Grilled Lemon-Garlic Mahi Mahi Fillets

Tender and flaky fillets of Mahi Mahi grilled with tangy lemon and garlic

Yield:

4 servings

Ingredients:

Two 6-8 ounce Mahi Mahi fillets, thawed
Liquid smoke flavoring*
Lemon juice
Freshly ground black pepper
Salt
Oil*
2 tablespoons butter
1/2 tablespoon (2-3 cloves) minced garlic
1/2 teaspoon dried parsley flakes

3 cups hot cooked rice (1 cup uncooked), for serving

Instructions:

1. Spray or sprinkle liquid smoke, lemon juice, pepper, salt, and oil (apply in order listed) over both sides of the mahi mahi fillets.

2. In a small bowl, mash together the butter, garlic, and parsley.

3. Preheat grill on HIGH for 10 minutes. Turn heat down to medium. Place fish directly onto grill** and grill for 5 minutes with grill lid closed.

4. Flip fillets and dab butter mixture on top. Grill

approximately 5 minutes longer or until done, with lid closed the entire time.

Serve hot over a bed of hot cooked rice for a delicious main course!



This recipe is from Tammy’s Recipes.

Pasta with White Bean Sauce

A cheesy creamy white sauce with a hidden ingredient – beans! Serve hot over pasta, add cooked vegetables, or serve with grilled chicken for a delicious, filling dinner!

Yield:

4 servings

Ingredients:

1/2 cup chopped onion
1/8 teaspoon cayenne pepper or 1 chopped jalapeno or other hot

pepper
1/4 teaspoon black pepper
2 tablespoons butter
2 cloves garlic, minced
1 tablespoon all-purpose flour
1 1/2 cups milk
1/4 cup water
2 teaspoons chicken base or 2 chicken bouillon cubes
2 cups cooked white beans (such as Great Northern) or one 15-ounce can, drained and mashed*
1 1/2 cups (6 ounces) shredded Mozzarella or Monterey Jack cheese
1/2 to 1 teaspoon salt (to taste)
Shredded Parmesan and/or fresh parsley, optional
8 ounces pasta, cooked according to package instructions

Instructions:

1. In a medium-large stock pot over medium heat, saute onion, cayenne or pepper, and black pepper in butter, until onion is soft. Add garlic and stir. Add the flour and stir to coat, until flour is bubbly.

2. Add the milk, water, and chicken base while whisking briskly. Continue to whisk and heat until mixture bubbles and thickens slightly.

3. Reduce heat and stir in beans, heating through. (See additional notes about blending the sauce for a smooth sauce.) Add cheese and stir until melted. Add salt to taste (we like about 1 teaspoon, but you may need less, especially if you started with canned beans!).

Serve hot sauce over freshly cooked pasta. Sprinkle with shredded Parmesan cheese or fresh parsley for garnish, if desired.

Serving suggestions: Grilled chicken or other grilled meat, cooked broccoli, cooked carrots, green salad.



This recipe is from Tammy’s Recipes.

Freezer-Friendly Bean and Rice Burritos

Easy individually-wrapped bean and rice burritos for the freezer! These burritos are simple and delicious!

Yield:

8 burritos

Ingredients:

4 cups cooked pinto beans (or beans of your choice)
4 cups cooked rice (1 1/3 cups dry rice, cooked)
4 cups (16 ounces) shredded Mexican or cheddar cheese
Salt, to taste
Hot sauce, optional (we like Tapatio or Cholula)
8 burrito-size flour tortillas
Sour cream or hot sauce, for serving

Instructions:

1. In a large bowl, toss together the beans, rice, cheese, and some splashes of hot sauce (if using). Add a little salt if you haven’t already salted your beans or rice.

2. Spread about 1 1/2 cups of the beans and rice mixture on each tortilla. Fold into burritos (see below). Wrap individually in pieces of foil.

3. Place foil-wrapped burritos in a gallon-size freezer Ziplock bag, removing excess air if possible. Label with name and date. Freeze for up to 6 months (if tightly wrapped).

Reheating instructions:

From frozen: Place frozen burritos a few inches apart directly on oven rack. Turn oven on to 375 degrees and bake for 35-40 minutes, until hot inside. Serve with sour cream or hot sauce!

From thawed (or freshly made): Place burritos a few inches apart directly on oven rack. Turn oven on to 375 degrees and bake for 25 minutes, until hot inside. Serve with sour cream or hot sauce!





This recipe is from Tammy’s Recipes.

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.

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.

Grilled Cedar Plank Salmon

Grilled salmon fillet on a cedar plank for amazing flavor!

Yield:

Varies, but approx. 4-6 servings

Ingredients:

One (2-3 pounds) salmon fillet*
Lemon juice
Liquid smoke flavoring
Black pepper
Salt
Garlic (dry, granulated)
Paprika
2 tablespoons melted butter

1 large cedar plank** for grilling, soaked in water for 30+ minutes

Instructions:

1. Preheat gas grill on high, or prepare charcoal grill.

2. Rinse salmon fillet and pat dry. Place salmon skin-side down on a clean counter or tray. Sprinkle lemon juice and liquid smoke flavoring over the top. Sprinkle a layer of black pepper, salt, and granulated garlic over the salmon. Then, a light sprinkling of paprika. Drizzle melted butter over top.

3. Reduce grill heat to medium. Place the soaked cedar plank on the grill and close the lid for 3-4 minutes, until it

starts to smoke. Place salmon fillet, skin-side-down, on the cedar plank. Grill with lid closed for 20-25 minutes, until salmon flaked in the thickest part or and internal temperature of 145 degrees.

Serve hot! We like to eat grilled salmon with hot cooked rice and/or roasted vegetables (like broccoli and cauliflower).



This recipe is from Tammy’s Recipes.

Baked Teriyaki Salmon

Slightly sweet teriyaki salmon that’s simple to prepare and full of flavor!

Yield:

4 servings

Ingredients:

1 to 1 1/4 pounds fresh or frozen salmon fillets

1/2 cup teriyaki sauce
2 teaspoons olive oil
1 clove minced garlic (or 1/2 teaspoon garlic powder)
2 tablespoons finely chopped onion (or 1/2 teaspoon onion powder)
1/8 teaspoon black pepper
Dash of crushed red pepper flakes, optional
2 tablespoons sesame seeds
1 teaspoon brown sugar

For serving:

Cooked rice or rice noodles and vegetables or stir-fried vegetables of your choice

Instructions:

1. In a gallon-size ziplock bag, combine the teriyaki sauce, oil, garlic, onion, pepper, red pepper (if using), and sesame seeds. Squeeze the bag a little to mix everything together.

2. Add the salmon fillets (fresh or still frozen) in a single layer. Remove excess air from bag, seal, and make sure fillets are covered on both sides in the marinade.

3. Put salmon in the fridge to marinate for a few hours (if fresh) or for a day or two to thaw/marinate (if still frozen).

4. When you’re ready to cook the salmon, remove the fillets from the bag and place them in a shallow dish* in a single layer (skin side down if the salmon has skin). Pour 1/4 to 1/3 cup of the marinade over the fillets, and sprinkle the teaspoon of brown sugar over the tops.

5. Bake in a preheated oven at 350 degrees for 20 minutes, or until salmon flakes with a fork (145 degrees internal temperature). Don’t bake too long, or salmon will be dry!

Serve hot (immediately) with rice or rice noodles, and/or stir fried vegetables.



This recipe is from Tammy’s Recipes.

Bonnie’s Tuna Noodle Casserole

A quick and easy cheesy tuna and noodle dish
Yield:

4 servings
Ingredients:

4 oz. egg noodles
6 oz. can of tuna, drained
1/3 cup chopped onion
1 tbs. Butter
1/4 cup milk
3/4-1 cup grated velveeta cheese (or other processed cheese, such as American)
1/3-1/2 cup marble cheddar cheese, grated
Instructions:

1. Cook egg noodles according to package directions.

2. Saute the onion in the butter.

3. Mix the tuna, milk, and sauted onion, and spread in the bottom of a greased 8-inch square baking dish. Top with half of each kind of cheese.

4. Spread egg noodles in pan. Top with rest of cheese.Â Bake at 350° for 15 minutes.



Bonnie’s Tuna Noodle Casserole

This recipe is from Tammy’s Recipes.