

Easy Grilled Salmon with Lemon

A tender grilled salmon fillet with butter, garlic, and lemon

Yield:

4 servings

Ingredients:

Two 8-ounce Salmon fillets

liquid smoke flavoring*

salt

freshly ground pepper

1 fresh lemon, sliced or in wedges**

oil, in a spray bottle (easiest)

2 cloves minced garlic

2 tablespoons butter, sliced

Instructions:

1.
Lightly season fillets (both sides, if skinless) with liquid smoke flavoring. Sprinkle salt and pepper. Squeeze lemon juice over salmon.

Spray both sides with oil, lightly.

2. Mix (mash) garlic and butter together. Dab half of the butter mixture on top of the fillets.

3. Preheat grill on high for 10 minutes. Reduce heat to medium. Place salmon directly on grill grate, or, use a grill grid/plate for grilling delicate foods. (If using a grill grid/plate, pre-heat it with the grill.)

4. Grill with lid closed. Flip once during cooking, and apply the remaining garlic butter to the top of salmon after

flipping.

Approximate grilling times for fish fillet:

1/2-1" thick ~10 minutes Medium

1-1 1/4" thick ~12-14 minutes Medium

Fish should flake apart inside when done.



Easy Grilled Salmon with Lemon

This recipe is from Tammy's Recipes.

Salmon Potato Casserole

A comforting creamy casserole of cheesy sliced potatoes and smoked salmon

Yield:

8 servings

Ingredients:

1 large onion or 2 medium onions, finely diced or thinly sliced

3 large potatoes (about 2 or 2.5 pounds), scrubbed and thinly sliced

1/2 cup heavy whipping cream

1 1/2 cups milk

1 teaspoon salt

1/2 teaspoon black pepper

3 cups (12 ounces) shredded cheddar cheese

8 ounces smoked salmon*

Instructions:

1. In a large mixing bowl, stir together the onions, potatoes, cream, milk, salt, and pepper.

2. In a 9×13-inch baking dish, spread a layer of potatoes/onions, using almost half of what is in the mixing bowl. (I use my hands to separate and spread.)

3. Sprinkle a cup of the cheese over the potatoes. Spread a layer of salmon across, and then the rest of the potatoes/onions. Sprinkle the remaining 2 cups of cheese on top, and pour or spoon the extra milk/cream from the mixing bowl over the cheese.

4. Cover dish with foil (lightly oil the underside of the foil if it will be touching the cheese) and bake at 400 degrees for 60 minutes. Uncover the dish and bake at 350 degrees for about 30 minutes longer, until potatoes are tender. Serve hot and enjoy!



Salmon Potato Casserole

This recipe is from Tammy's Recipes.

Baked Cod with Lemon and Dill

Cod fillets brushed with lemon dill butter and baked until tender and flaky

Yield:

2 servings

Ingredients:

12 ounces cod fillets*, fresh or thawed

2 tablespoons butter

1/2 teaspoon fresh lemon zest

1/2 teaspoon dried dill weed

salt

pepper

1 tablespoon freshly squeezed lemon juice

Lemon wedges, for serving (optional)

Instructions:

1. Preheat oven to 450 degrees. Melt butter in a small sauce pan and stir in the lemon zest and dill.
2. Rinse fish fillets if desired, and pat dry with a paper towel. Sprinkle both sides (if fish is skinless) with salt and pepper. Lay fish on an ungreased baking sheet.
3. Drizzle half of the butter mixture over fish. Flip fillets over and drizzle remaining butter on top. Sprinkle with lemon juice.
4. Bake at 450 degrees for 12-15 minutes, or until fish tests done (tender and flaky inside). If fillets are thin, check at 12 minutes; if fillets are thicker they will probably need at least 15 minutes.

Serve over rice, with lemon wedges to squeeze over fish and rice if desired! ☐



Baked Cod with Lemon and Dill

This recipe is from Tammy's Recipes.

Easy Tuna Noodle Casserole

A simple cheesy from-scratch tuna noodle casserole!

Yield:

8 servings

Ingredients:

8 ounces pasta or 12 ounces egg noodles

2 6-ounce cans of tuna, drained

1 onion, chopped

3 tablespoons butter

2 tablespoons all-purpose flour

2 cups milk

1 teaspoon salt

dash of pepper

1 1/2 cups (6 ounces) shredded mozzarella cheese

1 1/2 to 2 cups shredded cheddar cheese

Instructions:

1. In a large stock pot, cook the pasta or egg noodles according to package instructions. Drain pasta in a strainer.
2. In the now-empty stock pot, melt the butter. Add onions and saute until onions are tender. Stir in flour to make a thick paste. Add milk, salt, and pepper. Cook and stir until bubbly and slightly thickened. Remove from heat.
3. Add cooked pasta and drained tuna to sauce, stirring to coat. Stir in mozzarella cheese.
4. Pour into a lightly greased 9×13-inch baking dish. Top with

shredded cheddar cheese.

5. Bake uncovered at 350 degrees. Bake for 20 minutes or until cheese is bubbly.

Additional Notes:

This casserole can be made ahead and refrigerated until ready to bake. If baking after refrigeration, place cold dish in oven before pre-heating oven. Bake



Easy Tuna Noodle Casserole

This recipe is from Tammy's Recipes.

Joshua's Grilled Chicken Pizza

Homemade pizza crust topped with flavorful grilled chicken, shredded cheese, veggies, and pizza sauce with some extra kick!

Yield:

12 slices

Ingredients:

For the crust:

1 cup warm water (115 degrees)

1 teaspoon salt

3 cups all-purpose flour

2 1/4 teaspoons instant active dry yeast

For the grilled chicken:

4-6 chicken breast tenders

black pepper

lemon pepper seasoning

garlic salt

For the sauce:

1 cup pizza sauce

2-3 tablespoons BBQ sauce (we use a hot kind!)

Toppings:

12 ounces (3 cups) shredded mozzarella cheese

1 cup chopped bell peppers (we use a variety of colors!)

1/4 to 1/2 cup sliced or diced onions (we like the purple ones!)

Sliced black olives, optional

Pineapple chunks (drained), optional

4 ounces (1 cup) shredded sharp cheddar cheese

Instructions:

1.

In a medium mixing bowl, combine the water and salt for the pizza

crust. Add 2 1/2 cups flour and the yeast and stir. Add additional flour

if needed to form a dough. Knead for 5-6 minutes. Set dough aside and cover.

If you have a bread machine, it's even easier to make the crust.

Place crust ingredients in bread machine in the order listed (use 2 3/4 cups of flour rather than 3). Start machine on dough cycle. You can take the dough out of your machine whenever it's done kneading – my machine takes about 25-30 minutes.

2. Spray or brush chicken tenders with oil. Sprinkle with pepper, lemon pepper, and garlic salt. Grill according to grill instructions (our Weber Q grill takes about 6 minutes). Allow cooked chicken to cool and then cut into half-inch chunks.

3. Liberally butter a 16-inch round pizza pan. Use your buttery hands to spread/press the pizza dough onto the pan.

4. Mix the pizza sauce with the BBQ sauce. Spread evenly over the crust. Top with shredded mozzarella cheese.

5. Sprinkle chicken pieces over the mozzarella cheese. Add the veggie toppings, and finish with the cheddar cheese.

6. Pre-heat oven to 450 degrees. Bake pizza for 11-15 minutes, or until done.

I use a non-stick pan with holes in the bottom, and it takes 11 minutes on the top rack of my electric oven.

If I'm using my steel pizza pan (no holes in the bottom), I put the

pan on the bottom rack of the oven, which helps the crust get browned/cooked enough before the top is too dark. The thicker/heavier your pan, the more likely that you will need to bake it on a low rack (close to the heating element) to avoid soggy crust. ☐

If I'm baking two pizzas at once, the baking time is more like 18-20 minutes (I rotate the pizzas to ensure even baking).

If you like a fluffier crust, allow pizza to rest for 15-30 minutes before baking. We usually don't wait the extra time though! ☐



Joshua's Grilled Chicken Pizza

This recipe is from Tammy's Recipes.

Italian Chicken and Asparagus

A creamy chicken sauce with steamed asparagus and fresh tomatoes, served over hot pasta

Yield:

8 servings

Ingredients:

1.5 pounds fresh asparagus, trimmed and cut into 2-inch pieces*

2 cups fresh tomatoes, diced

8 ounces spaghetti pasta, cooked according to package instructions

3 large boneless skinless chicken breasts (about 1.5 pounds), cut into bite-sized pieces

1 large onion, chopped (OR 1/4 cup dried onions)

3 cloves garlic, minced

1/4 cup water

1/4 cup (1/2 stick) butter

1/4 cup all-purpose flour

2 cups milk

1 cup sour cream

1/2 teaspoon basil

1 teaspoon oregano

salt, to taste

Shredded Parmesan cheese, for serving

Instructions:

1.

Place diced chicken, onion, garlic, water, and butter into a heavy skillet and cook over medium or medium-high heat until chicken is fully cooked.

2. Pour 1 cup of the milk into the pan with the chicken. In a separate bowl, whisk together the flour and the other cup of the milk.

Add to chicken mixture and cook and stir until mixture bubbles and thickens.

3. Turn heat to low or warm. Stir in sour cream, basil, and oregano.

Add salt to taste. (I like to make the sauce a little extra salty since I am not adding salt to the pasta or tomatoes.) Keep chicken sauce warm while the rest finishes:

4. Steam asparagus just until tender. Alternately, you can boil the asparagus for just a minute or two and then drain. The main thing is to just cook until tender. □ Lightly salt asparagus before or after cooking, to taste.

5. To serve, layer hot pasta and top with hot steamed asparagus. Spoon chicken sauce over asparagus, sprinkle with diced tomatoes, and end with some shredded Parmesan cheese on top! Enjoy! □



Italian Chicken and Asparagus

This recipe is from Tammy's Recipes.

Southwest Chicken Salad

A bed of lettuce layered with colorful veggies, black beans, and cilantro, topped with tangy homemade dressing!

Yield:

4 servings

Ingredients:

Dressing Ingredients:

3 tablespoons oil

3 tablespoons Balsamic vinegar*

2 cloves garlic, minced

1/4 teaspoon salt

dash pepper

Salad and Toppings:

Approximately 4 cups lettuce of your choice, freshly washed and torn

1 cup chopped multi-colored bell peppers (green, red, yellow, and/or orange)

1 cup cooked or grilled chicken, cubed

1 cup cooked black beans, rinsed and drained

1/2 cup sliced green onion tops

2 avocados, diced

a handful of chopped fresh cilantro Instructions:

1.
Start by combining dressing ingredients in a small bowl and whisking

with a fork or small whisk. Set aside for flavors to combine.

2. Prepare lettuce and toppings by washing, chopping, etc. as

specified in the ingredient list.

3. Layer salad starting with the lettuce. Sprinkle colored peppers, chicken, black beans, green onions, avocado, and cilantro.

4. Drizzle dressing on top and enjoy!



Southwest Chicken Salad

This recipe is from Tammy's Recipes.

Mediterranean Herb Chicken Pizza

A delicious homemade pizza with garlic, chicken, sun dried tomatoes, feta cheese, and baby spinach

Yield:

16 slices

Ingredients:

Crust Ingredients:

1 cup warm water (110 degrees)
1/2 teaspoon salt
2 to 2.5 cups bread flour (or all-purpose flour)
2 teaspoons active dry yeast

Sauce Ingredients:

1/3 cup Light or Fat Free Italian salad dressing*
2-3 cloves minced garlic
1/2 teaspoon salt
dash of black pepper

Toppings:

3-4 cups (12-16 ounces) shredded mozzarella cheese
1-2 cups cooked cubed chicken breast**
1/3 cup Sun Dried tomatoes
1/2 to 3/4 cup crumbled feta cheese
1/3 cup diced onions, optional
1 cup (or one small handful) fresh baby spinach leaves
1 medium-large Roma tomato, diced

Crushed red pepper, for serving (optional)
Parmesan cheese, for serving (optional)

Instructions:

1.
To make pizza crust, combine warm water and salt in a mixing bowl. Add about 2 cups of the flour, along with the yeast, and stir until a sticky dough forms. Add more flour as needed, and knead dough with clean hands until a soft, elastic dough forms. Knead for 5 minutes or so.

If you have a bread machine, set machine to "dough" cycle and put ingredients into the machine in order listed. (Start with 2

cups of
flour and add more as it kneads if the dough looks too
sticky.) Dough
should be slightly sticky, but smooth and elastic. I allow my
bread
machine to knead the dough for about 15 minutes (or until
dough looks
smooth and elastic) before turning off the machine and pulling
out the
dough to use.

2. Liberally butter a 16-inch round pizza pan. With clean
buttery
hands, spread and press the dough into the pan to form a pizza
crust.

3. Mix sauce ingredients together and spread over the dough.
Sprinkle
toppings on. I listed the toppings in the order I prefer to
add them
(sun dried tomatoes can get too dark if they're added last;
the spinach
shrinks substantially as it cooks and will look like a lot
less in the
end!).

If you like a thinner crust, pre-heat oven and bake
immediately. If you
prefer a slightly thicker/fluffier crust, allow pizza to rest
for 15-20
minutes before baking.

4. Pre-heat oven to 450 degrees. Bake pizza for 10-12 minutes,
until
the crust is browned on bottom and the toppings are hot and
bubbly.

If I'm using a thinner, non-stick pizza pan, I bake it on the

top

oven rack. For a heavier/thicker stainless steel pan, I use the bottom

oven rack to ensure that the crust gets fully cooked.

5. Remove pizza from oven; cut into slices after about 5 minutes. Serve with crushed red pepper and Parmesan cheese if desired.

Additional Notes:

*I have used Wishbone brand, no-name store brands, Kraft, or even homemade (although I prefer the commercial dressing as it is more flavorful).



Mediterranean Herb Chicken Pizza

Cilantro Chicken with Avocado

Salsa

picy grilled chicken breast served with a fresh salsa made with tomato, avocado, and green onions

Yield:

4 servings

Ingredients:

Chicken ingredients:

4 large (6-8 ounces each) boneless skinless chicken breasts

salt

black pepper

1/4 cup fresh finely chopped cilantro

oil, preferably in a spray bottle

Tapatio hot sauce

Avocado salsa ingredients:

2 cups chopped fresh tomato

4-5 green onions, chopped

1/2 cup fresh chopped cilantro (or more, to taste)

1 tablespoon fresh lemon or lime juice

1/4 teaspoon salt

dash black pepper

1 large avocado, finely chopped (about 3/4 cup) Instructions:

1.

Lay chicken breasts in a 9×13-inch dish. Sprinkle with salt, pepper,

and cilantro; spray with oil and splash with Tapatio. Turn chicken over

and repeat on other side. Set aside.

2. Combine salsa ingredients (except avocado) in a medium bowl and

stir to mix. Add avocado and stir gently to combine. Set

aside.

3. Preheat grill.* Grill chicken until done (our Weber Q grill takes 10-12 minutes on medium, grilling with lid closed). Serve hot chicken with fresh salsa.



Cilantro Chicken with Avocado Salsa

This recipe is from Tammy's Recipes.

Thin-Crust Chicken Bacon Artichoke Pizza

Thin

crispy crust with a light garlic sauce, topped with grilled chicken,

turkey bacon, mozzarella, baby spinach, marinated artichokes, and feta

cheese

Yield:

8 large slices

Ingredients:

Crust Ingredients:

1/2 cup warm water (115 degrees)

1/2 teaspoon salt

1 1/3 cups all-purpose or bread flour

1 teaspoon dry yeast

Garlic Sauce Ingredients:

1/4 cup light or fat free Italian salad dressing

1/2 teaspoon granulated garlic or garlic powder

1/2 teaspoon salt

dash black pepper

Toppings:

1/2 cup cubed or thinly sliced grilled or rotisserie chicken breast meat

1 cup (loosely measured) baby spinach leaves

1/3 to 1/2 cup marinated artichoke hearts, blotted dry and cut into bite-size (small) pieces

8 ounces (2 cups) shredded mozzarella cheese

2-3 slices turkey bacon ("fully cooked"), chopped into small pieces

1/4 cup crumbled feta cheese

Green onion slices, optional

Parmesan cheese, for serving (optional)

Instructions:

1.

To make crust, place warm water and salt into a medium mixing bowl. Add

a cup of the flour and the yeast, and stir. Add remaining flour (1/3

cup) and stir or knead into a sticky dough, adding additional water if

needed. Allow dough to rest, covered with a clean towel, for at least 10 minutes but up to 30-45 minutes.

If you have a bread machine, this first step can be done by putting all crust ingredients into the machine and using the dough cycle to knead for 10-15 minutes, until a soft, sticky dough is formed. Stop the machine and allow dough to rest for at least 10 minutes, or up to 30-45 minutes.

2. Liberally butter a 16-inch round pizza pan, and then with your clean buttery hands, spread dough thinly over the pan. Be gentle and have patience, as this does make a perfectly thin crust!

3. Combine the garlic sauce ingredients and spread the sauce over the dough/crust and allow to rest for 15 minutes or longer (up to 45 minutes).

4. Sprinkle toppings evenly over sauce in order listed.

5. Bake pizza in a pre-heated 450-degree oven for 10 minutes or until top is browned and bubbly, and crust is slightly browned on the bottom.

Watch carefully to avoid burning! ☐

Cut pizza into 8 slices and serve hot, with parmesan cheese if desired. Enjoy!



Thin-Crust Chicken Bacon Artichoke Pizza
This recipe is from Tammy's Recipes.