Au Gratin Potatoes, Ham & Broccoli Casserole

For this recipe I use two boxes of store bought au gratin potatoes, a bag of frozen broccoli and a ham steak that I've diced. I mix everything together in a casserole pan and bake for 45 minutes at 450 degrees. The boxes of au gratin potatoes call for a lot of water, milk and butter. I only use what is called for using one box plus a 1/2 cup of milk because the ham and broccoli give off some much of their own water while cooking. The first time I made this I used the amounts called for and we ended up with a very soupy casserole.

Jalapeno Poppers (Baked)

Ingredients:
12 large jalapeno peppers
6 ounces cream cheese, softened
6 ounces (1 1/2 cups) shredded mozzarella cheese or Monterrey Jack
1/4 cup (packed) finely chopped cilantro leaves
1/8 teaspoon salt
Bread crumbs or Parmesan cheese, optional

Instructions:
1. If you have sensitive hands, wear protective rubber or plastic gloves, slice jalapenos in half lengthwise and remove the ribs and seeds (this is where the majority of the heat of a jalapeno resides).

2. In a mixing bowl, beat the cheeses, cilantro and salt until

creamy. Spread into halved peppers. Dip the tops of the peppers (the open cheese-stuffed side) in bread crumbs or grated Parmesan cheese.

3. Place peppers cheese stuffing up on a foil lined baking sheet. Bake at 425 degrees for 15 minutes or until hot and lightly browned on top.

Tamale Pie Casserole

1 1/2 lb hamburger

1 med. onion sliced

2 cups canned stewed tomatoes

1 sm. can of tomato sauce

2 cups corn

1 cups sliced black olives

1 t salt

1/4 t pepper

1 T chili powder

1 garlic clove

1/4 cup green pepper chopped

Topping:

1 1/2 cup milk

1/2 cup cornmeal

2 T butter

1 t salt

2 beaten eggs

1 cup shredded cheese

Brown hamburger and onion. Add tomatoes, sauce, corn, olives, green pepper and seasonings and cook for about 20 minutes. Pour into well greased x12 inch baking dish. Topping: Mix the milk, cornmeal, butter and salt, cook until thick. Add the eggs and cheese. Mix well and pour over meat mixture. Bake until top is browned. 350 degrees for 45 to 1 hour.

Broccoli-Potato Soup w/ Greens

2 medium potatoes, chopped

14 oz can of chicken broth

3 cups broccoli florets, bite-sized

2 cups milk

3 T flour

2 cups smoked Gouda, shredded

2 cups greens (curly endive, chicory, escarole, spinach)

Additional gouda, shredded

1. Combine potatoes, broth. Bring to boil and reduce heat. Simmer covered 8 minutes. Mash slightly. Add broccoli and

milk, bring to just a simmer.

2 In a bowl toss flour w/ cheese. Gradually add to soup, stirring until melted. Season to taste with salt & pepper. Divide amongst bowls and serve with greens and additional cheese.

Weekly Menu #4

Monday: B: out, L: out, Dinner: Sausage, peppers, onions over rice. Ice cream.

Tuesday: B: Cereal and yogurt. L: Daddy ham sandwich, fruit cup, chips, cookies, seltzer. John & Andrea grilled cheese, fruit, cookie, milk. Dinner: Easy Paella.

Wednesday: B: Cereal & yogurt. L: Daddy…same as above. John & Andrea mac n' cheese, fruit & veggies, cookie, milk. Dinner: Meatball Souvlaki, greek yogurt, pitas, roasted veggies.

Thursday: B: Cereal & yogurt. L: Daddy…same as above. John & Andrea hot dog, fruit & veggies, cookie, milk. Dinner:pork chops, stuffing, broccoli.

Friday: B: Cereal & yogurt. L: Daddy…same as above. John & Andrea grilled cheese, fruit, cookie & milk. Dinner: Stuffed clams, rice, salad.

Saturday: B: Scrambled eggs.

Taco John’s Potato Ole Seasoning Recipe

Taco John’s Potato Ole Seasoning Recipe

I’ve been trying my best to concoct a recipe for the seasoning that Taco John’s uses on their infamous Potato Oles.

After mucho, mucho practice, I come up with a Potato Ole Seasoning recipe that is a variation on this Low Sodium Lawry’s Seasoned Salt Recipe.

- 4 parts low-salt Lawry’s
- 2 parts paprika
- 1 part ground cumin
- 1 part red pepper

Easy Paella

1 box of yellow rice (or yellow saffron rice)

1 can diced tomatoes

1 can black beans (drained & rinsed)

2 tsp garlic powder

2-3 links of cooked breakfast sausage, cut into rounds (other sausage will work just fine too)

10-12 shrimp (shelled & cooked)

Any leftover veggies sitting in the fridge (roasted onion, broccoli, red peppers etc.)

Cook the rice, add the rest of the ingredients and warm until everything is heated through.

Korean Teriyaki Chicken w/ Maple Syrup

- 1/4 cup soy sauce
- 1 cup water
- 1/3 cup maple syrup
- 3 tablespoons dark sesame oil
- 2 cloves garlic, crushed
- 1 tablespoon minced fresh ginger root
- 2 teaspoons ground black pepper
- 5 skinless, boneless chicken breast halves
- 1 cup brown rice
- 2 cups water
- 2 tablespoons cornstarch

Directions

1. Mix the soy sauce, 1 cup water, maple syrup, sesame oil, garlic, ginger, and pepper in a large resealable plastic bag. Set aside 1/3 cup of the mixture. Place the chicken in the bag, seal, and marinate at least 2 hours in the refrigerator.
2. Place the rice in a saucepan with 2 cups water, and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes.
3. Preheat the oven broiler. Lightly grease a baking dish.
4. Pour marinade from the bag into a saucepan, and bring to a boil. Mix in the cornstarch, and cook and stir until

thickened.

5. Place chicken in the prepared baking dish. Basting frequently with the reserved 1/3 cup marinade, broil 8 minutes per side, until juices run clear. Place chicken over the cooked rice, and top with boiled marinade to serve.

Basic Sugar Cookie Dough

2 1/2 cups flour (plus more for rolling out cookies)

1/4 tsp baking soda

1/4 tsp kosher salt

2 sticks room temp butter

3/4 cup sugar

1 egg

1 tsp vanilla

Whisk together flour, baking soda & salt. Beat together butter & sugar until smooth. Add egg and beat until fluffy. Add vanilla and beat until mixed. Gradually, add dry mixture until just incorporated. Shape dough into a disc, wrap in plastic, chill for at least 1 hour before shaping.

Bake at 350 degrees until slightly browned.

Kielbasa & Roasted Vegetables w/ Mustard Sauce

Using 2 rimmed sheet pans, roast 2 chopped leeks, 1 large onion, 4 carrots and 5 Yukon Gold potatoes that have been tossed with olive oil, salt & pepper at 500 degrees for 30 minutes (or until browned). Add sliced kielbasa to the roasting vegetables 15 minutes into the cooking time.

Mustard Sauce:

1/2 cup sour cream

2 Tbsp Dijon mustard or Dijon country-style mustard

1 tbsp water

Serve roasted kielbasa, vegetables with the mustard sauce.