

Dilly Tuna Melts on Pita Bread

Easy tuna melts made with dill, green onion, cheese and tomato broiled on pita breads

Yield:

6 servings

Ingredients:

3 cans (7 ounces each) solid pack tuna, drained*

1/2 cup sour cream

1/4 cup mayonnaise

1/4 cup shredded or finely chopped dill pickles

1 teaspoon dill weed

1/4 cup sliced green onion

1/2 teaspoon salt

dash of black pepper

6 pita breads (I use homemade pita bread, which is about 6 inches in diameter)

3 roma tomatoes, diced

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

Parmesan cheese and dill weed, for serving Instructions:

1.

In mixing bowl, combine drained tuna, sour cream, mayonnaise, dill

pickles, dill weed, green onion, salt, and pepper. Stir to combine.

2. Spread mixture evenly over the six pita rounds. Top each pita with

some of the diced tomatoes and an ounce (about 1/4 cup) of the shredded

mozzarella. Sprinkle with dill weed if desired.

3. Place tuna melts on baking sheets and bake in 375-degree

pre-heated oven for 10 minutes. With baking sheets on the top oven rack,
turn oven to BROIL and bake 2-3 minutes longer, until cheese is bubbly
and browning. (Watch carefully to avoid burning!)

Serve hot, with parmesan cheese and dill weed sprinkled on top. Yummy!



Dilly Tuna Melts on Pita Bread

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!



Grilled Lemon-Garlic Mahi Mahi Fillets

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!



Grilled Copper River Salmon

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).



Fish Tacos

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.



Easy Baked Salmon Fillet

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.



Maple Salmon and Broccoli with Rice
This recipe is from Tammy's Recipes.

Gourmet Chicken Garlic Pizza (copycat Papa Murphy's)

Chewy

pizza crust topped with a creamy garlic ranch sauce, grilled chicken

breast, diced tomatoes and green onions, and a three cheese blend. This
pizza tastes just like Papa Murphy's!
Yield:

One 16-inch pizza ("family size")

Ingredients:

Crust Ingredients:

1 cup warm water (115 degrees)
1 teaspoon sugar
1/2 teaspoon salt
2 cups all-purpose flour or bread flour
2 teaspoons active dry yeast

Sauce Ingredients:

2/3 cup ranch dressing*
1/2 to 1 tablespoon minced garlic**

Toppings:

12 ounces (3 cups shredded) mozzarella cheese
2 ounces (1/2 cup shredded) cheddar cheese
1/4 cup grated Parmesan cheese
1 grilled chicken breast, sliced
2 Roma tomatoes, diced***
1/4 cup (packed) coarsely slice green onion tops****

Instructions:

1.
In a medium mixing bowl, combine water, sugar, and salt. Add flour and yeast all at once, and stir until a soft dough forms. Add additional flour if needed, and knead gently for 5-10 minutes, until dough is smooth and elastic.

Alternately, you may mix this dough in a bread machine. On the dough cycle, add ingredients in order listed and remove dough when it is finished kneading. (Turn off the dough cycle at that time.) Dough can be somewhat sticky.

Or, you can mix this dough in a stand mixer, until soft and elastic. Dough can be somewhat sticky.

2. Butter or grease a 16-inch round pizza pan. Using your buttery hands, lift the soft, sticky dough onto the pizza pan and gently spread to the edges.

3. In a 1-cup measuring cup, mix the ranch dressing and minced garlic. Use a spoon to spread the sauce mixture over the crust.

4. In a medium mixing bowl, toss together the mozzarella, cheddar, and Parmesan cheeses. Spread about half of the cheese mixture over the sauce.

5. Evenly spread the chicken, tomatoes, and green onions over the pizza. Top with the remaining cheese.

6. Bake pizza in a pre-heated 425-degree oven for 12-15 minutes. Check pizza after 10 minutes, and continue to check every few minutes until top is browned and cheese is bubbly.

7. Remove pizza from oven, allow to cool slightly, and slice (I use a kitchen scissors to slice mine). Serve hot and enjoy!



Gourmet Chicken Garlic Pizza (copycat Papa Murphy's)

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.



Pasta with White Bean Sauce

This recipe is from Tammy's Recipes.

BBQ Chicken Pizza (Like California Pizza Kitchen)

A
thin-crust pizza with bbq sauce, chicken breast, sliced red
onions, and
freshly chopped cilantro – like California Pizza Kitchen's
Barbecue
Chicken Pizza!

Yield:

2 large, thin pizzas

Ingredients:

For the crust:

1 1/2 cups warm water
1 teaspoon salt
2 tablespoons oil
3 to 3 1/2 cups bread flour or all-purpose flour
1 tablespoon dry yeast

For the toppings:

2 boneless skinless chicken breasts
1 cup of your favorite BBQ sauce (we like Sweet Baby Ray's)
Butter, for greasing the sheets
16 ounces (4 cups) shredded mozzarella cheese
1/2 of a red onion, thinly sliced
1 cup (or more!) fresh chopped cilantro

Instructions:

1.
Preheat oven to 375 degrees. Place chicken breasts in a baking dish and coat with BBQ sauce, using about 1/2 a cup of the sauce. Bake uncovered for 25-30 minutes or until chicken is done. Remove from oven and allow to cool for a bit; slice chicken thinly and set aside. Reserve extra sauce from the dish for serving, if desired.

2. To make pizza crust, combine water, salt, and oil in a medium-size mixing bowl. Add a cup of the flour, then stir in the yeast and another cup of flour. Add enough remaining flour to make a dough and knead for 5-10 minutes, adding flour as needed to make a smooth, elastic dough.

*To make this dough in the bread machine: Add crust

ingredients in
the order listed and select the DOUGH cycle. Use dough when
cycle is
complete, or, remove dough after it is formed (and stop the
dough cycle
from finishing the rising time).

3. Preheat oven to 450 degrees. Divide pizza dough in half.
Liberally
butter two baking sheets (11×15-inch or 13×18-inch). Spread
dough onto
the sheets. (If dough is too thick to spread, you can use a
rolling pin
to roll the dough into a rectangle and then place on the
sheet.)

4. Spread 1/4 cup of BBQ sauce over each crust. Spread half of
the
mozzarella cheese over each pizza, followed by the sliced
chicken breast
and red onions. Sprinkle with fresh cilantro.

5. Bake pizzas at 450 degrees for about 12 minutes – until
toppings are browned and crust is lightly browned on the
bottom. Cut pizza into squares and serve with fresh cilantro
and extra bbq sauce from the chicken dish, if desired.



BBQ Chicken Pizza (Like California Pizza Kitchen)

This recipe is from Tammy's Recipes.

Cobb Salad and Dressing

A bed of lettuces served with fresh tomatoes, turkey bacon, grilled chicken breast, hard-boiled eggs, avocado, crumbled cheese, and green onions. Top with dressing (recipe included) and enjoy!
Yield:

4 large servings

Ingredients:

Cobb Salad Ingredients:

1/2 head Iceberg lettuce, chopped
1 large head Romaine lettuce, chopped*
2 tomatoes, diced

6 strips turkey bacon, cooked until crisp and chopped into small pieces
2 grilled chicken breasts (can be hot or cold), sliced thinly
3 hard-boiled eggs, peeled and diced
1 large avocado, diced
1/2 cup crumbled Roquefort or bleu cheese
1/4 cup thinly sliced green onions

Original Cobb Salad Dressing Ingredients:

1/4 cup water
1/4 cup red wine vinegar
1/4 teaspoon sugar
1 teaspoon fresh lemon juice
2 teaspoons salt
3/4 teaspoon freshly ground black pepper
3/4 teaspoon Worcestershire sauce
1/4 teaspoon dry English mustard
1 small garlic clove, minced
1/4 cup olive oil
3/4 cup vegetable oil (or light olive oil)

Instructions:

1. Make the salad dressing by whisking or blending together the dressing ingredients. Mix well!
2. In a large bowl, toss together the lettuces with enough dressing to coat. This should take about 1 cup of the dressing. Arrange lettuce either on 4 large serving plates or in a large shallow serving bowl.
3. Place the toppings in strips across the lettuce, as pictured:
tomatoes, bacon, chicken, eggs, avocado, and bleu cheese.
Sprinkle green onions over the top of the salad.

Serve salad with additional dressing on the side, if desired.



Cobb Salad and Dressing