

Biscuit Crust Pizza

A flaky, melt-in-your-mouth biscuit dough pizza that's quick and easy!

Yield:

12 slices

Ingredients:

Biscuit Crust Ingredients:

2 cups all-purpose flour

1 tablespoon baking powder

1/2 teaspoon salt

5 tablespoons cold butter, sliced

3/4 cup milk

Topping Ingredients:

1 tablespoon melted butter

3/4 cup pizza sauce

3 cups (12 ounces) shredded mozzarella cheese

Any other toppings of your choice – pepperoni, onions, green peppers, black olives, pineapple, oregano, etc.

Optional: Parmesan cheese, for serving

Instructions:

1.

In a medium-sized mixing bowl, whisk together the flour, baking powder, and salt. Cut in the cold butter with a fork or pastry blender. Stir in the milk, just enough to moisten and turn dough into a big lump.

2. Turn dough out onto a lightly-floured surface and gently knead

8-10 times. Press or roll onto a greased or silicone-lined

baking sheet

(13×18-inch) or pizza pan (16-inch round).

3. Spread the tablespoon of melted butter over the crust. Spread with sauce, cheese, and any toppings desired.

4. Preheat oven to 425 degrees. Bake on lower oven rack for about 17

minutes, until crust is lightly browned on the bottom and cheese is hot

and melted on top. If the top isn't browned enough by then, move the

pizza to the top rack in the oven and bake for a few more minutes.

5. Cut into 12 slices and serve hot!



Biscuit Crust Pizza

This recipe is from Tammy's Recipes.

Chicken a la King

A creamy chicken gravy with peppers and mushrooms, served over hot rice

Yield:

4 servings

Ingredients:

1/4 cup (1/2 stick) butter

1/3 cup all-purpose flour

1/2 teaspoon salt

1 cup chicken broth

1 cup milk

2 cups diced cooked chicken

1 4-ounce can sliced mushrooms, drained

1/4 cup chopped red bell pepper

1 cup white rice, cooked according to package instructions (3 cups after cooking)

Instructions:

1.

In a 3- or 4-quart saucepan, melt butter. Whisk in the flour and salt.

Add chicken broth and milk all at once, and cook and stir until bubbly and thickened.

2. Stir in the chicken, mushrooms, and bell pepper. Heat through. Serve over hot rice.



Chicken a la King

This recipe is from Tammy's Recipes.

Beef Enchiladas

Simple

enchiladas made with corn tortillas, beef, beans, and cheese!

These are

the best enchiladas and will please even the picky eaters!

Yield:

6 servings

Ingredients:

12 corn tortillas

1 pound ground beef*

1 large onion, diced

2 cloves garlic, minced

1 teaspoon chili powder

1/8 teaspoon black pepper

1/2 teaspoon salt
1 teaspoon ground cumin
Hot sauce, to taste

1 can refried beans (or about 2 cups of homemade refried beans)
2 cups (8 ounces) shredded cheese (Mexican blend or other)
2 10-ounce cans enchilada sauce (or about 3 cups of homemade enchilada sauce)

For serving (optional):

Sour cream
Shredded cheese
Sliced green onions
Chopped fresh cilantro
Instructions:

1.
Heat a heavy skillet (I use cast iron) over medium-high heat. When skillet is hot, place a corn tortilla on to cook (no oil). Use a heavy sauce pan or small stock pot placed on top of the tortilla to hold it flat as it cooks. Cook each side of the tortilla for about 30 seconds, just until hot and lightly browned but NOT crisp or stiff. Your goal is to have hot, cooked, SOFT corn tortillas using the heavy skillet and saucepan as a two-sided "griddle".** Set cooked tortillas aside, covered.

2. Brown meat with onion and garlic. Drain excess grease, and then stir in the chili powder, pepper, salt, cumin, and hot sauce.

3. In a medium-sized mixing bowl, stir together the meat mixture, refried beans, and 1 1/2 cups of the shredded cheese.
4. Spread 1/2 cup of the enchilada sauce in the bottom of a 9×13-inch baking dish. Fill the cooked tortillas with the meat/bean/cheese mixture and place, seams-down, in the prepared dish.
5. Cover with remaining enchilada sauce. Sprinkle with the remaining 1/2 cup of shredded cheese.
6. Bake, uncovered, at 350 degrees for 30 minutes or until hot and bubbly. Serve hot with desired toppings! (I love cilantro and sour cream on mine.)



Beef Enchiladas

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.



Baked Teriyaki Salmon

This recipe is from Tammy's Recipes.

Spicy Turkey Lentil Joes

Sloppy

Joes with a healthy twist: ground turkey, cooked lentils, and a spicy

kick that will have you coming back for seconds! Serve on buns or in

lettuce cups.

Yield:

12 servings

Ingredients:

24 ounces (1.5 pounds) 93% lean ground turkey*

1 large onion, diced

1 can (15 ounces) or 2 cups tomato sauce

1/3 cup Jamie's Spice Mix**

1-2 tablespoons brown sugar

3 cups cooked and drained lentils***

salt, to taste

For serving: Buns or romaine lettuce, shredded cheddar cheese, and sliced dill pickles

Instructions:

1. In a large skillet (I use cast iron), brown the ground turkey with the diced onion.

2. When meat is cooked through, add the tomato sauce, spice mix,

brown sugar and lentils. Simmer over low heat for about 20 minutes,

until mixture is thick, stirring occasionally. Add salt to taste, if

needed.

3. Serve on buns or in romaine lettuce, topped with the shredded cheddar and dill pickle slices.



Spicy Turkey Lentil Joes

This recipe is from Tammy's Recipes.

Meatball Rice Medley

A spicy medley of sticky rice, seasoned meatballs, and vegetables

Yield:

12 servings

Ingredients:

2 cups (uncooked) medium or sticky rice

Water, as called for in rice directions

1 tablespoon coconut oil or other oil

1 teaspoon salt

3 tablespoons Jamie's Spice Mix*

2 cups baby carrots or diced carrots

2 cups green peas, frozen or fresh

2 cups sweet corn, frozen or fresh off the cob

1 tablespoon sugar

Salt, to taste

32 seasoned meatballs, fully cooked and drained (fried on stove top, baked in the oven, or reheated from frozen)**Instructions:

1.

Cook rice with water, oil, salt, and spice mix, according to the package instructions (use the amount of water called for in your rice directions).

2. Cook carrots, peas, and corn a saucepan with water, until tender. Drain.

3.

In a large mixing bowl, toss together the cooked rice with the (hot, cooked) meatballs. Add the drained vegetables and tablespoon of sugar.

Stir together, adding salt to taste if needed. Serve hot.

Additional Notes:

*I highly recommend mixing up a batch of this homemade spice mix called Jamie's Spice Mix. It's delicious on so many foods! However, if you just want the seasoning for this meatball rice medley, you can use these measurements:

1/2 tablespoon onion powder or granulated onion

1/2 tablespoon garlic powder or granulated garlic

1 teaspoon smoked paprika

3/4 teaspoon dried basil

3/4 teaspoon dried oregano

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper
1/4 teaspoon celery seeds
1/8 teaspoon cayenne pepper

**I usually “cheat” and buy frozen Italian-style seasoned meatballs from Costco. You can use your favorite meatball recipe; anything Italian or spicy will go great with the other seasonings in this recipe.



Meatball Rice Medley

This recipe is from Tammy's Recipes.

Oven Baked Chicken

2 large egg whites
3 Tbsp honey-Dijon mustard
2 cups plain panko crumbs (we used Progresso)
1 tsp ground ginger
1/2 tsp **garlic** powder
8 skinless chicken drumsticks (about 2 1/4 lb)

Nonstick spray

Recipe Preparation

1. Heat oven to 475°F. You'll need a rimmed baking sheet lined with foil and coated with nonstick spray.
 2. Slightly beat egg whites and mustard with a fork in a pie plate. Mix crumbs, ginger and garlic powder on a large sheet of wax paper until blended.
 3. Roll drumsticks in egg white mixture; shake to remove excess. Roll in crumbs, then place on prepared pan. Coat **chicken** with nonstick spray. Bake 25 minutes until chicken is cooked through and coating is browned.
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Sweet and Spicy Shrimp with Rice Noodles (Cooking Light Recipe)

- 1 tablespoon rice vinegar
- 2 1/2 teaspoons honey
- 1 tablespoon sambal oelek (ground fresh chile paste, such as Huy Fong)
- 1 tablespoon lower-sodium soy sauce
- 12 ounces peeled and deveined medium shrimp
- 4 ounces uncooked flat rice noodles (pad thai noodles)
- 1 tablespoon peanut oil
- 2 tablespoons chopped unsalted cashews
- 1 tablespoon thinly sliced garlic
- 2 teaspoons chopped peeled fresh ginger
- 1 green Thai chile, halved

12 sweet mini peppers, halved
3/4 cup matchstick-cut carrot
1/4 teaspoon salt
3/4 cup snow peas, trimmed
3/4 cup fresh bean sprouts

Preparation

1. Combine first 4 ingredients in a medium bowl, stirring well with a whisk. Add shrimp to vinegar mixture; toss to coat. Cover and refrigerate 30 minutes.
2. Cook noodles according to package directions, omitting salt and fat; drain. Rinse with cold water; drain.
3. Heat a large skillet or wok over medium-high heat. Add oil to pan; swirl to coat. Add cashews, garlic, ginger, and chile to pan; stir-fry 1 minute or until garlic begins to brown. Remove cashew mixture from pan with a slotted spoon, and set aside.
4. Increase heat to high. Add sweet peppers, carrot, and salt to pan; stir-fry 2 minutes. Add shrimp mixture (do not drain); stir-fry 2 minutes. Stir in noodles and peas; cook 1 minute, tossing to coat. Return cashew mixture to pan. Add bean sprouts; cook 1 minute or until thoroughly heated, tossing frequently.

Spicy Southwestern Skillet

You could also add a can of corn to this recipe or melt some cheese on top. And if you don't eat it all, the leftovers are great for lunch the next day.

SPICY SOUTHWESTERN SKILLET

4 tbsp olive oil
1 large onion, chopped
1 large red or green pepper, diced
2 chicken breasts, cut into 1" cubes
1 15-oz can black beans, drained
1 can diced tomatoes with jalapeno peppers
1 tbsp garlic powder
1/2 tbsp cumin
1 tsp black pepper
1 cup uncooked macaroni or other small pasta

In a large skillet, heat 2 tbsp olive oil over medium heat. Add the onions and saute for 2-3 minutes. Add the red or green pepper and saute for another 2-3 minutes. Remove vegetables to a medium bowl.

Heat the other 2 tbsp olive oil over medium heat. Add the chicken and saute, stirring constantly, for about 4-5 minutes, or until all traces of pink have left the meat.

Add the vegetables back to the skillet. Add the drained black beans, the tomatoes with their juice, and the spices. Turn the heat up to high and bring mixture to a boil. When boiling, turn the heat to medium-low, cover, and cook for 10-15 minutes.

Meanwhile, cook pasta according to package directions; drain. When skillet cooking is complete, uncover and add pasta and mix to coat pasta with sauce. Remove from heat and serve.

Honey Fried Chicken from

Cook's Country

BRINE

1/2 cup salt

1/2 cup sugar

3 pounds bone-in chicken pieces (split breasts cut in half, drumsticks, and/or thighs), trimmed

BATTER

1 1/2 cups cornstarch

3/4 cup cold water

2 teaspoons pepper

1 teaspoon salt

3 quarts peanut or vegetable oil

HONEY GLAZE

3/4 cup honey

2 tablespoons hot sauce

Instructions

1. FOR THE BRINE: Dissolve salt and sugar in 2 quarts cold water in large container. Add chicken, cover, and refrigerate for 30 minutes or up to 1 hour.

2. FOR THE BATTER: Whisk 1 cup cornstarch, water, pepper, and salt together in bowl until smooth. Refrigerate batter while chicken is brining.

3. Set wire rack inside rimmed baking sheet. Sift remaining $\frac{1}{2}$ cup cornstarch into medium bowl. Remove chicken from brine and dry thoroughly with paper towels. Working with 1 piece at a time, coat chicken thoroughly with cornstarch, shaking to remove excess; transfer to platter.

4. Add oil to large Dutch oven until it measures about 2 inches deep and heat over medium-high heat to 350 degrees. Whisk batter to recombine. Transfer half of chicken to batter and turn to coat. Remove chicken from batter, allowing excess to drip back into bowl, and add chicken to hot oil. Adjust

burner, if necessary, to maintain oil temperature between 325 and 350 degrees. Fry chicken, stirring to prevent pieces from sticking together, until slightly golden and just beginning to crisp, 5 to 7 minutes. (Chicken will not be cooked through at this point.) Transfer parcooked chicken to platter. Return oil to 350 degrees and repeat with remaining raw chicken and batter. Let each batch of chicken rest for 5 to 7 minutes.

5. Return oil to 350 degrees. Return first batch of chicken to oil and fry until breasts register 160 degrees and thighs/drumsticks register 175 degrees, 5 to 7 minutes. Transfer to wire rack. Return oil to 350 degrees and repeat with remaining chicken.

6. FOR THE HONEY GLAZE: Combine honey and hot sauce in large bowl and microwave until hot, about $1\frac{1}{2}$ minutes. Add chicken pieces one at a time to honey mixture and turn to coat; return to wire rack, skin side up, to drain. Serve.