

Spinach Tortillas

Ingredients:

9 ounces fresh spinach, chopped (about 4-5 cups of packed, chopped spinach)

1 tablespoon water

2+ cups flour

1/2 teaspoon salt or garlic salt

dash of pepper or seasoned pepper

1/4 cup oil

Instructions:

1.
In a large pan or skillet over medium to medium-low heat, cook spinach in water. Cover, stirring occasionally, until spinach is wilted and soft. This will probably take about 5 minutes after the pan is hot and the spinach has started to cook.

2. In a mixing bowl, combine flour, salt, pepper, and oil. Stir until crumbly.

3. Add the (hot or warm) spinach mixture, including the water left in the pan from cooking. Knead or stir, adding additional flour as needed (may take a cup or more of extra flour) to make a smooth dough. Knead

dough for about 5 minutes, which will mix the spinach in better, and give the dough an even consistency.

4. Divide dough into 8 parts (for 10 to 12-inch tortillas) or more (for smaller tortillas).

5. Pre-heat a griddle or large skillet over medium heat. If using a cast iron or non-stick griddle or pan, you won't need oil (although you can use a little if you wish).



Spinach Tortillas

6. On a lightly floured surface, roll each dough portion into a thin circle (or other shape if desired).



Spinach Tortillas

7. Brown tortillas in pre-heated pan for about 5 minutes on each side, just until cooked. A few light brown spots should appear.



Spinach Tortillas

I usually start cooking the tortillas while I'm still rolling out the rest of the dough. Stack cooked tortillas on a plate or in a bowl with a clean towel around them, until all are cooked. Serve warm, filled with your favorite fillings! ☐



Spinach Tortillas

This recipe is from Tammy's Recipes.

Cooked Pinto Beans

Simple instructions for making delicious pintos from dried beans!

Yield:

varies

Ingredients:

Dried pinto beans

Water

Salt

Instructions:

1.

Wash pinto beans in water. Sort out any rocks or other items, if needed. Be sure you're using beans that aren't too old, or they will never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

Overnight Soak:

Place washed beans in a large stock pot. The pot should be no more than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold water. Allow beans to soak overnight or at least 6-8 hours. Drain soaking water. Rinse beans.

Quick Soak:

Use 10 cups of water per pound of dried pintos. Put water and beans into a large stock pot. Bring to a boil. Boil 2 minutes and then allow beans to rest in the water for an hour, covered. Rinse beans.

3. Cooking:

See additional notes below for crockpot instructions!

Fill pot with soaked beans and fresh water to 3/4 full. Cook over medium heat and allow to boil until tender (1-2 hours). Drain beans.

Add a little fresh water (1 cup or so for about 8 cups of cooked beans) and stir in salt to taste (important step!). Keep warm until ready to serve, or refrigerate and re-warm when needed.



Cooked Pinto Beans

Additional Notes:

For beans that are more like refried beans (but still lumpy!), add some additional water and salt and cook beans, stirring occasionally, until desired consistency. Yum! ☐

Pintos and Cheese: Sprinkle cooked and salted pintos with shredded cheese for a yummy quick snack or lunch!

Crockpot pinto beans:

Cover soaked beans with water, at least an inch above the level of the beans. Cook on low for 8-10 hours or until soft. (Remember, old beans might refuse to ever get soft, so be sure you're using good beans!)

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.

Creamy Spaghetti Squash Casserole

A cheesy, creamy layer of spaghetti squash topped with a flavorful spaghetti sauce with meat for a delicious baked casserole!

Yield:

16 servings

Ingredients:

2 medium-large spaghetti squashes (about 6 [packed] cups of

cooked squash all together)
2 tablespoons butter
1 small-medium onion, chopped
2 cloves garlic, minced
1/2 green bell pepper, chopped
8 ounces cream cheese
8 ounces sour cream
1 teaspoon salt
1/8 teaspoon black pepper
1 teaspoon dried parsley flakes
8 ounces (2 cups) shredded mozzarella cheese
2 ounces (1/4 cup) shredded cheddar cheese, optional
8-12 ounces (about 1 1/4 to 2 cups) cooked ground beef
4 cups spaghetti sauce (can use a 26 ounce jar or a quart of homemade)
1/2 tablespoon sugar
1 teaspoon Italian seasoning
Instructions:

1.
In a large stock pot, put about 2-3 inches of water. Cover and bring to a boil. Wash outside of squash, cut squash in half and place in the stock pot of boiling water, flesh side down. Cover and boil for 15-20 minutes, until squash is tender.

2. Drain squash. Holding halves with a potholder, use a fork to scoop out the stringy "spaghetti". Set aside.

3. In a large stock pot or saute pan, melt butter. Add onions, garlic, and bell peppers and saute until tender. Add squash and cook and

stir until heated through.

4. In a separate saucepan on low heat, melt the cream cheese. Add the sour cream, salt, pepper, and parsley flakes, stirring to make a smooth white sauce.

5. Stir the white sauce into the cooked squash mixture.

6. Grease a 9×13-inch baking dish. Spread the white squash mixture evenly over the bottom of the pan. Spread about 1 1/2 cups of the shredded mozzarella cheese over the squash.

7. In a large mixing bowl, combine the ground beef, spaghetti sauce, sugar, and Italian seasoning. Spread over the layer of shredded cheese.

Top with the remaining shredded mozzarella cheese and cheddar cheese (if using). Sprinkle with dried basil or oregano flakes for garnish if desired.

8. Bake uncovered at 350 degrees (325 for glass dish) for 30-40 minutes, until casserole is hot and bubbly. Remove from oven and allow to cool slightly (10-15 minutes) before serving.



Creamy Spaghetti Squash Casserole

This recipe is from Tammy's Recipes.

Low Fat Whole Grain Waffles

Easy, healthy whole wheat oatmeal waffles

Yield:

4-6 servings

Ingredients:

- 2 cups whole wheat flour
- 1 cup quick oats
- 4 teaspoons baking powder
- 2 1/2 cups milk
- 2 tablespoons oil

2 eggs

Syrup, jam, butter, fresh fruit, or whipped cream, for serving

Instructions:

1. In a medium mixing bowl, whisk together the flour, oats, and baking powder.

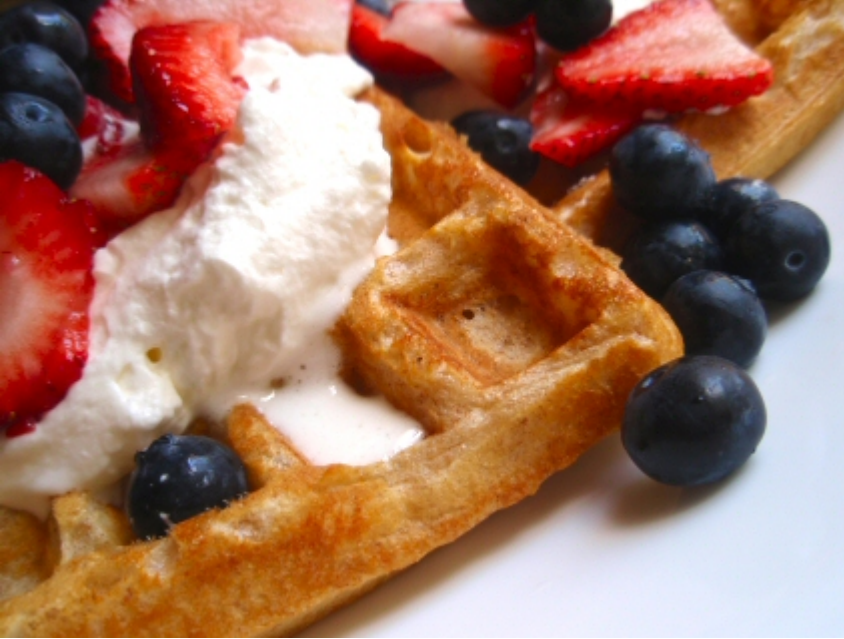
2. In a separate bowl, whisk milk, oil, and eggs. Add to flour mixture and whisk briskly to combine. Let batter set for 5-10 minutes to thicken slightly.

3. Pre-heat waffle maker. Spray hot grids lightly with oil. Spoon waffle batter over grid and close lid.

4. Cook until done (mine took about 4 minutes for Belgian-style waffles). I like to set a timer so I don't have to keep checking, or risk forgetting to take the waffles out on time! Open waffle maker lid carefully by jiggling to loosen the waffles as you open the lid. Remove cooked waffles with fork.

If necessary, spray grid lightly with oil before cooking more batter.

Serve hot fresh waffles with syrup, butter, jam, whipped cream, or fresh fruit. We love ours with real whipped cream and fresh strawberries!



Low Fat Whole Grain Waffles

Grilled Asparagus

Crisp-tender grilled asparagus spears seasoned with garlic, soy sauce and pepper

Yield:

4 servings

Ingredients:

1 pound fresh asparagus spears

2 tablespoons oil

1 tablespoon soy sauce*

1 teaspoon garlic salt

8-10 cranks of black pepper

Instructions:

1.
In clean water, soak 4 long bamboo skewers for at least 20-30 minutes.
If using shorter skewers, use 8 – or however many it takes.
Even sturdy
toothpicks will work, though not ideal.

2. Wash asparagus and trim the hard bottoms, leaving only the tender spears.

3. Whisk oil and soy sauce together. Put oil mixture into a ziplock
bag with the asparagus spears and shake to coat. Or, if you
have a small
cookie sheet or tray of some sort, whisk the marinade in that
and then
roll the spears in the oil mixture to coat.

4. Put skewers through asparagus spears as pictured, making long flat “rafts” so the asparagus is easy to evenly turn and grill.

5. Pre-heat grill to medium. Sprinkle both sides of the asparagus flats with garlic salt and black pepper.

6. Grill for 3-4 minutes on each side. Grill temperatures and grilling times will vary, so just keep an eye on it and be sure to not
over-cook! Asparagus should still be crisp-tender. Remove from skewers
and enjoy! ☐

Additional Notes:

*I've also substituted Bragg's Liquid Aminos and thought it was just as delicious. ☐



Grilled Asparagus

This recipe is from Tammy's Recipes.

Spiced Cranberry Applesauce

A festive homemade applesauce spiced with cinnamon, cloves, and allspice, with a handful of cranberries and lightly sweetened

Yield:

6 cups (12 servings)

Ingredients:

5 large cooking apples (not Red Delicious), peeled, cored, and diced (~1-inch chunks)

1 cup fresh cranberries, rinsed

1 teaspoon ground cinnamon

1/4 teaspoon ground cloves*

1/4 teaspoon ground allspice*

2 tablespoons water

~1/2 cup sugar

Instructions:

1.

In a large stock pot, combine the apples, cranberries, cinnamon, cloves, allspice, and water. Cover and bring to a boil over medium heat.

Stir and continue simmering over low heat, covered, until apples are soft and mushy, and cranberries are all popped (about 20-30 minutes, depending on the kind of apples you used).

2. Remove from heat and stir in sugar to taste. We like at least 1/4

cup of sugar, which makes a tart applesauce, but you can add up to a half cup or even more, depending on your tastes and the kind of apples you used.

3. You now have a chunky homemade applesauce, which you can

serve hot/warm or chilled.

To make a smooth applesauce, blend the hot applesauce until smooth and then press through a colander or sieve to remove any remaining bits of cranberry peeling.



Spiced Cranberry Applesauce

This recipe is from Tammy's Recipes.

Grilled Broccoli and Cauliflower

Broccoli and cauliflower florets tossed with olive oil, garlic, salt and pepper and grilled

Yield:

4-6 servings

Ingredients:

2 medium-large red onions, cut into halves and thickly sliced

4 cups broccoli florets (bite-size)

1 medium head cauliflower, washed, trimmed and cut into florets (bite-size)

2 teaspoons salt

1/2 teaspoon black pepper

1-2 tablespoons minced garlic (I like a lot!)

1/3 cup oil

Instructions:

1.

Pre-heat grill, along with a grill grid/pan* on HIGH for 10 minutes.

Toss all ingredients together in a large mixing bowl. (When adding the salt, sprinkle it rather than dumping it all in one spot.)

2. Pour vegetables onto pre-heated grill pan and spread out evenly.

Turn heat to LOW and grill with lid closed for 20-30 minutes. (Smaller florets will cook more quickly.)

Stir and check for doneness every 10 minutes; vegetables are done

when crisp-tender and browned on some sides. Serve hot and enjoy! ☐

I like to serve these grilled veggies with grilled fish, beef, or chicken.



Grilled Broccoli and Cauliflower

This recipe is from Tammy's Recipes.

Fresh Tomato Salsa

Easy and delicious fresh tomato salsa with onions, jalapenos, and cilantro

Yield:

8-10 servings

Ingredients:

6 medium-large ripe tomatoes
1 large sweet onion
a handful of fresh cilantro
juice of 1 fresh lime OR 1/2 fresh lemon
2-3 fresh jalapeno peppers
salt to taste, optional

Instructions:

1. Wash, core, and dice tomatoes. Chop onion and cilantro.
2. Finely chop the fresh jalapeno peppers. For less heat, you can remove the seeds and ribs of the jalapenos. Jalapenos vary in heat so I like to add smaller amounts and taste, to avoid making salsa that is too hot for my tastes. ☐
3. Combine the tomatoes, onions, jalapenos, cilantro, and lemon or lime juice. Allow to rest for 30-60 minutes for flavors to combine. Add salt if desired. Serve with corn tortilla chips or with your favorite Mexican foods (tacos, burritos, nachos, pinto beans, etc.).



Fresh Tomato Salsa

Cilantro Chicken with Avocado Salsa

Spicy 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

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