Vegetarian Black and White Bean Chili

A light and simple flavorful vegetable chili with black and great northern beans

Yield:

4 servings

Ingredients:

1 teaspoon butter or oil
1/2 red bell pepper, diced
1/2 green bell pepper, diced
1 medium onion, diced
1 large clove garlic, minced
2 trimmed, seeded, and diced jalapeno chiles, optional
1 tablespoon freshly ground cumin
2 tablespoons chili powder
1 teaspoon black pepper
1/2 teaspoon (packed) brown sugar
2 cups diced tomatoes*
2 cups cooked Great Northern beans*
2 cups cooked black beans*
3-4 cups water or vegetable broth
1 large (fresh or dried) anaheim pepper with seeds removed, optional
1 teaspoon salt (or to taste)
Shredded cheese, sour cream, fresh cilantro, and tortilla chips: optional, for topping

Instructions:

1. In stock pot over medium heat, saute peppers, garlic, and onion in the butter or oil until vegetables are tender.

2. Add seasonings (except salt), tomatoes, beans, and broth or water. Stir well and add the anaheim pepper (whole) if using.

3. Cover and bring to a boil. Stir and simmer, covered, for at least 45 minutes or until chili is to desired consistency. Remove anaheim pepper. Add salt to taste.

4. Spoon into bowls. Top with desired toppings.



This recipe is from Tammy’s Recipes.

Creamy Dijon Grilled Cheese Sandwiches

A creamy, tangy twist on traditional grilled cheese sandwiches!

Yield:

4 sandwiches

Ingredients:

1 ounce cream cheese, softened
2 tablespoons Dijon mustard
8 slices whole wheat bread
6 ounces (1 1/2 cups) shredded sharp cheddar cheese

Instructions:

1. Lightly butter one side of each slice of bread.

2. Stir together cream cheese and mustard until creamy. Spread evenly on four of the slices of bread. (Spread on un-buttered side.)

3. Top slices with equal amounts of cheese. Put remaining bread slices on top, butter-side up.

4. Heat a large skillet over medium heat. Cook sandwiches, two at a time, for about 3-4 minutes per side, until golden brown.



This recipe is from Tammy’s Recipes.

Cheesy Whole Wheat Vegetable Calzones

Creamy, cheesey vegetable filling inside a whole wheat bread

Yield:

6 servings

Ingredients:

Calzone Dough Ingredients:

1 cup warm water (110-115 degrees)
2 tablespoons oil
1 tablespoon sugar
1 teaspoon salt
2 3/4 to 3 cups whole wheat flour
1 tablespoon dry yeast

Filling Ingredients:

4 ounces cream cheese, softened
2 teaspoons dried onions
1/3 cup pizza sauce
1/3 cup Italian salad dressing (creamy or regular)
1 large head of broccoli (about 7 ounces)
1 large carrot, finely shredded
1 small green pepper, chopped
1 teaspoon salt
1/4 teaspoon black pepper
8 ounces (2 cups) shredded sharp cheddar cheese

Instructions:

1. Prepare whole wheat calzone dough by putting ingredients (in order listed) into a large bowl (or bread machine), using about 2 cups of the flour. Stir to combine; continue adding flour and knead mixture with hands to make a smooth, elastic dough. Knead 5 minutes. Let dough rest while you prepare the filling.

2. Begin preparing the filling by chopping the broccoli into florets. Place broccoli into a sauce pan with minimal water. Cover and bring to a boil. Cook 2-3 minutes, until broccoli is just starting to get tender and change color. Drain well.

3. In a large bowl, mix filling ingredients in order listed.

4. Divide dough into 6 equal pieces. Pat or roll each piece into a 7-inch circle on a lightly floured surface.

5. Top half of each circle with about 3/4 cup of the filling mixture, spreading to within one inch of the edge. Fold dough over filling and crimp edges to seal, leaving a half-circle.

6. Place calzones on greased cookie sheets or jelly roll pans. Sprinkle with salt if desired. Bake at 375 degrees until bread is cooked and filling is hot, about 25-30 minutes. Cover loosely with foil part way through baking if calzones start to brown too quickly.



This recipe is from Tammy’s Recipes.

Crustless Spinach Quiche

A flavorful moist spinach quiche with eggs, cottage cheese, cream cheese, and mozzarella cheese

Yield:

6 servings

Ingredients:

9 ounces fresh spinach leaves, chopped*
2 1/2 tablespoons butter
2 tablespoons flour
1/2 cup milk
1 cup cottage cheese
1/2 teaspoon baking powder
1/2 teaspoon salt
3 large eggs
4 ounces cream cheese, softened
4 ounces (1 cup) shredded mozzarella cheese

Instructions:

1. In large non-stick skillet over medium heat, melt 1/2 tablespoon of the butter. Add the chopped spinach and cook and stir until spinach is wilted. Put spinach into a strainer to drain and cool slightly. When spinach is cool enough to handle, squeeze out excess liquid.

2. In a small saucepan over medium heat, melt remaining 2 tablespoons butter. Add flour and stir until bubbly. Add milk and cook and stir until mixture thickens. Set aside to cool slightly.

3. In a small bowl, combine cottage cheese, baking powder, and salt. Set aside.

4. In a large bowl, beat eggs with electric mixer on low speed, just until blended. Add cream cheese, cottage cheese mixture, and thickened milk mixture. Beat on high speed until well-blended. Batter will be lumpy.

5. Stir in mozzarella cheese and spinach. Pour into a greased 10-inch glass pie plate. Bake at 350 degrees for 30-40

minutes, until quiche is set in the middle and tests done with a toothpick. Quiche will be browned on top and still moist inside. Cut into six slices and serve warm.



This recipe is from Tammy’s Recipes.

Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn

Yield:

6 servings

Ingredients:

3 cups water*
3 tablespoons Golden Monkey black tea leaves (dry)**
1 1/2 cups brown rice
1 stick butter, divided
1 medium onion, chopped
1 large carrot, peeled and grated
1/3 cup frozen corn

1/3 cup frozen green peas
2 cups chopped (bite-size) fresh broccoli florets
3 eggs, beaten
1/2 tablespoon soy sauce
1 teaspoon salt
black pepper, to taste

Instructions:

1. Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes. Strain leaves from tea. Put hot tea into a medium-size saucepan. Add rice, and then proceed to cook rice according to package instructions, subtracting 5 minutes from the suggested cooking time for your rice.***

2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large non-stick skillet over medium heat. Add onion and carrots, and cook and stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until vegetables are crisp-tender. Pour this vegetable mixture into a bowl and set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter. Increase heat to medium-high, and add beaten egg. Cook and stir constantly until egg is fully cooked, breaking it into little bits as it cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for 5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



This recipe is from Tammy’s Recipes.

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Spinach Rice Casserole

An easy baked side dish of spinach, rice, and cheese

Yield:

4-6 servings

Ingredients:

9 or 10 ounces fresh spinach leaves
1 tablespoon water
1 teaspoon dried onion (or 2 tablespoons of fresh, minced onion)
1 cup cooked rice (measurement is after cooking, not before)
1 cup (4 ounces) shredded cheddar cheese
1/3 cup milk
2 eggs, beaten

1 teaspoon salt
1 tablespoon Worcestershire sauce, optional

Instructions:

1. Place spinach and water in a large pan or skillet. Cover and cook over medium-low heat until spinach leaves wilt.

2. In a large mixing bowl, combine all other ingredients. Add the wilted spinach and stir. Pour into a greased 8×8-inch square baking dish.

3. Bake at 325 degrees for 35-40 minutes, until set in the middle. (Test with fork.)

To freeze this casserole: Freeze (uncooked) instead of baking. Thaw and bake, or bake from frozen, covered, for about 60 minutes at 325 degrees, or until hot and set.



This recipe is from Tammy’s Recipes.

Broccoli and Cheese Mina

A savory mina, made from layered matzos with a filling of broccoli, onions, egg, and three cheeses

Yield:

4-6 servings (as a main dish) or 8 servings (as a side dish)

Ingredients:

4 cups of bite-sized fresh broccoli florets (or one 14-ounce bag of frozen broccoli)
1 small onion, chopped
8 matzo squares
1/4 cup (1/2 stick) cold butter, chopped
2 1/4 cups (10 ounces) shredded cheddar cheese
1 1/4 cups cottage cheese
3/4 cup freshly grated Parmesan cheese
2 green onions, chopped
5 eggs
3 tablespoons water
2 cloves garlic, minced

Instructions:

1. Boil or steam broccoli and onion until broccoli is bright green and crisp-tender. Drain.

2. Wet 4 matzos (briefly) under running water, then set aside to soak. Matzos should be slightly soft after soaking, but not soggy or falling apart.

3. Butter a large baking sheet. The baking sheet needs to be large enough to place all 4 matzos in a single layer. Use two sheets if necessary.

4. Place the dampened matzos on the greased sheet(s). Top with even layers of broccoli and onion, shredded cheddar cheese,

cottage cheese, Parmesan cheese, and green onions.

5. In a small bowl, lightly beat the eggs and water. Pour slightly less than half of the egg mixture over the broccoli and cheeses.

6. Wet the remaining matzos and place on top, again, in a single layer. Pour the remaining beaten egg over the top. Sprinkle minced garlic, and dot with half of the butter.

7. Bake at 375 degrees for 20 minutes. Dot with remaining butter and return to oven. Bake 10 minutes longer, or until the mina is golden brown and crisp on top. Serve hot or warm.



This recipe is from Tammy’s Recipes.

Mushroom Lasagna

This recipe uses the usual noodles and cheeses that you would expect to use for everyday lasagna, but the sauce is white, rich, and buttery, and loaded with lots of sliced mushrooms!

Yield:

8 servings

Ingredients:

8 ounces lasagna noodles
1 pound sliced, fresh mushrooms
5 tablespoons butter
2 cloves garlic, minced
1/2 teaspoon salt
1 teaspoon lemon juice
1/4 cup plus 1 tablespoon all purpose flour
3 cups milk
1/2 cup chopped parsley, divided
15 ounces ricotta cheese
2 cups (8 ounces) shredded mozarella cheese
1/2 cup grated parmesan cheese

Instructions:

1. Cook lasagna noodles according to package directions; Drain well and set aside.

2. Saute mushrooms and garlic in melted butter in large skillet over medium heat, stirring constantly, until tender.

3. Stir in salt and lemon juice. Reduce heat to low. Add the flour, and cook for 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Add 1/3 cup parsley, stirring well.

4. Spread 1 cup of the mushroom mixture in a lightly greased 9×13-inch baking dish. Layer 1/3 of lasagna noodles over mushroom mixture. Spread 1/3 of mozzarella cheese over ricotta cheese. Spread 1 cup of mushroom mixture over mozzarella cheese. Sprinkly with 1/3 of parmesan cheese. Repeat layers twice. Sprinkle with remaining parsley.

5. Cover and bake at 350 degrees for 30 minutes or until

lasagna is hot and bubbly. Let stand for 10 minutes before serving.



This recipe is from Tammy’s Recipes.

Grilled Copper River Salmon

Easy grilled Copper River Salmon, tender, flaky, and full of flavor!

Yield:

4 servings

Ingredients:

16-24 ounces Copper River Salmon fillets
1 teaspoon liquid smoke flavoring
Fresh, coarsely-ground black pepper
1 teaspoon minced garlic, or about 2 cloves
olive oil

Salt

Instructions:

1. Rinse salmon and pat it dry. With skin-side-down, lightly sprinkle liquid smoke over the salmon. Sprinkle freshly-ground black pepper over the salmon, along with the minced garlic.

2. Drizzle with olive oil to coat, and sprinkle generously with salt.

3. Pre-heat grill on HIGH for 10-15 minutes. Place salmon, flesh-side-down, on grill and grill with lid down on MEDIUM heat for about 8 minutes (for thin fillets; a few minutes longer for thicker fillets).

Flip salmon after 4 minutes of grilling time has passed. Salmon is done when it flakes apart easily with a fork and is hot in the middle. Don’t over-cook, or it can be dry.

Serve hot with some cooked rice and grilled veggies or a salad!



This recipe is from Tammy’s Recipes.

Fish Tacos

Steaming hot tortillas filled with grilled white fish (we like Mahi Mahi), shredded cheese, chipotle sauce, diced avocado and tomato, and freshly snipped cilantro! These fish tacos are easy and one of my favorite ways to serve grilled fish!

Yield:

12 fish tacos (3-4 servings)

Ingredients:

12 corn tortillas, about 5″ in diameter*
several tablespoons of oil, for cooking tortillas

Filling ingredients:

1-2 cups hot cooked pinto beans or refried beans
3 cups sliced or diced grilled mahi mahi or other white fish (freshly grilled or re-warmed)
Chipotle hot sauce, for serving
1-2 cups (4-8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 small avocados, diced
1 large or 2 small tomatoes, diced
2 stalks of green onions, chopped
1/2 cup (loosely measured) freshly chopped cilantro

Optional ingredients:

Hot cooked rice
Sour cream or tzatziki sauce
Shredded lettuce
Finely chopped cucumbers

Instructions:

1. Heat a heavy skillet or griddle over medium-high heat. Add ~1 teaspoon oil (sprinkle or spray on) to the hot surface and cook the corn tortillas, one at a time, for a minute or two on each side, until a few light brown spots appear. Tortillas should still be pliable and somewhat soft.***

2. To assemble tacos, place a tablespoon or two of the beans on the hot tortilla. Top with 1/4 cup of the fish, a splash of Chipotle hot sauce, a couple tablespoons of shredded cheese, and a pinch of avocado, tomato, green onions, and cilantro (and any additional ingredients you're using).



This recipe is from Tammy's Recipes.