guideline but you should really taste as you go). Simmer for 2 1/2 hours. Top with cheese before serving. Yum.

Stuffed Bell Peppers

8 medium bell peppers
1 lb. ground beef
1 medium onion, chopped
1 8-oz. can mushrooms, diced
1 14-oz. can diced tomatoes
2 oz. shredded mozzarella cheese (make sure it's whole milk mozzarella)
3 T. grated Parmesan cheese

Remove stems and seeds from bell peppers; pre-cook peppers in boiling water for 5 minutes. In skillet, brown ground beef and onion; drain if necessary. Remove from heat and stir in mushrooms, tomatoes, and mozzarella cheese and season to taste. Stuff peppers with meat mixture and place in baking dish. Pour 1 cup of water into the dish with the peppers. Bake, covered at 350 for 25 minutes. Top peppers with Parmesan cheese and bake, uncovered, for 5 more minutes or until cheese is melted. Serve immediately.

Green Beans with Warm Bacon Dressing

(2 servings)

1/2 lb. green beans, trimmed, cut into 2-inch lengths
2 bacon slices
1 T. chopped shallots
2 tsp. white wine vinegar

Cook green beans in large pot of boiling salted water until tender, about 8 minutes. Drain. Transfer to shallow bowl.

Meanwhile, cook bacon in medium skillet over medium heat until crisp, about 8 minutes. Drain bacon on paper towel. Add shallot to skillet and sauté 30 seconds. Remove from heat and cool slightly. Stir vinegar into shallot mixture in skillet. Season warm dressing to taste with salt and pepper. Pour dressing over green beans and toss to coat. Crumble bacon over.

Eggplant and Portobello (Lasagnas) With Roasted Tomato Vinaigrette

These individual vegetable terrines can be assembled a day ahead.

1 pound plum tomatoes, quartered
1 1/2 cups coarsely chopped fennel bulb
1 tablespoon olive oil
Nonstick vegetable oil spray
4 large Japanese eggplants, trimmed, each cut lengthwise into four 1/3-inch-thick slices
3 medium portobello mushrooms, stems trimmed, caps sliced
1 tablespoon rice vinegar
3 cups spinach leaves, rinsed
4 thin slices mozzarella cheese
2 roasted red bell peppers from jar, drained, cut into 1/2-inch-wide strips
8 large basil leaves

Preheat oven to 400°F. Arrange tomatoes and fennel in 13x9x2-inch glass baking dish. Drizzle oil over; toss to blend. Bake until fennel is tender and begins to brown, about 45 minutes. Cool.

Spray 2 nonstick baking sheets with vegetable oil spray. Arrange eggplant and mushroom slices on prepared sheets. Bake until vegetables are tender, about 30 minutes for eggplant slices and 40 minutes for mushrooms. Puree tomato mixture in processor. Transfer to strainer set over bowl. Press on solids to extract liquid; discard solids. Stir vinegar into liquid. Season vinaigrette with salt and pepper.

Stir spinach in large nonstick skillet over medium-high heat until wilted, about 1 minute. Remove from heat.

Preheat oven to 350°F. Spray four 1 1/4-cup custard dishes with vegetable oil spray. Line each dish with 2 eggplant slices in crisscross pattern. Sprinkle with salt and pepper. Top each with 1/4 of spinach. Top each with 1 mozzarella slice. Arrange pepper strips over, then basil and mushrooms. Top with remaining eggplant slices, cutting to fit. Sprinkle with salt and pepper. Cover each dish with foil. (Vinaigrette and lasagnas can be made 1 day ahead. Cover separately; chill.)

Bake lasagnas until very tender, about 25 minutes. Remove foil. Using small knife cut around vegetables to loosen. Invert onto plates. Spoon vinaigrette over.
Serves 4.

Mashed Cauliflower

(Level 1)

Fresh cauliflower, chopped
Chicken broth, (I like the resealable cartons for the fridge)
1-3T Cream cheese

Boil the chopped cauliflower in a small amount of the broth, no water. Stir once in a while and let the broth reduce while the cauliflower cooks. When cauliflower is soft and there isn't much broth left, mash with a potato masher, add a little cream cheese to thicken and season with a dash of black pepper.

Faux Mashed Potatoes

Steam one head of cauliflower until very soft and tender. Add a splash of heavy cream, 3/4 cup sour cream salt & pepper to taste. Mix with a mixer until you reach a mashed potato consistency. Refrigerate leftovers.

Next morning, add 1 large egg, 2 tablespoons grated parmesan cheese, 1/2 of chopped onion, 1/2 chopped green pepper and salt and pepper to taste, to the left over faux mixture. Form into patties, dredge in grated parmesan cheese and pan fry in melted butter until browned.

Braised red cabbage

2 teaspoon olive oil
1/2 large yellow onion, finely minced
2 cloves garlic, minced
1 1/2 pounds red cabbage (I used a small red cabbage)
2 bay leaves
3 tablespoons balsamic vinegar
ground black pepper
1/4 cup chicken stock
2 tablespoon minced parsley
(I always buy fresh parsley, chop it fine and put it in the freezer)

Heat the olive oil in a large heavy skillet over moderately low heat. Sauté onions until it softens, about 5-8 minutes. Add the garlic and sauté until fragrant, about 1 min. Add the cabbage, bay leaves, 1 tablespoon of balsamic vinegar, and fresh black pepper; toss to blend. Add the chicken stock and bring it to a simmer, then cover the pan and continue simmering, uncovering and stirring occasionally, until the cabbage is tender, about 15 - 20 minutes.

Uncover the pan and cook over moderately high heat until the excess liquid has evaporated. Remove the pan from the heat and season the cabbage to taste with salt and balsamic vinegar. (I used quite a big of vinegar, approx. 1/4 cup). Let it cool slightly, taste it again, and reseason. Stir in parsley. Transfer cabbage to warm platter and serve with fresh feta or goat cheese.

Vegetables Italiano

2 large green squash (approximately 8 inches long)
1 small onion, thinly sliced
10 oz. package mushrooms
olive oil
Hunts Italian-Style Herbs Tomato Sauce
4 ounces Mozzarella cheese
4 Tbsp freshly-grated parmesan

Thinly slice squash; cut mushrooms in half heat enough olive oil to cover bottom of large skillet add squash and onions; sauté ~3 minutes 'til slightly brown add mushrooms and sauté for another minute. Add Hunts sauce and heat through. Top with shredded mozzarella and parmesan cheese. Cover and simmer low for another minute season to taste with salt and pepper or garlic powder

(If desired, add a dollop of ricotta cheese once you spoon it onto a plate.)

Serves 2 generously for side dish, or 1 for main dish (with extras for lunch!)

Zucchini & Feta Pie

Preheat oven to 375 degrees.

Combine

2-1/2 cups Protein Bread crumbs, or pork rinds

1/2 cup feta cheese

Press mixture into oiled pie plate. Steam for 5 minutes

4 cups zucchini slices

Press zucchini gently between paper towels until barely moist. Combine and arrange evenly over crust.

Zucchini

1/2 cup feta

1/2 teaspoon salt

1/8 teaspoon pepper

Combine and stir well with a whisk.

1 teaspoon dried mint

dash of ground nutmeg

3 large eggs

Pour over zucchini mixture. Bake for 40 minutes

Spinach Feta Pie

Substitute fresh steamed or frozen thawed spinach for the zucchini using your hands to squeeze out the moisture.

Zucchini Boats

4 large zucchini

1-2 lbs ground hamburger or sausage

Onion

Cheese of your choice

Salt and pepper

Cut the zucchini in half lengthwise. Hollow out the inside. In a bowl mix meat and onion add salt and pepper. Fill the hollowed out zucchini with the meat mixture. Cover with cheese and bake at 350 till tender. Baking time is determined by how big your zucchini is.

Dilled Green Bean "Pickles"

(Level 1)

Boil fresh green beans in 1part water/2parts vinegar, with a dash of cayenne pepper, 1/8 t of minced garlic and 1T of dill seed (or some fresh chopped dill). Boil just long enough to remove the raw taste. DO NOT DRAIN.

Refrigerate in a closed container and use within a week. If they're too strong for you, you can rinse them before you eat them. My son & I like it when they take our breath away a little, wakes us up and reminds us that we're eating.

Mushroom Crunchies

(Level 1)

Mushrooms, extra large button or pre-sliced portabellos
Cooking spray, reg or flavored
Spices (salt or cumin or garlic)

Cover cookie sheet with aluminum foil. Spray foil with cooking spray. Slice button mushrooms into thin 1/8" slices. Arrange close together but not overlapping on sheet. Shake on your spice choice. Bake at 250 degrees for 1 or more hrs until crunchy, (If they're leathery, but not crunchy, leave them in longer) They shrink to about 1/4 their original size. Portabello slices can be used as is but will take about 2 or 3 hrs. Portabellos are strong enough to dip, but the others are a little fragile.

Zucchini Patties

2 cups grated zucchini
2 eggs
1/4 cup shredded Parmesan cheese
chopped parsley (or flakes)
salt and pepper
2 cloves of garlic (minced)
olive oil

Mix zucchini, eggs, Parmesan cheese, salt and pepper, garlic together. Fry patties in olive oil. My grandma gave me this recipe and I deleted the 2 tablespoons flour to omit the white flour/carbo, and found that if I drain the mixture before frying the patties stick together better.

Bacon Green Beans

Steam green beans slightly. Remove from pan and add chopped bacon. Cook until crisp. Drain bacon grease, add mushrooms and a small pat of butter. Sauté until tender.

Vegetarian Chili

I would consider this level 1, although a little oil is used. I limit myself to 1 bowl, because this is a carbo meal. Very good, you won't miss the ground beef.

This serves 4, for more double the recipe

1 large onion
fresh garlic
large can diced tomatoes
1 small can kidney beans
tomato paste
1 red pepper, cut in pieces
Sherry cooking wine
Tabasco sauce
Chili spice
Fat free sour cream

Cut the onion in slices. Add a little olive oil to the pot and sauté the onions and red pepper (use as little oil as possible). When onions are glassy add fresh garlic depending on taste. I like mine in large chunks. Sauté a little longer. Then add can of tomatoes and can of kidney beans. I wash and drain the beans. Add cooking sherry and cook on low heat until onions are very soft (approx. 2 hours). Add 1-2 tablespoons tomato paste, chili spice, a few dashes of Tabasco sauce. Take off heat and add 2 tablespoons fat free sour cream.

SomerSized Spinach Madeline

4 pkg. frozen chopped spinach
8 Tablespoons butter
2 Tablespoons finely chopped onion
1 Cup Cream
1 Cup Spinach liquid
2 Rolls Garlic Cheese (cut into one inch cubes)
8 Egg yolks (save Whites for breakfast omelet)
2 teaspoons Worcestershire Sauce

Cook Spinach in 5 quart pot following directions on pkg. Drain spinach in colander over a bowl to catch the spinach liquid. Cover colander (still over bowl of spinach liquid) and set aside. Melt butter in same pot. Add Chopped onion, cooking it until it wilts. Pour in (1 cup) spinach liquid and (1 cup) cream. Stir. Add cheese, whisk until cheese is melted. Cook on medium heat for 5 minutes. Add Worcestershire sauce and blend. Remove mixture from heat. (In another bowl) Whisk egg yolks until well beaten. Ladle about 1/2 cup of cheese mixture into egg yolks VERY SLOWLY (while whisking eggs) Repeat this again. Then (while whisking cheese in pot) add egg mix to pot. Add Spinach to Cheese/Egg mix in pot. Blend. (It will be soupy). Pour Spinach mixture into oven safe dish. Bake in 350 degree oven for 45 minutes, or until a knife inserted into center comes out clean. Remove from oven, cool on rack for 15-20 minutes. (I covered mine with a dish towel so it wouldn't dry out on top. You can serve it now, or cover and refrigerate it overnight to warm and serve the next day.

Quick Broccoli Sticks Snack

Broccoli Stems, peeled
Cream Cheese, softened
Fresh Cilantro, chopped

Trim off all the tough outer peel of broccoli stems. Cut the inner stem into thin french fry size pieces. Soften some cream cheese in the microwave and stir in the cilantro. Makes great dip for the mild broccoli sticks.

Easy Chop Suey

Olive oil
1 medium onion
2 branches celery
8 oz mushrooms
1 lb ground beef
3 C bean sprouts
Soy sauce, salt and pepper

Sauté onion, celery and mushrooms in olive oil. Add ground beef, S & P. Cook the bean sprouts in a different pan till they are softer, then transfer them to the cooked beef pan. Add a few splashes of soy sauce and let simmer for 5 to 10 minutes. Serve with a green salad.

You can substitute chicken for the beef.

Frenched Beans with Celery

(Level 2)

$\frac{3}{4}$ pound fresh green beans
2 ribs celery
 $\frac{1}{4}$ C water
2 T butter, melted
2 T toasted sunflower seeds*
Celery leaves to garnish

*Optional—To toast sunflower seeds, heat $\frac{1}{2}$ t oil in small skillet over medium heat. Add shelled sunflower seeds; cook and stir 3 minutes or until lightly browned, shaking pan constantly. Remove with slotted spoon to paper towels.

Place beans in colander; rinse well. To prepare beans, snap off stem end from each bean, pulling strings down to remove if present. (Young tender beans may have no strings.)

Slice beans lengthwise; set aside.

To prepare celery, trim stem end and leaves from ribs. Reserve leaves for garnish, if desired. Slice ribs thin on the diagonal.

Bring 1 inch of water in 2-qt saucepan to a boil over high heat. Add beans and celery. Cover; reduce heat to medium-low. Simmer 8 minutes or until beans are crisp-tender; drain.

Toss beans and celery with butter. Transfer to warm serving dish. Sprinkle with sunflower seeds. Garnish, if desired. Serve immediately.

Herbed Mushroom Vegetable Medley

4 oz. Button or crimini mushrooms
1 medium red or yellow bell pepper, cut into $\frac{1}{4}$ -inch-wide strips
1 medium zucchini cut crosswise into $\frac{1}{4}$ -inch-thick-slices
1 medium yellow squash, cut crosswise into $\frac{1}{4}$ -inch-thick slices
3 T butter
1 T chopped fresh thyme leaves or 1 t dried thyme leaves, crushed
1 T chopped fresh chives or green onion tops
1 clove garlic, minced
 $\frac{1}{4}$ t salt
 $\frac{1}{4}$ t black pepper

Prepare barbecue grill for direct cooking.

Cut thin slice from base of mushroom stems with paring knife; discard. Thinly slice mushroom stems and caps. Combine mushrooms, bell pepper, zucchini, and squash in large bowl. Combine remaining ingredients in small bowl. Pour over vegetable mixture; toss to coat well.

Transfer mixture to 20 X 14-inch sheet of heavy-duty foil; wrap. Place foil packet on grid. Grill packet, over medium coals 20 to 25 minutes or until vegetables are fork-tender. Open packet carefully to serve.

Hot And Spicy Spinach

Nonstick cooking spray

1 red bell pepper, cut into 1-inch pieces

1 clove garlic, minced

1 pound prewashed fresh spinach, rinsed and chopped

1 T prepared mustard

1 t lemon juice

¼ t red pepper flakes

Spray large skillet with nonstick cooking spray; heat over medium heat. Add red bell pepper and garlic; cook and stir 3 minutes.

Add spinach; cook and stir 3 minutes or just until spinach begins to wilt.

Stir in mustard, lemon juice and red pepper flakes. Serve immediately.

Cook's Tip: To obtain the maximum nutritional value from spinach, cook it for the shortest possible time. The vitamins in spinach and other greens are soluble in water and fats and are therefore lost during long cooking.

Italian Broccoli With Tomatoes

4 C broccoli florets

½ C water

½ t dried Italian seasoning

½ t dried parsley flakes

¼ t salt (optional)

1/8 t black pepper

2 medium tomatoes, cut into wedges

½ c shredded mozzarella cheese

Microwave Directions

Place broccoli and water in 2-qt microwavable casserole; cover. Microwave at HIGH (100% power) 5 to 8 minutes or until crisp-tender. Drain. Stir in Italian seasoning, parsley, salt, pepper, and tomatoes. Microwave, uncovered, at HIGH (100% power) 2 to 4 minutes or until tomatoes are hot. Sprinkle with cheese. Microwave 1 minute or until cheese melts. Makes 6 servings

Light Lemon Cauliflower

¼ C chopped fresh parsley, divided

½ t grated lemon peel

6 C (about 1 ½ pounds) cauliflower florets
1 T butter
3 cloves garlic, minced
2 T fresh lemon juice
¼ C grated Parmesan cheese

Place 1 tablespoon parsley, lemon peel and about 1 inch of water in large saucepan. Place cauliflower in steamer basket and place in saucepan. Bring water to a boil over medium heat. Cover and steam 14 to 16 minutes or until cauliflower is crisp-tender. Remove to large bowl; keep warm. Reserve ½ C hot liquid.

Heat butter in small saucepan over medium heat. Add garlic; cook and stir 2 to 3 minutes or until soft. Stir in lemon juice and reserved liquid.

Spoon lemon sauce over cauliflower. Sprinkle with remaining 3 tablespoons parsley and cheese before serving. Garnish with lemon slices, if desired. Makes 6 servings

Ratatouille

½ pound eggplant, cut into ½-inch cubes
1 small onion, sliced and separated into rings
1 small zucchini, thinly sliced
½ medium green bell pepper, chopped
1 tomato, cut into wedges
1 T grated Parmesan cheese
1 rib celery, chopped
¼ t salt (optional)
¼ t dried chervil leaves
¼ t dried oregano leaves
1/8 t instant minced garlic
1/8 t dried thyme leaves
Dash ground pepper

Microwave Directions

Combine all ingredients in 2-quart microwavable casserole; cover. Microwave at HIGH 7 to 10 minutes or until eggplant is translucent, stirring every 3 minutes. Makes 6 servings.

Salads and dressings

Caesar Salad

1/2 tsp salt
1 tsp black pepper (freshly ground is the best)
3 garlic cloves, minced
1 tsp anchovy paste (or 2 anchovies)
1 T Dijon mustard
1 coddled egg yolk*
1-1/2 T freshly squeezed lemon juice
1 tsp Worcestershire sauce
1/3 cup oil (veg. olive, safflower or your fav.)
1-1/2 tsp red wine vinegar
Romaine lettuce
Parmesan cheese (I like freshly grated)

Add the first 8 items in a big salad bowl (wood is best) one item at a time & mix together with the back of a spoon after adding each ingredient. Add the vinegar, mix well, then slowly pour in the oil stirring while you pour. Just before serving, throw in the lettuce and cheese toss thoroughly.

*Coddling eggs: Place the egg, in it's shell, in boiling water for 40 seconds to long & the yolk will get too hard. Remove, run under cold water for 15 seconds to stop the cooking.

Cobb Salad

Salad

6 cups shredded lettuce
3 cups chopped cooked chicken
3 hard-cooked eggs, chopped
2 medium tomatoes, seeded and chopped
3/4 cup crumbled blue cheese (3 ounces)
6 slices bacon, crisp-cooked, drained and crumbled

Place lettuce on 6 individual plates. Evenly divide chicken, eggs, tomatoes, blue cheese and bacon among plates, arranging each in a row on top of the lettuce. Serve with French dressing.

French Dressing

1/3 cup red wine vinegar
1 Tablespoon lemon juice
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon dry mustard
1/4 teaspoon pepper
1 clove garlic, minced or pressed
1/2 cup olive oil

In a screw-top jar, combine all ingredients except oil. Cover and shake to mix well. Add oil; cover and shake vigorously. Makes about 1 cup.

Greek Salad

(Good for lunch - Put dressing in separate container)

Red leaf lettuce

Cherry tomatoes (or regular)

Tuna in olive oil (canned)

feta cheese

Dressing: Olive oil and balsamic vinegar with garlic powder

Cut lettuce in small pieces. Arrange in salad bowl.

Add tomatoes on the side. Put tuna in the middle of the bowl.

Sprinkle feta cheese generously over everything. Drizzle with balsamic vinaigrette.

For level 2 add sunflower seeds or peanuts.

Romano Croutons

This crispy baked cheese is great for Caesar salads. Just grate Romano (or parmesan) cheese onto a non-stick cookie sheet. Don't pile it on too thick, you want a "lacy" look. Bake at 350 for 5-10 minutes, or until lightly browned. (Set the timer for 5 minutes and then check it every min. after that.) Let cool on the pan for a minute or two and then remove with a spatula. Crumble on top of your Caesar salad for that extra crunch!

Simple Greek Salad

1 Tomato

1 Cucumber

1 Onion

Feta Cheese

Olive Oil

Chop vegetables into bite sized pieces. Adjust portions according to your personal requirements. Put in an individual salad bowl, add a couple slices of feta and olive oil. That's it! Be sure and include a little piece of feta in every bite.

Restaurant Style Cole Slaw

8 cups finely chopped cabbage (I used one bag of preshredded)

1/3 cup Splenda

1/2 tsp salt

1/8 tsp white pepper

1/2 cup cream

1/2 cup mayonnaise

1 1/2 Tbsp white vinegar

2 1/2 Tbsp lemon juice

Combine all ingredients except cabbage in large bowl and mix well. Add cabbage and refrigerate at least 2 hours before serving. Enjoy!

Protein Salad

To a bowl of lettuce add any of the following:

- Bite-sized chunks or shredded cheese
- Sausage

- Pepperoni
- Ham
- Turkey
- Chicken
- Corned beef
- Roast beef
- Shrimp
- Lobster
- Crab
- Ham, turkey, or chicken salad made with sugar-free mayo
- Hard-boiled eggs

Sprinkle with sea salt and black pepper. Dress with mayo thinned with fresh lemon or lime juice, or just drizzle on a little extra-virgin olive oil and balsamic vinegar.

Mexican Caesar Salad

Puree:

- 2/3 cup creme fresche, real or soy sour cream, or firm tofu
- 1 clove garlic
- 2 tablespoons fresh lemon juice
- 2-4 tablespoons fresh cilantro, 1-2 tablespoons dried

Break 8 cups romaine lettuce into bite-sized pieces. Toss with enough dressing to evenly coat. Garnish with 3 tablespoons feta cheese.

Egg Salad

Pulse in food processor until finely diced, but not pureed

1/2-1 cucumber, seeded and peeled (if the skins aren't waxed then you can leave the peel on)

A pinch of sea salt

Dump from processor bowl into strainer and allow to drain for 30 minutes. Pulse in food processor until very

Finely diced, but not pureed

4-8 hardboiled eggs

Sea salt and black pepper to taste

2-6 stalks celery

1 tablespoon-1/4 cup onion

(green cabbage)

(jicama)

(water chestnuts)

(green beans)

(choose only one: sesame seed oil, dill, or tarragon to taste)

Add cucumber and pulse just until thoroughly mixed into the salad. Serve on top of:

Protein Bread, cucumber rounds, zucchini rounds, raw or cooked, thinly pounded and cooked chicken breasts or wrapped up in: · lettuce leaves slices of corned beef, ham, or any spiced ham such as prosciutto

Perfect Potluck Picnic Pea Salad

This can be served in a large bowl or mounded on a platter lined with lettuce leaves.

Combine

2 ~ 10 ounce packages frozen peas, thawed

1 cup cheese, cubed (cheddar, Edam, jack, mozzarella - choose one, don't mix cheeses)
1 cup celery, chopped
1 cup creme fresche or sour cream
sea salt and pepper to taste

Simple Breakfast Salad

A small bowl about 3/4 filled with cottage cheese.
A dollop or 2 of sour cream
Finely chopped onion (about 1/2 to 1/4 of a small onion)
Finely chopped garlic (about a clove)

Mix all ingredients together. Tastes great right away, tastes even better later when refrigerated for a few hours, the flavors are more enhanced. Can be used as a breakfast salad, or a side dish to any meal when you want dairy products.

BLT Salad

Mix in salad bowl and set aside 1/2
1 cup mayo
(1/4 cup creme fresche or sour cream)
fresh lemon or lime juice, just enough to thin the mayo to pourable consistency
2-3 cloves roasted garlic
(1 teaspoon Dijon mustard)
(1/4 teaspoon horseradish)
sea salt and black pepper to taste
Add to bowl
Romaine lettuce
Bacon, crumbled or cut into bite-size pieces
Tomato, chopped or sliced Cheese: (cheddar, Swiss, mozzarella, jack)
If you need to add some of the reserved dressing, do so. Leftover dressing can be used on any other salad.

Broccoli Salad

This is a very large salad which is good for potlucks. You can cut the recipe in half to serve to your family or make the entire recipe and use the suggestion below for leftovers. If you only have 1/2 a head of cauliflower or broccoli just use more bell pepper, celery, or tomato.

A couple of hours before serving mix in large bowl:
3/4 cup sugar-free bottled Ranch dressing and 1/4 cup mayo or
1 cup mayo
2 cloves roasted garlic
1/4 teaspoon sea salt
Juice from 1/2 lime
1 teaspoon dried cilantro or parsley, 1 tablespoon fresh
1/4 teaspoon black pepper
Scoop out 1/2 the dressing and set aside to drizzle over assembled salad. Add to bowl
1 head broccoli florets, slice each head lengthwise into bite-size pieces
1 head cauliflower cut into bite-size pieces
2-3 stalks celery, diced

1/2 bell pepper, julienned
1 cup cheese, cut into cubes (Mozzarella, Gouda , Provolone, or Edam)
1 large tomato, with seeds removed and chopped - if you think you'll have leftovers use the tomatoes as a garnish so you don't have to pick them out before cooking up the casserole below.

Feta Basil Salad

You've got to have really good tomatoes for this salad to work. If the skin is tough use it for a cooked tomato dish. Top a thick slice of tomato with a leaf or two of fresh basil and a thin slice of feta cheese. (Sprinkle with black pepper and drizzle with a little olive oil and balsamic vinegar.)

Favorite Salad Recipe

Fresh basil, cilantro, mint,
Long green onions, 1 red onion, roma tomatoes, romaine lettuce, iceberg lettuce, 1
Cucumber, fresh parsley.

Chop all into large salad bowl. Season with salt & pepper, garlic powder or garlic salt, parmesan cheese- Optional: lemon juice or balsamic vinegar, and olive oil.

Spinach Salad

Fresh spinach leaves
2 hard-boiled eggs
bacon
parmesan cheese (optional)
mushrooms (optional)

Wash and rinse the spinach. Grate the hard-boiled eggs into spinach. Cook the bacon until crisp. Break up the bacon into the salad. Pour some of the bacon grease on the salad and add some balsamic vinaigrette dressing and toss.

Grilled Zucchini and Tomato Salad with Balsamic Vinaigrette

Wash and slice length wise 2 medium zucchini, brush with olive oil, season with salt and pepper. Grill (on grill or grill pan) about 5 minutes a side. Remove from grill, cool while making vinaigrette. 2 Tbsp olive oil, 2 Tbsp balsamic vinegar, salt and pepper to taste, add 3 Tbsp of minced fresh basil (3t--if dried). Add 2 tomatoes cut into thin wedges and dressing to bowl. Add the zucchini, which have been cut into 1 inch pieces. Can sit at room temperature for up to 3 hours.

Apple Cider Vinegar Salad Dressing

1/4 cup apple cider vinegar
3 T water
3/4 cup Canola or Olive oil (I prefer Canola oil)
1-2 ounces blue cheese (depending on your love of blue cheese)
1 (32 ounce size) package of dry Uncle Dan's Salad Dressing Mix. (Just the dry spices)

Mix in a food processor or with a mixer or blender until the blue cheese is pulverized!

A great variation is to add 4 or 5 tablespoons of Ranch dressing to it, or to the salad.

Adjust taste with more oil if too strong for you tastes.

Blue Cheese Dressing

This gets a little thick, and may need thinning with cream.

¾ cup sour cream
½ tsp dry mustard
½ teaspoon black pepper
Scant ½ teaspoon salt
1/3 teaspoon garlic powder
1 teaspoon Worcestershire sauce
1 1/3 cups mayonnaise
4 ounces Danish blue cheese, crumbled (or up to 8 ounces)

In a mixer bowl, blend sour cream, mustard, pepper, salt, garlic powder, and Worcestershire for 2 minutes at low speed. Add mayonnaise. Blend 30 seconds at low speed and 2 minutes at medium speed. Crumble cheese into mixture by hand. Blend at low speed no more than 4 minutes. Refrigerate 24 hours before serving.

[Softened cream cheese would be a good addition.]

Salad & Dressing

Dressing

4 cloves garlic, finely minced
1/3 cup balsamic vinegar
2 Tablespoons fresh Lemon juice
1 1/2 tbsp Dijon mustard
1/2 tbsp of salad herbs of your choice (I use parsley, thyme, rosemary and chives)
1 c olive oil
Salt and pepper to taste

Whisk all ingredients except herbs, salt and pepper and oil together. When smooth, whisk in herbs, then add oil gradually in a steady stream. Add salt and pepper to taste.

Salad:

Fry 12 slices bacon until crisp. Crumble bacon when it starts to cool. Combine 9 cups of torn salad greens of your choice in bowl. Add bacon and 1 1/2 cups of bleu cheese. Serve with dressing.

Blue Cheese Dressing 2

1 c mayonnaise
1/2 c sour cream
1/4 cup crumbled blue cheese
1/4 cup fresh parsley or 2-3 T of dried parsley
2 T minced onion
1 T lemon juice
1 T white vinegar
1 Clove minced Garlic
Cayenne pepper, salt and pepper to taste.

Basic Vinaigrette

(Put in glass jar)

This is a basic V&O dressing to which you can add different cheeses to, like blue cheese, Parmesan cheese, various herbs to your liking. It is just a basic baseline to start with and experiment with. If you like it sweetened, you can add sweetener and I add some poppy seeds (legal?)

1 cup Canola oil
1/2 cup extra virgin olive oil
1/2 cup wine vinegar
1 crushed garlic clove (I just lightly smash it to keep it whole)
2 tsp. Dijon mustard
S&P to taste

Creamy French Dressing

1 cup mayonnaise
2 Tbsp Splenda
2 Tbsp cider vinegar
1 Tbsp cream
1 tsp paprika
1/2 tsp dry mustard
1/4 tsp salt

Combine all ingredients & mix well. Store covered in refrigerator.

BLT Chicken Salad For Two

2 boneless skinless chicken breast halves
1/4 C mayonnaise
1/2 t black pepper
4 large leaf lettuce leaves
1 large tomato, seeded and diced
3 slices crisp-cooked bacon, crumbled
1 hard-boiled egg, sliced
Additional mayonnaise

Brush chicken with mayonnaise; sprinkle with pepper. Grill over hot coals 5 to 7 minutes per side or until no longer pink in center. Cool slightly; cut into thin strips.

Arrange lettuce leaves on serving plates. Top with chicken, tomato, bacon and egg. Spoon additional mayonnaise over top. Makes 2 servings.

Chicken Salad

1/4 C Mayonnaise
1/4 C sour cream
1 T lemon juice
1 t Splenda
1 t grated lemon peel
1 t Dijon mustard
1/2 t salt

1/8 to 1/4 t white pepper
2 C diced cooked chicken
1 C sliced green onions
Lettuce leaves
Crumbled blue cheese (optional)

Combine mayonnaise, sour cream, lemon juice, Splenda, lemon peel, mustard, salt and pepper in large bowl.

Add chicken, celery and green onions; stir to combine. Cover; refrigerate at least 1 hour to allow flavors to blend.

Serve salad on lettuce-lined plate. Sprinkle with blue cheese, if desired. Makes 4 servings

Crab Cobb Salad

12 C washed and torn romaine lettuce
2 cans (6 ounces each) crabmeat, drained
2 C diced ripe tomatoes or halved cherry tomatoes
1/4 C (1 1/2 ounces) crumbled blue or Gorgonzola cheese
1/4 C bacon bits
3/4 C Italian or Caesar salad dressing
Black pepper

Arrange lettuce on large serving platter. Arrange crabmeat, tomatoes, blue cheese and bacon bits in rows attractively over lettuce.

Just before serving, drizzle dressing evenly over salad; toss well. Transfer to 8 chilled serving plates; sprinkle with pepper to taste. Makes 8 servings

Easy Greek Salad

6 leaves romaine lettuce, torn into 1 1/2-inch pieces
1 cucumber, peeled and sliced
1 tomato, chopped
1/2 C sliced red onion
1 ounce feta cheese, crumbled (about 1/3 Cup)
2 T extra-virgin olive oil
2 T lemon juice
1 t dried oregano leaves
1/2 t salt

Combine lettuce, cucumber, tomato, onion and cheese in large serving bowl.

Whisk together oil, lemon juice, oregano and salt in small bowl. Pour over lettuce mixture; toss until coated. Serve immediately. Makes 6 servings

Serving Suggestion: This simple but delicious salad makes a great accompaniment for grilled steaks or chicken.

Scallop And Spinach Salad

1 package (10 ounces) spinach leaves, washed, stemmed and torn
3 thin slices red onion, halved and separated
12 ounces sea scallops
Ground red pepper
Paprika
Non-stick cooking spray
½ C prepared Italian salad dressing
¼ C crumbled blue cheese

Pat spinach dry; place in large bowl with red onion. Cover; set aside.

Rinse scallops. Cut in half horizontally (to make 2 thin rounds); pat dry. Sprinkle top side lightly with red pepper and paprika. Spray large nonstick skillet with cooking spray; heat over high heat until very hot. Add half of scallops, seasoned side down, in single layer, placing ½ inch or more apart. Sprinkle with red pepper and paprika. Cook 2 minutes or until browned on bottom. Turn scallops; cook 1 to 2 minutes or until opaque in center. Transfer to plate; cover to keep warm. Wipe skillet clean; repeat procedure with remaining scallops.

Place dressing in small saucepan; bring to a boil over high heat. Pour dressing over spinach and onion; toss to coat. Divide among 4 plates. Place scallops on top of spinach; sprinkle with blue cheese. Makes 4 servings.

Grilled Beef Salad

½ C mayonnaise
2 T cider vinegar or white wine vinegar
1 T spicy brown mustard
2 cloves garlic, minced
½ t Splenda
6 C torn assorted lettuces
1 large tomato, seeded and chopped
1/3 C chopped fresh basil
2 slices red onion, separated into rings
1 pound boneless beef top sirloin steak, cut 1 inch thick
½ t salt
½ t black pepper

Prepare grill for direct cooking. Combine mayonnaise, vinegar, mustard, garlic and Splenda in small bowl; mix well. Cover and refrigerate until serving.

Toss together lettuce, tomato, basil and onion in large bowl; cover and refrigerate until serving. Sprinkle both sides of steak with salt and ½ t pepper. Place steak on grid. Grill, covered, over medium-high heat 10 minutes for medium-rare or until desired doneness is reached, turning halfway through grilling time.

Transfer steak to carving board. Slice in half lengthwise; carve crosswise into thin slices. Add steak to bowl with lettuce mixture; toss well. Add mayonnaise mixture; toss until well coated. Serve with additional pepper, if desired. Makes 4 servings

Poultry

Asian Turkey Burgers

- 1 1/2 pounds lean ground turkey
- 4 garlic cloves, minced or pressed
- 1 Tablespoon fresh ginger, minced
- 1 bunch green onions, chopped
- 3 Tablespoons tamari or soy sauce
- 1 Tablespoon sesame oil
- 2 Tablespoons vegetable oil

In large bowl combine turkey, garlic, ginger, green onion, soy sauce, and sesame oil. Mix well. Form into 4 patties. Heat oil in skillet over medium-high heat. Add patties and cook until no longer pink on the inside, turning once, about 10 minutes. *Can also use turkey recipe crumbled and then add in some steamed fresh snow peas and/or bean sprouts and sauté together. Serve with additional soy sauce for a complete meal.

Avenue A Chicken

- 1 T unsalted butter
- 1 T olive oil
- 1 chicken, cut into serving pieces
- 1 Lg onion, chopped
- 1/2 green or red bell pepper, seeded, deribbed, & chopped
- 1 stalk celery, chopped
- 2-3 cloves garlic, minced
- 1/4 cup pimento-stuffed green olives, sliced (for Level 1 I omitted the olives & used capers, not 1/4 cup maybe 3 T)
- 1 small jar chopped pimientos
- 1 (14 oz.) can chopped tomatoes with juice
- 1/2 tsp paprika
- salt & pepper

In a large skillet over medium heat, melt butter with the olive oil. Add chicken & brown on both sides. Transfer chicken to plate. Add onion, bell pepper, celery, & garlic to the pan & sauté for 3-4 minutes. Stir in the olives (capers), pimientos, tomatoes & paprika. Return chicken to pan & season with salt & pepper. Cover & reduce heat to low, & cook until chicken is tender. 35-40 minutes. Turning chicken once or twice.

* This is even better the second day.

Chicken Alfredo

- 4-6 slices bacon chopped
- 1 onion chopped
- 1 c. sliced mushrooms
- 4-6 chicken boneless skinless chicken breasts
- 1 jar Five Brothers Alfredo Sauce
- 1 cup frozen peas

In large skillet fry bacon until crisp, remove and in drippings sauté onions and mushrooms until soft. Remove from pan and set aside with bacon. In same skillet brown chicken breasts on both sides. Add back the bacon, onions, mushrooms and the Alfredo sauce and peas. Let simmer 20-30 minutes until chicken is cooked through.

Parmesean Baked Chicken

Butter
Boneless Breasts of Chicken
Parmesan cheese

Melt butter. Dip chicken breasts into butter and coat with parmesan. Bake in 350 oven until brown - 30 minutes.

Roast Chicken

Rinse and pat dry 1 roasting chicken. Slip slices of garlic (3-4 cloves) under the chicken skin. Place 2 sprigs of rosemary under skin of chicken on each side of breast. Place the other 2 in the chicken cavity. Halve 1 large lemon and squeeze over chicken. Place the halves in the cavity. Season with salt and pepper and if you wish, you can rub a little olive oil on the skin. Roast in a roasting pan for 1 1/2 hours at 400 degrees. I cover mine with foil for the first 45 minutes.(serves 4)

Chicken Breasts Creole Style

4 skinless, boneless, chicken breasts halved
1 T oil
3/4 C onion strips
3/4 C green pepper strips
3/4 C sliced celery
1T finely chopped garlic
1 bay leaf
1 T paprika
1C peeled diced tomatoes
Salt & pepper to taste
1 t Worcestershire sauce
1 t Tabasco sauce
1 T butter
1 T wine vinegar
4 T water or chicken broth
4 T finely chopped parsley (optional)

Place half a chicken breast between sheets of plastic wrap. Pound lightly to the thickness of 1/4 inch with a flat mallet or meat pounder. Repeat with the remaining halves. Heat the oil in a large skillet. Add the onions, green pepper, celery, garlic, and bay leaf. Cook stirring until the onions become transparent. Add the paprika, tomatoes, salt and pepper. Stir well. Continue cooking 3 to 4 minutes. Add the Worcestershire and Tabasco sauce, simmer until the sauce is reduced, about 5 minutes. Set aside.

Meanwhile, sprinkle the chicken with salt and pepper to taste. heat the butter in a heavy skillet over medium heat, and cook the chicken until golden on one side, about 4 minutes. Turn the chicken pieces and cook for 4 minutes more or until done. Add the vinegar, water or chicken broth, cover, bring to a boil, and simmer for 2 minutes.

Remove the bay leaf. Keep warm.

Presentation: Divide the sauce among four serving plates. Place the chicken breasts over the sauce and pour the gravy from the skillet over them. Top with parsley.

Chicken Enchilada

Brown 1 1/2 - 2 lbs boneless skinless chicken tenders in a little butter. When browned on both sides, place in a oven-proof baking dish. Pour 1 large can enchilada sauce over chicken. Bake at 350 for 20-30 minutes until chicken is cooked through. To serve, place shredded lettuce on dinner plate, top with chicken, surround chicken with chopped tomatoes, sprinkle grated cheese on chicken, add a spoonful of sour cream and chopped green onions. Ole!!

"Don't Miss The Bread Crumbs Chicken Cutlets"

2 boneless skinless chicken cutlets sliced thinly in 2

1 egg

1/2 cup grated Parmesan cheese

1 tbsp chopped parsley

1 tbsp chopped fresh basil

2 thin slices of fresh mozzarella cheese

1/4 cup dry vermouth

1/4 cup chicken stock

2 tbsp butter

2 tbsp olive oil

Mix parmesan cheese and parsley. beat egg, dip chicken in egg, then in parmesan/parsley mixture. Heat olive oil and 1 tbsp. butter in sauté pan. Over medium heat - sauté chicken about 4 minutes per side. Remove and drain on paper towel. Meanwhile, place chicken in another pan on very low heat and cover with chopped basil and fresh mozzarella cheese, cover until cheese is melted. Add vermouth and stock to sauté pan and reduce by half. Turn off heat and swirl in 1 tbsp. butter. Serve chicken with sauce.

Simple, Yummy Chicken

Put chicken pieces in a casserole dish. Heat oven to 350 degrees. Pour Italian salad dressing over chicken (moderate to heavy, your choice). Bake 45 minutes or until done. Can also sprinkle grated parmesian cheese on chicken pieces just prior to baking for a crispy finishing touch.

Chicken Scampi

1 1/4 pounds boneless, skinless chicken, cut into 1-inch strips

2 Tbsp. oil

1/4 tsp. pepper

3 Tbsp. grated Parmesan cheese

1 Tbsp. dried parsley flakes

1/8 tsp. garlic powder (I used a huge tbsp. of fresh chopped garlic)

1/4 tsp. salt

1 tsp. dried oregano

3 Tbsp. lemon juice

2 Tbsp. Worcestershire sauce

1/4 cup dry white wine

Combine chicken with all ingredients in a shallow bowl. Marinate in refrigerator for several hours. Preheat broiler. Remove chicken from marinade and place in a shallow pan. Broil 8 inches from heat, turning once, until chicken is no longer pink inside, about 15 minutes. Heat marinade in a small saucepan. Pour over the chicken. Toss and serve.

Herb-Tomato Grilled Chicken

1 chicken, 3 to 3 1/2 lbs. cut up
salt and black pepper
2 Tbsp. oil OR melted butter
3/4 cup ketchup ("Westbrae" makes a wonderful no-sugar one)
2 Tbsp. lemon juice
2 cloves garlic, minced or pressed
3 Tbsp. fresh chopped basil or 2 tsp. dried basil leaves (or parsley, if you prefer)

Loosen skin away from chicken (this helps basting sauce to reach meat underneath). Sprinkle chicken with salt & pepper. Mix together rest of ingredients to make basting sauce and brush on chicken. Grill chicken for 12-15 minutes on one side, brushing with basting sauce from time to time. Turn chicken over and brush again with sauce. Grill for another 12-15 minutes or until juices run clear when pierced with fork. Discard any unused basting sauce.

Quick Chicken Lunch

2 tbsp. butter
1 onion, chopped
1 box Tyson diced chicken breast
1 box frozen broccoli and cheese sauce (I like Birds Eye best)

Sauté onion in butter until soft. Add chicken and cook until chicken is heated through. Cook broccoli according to package directions. Add broccoli to chicken mixture and cook until heated through. Season to taste (I used salt, garlic pepper seasoning, and Tony Chachere's More Spice Seasoning). Quick and easy - a good thing to bring to work for lunch!

Jamaican Jerk Chicken

4 green onions
2 cloves garlic
2 jalapeño peppers
2 limes
1 tsp. allspice
3 Tbls. olive oil
salt and pepper
4 - 6 boneless, skinless chicken breasts

Mince onions, garlic, and peppers - put in a large bowl. Squeeze 3 Tbsp. juice from limes and add to the bowl with the allspice, oil, 1 tsp. salt and 1/4 tsp. pepper. Put chicken on broiling pan, reserving marinade. Broil the chicken 4 to 6 inches from the

heat source, basting it occasionally with reserved marinade until browned and cooked through, about 30 minutes.

Margarita Chicken

2 boneless chicken breasts
1/4 cup lemon juice
1/4 teaspoon salt
4 tablespoons salsa

Marinate the chicken for 30 minutes in the lemon juice and salt. Place in casserole dish or other baking pan and bake at 375 for about 25 minutes or until no pink remains. Then broil just until top and edges begin to brown. Serve with salsa. Garnish with a lemon or lime wedge. If you really want an edge to it, add a dash of tequila to the lemon juice marinade. (Excellent! but I'm avoiding the tequila until I reach level 2, even though the alcohol does cook out.)

Margarita Ranch Chicken

Substitute Ranch dressing for the salsa. Serve over a bed of lettuce and tomatoes.

Pepper Chicken

Olive oil
2 boxes Tyson's diced chicken breast (I used one box of the Southwest seasoned strips for a little extra flavor)
1 bell pepper, diced
1 onion, chopped
1 can diced tomatoes
Salt
Pepper
Tony's More Spice Seasoning
Garlic powder

Heat olive oil in a large skillet or saucepan (I used a 3-quart saucepan). Heat chicken in oil until thawed. Add bell pepper, onion, tomatoes, and seasonings to taste. Cover and simmer over medium-low heat for 20 to 30 minutes.

Smothered Chicken

In a microwave safe bowl, combine the following: 1 medium onion, sliced, 1 package sliced mushrooms, 1 cup of water, 2 tbsp. butter.

Cover with saran wrap and heat on high for about 4 minutes. Set aside.

Grill 1 piece of chicken for each person eating. To grill, place chicken breast, prettiest side down, on hot skillet or frying pan. Sprinkle with seasoning salt. Cook until halfway done. Flip and cook other side until done.

When chicken is done, top with onion/mushroom mixture. Lay a piece of Swiss cheese over the top. Shut off heat and let sit on pan until melted.

Note - This can also be done in the oven (broiled) or on a barbecue grill. Enjoy!

Outback Chicken

1 boneless skinless chicken breast

2 T olive oil

1 T lemon juice

Montreal chicken seasoning (to taste) – or use salt, pepper, minced dehydrated garlic, pinch cayenne

¼ cup onions, chopped (optional)

½ cup mushrooms

2 T butter

¼ cup Vermouth or other dry white wine (optional)

1 tsp basil or thyme

3 slices bacon

1 thick slice cheddar cheese

Put chicken breast in an oven safe baking dish. Drizzle olive oil and lemon juice over chicken breast & season with Montreal chicken seasoning to taste. Bake at 350 until done (about 40 minutes).

While chicken is baking, fry bacon until done, but not crisp. Set aside.

In another fry pan, melt butter and add onions. Sauté until onions are translucent. Add mushrooms and basil (or thyme) and sauté until desired done-ness. About 10 minutes. Add vermouth and let reduce until mushrooms have absorbed most of the sauce. Set aside.

When chicken is just done, cover with mushrooms, layer bacon over mushroom, and top with a thick slice of cheddar cheese. Return to oven so cheese will melt over top.

Parmesan/Romano Chicken

Mix approximately 2 cups grated parmesan and romano cheese mixture (sold canned in most grocery stores), 2 tsp season salt, 1 Tbsp basil, 1 Tbsp oregano together in dish. In a bowl whisk together 1 cup white wine (or water) and 4 Tbsp mustard (dijon or yellow depending on taste). Dip chicken breasts in mustard mixture and then coat thickly with cheese mixture. Place in baking dish, drizzle with 1/4 c. melted butter, and bake at 350 for 30-35 min. Absolutely delicious!

If you like a sauce; after removing chicken from dish pour juices into small saucepan, add 3 T. heavy cream, and whisk over med. heat until thickened. I do this with a lot of different flavoured chicken dishes--either making a sauce after baking or adding some cream to what's left in the skillet after making sautéed chicken.

Chicken Marsala

4 boneless chicken breasts

1/2 cup GNC Baking Mix (seasoned with 1 T dried parsley, 1 t. paprika 1/2 t cayenne, 1 tsp seasoning.)

2 eggs

1/2 package button mushrooms sliced

1 1/2 cups marsala wine
Shredded mozzarella cheese
Oil or butter for frying

Dip chicken breasts in eggs, then dredge in GNC mix. Sauté in oil or butter to brown, turning once.

Remove chicken from fry pan to wide shallow covered sauce pan.

Add mushrooms to fry pan drippings and brown. Add Marsala to mushrooms and cook for a minute or two, stirring to incorporate all the drippings into sauce. Add sauce and mushroom mixture to chicken. Cover and allow to finish cooking on low heat for about 15 minutes. Put a small handful of mozzarella on each chicken breast, cover and cook a few more minutes until cheese melts. Garnish with chopped parsley.

Chicken Zinfandel

1 to 1 1/2 lbs of Boneless skinned chicken breasts, cut thin or flattened
1 cup of White Zinfandel
Juice from 2 lemon
2 cloves of garlic minced
Couple dashes of lemon pepper
Jar of marinated artichoke hearts - I use 2 jars

Heat oven to 350

Add all the ingredients to the chicken in a baking dish except for the artichokes. Bake uncovered for about 15 minutes turn over. Cook about another 10 minutes and add the artichoke hearts and continue cooking for another 5 minutes. Add a little more wine if it begins to get dry.

This is an easy and tasty dish.

Add chicken in baking

Oven Fried Chicken

4 Boneless Chicken Breasts
1 Egg (beaten)
1 cup of ground pork rinds
2 T Parmesan cheese
1 T parsley
S&P to taste

Mix last 4 ingredients together. Dip Chicken Breasts in egg and roll them in above mixture. Put in greased baking dish and bake for 40 mins. (thicker breasts) or 30 mins. (thinner breasts) in 375 degree oven. Smells like pork chops, tastes like breaded chicken.

Oven Fried Chicken

Chicken pieces (boneless, skinless)
Mayonnaise

Crushed pork rinds
Cajun Seasoning (a few shakes)
Olive oil

Preheat oven to 400 degrees.

Coat chilled chicken pieces with mayonnaise. Dip chicken in pork rind/seasoning mixture. Cover the bottom of an oven safe pan with olive oil. Place chicken in pan. Bake in oven for about 45 minutes. (Turn chicken pieces 15 to 20 minutes into baking time.)

It's Greek to Me Chicken Breasts

4 large Chicken Breasts

Marinate in bowl for 2 hours with following:

Lemon juice, olive oil, lots of garlic, oregano and dash of salt.

Put in sealed foil packet and bake for 20-30 mins. Very moist and tender.

Buffalo Chicken Wings

Serve w/celery sticks

24 wings (rinse & pat dry) remove tips, then cut in 2 pieces.

Fry wings in hot oil until golden brown (peanut oil is best)

Drain on paper towel & transfer to baking pan. This keeps your wings crispier.

In sauce pan, melt following:

1/4 c butter

2 1/2 ounces Louisiana hot sauce (or Tabasco)

Pour over wings and bake for 10 mins. 350 degrees

Buffalo Hot Wings

36 Whole chicken wings

1, 12 ounce bottle of Frank's red pepper sauce

2 Sticks of butter

2-3 Large cloves of minced garlic*

* -or- 1-2 T. prepared garlic or 2t. garlic powder (not garlic salt) or to taste

Divide chicken wings at the joint and discard tips.

Line two cookie sheets with foil and spray lightly with a non stick cooking spray. Lay out the wings out so as to not crowd them too much. Spray the wings with a light coat of cooking spray. Roast in a 375° oven for about 20-25 minutes, turning half way though. Wings will be crispy when done, so adjust your time if you need to.

While wings are roasting, melt butter in a large electric skillet or deep dutch oven and add red pepper sauce and garlic. Heat until sauce is bubbly but do not over cook or the butter will burn. (Once the sauce is assembled and melted, you can turn off the heat. The wings will reheat the sauce when added.)

When wings are done, add them to the sauce and stir from the bottom up to make sure all pieces are coated with the sauce.

Serve with celery sticks and blue cheese dressing.

Makes 72 pieces -- enough for a large potluck gathering or a family of 6 as an main course

Chicken Breasts w/ Portabellos and Cheese

2 cloves garlic minced
1/2 C minced fresh basil
1/4 C. minced fresh parsley
1/2 C. Ricotta cheese
1 tsp. salt
1/2 tsp. black pepper
4 skinless boneless whole chicken breasts (8 oz. ea.) halved and flattened to 1/2 in. thick
2 tbs olive oil
1 C white wine
3 C. heavy cream
1 tomato, peeled, seeded, chopped
1 C. fresh portabello mushrooms chopped
pinch of cayenne

In a bowl, combine the garlic, basil, parsley, ricotta, salt, and black pepper

Divide the mixture, mounding it, among 4 of the chicken breasts, top it with the remaining halves, and press the edges together to seal in the filling.

In a large skillet sauté the chicken in the olive oil over a med-high heat for 3 to 3 1/2 min on each side, or until it is browned nicely. Transfer the chicken to a platter and cover loosely with foil.

Pour off the fat from the skillet, add the wine to the skillet, and boil the mixture, stirring, until the liquid is reduced to about 1/4 C.

Add the cream, tomato, mushrooms, cayenne, and some salt to taste, and cook the sauce over high heat until it is reduced to about 2 C., and spoon it over the chicken.

Another Chicken Recipe Using Tarragon

1 roasting chicken
5 cloves garlic cut in half
Salt
Pepper
Tarragon
Garlic powder
Paprika
1/4 cup lemon juice

Heat oven to 350. Place chicken in a roasting pan. Make slits in the skin all over the chicken with a sharp knife and push garlic under the skin. Pour lemon juice over chicken. All the herbs are to be added to taste. Sprinkle them on top. Cover with foil and bake in oven according to the package instructions and weight. Remove the foil for the last 15 minutes of the baking time to brown the skin.

Chicken

4 boneless skinless chicken breasts
1 bell pepper, chopped
Chopped onion
Minced garlic
1 large can sliced mushrooms, drained
1 14-oz. can diced tomatoes, drained
1 4-oz. can diced green chilies
1 1/2 C. heavy cream
1+ cup shredded Monterey Jack cheese
Salt and pepper to taste

In a nonstick skillet, cook chicken breasts in a small amount of olive oil; remove from heat when done and set aside. In a large saucepan (I used a 3 quart saucepan), sauté onions, bell pepper, and garlic in a small amount of olive oil until fragrant. Add tomatoes, mushrooms, and green chilies, and sauté for a few minutes longer. Add heavy cream and cheese; stir frequently until cheese is melted. Add salt and pepper to taste. Heat until sauce is bubbly. Pour sauce over chicken in skillet; heat until sauce thickens slightly, stirring frequently.

As Close As I Can Get To Chicken Nuggets

4 boneless chicken breasts
3 eggs
8 oz fresh-grated parmesan cheese (I use Frigo's brand, located in the chilled cheese section at the grocery store)
butter for frying

In a small bowl, beat the egg. Pour the Parmesan cheese out on a plate. Start heating a non-stick pan with about 1 or 2 tablespoons of butter in it. Cut your chicken breasts into 2-inch square pieces. Dip the chicken pieces, one by one, in the beaten egg, then press them into the Parmesan cheese, so that it sticks on both sides of the chicken. Drop the chicken into the heated butter - don't let the chicken pieces touch each other. When you have all of the pieces in the pan, fry them until they're crispy-brown and flip them over. Put a lid on the pan and cook on medium-high heat until the other side is browned. Drain on brown paper bag or paper towels.

Easy Picante Chicken

4 whole breast of chicken
3/4 cup sour cream
3/4 cup salsa
1 cup mozzarella, shredded
pepper, to taste
salt, to taste

- 1.Preheat oven to 375 degrees.
- 2.Place thawed chicken in bakeware and lightly salt/pepper, if desired.
- 3.Bake chicken for 30 minutes and remove.
- 4.Place sour cream on chicken and spread over breast (be sure to not place spoon back into container after touching chicken).
- 5.Take picante/salsa and spread over chicken.
- 6.Bake another 10-15 minutes (time varies depending on amount of chicken used).
- 7.After baking is complete, sprinkle mozzarella over each breast and place back in oven for 1 minute.

Chicken and Roasted Vegetable Sandwiches

Roasted Vegetables:

- 1 large eggplant, cut lengthwise into 8 slices, about 1/3 inch thick
- 8 large shiitake mushroom caps (I used 2 portobello)
- 3 medium zucchini, cut lengthwise into 1/4 inch thick slices
- 2 medium red onions, cut into 1/4 inch slices
- 8 ripe medium tomatoes, slice in half crosswise (I only used 2)
- 2-3 tablespoons olive oil
- 2 teaspoons balsamic vinegar
- 1/2 teaspoon chopped fresh thyme leaves
- salt and freshly ground pepper
- 1/4 teaspoon red pepper flakes

Preheat oven at 425F.

Place eggplant, mushrooms, zucchini, onions and tomatoes on baking sheet. Mix rest of ingredients and lightly brush on vegetables (I had to double this mixture to have enough for all the veggies). Bake the vegetables, removing them as they each become golden brown (zucchini & eggplant about 15 mins, mushrooms/onions about 30, tomatoes - 45).

While they're baking:

- 2 skinless and boneless chicken breasts, separated into halves (I used chicken tenders)
- 2 teaspoons dried rosemary leaves
- salt and freshly ground pepper
- 2 tablespoons olive oil
- 1/2 pound fresh mozzarella cheese, cut into 1/4 inch slices
- sprigs of fresh rosemary (optional)

Place each chicken breast between pieces of plastic wrap and pound with a mallet until about 1/3 inch thick. Season with rosemary, salt, and pepper. Heat a large skillet over medium-high heat. Add a little olive oil and sauté the chicken on each side until nicely brown, about 5 minutes.

Assemble the 'sandwiches' on a baking sheet, using the eggplant as 'bread'. On a slice of eggplant, layer a chicken piece, the mozzarella, tomato, zucchini, mushrooms, and onion, ending with another eggplant slice. Secure the sandwiches with toothpicks or rosemary sprigs and bake for another 5 minutes, or until the cheese has melted.

Lemon-Herbed Cornish Hens

2-6 Cornish game hens (about 1 1/2 lbs. each)
1/2 C melted butter
1/4 C fresh lemon juice
2 t parsley, finely chopped
1/2 t dried thyme leaves
1/4 t rosemary leaves
1 clove garlic

Remove giblets and necks from hens; rinse and drain hens. Tuck neck skin under wings to secure it. Place hens, breast side up, on rack in roasting pan. Mix remaining ingredients; brush hens with mixture. Roast, uncovered, in 350 degree oven until hens are done, brushing occasionally with butter/lemon mixture, about 1 1/2 hrs.

Cheesy Chicken

4 chicken breast halves
1/4 c. Dijon mustard
1 c. white wine or water
2 c. shredded (not grated) parmesan cheese
1 tsp. basil
1 tsp oregano
salt and pepper to taste
1/4 c. butter, melted

Preheat oven to 350. Mix the mustard with either the wine or the water to make a cloudy liquid. Dip each chicken breast in the mixture and put it in a baking dish. Mix the cheese with the spices and sprinkle it over the top. Pour the melted butter all over the top and bake for 30-35 minutes.

Veal or Chicken Capizzio

If your using chicken pound boneless breasts pretty flat and cut into smaller, almost bite size pieces before cooking. Sauté 1/2 to 1 lb of veal scaloppini or boneless chicken breast w/ some minced garlic in 2T of butter. When meat is cooked, remove from skillet. In same pan sauté sliced fresh mushrooms and some capers (if you like capers) with 1 t. more butter. When mushrooms are 1/2 way cooked add 1 C of cream and a few splashes of sherry wine (approx. 1/3 cup). Finally add veal or chicken back into skillet along with 1/4 lb. very thinly sliced Italian prosciutto and a bit of grated Parmesan and romano cheeses. Cook until mushrooms are tender and sauce is slightly reduced. Delicious!!

Quick & Easy Lunch

1 pkg Easy Beginnings fully cooked chicken breast, garlic flavor (found in meat section by the bacon), OR
Tyson fully cooked diced chicken breasts
2 pkgs (10 oz boxes) frozen chopped broccoli
2 eggs
1 cup heavy cream
1 cup (or more) shredded cheddar cheese (I mixed a bunch of cheeses)
Salt & pepper, garlic and/or onion powder

Put diced chicken & thawed broccoli in casserole dish. Beat eggs, cream, & spices together and pour over chicken & broccoli. Top with cheese and bake at 350' for ~45 minutes. Let set up for a few minutes before cutting into squares. If it's a little runny use less cream or one more egg next time.

This is going to be perfect for lunch at work, it has your meat and veggies all in one microwaveable dish!

Braised Chicken Curry

This is an easy, hearty, and inexpensive dish. Very good and a one-pot cooking dish.

Serves 4

2 pounds chicken thighs
Salt and freshly ground black pepper
2 tablespoons olive oil
2 large onions, roughly chopped
1 tablespoon finely chopped garlic
1 tablespoon finely chopped fresh ginger
1/3 cup good quality curry powder
2 bay leaves
4 cups Chicken Stock or low-sodium canned broth

Season the chicken with salt and pepper. Heat a large Dutch oven or heavy-bottomed pot over high heat, add the oil, and swirl to coat the bottom of the pot. When the oil shimmers, add the chicken pieces and brown them well on all sides, about 10 minutes. Don't skimp on this step; not only does it add color, it renders the fat.

Remove the chicken and pour off excess fat, leaving only enough to coat the pot. Add the onions, garlic, and ginger and sauté until soft, about 8 minutes. Add the curry powder and cook, stirring, just until the curry is fragrant, about 2 minutes; do not burn. Return the chicken to the pot and add the bay leaves and stock. Correct the seasonings and bring to a boil. Reduce the heat and simmer gently until the chicken meat almost falls from the bone 1 1/2 to 2 hours. Serve.

Level 1 Chicken Dish

Chicken with breastbone
1 leek
Cooking sherry, chicken broth, olive oil
Small can diced tomatoes
1 Yellow pepper
2 jalapeño peppers
Fresh thyme and sage
Sour cream

I made this in a crockpot. I am using an appliance timer and set it for 7 1/2 hours. Put the chicken in the crockpot. Add leek cut in slices and yellow pepper & jalapeño pepper cut in slices. Drain canned tomatoes and add to crockpot. Add cooking sherry, a little broth, a little olive oil. Add fresh thyme and sage to your liking. (Don't use too much). When the dish is done, drain the sauce into a saucepan.

Cook sauce hard to reduce it. When the sauce is reduced to a small amount, add sour cream. Add peppers to the sauce.

Arrange chicken on plate and spoon sauce & pepper mixture on top. Serve with another vegetable of your choice.

Chicken

4 chicken breasts, boneless & skinless - visible fat removed
2T olive oil
1/4 cup chick stock
3/4 cup sour cream (or fromage fraiche)
3/4 cup salsa
1 cup mozzarella

Preheat oven to 375 degrees. Heat oil in a frying pan until hot and add chick breasts (do not use a non-stick pan). When breasts are browned on both sides transfer to an oven proof dish. Pour the stock into the pan scraping the brown bits from the bottom and let it reduce. Pour over chick breasts and bake in the oven uncovered for 20 minutes. Remove from oven and cover each breast with sour cream and then salsa. Return to the oven for about 10-15 minutes. Remove and add the cheese and put back in the oven for 5 mins or until the cheese is melted.

French Tarragon Chicken

4 split chicken breasts bone still in
3 tablespoons diced shallots or scallions(the bottoms only)
1/2 stick butter
salt and pepper to taste
3 teaspoons dried tarragon
1 tablespoon dried parsley
1 teaspoon lemon juice

It calls for an oven proof skillet, but since I did not have one I used good old Corning Ware with its cover and it worked fine.

Melt butter in skillet/corning ware. Season chicken with salt and pepper and tarragon, top and bottom. Place chicken meat side down in skillet/corning ware, cover, and place in a 350 oven for an hour or until chicken is done.

Remove chicken and place on a platter. Put the skillet/corning over medium heat. Add scallions or shallots and sauté 2 minutes. Pour in lemon juice and add parsley. Pour over chicken. You could also sauté mushrooms in the sauce for something different.

Balsamic Chicken

6 boneless skinless chicken breast halves
1 ½ t fresh rosemary leaves, minced or ½ t dried rosemary
2 cloves garlic, minced
¾ t black pepper
½ t salt
1 T olive oil

¼ C good-quality balsamic vinegar

Rinse chicken and pat dry. Combine rosemary, garlic, pepper and salt in small bowl; mix well. Place chicken in large bowl; drizzle chicken with oil and rub with spice mixture. Cover and refrigerate overnight.

Preheat oven to 450 degrees F. Spray heavy roasting pan or iron skillet with nonstick cooking spray. Place chicken in pan; bake 10 minutes. Turn chicken over, stirring in 3 to 4 tablespoons water if drippings begin to stick to pan.

Bake about 10 minutes or until chicken is golden brown and no longer pink in center. If pan is dry, stir in another 1 to 2 tablespoons water to loosen drippings.

Drizzle balsamic vinegar over chicken in pan. Transfer chicken to plates. Stir liquid in pan; drizzle over chicken. Garnish, if desired. Makes 6 servings

Blue Cheese Stuffed Chicken Breasts

2 T butter, softened, divided

½ C (2 ounces) blue cheese

¾ t dried thyme leaves

2 whole boneless chicken breasts with skin (not split)

1 T bottled or fresh lemon juice

½ t paprika

Prepare grill for grilling. Combine 1 tablespoon butter, blue cheese and thyme in small bowl until blended. Season with salt and pepper.

Loosen skin over breasts of chicken by pushing fingers between skin and meat, taking care not to tear skin. Spread blue cheese mixture under skin with a rubber spatula or small spoon; massage skin to evenly spread cheese mixture.

Place chicken, skin side down, on grid over medium coals. Grill over covered grill 5 minutes. Meanwhile, melt remaining 1 tablespoon butter; stir in lemon juice and paprika. Turn chicken; brush with lemon juice mixture. Grill 5 to 7 minutes more or until chicken is no longer pink in center. Transfer chicken to carving board; cut each breast in half. Makes 4 servings

SERVING SUGGESTION: Serve with steamed broccoli.

Chicken Broccoli Frittata

1 C chopped fresh broccoli flowerettes

½ C chopped cooked chicken

¼ C chopped tomato

¼ C chopped onion

¼ t dried tarragon leaves

1 T butter

1 C Egg Beaters

In 10-inch nonstick skillet, over medium heat, sauté' broccoli, chicken, tomato, onion and tarragon in butter until broccoli is tender-crisp. Reduce heat to low. Pour Egg

Beaters evenly into skillet over chicken mixture. Cover; cook for 5 to 7 minutes or until cooked on bottom and almost set on top. Slide onto serving platter; cut into wedges to serve. Makes 2 servings

Chicken Marsala

4 Boneless Skinless Chicken Breast Fillets
3 C sliced fresh mushrooms
2 T sliced green onion
2 T water
¼ t salt
¼ C dry Marsala wine
sour cream to thicken

Flatten chicken fillets between two pieces of plastic wrap. Spray nonstick skillet with nonstick cooking spray; heat over medium heat until hot. Add chicken; cook 2 to 3 minutes on each side or until no longer pink in center. Transfer to platter; keep warm. Add mushrooms, onion, water and salt to skillet. Cook 3 minutes or until most of the liquid has evaporated. Combine wine and sour cream in small bowl; add to skillet. Heat, stirring constantly, until thickened. Spoon over warm chicken. Makes 4 servings

Chicken Roll-Ups

¼ C fresh lemon juice
1 T olive oil
¼ t salt
¼ t black pepper
4 boneless skinless chicken breast halves
¼ C finely chopped fresh Italian parsley
2 T grated Parmesan cheese
2 T chopped fresh chives
1 t finely grated lemon peel
2 large cloves garlic, pressed in garlic press
16 toothpicks soaked in hot water 15 minutes

Combine lemon juice, oil, salt and pepper in 11 X 7-inch casserole. Pound chicken to 3/8-inch thickness. Place chicken in lemon mixture; turn to coat. Cover; marinate in refrigerator at least 30 minutes.

Prepare grill for direct cooking.

Combine parsley, cheese, chives, lemon peel and garlic in small bowl. Discard chicken marinade. Spread ¼ of parsley mixture over each chicken breast, leaving an inch around edges free. Starting at narrow end, roll chicken to enclose filling; secure with toothpicks.

Grill chicken, covered, over medium-hot coals about 2 minutes on each side or until golden brown. Transfer chicken to low or indirect heat; grill, covered, about 5 minutes or until chicken is no longer pink in center. Remove toothpicks; slice chicken breast. Makes 4 servings

Chicken Scaloppine With Lemon-Caper Sauce

1 pound boneless skinless chicken breasts
3 T sour cream
¼ t black pepper
¼ t chili powder
½ C chicken broth
1 T lemon juice
1 T drained capers
½ t olive oil

Place chicken breasts, one at a time, between sheets of waxed paper. Pound to ¼-inch thickness. Combine 2 T sour cream, pepper and chili powder in shallow plate. Dip chicken pieces in mixture to lightly coat both sides.

Combine broth, lemon juice, remaining sour cream and capers in small bowl.

Spray large skillet with nonstick cooking spray; heat over medium-high heat. Place chicken in hot pan in single layer; cook 1 ½ minutes. Turn over; cook 1 to 1 ½ minutes or until chicken is no longer pink in center. Repeat with remaining chicken (brush pan with ¼ teaspoon oil each time you add pieces to prevent sticking). If cooking more than 2 batches, reduce heat to medium to prevent burning chicken.

Stir broth mixture and pour into skillet. Boil 1 to 2 minutes or until thickened. Serve immediately over chicken. Makes 4 servings

Oriental Chicken Kabobs

1 pound boneless skinless chicken breasts
2 small zucchini or yellow squash, cut into 1-inch slices
8 large fresh mushrooms
1 C red, yellow or green bell pepper pieces
2 T soy sauce (? Has anyone found a "legal" one yet?)
2 T dry sherry
1 t dark sesame oil
2 cloves garlic, minced
2 large green onions, cut into 1-inch pieces

Cut chicken into 1 ½ -inch pieces; place in large plastic bag. Add zucchini, mushrooms and bell pepper to bag. Combine soy sauce, sherry, oil and garlic in cup; pour over chicken and vegetables. Close bag securely; turn to coat. Marinate in refrigerator at least 30 minutes or up to 4 hours.

Soak 4 (12-inch) skewers in water to cover 20 minutes,

Drain chicken and vegetables; reserve marinade. Alternately thread chicken and vegetables with onions onto skewers.

Place on rack of broiler pan. Brush with half of reserved marinade. Broil 5 to 6 inches from heat 5 minutes. Turn kabobs over; brush with remaining marinade. Broil 5 minutes or until chicken is no longer pink. Garnish with green onion brushes, if desired. Makes 4 servings

Persian Chicken Breasts

1 medium lemon
2 t olive oil
1 t ground cinnamon
½ t salt
¼ t black pepper
¼ t turmeric
4 boneless skinless chicken breast halves

Peel lemon rind into long strips with paring knife; reserve for garnish, if desired. Juice lemon; combine juice with oil, cinnamon, salt, pepper and turmeric in large heavy-duty resealable plastic food storage bag. Gently knead bag to mix ingredients thoroughly; add chicken. Seal bag and turn to coat thoroughly. Refrigerate 4 hours or overnight.

Remove chicken from marinade and gently shake to remove excess. Grill chicken 5 to 7 minutes per side or until chicken is no longer pink in center, brushing occasionally with marinade. Discard remaining marinade. Serve chicken with grilled vegetables, if desired. Makes 4 servings

Lemon Pepper Chicken

1/3 C lemon juice
¼ C finely chopped onion
¼ C olive oil
1 T cracked black pepper
3 cloves garlic, minced
2 t grated lemon peel
¾ t salt
4 chicken quarters (about 2 ½ pounds)
(recipe calls for 1 T brown sugar but you should be able to omit, I think)

Combine lemon juice, onion, oil, pepper, garlic, lemon peel and salt in small bowl; reserve 2 tablespoons marinade. Combine remaining marinade and chicken in large resealable plastic food storage bag. Seal bag; knead to coat. Refrigerate at least 4 hours or overnight.

Remove chicken from marinade; discard marinade. Arrange chicken on microwavable plate; cover with waxed paper. Microwave at HIGH 5 minutes. Turn and rearrange chicken. Cover and microwave at HIGH 5 minutes.

Transfer chicken to grill. Grill covered over medium-hot coals 15 to 20 minutes or until juices run clear, turning several times and basting often with reserved marinade. Makes 4 servings

Easy Chicken Stir Fry

1 Chicken breast
2T Olive Oil
1 teaspoon garlic powder
1 chopped onion
1/2 chopped red bell pepper
1/2 chopped green bell pepper

2 cups sliced mushrooms

2-3 T butter

Stir fry the chicken in the olive oil & garlic powder. Add the veggies & cook to desired doneness. Add the butter for flavor

Salt to taste

(no kidding, the garlic powder, salt & butter is ALL the flavor you'll need!!)

Fish and Seafood

Rosemary-Roasted Salmon

2 large bunches fresh rosemary
1 large red onion, thinly sliced
1 2-pound center-cut salmon fillet, with skin
2 large lemons, thinly sliced
1/3 cup olive oil

Preheat oven to 500°F. Arrange half of rosemary sprigs in single layer in center of heavy baking sheet. Arrange sliced red onion atop rosemary. Place salmon, skin side down, atop red onion. Sprinkle with salt and pepper. Cover salmon with remaining rosemary sprigs. Arrange lemon slices over rosemary. Drizzle olive oil over. Sprinkle lemon slices with salt. (Can be prepared 8 hours ahead. Cover and refrigerate.)

Roast salmon until just cooked through, about 20 minutes. Transfer salmon to plates. Serve with roasted onions and lemon slices.

4 servings

Tour Au Poison/ Fish Tower

Serves only 2, but can be doubled to serve 4.

Fish:

4 pieces white fish (like fillet of cod, haddock, etc.,).
Red wine/cooking wine
Lemon pepper seasoning

Stuffing Mixture ingredients:

1 HUGE tomato diced
1/2 can diced mushrooms; or about 1/2 cup fresh mushrooms chopped
1/4 onion diced
2 tbsp. oil
1 tbsp. butter
1/4 cup red wine
1/4 cup dry white wine (optional or use equivalent red wine)
About 1/4 cup grated mozzarella cheese

Tower Veggies:

1 red pepper (sweet)
1 green pepper (sweet)
1 zucchini
About 2 tbsp. butter
About 2 tbsp. olive oil
Salt & pepper, to taste

Preheat oven to 200 degrees.

Fish preparation:

Place 2 pieces of fish in foil with a little of the red wine (about 2 tbsp.). Season with lemon pepper. Wrap up and bake. Should have 2 packages.
If fish is frozen: bake for 1 hour, unwrap, and bake for 15 minutes at 300 degrees.
If fish is thawed, bake wrapped for 30 minutes @ 200 degrees, then 15 minutes @ 300 degrees unwrapped.

Stuffing Mixture:

Place tomatoes, mushrooms, onion, and oil in a skillet, cook till onions are clear. Add butter, and wine (red and white - he says it is a great flavor mix - I believe him) cook till liquids evaporate. Grate the mozzarella cheese right onto the mixture, just enough to cover the top. Mix together till mixture is binded. Remove from skillet to a bowl and cover to keep warm.

Tower and garnish veggies:

Cut all veggies in about 1 inch wide strips (i.e. cut each pepper in about 8 long pieces, and cut the zucchini in thin long strips). Brush the veggies with olive oil. Add butter to skillet heat till just melted Sauté all the vegetables in butter. Simmer until tender and juicy (about 5 - 10 mins).

To the plate:

Place fish in middle of plate
Spoon stuffing mixture on top of fish
Arrange pepper (alternate red then green) around, stack around like a tee-pee tent.
Place zucchini at sides of plate to garnish. Bon appetit!

Haddock in Cream Sauce

2 lbs. haddock fillets
1 Tablespoon green pepper, minced
2 Tablespoons lemon juice
1 cup cream
1 teaspoon prepared mustard
1/2 teaspoon Worcestershire sauce
1/2 cup celery, chopped
3 small onions, sliced
Parsley and paprika

Preheat oven to 400 degrees. Spray large baking dish with vegetable cooking spray, place fish fillets and set aside. In large bowl, mix green peppers, lemon juice, cream, mustard, Worcestershire sauce, and celery. Pour over fish and top sauce with sliced onions. Bake for 30 minutes or until fish flakes easily. Garnish with parsley and paprika. Makes 6 servings.

Swiss Baked Fish Fillets

2 lb. fish fillets
1 cup sour cream
1/2 cup shredded Swiss cheese
1/4 cup finely chopped scallions or onion
3/4 tsp. salt
1/8 tsp. pepper
1 tsp. prepared mustard

Preheat oven to 425 degrees. Lightly grease a 2 1/2 qt. baking pan. Arrange fillets in baking pan. In small bowl, combine rest of ingredients. Spread over fillets. Bake for about 20 minutes or until fish is easily flaked with a fork. To brown surface, place baking pan under broiler for 1 to 2 minutes. Serves 6.

Poached Salmon with Tarragon Sauce

This is great for company but you can half the recipe for dinner for the family.

Sauce:

2 large bunches of fresh tarragon(that is about 1 oz)
1/4 cup fresh chives chopped
1 LARGE shallot
1/2 cup fresh parsley (flat leafed)
1/2 cup mayo
1/2 cup sour cream
2 tsp. dijon mustard

To poach salmon:

2 cups white wine (dry works better)
2 1/2 cups water
2 1/2 to 3 lb salmon fillet with skin

Make the sauce: pick off tarragon leaves to measure one cup (do not pack down). Coarsely chop the shallot. In a food processor or blender put the tarragon, chives, and shallot and puree. Add remaining ingredients and blend until smooth and then salt and pepper to taste.

In a deep 10 inch skillet bring the water and wine to a simmer covered. Cut salmon into 6 pieces and season with salt and pepper. Sub merge 3 pieces skin side down (add some hot water to cover salmon if needed) cover and poach at a bare simmer 8 minutes. Transfer salmon with a slotted spoon to a platter. (the recipe calls for it to cool, but I like to keep it warm by putting a plate over it). Cook remaining salmon the same way. Transfer to the platter and top with sauce. Serve with snow peas sautéed with garlic and oil.

Soy Poached Salmon

2 15 oz bottles low sodium soy sauce
8 to ten packets sweet 'n' low brown sugar substitute
2 tablespoons minced fresh ginger.
Small handful of whole star anise
1 1/2 to 2 lb salmon fillet, thick end, cut into four

In a 12-inch sauté pan with lid, combine soy sauce brown sugar substitute and star anise. Bring to boil and reduce heat to low simmer. When at a low simmer, add the salmon skin side down (liquid should cover) Slosh the liquid over fillets and cover. Poach for 6 to 8 minutes (no more than 8, fillets should be medium rare). Remove fillets and

keep warm. Bring liquid to a boil and reduce by half. It will be come light and syrup like. Spoon over fillets and serve.

Salmon Patties

1-14.75 oz. can Alaskan Pink Salmon-drained
2 large eggs-beaten
1/4 cup finely chopped onion
1 tsp. garlic powder
1 1/4 tsp. baking powder
1 1/2 cups (or more) finely crushed pork rinds
Olive oil for frying

Drain the salmon and remove the dark skin and soft bones if desired. Place in a bowl and add other ingredients except pork rinds, and mix well. Add the crushed pork rinds, a cup at a time, until the mixture holds together well but is not dry.

Form into patties (about 1 heaping Tbsp. each) and flatten out to about 1/2 to 3/4 inch thick. Dip both sides of each pattie into finely crushed pork rinds and fry until golden brown in hot olive oil. Handle carefully, as they will come apart before frying. Drain on paper towels and serve with mustard or sugar free catsup.

Light chunk tuna may also be used in place of salmon.

Tuna Balls

1 6 oz can Tuna
2 eggs
1 tsp. chopped parsley
Salt and pepper to taste
1 tbsp. crushed pork rinds

Whip egg whites to soft peaks. Mix drained tuna, egg yolks, rinds. and seasonings, fold in beaten egg whites. Drop by teaspoonfuls on greased baking sheet. Bake at 350 for 9 minutes. Serve with tartar/mustard/hollandaise/

Grilled Shrimp With Feta, Cilantro And Lime

6 tablespoons olive oil
1/4 cup fresh lime juice
3 large garlic cloves, pressed
2 1/2 tablespoons chopped fresh cilantro
12 large uncooked shrimp, peeled, deveined, tails intact
3 bamboo or metal skewers
2 1/2-inch thick red onion slices
2 ounces crumbled feta cheese

Mix first 3 ingredients and 1 tablespoon cilantro in large bowl. Add shrimp; toss to coat. Let stand 10 minutes. Prepare barbecue (medium-high heat) or preheat broiler. Remove shrimp from marinade. Skewer 6 shrimp on each of 2 skewers. Skewer onions on remaining skewer. Season shrimp and onions with some of marinade. Grill onions until tender and cooked through, about 3 minutes per side. Add shrimp to grill; cook until pink, about 2 minutes per side. Coarsely chop onions. Remove shrimp from skewers;

divide between plates. Bring marinade to boil. Mix in onions, cheese and remaining 1 1/2 tablespoons cilantro. Spoon onion mixture over shrimp.

Serves 2. (I have made this quite a few times but didn't bother to do the onion and feta part and it was very delicious.)

Sautéed Shrimp With Lemon-Garlic Butter

The butter is also delicious over scallops.

1/2 cup dry white wine
2 tablespoons white wine vinegar
8 garlic cloves, minced
1/2 cup (1 stick) chilled butter, cut into 1/2-inch pieces
2 tablespoons fresh lemon juice

2 tablespoons olive oil
1 1/2 pounds uncooked large shrimp, peeled, deveined
2 tablespoons grated lemon peel
1 tablespoon chopped fresh chives

Boil wine, vinegar and garlic in small saucepan until mixture is reduced to 1/4 cup, about 4 minutes. Reduce heat to low. Whisk in butter, 1 piece at a time, allowing butter to melt before adding more. Remove from heat. Stir in lemon juice. Season with salt and pepper. Cover and keep warm.

Heat oil in large nonstick skillet over high heat. Sprinkle shrimp with salt and pepper. Add to skillet and sauté until shrimp are opaque in center, about 3 minutes. Transfer shrimp to plates. Drizzle lemon-garlic butter over. Sprinkle with lemon peel and chives and serve.

Serves 4.

Easy Scallops

1/4 teaspoon butter
1/2 lb. small scallops
2 TBSPNS dried parsley
White cooking wine

Heat butter on high until it is browning - add wine - cook 1 more min. add scallops and parsley cook 5 mins. - scallops will be slightly browned

Salt and pepper to taste.

Lemony Steamed Fish

(Try halibut, cod, orange roughy, salmon, red snapper, trout)

6 (6 ounce) fish fillets
1 large onion, sliced in rings
Green beans (tails snapped off, and sliced into 1" pieces)
Broccoli flowerets

Mushrooms, washed and sliced
Asparagus tips
Bell peppers, sliced
3 teaspoons dill weed
3 teaspoons onion powder
Paprika to taste
Seasoned salt to taste
Lemon pepper to taste
Dried parsley to taste
Garlic powder to taste
6 teaspoons lemon juice

Preheat oven to 375 degrees F (190 degrees C).

Cut 6 foil squares, large enough for the size of each fillet and veggies

Center fillets on the foil squares and scatter assortment of veggies over the top. Make sure the foil will still seal over the top of the stack. Sprinkle each with dill weed, onion powder, paprika, seasoned salt, lemon pepper, parsley and garlic powder. Sprinkle lemon juice over each.

Fold foil over fillets to make a packet. Pleat seams to securely enclose.

Place packets on a baking sheet and bake in the preheated oven for 30 minutes.

Makes 6 servings

You can use any legal veggies you like and add spices that sound good to you. The fish comes out perfectly steamed as do the veggies! A one-stop fantastic meal.

Crabmeat Soufflé Au Gratin

This is a great dish for those who like seafood. the egg whites make the dish puff up like a soufflé. its crunchy and buttery.

1 lb crabmeat
4 egg whites
1 tbsp butter
1/4 cup onion minced
1 teas Worcestershire sauce
2 tbsp Dijon mustard
1 tbsp fresh chopped parsley
2 tbsp Parmesan cheese

Preheat oven to 400 degrees. Sauté minced onion in butter. Check crab for shells and mix with onion, Worcestershire sauce, mustard and parsley. Beat egg whites until stiff and shiny. Fold a small amount of egg white into crab to loosen the mixture. Then fold remaining egg whites in. place in a buttered casserole/baking dish and sprinkle with cheese. Bake for 25 mins. Serves 4

Sautéed Shrimp!

Select good quality medium to large size shrimp. Peel and devein shrimp. Cut one large onion and sauté until glassy (use butter), add a lot of fresh garlic and sauté a little longer, onions can start to brown a little. Then add shrimp and cook until it turns pink, turning it over. Make sure to cover the shrimp with plenty of garlic/onions so they will get some of that taste. When shrimp are done, pour 1 tbsp lemon juice into the pan. Then add cooking white wine, about a cup. The sauce will thicken while it is reducing a little. Delicious! Eat shrimp with onions/garlic by itself with veggies on level 1. Eat with brown rice on level 2.

Shrimp Scampi

1 lb. raw shrimp, peeled and deveined, tails off
or
1 lb. cooked shrimp, peeled and deveined, tails off
3 TBLS butter
2 TBLS fresh lemon juice
1-2 cloves garlic, cut in slivers
1 TBLS parsley (optional)
1 10 oz. bag of flat leaf spinach

Heat a large pan over medium low heat; add butter and heat 'til just melted.
Add garlic and sauté until the garlic becomes slightly browned. If the garlic burns, the heat is too high.

This should take about 5-8 minutes. At this point, I remove the garlic.

Add the shrimp to the pan, turn the heat to medium-high and stir fry until the shrimp are all red. (If using frozen cooked shrimp instead, just add shrimp on medium heat and stir until warmed through. DO NOT OVERCOOK or they will be tough.)

Add 1 TBLS lemon juice and parsley and transfer to another dish along with most of the liquid. Then add 1/2 bag (I use 1/2 bag because I am the only one eating it this way) of flat leaf spinach to the liquid that is left in the skillet and wilt the spinach. Add the other TBLS of lemon juice to the pan. I put the spinach on my plate and pour some of the butter mixture and some of the shrimp on my plate and enjoy!!

Fillet of Sole with Lemon Butter Sauce

2 fillets of sole or other firm white-fleshed fish or salmon
Coarse Salt
Coarsely Ground Pepper
1 T Unsalted Butter
1 t Vegetable Oil (I used Olive Oil)

1/2 C White Wine
2 T Chicken Broth
1 T Lemon Juice
6 T Unsalted Butter
1 t Dijon or Whole-Grain Mustard
Coarse Salt
Coarsely Ground Pepper

Grated Zest of 1/2 Lemon

Sprinkle fish w/ salt and pepper. In a medium skillet over medium-high heat, melt the butter with the oil until sizzling.

Place the fish in the pan. Sauté for about 2-3 minutes on one side. Carefully turn the fish over and sauté for another minute or two. Fish is done when it is firm to the touch and flakes apart easily. Remove the fillets to a warm platter and make the sauce.

Add the wine and chicken broth to the hot skillet and whisk, loosening any browned bits from the bottom of the pan.

Reduce the liquid by half. Add the lemon juice, butter and mustard, whisking until the butter is melted. Season to taste with salt and pepper.

Place each fillet on a dinner plate and pour the sauce over. Sprinkle with lemon zest.

I lightly steamed broccoli and cauliflower and poured the butter/lemon sauce over all - YUM!

Salmon with Mushroom Dijon Cream Sauce

I used salmon for this recipe, but feel free to pour it over any meat or just eat alone, it's so yummy!

1/2 lb salmon filet
1 shallot, chopped
3T butter
1 (plastic pkg) mushrooms of your choice, sliced
2T Dijon mustard
4 oz light cream
salt and pepper to taste

Place fish skin side down in baking dish

Sauté shallot in butter over med. heat until lightly browned, add the mushrooms-sauté until soft, add salt and pepper to taste, add mustard and cream and mix until ingredients are blended well. Pour over fish and broil 15 min. Serves 2

Tuna Patties

To one can of tuna drained, mix and add: 1 egg, approx. 2-3 tbsp. of mayo, 1 tsp of dill, 1 tsp of dried minced onion. Then I add grated parmesan cheese to use as the filler instead of bread crumbs. I make mine kind of moist and drop by a spoonful (then mash into patties) into a hot skillet with melted butter. I cook till lightly browned on each side. These are very good.

Lobster and butter

Take an oven safe pan add water 1/4 inch take lobster and place in pan shell side down (you may add butter to the top of the lobster - I never do). Cover with foil Place in a 450 oven for 20 - 25 minutes that is it and it is delicious and never overcooked.

For the butter you have to try this: take equal parts of butter and olive oil. Place in a pan and heat. When hot add some locatelli cheese, stir and serve. Heaven!

BBQ'd Smoked Salmon

Hickory wood chips
3-5 pound whole salmon, head off if desired
Fish BBQ basket to support & grill fish

3/4 cup butter
2 cloves garlic
1.5 tablespoons dry mustard
1.5 tablespoons soy sauce
1/3 cup dry sherry
2 to 3 tablespoons catsup (sugar-free if you have it)
1 tbsp. lemon juice
salt and pepper to taste

Heat BBQ to medium-high heat, with a drip pan under the grill. I leave the grill off the BBQ so I can add the wood chips without burning myself! (If using charcoal briquettes, make a drip pan from tinfoil and bank the coals around the pan then light. Wait until they are white-ash stage). While BBQ is heating, soak chips in water for 10-15 minutes and make sauce.

To make sauce, melt butter in saucepan and add remaining ingredients. Throw into a blender to puree. Place drained chips on coals to smoke (and now put the grill back overtop). Place cleaned and towel-dried fish in fish basket. Brush cavity of fish with sauce and outside with sauce. Place directly on the grill with drip-pan beneath. Turn fish every 5-7 minutes and baste with sauce. Cover the BBQ in between the times you baste the fish so the smoke flavor inundates the flesh! Use a water-spray bottle to control flare-ups from the wood chips.

3-5 pound fish usually takes a 1/2 hour to cook. (A 1/2-1 lb fish takes 6 minutes/side and a 5-7 pound fish takes about 45 minutes.) Fish is done when it flakes when prodded in the thickest part.

"Breaded" Cod Fillets

1/2 C pork rinds
1 T grated Parmesan cheese
2 t grated lemon peel
3/4 t dried marjoram leaves
1/2 t paprika
1/4 t dried thyme leaves
1/8 t garlic powder
4 cod fillets (about 1 pound)
3 T lemon juice
2 T dry white wine or water

1 T olive oil

Heat oven to 425 degrees. Oil 13 X 9 X 2-inch pan lightly.

Combine pork rinds, Parmesan cheese, lemon peel, marjoram, paprika, thyme and garlic powder in shallow dish.

Rinse fish fillets. Pat dry.

Combine lemon juice and wine in separate shallow dish. Cut fish into desired size "fingers" or "sticks". Dip each fish finger into lemon mixture, then into crumb mixture, coating well. Place in pan. Drizzle with oil.

Bake at 425 degrees F for 10 to 12 minutes or until fish flakes easily with fork. Let stand 2 to 3 minutes in pan. Remove to serving plate. Garnish, if desired. Makes 4 servings

Dilled Salmon in Parchment

2 skinless salmon fillets (4 to 6 ounces each)

2 T butter

1 T lemon juice

1 T chopped fresh dill

1 T chopped shallots

Preheat oven to 400 degrees F. Cut 2 pieces parchment paper into 12-inch squares; fold squares in half diagonally and cut into half heart shapes. Open parchment; place fish fillet on one side of each heart.

Combine butter and lemon juice in small cup; drizzle over fish. Sprinkle with dill, shallots and salt and pepper to taste.

Fold parchment hearts in half. Beginning at top of heart, fold edges together, 2 inches at a time. At tip of heart, fold parchment over to seal.

Bake fish about 10 minutes or until parchment pouch puffs up. To serve, cut an "X" through top layer of parchment and fold back points to display contents. Makes 2 servings

Garlic Clams

2 pounds littleneck clams

2 t olive oil

2 T finely chopped onion

2 T chopped garlic

½ C dry white wine

¼ C chopped red bell pepper

Discard any clams that remain open when tapped with fingers. To clean clams, scrub with stiff brush under cold running water. Soak clams in mixture of ½ cup of salt to 1 gallon water 20 minutes. Drain water; repeat 2 more times.

Heat oil in large saucepan over medium-high heat until hot. Add onion and garlic; cook and stir about 3 minutes or until garlic is tender but not brown. Add clams, wine, bell pepper and lemon juice. Cover; simmer 3 to 10 minutes or until clams open. Transfer clams as they open to large bowl; cover. Discard any clams that do not open. Increase heat to high. Add parsley; boil until liquid reduces to $\frac{1}{4}$ to $\frac{1}{3}$ cup. Pour over clams; serve immediately. Garnish with parsley sprigs, if desired. Makes 4 servings

Garlic Skewered Shrimp

1 pound large shrimp, peeled and deveined
2 T soy sauce (anyone find any "legal"?)
1 T olive oil
3 cloves garlic, minced
 $\frac{1}{4}$ t red pepper flakes (optional)
3 green onions, cut into 1-inch pieces

Prepare grill or preheat broiler. Soak 4 bamboo (12-inch) skewers in water 20 minutes. Meanwhile, place shrimp in large plastic bag. Combine soy sauce, oil, garlic and red pepper in cup; mix well. Pour over shrimp. Close bag securely; turn to coat. Marinate at room temperature 15 minutes.

Drain shrimp; reserve marinade. Alternately thread shrimp and onions onto skewers. Place skewers on grid or rack of broiler pan. Brush with reserved marinade; discard any remaining marinade. Grill, covered, over medium-hot coals or broil 5 to 6 inches from heat 5 minutes on each side or until shrimp are pink and opaque. Serve on lettuce-lined plate. Makes 4 servings

TIP: For a more attractive presentation, leave the tails on the shrimp.

Red Snapper Vera Cruz

4 red snapper fillets (1 pound)
 $\frac{1}{4}$ C fresh lime juice
1 T fresh lemon juice
1 t chili powder
4 green onions with 4 inches of tops, sliced in $\frac{1}{2}$ - inch lengths
1 tomato, coarsely chopped
 $\frac{1}{2}$ C chopped Anaheim or green bell pepper
 $\frac{1}{2}$ C chopped red bell pepper

Place red snapper in shallow round microwavable baking dish. Combine lime juice, lemon juice and chili powder. Pour over snapper. Marinate 10 minutes, turning once or twice.

Sprinkle green onions, tomato and peppers over snapper. Cover dish loosely with vented plastic wrap. Microwave at HIGH 6 minutes or just until snapper flakes in center, rotating dish every 2 minutes. Let stand, covered, 4 minutes. Makes 4 servings.

Beef Dishes

Beef Ragout and Spaghetti Squash

1/2-1 lb. ground sirloin
1-2 T olive oil
1 C. chopped onion
1 T minced garlic
1 can (14 oz.) plum tomatoes, drained and chopped, juice reserved (I used 14 oz. can of already diced tomatoes)
1 lg. sweet red pepper, cut up
1 lg. zucchini, diced
1/2 lb. mushrooms, cut in 1/4ths
1 T tomato paste (I used 8 oz. tom. sauce instead)
1/2 t. oregano
3/4 t. salt
1/4 t. pepper

Ragout

Brown beef in large non-stick skillet over medium-high heat. Drain. Wipe out skillet and heat olive oil over medium heat. Cook onions and garlic in hot olive oil until softened. Stir in juice from tomatoes (may need to add a little water); cook 1 minute. Add beef and remaining ingredients. Bring to a boil. Cover and simmer 25-30 minutes.

Spaghetti Squash

You will need to start this first if you are serving with the Beef Ragout. Pierce the squash and place whole squash in pre-heated 375 degree oven for 20-30 minutes. Remove from oven and slice squash in half lengthwise and scoop out seeds. Return to oven, cut side down (can wrap in foil) and continue to bake at 375 for another 30-40 minutes. Shred insides with fork and serve with the Beef Ragout. Top with grated Pecorino Romano.

Basic Burgers

Mix together: 1lb gr. beef
1 beaten egg
1/2 tsp salt
1/4 tsp pepper
Shape into 4 patties. Grill until no longer pink inside.

Fajita Burgers

Add: 1 sweet red pepper diced
2 minced cloves of garlic
1 tbsp lemon juice
1 tsp chili powder

Add all ingredients to basic burger recipe. Grill and top with salsa.

Hot Asian Burgers:

Add: 1 tbsp soy sauce
1 tbsp rice or wine vinegar
1 1/2 tsp ground ginger
2 cloves minced garlic
1 tsp hot pepper sauce

Add all ingredients to basic burger recipe. Grill and top with chopped green onions

Beef Dish

Level One

1lb. ground beef
1 medium onion, chopped
2 garlic cloves, minced
1 - 2 cans beef broth (depending on how thick you like it)
1 can diced tomatoes, undrained (14 1/2 oz. can)
1 & 1/2 cups picante sauce
1 green pepper, chopped
2 tsp. chili powder
1 tsp. dried parsley flakes
shredded cheese & sour cream for garnish

Brown the beef with onion and garlic. Drain. Add the remaining ingredients and simmer for 10-15 minutes. Garnish with cheese and a dollop of sour cream.

Beef Stroganoff

2 lbs. beef, top round steak
2 tbs. butter
1 onion, chopped
3 garlic cloves, minced
8 oz mushrooms, sliced
15 oz can tomato sauce
2 tbs. tomato paste
1/4 cup cider vinegar
1 cup water
2 tsp. paprika
1 tbs. Worcestershire sauce
1 tbs. mustard
3/4 tsp. salt
1/2 tsp. black pepper
Cabbage slices
1/2 cup sour cream

Freeze beef slightly; remove from freezer and slice diagonally in thin slices; melt butter in large pot or pan over medium high heat; add beef and cook until browned; drain liquid and add onions and cook for 5-10 minutes; add garlic and mushrooms and cook for 3-4 minutes; add tomato sauce, tomato paste, cider vinegar, water, paprika, Worcestershire sauce, mustard, salt and pepper and cook for 30-45 minutes.

Microwave or boil cabbage slices.

Add sour cream to meat mixture and cook for a couple of minutes until thickened; add cooked cabbage slices and combine thoroughly; serve.

Basic Chili

2 lbs. ground beef, scrambled
1/2 large onion diced
2 celery stalks diced
2 tbsp. chili powder
1 tsp. cinnamon
1 tsp. ground clove
1 tsp. cayenne pepper
Salt and pepper to taste
Combine above in a large pan.

When beef is browned, and veggies are transparent, strain off excess grease. Add 1 large can diced or broken-up whole tomatoes. I also add a product called jalapeno relish. Cook for approximately half hour. When done toss a handful washed, fresh cilantro and 1 can waxed beans cut to desired size. You can enjoy it that or put into individual oven proof serving dishes, sprayed with Pam, top with cheddar cheese and bake till bubbly. When done top with sour cream and cilantro.

Quick Salad

Measure ingredients according to your personal taste

Equal parts of sour cream and mayonnaise
Diced chicken breasts
Dill (according to YOUR taste)

Mix dill with mayonnaise and sour cream. Fold in chicken. Put this on top of a bed of lettuce and diced celery.

Shepherd's Pie

(Level 1)

1 head cauliflower
3/4 cup broth or water seasoned with salt and pepper
1 Tbsp cream cheese
1/2 pound ground beef (or pork) sausage, browned and drained well (Be careful in selecting your brand of sausage--be sure it has no added sugars or MSG)
1 cup shredded cheddar cheese

Chop cauliflower and cook it in the broth until it is tender and most of the broth has cooked down. Add the cream cheese, remove from heat, and mash well with a potato masher. Add the sausage and about 3/4 of the cheese and mix well. Transfer to a medium sized casserole dish and top with the remaining cheese. Bake at 350 for about 30 minutes or until the top gets bubbly and begins to brown.

You won't miss the potatoes!

Gingered Beef with Leek and Asparagus

6 1/8-inch-thick slices fresh ginger
1 tablespoon toasted sesame oil
1 teaspoon freshly ground black pepper
1/4 cup canola oil
1/4 cup soy sauce
1/2 cup dry red wine
1 pound flank steak, cut against the grain into 1/8 - inch slices (substitute 4 medium portobello mushrooms)
1 pound asparagus, ends trimmed and cut into 2-inch pieces
1 tablespoon Canola oil
4 medium leeks, white parts only, well washed and julienned
1 tablespoon finely chopped garlic
2 tablespoon finely chopped fresh ginger
Salt and freshly ground black pepper

In a dish large enough to hold the beef, combine the ginger, sesame oil, pepper, Canola oil, soy sauce, and wine. Stir to blend. Add the beef, turn to coat, and marinate, covered, at least 1 hour and preferably overnight.

Bring a large quantity of salted water to a boil. Fill a large bowl and add ice. Add the asparagus to the boiling water and cook until tender-crisp, 4 to 6 minutes. Transfer to the bowl of ice water to cool. Drain well and set aside.

To make the leeks, heat a wok or large skillet over high heat. Add the oil and swirl to coat the pan. When the oil shimmers, add the leeks, garlic, and ginger and cook, stirring, until soft, about 3 minutes.

Drain the beef and stir-fry just cooked through, about 4 minutes. Add the asparagus and stir-fry until thoroughly heated. Season with the salt and pepper to taste and serve immediately.

Steak Au Poivre (Steak with Pepper)

2 rib eye steaks (or better cut)
1/4 stick butter and a little olive oil
1/2 pint heavy whipping cream
Cracked black pepper (a lot - like 1/2 cup)
4 oz. brandy
6 pats of cold butter

Crack peppercorns until you have approximately 1/2 cup. Do not grind them - crack/crush them. Coat the steaks with the cracked pepper, push/grind the pepper in with the heel of your hand. Heat the butter/olive oil in skillet on medium-high heat. Cook steaks to desired doneness. (Can use thinner cuts of meat so the cooking time will not be so long in the skillet.) Remove the steaks and keep warm.

There will be some bits of pepper and steak drippings in the pan. Pour off the oil/butter but be careful not to pour off bits & pieces left in pan. Put skillet back on stove and turn to high, just for a few seconds to get the skillet hot enough for the brandy to flame - pour in the brandy and light it. Flame will burn out. Turn heat to medium.

Now pour in the cream, and with a rubber spatula, scrape the bottom of the pan to be sure everything is loose, scrape sides and bottom to keep cream from burning (cream can bubble, but don't burn). Cook this down a bit. Now, take 6 pats of cold butter and put into the sauce. Take sauce off when it has cooked down to the thickness you want. Place steaks on plate and spoon sauce over them. Yummy!!

Have a lid to the skillet(s) close by and/or keep a fire extinguisher handy. We didn't have any problems, but it's always better to be safe than sorry! :-)

Cream Cheese Meatloaf

(Level 1)

- 1 1/2 lb. ground pork and beef mixture
- 1 8-oz. pkg. cream cheese
- 2 eggs
- 1 medium onion, chopped
- 2 tsp. salt
- 1 tsp. pepper

Mix all ingredients together with your hands and put into a loaf pan. Bake at 350 degrees for 1 hour and 15 minutes.

Picky Eater's Meatloaf

- 1/2 lb. ground beef
- 1/2 small onion
- 3 cloves garlic (less if you don't like garlic)
- 1/4 tsp. turmeric
- Ground pepper and salt to taste
- 1 egg
- 1/4 cup ricotta cheese
- 1/4 cup tomato sauce
- Sugarless ketchup

Take the onion, garlic, turmeric, salt and pepper, and egg and throw into food processor. Mix until finely chopped. Remove and combine with cheese and beef. Place in small loaf pan and spread with tomato sauce. Place in 400 degree oven for 30 minutes, periodically draining grease from pan. (Or use one of those meatloaf pans with holes in the bottom that drain the fat off.) At end of baking time, place under broiler until top is nicely browned.

Remove, slice and drizzle with sugarless ketchup. (You may find the meat gets this slight green tinge. Don't worry - that's the turmeric and the ricotta cheese. It's still great stuff!)

Salsa-Laced Meatloaf

- 3 lbs. ground round (or ground beef, your choice)
- 2 eggs, beaten
- 1/2 cup picante-style salsa, thick and chunky
- 2 stalks celery, diced

1/2 large onion, diced
1 green bell pepper, diced
Salt and pepper to taste (or not, your choice)

Place ground meat in a large bowl. Mix the eggs and salsa together (it's truly ugly, but mmmm, mmmm, mmmm) and pour over the beef. Add all other ingredients and mix well. Place in a loaf pan sprayed with cooking spray. Bake at 350 degrees for 1 1/2 to 2 hours. Serves 4-6 people with enough left over for wonderful sandwiches the next day.

Round out the meal with green beans that are covered in melted butter.

Meat Loaf

1 lb. lean ground beef
1 small diced onion
1 chopped red pepper
1 small can mushroom stems and pieces
1/2 tsp. allspice
1/2 tsp. Old Bay seasoning
1/2 can tomato sauce
1 small can diced tomatoes

Mix together all ingredients and place in loaf pan. Pour the other half of the tomato sauce over the top
Bake at 350 for an hour

Swedish Meatballs

1 lb hamburger (use half sausage if you like)
1/2 cup crushed pork rinds
1/4 cup heavy cream
2 Tbls onion chopped fine
1/2 tsp salt
1/2 tsp Worcestershire sauce
1 egg
1/2 tsp allspice or nutmeg

Mix ingredients; shape into twenty 1-1/2 inch balls. Cook over medium heat, turning occasionally until brown, about 20 minutes. Or cook in ungreased oblong pan 13X9 in for 20-25 minutes at 400° oven.

After you take the meatballs out of the pan, save out about 2 tablespoons of pan drippings (if you don't have drippings add a little butter, use a wire whisk and pour enough cream into the pan to make a sauce.

Meatballs

1 pound ground beef
1/2 pound ground pork
1 egg
1/4 cup heavy cream
1/4 parmesan cheese

1 medium onion chopped
5 garlic cloves minced (or more if you like)
3 tbsp. oregano
3 tbsp. basil
1 cup ground pork rinds
salt and pepper to taste

Mix all ingredients. Heat oven to 450. Make 1 1/2" balls and place on a broiler pan (so drippings go into bottom) and bake in oven until the outsides are nice and brown. Place in Ragu sugar free sauce, or your own and simmer with lid on for a least 1 hour (as you know, longer is better)

For a good meal, put some in a oven safe dish. Cover in mozzarella and broil until cheese bubbles. Pair it with a Caesar salad. YUMMY!!!!!!!!!!

Pizza Meatballs

Onion, green pepper, red pepper, and mushrooms (as much as you would put on a pizza), chopped very small

Sauté in a bit of butter. Add to about 1 1/2 pounds of ground beef (in a large bowl).

Mix in 1 cup of Parmesan Cheese. Mixed together really well. Form into meatballs and brown in olive oil.

Place browned meatballs in glass baking dish. Pour two cans of pizza sauce over all. Put a slice of pepperoni on top of each meatball and sprinkle shredded mozzarella over all. Bake at 350 degrees for about 45 minutes.

Serve with green beans and big salad.

Cherry Tomato Meatballs

1 beaten egg
1/2 cup shredded mozzarella cheese
1/4 cup cream
1/4 cup finely chopped onion
3/4 tsp. salt
1/2 tsp. dried crushed oregano
Dash pepper
1 pound lean ground beef
12 cherry tomatoes

In bowl, combine first seven ingredients. Add beef; mix well. Shape 1/4 cup of meat mixture around each tomato to form meatballs. Place in baking dish. Bake 25 to 30 minutes in 375 degree oven. 4 servings.

Summer Sausage

5 lbs. of lean ground beef
3 T curing salt (Morton's Tender Quick)
4 T dry red wine
2 T liquid Smoke

1 1/2 tsp. garlic powder
2 T Chili Powder
2 T red pepper flakes
1 1/2 ground Cumin
Sweetener = to 2 Tablespoons of regular sugar

Mix all ingredients in a large bowl. Dip in with both hands and blend thoroughly. It is important that the ingredients, particularly the curing salt, be blended well. Cover bowl and refrigerate 24 hours. Mix again two or three times during the next 24 hours to help spices permeate meat and allow curing salt to do its job of flavoring and producing a nice color.

Divide meat into four equal portions and roll each into a log-shaped roll, 2-3 inches in diameter and 6-8 inches long. Roll each roll into square of aluminum foil and secure tightly on each end.

Bake on rack in a 325 degree oven for two hours, rolling the rolls back and forth from time to time so they don't flatten out on one side. (The reason for the low heat for a long cooking time is to aid in the drying process.)

After baking, allow sausage to cool and remove foil. Dry thoroughly with paper towels. Wrap in a new square of foil and refrigerate. Will keep for about 1-2 weeks in Fridge. This freezes well too, if you want to keep some for long term use.

**** Variations ****

4 teaspoons of course ground pepper
3 1/2 tsp. of mustard seeds
use 1 cup dry white instead of red wine
use 1 cup Parmesan cheese & 3 T of Italian Seasonings
More garlic to your liking.

Take a bag of cubed cheese and cubed summer sausage to the movies. This keeps you from the popcorn, and isn't as noisy as celery sticks.

Filet Mignon With Merlot Sauce

1 750-ml bottle Merlot
2 14 1/2-ounce cans low-salt chicken broth
1 14 1/2-ounce can beef broth
2 tablespoons (1/4 stick) unsalted butter, room temperature
1 tablespoon all purpose flour
1 tablespoon olive oil
6 6-ounce filet mignon steaks (each about 1 inch thick)
Freshly cracked pepper
1/4 cup chopped shallots
1 tablespoon chopped garlic
1 teaspoon chopped fresh thyme

Boil wine, chicken broth and beef broth in heavy large saucepan over high heat until mixture is reduced to 2 cups, about 1 hour. (Can be prepared 1 day ahead. Cover and refrigerate.)

Mix butter and flour in small bowl. Heat 1 tablespoon olive oil in heavy large skillet over medium-high heat. Sprinkle steaks with salt and cracked pepper. Sauté steaks until medium-rare, about 4 minutes per side. Transfer to plate.

Add shallots, garlic and thyme to skillet; stir 30 seconds. Add 1 1/2 cups reduced wine mixture to skillet (reserve remainder for another use). Bring mixture to boil, scraping up any browned bits. Add butter mixture and whisk until smooth. oil sauce until thick enough to coat spoon, about 2 minutes. Serve steaks with sauce.

Serves 6

Frustrated Cheeseburger Pie

Combine ground beef with tomato sauce, chopped onion, garlic, Italian seasoning, and salt and pepper. Form in a pie dish like a crust w/ an outer edge. Bake in 350 degree oven until almost done; drain off fat. In a separate pan, sauté diced celery in butter. Add sliced mushrooms. Remove from heat and add grated smoked mozzarella or fontina cheese (or whatever kind you like). Toss lightly and top hamburger 'shell' with cheese/ veggie mixture.

Return to the oven until it is heated through.

BBQ Beef

1 lb steak or more(rib eye is good) 1/4" thick. I never follow a recipe exactly so more meat is ok.

1 bay leaf

3 garlic cloves chopped

2 tsp chili powder or more if you like it really kickin!

1 medium onion chopped

1 tablespoon olive oil

1 pack of sweet n low or 1 teaspoon splenda

1 16 oz can tomato sauce

2 teaspoons red wine vinegar

tsp dried oregano

salt and pepper to taste.

Heat olive oil in large non-stick pot and add steaks and brown both sides. Add all ingredients cover and simmer 2 to 2 1/2 hours until the steaks can be shredded with a fork. Remove the steaks, shred and return to pot. You may have to simmer with the lid off to reduce the sauce. Serve over spaghetti squash or just alone. Good with green beans. For the crock pot, you still have to brown the steaks. Then just put in and follow the directions for your pot. If you are gone all day, low is good.

Sweetheart Stuffed Filet

(Level 1)

Two 8-Oz. Cuts of Choice Filet (they used filet mignon)

1 Oz. Chopped Garlic

1 Oz. Olive Oil

1 Oz. Chopped Shallots

4 Oz. Gorgonzola Cheese, crumbled

6 Oz. Burgundy Wine
4 16/20 Shrimp (peeled, cooked and deveined)
3 Portobello Mushrooms, sliced
1 Red Pepper
1 Bunch Fresh Parsley
1 Oz. Butter
¼ tsp. Cracked Black Pepper

With a sharp paring knife, cut a slit in the fillet, making a cavity approximately halfway through the fillet. Stuff fillet with Gorgonzola cheese. In a sauté pan on medium heat, add olive oil and chopped garlic. Place fillet pieces in sauté pan. Cook on each side approx. 6 minutes. Remove from pan and keep warm. Deglaze sauté pan by adding wine.

Add shallots and black pepper. Simmer for approx. 1 minute. Add butter and blend. Add Portobello mushrooms. Simmer for approx. 2 minutes, leaving all liquid in pan. Remove mushrooms and reserve warm. Add shrimp to remaining liquid and cook for approx. 1 minute. Remove shrimp and keep warm.

If more liquid is needed, add some olive oil and burgundy wine.

Don't forget a touch of garlic.

Plate presentation: Place Portobello mushrooms on center of platter, place fillets on top of mushrooms, spoon 1 tablespoon of mixture over each fillet, place potatoes around rim of plate, and place shrimp around fillets. Garnish dish with chopped red peppers and chopped fresh parsley.

Steak Diane With Asparagus & Mushrooms

4 tablespoons butter, divided
4 (4 - 5 oz., cut 1" thick) beef tenderloin steaks (or any comparable good cut)
freshly ground black pepper
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
8 oz. fresh asparagus, cut into 1 inch pieces
¾ cup chopped red onion
2 (3 1/2 - 4 oz. pkg.) mixed exotic mushrooms (such as shiitake, oyster, etc.)
2/3 cup whipping cream
¾ teaspoon dried thyme leaves

Melt 2 T. butter in a large, deep skillet over med./high heat. Sprinkle steaks lightly with pepper, and cook 2 min. per side. Reduce heat to med. and continue cooking 3 min., turning once. Transfer steaks to plate and sprinkle with Worcestershire and spread with mustard. Melt remaining butter in skillet and add asparagus and onion. Cook for 3 minutes, stirring occasionally. While asparagus mixture is cooking, rinse mushrooms and pat dry (discard stems from shiitakes) and thickly slice. Add to skillet and cook for 5 min., stirring occasionally. Add cream and thyme; cook 1 min. Return steaks and accumulated juices from plate to skillet. Cook until steaks are heated through, about 2 min., turning once. Top with mushroom-asparagus sauce. Serves 4

Garlic Pepper Steak

1 1/2 to 2 lb. flank steak
1/4 c. salad oil
2 Tbsp. lemon juice
2 Tbsp. soy sauce
2 or more Tbsp chopped green onion
1 to 5 cloves minced garlic
1 tsp. celery salt

Combine all ingredients and pour over flank steak. Let marinate at least 6 hours (2 days is much better).

Tip for marinating, just put it all in a ziplock bag, squeeze out the air. Be sure to turn the meat.

Broil 3 to 4 inches from the heat 5 minutes each side or on the barbecue. Slice against the grain. MMMMMM

Rouladen

Sirloin tip beef, sliced
onions
smoked ham or lean parts of bacon
pickles (jar)

Look for sirloin tip beef, for large and thin slices. About 1/2 inch or thinner. It needs to be large enough so you can roll it up.

Rinse meat and pat dry. Season with salt and black pepper. Spread brown mustard on it generously. Cut onions in thin slices and put on the meat. Then cut lean ham or the lean part of bacon and put that on the meat. Cut pickles in small cubes and add that. Then roll up the meat and put tooth picks in it to hold it together. Season on the outside with salt and pepper. I put these in the crock pot, covered half way with broth and sherry and let them cook for 8 hours.

Texas Round Steak

1 teaspoon salt
1 1/2 teaspoons chili powder
1 pound round steak -- 6- 3 ounce trimmed
1/2 cup green pepper -- chopped
1/2 cup onion -- chopped
1 cup beef broth
1/2 cup tomato juice
1 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon cumin -- ground
Non-stick cooking spray

Rub the meat with salt and chili powder well. Spray non-stick cooking spray generously into a heavy frying pan and heat to frying temperature over moderate heat. Add meat and brown on both sides. Transfer steaks to a 1 1/2 quart casserole.

Fry peppers and onions over moderate heat in the pan in which the meat was browned, stirring frequently. Remove vegetables with a slotted spoon and spread over meat.

Add beef broth to frying pan and cook and stir over moderate heat to absorb and brown particles remaining in the pan.

Add remaining ingredients to broth. Mix well and pour over meat. Stir the meat and vegetables lightly with a fork to distribute the broth and vegetables. Cover tightly and bake at 325 degrees for about 1-1 1/2 hours or until the meat is tender.

Serve 1 piece of steak with some of the sauce per serving.

Moussaka

1 lb. fresh mushrooms, sliced
2 T. olive oil
1 clove garlic, minced
1 lb. lean ground beef
1 medium onion, chopped
1 large eggplant, peeled & cubed (5 cups)
1 8 oz. can tomatoes, cut up
1/4 cup chopped fresh parsley
1/2 t. oregano, 1/2 t. rosemary, 1/4 t. cinnamon
salt & pepper
2 eggs
1 8 oz. pkg. cream cheese, cut up
1 cup sour cream

In skillet, sauté mushrooms and garlic in olive oil. Remove and set aside. In same skillet cook beef and onion until meat is browned. Drain off any fat. Stir in vegetables, mushrooms, herbs, and seasonings. Cook uncovered for 15 minutes, stirring occasionally. Turn into rectangular baking dish. Use electric mixer or food processor to blend together eggs, cream cheese and sour cream, until smooth. Pour over meat mixture. Bake at 350 degrees for 15-20 min. Serves 6-8. .

Pork Dishes

Dijon Pork Chops

4 center cut pork chops
3 tablespoons Dijon mustard
1 tablespoon cider vinegar
1/4 cup olive oil
1/4 cup water
1-2 packets sweetener

Mix the mustard, vinegar, olive oil, water, and sweetener. Pour over pork chops and allow to marinate at least 30 minutes. (Overnight it not too long.) Place pork chops and marinade sauce in a glass casserole dish or baking pan and bake at 325 for 25 minutes. Turn pork chops and bake an additional 15 minutes or until all pink is gone from the meat. The meat should be white when it is done. Very thick chops may take longer.

The sauce that's left over after baking is excellent spooned over asparagus.

Mushroom-Topped Pork Chops

4-6 pork chops, boneless, 3/4" thick
2 tablespoons butter, divided
1 cup finely chopped mushrooms
1/2 cup finely chopped parsley
1/3 cup finely chopped red onion
1 egg
1 teaspoon salt, dash black pepper
1/4 cup grated Cheddar cheese

Heat 1 T. butter in skillet. Brown pork chops on both sides. Place in ovenproof dish. Prepare topping: Add other 1 T. butter to skillet and sauté mushrooms until they are no longer moist. Cool. Mix together mushrooms, parsley, red onion, egg, salt and pepper. Place filling on top of pork chops. Bake at 350* for about 40 minutes. Sprinkle with cheese after 30 minutes of cooking time. Check for doneness at the side of a pork chop; the juices should run clear when pierced with a fork.

Garlic Roast Pork Loin

2 1/2 to 3 1/2 pound boned and rolled pork loin (8 to 10 inches), bones kept if available
4 cloves garlic, smashed,
peeled, and cut lengthwise into thin slivers Few sprigs rosemary, optional Kosher salt,
to taste Freshly ground black
pepper, to taste
1/2 cup wine, for deglazing

Place rack in center of oven. Heat oven to 500 degrees. With the point of a paring knife, make 1/2-inch slits toward the center all around the roast. Insert the garlic in the slits, accompanied by a needle of rosemary, if using. Rub roast generously with salt and pepper. Place roast and bones, if available, in a roasting pan just large enough to hold them. Roast for 45 to 50 minutes, or until meat reaches an internal temperature of 140 degrees. The meat might still be slightly pink, but this is fine. Don't overcook the

roast, or it will be dry and unappealing. Remove roast and bones to a platter. Let meat rest before slicing across. Snip off strings. Juices will collect better in a platter than on a cutting board.

Pork Tenderloin in Crock Pot

Pork tenderloin
Soy Sauce
Water
Garlic
Minced onion
Ginger

Place pork tenderloin in crock pot (recipe called for frozen, but I thought thawed would be safer). Pour "a bunch" of soy sauce over it, and add some water so the meat is at least partially covered with the sauce. Then add fresh garlic, minced onions, and some ground ginger (I used fresh, since I had it) over the top of the pork. Cook on low for at least 8 hours and turn at least once while it's cooking (if you can). (Mine was done in 8 hours, and might have been done by 6-7 hours.) Serve with steamed broccoli and a salad.

Stuffed Pork Loin or Boneless Turkey Breast

2 Pork loins (I purchased them in cry-o-vac which has 2 loins) OR 1 Boneless Turkey Breast (2 if you want a big roast)
2 C Fresh spinach - rinsed well
1/2 C Goat cheese (plain or herbed)
3/4 C Grated Swiss cheese
1 T. Dried Tarragon
Salt & Pepper
1/3 C. Olive oil
1.5 C Dry white wine
1.5 C. Heavy cream (optional)
2 t. gravy master
Cooking string

Preheat oven to 350.

Butterfly each pork loin (or the turkey breast) and pound carefully between 2 sheets of wax paper.

Overlap each by 1" lengthwise, and trim so they're the same size. (This step does not apply to the turkey breast unless you're using 2 of them)

Lay spinach leaves to within 1" of all edges. Sprinkle goat cheese, Swiss, and tarragon over spinach leaves. Add Salt and Pepper.

Carefully roll up lengthwise, making sure filling stays inside. Using cooking string, tie the roast starting from the left. Tie at 1.5" intervals. Make sure each end is closed up so the filling doesn't seep out during cooking.

Heat oil in a fry pan or roasting pan. Brown roast on all sides. Add dry white wine. Place on rack in roasting pan, place in oven, and cook for 1 hour (or until done).

Remove to cutting board - let sit while making the gravy.

Place roasting pan on cooktop over medium heat. Scrape bits from bottom of pan (deglaze). Add Gravy Master and (optional) cream. Reduce for 5 minutes, whisking often.

NOTE: Don't slice the roast too soon, or the filling will run out.

Be creative, try different fillings.

Pork Chops

1/4c soy sauce, 1 T finely minced ginger 1/4 cup finely minced fresh cilantro-- fresh tarragon or basil can be substituted for Cilantro)

6-1 inch thick Pork Chops

Combine marinade ingredients in a large flat bottomed, non-reactive container. Coat both sides of chops with marinade. Let marinate 1 to 4 hours in covered container in fridge.

Pre heat broiler or barbecue. Broil or Grill chops 7-10 minutes on each side, depending on thickness. When meat is no longer pink (check with tip of knife), remove to a platter and serve at once.

Pasta

Pasta And Cheese Bake A Ha!~

Wheat pasta noodles(macaroni, fettuccine, spaghetti, whatever you like)

Fat free shredded cheese mix: cheddar, Swiss, mozzarella, romano & parmesan

Skim milk

Small portion of very well diced onions(if preferable)

Salt and pepper to taste

Some may even like to add vegetables, I would like mushrooms in it, personally)

Boil the pasta in salt or no salt water-no butter allowed!

Mixed diced onions in with pasta after it is boiled

In a Baking Dish, line the bottom with half of the wheat pasta onion mix. Cover it with half of the cheese mix. Then layer next with the rest of the pasta with the remaining cheese mix on top. Pour enough skim milk evenly over the top of the pasta bake to moisten the bottom of the dish with the skim milk.

Bake at 350 until cheese is golden brown.

This should add some spark to the Menu!

Spinach Orzo

8 oz. whole wheat orzo pasta

4 or 5 spinach leaves, cut into thin, short strips

1 red bell pepper, diced

2 green onions, diced

Salt and freshly ground black pepper to taste

Cook pasta according to package directions. Drain pasta and return it to the pot you cooked it in. While pasta is hot, add vegetables. Mix in well and let sit until spinach is slightly wilted. Add seasonings to taste.

NOTE: I drizzled the cooked pasta with a very small amount of olive oil - probably less than 2 teaspoons - to give it a consistency similar to that of the original dish I had at Macaroni Grill. I tried olive oil non-stick spray, but that just didn't taste right. I don't think this would be a major imbalance, but if it bothers you, you can try it without the oil, or eat this as a Level 2 dish.

Vegetarian Lasagna

1/4 c olive oil

2 large onions sliced thin

1 pound fresh white mushrooms, sliced thin

2 large bell peppers, diced

1 can (28 oz) crushed tomatoes

1/4 cup minced fresh parsley

1/2 tsp. salt

1/2 tsp. ground black pepper

18 spinach lasagna noodles

1 pound fat free mozzarella cheese, shredded

Cook the lasagna noodles, omitting oil, according to package directions. While you are waiting for them:

Heat oil; add onions and cook until soft (about 10 minutes), add garlic and mushrooms--cook about 5 minutes, add bell pepper and cook for 3 more minutes. Add tomatoes, salt, pepper and parsley and simmer until sauce thickens (about 10 minutes).

Spray Pam on glass 13 x 9 baking dish (optional), smear some sauce (no big chunks of tomato) on bottom of dish. Line pan with layer of pasta (noodles can touch but not overlap), 1 cup sauce, 2/3 cup cheese. Repeat 5 more times, ending with cheese. Bake at 400 degrees 20-25 minutes. Remove from oven, let rest 5 minutes before cutting.

Simple Spagetti

1 28 oz can whole tomatoes drained and chopped

1/2 cup fresh basil leaves cut in strips

1/4 olive oil

4 cloves minced garlic

salt and pepper to taste

I get my spaghetti squash going in the micro wave first. Place everything but pepper in sauce pan over medium heat. Simmer 10 minutes until liquid evaporates and tomatoes form rough sauce. Add pepper. Serve with spaghetti squash and fresh grated cheese. Or with spinach noodles.

Egg Dishes

Eggs Benedict

4 poached eggs
4 slices grilled Canadian Bacon
Cooked asparagus, cut in half (optional)
Grilled tomato slices (optional)
Mock Hollandaise sauce (recipe follows)

Using Canadian bacon as base, arrange several cut asparagus spears on top and then top with poached egg.

Cover each with a dollop of Hollandaise sauce. *Can also add a slice of broiled tomato atop the Canadian bacon in place of or in addition to the asparagus.

Mock Hollandaise Sauce

1/4 cup sour cream
1/4 cup mayonnaise
1 tsp. fresh lemon juice
1 tsp. prepared mustard

In small saucepan, mix ingredients well. Stir over low heat until hot.

Crab and Artichoke Crustless Quiche

2 tbsp unsalted butter
1/2 cup shallots or onions
1 diced red bell pepper
15 ounces artichoke hearts, canned in water, drained and chopped
6 ounces canned crabmeat, drained
2 tsp grated lemon zest
2 tbsp minced fresh parsley
3 eggs
1 1/4 cup all dairy heavy cream
3/4 cup grated Monterey cheese, crumbled feta cheese or Gorgonzola cheese
1 tbsp grated parmesan cheese
freshly ground black pepper
dash of cayenne pepper
1 tbsp of parmesan cheese for topping
1 tbsp minced fresh parsley

Preheat oven to 350 degrees. In a large non-stick skillet melt butter over medium heat. When butter is hot and bubbly, add shallots and bell pepper and sauté, stirring frequently until softened, about 5 minutes. Mix in chopped artichokes, crabmeat, lemon zest and 2 tbsp. parsley. Continue cooking and stirring 5 minutes. Remove from heat and set aside.

In large bowl, using a fork, whisk eggs, cream, grated or crumbled cheese, parmesan cheese, black pepper and cayenne pepper. Gently stir in artichoke and crab mixture. Pour filling into a buttered 8 inch square baking pan or 9 inch pie pan. Sprinkle with

additional parmesan cheese and bake until golden and puffed up, about 25 - 30 minutes. Broil top until browned and bubbly, about 30 seconds. Sprinkle with 1 tbsp. minced parsley. Let stand 10 minutes before serving.

4 - Cheese Quiche

1, 3oz. pkg. cream cheese, softened
4 eggs
1/3 c. heavy cream
1/4 c. Parmesan cheese
1 tbsp. chives
1/4 tsp. oregano
salt & pepper
1 c. shredded Swiss cheese
1 c. shredded Gruyere cheese

In large bowl, beat cream cheese until smooth. Add eggs, one at a time, beating well after each. Add cream, parmesan cheese, chives, oregano, salt, & pepper. Mix well. Spray 9" glass pie plate with baking spray. Sprinkle Swiss and Gruyere cheeses evenly in pie plate. Pour egg mixture over cheeses. Bake at 375°F. for 20-30 minutes, or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

2 Servings

Crustless Spinach Quiche

1.cup chopped onion
1.cup sliced fresh mushrooms
1.tbls vegetable oil
1 package (10.oz) frozen chopped spinach, thawed and well drained
2/3 cup chopped ham
5. eggs
3. cups (12.oz) shredded muenster or Monterey jack cheese
Pepper/salt optional

Sauté onion, mushrooms in oil until tender add spinach and ham cook and stir till all moisture is evaporated. Cool slightly. beat eggs; add cheese and mix well. Stir in spinach mixture and season blend well. Spread into greased 9-inch pie plate or quiche dish. Bake at 350 for 40 to 45 min.

Cheesy Baked Eggs

If you're tired of the scrambled or fried variety, these are easily made in the microwave (no, they're not rubbery!) and they look nice if you use the right dish.

Butter
2-3 eggs
1 slice of bacon, cooked and crumbled
1/3 c. cheddar cheese
Salt and Pepper to taste

Butter the bottom of a shallow, microwaveable bowl. Crack the eggs into the bowl and either scramble them or leave the yolks intact. Sprinkle with cheese, salt and pepper,

and crumbled bacon. Microwave for 1-2 minutes. Eggs should spring back at the touch. Yummy and fast! Try adding some green chillis for a huevos rancheros.

Spinach "Angel" Eggs

12 hard-cooked eggs
1/4 C mayonnaise
2 T vinegar
2 T butter
1 T Splenda (Haven't tried but maybe could omit)
1/2 t pepper
1/4 t salt
1/2 C frozen chopped spinach, thawed & squeezed dry
4 bacon strips, cooked & crumbled

Slice eggs in half lengthwise; remove yolks & set whites aside. In a small bowl, mash yolks with a fork. Stir in the mayonnaise, vinegar, butter, sugar, pepper, & salt. Add spinach & mix well. Stir in the bacon; spoon into egg whites. Serve immediately. Yield: 2 dozen

Perfect Hard Boiled Eggs

Place fresh eggs in a single layer in a large pan. Cover with cold tap water and add 1 tsp. salt. Bring to a boil over med. heat and boil gently for 10 min. Turn off the heat, cover and let stand for 15 min. Pour off the hot water and cover with cold tap water. Gently crack each egg shell and let them sit in the cold water until they are cool. Peel and continue as for deviled eggs. Eggs will peel easily and will be perfectly done.

Deviled Eggs 1

12 hardboiled eggs
1 Tbsp. prepared mustard
4 Tbsp. mayonnaise
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder
1 or 2 Tbsp. apple cider vinegar, to taste
1 Tbsp. dill pickle relish or finely diced dill pickle (if desired) check the carb. count
Ground paprika

Slice eggs in half lengthwise and remove yolks. Put the yolks in a bowl and mash with a fork till crumbly. Add other ingredients and mix well. You may need to add more mayonnaise, a little at a time, if mixture is too dry. It should be the consistency of mashed potatoes. Fill the egg whites with mixture, using a spoon or a cake decorating bag. Sprinkle lightly with paprika and serve. May be kept tightly covered with plastic wrap in the refrigerator for several days

Deviled Eggs 2

12 Hardboiled Eggs
4 Tbsp. mayonnaise
1 Tbsp. prepared mustard
12 green olives, chopped very fine

Prepare the same as Devilled Eggs 1 recipe.

Scotch Eggs

1 lb. bulk pork sausage
Salt & pepper to taste
6 hard-boiled eggs
1 egg lightly beaten
3/4 C crushed pork skins

Divide the sausage into six portions; flatten & sprinkle with salt & pepper. Shape each portion around a peeled hard-boiled egg. Roll in beaten egg, then in pork skins. Place on a rack in a baking pan. Bake, uncovered, at 400 degrees for 30 minutes or until meat is no longer pink, turning every 10 minutes. Yield: 6 servings

Crustless Spinach Quiche

3 oz. cream cheese, softened
1 C milk
4 eggs
1/4 t pepper
3 C shredded cheddar cheese
1 pkg frozen chopped spinach, thawed & well drained (10 oz.)
1 C frozen chopped broccoli, thawed & well drained
1 small onion, finely chopped
5 fresh mushrooms, sliced

In a small mixing bowl, beat cream cheese. Add milk, egg & pepper; beat until smooth. Stir in remaining ingredients. Transfer to a 10-in. quiche pan coated with nonstick cooking spray. Bake 350 degrees for 45-50 minutes or until a knife inserted near the center comes out clean. Yield: 8 servings

Cream Cheese Eggs

2 servings

6 eggs,
1/4 brick cream cheese
Chopped green onion
Chili powder.

Blend or whisk. Scramble. Fry to the doneness of your liking. Serve with bacon!

Crustless Quiche Lorraine

12 slices bacon (fried and crumbled)
1 c. shredded Swiss
4 beaten eggs
2 c. cream
3/4 t. salt
1/8 t. nutmeg

Grease glass pie plate well with butter. Spread bacon and cheese on the bottom. Beat together remaining ingredients. Pour over the top of bacon and cheese. Bake at 425 for 15 minutes. Reduce heat to 325 for 35 more minutes. Quiche is done when top is golden and crisp looking and eggs are "set" when you shake pan (not stiff, just set).

Quiche

1 lb. Spicy pork sausage (cooked, crumbled and drained)
2 C. shredded cheddar cheese
4 eggs beaten
1/2 med yellow onion chopped
1 green pepper chopped
(these are really good if fried up w/ sausage)
1 cup evaporated milk or heavy cream
3 tbl. parsley flakes (makes it look pretty!)

Mix all ingredients. Pour into 2 pie pans sprayed w/ the non-stick bakers stuff. Bake @ 375 for approx. 35-45 minutes or until top starts to turn brown.

Excellent for breakfast!

Quiche

1 lb. Spicy pork sausage (cooked, crumbled and drained)
2 C. shredded cheddar cheese
4 eggs beaten
1/2 medium yellow onion chopped
1 green pepper chopped
(these are really good if fried up w/ sausage)
1 cup evaporated milk or heavy cream
3 tbsp. Parsley flakes (makes it look pretty!)

Mix all ingredients. Pour into 2 pie pans sprayed with Pam. Bake @ 375 for 35-45 minutes or until top starts to turn brown.

Excellent for breakfast!

Shirred Lemon Eggs

1/2 cup heavy cream
1 1/2 tsp. grated lemon zest
1/3 cup grated Gouda cheese (or any mild cheese)
4 eggs
Salt & pepper to taste
1 tbsp. dried parsley

Preheat oven to 325 F. Liberally butter four ramekins (or muffin tins that hold about 1/2 cup each). Pour 1 tbsp. cream into the bottom of each ramekin. Sprinkle about 1/4 tsp. lemon zest over the cream in each. Divide the cheese evenly among the four ramekins, sprinkling it on top of the cream. Gently drop an egg into each ramekin and add salt and pepper. Measure 1 tbsp. cream over each egg and scatter a little parsley the top. Bake for about 10-12 minutes or just until the egg is set. (I added a slice of Canadian bacon over each egg before I baked it. To serve I scooped out each egg out of the

ramekins and inverted them on a plate so the ham was on the bottom. Very smooth and yummy.)

Beverages and Smoothies

Awesome Milkshake

Prepare a package of sugar free pudding, take 2-3 Tbsp. of heavy whipping cream, whip 'til smooth and creamy (if you whip until stiff peaks form, it will turn out like a mousse), add 1/4 to 1/2 cup of chocolate pudding, mix until blended, and enjoy!

Coffee Cooler

Decaf coffee
1/2 cup cream
4 ice cubes
5 drops stevia

Blend until smooth.

Chocolate Creme Fiz

1 can RC or Diet Rite Cola w/ Splenda
2 Tbsp. heavy cream
2 Tbsp. Davinci Chocolate syrup w/Splenda

Pour the cream and chocolate syrup in the bottom of a tall glass and fill with crushed ice. Pour the cola over the ice and stir. Add a straw and enjoy!
Also good with the vanilla flavored syrup.

Coffee Concoction

Make a pot of strong coffee (decaf of course). Take one cup of crushed ice, add about 1/2 cup of coffee, about 1/4 cup of DaVinci syrup and 1/3 cup of heavy cream. Blend in a blender and enjoy. Save the rest of the coffee in the fridge for other coffee concoctions. This is really good and you don't feel deprived for dessert

Lemon Ginger Shrub

An alternative to diet (NutraSweet) soda. Can be used at any time or after any meal - lemons/limes are not on the fruit list. It is refreshing and thirst quenching. (a shrub was a colonial drink made with mashed fruits.) I am thinking this might do well as a sorbet or popsicle for hot summer days.

Grate 1/8 to 1/4 teaspoon fresh ginger root (I keep it frozen, lasts longer and grates easier) into a very large sundae glass, squeeze a half of a lemon into the glass, leave lemon in and mash it up a bit with a wooden spoon handle. Add 2 packets (one pack if you like less sweet) of Splenda, fill with ice and then club soda.

Tropical Smoothie

Refrigerate fruit before preparing:
1-8 ounce can of crushed pineapple, no sugar added.
1 papaya, peeled, seeded and chunked
1 mango, peeled
10 seedless grapes
1/2 cup apple juice

Whirl in a blender for about a minute or two. This'll cure your craving for sweets and keep you full for several hours.

Basic Shake

3 oz heavy cream
4 oz cold water (or seltzer water)
2 pkts Splenda
½ tsp vanilla extract
1 raw egg (optional)
5-6 ice cubes (optional)

Add ingredients to blender and enjoy!

Cappucino Shake

3 oz heavy cream
4 oz cold water (or seltzer water)
1-2 T instant decaffeinated coffee
2-3 pkts Splenda
½ tsp vanilla extract
1 raw egg (optional)
5-6 ice cubes (optional)

Add ingredients to blender and enjoy!

Rich Vanilla Shake

In blender:
4 ice cubes
1 cup of Organic Valley heavy whipping cream
1 teaspoon vanilla extract
2 pkgs. Sweet N Low (adjust your sweetener)
Sprinkle of Cinnamon
"Chop" or "Ice Crush" for a couple of seconds. Blend for 30 seconds- not long or you'll make butter! This is really rich and filling for a treat!

Vanilla Shake

5 ice cubes cracked and put in blender (just hit them in the palm of your hand with the back of a spoon),
2 cups cold water
1/3 cup cream
1/3 cup sugar-free vanilla syrup (Border's or DaVinci)
Splenda to taste (like a packet or two)

Blend on high for only about a minute.

Berry Smooth(ie)

1/2 to 3/4 cup 100% grape juice
Handful of frozen blueberries
Handful of strawberries, fresh or frozen
1 orange, peeled and chunked

10 seedless grapes

Whirl in a blender for a couple of minutes. Don't plan on this one for an eat and run treat! Your teeth will be blue afterward but a good brushing will take care of that! This sweet treat is worth staying home!

So-Good-4-U Smoothie

Combine fresh papaya, frozen mangoes, peaches, raspberries (or strawberries). Blenderize to a yummy froth! Good Morning, world!

If your blender wakes the whole house up in the morning, you can make your smoothies at night, store them in a Tupperware Shaker Cup in the fridge, and shake them back to life in the morning. Works!

Shake it up! Chocolate shake

Atkin's Chocolate Shake

4 oz. heavy cream

4 oz water

Shake! Refreshing! (mixing it with all water makes it taste very flat)

Eggnog

3 cups heavy cream

4 egg yolks (slightly beaten)

1 tsp vanilla extract

8 packets sugar substitute

Mix cream and egg yolks in large microwave safe bowl. Heat in microwave until mixture starts to thicken, stirring often (just take it out every so often and stir it good and return to microwave). Remove from microwave and refrigerate until cool. Add vanilla and sugar substitute to cooled mixture and beat in. Keep refrigerated and serve with nutmeg sprinkled on top.

Eggnog

6 beaten eggs (not just yolks)

2 cups 1/2 and 1/2 (Next time I might try cream and water)

8 packets sweetener (I used splenda, but given the limited cooking time, equal would probably work too)

1 t. vanilla

Rum extract

1 cup whipping cream whipped and sweetened with 1 1/2 packets sweetener

Ground nutmeg

In heavy saucepan mix eggs, 1/2 and 1/2 and 8 packets sweetener. Cook and stir over medium heat until mixture coats a metal spoon. Remove from heat. Cool quickly by placing saucepan in a bowl or sink of ice water. Stir in vanilla (and some rum flavoring too). Refrigerate 4 to 24 hours. Fold in whipped cream. Sprinkle each serving with nutmeg.

Sandwiches

Fool-You Rueben

Corned beef topped w/ sauerkraut and Swiss cheese. Microwave for 1 minute, 30 seconds. Top with Russian dressing. Add a pickle!

France's Cheesy Sandwich (Carb Meal)

Shredded fat-free cheese (mix them up- it's better)
Mix in onion and tomato

Add a fat free/oil free dressing to the bread as a condiment. Fry in a non-stick (Teflon) pan.

Portobello Mushroom Sandwich

Whole Wheat Hamburger Style Buns
Portobello mushroom caps
Sliced onion...I use Vidalia
Fat-free Swiss or provolone cheese
Mayo
Whole-grain mustard
Lettuce
Tomato

Grill the mushrooms...real grill, GF-type indoor, or in a pan...till tender, but not mushy. Place cheese over top at the end to allow it to melt. Mix mayo and mustard to taste to make a nice, spicy sauce. Add all of the above toppings and any other legal ones of choice. Enjoy.

These are filling physically and mentally. I do miss the occasional sandwich.

Fruit

Several Submitter's Baked Apples

Cut up some apples. Drizzle with apple juice. Top with raisins and cinnamon. Bake 40 minutes at 350 degrees or you can microwave for 8 minutes. VERY HOT & VERY DEELISH!

Sweet Strawberries

2 cups strawberries
liquid splenda to taste (i didn't try the powder)
2 tbs water.

Cut strawberries, put everything in a bowl, mix a little, and leave it in the refrigerator for a while.

Roasted Strawberries

(Level 2)
1 T unsalted butter
2 T Splenda
16 Strawberries, whole
1 C heavy cream--chilled
2 T Amaretto
4 fresh mint springs (optional)

Preheat the oven to 450 degrees F. In an ovenproof skillet just large enough to hold the strawberries in one layer, melt the butter in the oven 2-3 minutes. Watch carefully so that it does not burn. Remove the skillet from the oven & stir in 2 T of the Splenda, the mixture will be grainy. Add the berries, tossing to coat them. Spread in a single layer. Roast, stirring & turning once or twice, until the berries just begin to soften & the sugar melts, about 5 minutes.

Gently roll the roasted berries in the pan syrup to coat, then let them cool for about 5 minutes in the skillet.

Meanwhile, whip the cream with the Amaretto & the remaining Splenda just until soft peaks form. Divide the cream among 4 shallow dessert bowls. Arrange the lukewarm berries in the cream, pointed ends up. Using a teaspoon, dribble the pan syrup over the cream. Garnish with mint sprigs, if desired. Serve immediately. Yield: 4 servings

Snacks

Claire's Cheese Snacks

Cut Monterey jack cheese into 1" cubes. Place on a baking stone. Bake for 15 minutes at 350 degrees. Take out of oven and place on paper towels to drain. Add a dollop of ranch dressing to each piece. Good Snacking!

More Quick Snack Ideas

Hard boiled eggs (even deviled eggs!), pepperoni, string cheese, pickles, celery with cream cheese, water (!), sugar free Jell-O with Redi Whip whipped cream, A dill pickle wrapped in deli meat and a lettuce leaf, pork rinds ("crunchy and salty"), Sunkist brand no sugar added fruit roll ups, hard salami w/ cream cheese, tomatoes with Newman's Own brand oil and vinegar and feta crumbles on top, nonfat cream cheese mixed with cinnamon and splenda on a legal slice of bread.

Yummy Parmesan Snack

Spread foil on a baking sheet. Coat with non-stick spray. Sprinkle fresh grated parmesan cheese all over sheet. Broil approximately 4 inches from broiler until medium brown color. DON'T WALK AWAY FROM BROILER! - this is a fast cooking process! Cool cheese.

Mozzarella Snack

Cut mozzarella (from brick or ball) into about 1 cm or 1/2 inch slices. Put 1/2 cup of olive oil, a couple tbsp red wine vinegar, and a clove of chopped garlic into a skillet. Place mozzarella in skillet, sprinkle with oregano. cook at medium heat until the cheese softens (too long and it melts down) try to swish some of the oil and vinegar onto the top of the cheese while cooking. Heating process may be only a minute.

Spatula the softened cheese and some of the liquids onto a plate. Very delicious snack!

Crispy cheese squares

Cut processed cheese slices on an angle into quarters (I use Land O'Lakes white American cheese). You need to use a microwave safe plate (I use the flat backside surface of my microwave bacon cooker). Place the cheese with points facing in. I microwave for about 47 - 49 seconds (it will depend on your microwave's watts so experiment with the time). The cheese will be brown all over. Wait about 15-20 sec and using a sharp spatula remove them to another plate or paper towel to cool. If you remove them too soon, they won't keep their shape. If you wait too long you'll have crumbs. I put them in a ziplock bag and they keep a few days. Although I always eat them right away so they might actually keep a little longer. These are really good... it's like eating a cheese cracker!

Pepperoni Poppers

Spread a microwave safe plate with paper towels. Place rounds of pepperoni on plate. Microwave for 3 minutes until crisp. Toss the greasy paper towels and munch on these 'chips'! Great to take as a snack at the movies or in the car or plane.

Chocolate Kisses

1 pkg Sugar free instant pudding
1C Heavy Cream
4oz Cream Cheese

Take all ingredients and mix in bowl with spoon until well blended. You can use either an icing bag with a star tip or I just used a baggie with the corner cut off and squeeze small amounts on a cookie sheet covered with wax paper or saran wrap. When pan is full freeze for a few hours. Take off sheet and put in plastic container in the freezer. You will not regret making these. So delicious.

Chocolate Mints

8 oz. Philadelphia cream cheese
1 stick of butter
1/4 cup Hershey's cocoa
1/4 cup heavy cream
Pinch of salt
28 equal tablets dissolved in a tablespoon of warm water.
1 teaspoon of peppermint extract

Cream butter and cream cheese in a bowl. When totally blended, add remaining ingredients and continue to blend. Spoon onto wax paper and refrigerate until firm. Transfer to airtight container, and store in fridge.

We All Scream For Ice Cream

Take 1/2 cup whipping cream
1 packet Sweet and Low (or another sugar substitute)
1/2 teaspoon vanilla

Put these ingredients in a small ziplock baggie. Get all of the air out. Take a large ziplock bag and fill it with ice. Place the small bag inside the large bag and shake vigorously for 5 minutes. Ice cream!

There are several inventive recipes you can put an ice cream maker to work churning.

Sauces, Dips and Spreads

Alfredo Sauce

1 pint of heavy cream
1 stick of butter
2 Tbsp. cream cheese
1/2 - 3/4 cup of Parmesan cheese
1 tsp garlic powder

In a saucepan combine butter, heavy cream, and cream cheese. Simmer until all is melted, and mixed well. Add the parmesan cheese and garlic powder. Simmer for 20 minutes or longer if you can on low heat.
Serve over grilled chicken strips or try over broccoli.

Chicago Red Sauce

1 cup tomato sauce
1 cup cider vinegar
1/2 cup water
1/4 cup Worcestershire sauce
1 small onion, finely chopped
1 clove garlic, finely chopped
1 tablespoon Splenda
1 teaspoon freshly ground pepper
1 teaspoon salt
1/2 teaspoon dry mustard
1/4 to 1/2 teaspoon ground red cayenne pepper, depending on how hot you like it
2 tablespoons butter (or margarine)

Mix together all ingredients except butter in a 2 quart saucepan. Bring to boil over medium-high heat. Reduce heat to low and simmer, partially covered, 15 minutes. Remove from heat, then stir in butter. Use as a basting or dipping sauce for ribs, chicken, pork tenderloins. Makes about 2 cups.

"Your Own" Pizza Sauce

Ragu and Hunts both produce sugar free sauce, or you can make your own:

1 can Hunts tomato sauce
grated fresh garlic
basil
oregano
thyme
fresh mushrooms
Cook approximately 10 minutes.

Blender Hollandaise Sauce

1/4 pound of butter (1 stick)
2 Tablespoons of lemon juice
3 egg yolks
1/2 teaspoon salt
Dash cayenne pepper

Put everything but butter in blender and whirl it a few seconds. Melt butter, and while it is VERY hot, drizzle it SLOWLY into the whirling blender. Serve immediately over asparagus, broccoli, or over poached eggs on ham as Eggs Benedict. This will separate as it sits, so serve up the plates first; then make the sauce and pour it right on the food. The hot butter cooks the yolks, but it will scramble them and make the sauce lumpy if you pour the butter in too quickly.

Blender Bernaise Sauce

To use on meats--steaks, hamburgers

3 egg yolks
2 Tablespoons tarragon vinegar
1/2 teaspoon salt
Dash cayenne pepper
1 stick butter melted (1/4 pound)

In blender whirl eggs, vinegar, salt, and cayenne. Melt butter and while it is VERY HOT, drizzle it slowly into the whirling blender. Serve over meat.

Blender Hollandaise Sauce

1/4 pound of butter (1 stick)
2 Tablespoons of lemon juice
3 egg yolks
1/2 teaspoon salt
Dash cayenne pepper

Put everything but butter in blender and whirl it a few seconds. Melt butter, and while it is VERY hot, drizzle it SLOWLY into the whirling blender. Serve immediately over asparagus, broccoli, or over poached eggs on ham as Eggs Benedict. This will separate as it sits, so serve up the plates first; then make the sauce and pour it right on the food. The hot butter cooks the yolks, but it will scramble them and make the sauce lumpy if you pour the butter in too quickly.

Mock Hollandaise

1 cup Best Foods/Hellman's mayonnaise
1 cup real sour cream
1 tsp. French's mustard
Juice from 1 lemon

Combine all ingredients and heat. Serve as a dip for artichokes or to pour over cooked broccoli or asparagus.

Easy, No Cook, Hollandaise Sauce

1 whole egg OR 3 egg yolks
1 tsp. Dijon mustard
1 Tb. lemon juice or white wine vinegar
1 cup melted butter (hot)

In a blender or food processor, whirl egg, mustard, and lemon juice until well blended. Add hot, melted butter slowly. Makes 1 to 1-1/2 cups.

Since this isn't cooked, it won't separate. You can make it ahead of time and store it, covered, in a jar in the refrigerator. To reheat, bring it to room temperature and stir to soften. Put the jar in water that's hot to touch, and stir until the sauce is warm, not hot.

Great Veggie Pasta Sauce

2 medium sized zucchini diced
1 medium onion diced small
1 can diced tomatoes
2 Tb capers
sherry or cooking wine to taste
garlic to taste

Simmer for 1 hour. Put over wheat pasta. Do not add salt until simmering is over.

BBQ Sauce

3/4 cup catsup, sugarless
3/4 cup water
2 tbsp. vinegar
1/4 tsp. black pepper
1 tsp. chili powder
1/2 tsp. season salt
1 tsp. paprika
1 1/2 tbsp. Worcestershire sauce

Combine all ingredients and heat. Refrigerate. Use over chicken, ribs or any other meat.

Barbecue Sauce

2 Tbsp extra-virgin olive oil
1/2 cup chopped onion
4 minced garlic cloves
1/2 cup tomato paste
1 cup water
1/4 cup red wine vinegar
2 tbsp Dijon mustard
1/2 tsp celery seeds
1 tsp dried thyme
1 tsp chili powder
1 tsp fresh lemon juice
freshly ground black pepper to taste
dash cayenne pepper

In a medium saucepan, heat oil over med-hi heat. Add onion and garlic, sauté until softened, about 5 minutes. Add tomato paste and water and mix well. Add vinegar, mustard, celery seeds, thyme, chili powder lemon juice, black pepper and cayenne. Bring to a boil. Reduce heat to low and simmer about 20 minutes. Adjust seasonings as desired.

Tangy Barbecue Sauce

2-4 oz.cans tomato sauce
1/2 cup Splenda
3 Tbsp. worcestershire sauce
2 Tbsp. Liquid Smoke-either Mesquite or hickory flavored, whichever you like best
1 heaping Tbsp. horseradish
2 Tbsp. prepared mustard
1-1/2 tsp.garlic powder
1-1/2 tsp.black pepper--use more if you like a hotter sauce
1 stick butter
Salt to taste

Mix all ingredients in a saucepan and simmer for 15-20 minutes. Will keep about 2 weeks (if it lasts that long) in a tightly covered jar in the refrigerator.
This is delicious on any meat or chicken.

Pesto Sauce

(makes 2 pints)

You can put in ice cube trays for individual portions, or freeze in 1 cup containers for meal preparations.

3 oz. Parmesan cheese
10-15 garlic buds
4-5 cups of "fresh" basil/parsley
Chop finely in food processor

Combine:

1 cup plain yogurt
1/2 - 1 C sour cream
2 T olive oil
1/2 C lemon juice
Cover with olive oil

This is great broiled on top of chicken breasts or steaks.

Artichoke Dip

1 can artichokes (drained & chopped)
1 cup mayonnaise
1 cup Parmesan cheese

Mix and bake 350 oven until brown and bubbly.

Dill Dip

1 cup sour cream
1 cup mayonnaise
1 T. dried dill
1 t. onion powder
Dash of season salt

Stir all ingredients until well blended. Refrigerate over night to allow flavors to blend.
Great with veggies!

Heavenly Artichoke Dip

This is great with anything...celery sticks, as a sauce for butter-sautéed chicken, let your imagination take you awaaaaaaaaayyyyyyy...

2 cans (13.75 oz) artichokes hearts in water, cut up
1-1/2 cups grated fresh parmesan
1/2- 3/4 cup real sour cream
1 cup real mayonnaise
1 teaspoon garlic powder
1 teaspoon onion powder

Mix ingredients in a small shallow casserole and bake at 350 for 30 minutes. Serve hot.

This can be reheated in the microwave. And it's addicting.

Chipped Beef Dip

8 oz. cream cheese (softened)
1/2 C sour cream
2 T dehydrated minced onion or 4 T fresh onion
2 T cream
1/2 tsp. garlic powder
Dash of Worcestershire
2 pkgs. dried beef, chopped finely.

Great with celery sticks.

Try using bacon and stuff in baby tomatoes that have been scooped out too.

Cucumber Vegetable Dip

2 medium cucumbers, unpeeled and grated
1 small onion, grated
1 (8-ounce) package cream cheese, softened
2 Tbsp. mayonnaise
1/4 tsp. garlic powder
1/4 tsp. garlic salt
1/4 tsp. lemon juice

Place cucumber and onion on paper towels, and squeeze until barely moist. Beat cream cheese until smooth; stir in grated vegetables and remaining ingredients. Chill. Serve with fresh vegetables.

Pepperoni Pizza Dip

1 - 8 oz. pkg. cream cheese, softened
1/2 cup sour cream
1 tsp. dried oregano, crushed
1/8 tsp. garlic powder
1/8 tsp. red pepper, optional
1/2 cup pizza sauce

1/2 cup pepperoni, chopped
1/4 cup green onions, sliced
1/4 cup green peppers, chopped
1/2 cup mozzarella cheese, shredded
*For level 2 people, you can add 1 small can sliced ripe olives

Beat first 5 ingredients together and spread evenly in a 9- or 10-inch quiche dish or pie plate. Spread pizza sauce over the top; sprinkle with pepperoni, green onion and green pepper. Bake at 350 degrees for 10 mins. Top with cheese and *olives and bake 5 mins. or until cheese is melted and mixture is heated. Makes 1-1/2 cups. Serve with veggies or pork rinds.

Peppercorn Dip

1 cup sour cream
2 T buttermilk
1 tsp. ground peppercorns (I use meat pounder and put them in a ziplock.
2 chopped green onions
2 tsp. chives chopped (fresh or dried)
1/2 tsp. Thyme
1/2 tsp. salt

Veggie Dip

1 part sour cream
1 part mayonnaise
About 1 tsp Lawry's Seasoning

Mix ingredients. Use with veggies or meats. Make as much or as little as you wish. Adjust the seasoning to taste.

Cheese Spread

1 8-oz cream cheese, softened
1 T seltzer water
2 T dry Ranch dressing mix
1/4 C chopped red pepper
1/4 C chopped chives

Mix cheese, water, dressing mix and beat until smooth. Fold in veggies (peppers and chives)

Yield: 1 1/2 Cups

Crab Spread

2 pkgs. cream cheese (3 oz. pkgs) , softened
3/4 cup mayonnaise
1/2 lb. grated cheddar cheese
1/2 lb. flaked crab meat (cooked - the canned is cooked)
2 hard boiled eggs, chopped
1 tsp. dry mustard
1/2 tsp. paprika
1/2 tsp. pepper

Cream cheese and mayonnaise. Add remaining ingredients and chill. Use with crudités (veggies) which consist of celery, jicama, cucumbers, scallions (green onions), zucchini, red, yellow & green pepper strips

Hot Crabmeat Spread

1 c cream
6 oz cream cheese, softened
1 small onion chopped
1 tbsp mayonnaise
2 tsp horseradish
1/2 tsp lemon juice
1/2 tsp Worcestershire sauce
1/2 tsp parsley
1/2 tsp garlic salt
1/2 tsp onion salt
1/4 tsp pepper
Few drops hot pepper sauce, optional
12 oz crabmeat (canned drained or, fresh)

Desserts

Chocolate Pudding Treat

1 package sugar free instant chocolate pudding
1 cup heavy cream
1 cup water
3 oz cream cheese

Soften cream cheese. Mix with water and cream. Add pudding and beat for two minutes. Pour into serving dishes and chill.

Cream Cheese Jell-O

1 pkg. sugar free Jell-O
1 c. boiling water
2 pkg. softened cream cheese

Add boiling water to Jell-O till dissolved. Beat in cream cheese and cool in refrigerator. Wonderful!

Creamy Vanilla Cheesecake

5 (8 oz) packages Philadelphia® Cream Cheese

2 1/2 Tablespoons Sweetener
3 eggs
2 1/2 tsp. vanilla extract

Beat cream cheese at high speed of an electric mixer until light and fluffy (approximately 5 minutes). Gradually add sugar substitute, beating well. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Pour into a 10 inch springform pan that has been sprayed with Pam.

Bake at 350 degree for 40 minutes; turn oven off, and partially open oven door. Leave cheesecake in oven for 30 minutes. Remove from oven, and let cool on a wire rack in a draft-free place. Cover cheesecake, and chill at least 8 hours. Slice into 12 pieces.

This cake also freezes well.

Another Cheesecake!

3 - 8oz. pkg. cream cheese, room temp.
3 eggs
1/2 c Splenda
1/2 tsp. vanilla
1 tsp. lemon extract (or whatever you like)

Beat together. Pour into pie plate sprayed with Pam.
Bake 350 for 40 minutes.

Bon Apetit!!

Best Ever Dessert

8 oz cream cheese, beaten

Add 1 C heavy cream, beat

Add 1 C cold water

Add 1 small package of sugar free white chocolate pudding.

Chill or freeze.

Chocolate Cheesecake Rounds

Melt:

4 tbsp butter

2/3 cup cream cheese

2 squares of unsweetened chocolate

Let cool then add:

2/3 cup of ricotta cheese

Sweetener to taste - I started at 4 packs and went up from there

2 tsp. vanilla

Drop by spoonfuls onto a cookie sheet and freeze for one hour or until hard. Store in a container in the refrigerator.

Chocolate Mousse 1

1 Pkg chocolate sugar free pudding (or your favourite flavour)

1 cup heavy cream

1 cup water

1 8oz package cream cheese softened

Put it all in a blender mix it up and Yummie! Serve with whipped cream if desired.

Chocolate Mousse 2

1 packet of unflavored gelatin

1/3 cup of cocoa

6 packets of sweet-n-low or stevia (I don't know how much)

1 cup water mixed with 1/3 cup cream

1/4 cold water

Splash of vanilla

Put cocoa, sweet n low, vanilla, water and cream mixture in blender and blend. Put 1/4 cold water in a small sauce pan and sprinkle gelatin on top. Heat on medium until gelatin dissolves. Turn the blender back on and slowly drizzle the gelatin through the lid until well blended. Pour into dessert dishes or a medium bowl and chill 2 hours

Cheesecake Mouse

12 oz. cream cheese

1 cup cream

1 tsp. vanilla

Sweetener to taste (about 12 packets splenda, or more if you like it sweeter)

Cream together the cheese, sweetener and vanilla. (If the cream cheese is not room temperature nuke for about 15 seconds in MW to soften). Whip the cream until it peaks and fold into the cream cheese mixture. Put into a container, cover and chill overnight for best texture.

Also, experiment with flavorings, use lemon or orange rind, almond extract or DaVinci flavored syrups (which would make the texture even lighter). It's very light and satisfying. For level 2, you could experiment adding some cocoa to mixture for a chocolate cheesecake mousse.

Chocolate "Mousse" Cream

Heavy cream - 1/2 - 3/4 cup

Cocoa - 1/2 - 1 teaspoon

Sweet and low - 1/2 to 1 packet (to taste)

Place the ingredients in a deep cup or mug and use a handheld Braun type mixer with the plastic disc attached to "whip" the mixture until it thickens. Do not mix too much or it will turn to chocolate butter! This is a very low carb dessert/snack that's perfect for chocolate lovers. You can adjust the amounts to your taste or to how much or how little you want to make. It's delicious!

Cream Cheese Fudge

16 ounces cream cheese, softened

2 ounces unsweetened chocolate squares, melted and cooled

1/2 cups sugar substitute

1 teaspoon vanilla extract

In a small mixing bowl, beat the cream cheese, chocolate, sweetener and vanilla until smooth. Stir in pecans. Pour into 8-inch square baking pan lined with foil. Cover and refrigerate overnight. Cut into 16 squares. Serve chilled.

Cheese Cake:

With a mixer, cream 1, 8oz package of room temp. cream cheese with 1/3 cup or equivalent of sweetener. Add 1 cup sour cream a few tablespoons of a time until blended. Then add 1 teaspoon of flavoring of choice (I add different flavoring instead of vanilla (like chocolate, banana, almond, coconut) to change the flavor [you can really be creative--chocolate almond, chocolate cherry,). *Hint* I learned in culinary school, to always use 1/4 tsp. of vanilla extract for every 1 tsp. of another flavor (like lemon or almond, etc. you use--it enhances the flavor] and 3 eggs (1 at a time). When combined, pour into prepared custard cups, [4 large (or 6 small) size Pyrex baking cups. The baking cups can be sprayed with Pam or rubbed with a little Canola oil. You can fill them about 2/3 full.] The custard cups can go into a baking pan, filled half way up the custard cup with water! and bake at 400 degrees for 35 minutes or until a knife inserted in the middle comes out clean.

Custard Recipe

In blender, I place 2 1/2 cups of cream and 4 eggs, and 1 1/2 teaspoons of flavoring of choice [you can really be creative--chocolate almond, chocolate cherry,). *Hint* I learned in culinary school, to always use 1/4 tsp. of vanilla extract for every 1 tsp. of another flavor (like lemon or almond, etc. you use--it enhances the flavor] and 1/3 cup or equivalent of sweetener of choice. Run blender until all ingredients are creamy and smooth. Pour into prepared custard cups and bake at 400 degrees for 35 minutes or until a knife inserted in the middle comes out clean.

Lemon mousse

7 eggs separated room temp
1 1/2 cups heavy cream
juice from three large lemons
1 envelope unflavored gelatin
3 tablespoons orange cordial or 1/2 teaspoon orange extract
6 to 10 sweetener or stevia to your flavor preference

Cream sweeteners and egg yolks in a double boiler combine gelatin and lemon juice and melt. When melted, dribble in sweetened egg yolks, stirring constantly. Add orange flavoring and set aside.

Whip heavy cream until stiff- fold in yolk-gelatin mixture. Beat egg whites until peaks form. Fold into the other mixture. Cover with foil and refrigerate several hours.

Lilah's Lemon or Orange Cheesecake

1 pound of cream cheese (softened)
1 cup of cream
1/2 - 2/3 cup of Splenda (depends on how sweet you want it)
4 eggs
4 tablespoons of vanilla
1/4 teaspoon of salt
Zest of one orange OR one lemon (I've made it both way -- excellent either way)

Preheat oven to 350 degrees. Mix all ingredients together with a mixer until completely smooth. Pour into a 10-inch pie plate (preferably glass). Bake at 350 for 25 minutes. Then turn heat down to 300 degrees and bake for 15 - 20 minutes more or until a knife inserted in the center comes out clean. What I like to do is turn the oven off completely for the last five minutes, and leave the cake inside. Then take the cheesecake out and leave on counter until room temperature. Then chill. Serves 8. 4.75 grams per slice. Unbelievably yummy!

Variations:

Instead of orange or lemon -- use zest plus juice of one lime.

Instead of orange or lemon -- use 2 teaspoons of almond extract (makes it taste like marzipan)

For a topping, you can take 1 cup of strawberries, some equal (1 or 2 packages) or Splenda (a spoonful or two) and half a cup of sour cream -- mix together -- serve slices of cake with a little bit of the strawberry-sour cream mixture on top. Also very good -- but I think the cake is delicious without it (if you do add strawberries and sour cream, calculate the additional carbohydrates).

Cheese Cake Dessert

2 packages cream cheese softened
1 envelope unflavored gelatin
1 cup boiling water
1 teaspoon vanilla
6 packets sweetener or your choice of sweetener- make your own adjustments

put sweetener and gelatin in a large bowl. Add boiling water. Add cream cheese and vanilla and beat on low until smooth.

Pour into dessert dishes and chill 3 hours. Top with whipped cream and enjoy.

Bon Appetit Key Lime Pie

2 - 8 oz pkgs. regular cream cheese (not nonfat)
1 lg. pkg. lime sugar-free Jell-O
2 cups boiling water

Boil 2 cups of water and add Jell-O. Stir until dissolved. Mix in (with a mixer) the 2 pkgs. of cream cheese. Pour into a pie plate or Jell-O molds and chill to set. After set, and top with spray can whipped cream. YUMMY! The variation is as follows: Make the recipes, substituting 1/4 cup lemon juice (about 2 lemons worth) for part of the water called for in the recipe. Add the grated zest of both lemons. SNAPPY!

Flan

5 eggs
1 cup heavy cream
1 cup water
5 packets of sweet n low
1 capful almond extract
dash nutmeg or cinnamon

Preheat oven to 350. Whip first 5 ingredients in blender for 3 to 4 minutes. Pour into a large baking dish or individual dishes and sprinkle top with cinnamon or nutmeg. In oven set in a large pan half filled with water bake for 40 minutes or until set.

Egg Custard

1 egg
1 egg yolk
1/2 c. cream mixed w/1/2c water
3 tbsp sugar substitute
1 tsp vanilla extract
1/8 tsp.
Salt
1/8 tsp ground nutmeg

Lightly beat the egg and yolk. Add cream, Splenda®, vanilla and salt. Pour into two ungreased 6 ounce custard cups. Sprinkle with nutmeg. Set in a pan containing 1/2 to 1 inch of Hot water. Bake at 350 for 35 minutes or until set. 2 servings

Sugarless Cheesecake

2-8oz pkg cream cheese
12 pkts sweetener (Equal or Splenda®)
3 large eggs
3 t lemon juice
1-1/2 TSP VANILLA
1/4 TSP SALT
3 c sour cream

Preheat oven to 350 degrees beat the cream cheese and sweetener till very smooth, Add the eggs one at a time, beating well after each addition. Add the lemon juice, vanilla, and salt. Beat in the sour cream until just blended. Grease an 8-inch springform pan and line the bottom with parchment paper or waxed paper. Wrap the outside of the pan with a double layer of foil to prevent seepage. Pour the batter into the pan. Set the pan in a large roasting pan and surround with 1 inch of v hot water. Bake for 45 minutes. Turn off the oven without opening the door and leave the cake in the oven for 1 hour. Remove to rack and let cool to room temp. Cover with plastic wrap and refrigerate overnight. Unmold the cake the next day.

3-Layer Jell-O

2 small boxes of sugar-free Jell-O (any flavour)
3 oz cream cheese
4 tbsp. heavy cream

Mix 2 cups hot water with both boxes jello. Stir.

Beat in cream cheese w/ mixer until frothy. Stir in 2 cup cold water. In separate bowl, whip 4 tbsp cream until stiff. Lightly whisk the whipped cream into jello mixture.

Cover and refrigerate until firm. It will separate into layers as it firms.

Homemade Jell-O

1 1/4 cup of pre made unsweet kool-aid
1 package knox gelatin
Splenda® to taste

Drizzle knox gelatin over kool-aid in sauce pan. Let stand a few minutes. Warm till all is dissolved. Add Splenda® to taste. Chill till set in fridge

This is good topped with whipped cream and the bonus is the kool-aid has vitamin C.

Raspberry Russian Creme

1 cup plus 3 Tablespoons heavy whipping cream
1 Tablespoon sugarless flavored Jell-O (more if you like it sweeter)
1 cup sour cream
2 teaspoons vanilla extract

In a medium saucepan, mix together the cream and Jell-O. Heat over medium-high heat until the Jell-O is thoroughly dissolved. Smash the bits of Jell-O against the sides of the pan to dissolve them.

Remove from heat and cool until slightly thickened...about 5 or 10 minutes. Fold in the sour cream and vanilla with a whisk. If you don't own a whisk, you're gonna have to buy one for this recipe.

Pour into custard cups or small containers. Chill for 3 hours. It's better when it's firmer...so wait!

* This is a very rich, very creamy textured dessert. Easy to make, and is level 1.

Miracle Fluff

1/2 cup boiling water
1/2 cup cold water
1 packet orange Jell-O (or whatever flavor you like!)

1 and 1/2 cups heavy whipped cream, chilled
1- 8oz brick of cream cheese
2 teaspoons vanilla

Boil the 1/2 cup water in a glass measuring cup in the microwave for fast results- 2 minutes or so. Dissolve Jell-O in water, then add the 1/2 cup of cold water to it.

Whip the cream in a large, non-plastic bowl. Use very clean, chilled beaters for best results. Set aside.

In yet another bowl, mix the cream cheese and vanilla together. Stir in the Jell-O and beat for a couple of minutes with a mixer.

Turn the mixer on low and add the whipped cream. Beat on low until fluffy and well-mixed.

Pour into individual dishes. Chill until set.

Very fluffy and filling. Satisfies the sweet tooth!

Orange Fluff

6 oz. Pkg. orange sugar-free Jell-O (or your favourite flavour)
24 oz. carton cottage cheese
12 oz. bowl whipped topping

Mix dry Jell-O with cottage cheese. Fold in whipped topping. Chill about an hour before serving.

Makes about 16 half-cup servings.

Mexican

Chile Relleno Torta

½ pound cheddar cheese, grated
½ pound Monterey Jack cheese, grated
5 eggs
¼ cup protein powder
¾ cups heavy whipping cream
1 cup water
1 8-ounce can diced green chilis, drained
¼ cup picante sauce

Preheat oven to 375 degrees. Mix grated cheeses and spread evenly in buttered 10-inch pie plate. Beat eggs, add protein powder slowly, and then beat in whipping cream and water. If mixture is lumpy, strain it. Pour egg mixture over cheeses in pie plate. Carefully spoon chilis over the surface, then spoon picante sauce over all. Bake about 45 minutes or until center is set.

Mexican Bean Dip

1 can black beans drained & rinsed
3 tomatoes (seeded & chopped)
1 tsp minced garlic fresh
1 tsp cumin & 1 tsp chili powder
5-6 chopped green onions
2 jalapeno peppers (seeded & chopped) leave seeds in for heat
1 small bunch cilantro chopped to taste.
Juice from one lime
olive oil and vinegar to moisten

Taste and adjust to your preference.

Taco Salad Wraps

1 lb. lean ground hamburger, ground chuck or ground sirloin
1 onion chopped finely
2 cloves of garlic (or garlic powder)
Tomato Paste
1 tsp red chili pepper flakes
2 tbsp of Cumin spice
2 tbsp of Chili Powder
2 tbsp of Splenda® or sweetener of choice (not sugar)
Salt and pepper to taste

Brown hamburger meat. I like to brown the meat so you get some browning effect on the skillet bottom. Add onions and garlic and cook for 2 minutes longer. Add in 2 large spoonfuls of Tomato Paste and 1/2 - 3/4 cup water. Stir and simmer for 10 minutes. Add in spices and salt and pepper to taste. You may want it hotter or less hot by adding less or more of chili pepper flakes.

If you like your Taco meat a little sweet, add in Splenda® at the very end (to your taste). If you've never tried it sweet, try it, you may like it. If not, leave the sweetener out of recipe.

I take iceberg lettuce cups and put in meat mixture, shredded cheddar cheese, chopped seeded tomatoes, and sour cream. Roll the lettuce leaf up and enjoy.

Enchilada

(Level 2)

1 lb.lean ground beef
1/4 cup chopped onion
1/2 tsp.garlic powder
1/2 tsp cumin
3 or 4 Tbsp. chili powder
1/4 tsp.black pepper
1/4 tsp.salt
1-6 oz.can crushed tomatoes plus 1/4 can water
4-Whole wheat flour tortillas from Synergy or La Tortilla Factory
Oil for heating tortillas
grated monterrey jack or cheddar cheese, or a combination of both.
shredded lettuce
diced tomatoes
sour cream (if desired)

Brown meat and onions in a skillet, then add spices, water and tomatoes. Simmer uncovered for about 15 minutes until liquid is slightly thickened. In a non-stick fry pan heat the oil over medium heat. Drop the tortillas in one at a time and fry until they puff up slightly. Turn and cook on the other side for a few seconds. You want them to be soft. Drain on paper towels.

Place the tortilla on a plate and spoon some of the meat on top. Sprinkle a little grated cheese on top of the meat and fold the tortilla over. Put more meat mixture on top of that. Top with grated cheese, shredded lettuce, chopped tomatoes and sour cream (if desired).

"You'll Never Miss The Tortillas" Mexican Dinners

First dinner: Fill whole wheat tortillas with black beans, fat-free sour cream, shredded lettuce and chopped tomatoes. Top with salsa. For Mexican Pizza, heat the tortilla and beans and add the rest of the mixture.

2nd dinner: Brown chicken thigh meat or beef with chili seasoning. Top with cheese, tomatoes, onion, salsa, cilantro, and of course, lots of sour cream! YUM!!!

3rd dinner: Make a Mexican omelets! Eggs, cheese, green chili, salsa, and sour cream.

If you're in the mood for Mexican, try the carnitas or fajitas (without the tortillas) at your local restaurant.

Oriental

Oriental Fondue

Tools needed: electric wok and small strainers

Fondue mixture:

Chicken or beef bullion

Five Spices (? sugar content as it uses spices like nutmeg, etc).

Soya Sauce

Chopped onions for added flavor

Dippables: Chicken pieces, shrimp, fish, oriental vegetables (boc choy), mushrooms, water cress, what have you

Boil fondue mixture in electric wok.

Place all dippables in small bowls keep near wok.

Fill small strainers with whatever meats and veggies you prefer. Immerse in fondue until fully cooked. The flavors of the broth become more enhanced as time goes on.

Oriental Lettuce Wraps

Iceberg lettuce, wash and core

1 lb. of ground chicken or turkey

1/2 lb. of ground pork (sausage not seasoned is okay)

2 cans sliced water chestnuts

2 large groups of green onions (about 10-15 large ones)

5 large celery stalks

Dark Sesame Oil

Olive Oil or Canola Oil

Spike Seasoning (in spice section)

Splenda® to taste

Brown meats together in skillet with S&P so as to have browning effect on bottom of skillet. Add in Spike seasoning and 1/2 cup water to deglaze browning mixture. Simmer for 5 minutes.

Finely chop the following vegetables in food processor or by hand: water chestnuts, green onions and celery. Cook in skillet with 1/4 olive oil until translucent. Add to meat mixture.

Add in about 2 tablespoons of dark sesame oil and Splenda® to taste.

Put meat mixture in lettuce leaf cups and roll up.

Oriental Shrimp Soup

1 T olive oil

1/4 c, chopped garlic

64 oz. Chicken broth

1 c mushrooms

1 can bamboo shoots
1/2 c soy sauce
1/4 cup rice wine vinegar
1 t. crushed red pepper flakes
2 bags oriental style frozen vegetables
1 lb shrimp
1 pkg. Spinach, trimmed and coarsely chopped
1/4 c. fresh cilantro

In large pot, heat oil over medium heat. Add garlic; add broth, mushrooms, bamboo shoots, soy sauce, vinegar, pepper flakes. Bring to a boil. Cook for 10 to 15 minutes.

Add frozen vegetables, shrimp and cilantro. Simmer until shrimp is opaque, about 10 minutes. Stir in spinach until just wilted.

Soups and Stews

Dad's French Onion Soup

2 tablespoons butter
1 tablespoon oil
4 large sweet onions - thinly sliced
2 (16-ounce) cans beef broth
4 (16 ounce) cans chicken broth
Salt and pepper to taste
1 cup white wine
Mozzarella, Gruyere or Swiss cheese

In large soup pot, melt the butter with the oil. Add the onions and cook until translucent. Add beef and chicken broths, salt and pepper. Simmer for 30 minutes. Stir in wine, simmer for 2 hours. (put in the crock pot)

Sprinkle with grated cheese.

Spinach Bisque With Sour Cream (Serves 4)

1/4 c. butter
1 large onion, chopped
6 c. canned low-sodium chicken broth
1 10-oz package ready-to-use fresh spinach leaves, large stems removed
2 fresh parsley sprigs
1 large fresh thyme sprig
1 small serrano chili
2 T. dry Sherry
Sour cream

Melt butter in heavy large Dutch oven over medium heat. Add onion; sauté until almost tender, about 8 minutes. Add broth, spinach, parsley, thyme and whole chili; bring to a boil. Reduce heat; simmer 45 minutes, stirring occasionally.

Discard thyme sprig and chili. Puree soup in blender in batches. Return to same pot. Add Sherry and simmer 5 minutes. Season with salt and pepper (can be made 1 day ahead. Cover; chill. Reheat before continuing).

Ladle soup into bowls. Top with dollop of sour cream.

Creamy Salmon Soup

1 sm onion, chopped
2 ribs celery, chopped
1/4 c green pepper, chopped
1 clove garlic, finely minced

Sauté in medium saucepan with a tablespoon or so of oil.

Add:

1 cup chicken broth

3 cups chopped vegetables (spinach, broccoli, green beans, zucchini, cabbage, etc.)
1 t. seasoned salt
1/2 t. dill
Cook until vegetables are tender.

Add:

1 c. cream
1 can salmon, deboned
Heat through.

Could also puree vegetables before adding cream and salmon. Also good with cheese added.

Gazpacho

4 medium ripe tomatoes-peeled, seeded and chopped
1 red bell pepper-roasted, peeled and chopped
1 orange or yellow bell pepper-roasted, peeled and chopped
1 large cucumber-peeled, seeded and chopped
4 scallions-minced
1 small vidalia onion-chopped
2 celery stalks including leaves-chopped
1 garlic clove-minced
2 tsp vinegar
1 tbs olive oil
1 cup vegetable broth
1 tsp soy sauce
parsley and basil to taste (about 2 tbs)

Place all ingredients in a food processor or blender. Process in short spurts to puree. About 10 spurts. Chill and serve.

Garlic Lime Soup

2 T. olive oil
1/4 c. minced garlic
6 c. chicken or beef broth
2 c. cored, peeled, seeded and diced tomatoes (canned are fine -- just drain them first)
1/4 c. freshly squeezed lime juice
Salt and freshly ground pepper to taste
Cayenne (optional)
Sour cream (optional)

Place the oil in the bottom of a large, deep saucepan or Dutch oven and turn the heat to medium. Add the garlic and stir. Cook, stirring occasionally, just until the garlic becomes blond, about 5 minutes (I had to add some broth at this point because the garlic was sticking).

Add the stock and tomatoes and turn the heat to medium-high. Cook, stirring until the mixture boils, then turn the heat down to a minimum. Stir in the lime juice and salt and pepper. Add more salt, pepper, and/or lime juice if you like. You can also add some cayenne for a kick. Serve immediately with sour cream to dollop on top!

Smoked Salmon And Tomato Soup

Takes about 1/2 hour to make:

1/4 pound smoked salmon
1/4 cup diced onion
3 minced garlic cloves
1 large beefsteak tomato (or 3 roma tomatoes)
2 cups chicken stock

Boil water. Throw the tomatoes in so they're covered. Boil 30 seconds. Remove with a fork. Wait 30 seconds. Slide the peel off of the tomato. Sauté the onions in some olive oil until they are transparent. Add garlic and a little salt and pepper to taste. (Important - without salt, it's bland. Add a little salt with each ingredient). Add the peeled, diced tomatoes. While that's sautéing, shred the smoked salmon, picking out any bones. Don't use more than 1/2 to 3/4 cup of salmon...too fishy. Sauté that and add the chicken stock. Simmer for about 5-10 minutes. Ladle into bowls and add a 'healthy' dollop of sour cream - 1/4 cup.

Vegetarian Tortilla Soup

Pair this with a green salad for a light lunch.

Nonstick vegetable oil spray
3/4 cup chopped onion
2 garlic cloves, minced
1 tablespoon tomato paste
1 teaspoon ground cumin
3/4 teaspoon chili powder
4 cups canned (or fresh) non-fat vegetable broth
4 tablespoons chopped fresh cilantro
4 6-inch-diameter whole-wheat tortillas, cut into 1/2-inch-wide strips
1 1/2 cups chopped tomatoes
2/3 cup canned black beans, rinsed, drained
2/3 cup chopped zucchini
1 1/2 tablespoons minced seeded jalapeño chilies

Lightly spray large nonstick saucepan with vegetable oil spray. Add onion and garlic; cover and cook over medium-low heat until almost tender, stirring often, about 5 minutes. Stir in tomato paste, cumin and chili powder. Add broth and 2 tablespoons cilantro; bring to boil. Reduce heat; cover and simmer until flavors blend, about 15 minutes. (Can be made 1 day ahead. Cover; chill. Bring to simmer before continuing.)

Add tortillas, tomatoes, beans, zucchini and jalapeño soup. Cover; simmer until zucchini is tender, about 5 minutes. Season with salt and pepper. Ladle soup into bowls. Sprinkle with remaining 2 tablespoons cilantro.

Tomato Basil Soup

1 can tomatoes
Heavy cream or half and half
Fresh or dried basil
Salt and pepper

Dump the tomatoes in a saucepan. Add heavy cream or half and half to desired consistency. Sprinkle in basil, salt and pepper to taste. Puree and heat through. (I have a Braun handheld blender that I use in the pot - you could put the mixture in a blender or food processor and then heat).

Italian Beef Stew

1 lb sirloin [or beef round] cut into 1/2 inch slices, then 1 inch chunks
1 large clove garlic, minced
2 tbs olive oil
2 med onions cut into 1/4 inch slices
2 med zucchini cut into 1/4 inch slices
1 tsp dried basil
1/8 tsp ground red pepper [or 1/4 tsp dried flakes]
1 sm can [14 1/2 oz?] whole tomatoes
1 cup beef broth
Parmesan or Romano cheese for garnish [opt]

Toss together beef pieces, garlic and 1 tbsp. of the olive oil in a bowl and set aside. In Dutch oven, heat remaining olive oil and sauté onions for 2-3 minutes or until crisp tender. Add basil and red pepper and sauté for 1 min. longer. Add zucchini, tomatoes [with liquid], and beef broth. Bring to boil and then reduce heat and simmer for 15 minutes. In another skillet, stir-fry beef for 2-3 minutes or until just browned. Remove beef with slotted spoon and add to tomato mixture. Simmer for a few more minutes, then ladle into bowls and garnish with grated cheese if desired. Serves 4

Beef And Bell Pepper Stew

(Serves 4)

3 T. olive oil
1-3/4 lb. beef stew meat, cut into 1-inch pieces
1 large onion, chopped
2 c. canned crushed tomatoes with added puree
1-1/2 c. (or more) beef stock or canned broth
1 T. tomato paste
1 red bell pepper, seeded, cut into 1/2-inch-wide strips
1 green bell pepper, seeded, cut into 1/2-inch-wide strips
1 c. crumbled feta cheese (about 3/4 oz.)

Heat oil in heavy large Dutch oven over medium-high heat. Season meat with salt and pepper. Add to Dutch oven; sauté until brown on all sides, about 5 minutes. Using slotted spoon, transfer meat to large bowl. Add onion to Dutch oven; sauté until tender, about 5 minutes. Return meat to Dutch oven. Stir in tomatoes, 1-1/2 c. stock and tomato paste. Reduce heat, cover and simmer until meat is almost tender, stirring occasionally about 1 hour 15 minutes.

Add bell peppers. Cover and simmer until meat and peppers are tender, about 15 minutes. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to simmer before serving.)

Ladle stew into bowls. Sprinkle with feta cheese.

Casseroles

Broccoflower Casserole

Preheat oven to 350 degrees.

Place leftover Broccoflower Salad in oiled baking dish. Pour a little heavy cream over veggies, sprinkle with sea salt and black pepper. (Drizzle or dot with butter.) If there's not much cheese in the leftovers add some cheese.

Bake for 20-30 minutes until veggies are just tender

Cabbage Casserole

1 pound hamburger
1/2 pound sausage
1 head cabbage, quartered, cooked, drained
1 1/2 tsp. garlic salt
salt and pepper
3/4 cup chopped green pepper
1/2 cup chopped onion
16 oz. can whole tomatoes, chopped
6 oz. Swiss cheese

Cook sausage and hamburger, drain. In skillet, cook tomatoes, garlic, salt, pepper, green pepper, and onions. When done, mix with meat mixture and add cabbage. Mix completely. Put in lightly greased (olive oil) casserole. Top with cheese. Bake 325 degrees for 25 minutes.

"Cannelloni Without The Pasta" Casserole

1 lb. ground beef
16 oz. tomato sauce
1/4 cup finely chopped onion
1 clove minced garlic
1 tsp. dried parsley flakes
1/2 tsp. dried oregano
1 tsp. dried basil
3/4 tsp. salt
1/4 tsp. pepper
2- 10 oz. pkgs. frozen chopped spinach (cooked & drained)

1 pint cottage cheese
1- 8 oz. pkg. mozzarella cheese slices

Brown beef in skillet; pour off fat. Stir in tomato sauce, onion, garlic, herbs, 1/2 tsp. salt and pepper. Simmer uncovered 10 minutes, stirring occasionally. Combine spinach with cottage cheese and remaining 1/4 tsp. salt. Spoon spinach around edge of baking dish (9" x 13"). Pour beef mixture into center. Cut each mozzarella slice into 3 lengthwise strips and arrange in lattice design over meat. Bake at 375 degrees for 20 minutes.

Cauliflower Casserole

1 Head cauliflower--steamed
1 small box Velveeta cheese-- use to taste- I used box
1 onion -- chopped
Garlic -- optional
Sour cream-- didn't measure, maybe 1/4 cup
Ham whatever amount you want- cut in pieces

Cut steamed cauliflower in small pieces, add all others ingredients. Mix well. if needed you may add cream. Bake 325-350 until starting to get light brown on top. 20- 30 minutes. I used 8x8 pan Served with chicken & salad first night. Had next day with fresh tomatoes.

Broccoli & Artichoke Casserole

This has been a favorite at the holidays for many years. You can substitute chopped spinach for the broccoli if you like.

3 packages frozen chopped broccoli or broccoli pieces
1 can artichoke hearts
1/2 cup Parmesan cheese
1/2 cup onion (chopped)
3/4 stick butter
1 cup sour cream
1 tbsp lemon juice
celery salt to taste

Cook broccoli & drain. Sauté onions in the butter. Cut the artichoke hearts into quarters. Mix all ingredients except cheese. Place in casserole dish and cover with cheese. Bake @ 350 F for 30 min. Can be doubled or tripled. Enjoy!

Easy Eggplant Casserole

1 small eggplant, peeled-cut in 1" cubes cook in small amount of boiling water until tender. Drain & cool slightly.
1/2 lb. sausage (bulk) & 1 small onion, chopped. Cook till sausage browns.

Mix eggplant, & sausage, onion mixture together with 1 well beaten egg & 1/4 cup crushed pork rinds.

Bake at 350 for 25 minutes. You could add cheese on top.

Rueben Casserole

1/2 lb. Sliced Deli-Style Corned Beef
4 oz Swiss cheese
1 16 oz jar/can sauerkraut
4 Tbsp Thousand Island Dressing
4 Tbsp Mayonnaise
1 Tbsp relish

In a large casserole dish (or in separate ramekins), layer slices of corned beef (the thin sliced - not chipped - works best). Kind of scrunch them up with an "uneven approach" so it's not a slab of corned beef.

Drain sauerkraut of 1/2 its juice and lay atop corned beef (if you like the sweeter variety of kraut, toss 1/2 tsp Brown Sugar Twin into it before adding to the casserole dish.) Top with Swiss cheese layer and bake at 350°F for 10 minutes or until cheese is melted but not liquid-y.

While dish is baking, in separate bowl, mix Thousand Island Dressing, Mayo and Relish (use dill relish if every carb counts here, otherwise, a Tbsp of sweet relish is tastier and adds 4 carbs).

Remove casserole dish from oven, slice in 4 serving-size squares and top with dollops of dressing mixture.

Note: Try to get the least "Orange-y" variety of Thousand Island - they have less tomato base and less carbs. For a creamier, milder taste, substitute sour cream for the mayonnaise

Spaghetti Squash Casserole

1 small spaghetti squash, 1.5-2lbs.
1/2 cup water
1 lb. ground beef
1/2 cup chopped onion
1/2 cup chopped sweet red pepper
1-3 garlic cloves, minced (amount to taste)
1 8oz. can chopped tomatoes with liquid
1/2 tsp. dried oregano
1/4 tsp. salt
1/8 tsp. pepper
1 cup (4 oz.) shredded mozzarella or cheddar cheese
1 tbsp. chopped fresh parsley

Cut squash in half lengthwise, scoop out seeds and place halves of squash in baking dish. Fill halfway with water and microwave until squash flakes away with fork - usually about 10-20 minutes. When cool, scoop out flesh in its 'strings' to a bowl. Set aside. Meanwhile, in a skillet, cook beef, onion, red pepper and garlic until meat is browned and veggies are tender. Drain; add tomatoes, spices and squash. Cook and stir for 1-2 minutes. Transfer to an ungreased 1 1/2 qt. baking dish. Bake, uncovered, at 350 degrees for 25 minutes. Sprinkle with cheese and parsley and replace in oven until cheese is melted. Yield: 6-8 servings.

Chile Relleno Casserole

1 large can chilies
1 lb. shredded cheddar
1/2 lb. shredded jack
4 beaten eggs
1/2 t. salt
1/4 t. baking powder

1 1/2 c. cream

Grease 9"x13" pan with butter. Split chilies along the side so that they lay flat (take out seeds if you like). Spread one layer of chilies on bottom of pan (like you are making a lasagna and these are the noodles) Layer 1/2 of the cheese over the top. One more layer of chilies (that should use all of them) and the rest of the cheese. Now, beat eggs, salt, baking powder and cream together. Pour over chilies and cheese. Bake at 375 for 35 minutes. Done.

Sour Cream Enchilada Casserole

My husband wanted enchiladas last night, so I fixed his with tortillas (bad husband!) and came up with this for myself. It's got a little flour in it, but I couldn't think of a way to make a proper white sauce without flour!

2 lbs. ground beef
1 large onion, chopped
1 7-oz. can chopped green chilies
Garlic powder to taste
Salt and pepper to taste
Cumin to taste
Chili powder to taste
Tony Chachere's More Spice Seasoning to taste (this isn't essential, but I love it!)
2 Tbsp. flour
2 Tbsp. butter
Milk
Sour cream (I use about 1 1/2 cups for my sauce - if you like a stronger flavor, use more; if you don't, use less)
Shredded cheese (whatever flavor you prefer)

Preheat oven to 350 degrees. Brown ground beef in a large skillet. Add onions and chilies and cook until onions are clear. Add seasonings and mix well; set beef aside. In a 2- or 3-quart saucepan, melt butter. When butter is bubbling, add flour and stir until mixture is thickened. Add milk slowly (start with about 1 1/2 cups) and heat to a low boil until sauce is as thick as you like it. (I usually add a little milk at a time, heat for a few minutes, and add more milk if sauce is too thick.) Add sour cream to the sauce and stir until well blended, but do not boil. Pour sauce over ground beef mixture and mix well. Pour beef-sauce mixture into a large greased casserole dish. Top with shredded cheese (I use Colby-Jack) and bake for 30 minutes, or until cheese is lightly browned and bubbly.

You can use an egg yolk to thicken your Enchilada sauce (instead of flour). Just lightly whisk the yolk and add some of the hot mixture to it (this tempers it so it doesn't cook too fast). Then add the yolk mixture back into the hot mixture and stir. You may have to add another yolk depending on how much liquid you're using. Continue to cook over medium heat until desired consistency.

Vidalia Onion Casserole

6 Tablespoons (3/4 stick) unsalted butter
8 cups chopped Vidalia or other sweet onions (about 5-6 onions)
1 1/2 cups grated Swiss cheese
1 cup half & half

3 tablespoons dry white vermouth
Salt and freshly ground black pepper to taste

Preheat oven to 325. Butter a 3 qt casserole and set aside. Melt the butter in a large skillet over medium heat. Add the onions and cook slowly, stirring frequently, until very soft and translucent, about 20 minutes. Add the cheese half-and-half, and vermouth. Season with salt & pepper. Transfer mixture to prepared casserole. Baked, uncovered until the top is crusty brown, 1 to 1 1/4 hours (I find it takes a bit longer sometimes). Let cool a few minutes. Makes 8 servings.

Pizza

Flourless Pizza

1 cup ricotta cheese
3 large eggs
1 tsp garlic salt
1 tablespoon olive oil
1 jar Ragu pizza sauce (sugar free)--or make your own
Mozzarella cheese, shredded
Your choice of meat and/or veggie toppings

Preheat oven to 350 degrees. Meanwhile, mix together ricotta, eggs (beaten), and garlic salt. Oil a deep dish pizza pan (12" - 14" diameter) with the olive oil. Pour the crust batter into the pan and bake for about 20 minutes. Then broil on middle rack for 2 to 3 minutes (watch closely!) until top gets lightly golden brown.

Remove from oven. Spread on pizza sauce, a thin layer of mozzarella, and your pizza toppings. Finish with another layer of mozzarella.

Bake again for 10-15 minutes or until cheese is melted and bubbly.

Remove from oven and slice into at least 8 slices. The smaller the slices, the easier they are to handle. The crust will be thin, but definitely manageable if the slices are not too wide.

Pizza Goulash

Brown 1 1/2 pound of hamburger with 1/2 onion.
Add small jar of low carb pizza sauce.
Add slices of pepperoni.
Dice 1 8 oz pkg. cream cheese
1 small can mushrooms drained

Stir until cream cheese melts. It doesn't look very appetizing, but tastes wonderful. This is very satisfying if you like pizza.

Mushroom Pizza

Take large Portabello mushrooms and break off stems. Place in baking pan underside up (so you are looking at where the stem was); spread spaghetti sauce on mushroom; top with shredded mozzarella and whatever else you like on pizza (I used prosciutto and goat cheese last night); bake at 350 degrees for about 15 minutes, they are done when juices flow out of mushroom. I eat two mushroom caps for a meal (w/ salad of course).

Chicken Alfredo Meat Crust Pizza

Grill two boneless chicken breasts with garlic powder. Or just cut up the breast in bite size pieces and cook on the stove with a tiny amount of olive oil. I add garlic or fajita seasoning to it.

Brown 2 pounds of ground chicken. Drain and use paper towels to absorb the rest of the moisture in the ground chicken.

Mix in 2 cups of mozzarella cheese. Press on to a cookie sheet.

Then place thinly sliced fresh mushrooms, thin onion slices, and the bite size pieces of chicken breast. Top with Alfredo sauce. You can make your own Alfredo sauce with cream, butter and Parmesan cheese. You need 2 cups. I used Ragu Four cheeses Alfredo sauce and it was great.

Bake in oven for 15 minutes at 350. Take out and add 2 cups of mozzarella cheese and place back in the oven for a few minutes to melt. You can add the cheese when you add the sauce and cook for 15 minutes.

Super Quick "Pizza"

A layer of sliced pepperoni in the bottom of glass pie plate

A layer of thinly sliced Roma tomatoes sprinkled with:

1 teaspoon Oregano

1/2 teaspoon garlic powder or minced garlic

1/2 teaspoon onion salt

3 tablespoons Parmesan Cheese

1 cup thinly sliced mushrooms

1 hefty layer of mozzarella cheese - sliced 1/4 inch thick

1 cup sliced bell pepper (optional)

Heat in a microwave for 2-2 1/2 minutes or 350 degree oven for 15 minutes (until well melted)

Grilled Whole Wheat Pizza

(carbo/veg meal)

1 package dry yeast

1 1/2 tsp sugar - use Splenda® instead

1 1/2 cups very warm water

3/4 tsp. salt

4 cups whole-wheat flour

1 whole egg

Coarse (kosher) salt

Toppings; thinned tomato paste w/salt and spices makes the best sauce. Use Fat Free Ricotta instead of mozzarella and loads of roasted or fresh veggies.

Place yeast and Splenda® in large bowl. Add water, stir, and set aside for 5 minutes for yeast to dissolve. Stir in salt and flours. Turn out onto lightly floured board and knead 8 to 10 minutes, or use kitchen-aid with dough hook.

When done, you can put in plastic wrap and refrigerate until ready to use or just use immediately. Heat grill (I used a gas grill on medium heat) divide dough in 4 pcs. Roll out thinly. Place 2 pizza shells on a non-stick cookie sheet without sides or with sloping sides. Top with sauce/cheese/veggies. Put cookie sheet right on the grill. In about 2-4 mins the dough is firm enough to pull the pan out from under them. Lower heat to med-low and continue to cook until done, crispy and hot.

Breads

Whole Wheat Soft Pretzels

(Level 2)

1 pkg. dry yeast
2 cups warm water
4 cups flour
1 1/2 tsp. Splenda®
3/4 tsp. salt
1 egg white

Dissolve yeast in warm water. Combine flour, sugar and salt; add yeast mix. Mix until well blended. Turn out on lightly floured surface, knead until soft and elastic (5 minutes). Cut dough into 16 pieces. Roll each into a ball. Cover to keep from drying while you work with individual pieces. Form each ball into a rope 14" - 16" long, 1/2" diameter. Twist into pretzel shape, place on baking sheet which has been light sprayed with non-stick cooking spray. Set in warm place, cover with towel, let rise for 35 minutes. Beat egg white until frothy - brush on each pretzel and sprinkle with coarse salt. Bake 400 degrees for 15 minutes.

Bread machine directions -- this is how we made them and it was so much easier and faster -- Warm water and yeast go in the basket first, dissolve yeast. Add all dry ingredients. Set machine to dough only. Let it run through a mix cycle and then the first knead cycle. Turn out onto lightly floured board and proceed as outlined above.

We cut the sixteen pieces by cutting the entire mix in half, then the halves in half, then each piece in half again, and then yet again.

When the pretzels were done, we had them warm with one of two things:

Mustard or a mixture of no calorie butter spray and garlic powder. I poured some of the butter spray into a small bowl, sprinkled the top generously with garlic powder, mixed well, and then brushed this mixture on hot pretzels.

Whole Wheat Pretzels

1 package dry yeast
1 1/2 tsp sugar - use Splenda® instead
1 1/2 cups very warm water
3/4 tsp. salt
2 cups all purpose flour - I would change to whole wheat flour
2 cups whole-wheat flour - A total of 4 cups
1 whole egg
Coarse (kosher) salt

Preheat oven to 400 degrees

Place yeast and Splenda® in large bowl. Add water, stir, and set aside for 5 minutes for yeast to dissolve. Stir in salt and flours. Turn out onto lightly floured board and knead 8 to 10 minutes.

Cover a cookie sheet with foil and grease lightly.

Break off dough by heaping tablespoonfuls, about the size of a lemon. Roll each into a 10 inch length rope. Bring ends of the dough to the center to form a "B". Pinch ends to seal. Place on cookie sheet. Beat the egg and brush on pretzels. Sprinkle with coarse salt. Bake for 20 - 25 minutes or until light brown.

Serve warm, tepid, or cold.

Whole Wheat Tortillas

3 cups whole wheat flour
1 teaspoon salt (or to taste)
1 1/2 cups warm water

Mix flour and salt in a bowl. Add the water and mix into a nice dough. Knead until soft and elastic. At this point, you can let the dough rest for an hour or so, but it isn't necessary. Pinch off a chunk of dough, roll into a smooth ball (golf ball size) with your hands, then flatten on a floured surface. With a rolling pin roll into a thin circle. Be generous with the flour to avoid sticking. Cook on a medium hot griddle until delicately beige and specked with brown. You don't have to use oil on the griddle.

Fabulous Popovers

6 egg
3/4 tsp. cream of tartar
1/3 cup cottage cheese
If desired: 3-6 slices of American Cheese, finely chopped garlic pieces.

Coat the muffin tin (12-cup size) with melted butter.

Separate 6 egg yolks from whites.

Put the whites into the mixer bowl and mix until frothy. Add 3/4 teaspoon of cream of tartar to the whites. Mix on high until stiff peaks form.

While the whites are mixing: add cottage cheese to yolks and mix with a fork.

Next, gently pour the yolk/cottage cheese mixture over the egg whites and with a spatula gently FOLD the yolks into the mixture. Do not stir. Do not use an electric mixer for this step.

For plain popovers: fill each tin cup with 2/3 full

For cheese popovers: Put 1/2 mixture in each cup. Take the slices of American cheese and divide into fourths. Put two of the 1/4's squares on top of the mixture in each tin. (If you like garlic, sprinkle a very small amount on top of the cheese.) Use the remainder

of the mixture to cover the cheese. Do not flatten the mixture. Just spoon it into the tins in lumps.

Place the muffin tin in the oven and IMMEDIATELY REDUCE THE HEAT TO 310. Bake for about 30-32 minutes until popovers are nicely browned.

Eat these with melted butter while hot for breakfast, or for lunch, put tuna or chicken salad inside the popovers.

Store remainder in a baggie in the refrigerator and reheat in a preheated oven for 1-2 minutes at 325. These last for 3 days.

Mock French Toast/Pancakes #1

4 Tbsp (heaping) ricotta cheese
2 eggs, beaten
1/2 t. vanilla extract
1/8 t. cinnamon
dash nutmeg

Mix ingredients well and pour into heated, buttered 10" skillet. Cook until brown on bottom and set on the top. Carefully turn and cook on the other side. (Slide out of the skillet onto a plate and flip it back into the skillet to cook the other side.)

Mock French Toast/Pancakes #2

1 egg, beaten
2 Tbsp (heaping) ricotta cheese
1 t. vanilla extract
Dash cinnamon & nutmeg
1 packet Equal

Heat some butter in an 8" skillet. Beat egg and add ricotta, vanilla, cinnamon, nutmeg & Equal. Blend well and pour into skillet and cook on one side until set on top. Flip to brown on other side.(see tip above for flipping)

Toppings: Butter or Sugar-free maple syrup or for Level 2, pureed berries.

Pancakes With Flax-Seed Meal

1/2 c. ground flax seed meal
1/4 tsp. baking powder
2 eggs
2 tbsp. oil or melted butter
3 heaping tbsp. cottage cheese
1/4 c. cream

Mix together real well. Add a little water to the mix, but don't make it too runny. Pancakes don't have as much to hold them together, so they have to cook longer before you flip them. Make several smaller ones, instead of one big one for that reason. Melt butter and drizzle it over them. Perhaps spread with SF jam or syrup. Perhaps add

some or cinnamon to the batter. ** this may not be legal - the jury's still out on flax seed carbs being vegetable in nature. But for a treat, see if it works for you!

No Carb Rolls

3 eggs, separated

3 tablespoons cottage cheese

1/4 teaspoon cream of tartar

pinch of salt

Optional: 1 pkg. sweet and low (or one drop stevia, if you like your bread 'sweet'. Good with jam on level 2)

Separate eggs. Set yolks aside. Beat cream of tartar with egg whites (be careful not to get yolks in them) until stiff but not dry - pretty stiff though or your rolls will be flat. Fold in remaining ingredients being careful not to break down whites too much - about 1 minute should be sufficient. Spray a baking sheet with Pam. Carefully spoon 1 tablespoon at a time on top of each other until they are about 2 inches high. Repeat this until you have six piles. Place in an oven preheated to 300 degrees. Bake about 50 minutes. Remove to a wire rack immediately to cool. You can't really cut them, so I use 2 - for the top and bottom bread. This solves our portable sandwich dilemma. I had roast beef, cheese and mayo, with lettuce, tomato, and bacon.

Spiced Bran Muffins

Level 2

1 cup wheat bran

1 1/4 cups plus 2 tbsp. non-fat or low fat buttermilk

1 1/2 cups whole wheat pastry flour

1 tsp. baking soda

1/8 - 1/4 cup Splenda® (depending on taste)

2 egg whites

1 tbsp. cinnamon

1 tsp. nutmeg

1 tsp. ginger

1/2 tsp. cloves

(optional - 1/2 cup chopped dried apricots, grated apple or prunes)

No-calorie butter spray

Combine the bran and buttermilk in a medium-sized bowl. Mix well and set aside for 15 minutes. Meanwhile, combine the flour and baking soda in a large bowl stir to mix well. Add bran mixture, sweetener and egg whites and stir until the dry ingredients are moistened. At this point you may fold in the optional fruit.

Coat Teflon muffin cups with cooking spray and fill 3/4 full with batter. Bake 350 for 16 minutes or just until a toothpick comes out of the centre of a muffin clean.

Remove muffins from tins and allow to cool five minutes before removing the muffins. Serve warm or at room temperature.

Note: I would throw in a tsp. of baking powder as well as the soda. Can't hurt and the muffins would likely be much lighter to boot.

Shredded Wheat Bread

(Level 2)

A Favorite Bread Machine Recipe

1-1/4 C. water

2 T. olive oil

1 T. honey or whatever sweetener

1 t. salt

1/2 C. shredded wheat crush fine

2-1/4 C. bread flour

1/4 C. non fat dry milk powder

1-1/2 t. yeast

2 T. gluten flour

Use basic setting. This is for 1-1/2 lb. loaf. Adjust water sometimes using less. If dough is too sticky, add oatmeal.

Miscellaneous

Chex Mix Spice

6 T of butter
1 tsp seasoned salt
2 1/2 tsp of soy sauce
1/4 tsp onion and/or garlic powder

Pour on wings instead of hot sauce.

Cajun Seasoning

I use this on fish, chicken, or steak.

2 tsp cayenne pepper
1 1/2 tsp salt
1 tsp black pepper
1 tsp paprika
1 tsp cumin
1 1/4 teaspoons dry mustard
1/2 tsp dry thyme
1/2 tsp dry oregano
1 teaspoon onion powder
1 teaspoon garlic powder

Combine ingredients well. Place in an airtight container and store in a cool dry place.

Bourbon Marinade for Steaks

1/2 cup good whiskey (bourbon or Canadian - not rye or scotch)
1/2 cup olive oil
2 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
1 teaspoon garlic powder
1 Tbsp. Durkee Grill Creations Beef Seasoning
Fresh ground pepper (optional)
1 teaspoon Splenda® (optional)

Blend all well and pour on steak(s) - turn every 30 minutes for 3 or 4 hours. Grill!

Marinade For Steak

1/3 C red wine vinegar
2 Tbsp Worcestershire
2 Tbsp soy sauce
1 Tbsp ketchup
Dash or so garlic powder, pepper, ginger and lemon juice.