Spiced Cranberry Applesauce

A festive homemade applesauce spiced with cinnamon, cloves, and allspice, with a handful of cranberries and lightly sweetened
Yield:

6 cups (12 servings)
Ingredients:

5 large cooking apples (not Red Delicious), peeled, cored, and diced (~1-inch chunks)
1 cup fresh cranberries, rinsed
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves*
1/4 teaspoon ground allspice*
2 tablespoons water
~1/2 cup sugar
Instructions:

1.
In a large stock pot, combine the apples, cranberries, cinnamon,
cloves, allspice, and water. Cover and bring to a boil over medium heat.
Stir and continue simmering over low heat, covered, until apples are
soft and mushy, and cranberries are all popped (about 20-30 minutes,
depending on the kind of apples you used).

2. Remove from heat and stir in sugar to taste. We like at least 1/4
cup of sugar, which makes a tart applesauce, but you can add up to a
half cup or even more, depending on your tastes and the kind of apples

you used.

3. You now have a chunky homemade applesauce, which you can serve hot/warm or chilled.

To make a smooth applesauce, blend the hot applesauce until smooth and then press through a colander or sieve to remove any remaining bits of cranberry peeling.



Spiced Cranberry Applesauce

This recipe is from Tammy’s Recipes.

Roasted Root Veggies

A blend of potato wedges, carrots, and onion strips, tossed with seasonings and oven-roasted to perfection!
Yield:

6-8 servings
Ingredients:

1 1/2 pounds Yukon Gold potatoes (about 5 medium)

1 1/2 pounds carrots (about 6 medium)
1 large onion
2 cloves garlic*
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1/4 cup oil
Instructions:

1.
Wash potatoes and cut into wedges. Wash or peel carrots, and cut into
strips (about 2-3 inches long). Cut onion into wedges or strips or thick
slices.**

2. In a large bowl, toss together the prepared veggies with the
garlic, salt, pepper, and oil. Spread in a single layer on two greased
11×15-inch baking sheets.

3. Bake in preheated 425 degree oven for 15 minutes. Stir (or turn)
and bake for 15 minutes longer, or until golden on the outside and soft
inside. Serve hot!

These roasted veggies go great with a main course of grilled meat, roasted chicken, or burgers.



Roasted Root Veggies

This recipe is from Tammy’s Recipes.

Romaine and Broccoli Salad

A
crisp salad of romaine lettuce, broccoli florets, red onions, and
walnuts, tossed with a vinegar and oil dressing and crunchy noodles
Yield:

8 servings
Ingredients:

For the salad:

2 large heads of Romaine lettuce, washed, dried, and torn into bite-size pieces
5-6 cups of broccoli florets (bite-size), about 1 pound)
1/2 cup thinly sliced or diced red onion

2 cups thinly sliced or shredded red cabbage, optional
2 cups of maple-glazed walnuts (or other walnuts of your choice, toasted)
~4 cups chow mein noodles*

For the dressing:

1 cup oil (vegetable or light olive)
1/2 cup sugar
1/2 cup pure maple syrup**
1/2 cup red wine vinegar
2 tablespoons soy sauce
Instructions:

1.
Make dressing by combining all dressing ingredients in a jar with a
tight-fitting lid. Shake well. Let stand for 30 minutes or so, shaking
occasionally, until sugar is dissolved.

2. In a large bowl, combine the romaine lettuce, broccoli florets, onion, and cabbage (if using). Toss together with a cup of the dressing. Add half of the nuts and half of the noodles, and toss, adding a little more dressing if needed. Sprinkle remaining nuts and noodles on top and serve immediately, with any leftover dressing on the side.



Romaine and Broccoli Salad

This recipe is from Tammy’s Recipes.

Mom’s Potato Salad

This is the best old-fashioned potato salad recipe! Chunky, creamy, and flavorful, everyone loves this homemade potato salad!
Yield:

16-24 servings (about 16 cups)
Ingredients:

9 medium potatoes* (~3 to 3.5 pounds)
1 sweet onion, finely chopped
2 cups finely chopped celery
1/2 cup finely chopped dill pickles
3 hard-boiled eggs, peeled and diced
1/4 cup sugar
2 tablespoons apple cider vinegar
1 teaspoon celery seed

1/4 teaspoon freshly ground black pepper
1/3 cup yellow mustard
1 cup mayonnaise or Miracle Whip
1 teaspoon salt, or more, to taste
pinch of turmeric, optional
paprika, for garnish
Instructions:

1.
Wash potatoes, cut out any bad spots or sprouts, and cut into halves as needed to achieve mostly the same size potatoes/pieces (large chunks).

2. Place potatoes in a large stock pot and cover with water. Add a generous sprinkle of salt to the water, and bring to a boil. Simmer until potatoes are just tender (check with fork), about 15-20 minutes (less for smaller potatoes). Take care not to over-cook the potatoes, or you will have a mashed potato salad.

3. Drain potatoes and rinse with cold tap water to cool them (this halts the cooking process). When potatoes are cool enough to handle, use clean hands to remove skins. Discard skins and dice potatoes into bite-sized chunks and set aside.

4. In a large mixing bowl, combine the onion, celery, pickles, eggs, sugar, vinegar, celery seed, pepper, mustard, mayonnaise, teaspoon of salt, and pinch of turmeric. Mix thoroughly. Add diced potatoes and toss

gently to coat. Taste and add additional salt if needed.

5. Place potato salad into serving bowl and sprinkle with paprika to garnish. Refrigerate, covered, until ready to serve.

This potato salad keeps well in the fridge for several days in an air-tight container.



Mom’s Potato Salad

This recipe is from Tammy’s Recipes.

Grilled Broccoli and Cauliflower

Broccoli and cauliflower florets tossed with olive oil, garlic, salt and pepper and grilled
Yield:

4-6 servings

Ingredients:

2 medium-large red onions, cut into halves and thickly sliced
4 cups broccoli florets (bite-size)
1 medium head cauliflower, washed, trimmed and cut into florets (bite-size)
2 teaspoons salt
1/2 teaspoon black pepper
1-2 tablespoons minced garlic (I like a lot!)
1/3 cup oil
Instructions:

1.
Pre-heat grill, along with a grill grid/pan* on HIGH for 10 minutes.
Toss all ingredients together in a large mixing bowl. (When adding the
salt, sprinkle it rather than dumping it all in one spot.)

2. Pour vegetables onto pre-heated grill pan and spread out evenly.
Turn heat to LOW and grill with lid closed for 20-30 minutes. (Smaller
florets will cook more quickly.)

Stir and check for doneness every 10 minutes; vegetables are done
when crisp-tender and browned on some sides. Serve hot and enjoy!

I like to serve these grilled veggies with grilled fish, beef, or chicken.



Grilled Broccoli and Cauliflower

This recipe is from Tammy’s Recipes.

Grilled Turkey BLT

My recipe for a pork-free grilled version of the classic Bacon, Lettuce, and Tomato sandwich!
Yield:

1 sandwich
Ingredients:

3 slices turkey bacon
2 large fresh tomato slices
1 leaf of green lettuce (your favorite kind will work!)
1 thin slice of cheddar cheese, optional
2 tablespoons mayonnaise
a small amount of butter
2 slices multi-grain bread (OR your favorite sandwich bun/roll)
Instructions:

1. Preheat gas grill or prepare charcoal grill. Grill turkey bacon on low for about 4 minutes. Flip and grill 4 more minutes.

2. Spread a very thin layer of butter on the bread you are using.
Grill bread on low for a minute or two on each side (only do one side –
the inside – if using a roll/bun rather than sliced bread).

Instead of using an outdoor grill, you can do this inside on the stovetop using a griddle, stovetop grill, or frying pan.

3. Spread mayonnaise on bread and assemble sandwich with the turkey bacon, lettuce, and tomato (and cheese if using). Enjoy hot! (I like to serve these BLTs with a tasty salad.)



Grilled Turkey BLT

This recipe is from Tammy’s Recipes.

Grilled Copper River Salmon

Easy grilled Copper River Salmon, tender, flaky, and full of flavor!
Yield:

4 servings
Ingredients:

16-24 ounces Copper River Salmon fillets
1 teaspoon liquid smoke flavoring
Fresh, coarsely-ground black pepper
1 teaspoon minced garlic, or about 2 cloves
olive oil
Salt
Instructions:

1.
Rinse salmon and pat it dry. With skin-side-down, lightly sprinkle
liquid smoke over the salmon. Sprinkle freshly-ground black pepper over
the salmon, along with the minced garlic.

2. Drizzle with olive oil to coat, and sprinkle generously with salt.

3. Pre-heat grill on HIGH for 10-15 minutes. Place salmon, flesh-side-down, on grill and grill with lid down on MEDIUM heat for
about 8 minutes (for thin fillets; a few minutes longer for thicker
fillets).

Flip salmon after 4 minutes of grilling time has passed. Salmon is
done when it flakes apart easily with a fork and is hot in the middle.

Don’t over-cook, or it can be dry.

Serve hot with some cooked rice and grilled veggies or a salad!



Grilled Copper River Salmon

This recipe is from Tammy’s Recipes.

Alder Plank Grilled Potatoes

Thinly sliced potatoes tossed with basil, garlic, and oil and grilled on a plank of Alder wood for a fragrant smoky flavor
Yield:

4-6 servings
Ingredients:

2 pounds red or Yukon Gold potatoes – about 8-10 small [<2inches in diameter] potatoes
2-3 teaspoons minced garlic (about 4-6 cloves)
2 teaspoons salt

1/2 teaspoon ground black pepper
1 1/2 teaspoons dried basil
1/3 cup oil
1 large Alder wood plank*
Instructions:

1.
Soak plank according to package instructions. I soak mine in a (very
clean) sink of water, weighted down. For these potatoes, I find it’s
best to soak the plank for as long as possible. Eight hours of soaking
time is great, so plan ahead!

2. Scrub your potatoes and thinly slice them. In a large mixing bowl,
toss together the sliced potatoes, garlic, salt, pepper, basil, and
oil.

3. Preheat grill on HIGH (or prepare charcoal grill). Turn grill to
MEDIUM heat and place soaked plank on grill. Put the potatoes in a layer
on the plank. Close the lid of the grill and grill for about 40-50
minutes on MEDIUM, stirring potatoes once or twice during cooking.
Potatoes are done when tender in the middle and crisp at the edges!

I have tried grilling these potatoes on HIGH instead of MEDIUM, and that also works, shortening the grilling time to about 30 minutes. Stir every 10-12 minutes if using high heat!



Alder Plank Grilled Potatoes

This recipe is from Tammy’s Recipes.

Grilled Chicken Souvlaki Gyros

Grilled
chicken marinated in lemon and fresh herbs, served gyro-style on pita
bread with tzatziki sauce, tomato, onion, and feta cheese
Yield:

4 servings
Ingredients:

Chicken souvlaki ingredients:

1 pound boneless skinless chicken breast or tenders, cubed for skewers
2 cloves garlic, minced

1/2 teaspoon lemon zest
1 tablespoon lemon juice
2 teaspoons fresh oregano, chopped
1 teaspoon fresh thyme
1 teaspoon salt
1/2 teaspoon lemon pepper seasoning, optional
Oil

Tzatziki sauce ingredients:

1/2 cup grated peeled cucumber (seeds removed and juice drained*)
1/4 cup greek yogurt or plain yogurt
1/4 cup sour cream
1 tablespoon chopped oregano
1/2 teaspoon lemon zest
1 teaspoon lemon juice
1/2 teaspoon salt

For serving:

4 pita rounds (regular pita bread or whole wheat pita bread)
2 tomatoes, sliced
4 slices of red onion
1/4 cup crumbled Feta cheese, optional
Lettuce (whole leaves or shredded), optional Instructions:

1.
Soak bamboo skewers. Toss the chicken chunks with the garlic, lemon
zest, lemon juice, oregano, thyme, salt, and lemon pepper seasoning in a
large bowl or Ziplock bag. Allow to marinate for 15 minutes.

2. While the chicken is marinating, make the tzatziki sauce by mixing
the cucumber, yogurt, sour cream, oregano, lemon zest, lemon juice, and
salt in a bowl.

3. Preheat grill on HI for 10 minutes (or prepare coals for charcoal). While grill is heating, put chicken on skewers and drizzle or
spray with a little oil.

4. Reduce grill heat to medium and grill chicken with lid closed,
rotating skewers every 5 minutes or so, until chicken is done (about
10-15 minutes depending on the size of the chunks and your grill).

5. Serve hot grilled chicken “gyro-style” – with the pita bread, prepared tzatziki sauce, tomato slices, onion slices, and feta and/or lettuce if using.



Grilled Chicken Souvlaki Gyros

This recipe is from Tammy’s Recipes.

Fresh Tomato Soup

An easy, summery fat-free homemade tomato soup. Served smooth or chunky, this soup makes a flavorful serving of veggies!
Yield:

6-8 servings
Ingredients:

10 medium-large tomatoes (about 3 pounds), washed and diced
3 carrots, scrubbed, trimmed, and diced
5 celery ribs, diced*
2 huge onions, chopped
1 1/2 tablespoons minced garlic (about 6-8 cloves)
4 cups fat-free chicken broth**
2 tablespoons sugar
dash of black pepper
1 tablespoon dried basil
1 teaspoon dried oregano
1 1/2 teaspoons salt
Instructions:

1.
In a large stock pot, simmer the first 6 ingredients for about 1 hour,
covered. Stir occasionally during cooking if needed. Vegetables should
be tender.

2. Add remaining ingredients and simmer for an additional 10 minutes or so. Adjust salt to taste (important!).

3. Serve soup chunky if desired. For a smooth tomato soup, transfer
hot soup to blender and blend until soup is smooth. Pour into bowls and
serve.

Store leftovers in the fridge.



Fresh Tomato Soup

This recipe is from Tammy’s Recipes.