

Homemade Taco Pizza

A soft homemade pizza crust topped with pizza sauce, seasoned ground beef, and shredded cheese; baked and served with sour cream, lettuce, cheese and tomatoes

Yield:

12 slices

Ingredients:

Dough Ingredients:

1 cup water
2 teaspoons sugar
1 teaspoon salt
2 tablespoons oil
3 cups flour
1 tablespoon dry yeast

Topping Ingredients:

1/2 pound ground beef
1/2 onion, diced
1 small garlic clove, minced
1/4 teaspoon black pepper
2 teaspoons freshly ground cumin
1 teaspoon chili powder
1/2 teaspoon paprika
salt, to taste
1 cup pizza sauce
2 cups (8 ounces) shredded mozzarella cheese
Sour cream, for serving*
4 cups shredded lettuce, for serving
1-2 cups (4-8 ounces) shredded cheddar cheese, for serving
2 cups diced fresh tomatoes, for serving
1/2 cup sliced black olives, for serving

Instructions:

1. Combine flour and yeast in a large mixing bowl. In another bowl, combine the rest of the dough ingredients and mix. Add to flour and knead until a soft dough forms. Knead for 8-10 minutes.
2. Lightly grease the top of the dough and then put a towel over the bowl and set the dough in a warm place to rise for about 45 minutes.
3. Brown ground beef with onions and garlic. Drain fat and add pepper, cumin, chili powder, paprika, and salt. Mix well.
4. Grease a 16-inch pizza pan. Knead pizza dough for a minute or two to remove air bubbles and then press onto prepared pan to edges. Spread pizza sauce over dough and sprinkle meat on top of sauce.
5. Top with the shredded mozzarella cheese and bake at 450 degrees for 15 minutes or until browned on top. Turn off oven, crack oven door, and leave pizza in warm oven for another 5-10 minutes.
6. To serve, drizzle sour cream over the top of the pizza.* Sprinkle on lettuce, cheese, tomato, and black olives. Slice into 12 slices.



This recipe is from Tammy's Recipes.

Taco Pizza Bake

A cornmeal crust, topped with seasoned taco meat filling and cheese, baked and then topped with lettuce, sour cream, shredded cheese, diced tomatoes, and black olives

Yield:

16 slices

Ingredients:

Crust Ingredients:

1 1/4 cups cornmeal

1 1/4 cups flour

2 teaspoons baking powder

2/3 cup milk

1/3 cup oil

1 four-ounce can green chilies, drained*

Meat Ingredients:

3/4 pound ground beef or turkey
1 medium onion, diced
1 garlic clove, minced
1 cup (8 ounces) diced tomatoes (may be canned)
1 cup (8 ounces) mild salsa (If using thin salsa, add 1/4 cup water, also)
1 six-ounce can tomato paste
2 teaspoons chili powder
1 tablespoon ground cumin

8 ounces (2 cups) shredded mozzarella cheese

Topping Ingredients:

Shredded lettuce
Diced tomato
Sliced black olives
Sour cream
Shredded cheese

Instructions:

1. Brown ground meat with the onion and garlic. Drain and add remaining meat ingredients. (Not cheese) Heat until simmering. Simmer for 5 minutes.
2. Combine cornmeal, flour, and baking powder in a large bowl. Add milk, oil, and green chilies, stirring just enough to form a sticky lump of dough.
3. Grease a 16-inch pizza pan. Put the ball of dough in the center of the pan and start flattening it with your hands and spreading it towards the sides of the pan. When your hands get a little sticky, just wet them with a little water and continue pressing. Bake crust for 10 minutes at 400 degrees.
4. Pour meat mixture over hot crust. Sprinkle mozzarella cheese on top. Bake for an additional 10 minutes at 400

degrees.

5. When pizza is done, add additional topping ingredients as desired and cut into 16 slices.



This recipe is from Tammy's Recipes.

Spicy Grilled Turkey Burgers

Seasoned ground turkey, formed into patties and grilled for a quick and easy spicy turkey burger

Yield:

4 burgers

Ingredients:

1 pound ground turkey (85% lean)

1/8 cup water

2 tablespoons minced onions

1 small garlic clove, minced

1/2 teaspoon salt

1 teaspoon ground black pepper

1 teaspoon crushed red pepper flakes

1/4 teaspoon paprika

Instructions:

1. Combine all ingredients in mixing bowl and mix with hands until seasonings are evenly distributed. Allow to set at room temperature for about 10 minutes, or refrigerate for up to overnight.
2. Form meat into 4 patties. Grill according to grill instructions, just until done,* flipping patties halfway through grilling time.



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, cheesy 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.

Chicken Ceasar Wraps

Quick and easy tortilla wraps filled with chicken, melted pepperjack cheese, lettuce, and dressing

Yield:

4 servings

Ingredients:

4 large flour tortillas, any flavor

1 cup cooked cubed chicken

8 ounces (2 cups) shredded pepperjack cheese

8 cups (loosely measured) torn leaf lettuce, Romaine lettuce, or spinach (or a combination)

Ceasar salad dressing*

Instructions:

1. Lay tortillas on a large baking sheet. Sprinkle the chicken evenly over tortillas, topping with portions of the cheese. Bake at 375 degrees for about 6 minutes, or until cheese is completely melted. Alternately, you may use plates and microwave until cheese melts.

2. Remove from oven; top each tortilla with a portion of the lettuce, and add salad dressing as desired. Wrap burrito-style and serve.



This recipe is from Tammy's Recipes.

Cha-Cha Chicken Salad

A slightly sweet pineapple-cranberry chicken salad sandwich spread with crunchy onions and celery

Yield:

4 servings

Ingredients:

1/2 cup mayonnaise

3-4 ounces softened cream cheese

curry powder, salt, pepper to taste

2 cups cooked and shredded or finely chopped chicken breast

1/3 cup crushed pineapple (reserve a few tablespoons of the juice)

1/4 cup dried cranberries

1 tablespoon finely chopped onion

3-4 celery ribs, finely chopped

Bread or sandwich buns, for serving

Instructions:

1. In a mixing bowl, combine mayonnaise, cream cheese, and seasonings until well-blended. Add chicken and mix.
2. Stir in crushed pineapple, cranberries, onion, and celery. Add desired amount of pineapple juice for flavor and consistency.
3. Spread on bread of your choice to make a sandwich. Enjoy!



This recipe is from Tammy's Recipes.

Pepperjack Pizza

A homemade pizza crust topped with sauce, spicy taco meat, mozzarella, and pepperjack cheeses

Yield:

12 slices

Ingredients:

Crust Ingredients:

1 cup warm water (110-112 degrees F)
1 teaspoon salt
1 tablespoon sugar
1 tablespoon oil
3 cups all-purpose flour
1 tablespoon dry yeast

Meat topping:

1/2 pound (8 ounces) ground beef (about 1 1/4 cups after being cooked)
1/2 onion, chopped
1 clove garlic, minced (optional)
1 teaspoon water
1 tablespoon freshly ground cumin
1 tablespoon chili powder
1/4 teaspoon black pepper
1/2 teaspoon salt
1 teaspoon paprika

Other toppings:

1 cup pizza sauce
crushed red pepper, optional
8 ounces (2 cups) shredded mozzarella cheese
8 ounces (2 cups) shredded pepperjack cheese
1/4 to 1/2 green bell pepper, chopped
thinly sliced onions, optional

Instructions:

1. Make crust by combining the first 4 crust ingredients in a bowl and stirring. Add flour and yeast all at once and stir until thick. Knead into a smooth dough, adding additional flour only if necessary. Knead for about 6-8 minutes, until smooth and elastic. Place dough in a bowl, cover, and let rise in a warm place for about 45 minutes. If you're in a hurry, skip this rising time and go on to step 3.

If using a bread machine to knead the dough: Place crust ingredients into bread machine in order listed. Set to the dough setting. When dough is finished, move on to step 3.

2. While dough is rising, brown meat with onions and garlic. Drain excess grease. Return to heat and add the water and additional seasonings. Cook and stir for about 5 minutes, until meat is well-coated and no water remains in the pan.

3. Press or roll dough to fit on a greased 16-inch round pizza pan (or a combination of smaller pans to suit your taste). This crust recipe will produce a medium-thickness crust for a 16-inch round pizza pan.

4. Top crust with pizza sauce. Sprinkle red pepper flakes if using. Sprinkle prepared meat evenly over pizza sauce, then top with the cheeses, dispersed evenly over the top. Add green pepper and onion, if using.

5. Pre-heat oven to 450 degrees. Place pizza in the middle (or slightly lower than the middle, but not at the top) of the oven and bake for about 12 minutes, until top is golden. You may need to experiment a little with the type of pan you're using and your oven. I currently use a thin non-stick pizza pan with holes in the bottom, and my pizza bakes for 12 minutes exactly, every time. If the top of your pizza is too browned, but the crust doesn't appear fully cooked, turn off the oven, crack the oven door, and allow pizza to set for a few minutes. Cut into 12 slices and serve!



Grilled Turkey BLT

My recipe for a pork-free grilled version of the classic Bacon, Lettuce, and Tomato sandwich!

Yield:

1 sandwich

Ingredients:

3 slices turkey bacon

2 large fresh tomato slices

1 leaf of green lettuce (your favorite kind will work!)

1 thin slice of cheddar cheese, optional

2 tablespoons mayonnaise

a small amount of butter

2 slices multi-grain bread (OR your favorite sandwich bun/roll)

Instructions:

1. Preheat gas grill or prepare charcoal grill. Grill turkey bacon on low for about 4 minutes. Flip and grill 4 more minutes.

2. Spread a very thin layer of butter on the bread you are using. Grill bread on low for a minute or two on each side (only do one side – the inside – if using a roll/bun rather than sliced bread).

Instead of using an outdoor grill, you can do this inside on the stovetop using a griddle, stovetop grill, or frying pan.

3. Spread mayonnaise on bread and assemble sandwich with the turkey bacon, lettuce, and tomato (and cheese if using). Enjoy hot! (I like to serve these BLTs with a tasty salad.)

Grilled Chicken Souvlaki Gyros

Grilled chicken marinated in lemon and fresh herbs, served gyro-style on pita bread with tzatziki sauce, tomato, onion, and feta cheese

Yield:

4 servings

Ingredients:

Chicken souvlaki ingredients:

1 pound boneless skinless chicken breast or tenders, cubed for skewers

2 cloves garlic, minced

1/2 teaspoon lemon zest

1 tablespoon lemon juice

2 teaspoons fresh oregano, chopped

1 teaspoon fresh thyme

1 teaspoon salt

1/2 teaspoon lemon pepper seasoning, optional

Oil

Tzatziki sauce ingredients:

1/2 cup grated peeled cucumber (seeds removed and juice drained*)

1/4 cup greek yogurt or plain yogurt

1/4 cup sour cream

1 tablespoon chopped oregano

1/2 teaspoon lemon zest

1 teaspoon lemon juice

1/2 teaspoon salt

For serving:

4 pita rounds (regular pita bread or whole wheat pita bread)

2 tomatoes, sliced

4 slices of red onion

1/4 cup crumbled Feta cheese, optional

Lettuce (whole leaves or shredded), optional

Instructions:

1. Soak bamboo skewers. Toss the chicken chunks with the garlic, lemon zest, lemon juice, oregano, thyme, salt, and lemon pepper seasoning in a large bowl or Ziplock bag. Allow to marinate for 15 minutes.

2. While the chicken is marinating, make the tzatziki sauce by mixing the cucumber, yogurt, sour cream, oregano, lemon zest, lemon juice, and salt in a bowl.

3. Preheat grill on HI for 10 minutes (or prepare coals for charcoal). While grill is heating, put chicken on skewers and drizzle or spray with a little oil.

4. Reduce grill heat to medium and grill chicken with lid closed, rotating skewers every 5 minutes or so, until chicken is done (about 10-15 minutes depending on the size of the chunks and your grill).

5. Serve hot grilled chicken "gyro-style" – with the pita bread, prepared tzatziki sauce, tomato slices, onion slices, and feta and/or lettuce if using.



This recipe is from Tammy's Recipes.