



We can cook together while
remaining, technically-
speaking, alone.

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FAVORITE NEW RECIPIES

Our latest new found favorites.

43-57

HEALTHIEST FAVORITES

Tastes good and good for you too!

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FAVORITE DESSERTS

Our favorite sweet treats.

58-70

FAVORITE OUTDOOR RECIPES ON THE GRILL

Made especially for the out of doors.

Peanut Butter Pie

Crust

1 1/2 cup chocolate graham crumbs
1/3 cup of melted butter
2 tbsp of a sugar
A little cinnamon

Filling

8 oz of cream cheese
1 cup of peanut butter
1 cup of confection sugar
1 tub of cool whip (used lite)

Topping

1 cup of heavy cream
2 tbsp of sugar

Shaved chocolate using peeler

Mix sugar, cinnamon & crumbs, sugar first then add into COOLED melted butter.

Form crust in pie plate...next time don't make the crust so high.

Bake at 375 for 6-8 minutes

Once crust is cooled make filling

Filling

Beat soften cream cheese and peanut butter then add confection sugar. Lastly add cool whip.
Set in fridge to set

Topping

Put bowl in freezer
Beat heavy cream and sugar on medium high speed for 3-4 minutes till medium peak



Caramel Sauce

Ingredients:

1 cup granulated sugar
1/3 cup water
1/2 cup heavy cream
2 tbsp unsalted butter
Pinch of salt

Directions:

Add the sugar to a heavy bottomed saucepan, then shake it so it lies in an even, flat layer.

Add the water to fully moisten the sugar.

Place the pot over medium heat and cook until the sugar dissolves and turns clear, a few minutes.

Raise the heat to medium high, and cook the caramel until it turns amber colored, about 10 minutes but watch carefully could change earlier

Turn the heat off and immediately add the heavy cream. It's okay if the caramel seizes up. Add the butter and stir everything together until the caramel smooths out. If it's still clumpy, turn the heat back on to medium, and gently stir for a few minutes until it's smooth. Add a pinch of salt. Let the caramel sauce cool to room temperature, then transfer to a jar and refrigerate. The caramel can be stored in the refrigerator for 1 month, or in the freezer for 3 months.



Sharon Samuel Adams



Macaroni & Cheese with Bacon and Mushrooms

Skillet

Cook 4 strips of bacon and chop afterwards
Use the oil and cook 8oz of sliced portobello mushrooms
Add salt, red pepper flakes and black pepper and scraps bacon bits on bottom of pan. Undercook the mushrooms.

Preheat oven to 400 degrees

Boil 16 oz Pasta 2 mins less than al dente

Cheese Sauce

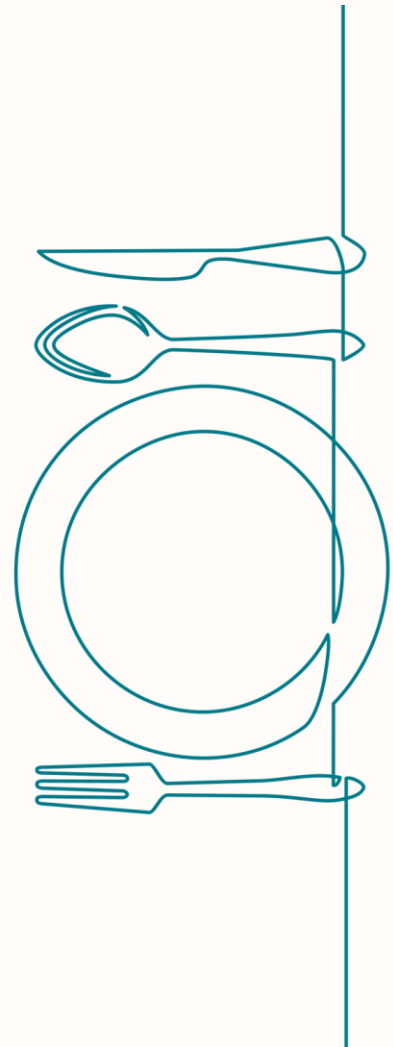
1.Melt 3/4 stick of butter on medium
2.Add 1/4 cup of flour...cook for 2 mins constantly stirring with whisk
3.Lower heat to low and slowly add 2 cups of heavy cream while whisking
4.Add 1/2 cup milk slowly while whisking
5.Add a little bit of the following 1/4 tsp Worcestershire sauce, 1/2 tsp mustard powder, 1 tsp onion powder, pinch of nutmeg, salt and pepper.... Keep stirring till thickens

6.Turn stove off and remove pot off heat...add 12 oz of shredded cheddar cheese. Add in batches and keep stirring. ***Save some cheese for topping.
7. Add 1/4 cup of Parmesan cheese and keep stirring. Taste if it needs more salt and pepper

In 9x13 pan spray nonstick
1.put drained pasta
2.using slotted spoon put mushrooms and mix
3.pour cheese sauce and mix all together
4.spread reserved cheese on top. If you want you can add 1 cup Panko and 2 tbsp of butter melted)
5.Bake for 20 mins (possibly more with topping...till golden color
6.let rest for 10-15 mins
7.Once plated put chopped bacon on top
Enjoy!



Sharon Samuel Adams



Instant Pot Mac & Cheese

Ingredients:

16oz elbow noodles
1 cup heavy whipping cream
2cup shredded cheese
3 Tbs butter
2tsp salt
4 cup water

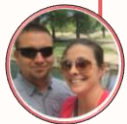
Instant Pot Directions:

* put noodles, water, salt, butter in pot do not stir
make sure noodles are pushed down
*set pot to 4min manual
*quick release
* remove lid and set pot on sauté

*add whipping cream and stir
*slowly add cheese as it melts

Stove Directions:

*follow directions on noodle box
*drain noodles and return to pot
*add butter and salt
* set pot to low heat and add whipping cream
*slowly stir in cheese till melted.
*remove from heat and serve



Cassie McCoy



Turkey Sausage Cauliflower Alfredo Pasta

Ingredients:

*Turkey rope sausage
13/14oz package

*1 jar of RAGÚ Simply
Creamy Alfredo with
Cauliflower Sauce

*Angel Hair Pasta (16oz
box)

*Seasoning to taste
(Optional: I also added in
red pepper flakes

Cooking Directions:

Cook and drain your pasta
noodles according to box. I
generally use angel hair
pasta, but 1# of your
favorite pasta will work.

Cut and fry your turkey
sausage. I used pre-cooked,
so I browned them in the
pan and then added 1 jar of
RAGÚ Simply Creamy
Alfredo with Cauliflower
Sauce and cooked on
medium for another five
minutes. Add preferred
spices to your sausage and
sauce mixture. Serve over
pasta.



Theresa Marie ... "I have 3 picky eaters and they just devour this dish"

Biscuit Cinnamon Rolls

Ingredients:

- * 1 can of biscuits we used the grands 8 biscuits but recipe called for a 10 count
- * 1/4 cup +1 Tbs butter
- * 4 Tbs brown sugar
- * 1/2 cup white sugar
- * 2 Tbs ground cinnamon
- * 1 Tbs vanilla extract (or try other flavors)
- * 1/2 cup confectioners sugar
- * 2 tsp of milk
- * honey (optional)

Directions:

Step 1

Preheat oven to 350 degrees. Butter bottom of an 8 in round or square baking pan with 1 Tbs of butter

Step 2

Combine sugars, cinnamon, and extract in a bowl. Mix filling well. Melt 1/4cup of butter.

Step 3

Separate biscuits and roll or punch down each one until flat. Coat with melted butter and sprinkle each with filling mixture to coat. Roll up each piece of dough and cut in 1/2, placing each cut side down onto prepared pan. Sprinkle tops if there is remaining mixture.

Step 4

Combine confectioners sugar and milk for glaze in a bowl. Mix well
Optional topping is honey
SET ASIDE

Step 5

Bake in the preheated oven until biscuit portion on top of rolls begins to brown about 15min.

Step 6

Remove from oven and glaze with confectioner's sugar mixture or honey.

Enjoy!



Cassie McCoy ... “ ... my daughter who is 9, favorite new recipe. She found it on her own”

Instant Pot Zuppa Toscana

Ingredients:

1 pound (505g) Italian sausage with basil , cut to 0.5 inch thick
6 slices (220g) bacon , chopped
½ - 1 bunch (150 - 300g) kale with stems removed
1 (250g) large onion , chopped
2 (820g) russet potatoes , cut into cubes
3 (16g) garlic cloves , minced
4 cups (1L) unsalted chicken stock
A pinch dried thymes
1 cup (250ml) heavy cream
Salt and ground black pepper to taste



Sharon Samuel Adams

Optional: 1 tablespoon fish sauce

For spicy: ½ teaspoon red pepper flakes

Directions:

Brown Chopped Bacon: Place chopped bacon in Instant Pot, then heat up Instant Pot using Sauté Normal function. Slowly render out the bacon fat. Stir occasionally and allow the bacon bits to crisp (~11 - 12 mins). Remove bacon bits from Instant Pot and place on paper towel to absorb the excess fat.

Brown Sausages & Onions: Brown 1 lb. Italian sausages in Instant Pot for 3 minutes. Flip and brown the other side for another 3 minutes. Then add chopped onions and sauté for 3 minutes. Add in minced garlic & a pinch of dried thyme.



Add in ½ tsp red pepper flakes if you want it a bit spicier. Sauté for another minute.

Deglaze Instant Pot: Pour in ½ cup (125ml) unsalted chicken stock, then completely deglaze the bottom of the pot with wooden spoon.

Pressure Cook Zuppa Toscana: Add 1 tbsp (15ml) fish sauce, 3 ½ cups (875ml) unsalted chicken stock, and 820g russet potato cubes in Instant Pot. Give it a quick mix and close lid. Pressure cook at High Pressure for 3 minutes + 10 minutes Natural Release.

Add Kale & Cream: Heat up the Instant Pot by using the "Sauté" button. Add in ½ - 1 bunch (150g - 300g) kale. Let the soup boil for 2 - 3 minutes.

Add in 1 cup (250ml) heavy cream or half & half, then turn off the heat once the soup starts to simmer. Add in Bacon & Adjust Seasoning: Right before serving, add in crisped bacon bits and give it a quick mix. Taste and adjust seasoning by adding more salt (we added 2 - 3 pinches of kosher salt at the end). Serve & Enjoy this cream-a-licious Zuppa Toscana! ~ :)

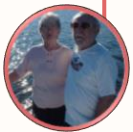
Easy Chicken & Cheese Enchiladas

Ingredients:

1 can cream of chicken soup
1/2 cup sour cream
1 cup salsa
2 tsp chili powder
2 cups shredded cooked chicken
1/2 cup shredded Monterey Jack cheese
6 flour tortillas (6")

Directions:

Heat oven to 350 degrees. Stir soup, sour cream, salsa & chili powder in medium bowl. Stir 1 cup of soup mixture w/chicken & cheese in large bowl. Divide chicken mixture among the tortillas, roll-up & place seam-side down in 11x7 baking dish. Pour remaining soup mixture over filled tortillas, cover & bake for 40 minutes. Garnish w/fresh diced tomato & green onion. Enjoy!



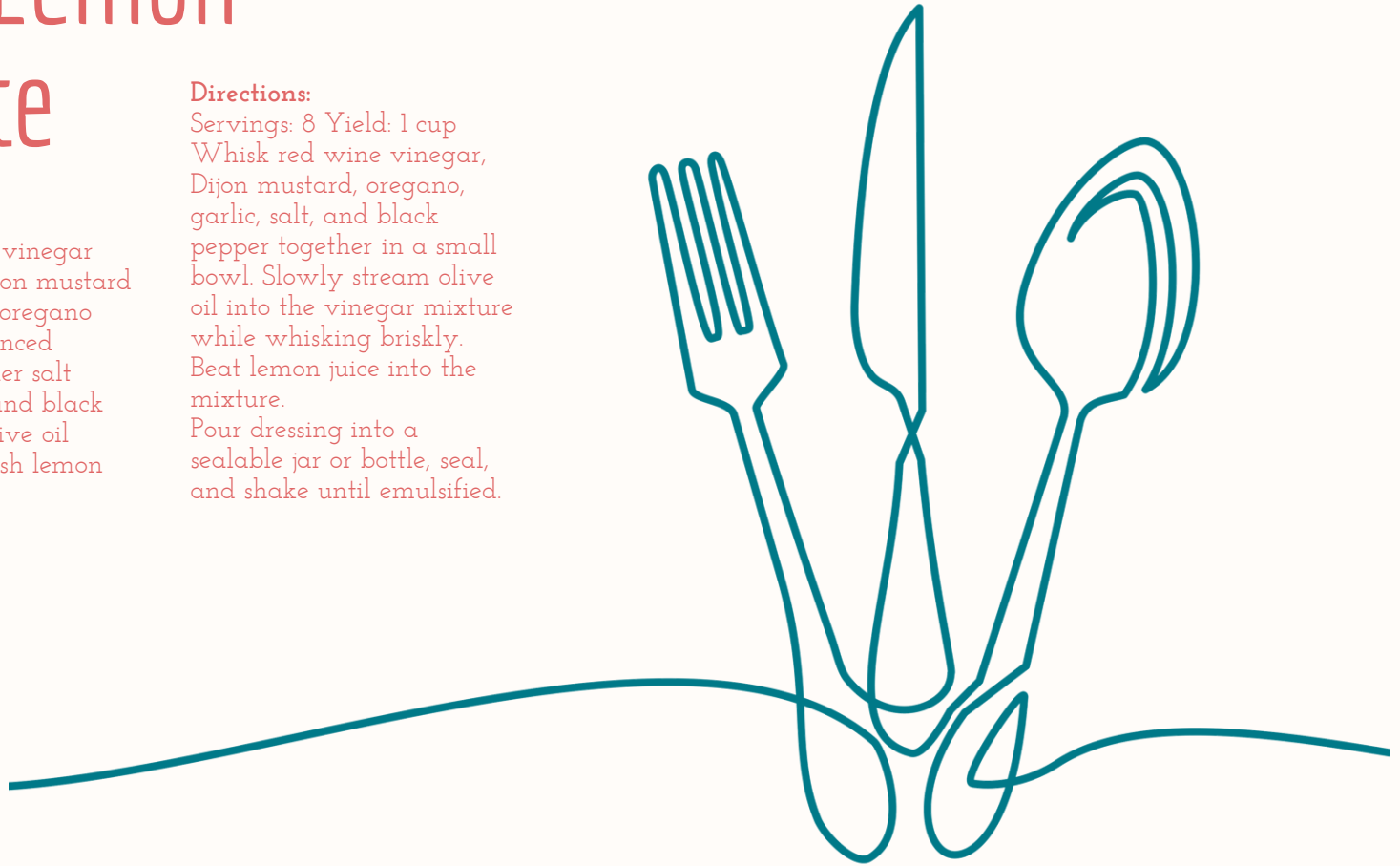
The Best Lemon Vinaigrette

Ingredients:

1/4 cup red wine vinegar
2 tablespoons Dijon mustard
1 teaspoon dried oregano
1 clove garlic, minced
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
1/2 cup olive oil
2 tablespoons fresh lemon juice

Directions:

Servings: 8 Yield: 1 cup
Whisk red wine vinegar, Dijon mustard, oregano, garlic, salt, and black pepper together in a small bowl. Slowly stream olive oil into the vinegar mixture while whisking briskly. Beat lemon juice into the mixture.
Pour dressing into a sealable jar or bottle, seal, and shake until emulsified.



Chicken Pot Pie with Sourdough Discard

Ingredients:

Roast 2 potatoes, 3 carrots, onions, then add to mixture in pie plate 1 cup of diced cooked chicken, roasted garlic, Salt and pepper (if needed)

Sourdough topping

1 tsp of baking soda (if want less sour taste)
2 tsp of baking powder
1/4 tsp of salt
1/2 tsp of seasonings or fresh herbs
3 eggs
1 1/2 cup of sourdough starter
3 tbsp of melted butter

Directions:

Pour sourdough mixture on top of filling.
Add 1 1/2 cup of cheese last 10 minutes of cooking.

Preheat oven to 400 degrees. Bake 25 mins then add cheese on top for 10 or so minutes.



Sharon Samuel Adams



Easy Broccoli & Cheese Egg Bake

Mix well

*pour in dish and bake for 25-30min or until eggs are cooked through.

*let sit for 5 min and then enjoy.

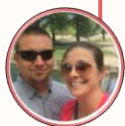
Ingredients:

12 eggs
1 cup of milk
1 sm onion diced
2 heaping cups of broccoli florets chopped
1 1/2 shredded cheese of choice
1/4 tsp salt
1/4 tsp pepper

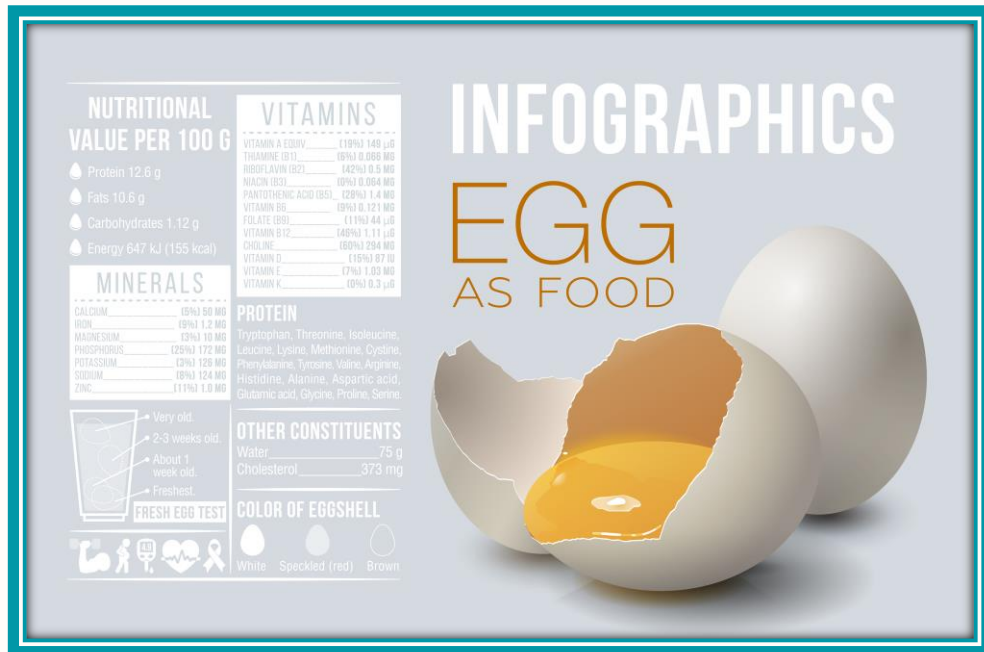
Directions:

*Preheat oven to 400 degrees and spray 9x13 dish with oil

*In a lg bowl whisk eggs, milk. Add chopped broccoli, onion, shredded cheese and salt/pepper.



Cassie McCoy



No Bake Blueberry Cheesecake Bars

Ingredients:

1 ½ cups graham cracker crumbs
3 tablespoons white sugar
½ cup butter or margarine, melted
1 (8 ounce) package cream cheese, softened
1 cup white sugar
¼ teaspoon salt
2 teaspoons vanilla extract
½ teaspoon lemon juice
1 (8 ounce) tub frozen whipped topping, thawed
3 cups frozen blueberries

Directions:

In a medium bowl, stir together the graham cracker crumbs and 3 tablespoons of sugar. Mix in the melted butter. Sprinkle evenly into the bottom of a 9-inch square baking dish, and pack down into a solid crust.

In a large bowl, beat cream cheese with 1 cup of sugar until smooth. Stir in salt and lemon juice. Fold in the whipped topping until well blended, then fold in the frozen blueberries. Spoon over the crust in the baking dish and spread evenly.

Cover with plastic wrap and refrigerate for at least 1 hour before slicing into squares and serving.



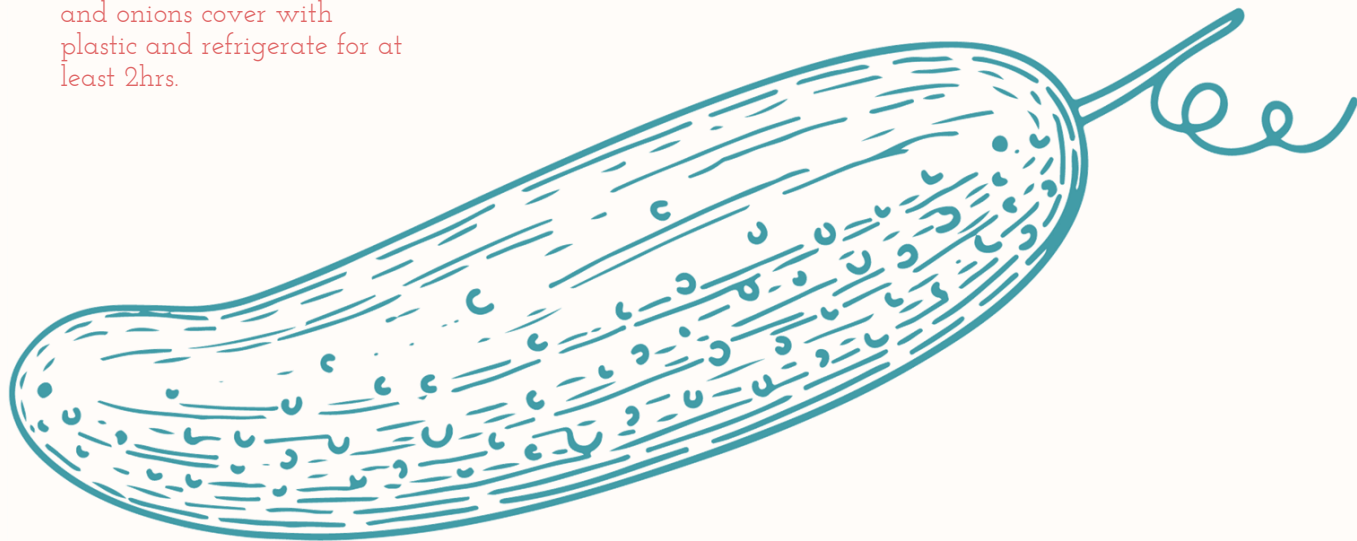
Cucumber, Tomato & Onion Salad

Ingredients:

1 cup water
1/2 cup distilled white vinegar
1/4 cup olive oil
1/4 cup sugar
2 tsp salt
1 Tbs black pepper
3 cucumbers peeled and sliced 1/4" thick
3 tomatoes cut into wedges
1 purple onion sliced and separated thinly.

Directions:

Whisk first 6 ingredients in a large bowl until smooth. Add cucumbers, tomatoes and onions cover with plastic and refrigerate for at least 2hrs.



Cassie McCoy

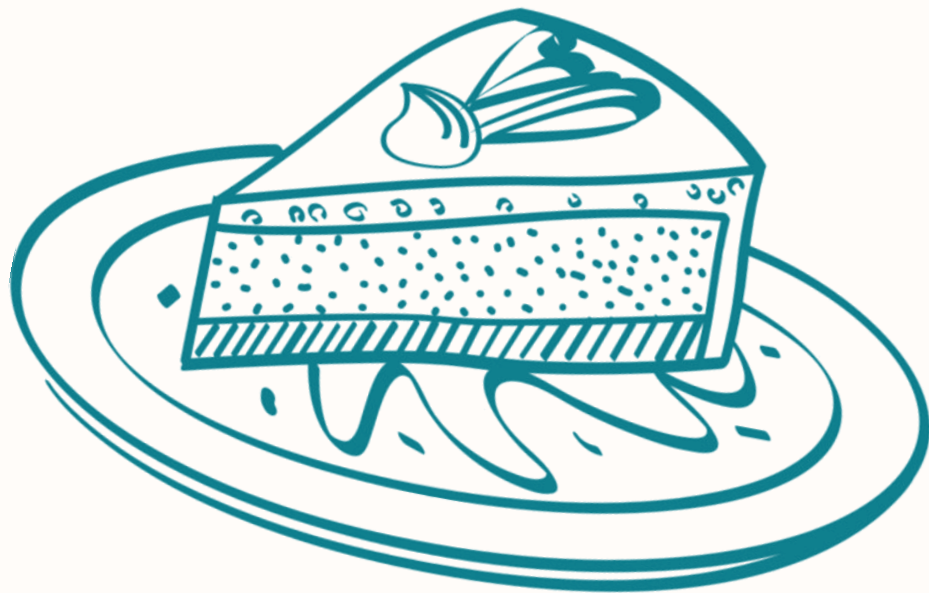
Blueberry, Peach & Pecan Dump Cake

Ingredients:

3/4 cup (1 1/2 sticks)
unsalted butter, cubed, plus
more for pan
All-purpose flour (for pan)
1 pound sliced frozen
peaches (about 4 cups)
1 pint fresh blueberries
(about 2 cups)
1/4 cup sugar
1/2 teaspoon vanilla extract
Homemade Yellow Cake
Mix or 1 (16-ounce) box
store-bought yellow cake
mix
1/2 teaspoon ground
cinnamon
1 cup pecans, chopped

Directions:

Preheat oven to 350°F.
Butter and flour a 13x9"
baking dish. Arrange
peaches and blueberries in
a single layer in prepared
dish. Top evenly with sugar
and add vanilla. Shake pan
gently to cover fruit with
sugar. Sprinkle cake mix
and cinnamon over fruit
and shake gently again to
combine. Dot evenly with
3/4 cup cubed butter and
top with pecans. Bake cake
until surface springs back to
the touch and cake is set
and golden brown, 40-45
minutes. Serve warm or at
room temperature.



Cassie McCoy

Bowl Korean

Ingredients:

1 lb. of ground beef
Vegetables - mushrooms,
onions, garlic, ginger, green
onions, carrots
Rice
Soy sauce
Sesame sauce
Red pepper flakes
Salt/Pepper
Brown sugar
Sesame seeds

Sauce:

Mix 3/4 cup of Soy sauce,
1/2 cup of brown sugar, 6
tsp of sesame oil, red pepper
flakes and set aside

Directions:

Roast carrots and
mushrooms in oven

Cook onion then add
minced ginger. Add ground
beef, then add garlic, some
more red pepper flakes,
pepper.

Add chopped spinach, sauce
and 3/4 green onions. Heat
through.

Plate white rice, Korean
beef, and top with green
onions and sesame seeds.



Sharon Samuel Adams

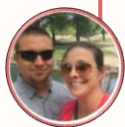
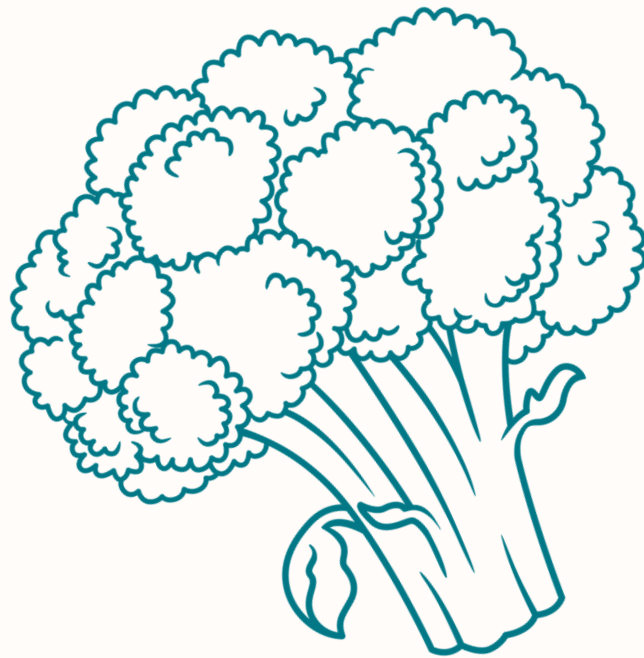
Side Dishes Lightened Up Broccoli Salad

Ingredients:

8 cups broccoli florets
7 strips of bacon, diced
3/4 cup diced red onion
3/4 cup dried cranberries
3/4 cup pepitas
1 cup plain Greek yogurt (full fat)
1 1/2 Tbs stone ground mustard
3 Tbs honey
2 Tbs apple cider vinegar

Instructions:

1. Heat a pan to medium high heat.
2. Add the bacon to the pan and cook for 5-7 minutes, or until they are crispy. Place cooked bacon on a paper towel lined plate to dry and let some of the grease fall off.
3. In a small bowl, add Greek yogurt, stone ground mustard, honey, and apple cider vinegar. Whisk until combined. Set aside
4. To a large bowl add broccoli florets, bacon, red onion, cranberries, pepitas and dressing. Gently toss ingredients until they are mixed, and the broccoli is coated with dressing.
5. Serve enjoy



Cassie McCoy

Brownie Recipe

Ingredients:

3/4 cup vegetable oil
1 1/2 cups sugar
1 1/2 tsp vanilla extract
3 eggs
3/4 cup flour
1/3 cup + 2 1/2 tbsp cocoa
1/4 tsp + 1/8 tsp baking powder
1/4 tsp salt

Instructions:

1. Preheat oven to 350 degrees. Grease a 9x9 square baking pan, or line it with parchment paper.
2. Mix the oil, sugar and vanilla extract.
3. Add eggs and mix until well combined.
4. Combine flour, cocoa, baking powder and salt.

5. Slowly add to the egg mixture until well combined.
6. Pour the batter into the pan and spread evenly.
7. Bake for 25-30 minutes, or until a toothpick comes out with a few crumbs.

Put pan with water on bottom rack

Mini Brownie bake time 12 mins

Cool in pan for 10 mins on top of wire rack
use plastic knife around edge to loose edge



Sharon Samuel Adams

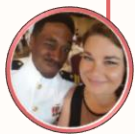
Tikka Masala That is So Yum!

Chicken Marinade::

1 cup of plain yogurt
Juice of 1/2 lemon
3 cloves of garlic, finely grated
1 tablespoon of ginger, finely grated
2 teaspoons of garam masala
1/2 teaspoon of salt
6 boneless, skinless chicken thighs, cut into bite-sized pieces

Sauce:

2 tablespoons of vegetable/canola oil
2 tablespoons of butter
2 medium onions, finely diced



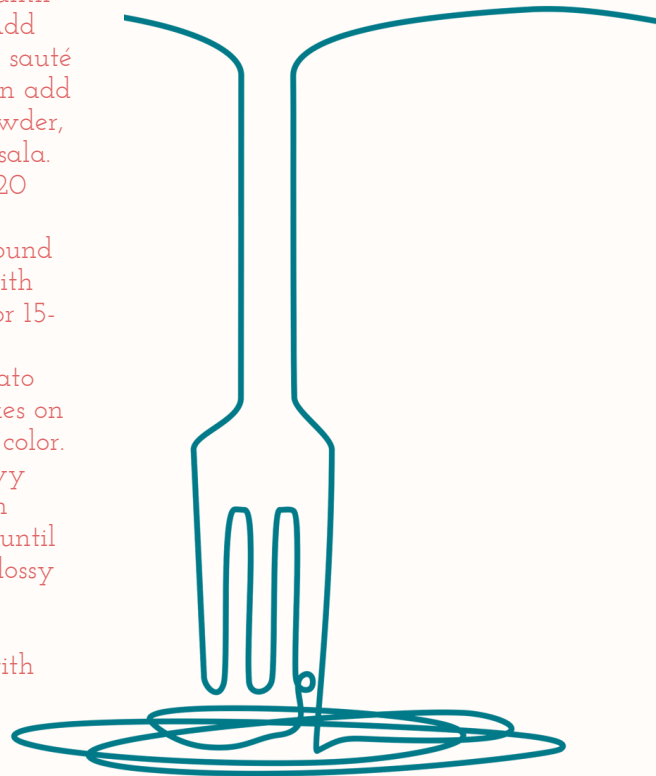
Rachel Griffin

1 tablespoon of ginger, finely grated
3 cloves garlic, finely grated
1/2 teaspoon of turmeric powder
1 teaspoon of ground coriander
1 teaspoon of ground cumin
1 teaspoon of garam masala
1 1/2 cups of pureed tomatoes/tomato sauce/pasta
1 teaspoon of ground red chili powder
Salt to taste
1 cup of heavy cream
Fresh coriander to garnish

Instructions:

In a bowl, combine all ingredients for chicken marinade and let marinate for 1 hour. In a large pot, heat oil on medium-high heat.

When hot, add chicken pieces, making sure not to crowd the pan. Par cook for 2-3 minutes on each side, until browned. Set aside. In the same pan, add butter and onions then cook until soft and translucent. Add ginger and garlic, and sauté for 30-45 seconds. Then add turmeric, coriander powder, cumin and garam masala. Fry until fragrant, 15-20 seconds. Add tomato sauce, ground red chili and season with salt to taste. Simmer for 15-20 minutes, stirring occasionally until tomato sauce thickens and takes on a deep reddish brown color. Add chicken and heavy cream, and cook for an additional 10 minutes until mixture is bubbling, glossy and thick. Garnish with fresh coriander and serve with hot basmati rice.



Coleslaw

Ingredients:

1 heads cabbage, chopped in food processor (can be as fine or course as you like)
 1 large carrot, peeled and chopped
 1/4 c chives, chopped
 1/4 c Vidalia onion, chopped
 1/4 c bell pepper, chopped
 1/8 c sugar
 1 Tbsp black pepper
 1 Tbsp garlic powder
 1 Tbsp seasoning salt (Lawry's preferred)
 1 Tbsp white vinegar
 1 1/2 c mayonnaise (Hellman's or Blue Plate)

Instructions:

Mix all the ingredients together. (Note: If it is bitter, add more sugar.)
 Let stand in fridge for at least 1 hour. The longer it sits the better it gets



Sharon Samuel Adams

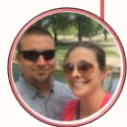
HEALTHY FOOD					VITAMINS, MINERALS AND SUPPLIMENTS				
WHITE	YELLOW	RED	PURPLE	GREEN					
Immune system	Low cholesterol	Healthy heart	Healthy heart	Protection of stomach					
Protection of stomach	Healthy heart	Healthy blood vessels	Healthy blood vessels	Healthy bones					
Low cholesterol	Healthy joints	Skin protection	Improve your memory	Eye protection					
Healthy heart	Eye protection	Cellular rejuvenation	Cellular rejuvenation	Immune system					
Healthy gut	Preventing cancer	Preventing cancer	Protecting of the urogenital system	Preventing cancer					

Crock Pot Chicken Enchilada Soup

For Slow Cooker & Instant Pot

Ingredients:

2 tsp olive oil
1/2 cup onion (chopped)
3 cloves garlic (minced)
3 cups less sodium chicken broth
8 oz can tomato sauce
1-2 tsp chipotle chili in adobo sauce (or more to taste)
1/4 cup chopped cilantro (plus more for garnish)
15 oz can black beans (rinsed and drained)
14.5 oz can petite diced tomatoes
2 cups frozen corn
1 tsp cumin



Cassie McCoy

1/2 tsp dried oregano
2 skinless chicken breasts (16 oz total)

For topping:

3/4 cup shredded part skim cheddar cheese
1/4 cup chopped scallions
1/4 cup chopped cilantro
4 oz 1 small haas avocado, diced
6 tbsp reduced fat sour cream (optional)

Slow Cooker Instructions:

Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft, 3-4 minutes. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil. Add cilantro and remove from heat.

Pour into crock pot.

Add the drained beans, diced tomatoes, corn, cumin, oregano and stir. Add the chicken breasts; cover and cook on low heat for 4-6 hours.

Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste. Serve in bowls and top with cheese, avocado, scallions and cilantro. Also great with sour cream or crushed tortilla chips. Enjoy!

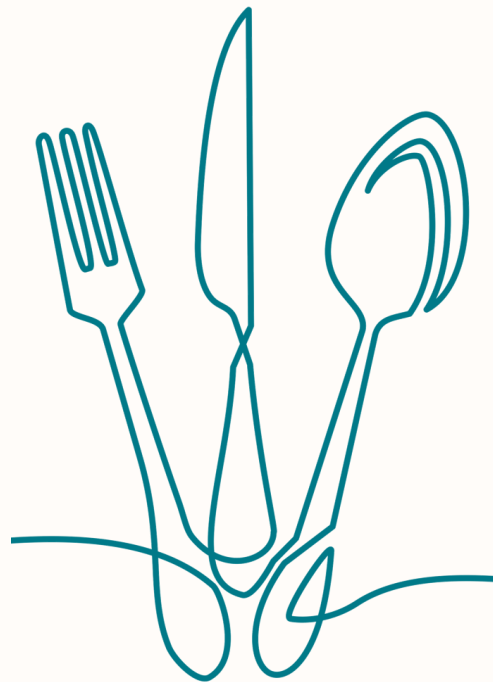
Instant Pot Instructions:

Press sauté on the Instant Pot. Add onion and garlic and sauté until soft, 3-4 minutes. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and cilantro.

Add the drained beans, diced tomatoes, corn, cumin, oregano and stir.

Add the chicken breasts; cover and cook on high pressure for 20 minutes.

Quick or natural release. Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste. Serve in bowls and top with cheese, avocado, scallions and cilantro. Also great with sour cream or crushed tortilla chips. Enjoy!



Mexican Orange Chicken

Prep: 20 mins Cook: 2 hrs. Total:
2 hrs. 20 mins

Ingredients:

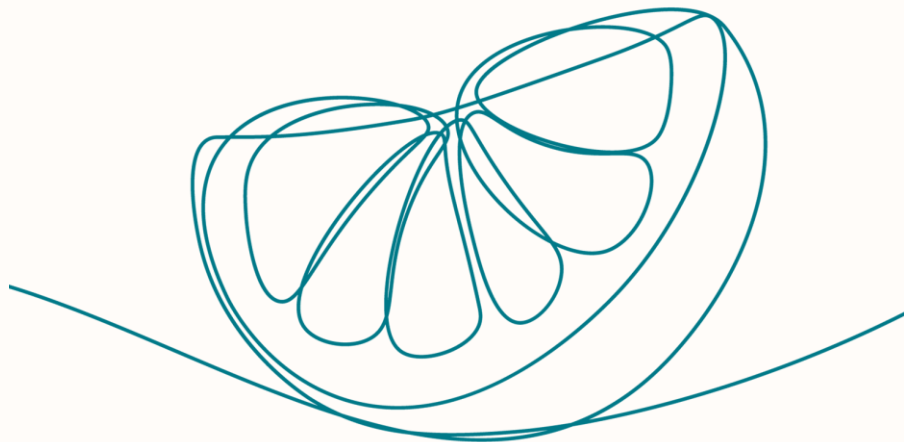
8 chicken drumsticks
8 chicken thighs
1 pinch salt and black pepper to taste
1 1/2 cups cubed cooked ham
1 1/2 cups canned pineapple chunks
1 (12 ounce) package bacon slices, cut into 2-inch pieces
1/2 cup raisins
8 cups freshly squeezed orange juice
1/4 cup chicken bouillon granules
1/4 cup butter, cut into small chunks

Instructions:

Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x12-inch baking dish with a cover. Place the chicken drumsticks and thighs in the prepared baking dish, and sprinkle with salt and pepper. Evenly distribute the ham, pineapple chunks, bacon, and raisins over the chicken.

Stir together the orange juice and chicken bouillon granules in a bowl and pour the mixture over the top of the dish. Dot the top evenly with chunks of butter.

Cover, and bake in the preheated oven until the chicken is very tender and the sauce has started to reduce, about 1 1/2 hours. Uncover, baste the chicken pieces with the juices in the bottom of the pan, and return to the oven until the chicken is golden, about 30 more minutes.



Melinda Young: Servings: 8 Yield: 8 servings

Grilled Sweet Potato Salad

Ingredients:

4 sweet potatoes, sliced into 1/4" rounds
2 tablespoons canola oil
5 strips of bacon, cooked and diced
6 green onions
1 garlic clove minced
1 tablespoon whole grain mustard
1 tablespoon Dijon mustard
1 tablespoon honey
1 tablespoon lemon juice
2 tablespoons apple cider vinegar
2 tablespoons olive oil salt & pepper to taste

Instructions:

1. Preheat grill to medium high heat, about 375-400 degrees F.
2. To a large bowl add sliced sweet potatoes and drizzle with canola oil. Toss to coat.
3. Place sweet potato slices directly on the grill and grill each side for 4 minutes.
4. While the sweet potatoes are cooking, place green onions directly on the grill. Grill each side for 2-3 minutes, until slightly charred. Remove from grill and roughly chop.
5. Once the sweet potatoes are charred and cooked through, remove those from grill and place in a large bowl.

6. To that same large bowl add charred green onions and bacon. Set aside.
7. Right before serving, to a small bowl add minced garlic clove, whole grain mustard, Dijon mustard, honey, lemon juice, apple cider vinegar, olive oil, salt and pepper. Whisk to combine everything.
8. Drizzle the dressing over the sweet potatoes and gently toss to coat all the potatoes. Serve. ENJOY



Cassie McCoy

Chicken Breasts with Chipotle Green Onion Gravy

Ingredients:

2 skinless, boneless chicken breast halves
1 pinch salt and fresh ground pepper to taste
1 tablespoon olive oil
2 tablespoons butter
1 tablespoon all-purpose flour
3/4 cup chicken broth
2 tablespoons minced green onions
1/2 teaspoon chipotle chile powder, or more to taste

Instructions:

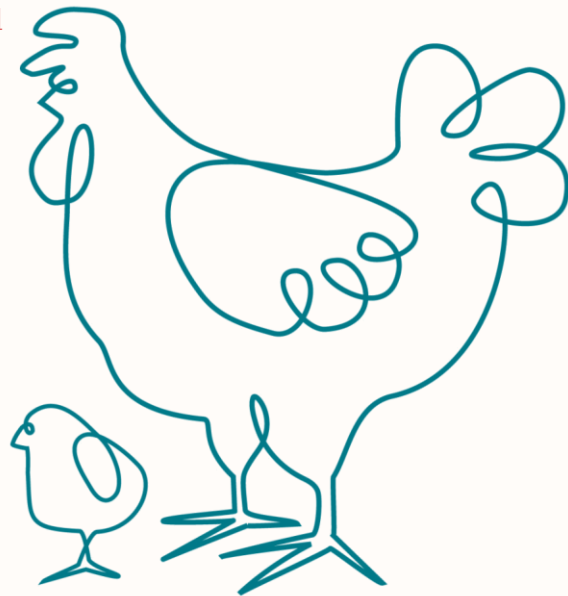
Place chicken breast halves between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2-inch. Season with salt and pepper to taste.

Heat olive oil in a skillet on high heat until it begins to shimmer, about 1 minute. Reduce heat to medium; cook chicken breasts until browned and no longer pink inside, about 5 minutes per side. Transfer cooked chicken to a warm plate and loosely cover with aluminum foil.

Melt butter in the skillet; stir in flour and cook for about 2 minutes. Stir in chicken broth, scraping up any browned bits from the bottom of the pan; cook and stir until gravy begins to simmer and thicken, 1 to 2 minutes.

Stir in green onions and chipotle chile powder.

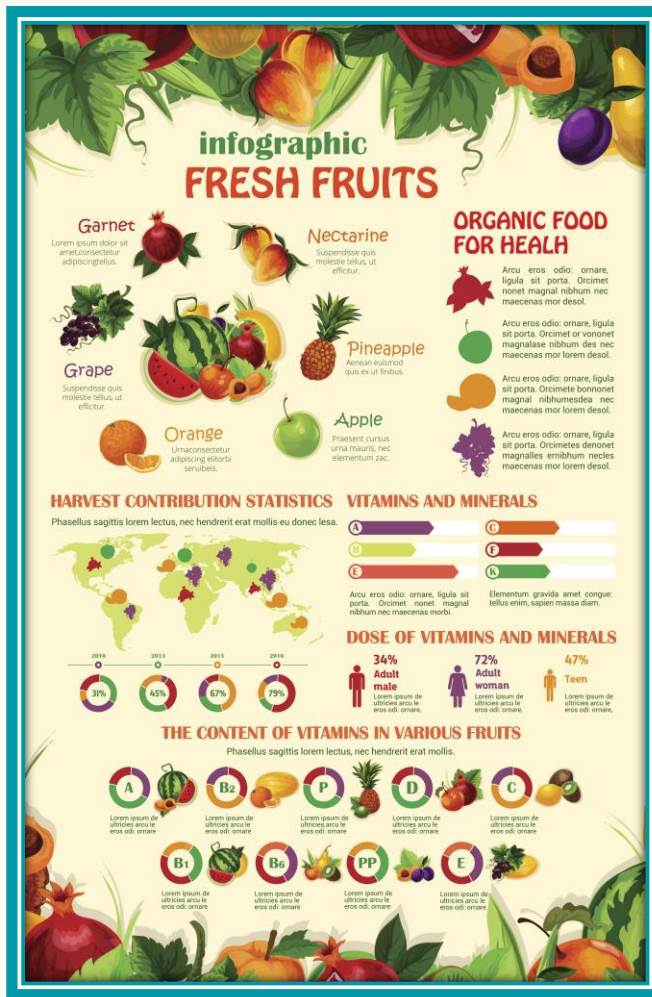
Return chicken breasts to the skillet and cook until heated through, 1 to 2 minutes.





Cassie McCoy

26



Pasta with Brown Butter Balsamic Sauce

Prep before...

Toast 1/3 cup of chopped walnuts in oven

Roast garlic cloves

Cook 1lb pasta and sauté all veggies/filling

1.Melt 3/4 stick of butter on medium heat. After foaming resides wait for it to change color (a few minutes).

Remove from heat for one minute.

2.Add 1/2 cup of balsamic vinegar and stir to combine

3.Bring pot back to the stove and boil it till it turns into a glaze.... stirring a lot.

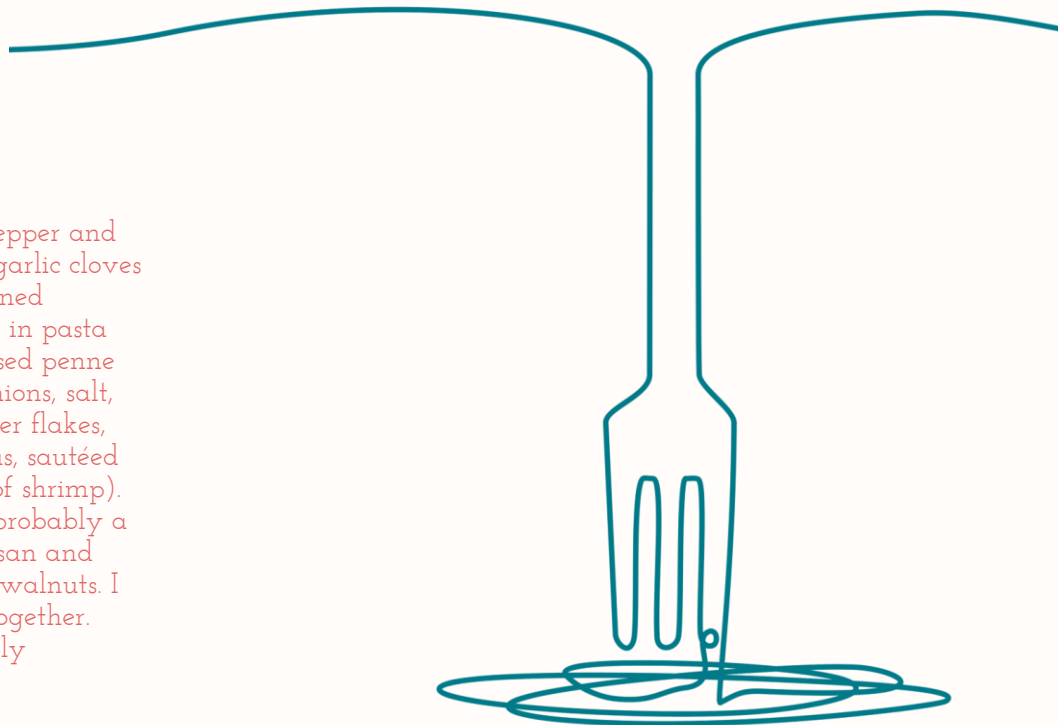
4.add some brown sugar to your liking (I added probably 1 tbsp) and cook till combined and dissolved

5.add salt and pepper and roasted mashed garlic cloves

6.Once all combined immediately toss in pasta and veggies (I used penne pasta, sautéed onions, salt, pepper, red pepper flakes, roasted asparagus, sautéed spinach and 1lb of shrimp). Top pasta with probably a 1/3 cup of Parmesan and toasted chopped walnuts. I combined it all together. Serve immediately



Sharon Samuel Adams ... "My favorite new recipe!"



Blueberry Lemon Bars

Crust Ingredients:

Cooking spray
1 c. (2 sticks) butter, softened
1/2 c. granulated sugar
2 1/2 c. all-purpose flour
1/2 tsp. kosher salt

Filling Ingredients:

2 (8-oz.) blocks cream cheese, softened
1/2 c. granulated sugar
1 large egg
1/4 c. sour cream
1 tsp. pure vanilla extract
Juice of 1 lemon
3 c. blueberries

Crumb Topping Ingredients:

2 (8-oz.) blocks cream cheese, softened
1/2 c. granulated sugar
1 large egg
1/4 c. sour cream
1 tsp. pure vanilla extract
Juice of 1 lemon
3 c. blueberries

Instructions:

1. **Make crust:** Preheat oven to 350° and grease a 9"-x-13" pan with cooking spray. In a large bowl using a hand mixer, beat butter and sugar together until light and fluffy. Add flour and salt and mix until just combined. Press into prepared pan and bake until lightly golden, 20 minutes or a little longer.

Let cool while making filling and crumb topping.
2. **Make filling:** In another large bowl, beat cream cheese and sugar together until no lumps remain. Add egg and beat until combined, then beat in sour cream, vanilla, and lemon juice. Fold in blueberries.
3. **Make crumb topping:** In a small bowl, mix melted butter, sugar, flour, and lemon zest until mixture resembles wet sand.

4. Pour filling into cooled crust, then top with an even layer of crumb topping. Bake until topping is golden, and center is just set, 40 minutes. Let cool for 20 minutes at room temperature, then refrigerate until completely chilled, 2 hours. Better if it is overnight.



Slow Cooker Shredded Venison for Tacos

Prep: 15 mins Cook: 45 mins

Yield: 6 to 8 servings

Ingredients:

1 (1.25 ounce) package taco seasoning mix
1/4 cup all-purpose flour
3 pounds venison roast
2 teaspoons cayenne pepper, or to taste
2 tablespoons vegetable oil
1 1/2 cups water

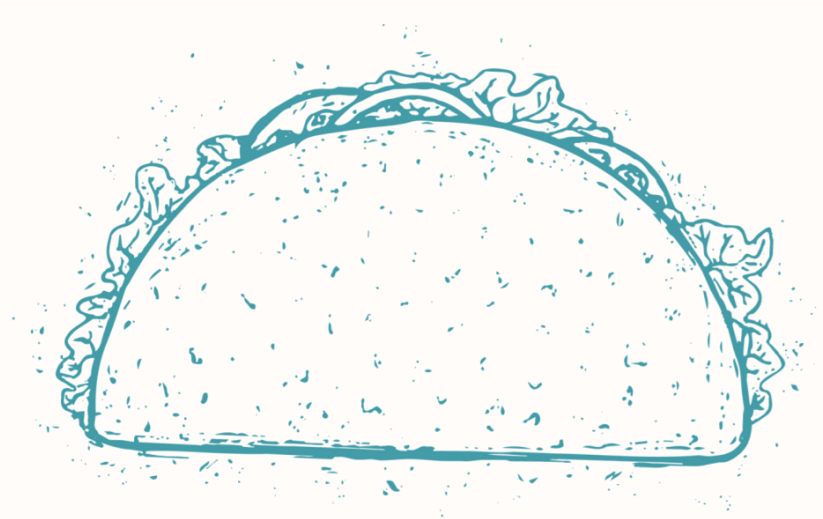
Instructions:

Mix half the taco seasoning with the flour and cayenne pepper to taste and coat the meat with this mixture.

Heat the oil in a large skillet over medium high heat.

Place the roast in the oil and brown well on all sides.

Place the meat in a slow cooker with the water and cook on low setting for 8 hours or on high setting for 5 hours. When meat is done, shred with a fork and season to your taste.



Melinda Young ... "Because we have hunters at our house ..."

Tomato Avocado Cucumber Salad

Ingredients:

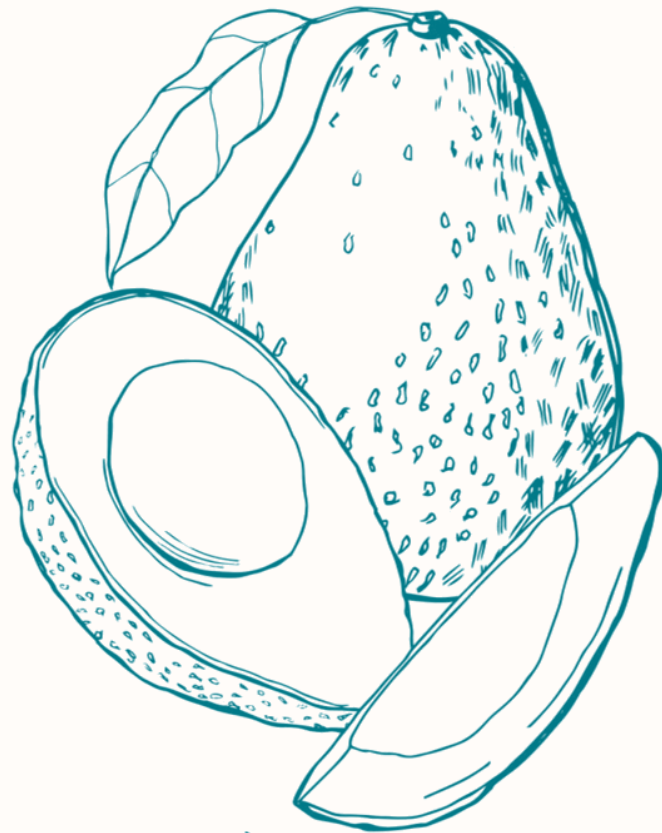
1 large cucumber, diced 1/4"
cubes 12 oz. cherry tomatoes
(assorted colors if you can),
halved
1 large avocado, diced
1/4 cup fresh basil, chiffoned
(thinly sliced)
2 tablespoons red wine
vinegar
2 tablespoons olive oil
1 teaspoon honey
salt & pepper

Instructions:

In a small bowl add red wine vinegar, olive oil, honey, salt, and pepper. Whisk until combined.

To a large bowl add cucumber, tomatoes, avocado, fresh basil, and the dressing.

Gently toss everything together. Serve.



Cassie McCoy

Bourbon Chicken

Ingredients:

2 pounds boneless chicken breasts; cut into bite-size pieces
1 tablespoon olive oil; (1-2)
1 garlic clove; crushed
1/4 teaspoon ginger or (minced fresh ginger)
3/4 teaspoon crushed red pepper flakes
1/4 cup apple juice
1/3 cup light brown sugar
2 tablespoons ketchup
1 tablespoon cider vinegar
1/2 cup water
1/3 cup soy sauce
*1 tablespoon cornstarch; (if thick sauce desired mix with 1 Tbs cold water and add after the 20 minutes cooking time)

Instructions:

Heat oil in a large skillet.
Add chicken pieces and cook until lightly browned.
Remove chicken.
Add remaining ingredients, heating over medium heat until well blended and dissolved.
Add chicken and bring to a hard boil.
Reduce heat and simmer for 20 minutes uncovered.
*If thicker sauce is desired add the cornstarch mixture now, stir and remove from heat
Serve over hot rice.



Sharon Samuel Adams



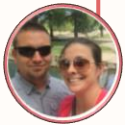
Turtle Pumpkin Pie

Ingredients:

1/4 cup plus 2 Tbsp. caramel
ice cream topping, divided
1 ready-to-use graham
cracker crumb crust (6 oz.)
1/2 cup plus 2 Tbsp. chopped
PLANTERS Pecans, divided
2 pkg. (3.4 oz. each) JELL-O
Vanilla Flavor Instant
Pudding
1 cup cold milk
1 cup canned pumpkin
1 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1 tub (8 oz.) COOL WHIP
Whipped Topping, thawed,
divided

Instructions:

1. Pour 1/4 cup caramel in crust.
2. Sprinkle chopped nuts on the caramel in crust.
3. Mix milk and pudding together till well mixed. Add spices and pumpkin and continue mixing until well mixed. Stir in 1/2 off cool whip.
5. Pour mixture in crust.
6. Add remaining cool whip on top. Drizzle with caramel and remaining nuts.
7. Chill for 1 hr. Enjoy



Cassie McCoy

Chocolate Pudding

Ingredients:

1/2 cup brown sugar
3 heaping tablespoons
unsweetened cocoa powder
1/4 cup cornstarch
1/8 teaspoon salt
2 3/4 cups milk
Handful of mint chips
(optional)
2 tablespoons butter, room
temperature
1 teaspoon vanilla extract

Instructions:

In a saucepan, stir together sugar, cocoa, cornstarch, and salt. Place over medium heat and stir in milk. Bring to a boil, and cook, stirring constantly, until mixture thickens enough to coat the back of a metal spoon. Add mint chips at the end. Remove from heat and stir in butter and vanilla. Let cool briefly, and serve warm, or chill in refrigerator until serving.

*place a piece of Saran Wrap directly on top of pudding when storing in fridge.



Sharon Samuel Adams

Lime Curd

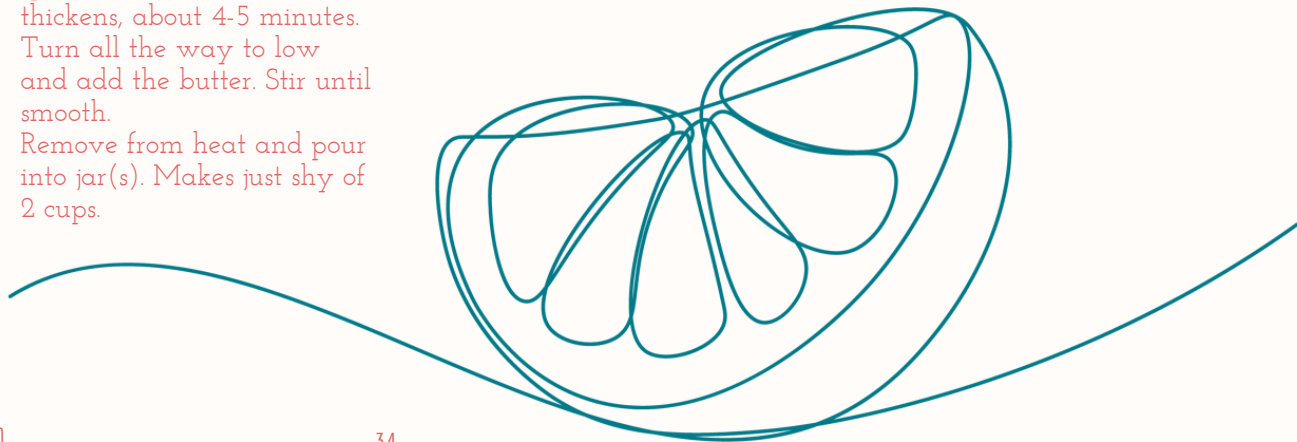
Use limes, key lime juice, or even lemons to make the perfect curd at home. This recipe is easy and is done in under 10 minutes!

Ingredients:

3 large eggs
3/4 cup granulated sugar
Pinch of salt
1/2 cup fresh lime juice or
bottled Key Lime juice
Zest of 1 large or two small
limes or Key limes
4 tablespoons unsalted butter
diced

Instructions:

Place eggs, sugar, salt, juice, and zest in a medium saucepan. Do not put it over the heat yet. Whisk the ingredients together until smooth.
Place over low heat. Stir constantly with a wooden spoon until the mixture thickens, about 4-5 minutes. Turn all the way to low and add the butter. Stir until smooth.
Remove from heat and pour into jar(s). Makes just shy of 2 cups.



Glazed Sourdough Lemon Cake

Cake Ingredients:

1/2 cup vegetable oil
3/4 cup granulated sugar
2 eggs
1 1/2 cups flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon zest
1 teaspoon lemon juice
1/2 cup sourdough starter, discard
3/4 cup milk

Glaze Ingredients:

1/2 cup powdered sugar
2 teaspoons lemon zest
2 teaspoons lemon juice

Instructions:

Preheat oven to 350 degrees with the rack in the center.

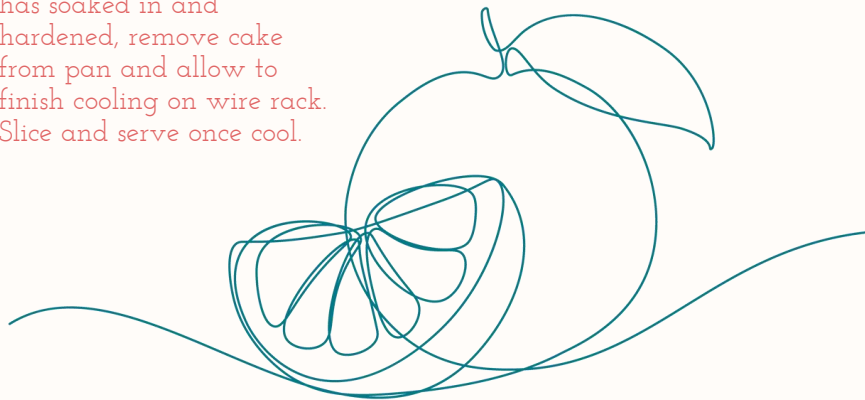
Prepare a loaf pan or 9 x 9 square cake pan with cooking spray.

Combine the vegetable oil, eggs, and sugar in a large mixing bowl with an electric mixer until well combined.

Mix the flour, baking powder, and salt in a separate bowl and add to the sugar mixture 1/3 at a time, alternating with the milk and the sourdough starter. Mix on low until just combined. Stir in the lemon juice and lemon zest by hand. Pour the batter into the prepared pan.

Bake for 50-60 minutes (for the loaf pan) or 40-50 minutes (for the square pan) until golden brown and a toothpick inserted into the center comes out clean. Place on a wire rack. And allow to cool about 15 minutes.

In a small bowl, combine the powdered sugar, lemon zest, and lemon juice for the glaze. Pour over the still-warm cake. After the glaze has soaked in and hardened, remove cake from pan and allow to finish cooling on wire rack. Slice and serve once cool.



Sharon Samuel Adams

Peach Blueberry Cobbler

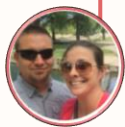
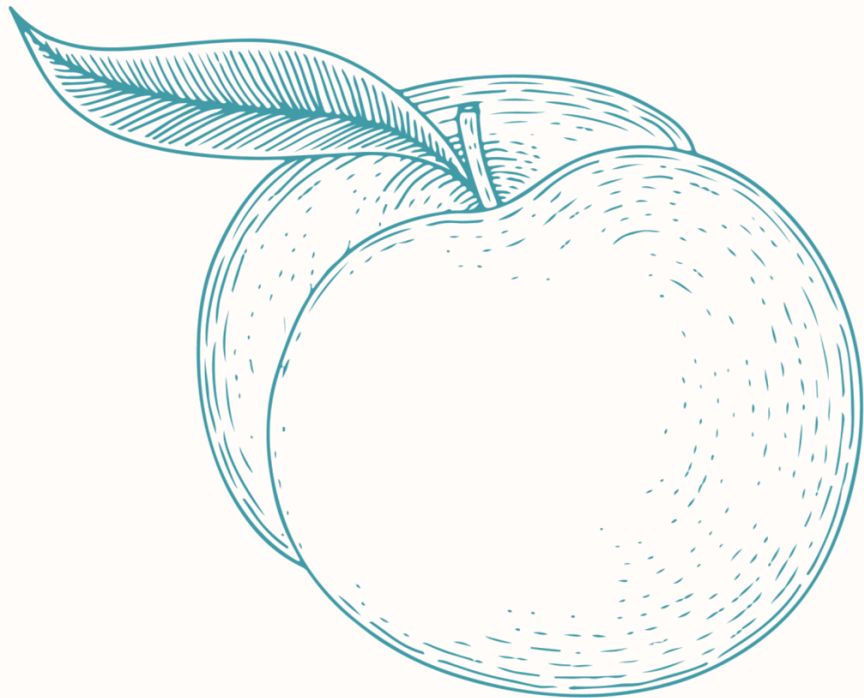
Cake Ingredients:

3 cans sliced peaches
1 cup frozen blueberries
2 Tbs cornstarch
Cinnamon
1 1/2 cups pancake mix (I use Krusteaz)
1/2 cup white sugar
1 cup brown sugar
2 tsp baking powder
1 cup butter

Instructions:

1. Preheat oven to 400 degrees and grease a 9x9 baking dish.
2. Drain juice from peaches and set aside. Pour peaches and blueberries in dish.
3. Mix 2 Tbs cornstarch with peach juice and pour over peaches and blueberries. Sprinkle with cinnamon.
4. In separate bowl mix pancake mix, sugars, baking powder and cut in butter till crumbles.
5. Sprinkle crumbles over mixture.
6. Bake @ 400 degrees for 40 min or until bubbly and brown.

Enjoy!



Cassie McCoy

Italian Love Cake

Cake Ingredients:

1 box of marble cake mix. (I use Duncan)
Ingredients on the back of the cake mix box
1 lb ricotta cheese (whole milk)
2 eggs
1/2 cup sugar
1 tsp Vanilla extract

Topping Ingredients:

1 3.4oz Vanilla Instant pudding
1 cup of milk
1 8oz container of cool whip

Instructions:

Grease and flour 13x9x2 pan.
Prepare marble cake according to box (don't cook yet)
Mix ricotta cheese, eggs, sugar, vanilla extract together by hand.
Spoon evenly over cake mixture
Bake 45-55min
Mix pudding, milk, cool whip together and top cake when cooled.
Enjoy!



Cassie McCoy

Cracker Krack

Ingredients:

Cooking spray
35 to 40 saltine crackers 2 sticks (1 cup) butter
1 cup light brown sugar
8 ounces semisweet chocolate chips (about 1 1/3 cups)
Can be stored in a sealed container for a week. You may want to triple the recipe.

Instructions:

Preheat the oven to 425 degrees F.
Line 1 large or 2 small jellyroll pans with aluminum foil, spray with nonstick spray and arrange the saltines salt-side down in a single layer

. In a medium saucepan, melt the butter and brown sugar together and boil until it turns a caramel color, a few minutes. Remove from the heat and pour over the crackers, covering them evenly. Put the jelly-roll pan into the oven and bake for 3 to 5 minutes, or until just bubbly, watching carefully. Remove from the oven and pour the chocolate chips over the crackers. When the chips melt a bit, spread them over the crackers with a knife. Transfer the pan to the freezer for 15 to 20 minutes, or until completely cold. They will form one big sheet. Break up into pieces. Store in an airtight container.

• Cooking conversion chart •

Measurement

CUP	ONCES	MILLILITERS	TBSP
8 cup	64 oz	1895 ml	128
6 cup	48 oz	1420 ml	96
5 cup	40 oz	1180 ml	80
4 cup	32 oz	960 ml	64
2 cup	16 oz	480 ml	32
1 cup	8 oz	240 ml	16
3/4 cup	6 oz	177 ml	12
2/3 cup	5 oz	158 ml	11
1/2 cup	4 oz	118 ml	8
3/8 cup	3 oz	90 ml	6
1/3 cup	2.5 oz	79 ml	5.5
1/4 cup	2 oz	59 ml	4
1/8 cup	1 oz	30 ml	3
1/16 cup	1/2 oz	15 ml	1



Peanut Butter Oat Balls

1/2 cup rolled oats
1/3 cup peanut butter
1 Tbs honey (I use local)
1 Tbs chocolate chips (I use
semi-sweet mini and peanut
butter)

*Combine all ingredients

*Chill for 30 min in
refrigerator

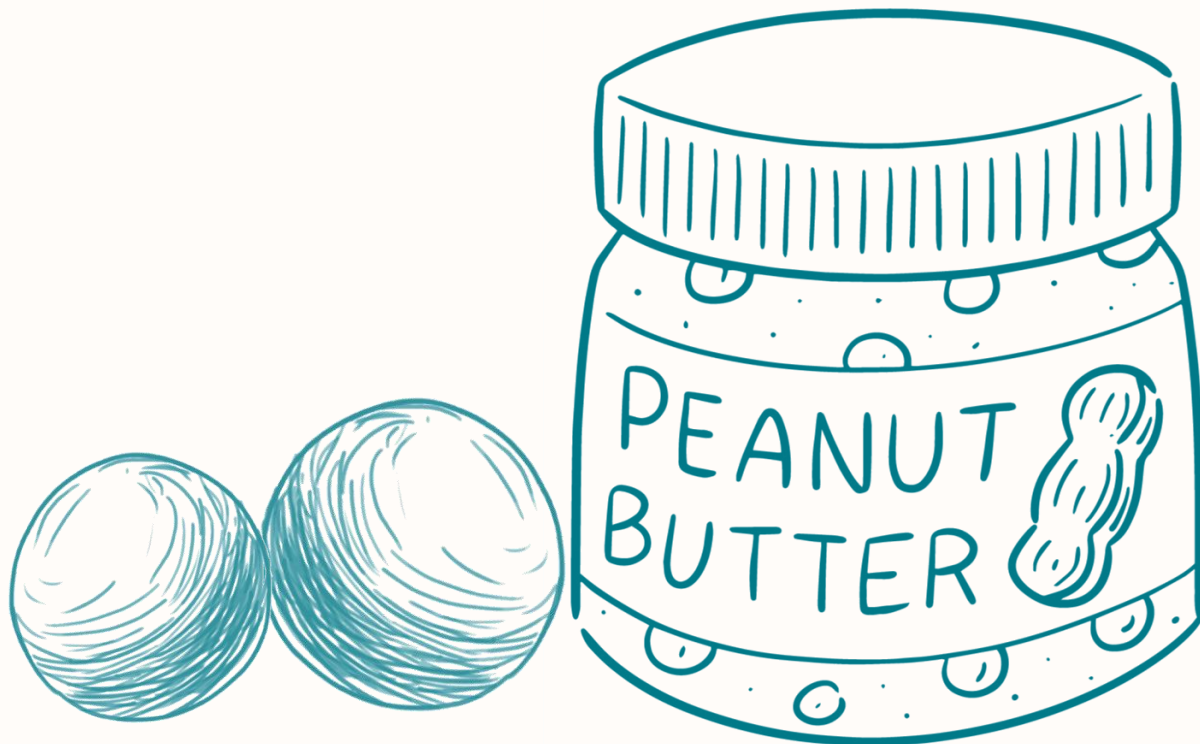
*Spoon into balls

Enjoy

Can be stored in a sealed
container for a week. You
may want to triple the
recipe.



Cassie McCoy



Mango Pie Recipe

Ingredients:

9-inch ready-made graham cracker crust
2 cups of mango pulp
1/4 tsp or more of ground cardamom (optional).
Sugar if needed
8 oz Cream cheese...can you less fat version
1 tbsp or 1 packet of Knox gelatin unflavored

Instructions:

1) Soften the cream cheese. I kept it on kitchen counter for a few hours. Once softened I beat it with an egg-whisk in a bowl.
2) Heat 1/2 cup of water. Once it begins to boil, take it off the stove. Add a packet of gelatin and stir continuously as you add. I used whisk to make it dissolve. Set aside until it reaches room temperature. By the time it reaches room temperature it will turn jelly.
3) Now add together the mango pulp, softened cream cheese, cardamom, and gelatin into the blender. Purée and blend together until smooth. Add sugar if needed.

4) Pour filling in graham cracker crust

5) Close the filled crust with the cover. Refrigerate it for 6 hours. I kept it in my fridge overnight.
Enjoy!



Sharon Samuel Adams

Oreo Truffles

Ingredients:

1 and 1/2 block cream cheese
(room temperature)
Family size Oreos (48
cookies)
24 oz bag of semi-sweet
chocolate chips

Instructions:

1. Food processor the Oreos finely in batches
2. Put a 1/3 Oreo and 1/3 cream cheese in food processor using dough blade. Then mix all together after all batches.
3. Put in fridge to harden
4. Then make in balls using small cookie scooper
5. Put in freezer to harden for an hour or longer

6. Then take 8 at a time to dip in chocolate

Put two cups of water into instapot set large mixing bowl on top. Add to bowl 3/4 bag of chocolate (18oz) and 1 tbsp of vegetable oil (possibly a little more vegetable oil).

Set on sauté (normal) and let it melt, stirring chocolate as it melts. Once melted turn off sauté and set on warm. Dip each Oreo ball in chocolate and set on wax paper. Keep in fridge till ready to serve.



Sharon Samuel Adams

Low-Carb Toffee Bars

Total Carbs: 8g
Dietary Fiber: 1g
Sugar Alcohols (erythritol): 4.7g
NET CARBS: 2.3g

Ingredients:

Cracker Crust-
1 Tbsp ground flaxseeds
2 cups almond flour
1/2 teaspoon Himalayan or
sea salt
1 Tbsp butter melted

Topping-
1 cup butter
1 cup Swerve Brown Sugar
1 tsp vanilla
3/4 cup sugar-free chocolate
chips
1 Tbsp coconut oil
1/8 tsp cinnamon
1/2 cup chopped
pecans toasted
salt to sprinkle on top of
chocolate

Instructions:

For Cracker Crust-
Preheat your oven to 350°F.
Line a 13" X 9.5" rimmed
baking pan with foil,
turning up the edges to form
a tray. Spray foil with non-
stick spray.
Mix the 1 Tbsp of ground
flaxseeds with 3 Tbsp of
water and allow to sit for 5
minutes to thicken.
In medium bowl, combine
flour and salt.
Add the flaxseed mixture
and melted butter into the
flour mixture. Stir to
combine.
Use hands to mix and form
dough into a ball.
Place dough ball on
prepared rimmed baking
pan and press dough across
bottom of pan as evenly as
possible until the bottom is
covered.

A small rolling pin works
great to get it smooth and
even.

Bake for 15-18 minutes, or
until crust starts to brown.
Remove from oven and cool
for about 15 minutes.

For Topping-
Increase oven temperature
to 400F degrees.
In medium pan, add butter
and Swerve. Heat on
medium heat until mixture
begins to boil. Cook for 7
minutes, stirring constantly.
Remove from heat.

Carefully add in extract.
Mixture can bubble up and
sputter. Stir until combined.
Pour mixture over the
cracker crust and spread it
out so crust is completely
covered. Bake for 5-10
minutes until bubbly all
over.

While that is baking, melt
Lily's chocolate chips and
coconut oil in microwave in
30 second increments until

melted, stirring in between.
Once melted, add in the
cinnamon.

Remove cracker crust from
oven. Allow to cool for 30
minutes to form up toffee
center.

Top with the melted
chocolate. Use a spatula to
spread the chocolate evenly
across the top.
Sprinkle top with toasted
chopped pecans. Gently
press pecans into the melted
chocolate, so they do not
fall off. Sprinkle top with
sea salt.

Set aside and allow to cool
in the pan. Once cooled,
transfer to the refrigerator
to finish setting. About 45
minutes.

Remove from refrigerator
and transfer to a cutting
board. Cut into about 30 2"
x 2" squares or break into
bite size pieces.
Store in a glass mason jar in
the refrigerator.



Mystery Guest

Smashed Roasted Butternut Squash

Sauté 1/2c white onions & 1/2c celery till tender with a dash of EVOO
peel, deseed, & dice 2 small butternut squash and roast at 400 for 35min.
Next toss them in the pan with tender onions & celery.
Then mash and season as you would your favorite mashed potatoes recipe!
We did salt pepper and sage with a drizzle of almond oil



Chickpea Salad

Ingredients:

2 cloves of garlic minced
3 Tbs of lemon juice
1 Tbs olive oil
1/4 tsp salt
2 cups chickpeas canned
rinsed and drained
1/4 cup purple onion chopped
1 cup chopped cherry
tomatoes
1/2 cup chopped yellow bell
pepper
1/4 tsp dried oregano
1 1/2 cups chopped cucumber
1/3 cup feta cheese crumbled
(optional)

Instructions:

Combine first 4 ingredients.
Add next 5 ingredients and
toss well. Let sit in
refrigerator for a few hours.
Then before serving add
cucumbers and feta cheese.
Serve Enjoy



Cassie McCoy



Crumpet

Similar to an English Muffin

Ingredients:

1 cup sourdough discard
1 tsp Sugar
1/4 tsp Salt
1/2 tsp Baking Soda

Instructions:

Mix everything in medium size bowl. It will rise once you add the baking soda. You can cook it right away or let it rest for an hour (for more of rise). Set Burner to low. Brush olive oil and then butter in skillet. Spray rings with cooking spray.

Set rings in skillet and pour 1/4 cup in each. Cook for 5 mins. Remove rings and flip to cook for additional 2 mins. Enjoy!



Sharon Samuel Adams "The recipe makes 4-5 crumpets, so I typically double or triple it. I cut out empty small tuna cans to make my rings. "

Chia Seed Pudding

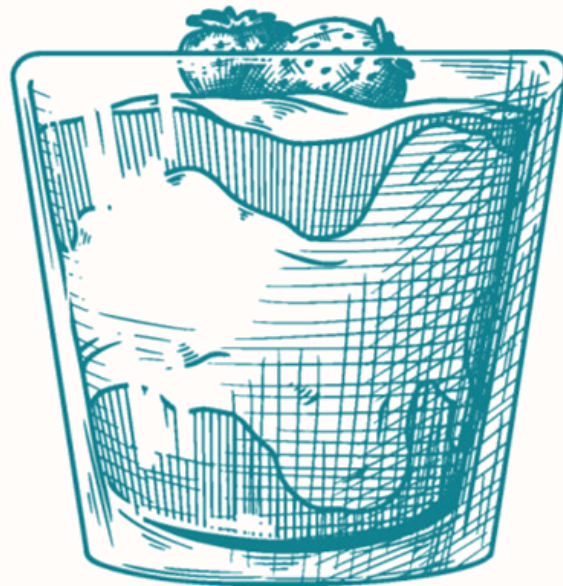
Ingredients:

4 Tablespoons chia seeds
1 cup milk
1/2 Tablespoon maple syrup,
honey, or sugar
1/4 teaspoon vanilla
(optional)

Instructions:

In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" overnight. The chia pudding should be nice and thick.

When ready to serve top the pudding with fresh berries or other fruit, granola, nuts, shredded coconut and/or mix in yogurt. Enjoy!



Sharon Samuel Adams

Black Bean Tacos

Ingredients:

1lb ground chicken or turkey
1 1/2 cup of your favorite
salsa. (I use homemade)
1 tsp cumin
1 tsp paprika
1 tsp oregano
1 tsp chili powder
1 tsp salt
1 can of rinsed and drained
black beans
12 taco shells your choosing or
lettuce for shell

Instructions:

Brown ground meat and
drain return to skillet. Add
seasonings, salsa, and beans.
Cook for 5 min on low until
warm. Serve on lettuce
wraps or shells.
Enjoy



Cassie McCoy



Grilled Pork Chops & Sweet Potato

Ingredients:

Sweet Potato Ingredients

2 raw sweet potatoes, cut in half

1 tbs olive oil

1/2 tsp paprika

1/2 tsp cinnamon

Sea salt & pepper

Pork Chop Ingredients

4 bone-in pork chops

2 tsp paprika

Sea salt & pepper

Instructions:

First mix the dry potato seasonings together in a small bowl

Slice potatoes and place wedges in a medium bowl.

Sprinkle potato seasonings over, coat with olive oil, then toss together

Pre-heat grill to medium

Season both sides of chops with paprika, salt and pepper

Place potato wedges on grill, turning often until tender (about 10-15 minutes, depending on thickness)

While the potato wedges are grilling, place pork chops on grill. Turn and baste (with BBQ sauce if desired) chops until cooked through (usually about 5-7 minutes per side)

Serve chops brushed with sauce of choice, and add the potato wedges



Melinda Young ... "Serves 4"

Salsa

Ingredients:

24oz whole peeled Tomatoes
3-4 seeded chopped jalapeños
1 small onion peeled and
chopped
3 cloves of garlic
1 1/2 tsp of cumin
1 tsp salt
1 tsp sugar
Handful cilantro
1/2 fresh squeezed Lime juice

Instructions:

Mix first 7 ingredients in
blender. Add cilantro and
lime juice and pulse. Chill for
about an hr. Enjoy
Serve with peppers or pita
chips.



Cassie McCoy



Kale Salad with Meyer Lemon Vinaigrette

Ingredients:

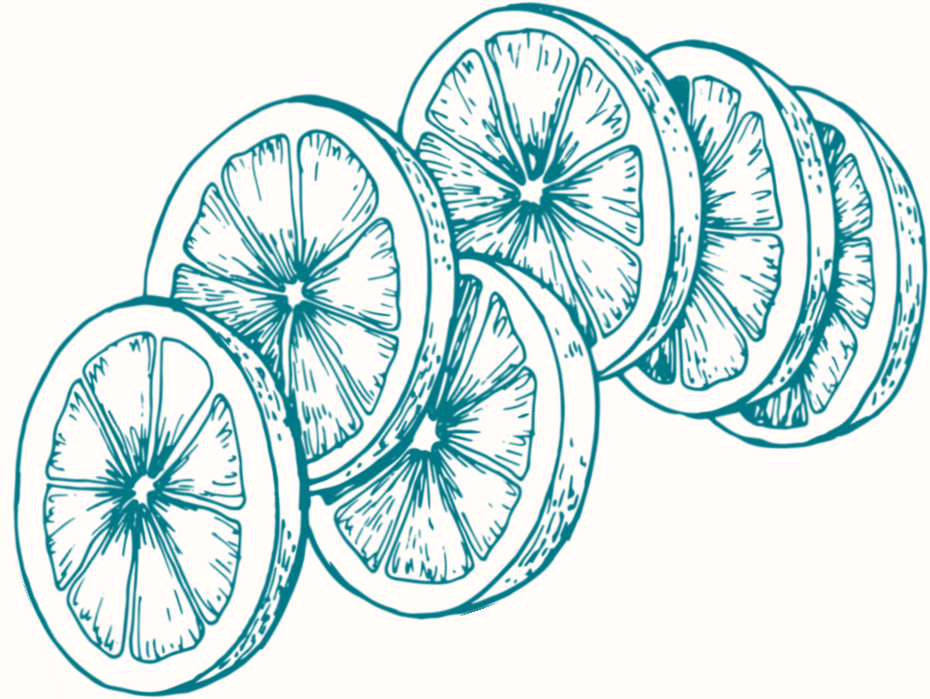
4 cups chopped kale
1 avocado, diced
1/2 cup cooked quinoa
1/2 cup pomegranate arils
1/2 cup chopped pecans
1/4 cup crumbled goat cheese

Meyer Lemon Vinaigrette:

1/4 cup olive oil
1/4 cup apple cider vinegar
3 tablespoons freshly
squeezed Meyer lemon juice
Zest of 1 Meyer lemon
1 tablespoon sugar

Instructions:

To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon juice, lemon zest and sugar in a small bowl; set aside. To assemble the salad, place kale in a large bowl; top with avocado, quinoa, pomegranate arils, pecans and goat cheese. Pour the dressing on top of the salad and gently toss to combine. Serve immediately.



Sharon Samuel Adams

Ground Beef Stir Fry

Ingredients:

Stir Fry Sauce-

3 tablespoons low sodium soy sauce

2 tablespoons oyster sauce

1 tablespoon dark soy sauce

1 tablespoon hoisin sauce

2 teaspoons Chinese cooking wine, (or Mirin, dry sherry, apple cider vinegar, white vinegar, sake, rice wine vinegar)

1 teaspoon sesame oil

1 teaspoon white granulated sugar, or sweetener for low carb -- (OPTIONAL)

Stir Fry-

1 tablespoon oil

1 small onion, sliced

4 cloves garlic, minced

1 teaspoon minced ginger

1-pound lean ground beef

1 head cabbage, core removed and leaves shredded (8 cups shredded cabbage)

1 large carrot, peeled and shredded (1/2 cup shredded)

salt and pepper, to taste

Instructions:

Combine stir fry ingredients in a bowl. Set sauce aside.

Heat cooking oil a large skillet over medium-high heat. Sauté the onion until beginning to soften, about 3 minutes. Cook the garlic and ginger until fragrant, about 30 seconds.

Add the beef, breaking it up with the end of a wooden spoon as it cooks, until browned, about 5 minutes.

Once beef is browned, add half of the sauce to the beef, stir frying to evenly coat.

Add the cabbage and carrots; continue cooking while stirring until the cabbage is wilted.

Taste test and season with salt and pepper, if needed.

Stir through the remaining sauce.

Serve warm.

HEALTHY EATING TIPS



Melinda Young

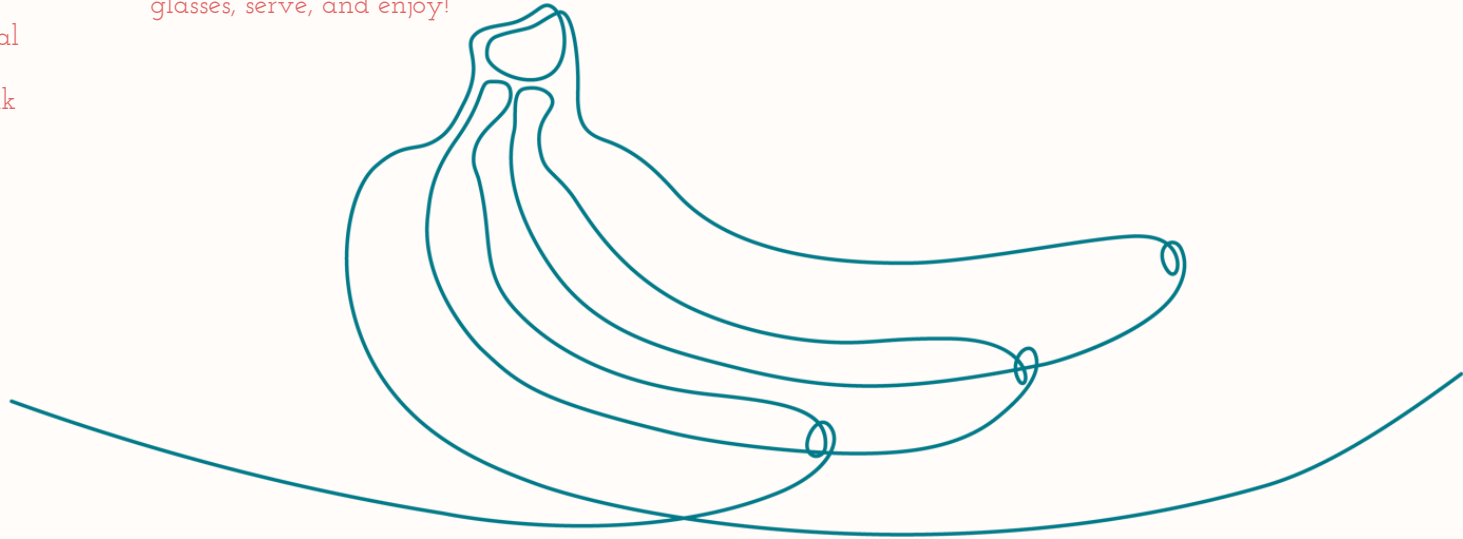
Banana Oat Breakfast Smoothie

Ingredients:

1/3 cup rolled oats
1/2 cup yogurt (I used Silk
Almond milk yogurt)
1 banana
1 Tbsp flaxseed meal
1/2 tsp. cinnamon
1/2 cup almond milk

Instructions:

Add all ingredients to your
blender and puree until
smooth. Pour into two
glasses, serve, and enjoy!



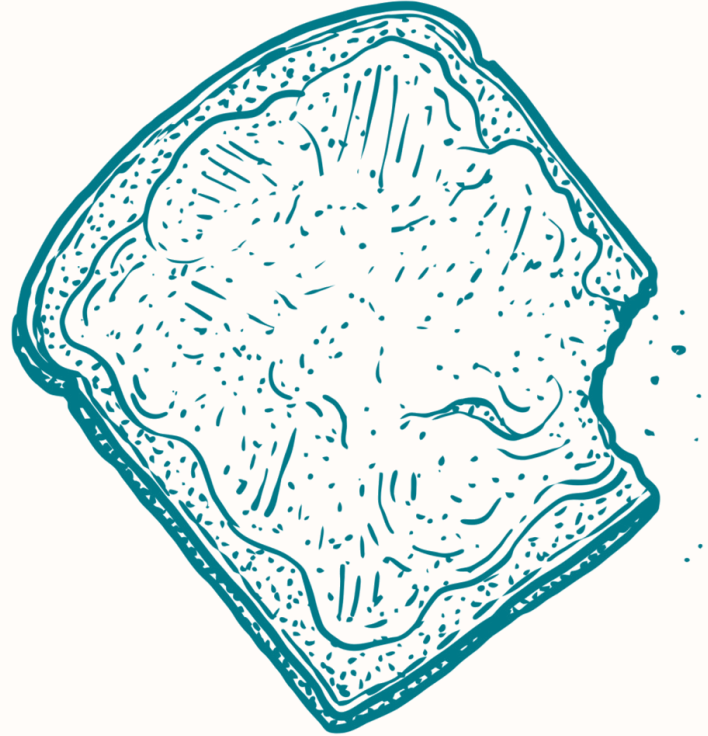
Avocado Toast

Ingredients:

1 avocado
Sliced Toasted Bread
Olive Oil
Lemon
Salt and Pepper
Everything bagel seasoning
Honey (optional)

Instructions:

1) Mash avocado in bowl and add a little salt and pepper.
2) Place mashed avocado on top of toasted bread
3) Squeeze some lemon juice
4) Top with everything bagel seasoning, salt and drizzle a little olive oil. If you want a sweet and salty add a little honey.
Enjoy!



Sharon Samuel Adams

Healthier Pasta Side Dish

Ingredients:

For the Pasta-

16 oz. fusilli pasta, cooked according to package instructions - Al Dente

8 oz mozzarella balls, halved

4 oz. salami, quartered

2 cup baby spinach

1 cup cherry tomatoes, halved

1 cup artichoke hearts, chopped

1/2 cup sliced black olives

For the Dressing-

1/3 cup extra-virgin olive oil

2 Tbs red wine vinegar

1 garlic clove, minces

2 tsp. Italian seasoning

Pinch red pepper flakes

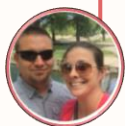
Kosher salt to taste

Freshly ground black pepper to taste

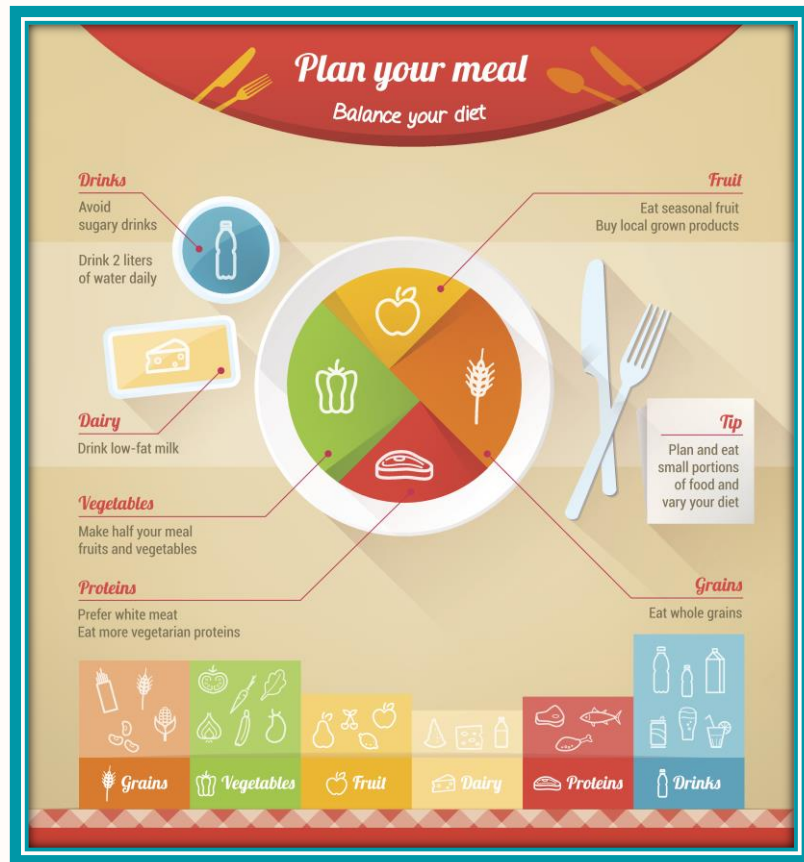
Instructions:

Dressing- put in a mason jar and shake to mix

In a large bowl, toss together pasta, mozzarella, salami, spinach, tomatoes, artichokes and olives. Add dressing just before serving, mix and Enjoy!



Cassie McCoy



Bagels

Ingredients:

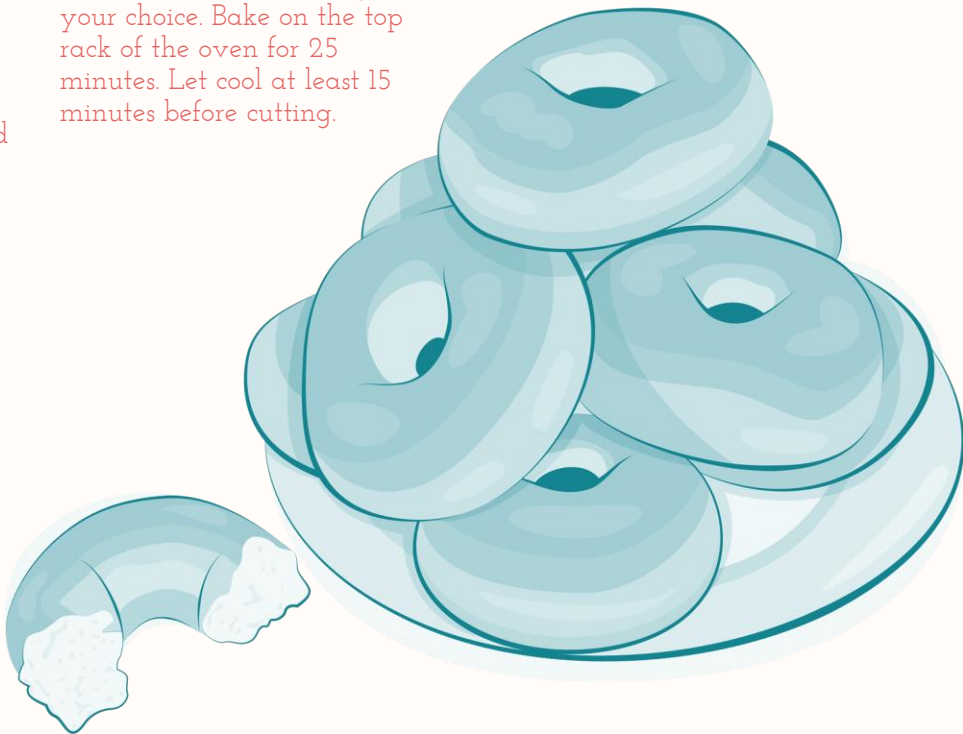
1 cup unbleached all-purpose flour, whole wheat or gluten free
2 tsp baking powder
3/4 tsp kosher salt
1 cup non-fat Greek yogurt
1 egg beaten

Toppings: everything bagel seasoning, sesame seeds, cinnamon and raisins

Instructions:

Preheat oven to 375F. Place parchment paper on cookie sheet spray with oil to avoid sticking. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork until well combined, it will look like small crumbles. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away).

Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels. Top with egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.



Cassie McCoy

Chicken Tortilla Soup

Ingredients:

1 1/2 teaspoons ground cumin
About 1 1/4 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon salt, plus more to taste
2 boneless, skinless chicken breasts
2 tablespoons olive oil
1 cup diced onion
1/4 cup diced green bell pepper
1/4 cup diced red bell pepper
3 cloves garlic, minced
One 10-ounce can diced tomatoes and green chiles, such as Rotel
4 cups low-sodium chicken broth
4 cups hot water
3 tablespoons tomato paste
Two 15-ounce cans black beans, drained

3 tablespoons cornmeal
5 small corn tortillas
Garnishes:
Diced avocado
Diced red onion
Sour cream
Chopped fresh cilantro
Other suggested toppings:
Grated Monterey Jack cheese, Pico de Gallo

Instructions:

Start by mixing the cumin, 1 teaspoon of the chili powder, the garlic powder and salt. Drizzle the chicken breasts with 1 tablespoon of the olive oil. Then sprinkle with 1 teaspoon of the spice mixture. Set the rest of the spice mixture aside. Bake until the chicken is cooked all the way through, 15 to 20 minutes. Remove it from the oven.

Cut the chicken into cubes and set aside.

Next, heat the remaining 1 tablespoon olive oil in a large pot over medium-high heat. Throw in the onions, green and red bell peppers, and garlic. Throw in a tablespoon of the spice mixture used to season the chicken. Add a little extra chili powder (about 1/4 teaspoon) for heat. Stir to cook the vegetables until they begin to turn golden brown, about 5 minutes. Add the cubed chicken and diced tomatoes, juice, and all. Add the chicken broth, hot water, and tomato paste. Stir to combine and bring the mixture to a boil. Reduce the heat to low. Add the drained black beans. Next, mix the cornmeal with 1/2 cup water.

Add the mixture to the pot, and then simmer the soup for 10 to 15 minutes. Give it a taste and add salt or seasonings as needed, be sure to not under salt it!

Cut the tortillas into uniform 2- to 3-inch strips. Stir most of them into the soup just before serving. This is what makes tortilla soup tortilla soup! Turn off the heat and get ready to serve it up. Ladle the soup into a bowl, then add avocado, red onion, sour cream, cilantro, and extra tortilla strips to the top. The more toppings on tortilla soup, the merrier.



The Best Classic Zucchini Bread Recipe

Ingredients:

1 1/2 cups grated zucchini - lightly packed -do not drain liquid
1 cup granulated sugar
1/4 cup packed light brown sugar
1/2 cup unsweetened applesauce
1/3 cup vegetable oil -or your preferred cooking oil
2 large eggs
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon

Instructions:

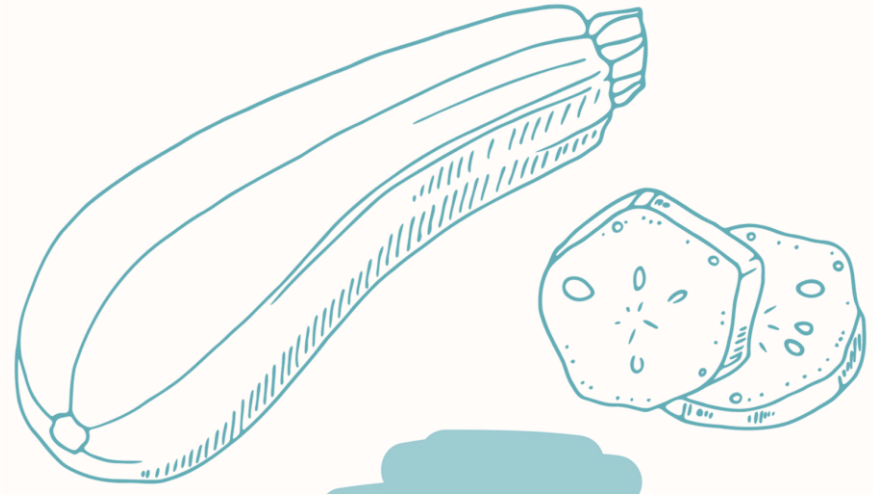
Preheat oven to 350 degrees. Spray a 9x5 inch loaf pan with cooking spray. In a large bowl, add the grated zucchini, sugar, brown sugar, applesauce, oil, eggs, and vanilla. Whisk until well combined. Add the flour, baking powder, baking soda, salt, and cinnamon. Stir just until no dry flour remains, trying not to over mix.

Pour the batter into the loaf pan. Bake for 50 to 54 minutes. A toothpick inserted into the center of the bread should come out with moist crumbs on it.

Cool in the pan for 10 minutes. Remove from the pan and transfer to a wire cooling rack to cool completely before slicing.

Store covered in the refrigerator.

*This bread is best served after it has been refrigerated for at least 12 hours.



How to Grill Tri-Tip

Ingredients:

2 pounds beef tri-tip steak
1 tablespoon kosher salt
1 tablespoon black pepper
3/4 teaspoon granulated garlic
3/4 teaspoon granulated onion
1/4 teaspoon cayenne pepper

Instructions:

Place the beef on the counter and allow it to warm to room temperature. Stir together all the spices and generously rub over all sides of the meat. There will be spices remaining, just be sure to thoroughly coat the beef.

Preheat the grill to medium-high. Grill the tri-tip on each side to develop a dark brown crust, I did about 5 minutes on the first side, flipped the steak and grilled 8 minutes on the second side. Remove to indirect heat and continue cooking until the internal temperature is 130-135 degrees. I pulled ours at 130 degrees for medium rare. Let the meat rest and redistribute the juices for 10 minutes before slicing thinly against the grain. Enjoy!



Grilled Salmon with Honey-Soy Marinade

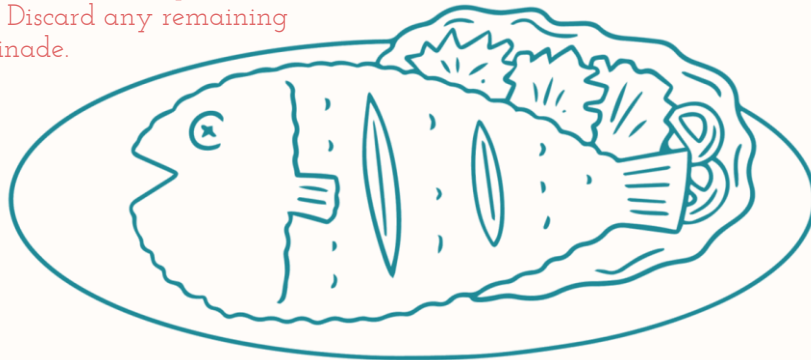
Ingredients:

1 tablespoon packed brown sugar
1 tablespoon butter, melted
1 tablespoon olive or vegetable oil
1 tablespoon honey
1 tablespoon soy sauce
1 clove garlic, finely chopped
large salmon fillet (about 2 lb), cut into 8 pieces

Instructions:

In small bowl, mix all ingredients except salmon. In shallow glass or plastic dish, place salmon. Pour marinade over salmon. Cover and refrigerate at least 30 minutes but no longer than 1 hour.

Heat coals or gas grill. Remove salmon from marinade, reserve marinade. Place salmon, skin side down, on grill. Cover and grill over medium heat 10 to 20 minutes, brushing 2 or 3 times with marinade, until salmon flakes easily with fork. Discard any remaining marinade.



Sharon Samuel Adams "I like to triple the marinade"

Balsamic Rosemary Grilled Pork Tenderloin

Ingredients:

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
3 tablespoons chopped fresh rosemary
2 large garlic cloves, crushed
1 tablespoon freshly ground pepper
1 tablespoon sea salt
2 pounds pork tenderloin

Instructions Marinade:

Combine the marinade ingredients in a large zip baggie. Add the pork tenderloin and massage to work the marinade into the meat. Refrigerate the pork in the marinade for 2-6 hours.

Instructions Grill:

When ready to grill, take the zip bag out of the refrigerator and let it sit at room temperature for about 30 minutes before grilling. Preheat the grill to medium-high. When ready to grill, oil the grill grate. Remove the pork from the marinade and set it on the grill. Brown on all sides and cook through (firm to the touch), 8 to 12 minutes total, or until the internal temperature in the center reaches 145°F. Remove the pork from the grill and allow it to rest on a cutting board for 5 minutes before slicing.



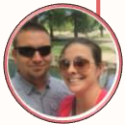
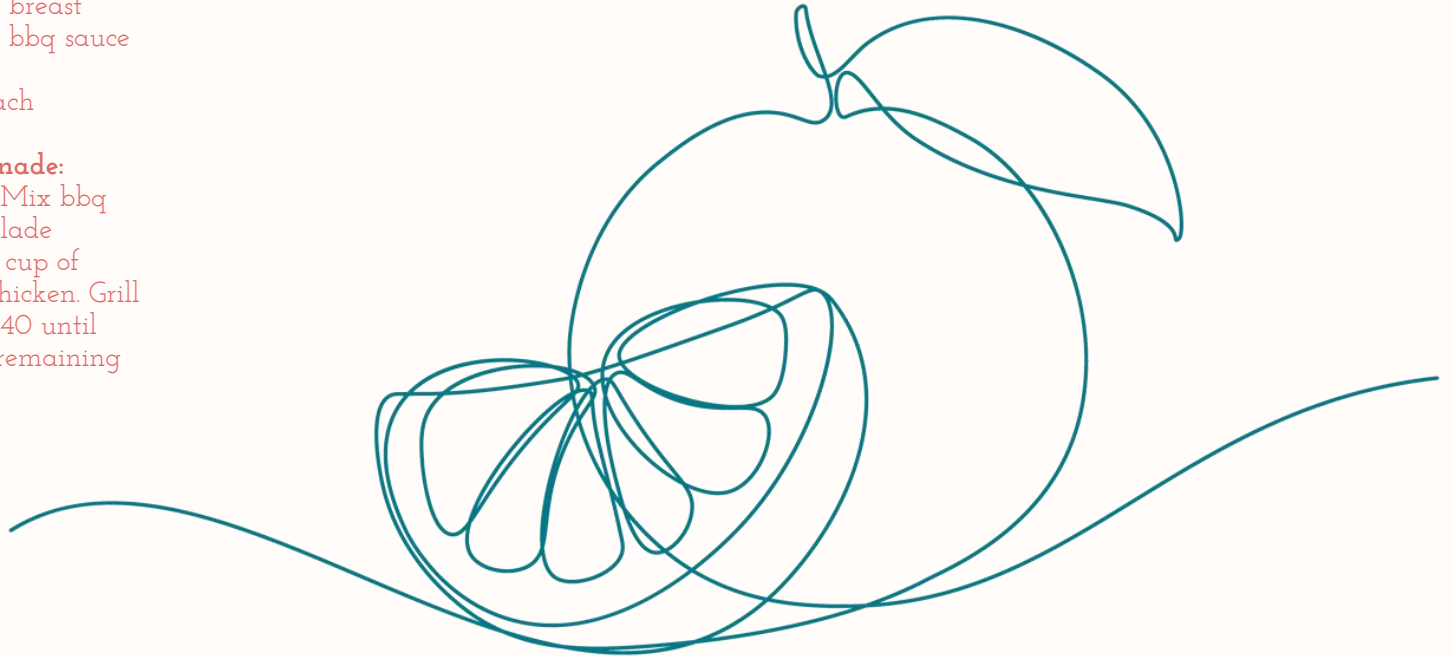
Orange BBQ Chicken

Ingredients:

1 1/2 lbs of chicken breast
1/2 cup of favorite bbq sauce
2-3 Tbs of orange
marmalade or Peach

Instructions Marinade:

Heat grill to 350. Mix bbq sauce and marmalade together. Take 1/4 cup of sauce and brush chicken. Grill chicken for about 40 until done. Serve with remaining BBQ sauce.



Cassie McCoy

Teriyaki Pork Chops with Pineapple Salsa

Ingredients:

1/4 c pineapple juice
4 tsp reduced sodium soy sauce
1 large garlic clove, crushed
1/2 tsp grated fresh ginger
5 boneless pork loin chops

*Teriyaki Sauce

1 tsp cornstarch
3 tbsp reduced-sodium soy sauce
1/4 c pineapple juice
2 tbsp dark brown sugar
1/2 tsp grated fresh ginger
1 small garlic clove, minced

*Pineapple Salsa

1 fresh pineapple, cut into 1/2-inch cubes

1 fresh jalapeno pepper, finely chopped
1/2 finely chopped red onion
handful of finely chopped cilantro
1 avocado
1 tsp garlic salt

Instructions:

To cook the pork chops-

In a small bowl, combine the pineapple juice, soy sauce, garlic, and ginger. Put the pork chops in a container and pour the marinade over them. Let sit for about 30 minutes.

Remove the chops from the marinade, discarding the marinade.

Oil the grill grates or spray a grill pan with oil. Grill the chops until no longer pink, 6 to 7 minutes per side.

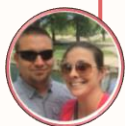
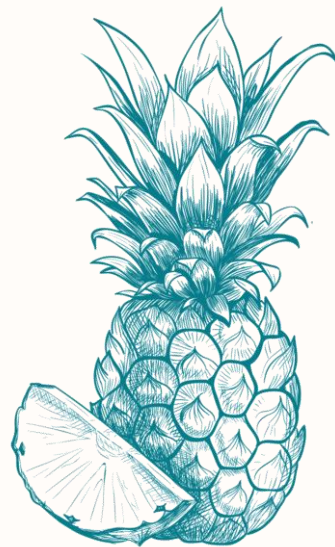
For the teriyaki sauce-

In a small bowl, whisk together the cornstarch and 3 tablespoons cold water until dissolved. In a small saucepan, combine the soy sauce, pineapple juice, brown sugar, ginger, and garlic. Bring to a boil over medium-low heat and cook until reduced and thickened, about 4 minutes. Add the cornstarch mixture and cook until thickened, about 2 more minutes. Remove the pan from the heat and set aside to cool.

For the pineapple salsa-

In a small bowl, combine the pineapple, jalapeño, red onion, and cilantro. Set aside. Preheat a grill to medium-high (or preheat a grill pan over medium-high heat).

Top with some teriyaki sauce and pineapple salsa and enjoy.



Cassie McCoy

Grilled Bacon-Wrapped Dates

Ingredients:

24 whole dates
4 ounces of goat cheese or
cream cheese
24 whole almonds (salted or
unsalted)
24 slices bacon

Instructions:

Prepare an outdoor grill for medium indirect heat. Slice into the dates lengthwise, just deep enough so that you can pull out the pits with your fingers. Discard the pits. Fill each date with some cheese and an almond. Wrap a slice of bacon around each date, trim all but an inch of overlap and secure with a toothpick. Grill, on the indirect side, flipping occasionally, until the bacon is cooked through and crispy, about 10 minutes. Transfer to a platter. Serve warm or at room temperature.



Sharon Samuel Adams



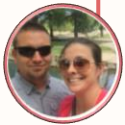
Grilled Jalapeño Crab Poppers

Ingredients:

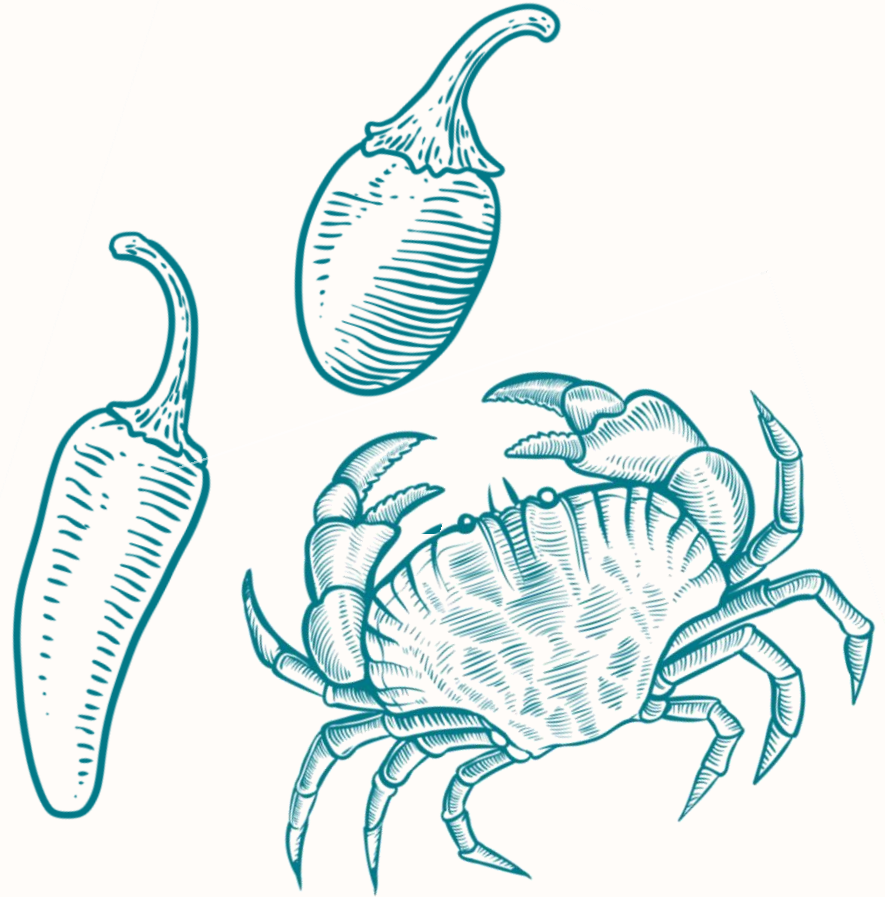
10-14 lg jalapeños
1/2 cup softened cream cheese
1/2 cup of cheddar cheese
1/2 cup of lump crab meat

Instructions:

Warm grill to med/high heat
Cut jalapeños in half and clean out seeds. Mix softened cream cheese, cheddar cheese, and crab meat together. Stuff jalapeños halves with mixture. Place on warmed grill for about 20min until cheese is melted and bubbling. Remove and let cool some. Enjoy.



Cassie McCoy



Charcoal Grill Ribs Recipe

Ingredients:

One Slab of Baby Back Ribs
1/4 Cup Chili Powder
1 Tablespoon of Salt
1 Tablespoon of Black Pepper
2 Tablespoons of Garlic Powder
1 Cup of BBQ Sauce (we use Sonny's Sweet)

Instructions:

Remove ribs from refrigerator to get to room temperature
Cut ribs in half and remove bottom membrane
Mix dry ingredients together to make a rub
Apply rub thoroughly to ribs on both sides
Heat grill to 300-350 degrees, keep charcoal to one side and add wood chips for smoke
Add Ribs and rotate every 30 minutes, for a total cook time of 1 to 1 1/2 hours
Remove ribs from grill and add BBQ sauce on both sides

Wrap ribs with aluminum foil and place back on the grill for 45 minutes to 1 hour

Remove ribs and check internal temperature to read 145-155 degrees
Let ribs sit for 1 hour
Enjoy!



Sharon Samuel Adams

Blue Cheese Turkey Burgers

Cook time: 15 Min Prep time: 10

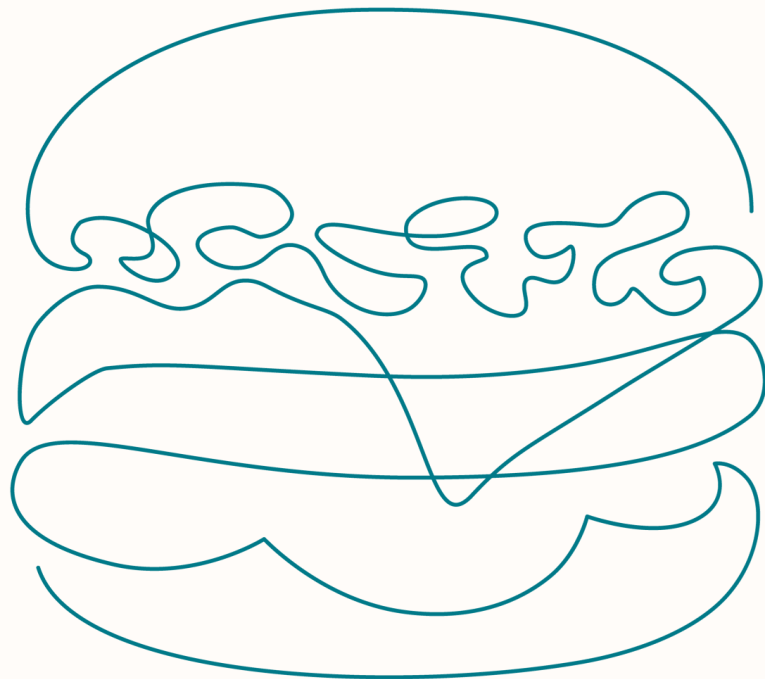
Min Serves: 4

Ingredients:

1 lb. organic 93% lean ground turkey
1 Tbsp Dijon mustard
3 Tbsp blue cheese crumbles
2 green onions chopped
1 tsp kosher salt
1/2 tsp black pepper
1 Tbsp butter
4 ciabatta rolls

Instructions:

1. Mix together the Ground Turkey, Dijon Mustard, Green Onions, Blue Cheese and Salt & Pepper
2. Do not over mix as this will make the burgers tough. Shape into 4- 1/4-pound burgers Add 1 tablespoon of butter to a preheated grill pan and add burgers. Cook for about 7-8 minutes on each side until no longer pink.
3. Butter ciabatta rolls and toast face down on a griddle or under the broiler until brown. Top with tomato, lettuce, onion, pickle, and Mayo



Melinda Young "The ciabatta rolls add so much but a regular hamburger bun would work fine" 66

Grilled Potatoes

Ingredients:

1/2 bag of red potatoes
1/2 stick of butter or a
heaping spoon of bacon
grease
1 Tbsp old bay
2 tsp onion powder
Salt to taste
Aluminum foil

Instructions:

Heat grill to med-med/high
heat. Rinse then Chop
potatoes into one each bite
size pieces. Lay out a decent
size sheet of foil. Place
potatoes on foil and add
butter or bacon grease on
center. Then Sprinkle
potatoes with old bay, onion
powder and salt. Close up
foil to make a pouch. Grill
for about 45min. Remove
and enjoy.



Cassie McCoy

Grilled Yellow Squash

Ingredients:

4 medium Yellow Squash
1/2 cup Extra Virgin Olive Oil
2 Garlic Cloves
Salt and Pepper

Instructions:

Preheat the grill for medium heat.

Cut the squash horizontally into 1/4 inch to 1/2-inch-thick slices so that you have nice long strips that will not fall through the grill. Heat olive oil in a small pan and add garlic cloves. Cook over medium heat until the garlic starts to sizzle and becomes fragrant. Brush the slices of squash with the garlic oil, and season with salt and pepper.

Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional garlic oil and turn occasionally to prevent sticking or burning.



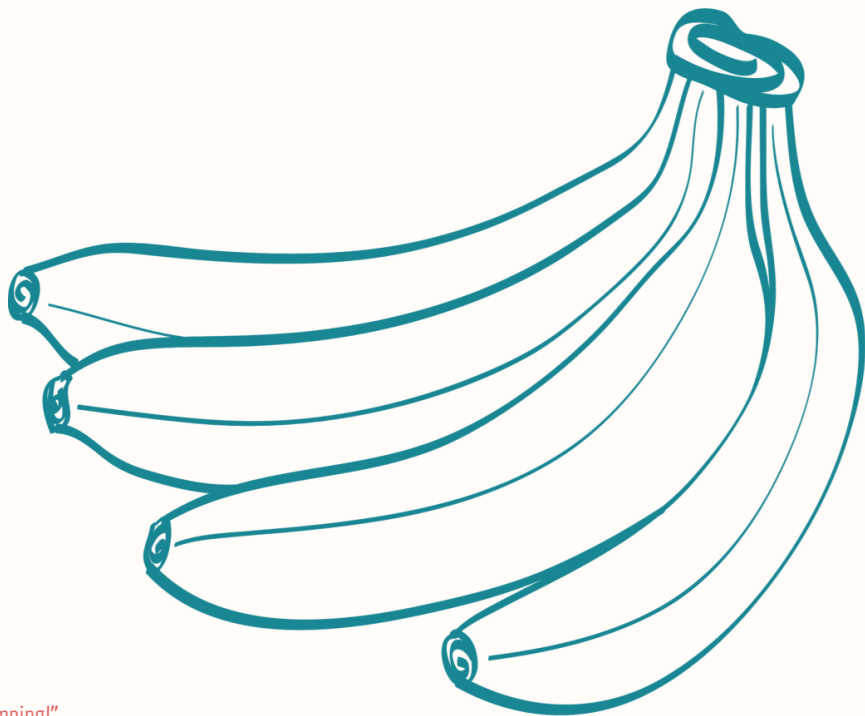
Grilled Banana Boats

Ingredients:

6 ripe firm large bananas,
unpeeled
6 tablespoons chocolate chips
6 tablespoons miniature
marshmallows
2 tablespoons chopped pecans
Cut 6 (12-inch) sheets of
heavy-duty foil.

Instructions:

Heat gas or charcoal grill
With sharp knife, make
deep lengthwise cut along
inside curve of each banana,
being careful not to cut all
the way through. Open slit
to form pocket. Crimp and
shape 1 sheet of foil around
each banana, forming boats.
Holding each banana in
hand, fill pocket with 2
tablespoons chocolate chips,
2 tablespoons marshmallows
and about 1/2 heaping
teaspoon chopped pecans.
Return each banana to its
foil boat. Seal top of foil,
leaving 2 to 3 inches
headspace. Place on grill
over medium heat. Cover
grill cook 8 to 10 minutes or
until marshmallows soften.



Sharon Samuel Adams "Can also place in campfire coals to cook. We love doing it when we go camping!"

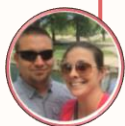
Grilled Italian Chicken Thighs Salad

Ingredients:

1/4 cup of Italian dressing
(some to top salad)
1 1/2 lbs boneless chicken
thighs
A bag of salad mix

Instructions:

Marinate chicken in 1/4 cup dressing for 4-6hrs. Remove chicken from marinade and place on preheated grill (350) med to high heat. Grill for 30min until it reaches 165 degrees. Remove from grill and slice into strips. Place on top of salad and drizzle with some Italian dressing. Enjoy



Cassie McCoy



Thanks

We'd like to thank the contributors of the delightful book of recipes. Your time creating and sharing has enriched our lives with goodness.

We'd also like to thank our sponsors USAA and DeCA for their gracious support of this project.



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THANKS

