Twisted Parmesan Breadsticks

Yield:

12 large breadsticks
Ingredients:

1 cup warm water (110-115 degrees F)
1 package (2 1/4 teaspoons) active dry yeast
Pinch of sugar
1/2 teaspoon salt
2 1/2 to 3 cups all-purpose or bread flour
3/4 cup fresh shredded Parmesan cheese
Garlic salt, for sprinkling
1/3 cup melted butter, for brushing
Instructions:

1.
Combine the warm water, yeast, and pinch of sugar in a medium-size
mixing bowl (or in a bread machine pan). Stir and let rest for about 10
minutes, until foamy.

2. *Add 1 cup of the flour and stir; then add the salt and another
cup of flour. Stir well, and add additional flour as needed until you
can turn the dough onto a lightly-floured surface and begin kneading.
Knead for about 5 minutes, until dough is smooth and elastic. Place
dough back in mixing bowl (scrape out residue first if needed) and
lightly oil the top of the dough. Cover with a clean cloth and let rise
in a warm place until doubled in size (60-90 minutes).

3. Gently deflate dough. Turn onto a lightly-floured surface, kneading out large air bubbles if needed. Then, roll dough into a large rectangle, about 12×16 inches or even slightly larger. Be sure the bottom of the dough is lightly floured so it doesn't stick to the counter when you try to lift the breadsticks later.

4. Sprinkle the Parmesan cheese over one half of the rectangle lengthwise. Sprinkle lightly with garlic salt. Fold dough in half lengthwise, to enclose the Parmesan cheese.

5. Using a pizza cutter or sharp knife, cut dough from top to bottom (starting at the fold) into 12 equal strips.

6. Grease a large baking sheet (13×18-inches) or two smaller baking sheets – or, use a silicone liner (my favorite!). Pick up each strip of cheesy dough and twist several times, pulling into a breadstick about 12 inches long as you twist. If any of the cheese falls out, just roll the bread stick in it after it's twisted to pick up the cheese that fell. Place breadsticks on the baking sheet, allowing 1/4 to 1/2 inch between each breadstick.

7. Cover with a clean towel and let rise in a warm place for about 20 minutes. Preheat oven to 375 degrees Fahrenheit.

8. Uncover breadsticks and brush lightly with the melted butter. Sprinkle with additional garlic salt. Bake breadsticks for 15-20 minutes, until lightly browned on top and "springy" to the touch. Serve hot or warm.



Peach Mango Salsa

Yield:

7-8 cups of salsa
Ingredients:

1 large ripe peach
1 large ripe mango
3 medium-size tomatoes
1/2 sweet onion
1/2 green, red, or yellow bell pepper
1 clove garlic, minced
2 teaspoons (or more) minced fresh Jalapeno pepper
1/2 cup (or more) freshly chopped cilantro
1 tablespoon lemon or lime juice
1/2 teaspoon salt
1 tablespoon sugar
Instructions:

1.

Peel the mango (and peach, if desired) and chop both into small chunks
(remove pits). Dice the tomato, sweet onion, and bell pepper into small
chunks.

2. In a mixing bowl, stir together the peach, mango, tomato, onion,
bell pepper, garlic, Jalapeno pepper, and cilantro. Add the lemon juice,
salt, and sugar and stir well to coat. Let rest at room temperature for
15 minutes for flavors to combine, or refrigerate until needed.

This salsa keeps for 2-3 days in the fridge, or can be frozen for later use!

Serve with your favorite chips, grilled chicken, grilled fish, or taco fixings!



Peach Mango Salsa

Soft Kefir Cheese (or Yogurt Cheese)

A creamy soft cheese made from kefir or yogurt. Easy to make and a perfect substitute for sour cream, cream cheese, and more!
Yield:

Varies
Ingredients:

8 cups (or more) homemade kefir or homemade yogurt

Supplies needed:

Strainer
Bowl
Cheesecloth or thin dish towel
Instructions:

1.
Place your strainer in the bowl. (Ideally the bottom of the strainer
should rest at least a few inches above the bottom of your bowl.) Line
with the cheesecloth (2 layers of 90-count cheesecloth works perfectly!)
or clean thin dish towel.

2. Pour your kefir or yogurt into the cheesecloth or towel. Allow to
grain for 15-20 minutes. Carefully and gently tie the towel ends
together to cover the kefir (or yogurt). Allow kefir to drain for an
additional 8-24 hours (can be kept out on the counter or in the fridge

while draining), until the cheese is the consistency desired.

For a sour cream consistency, I like to drain for about 8 hours. This
makes a creamy spreadable texture, perfect on tacos, beans and rice, or
spread on crackers!

For a thicker cream cheese consistency, drain for 18 hours (approximately). This is great for cheese balls or cheese spread.

Drain for 24 hours or so for a thick soft cheese copnsistency.

Add herbs if desired! Store cheese in fridge until used (keeps for several weeks).



Kefir Cheese Preparation



Kefir Cheese and Whey



Kefir Cheese

Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!
Yield:

about 2 cups
Ingredients:

2 cups cooked pinto beans*
2 tablespoons oil
1 small clove garlic, minced
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1/4 teaspoon ground cumin
~1/2 cup water, as needed
Salt, to taste
Your favorite hot sauce, to taste
Chopped fresh cilantro, optional Instructions:

1.
Heat heavy skillet or pan (I use cast iron) over medium heat. Add oil,
then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing
with a spoon or spatula as you stir and adding a little water as
needed.

2. Cook until beans are hot and as smooth as desired (I like mine
chunky!). Add salt to taste and a few splashes of hot sauce along with
freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.



Best Ever Blueberry Muffins

Yield:

12 muffins
Ingredients:

2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
2 large eggs
1/2 cup oil
1/2 cup milk, warmed in microwave
2 teaspoons vanilla extract
2 cups fresh or frozen blueberriesInstructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.

2. In a separate bowl, beat the eggs and oil. Add the warm

milk and vanilla extract.

3. Pour wet ingredients into dry, and stir.

4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.

5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



Best Ever Blueberry Muffins

Best Ever Blueberry Muffins (Tammy’s Recipes)

Soft, sweet, and bursting with blueberries: these blueberry muffins are our favorite homemade blueberry muffins, and super easy to make, too!Yield:

12 muffinsIngredients:

2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
2 large eggs
1/2 cup oil
1/2 cup milk, warmed in microwave
2 teaspoons vanilla extract
2 cups fresh or frozen blueberriesInstructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.

2. In a separate bowl, beat the eggs and oil. Add the warm milk and vanilla extract.

3. Pour wet ingredients into dry, and stir.

4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.

5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out

clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



Best Ever Blueberry Muffins

Additional Notes:

This blueberry muffin recipe was created by my friend Lisa M., who has brought them to us numerous times after the birth of a baby or a move. I begged her for her recipe and have made it tens of times since she obliged.Preparation Time:

15 minutesCooking Time:

20-25 minutes

Weekly Menu #7

Sunday: baked chicken legs, baked broccoli (Alton Brown's recipe), a starch

Monday: Easy Paella (my recipe)

Tuesday: Greek Cigars

Wednesday:

Thursday:

Friday: Broccoli & Cheddar Cheese Soup, homemade bread

Saturday:

Weekly Menu #9

Saturday: Scrambled eggs, onions, potatoes, bacon, toast, L: cheese & crackers, sliced veggies, D: Veggie soup w/ fresh bread

Sunday: Out for breakfast, L: to in-laws

Monday: Breakfast burritos, L: ham & cheese sandwiches, chips, sliced veggies, oranges, cookie D: Stir-fry w/ pork & rice, pudding w/ whipped cream

Tuesday: Dave breakfast burritos, John & I apples & cinnamon oatmeal L: Dave same as yesterday John & I grilled cheese, oranges D: Dave out to Knights for dinner…John and I McDonald's

Wednesday: Dave breakfast burritos, John & I scrambled eggs, L: everyone gets ham & cheese sandwiches, D: tacos,

Thursday: Dave gets breakfast burritos & OJ, John and I oatmeal with pomegrantes, L: Quesadillas w/ cheese and refried beans and Dave gets ham & cheese, D: meatloaf, mashed potatoes, veggies, jello carrot pineapple salad w/ whipped cream

Friday: Dave gets oatmeal, L: peanut butter & jelly sandwiches D:lentil soup, sliced veggies

Saturday: B: pancakes & bacon L: quesadillas w/ cheese & refried beans D: chicken souvlaki in pitas

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Oven Baked Chicken

2 large egg whites
3 Tbsp honey-Dijon mustard
2 cups plain panko crumbs (we used Progresso)
1 tsp ground ginger
1/2 tsp garlic powder
8 skinless chicken drumsticks (about 2 1/4 lb)
Nonstick spray

Recipe Preparation

1. Heat oven to 475ºF. You'll need a rimmed baking sheet lined with foil and coated with nonstick spray.
2. Slightly beat egg whites and mustard with a fork in a pie plate. Mix crumbs, ginger and garlic powder on a large sheet of wax paper until blended.
3. Roll drumsticks in egg white mixture; shake to remove excess. Roll in crumbs, then place on prepared pan. Coat chicken with nonstick spray. Bake 25 minutes until chicken is cooked through and coating is browned.

Irish Soda Bread

3 1/2 cups all-purpose flour, plus more for work surface
1/4 cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon salt
1/2 cup (1 stick) unsalted butter, cut into small cubes and frozen, plus more, softened, for skillet
1 (8-ounce) container sour cream
1 large egg
2 cups raisins
1 cup buttermilk
Caraway seeds (optional)

Directions

Preheat oven to 375 degrees with a rack set in lower third of oven. Lightly butter a 10-inch round cast-iron skillet; set aside.
In a large bowl, whisk together flour, sugar, baking powder, baking soda, and salt. Add butter, sour cream and egg; mix, using a pastry blender, until mixture resembles coarse crumbs. Stir in raisins, buttermilk, and caraway seeds, if using, and mix until a sticky dough forms.
Turn dough out onto a lightly floured work surface. Using a floured bench scraper, form into a round loaf; using a sharp knife score a large “X” in the center.
Place in prepared skillet and transfer to oven. Bake until loaf is golden brown and a toothpick inserted into the center comes out clean, about 1 hour. If top begins to brown too quickly, loosely cover with a piece of parchment paper-lined aluminum foil. Transfer to a wire rack to cool.