Easy Baked Salmon Fillet

Juicy, flaky seasoned salmon fillet, baked in the oven! Start from frozen or thawed, and have a fabulous dinner with 5 minutes' prep!

Yield:

4 servings

Ingredients:

4 salmon fillets (6-8 ounces each), frozen or thawed
2 teaspoons liquid smoke flavoring*
Freshly ground black pepper
Lemon pepper seasoning
Salt
Freshly-squeezed lemon juice, optional

Serving suggestions: cooked rice, potato wedges, and a green vegetable or salad

Instructions:

1. Preheat oven to 425 degrees. Line a baking sheet (with sides, to catch drippings) with foil. Place a wire rack (I use a wire cooling rack) on the foil-lined sheet. Place salmon fillets on wire rack, a few inches apart.

2. Season both sides of the salmon fillets with a thin coating of liquid smoke flavoring, some freshly ground black pepper, a sprinkling of lemon pepper seasoning, and some salt. Squeeze fresh lemon juice over, if desired. If you're using good salmon that was properly cared for/processed (and doesn't smell "fishy"), feel free to skip the lemon juice. If your salmon has skin on one side, place it skin-side-down and just season the top.

3. Bake salmon on wire rack/baking sheet in the middle of the

oven for about 15-20 minutes (thawed) or 30-35 minutes (frozen). Salmon is done when the flesh flakes easily with a fork and internal temperature is 145 degrees.

Serve with hot rice, salad, and/or a green vegetable.



This recipe is from Tammy’s Recipes.

Grilled Chicken Quesadillas with Black Beans and Corn

Slices of grilled chicken breast, black beans, shredded cheese, and corn tucked into a flour tortilla and grilled until toasty hot! Served with shredded lettuce, sour cream, tomatoes, and hot sauce, this is an easy meal everyone will LOVE!

Yield:

6 servings (3 if used as a main dish)

Ingredients:

1 can (15 ounces, or about 1 3/4 cups freshly cooked) black beans, rinsed and drained
1/2 of a 15-ounce can of corn, drained (optional)
2 cups (8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 medium grilled chicken breasts, sliced
Hot sauce, optional
1/2 cup chopped fresh cilantro
6 burrito-size flour tortillas

For serving (optional):

Shredded lettuce
Sour cream
Diced tomatoes
Fresh cilantro, chopped
Hot sauce

Instructions:

1. Combine the first 6 ingredients in a bowl for the filling.

2. Lay out the flour tortillas, and spread the filling evenly between them, in a semi-circle shape (half), so they can be folded in half.

3. Heat a griddle, indoor grill (like Foreman), or heavy skillet over medium heat. Place folded quesadillas in pan or on griddle and heat for a couple minutes on each side, until filling is hot, cheese inside is melted, and outsides are browned. Turn down the heat if they’re browning too quickly, or turn up the heat if they’re getting hot inside but not crisp and browned on the outside.

4. Remove quesadillas from griddle after cooking both sides. Cut in half or fourths with a pizza cutter or knife. Serve with lettuce, sour cream, tomatoes, hot sauce, and cilantro.

You can stuff some toppings inside, or just spoon on top, or dip.



This recipe is from Tammy’s Recipes.

Mexican Black Bean Burgers

Homemade vegetarian burgers made with black beans and a Mexican flair! Hot sauce and fresh cilantro in these black bean burgers will have you coming back for seconds!

Yield:

8 burgers (about 4 inches in diameter)

Ingredients:

3 1/2 cups cooked black beans (or 2 cans, rinsed and drained)
1/4 teaspoon granulated onion or onion powder
1/4 teaspoon granulated garlic or garlic powder
1 1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

2 large eggs
1-2 tablespoons hot sauce (We like Tapatio!)
1/2 cup (loosely measured) chopped fresh cilantro
1 to 1 1/2 cups bread crumbs
Oil, for cooking

For serving (pick and choose!):

Lettuce leaves, washed
Fresh tomato slices
Fresh cilantro
Sour cream
Chopped jalapenos
Sliced avocado
Fresh tomato salsa
Hamburger buns

Instructions:

1. In a food processor bowl, combine the black beans, granulated onion and garlic, salt, pepper, eggs, hot sauce, and cilantro. Pulse until mixture is creamy (some small pieces of beans is okay!)

If your food processor is small, you can do this in two batches, but be sure to put one of the eggs in each batch, as the egg helps it be thin enough to blend.

If you don’t have a food processor, you could try doing this in the blender, but you will have to stir it down a bit to make sure everything gets blended. Or, put everything in a bowl and blend with clean hands. Freshly-cooked and still-warm (but not hot!) beans will make this process easier.

2. Transfer creamed bean mixture to a mixing bowl, and then stir in enough of the bread crumbs to make a sticky dough, similar to cookie dough. Cover and let rest for about 10 minutes, to thicken. (You can prepare your toppings during this time!)

3. Preheat a skillet (I use cast iron) or griddle or indoor grill over medium heat. With slightly wet hands, form burger dough into 8 patties, about 1/2-inch thick.

4. Add some oil (about 2 tablespoons) to the skillet or griddle (or lightly spray an indoor grill with oil) and when oil is hot (hold hand over it to feel heat rising), fry burgers for about 3-4 minutes on each side, until browned on the outside and hot in the middle (middle will be moist). You can adjust the heat if the burgers seem to be cooking too slowly or browning too quickly.

Serve hot with toppings and enjoy!



Caesar Fish Salad

A crisp Caesar salad with oven-fried white fish fillets, topped with creamy Caesar dressing and sprinkled with Parmesan cheese

Yield:

4 dinner salads

Ingredients:

24 ounces white fish fillets (Tilapia, Pollock, Cod)

For the fish coating*:

1 cup flour
1 teaspoon salt
1/2 teaspoon chili powder
1 teaspoon paprika
1 teaspoon granulated garlic
1/4 teaspoon ground black pepper
2 large eggs
1 tablespoon milk

2 tablespoons butter, melted

For the salad:

2 large heads of romaine lettuce, washed and torn
1/3 cup grated Parmesan cheese
1 cup croutons, optional
~1/3 cup Caesar salad dressing
Sliced fresh tomato, optional
Sliced red onion, optional
Lemon zest, for garnish, optional
Additional Parmesan cheese, for garnish

Instructions:

1. In a shallow container or bowl, whisk together the flour, salt, chili powder, paprika, garlic, and pepper. In a separate shallow bowl or container, whisk together the eggs and milk.

2. Place melted butter in a 9×13-inch baking dish. Preheat oven to 400 degrees.

3. Pat fish fillets with paper towel to remove excess water.

Dip each fillet first in the flour mixture, then in the egg mixture, and then once again in the flour mixture. Place coated fillets in the prepared 9×13.

4. Bake fish at 400 degrees until crisp on the outside and flaky inside, about 15-20 minutes. (Fish should reach an internal temperature of 145 degrees.) You may flip once during baking, if desired.

5. In a big salad bowl, toss together the romaine lettuce, Parmesan cheese, croutons (if using), and enough Caesar salad dressing to coat the lettuce to your liking. (Don’t use too much!!) Spoon salad onto plates or into large salad bowls. Sprinkle diced tomatoes or red onions on top, if using. Sprinkle with lemon zest (optional) and additional Parmesan cheese, to taste.

6. Serve salad with the hot fish on top or on the side. Enjoy!



This recipe is from Tammy’s Recipes.

Maple Salmon and Broccoli with Rice

Chunks of flaky grilled salmon, crisp-tender broccoli florets, and onion wedges tossed together with a hint of flavor and sweetness from maple syrup, served over hot cooked rice!

Yield:

4 servings

Ingredients:

1/4 cup oil
1 pound broccoli florets (2-3 heads, trimmed)
1 large or 2 medium red onions, cut into wedges or thick half-slices
3/4 teaspoon salt
Dash of pepper
1/4 cup pure maple syrup
1 – 1 1/2 pounds of your favorite grilled salmon*, cut into 1-inch chunks
3 cups hot cooked rice** (1 cup [dry] before cooking)

Instructions:

1. Heat a heavy skillet (such as cast iron) or non-stick skillet over medium heat until hot. Add oil, and then toss in the broccoli florets and onion wedges. Stir and cook for a few minutes, until broccoli is crisp-tender and onions are turning translucent. Sprinkle salt and pepper and stir.

2. If using leftover (cold) salmon, add to fried mixture, reduce heat to low or warm, and cover with a lid for a few minutes until hot. If using freshly-grilled or baked salmon (still warm or hot), add to fried mixture and stir gently.

3. Stir in maple syrup. Serve salmon and broccoli over the hot

cooked rice.



This recipe is from Tammy’s Recipes.

Matza Pizza

A homemade thin-crust unleavened pizza topped with your favorite pizza toppings! *(Topping suggestions included!)*

Yield:

8 individual-size pizzas

Ingredients:

1/4 cup oil
1/4 cup honey
2 teaspoons salt
3 eggs
1 1/2 cups water
6 to 6 1/2 cups bread flour or all-purpose flour

Your favorite pizza toppings: See additional notes for suggestions!

Instructions:

1. In a large mixing bowl*, combine the oil, honey, salt, eggs, and water. Stir until well-mixed. Stir in about 4 cups of the flour, then add more flour as needed and knead into a fairly stiff dough.

2. Preheat oven to 375 degrees. Divide dough into 8 pieces. On a lightly-floured surface, roll each piece into a very thin circle, about 8 inches in diameter – but really as thin as you can get it.** Place rolled dough onto lightly-greased baking sheets.

3. Bake pizza crusts for about 6 minutes, just until very lightly browned and not doughy.

4. Remove from oven and spread with your favorite pizza toppings. Place pizzas back into the oven to bake until cheese is melty and browned, about 10 minutes. Serve hot!



This recipe was from Tammy’s Recipes.

BBQ Chicken Pizza (Like California Pizza Kitchen)

A thin-crust pizza with bbq sauce, chicken breast, sliced red onions, and freshly chopped cilantro – like California Pizza Kitchen's Barbecue Chicken Pizza!

Yield:

2 large, thin pizzas

Ingredients:

For the crust:

1 1/2 cups warm water
1 teaspoon salt
2 tablespoons oil
3 to 3 1/2 cups bread flour or all-purpose flour
1 tablespoon dry yeast

For the toppings:

2 boneless skinless chicken breasts
1 cup of your favorite BBQ sauce (we like Sweet Baby Ray's)
Butter, for greasing the sheets
16 ounces (4 cups) shredded mozzarella cheese
1/2 of a red onion, thinly sliced
1 cup (or more!) fresh chopped cilantro

Instructions:

1. Preheat oven to 375 degrees. Place chicken breasts in a baking dish and coat with BBQ sauce, using about 1/2 a cup of the sauce. Bake uncovered for 25-30 minutes or until chicken

is done. Remove from oven and allow to cool for a bit; slice chicken thinly and set aside. Reserve extra sauce from the dish for serving, if desired.

2. To make pizza crust, combine water, salt, and oil in a medium-size mixing bowl. Add a cup of the flour, then stir in the yeast and another cup of flour. Add enough remaining flour to make a dough and knead for 5-10 minutes, adding flour as needed to make a smooth, elastic dough.

*To make this dough in the bread machine: Add crust ingredients in the order listed and select the DOUGH cycle. Use dough when cycle is complete, or, remove dough after it is formed (and stop the dough cycle from finishing the rising time).

3. Preheat oven to 450 degrees. Divide pizza dough in half. Liberally butter two baking sheets (11×15-inch or 13×18-inch). Spread dough onto the sheets. (If dough is too thick to spread, you can use a rolling pin to roll the dough into a rectangle and then place on the sheet.)

4. Spread 1/4 cup of BBQ sauce over each crust. Spread half of the mozzarella cheese over each pizza, followed by the sliced chicken breast and red onions. Sprinkle with fresh cilantro.

5. Bake pizzas at 450 degrees for about 12 minutes – until toppings are browned and crust is lightly browned on the bottom. Cut pizza into squares and serve with fresh cilantro and extra bbq sauce from the chicken dish, if desired.



Shaved Asparagus Pizza

Cheesy white pizza with a garlic herb sauce, topped with thinly sliced asparagus!

Yield:

Two 12-inch pizzas (16 slices total)

Ingredients:

Pizza crust ingredients:

1 cup warm water (115 degrees)
1 teaspoon salt
2 2/3 cups all-purpose or bread flour
2 teaspoons dry yeast

Sauce ingredients:

1/2 cup Ranch salad dressing
2 large cloves of garlic, minced

1/4 teaspoon crushed dried rosemary
1/8 teaspoon dried thyme
1/4 teaspoon salt

Toppings:

1/2 cup (loosely measured) thinly sliced red onions
8 ounces (2 cups) shredded mozzarella cheese
8 thick asparagus spears
4 small fully-cooked turkey sausage links, sliced (optional)
1/2 cup grated or shredded Parmesan cheese

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 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 two 12-inch round pizza pans (or rectangular equivalent), and then with your clean buttery hands, spread dough thinly over the pans.

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

4. Prepare asparagus by washing and drying, and breaking off the tough bottom if necessary. Using a vegetable peeler, “shave” the asparagus into thin strips, slicing remaining tops thinly.

5. Sprinkle toppings over the crust and sauce in the order listed.

6. 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 each pizza into 8 slices and serve hot.



This recipe is from Tammy’s Recipes.

Beef Chop Suey

This recipe for Chop Suey is a delicious combination of beef and Chinese vegetables, served over hot rice.

Yield:

12 servings

Ingredients:

2 to 2 1/2 pounds beef round roast, fat trimmed and thinly

sliced into bite-size pieces
2 large cloves garlic, peeled and minced
1/4 cup Tamari sauce (can substitute soy sauce)
4 cups boiling water

Vegetables:

2 onions, halved and thinly sliced
2 carrots, thinly sliced
3 ribs celery, thinly sliced
1-2 green, red, OR yellow bell peppers, thinly sliced into sticks
6 large ribs bok choy, sliced with leaves
6 cups fresh bean sprouts (or 1 large can, drained)
8 ounce can sliced water chestnuts, drained (reserve juice)
5 ounce can (drained weight) bamboo shoots, sliced (reserve juice)
8 ounce can sliced mushrooms, drained (reserve juice)

Oil, as needed

2 beef bouillon cubes (or equivalent of beef base)
1 tablespoon fresh grated ginger
1 tablespoon brown sugar
Salt, to taste
1/4 cup cornstarch

For serving:

2 cups (uncooked measurement) white rice (6 cups cooked rice)
Tamari sauce, for serving (optional)
Crushed red pepper, for serving (optional)

Instructions:

1. In a large stock pot, brown meat well with the garlic and tamari sauce. Add 4 cups of boiling water. Simmer meat for 30-45 minutes. Prepare vegetables by washing, slicing, or draining as needed.

2. Cook rice according to package instructions. While rice is cooking, heat a heavy skillet over medium heat. Add a tablespoon or two of oil, and stir-fry the vegetables one at a time until crisp-tender: onions, carrots, celery, peppers, and bok choy (but not the bean sprouts or canned vegetables). After the vegetable is crisp tender, put it into a heat-safe bowl (not in the pan with the meat) while you continue cooking the other vegetables.

3. When vegetables are all crisp-tender, add all vegetables to the meat (still simmering). Add the beef bouillon, ginger, and brown sugar. Add salt to taste. Whisk together the reserved juice from the canned vegetables and the cornstarch. Add to the hot beef mixture and cook and stir to thicken slightly.

4. Serve hot meat and vegetable mixture over the hot cooked rice. Enjoy with additional tamari sauce on the side and crushed red pepper on top if you wish.



This recipe is from Tammy’s Recipes.

Cobb Salad and Dressing

A bed of lettuces served with fresh tomatoes, turkey bacon, grilled chicken breast, hard-boiled eggs, avocado, crumbled cheese, and green onions. Top with dressing (recipe included) and enjoy!

Yield:

4 large servings

Ingredients:

Cobb Salad Ingredients:

1/2 head Iceberg lettuce, chopped
1 large head Romaine lettuce, chopped*
2 tomatoes, diced
6 strips turkey bacon, cooked until crisp and chopped into small pieces
2 grilled chicken breasts (can be hot or cold), sliced thinly
3 hard-boiled eggs, peeled and diced
1 large avocado, diced
1/2 cup crumbled Roquefort or bleu cheese
1/4 cup thinly sliced green onions

Original Cobb Salad Dressing Ingredients:

1/4 cup water
1/4 cup red wine vinegar
1/4 teaspoon sugar
1 teaspoon fresh lemon juice
2 teaspoons salt
3/4 teaspoon freshly ground black pepper
3/4 teaspoon Worcestershire sauce
1/4 teaspoon dry English mustard
1 small garlic clove, minced
1/4 cup olive oil

3/4 cup vegetable oil (or light olive oil)

Instructions:

1. Make the salad dressing by whisking or blending together the dressing ingredients. Mix well!

2. In a large bowl, toss together the lettuces with enough dressing to coat. This should take about 1 cup of the dressing. Arrange lettuce either on 4 large serving plates or in a large shallow serving bowl.

3. Place the toppings in strips across the lettuce, as pictured: tomatoes, bacon, chicken, eggs, avocado, and bleu cheese. Sprinkle green onions over the top of the salad.

Serve salad with additional dressing on the side, if desired.



This recipe is from Tammy’s Recipes.