

Tammy's Easy Homemade Hummus

A simple homemade hummus that's 100% from scratch! This hummus is thick, smooth and creamy, with toasted sesame and garlic flavors
Yield:

about 6 cups of hummus

Ingredients:

16 ounces dried garbanzo beans/chick peas OR 4 cans (15-ounce cans)

1/4 cup sesame seeds

2-4 cloves of garlic

1/4 cup olive oil

1 teaspoon salt or more, to taste

Instructions:

1. Cook garbanzo beans according to package instructions.* When beans are very tender, remove from heat and drain.

2. Heat a heavy (like cast iron) or non-stick skillet over medium-high heat. Toss the sesame seeds into the heated pan and cook and stir for a couple minutes, until lightly browned. (Don't get them too dark, or they will taste burnt.) Remove from heat and allow to cool.

3. In a food processor (or blender), blend the toasted sesame seeds with the garlic and a tablespoon or so of the oil, until smooth. (This might take a couple minutes.) Add more of the oil and some of the cooked garbanzo beans and blend until smooth.

If you have a big food processor or a good blender, you may be able to blend everything at once (in that case, add the rest of the ingredients and blend until smooth!).

If you have a smaller food processor, blend the beans in 2 batches, saving some of the oil for the second batch, and stirring every minute or two as needed. Then, stir everything together in a bowl.

4. Add more salt if needed. Store hummus in an airtight container in the fridge. Serve with pita chips, unleavened bread, corn chips, or veggie sticks!



Tammy's Easy Homemade Hummus

This recipe was taken from Tammy's Recipes.

Easy Baked Jalapeno Poppers

Jalapeno halves stuffed with cheeses and cilantro and baked for a fabulous appetizer or snack!

Yield:

24 pieces

Ingredients:

12 large jalapeno peppers

6 ounces cream cheese, softened

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

1/4 cup (packed) finely chopped cilantro leaves

1/8 teaspoon salt

Bread crumbs or Parmesan cheese, optional

Instructions:

1. Wearing protective rubber or plastic gloves, slice jalapenos in half lengthwise and remove the meat and seeds.*
2. In a medium mixing bowl, beat the cheeses, cilantro, and salt until creamy. Spread into halved peppers. If desired, dip or roll the tops of the peppers (the open cheese-stuffed side) in bread crumbs or grated parmesan cheese.
3. Place peppers cheese-side-up on a baking sheet. Bake at 425 degrees for 15 minutes or until hot and lightly browned on top. Serve and enjoy!



Easy Baked Jalapeno Poppers

This recipe was taken from Tammy's Recipes.

Rosemary Crackers

Thin, crisp homemade crackers with a delightful rosemary flavor!

Yield:

Two large sheets of crackers

Ingredients:

2 cups all-purpose flour*

1/2 teaspoon salt

1 teaspoon baking powder

2/3 cup warm water

1 tablespoon dried Rosemary (or 2 Tablespoons finely chopped fresh Rosemary)

1/3 cup olive oil or vegetable oil

Salt, for sprinkling

Instructions:

1.
In a medium mixing bowl, combine the flour, salt, and baking powder.
Add the water, rosemary, and oil and stir until a thick dough forms.
Knead several times until dough holds together.
 2. Grease 2 large baking sheets (13×18-inch) or 3 smaller baking sheets (11×13-inch). If you have silicone baking mats to line your sheets, you can skip greasing the sheets and use the mats instead.
 3. Divide dough into two (or 3) equal portions and press or roll onto the prepared sheets. (When your dough fills the sheets, you'll know it's thin enough!)
 4. Sprinkle lightly with salt and use a pizza cutter to cut into squares or strips. (If you cut into strips, after crackers are baked you can break them into smaller pieces for a rustic look.)
 5. Bake crackers in a preheated 400-degree oven for 12-15 minutes, until crackers are lightly browned and crisp. Cool on a wire rack. (If you cut into strips rather than squares, break the strips into crackers.)
- Serve plain, with cheese spread, or with homemade yogurt or kefir cheese!



Rosemary Crackers

This recipe is taken from Tammy's Recipes.

Homemade Soft Pretzels

Yield:

6 large pretzels (6-inch) or 12 small pretzels (4-inch)

Ingredients:

Dough ingredients:

1 cup warm water (110-115 degrees F)

1 tablespoon active dry yeast

1 tablespoon sugar

2 tablespoons oil

1 teaspoon salt

2 3/4 cups all-purpose flour or bread flour

For boiling:

12 cups water

1/4 cup baking soda

For topping:

1 egg yolk, lightly beaten

1 tablespoon water

Coarse salt, to taste

Instructions:

1.

In a large mixing bowl, combine the warm water, yeast, and sugar. Stir and let rest for 5-10 minutes, until foamy. Stir in 1 cup of the flour.

2. Add the oil and salt, and then stir in another cup of flour. Add

the rest of the flour as needed and stir, then kneading (in the bowl or

on a lightly-floured surface) to make a smooth, elastic dough. Place

dough in the bowl, pat oil over the top of the dough, and cover bowl

with a clean towel. Let rise in a warm place until doubled in size, about 60 minutes.

If you have a bread machine, you can make this dough using the DOUGH

cycle. Add ingredients in order listed EXCEPT add the yeast last (on top

of the flour). Start the dough cycle; when dough cycle is finished,

continue with step 3 below.

3. Preheat oven to 475 degrees. In a large saucepan or stock pot,

bring 12 cups of water to a boil on the stovetop. Stir in the baking

soda and keep water at a simmer.

4. Gently deflate the risen dough, and then turn onto a lightly floured surface. Divide the dough into 6 or 12 pieces, depending on the size of pretzels you wish to make.

5. Roll each piece of dough into an 18-inch long rope, kneading out air bubbles if needed. If dough shrinks back during forming, let it rest a few minutes and then continue shaping.

6. Form pretzels from the ropes, twisting to desired shape(s) and pinching ends to secure. (Optional: Cut the ropes into 6-8 sections and form into balls to make "pretzel bites". Decrease baking time to ~6-8 minutes if making pretzel bites rather than larger pretzels.)

7. Immediately after shaping, drop pretzels a couple at a time into the simmering water for 10-15 seconds. During the last 5-10 seconds, gently hold the pretzel under the water with a wide slotted spoon or spatula.

8. Remove pretzel from the water, let drain for a moment on the spoon, and place on a greased large (11×13-inch or larger) baking sheet (or baking sheet with a silicone liner or parchment paper). Continue boiling the remaining pretzels and place them at least an inch apart on

the baking sheet.

9. In a small bowl, whisk together the egg yolk and water, using a fork. Use a pastry brush to lightly brush the egg wash over the pretzels. (You may not need all of the egg wash.) Lightly sprinkle the pretzels with coarse salt.

10. Allow pretzels to rest and rise for 5 minutes, then bake at 475 degrees for 10-12 minutes, until pretzels are golden brown. Cool on wire racks at least 5 minutes before eating.

Serve with homemade nacho cheese sauce, honey-mustard, or just enjoy them plain!

Store extra pretzels in an open bag.



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 drain 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 consistency.

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



Kefir Cheese Preparation



Kefir Cheese and Whey



Kefir Cheese

Roasted Peppers w/ Chicken & Califlower (Whole 30)

4 capsicums (they are 'peppers' for our international guests!)

500g chicken breast or mince – mince the chicken breast in a food processor
500g cauliflower – cut up finely or blitzed in a food processor
1 brown onion
2 cloves of garlic
400g chopped tomatoes
250g water
1/2 cup roughly chopped parsley
1 tablespoon smoked Spanish paprika
1 teaspoon olive oil

Wanting to make this recipe for 2? Just halve the ingredients
□

Preheat the oven to 200deg

Cut the tops off the capsicums and scrape out the seeds (set the empty capsicums and tops aside)

In a large/deep frypan heat the olive oil and cook the garlic and onion for 10 minutes on a low heat to caramelize the onions.

Add the chicken mince to the fry pan and brown the mince, while stirring it into the onion and garlic mix. After a few minutes add the paprika.

Once the chicken is cooked, add the cauliflower, chopped tomatoes and water. You might need a little more water – you want the liquid to just cover the chicken and cauliflower mix. Bring to the boil and simmer for 10 minutes.

The liquid will evaporate leaving you with a delicious stuffing, but first, mix through the parsley and some salt and pepper.

Stuff the capsicums as full as you can and stand up in a baking tray.

Drizzle a little olive oil over the capsicums and bake in the oven for approximately 30 minutes – but please note that this is going to depend on the size of capsicums you have.

When the skin has blistered (see photo) you will know they are

ready!

Crab Rangoon Dip



But getting back to the rangoon dip...

This is how Randi did it.

Crab Rangoon Dip

2 cans crab meat (the same size as a regular tuna can),
(drained)

16 oz. cream cheese, soft

1/2 c. sour cream

4 green onions, chopped fine

1 1/2 tsp. Worcestershire sauce

1 TBS powdered sugar

1/2 tsp. garlic powder

1/2 tsp. lemon juice

6-12 drops of hot sauce (depending on your preferred spice
temp)

Preheat oven to 350 degrees F.

Add the chopped onions with the crab meat. Place the soft cream cheese in med size bowl. Add all ingredients to the cream cheese. Stir until well mixed. Pour into (I used a round cake pan) a pan and bake for 30 minutes. Serve hot with chips. You could probably place this in a crock pot after it's baked to take to get-togethers and parties.

Banana “Sushi” (from Family Fun April 2015)

Sliced banana, spread nut butter on outside, roll in chia seeds, coconut, crushed pretzels, or walnuts. Serve.