

# 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!



This recipe is from Tammy's Recipes.

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## 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.



This recipe is from Tammy's Recipes.

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# 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.)



This recipe is from Tammy's Recipes.

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## 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.

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## 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.



This recipe is from Tammy's Recipes.

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# 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.



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# Turkey Sausage Sweet Potato Hash

A spicy sweet medley of ground turkey sausage, roasted sweet potatoes, roasted brussels sprouts, and apples tossed together for a mouth-watering hash

Yield:

8 servings

Ingredients:

Sausage Ingredients:

2 pounds lean (93/7) ground turkey

2 teaspoons salt

2 teaspoons ground black pepper

1 teaspoon cayenne pepper

1/2 teaspoon granulated garlic or garlic powder

1 teaspoon fennel seeds, crushed

4 teaspoons ground sage  
2 teaspoons dried thyme  
1/4 teaspoon ground cloves  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground allspice, optional  
2 tablespoons maple syrup (or more to taste), optional  
2 cups peeled and diced apples

2 pounds sweet potatoes, peeled and diced (or cut into fries)\*  
1/4 cup oil  
1 teaspoon salt

1 pounds brussels sprouts, washed (cut these in half if bigger than bite-size)  
2 tablespoons oil  
1/2 teaspoon salt

1/4 cup maple syrup (add in step 6)

#### Instructions:

1. Combine sausage ingredients in a large bowl and mix well. Refrigerate for a few minutes while you prepare the veggies, or up to a couple days, if you're planning ahead.
2. In another bowl, toss together the diced sweet potatoes, 1/4 cup oil, and 1 teaspoon salt. Spread mixture onto a baking sheet that has been greased or lined with parchment paper or a silicone baking mat.
3. In yet another bowl, toss together the brussels sprouts with 2 tablespoons oil and 1/2 teaspoon salt. Spread mixture onto another baking sheet or a 9×13-inch pan that has been greased or lined with parchment paper or a silicone baking mat.
4. Preheat oven to 400 degrees F. Bake both pans of vegetables for 30-40 minutes, stirring once or twice during baking. Vegetables are done when they are soft inside. Test with a

fork for doneness; one pan may be done sooner than the other.

5. While vegetables are baking, cook the sausage mixture in crumbles in a large heavy pan over medium heat until done.

6. When the vegetables and meat are completely cooked, toss everything together in a big bowl, stir in the maple syrup, and serve hot.



This recipe is from Tammy's Recipes.

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## Gyro Meat

### Ingredients:

1 lb of ground beef

1 lb of ground lamb

2 cloves of garlic

1 large onion

1 tablespoon of marjoram  
1 tablespoon of oregano  
1 tablespoon of cumin  
1 tablespoon of thyme  
 $\frac{1}{2}$  tablespoon of black pepper  
2 teaspoons of kosher salt

### Steps:

1. The first thing you are going to want to do is to grind the beef and lamb together into a fine mixture. The meat is often put into a blender or food processor to turn the meat into a paste-like mixture. This will help the two meats mix together, let you integrate the gyro seasoning into the mix, and give you the ability to form the meat into the thin slices that gyros are known for.
2. Mix all of the ingredients into the meat. To make authentic homemade gyro meat, you have to get the flavor right. Hopefully you have a fine paste of beef and lamb mixture that is easy to mix with the spices. If you used a food processor or blender, you can add the onion and garlic cloves into the mixture and use the processor to mix everything together. If not, you will want to chop and mash the onions and garlic so they will be easy to mix in without any noticeable chunks.
3. Let the meat and gyro seasoning chill in the fridge for at least an hour in the bowl.
4. Cooking the meat will remind you of cooking meatloaf, but this gyro meat recipe will be miles above the meatloaf you remember from dinner at grandma's. You will want to get a loaf baking dish to spread the gyro meat out in. A 7x4 dish is the standard, but anything that fits your meat in a rectangular pattern will work.
5. You will want to bake the meat at 325 degrees fahrenheit

for about an hour to an hour and fifteen minutes. Make sure the meat has reached 165 degrees on the inside.

6. Remove the loaf and wrap it in tin foil and place it on a cooling rack. Place a pan on top of the loaf, or anything to weigh it down. This will help the meat become denser and get the desired gyro meat consistency.

Learning how to make gyro meat isn't the only piece of the puzzle in your search for an authentic Greek meal. There are a few other steps to completing and amplifying the dish.

- Puree the onion, garlic and herb mix before adding it to your gyro meat. This will help even out the gyro seasoning distribution.
  - Serve your gyros in a piece of pita that has been lightly grilled, and add sliced tomatoes, minced onions and lettuce. Some people will also add ketchup or mustard to their wrap. Include a side of french fries and your meal is complete.
  - A more traditional method of cooking includes grilling the meat on a rotisserie skewer. This is a more difficult option, but will cook the meat more evenly and add a good texture to it. You will want to leave the mixture in the refrigerator overnight so you are able to form it in rolls easier. Then you will grill the meat on medium-high until the internal temperature reaches 165.
  - Use your gyro meat to make gyro nachos. Instead of a pita wrap, combine your ingredients, including the tzatziki sauce, on top of a plate of chips. It is a great way to make a snack for game night or just a good, crunchy alternative to classic gyros.
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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.



## Spinach Rice Casserole

This recipe is from Tammy's Recipes.

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# 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 mozzarella 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. Sprinkle 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.



Mushroom Lasagna

This recipe is from Tammy's Recipes.