

# Grilled Salmon Fillet

Moist seasoned grilled salmon, with a salty, smokey flavor

Yield:

Varies, depending on size of fillet

Ingredients:

Salmon fillet, fresh or thawed

liquid smoke flavoring (we put into small spray bottle)

lemon juice (optionally, squeeze fresh lemon slices onto salmon)

hickory smoke salt

seasoned salt

garlic salt

oil (in spray bottle)

pepper

paprika

lemon pepper

sage

basil

marjoram

butter, sliced

Instructions:

1. Lay salmon fillet, skin-side-down, on flat surface. Apply seasonings in order listed.

2. Grill according to grill directions for temperature and time.

Our Weber grill says for fish fillet:

1/4-1/2" thick            3-5 minutes High

1/2-1" thick              5-10 minutes High

1-1 1/4" thick            10-12 minutes High

Fish is done when the inside flakes easily with fork.

Note: Salmon steaks typically cook well directly on a grill but you may need to cook fillets on a surface that you can be put on the grill and later removed. This will prevent sticking, but you may need to increase grilling time to compensate.



Grilled Salmon Fillet

This recipe is from Tammy's Recipes.

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# 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. Bake at 350° for 15 minutes.



Bonnie's Tuna Noodle Casserole

This recipe is from Tammy's Recipes.

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## Veggie Tuna Casserole

Garden pasta, red pepper, zucchini, broccoli, tuna, and cheese, combined in a flavorful and creamy sauce

Yield:

4-6 servings

Ingredients:

2 cups garden spiral pasta

1 large red bell pepper

1 large zucchini

1 head broccoli or approximately 2 cups chopped  
1 large can tuna, drained (I used 6 ounces of tuna)  
1 cup (4 ounces) Monterey jack cheese, grated (or more)  
2 Tablespoons butter  
2 cups milk  
1 Tablespoon soy sauce  
1 Tablespoon hot sauce (or less)  
2 Tablespoons oil  
3 Tablespoons flour  
Salt & Pepper to taste

Instructions:

1. Cook pasta according to package instructions; drain.
2. Chop bell pepper, zucchini and broccoli into bite-sized pieces. Saute in oil, then add soy sauce. Don't overcook; vegetables should still be crisp.
3. In small saucepan, melt butter. Add salt, pepper and hot sauce. Whisk in flour. Add milk. Stir constantly and bring to a boil over med heat. Boil & stir one minute.
4. Add vegetables to pasta in large bowl. Add sauce & stir together. Stir in one handful cheese. Place in 9"x13" baking pan and sprinkle remaining cheese over top.
5. Bake in 375\* oven for 5-10 minutes, or until cheese is melted.

Additional Notes:

This

recipe was submitted to [Tammysrecipes.com](http://Tammysrecipes.com) by Amy B. She writes, "This might not seem like anything special, but it is a pretty tasty dinner."

When I (Tammy) made the recipe, I used the full amount of hot sauce (we use Tapatio brand) and we thought it was a little

too hot for our tastes. I also used more cheese than the recipe calls for, probably at least double (8 ounces or more), but I didn't measure that. It was good that way!



Veggie Tuna Casserole

This recipe is from Tammy's Recipes.

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## Rummy Deer

Tender cuts of venison, marinated in a brown sugar, soy sauce, rum and cola mixture, wrapped in turkey bacon and baked

Yield:

Varies, depending on size of cut of venison

Ingredients:

1/4 cup rum\*

brown sugar

1/4 can cola\*\*

1/2 cup soy sauce\*\*\*

uncooked turkey bacon

Instructions:

1.  
Combine 1/4 can of pepsi with a shot of rum (about 1/4 cup rum or a few drops rum flavoring); stir. Add 1/2 cup of soy sauce, and enough brown sugar to make a nice thick paste. Mix well with a fork.

2. Lay meat out in a shallow dish that can be covered; pour marinade on top. Cover and refrigerate for at least 1/2 hour, no more than 4 hours.

3. After meat has marinated to your liking, take 2-3 strips of uncooked turkey bacon, and wrap around the pieces of meat. If using tenderloin, wrap the entire piece in slices of the bacon.

4. Place meat on a cooking pan (jellyroll pans work the best!). Once all pieces are wrapped and on the pan, spoon a bit of the marinade on the wrapped meat.

5. Transfer to a 350 degree oven, and cook for about 20 minutes.

After 20 minutes, spoon/baste the meat with more marinade. Discard any

leftover marinade after this. Cook for another 15-20 minutes, depending

on the thickness of the meat. When you can start to smell the meat in

other parts of your home, its almost done! Cook venison as you would

beef.\*\*\*

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Serve with green salad, buttered cooked sweet potatoes, and rolls. Enjoy!

Additional Notes:

\*Or rum flavoring. I like using real rum better.

\*\*We use Pepsi.

\*\*\*We use the Kikkoman low sodium.

\*\*\*\*The meat will get very dark, due to all of the sugars used; don't worry, you're not burning it unless it smells burnt!



Rummy Deer

This recipe is from Tammy's Recipes.

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## Easy Grilled Salmon with Lemon

A tender grilled salmon fillet with butter, garlic, and lemon

Yield:

4 servings

Ingredients:

Two 8-ounce Salmon fillets

liquid smoke flavoring\*

salt

freshly ground pepper

1 fresh lemon, sliced or in wedges\*\*

oil, in a spray bottle (easiest)

2 cloves minced garlic  
2 tablespoons butter, sliced

Instructions:

1.  
Lightly season fillets (both sides, if skinless) with liquid smoke flavoring. Sprinkle salt and pepper. Squeeze lemon juice over salmon.  
Spray both sides with oil, lightly.
2. Mix (mash) garlic and butter together. Dab half of the butter mixture on top of the fillets.
3. Preheat grill on high for 10 minutes. Reduce heat to medium. Place salmon directly on grill grate, or, use a grill grid/plate for grilling delicate foods. (If using a grill grid/plate, pre-heat it with the grill.)
4. Grill with lid closed. Flip once during cooking, and apply the remaining garlic butter to the top of salmon after flipping.

Approximate grilling times for fish fillet:

1/2-1" thick      ~10 minutes Medium  
1-1 1/4" thick    ~12-14 minutes Medium

Fish should flake apart inside when done.



Easy Grilled Salmon with Lemon

This recipe is from Tammy's Recipes.

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## Salmon Potato Casserole

A comforting creamy casserole of cheesy sliced potatoes and smoked salmon

Yield:

8 servings

Ingredients:

1 large onion or 2 medium onions, finely diced or thinly sliced

3 large potatoes (about 2 or 2.5 pounds), scrubbed and thinly sliced

1/2 cup heavy whipping cream

1 1/2 cups milk

1 teaspoon salt

1/2 teaspoon black pepper

3 cups (12 ounces) shredded cheddar cheese

8 ounces smoked salmon\*

## Instructions:

1. In a large mixing bowl, stir together the onions, potatoes, cream, milk, salt, and pepper.
2. In a 9×13-inch baking dish, spread a layer of potatoes/onions, using almost half of what is in the mixing bowl. (I use my hands to separate and spread.)
3. Sprinkle a cup of the cheese over the potatoes. Spread a layer of salmon across, and then the rest of the potatoes/onions. Sprinkle the remaining 2 cups of cheese on top, and pour or spoon the extra milk/cream from the mixing bowl over the cheese.
4. Cover dish with foil (lightly oil the underside of the foil if it will be touching the cheese) and bake at 400 degrees for 60 minutes. Uncover the dish and bake at 350 degrees for about 30 minutes longer, until potatoes are tender. Serve hot and enjoy!



Salmon Potato Casserole

This recipe is from Tammy's Recipes.

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# Baked Cod with Lemon and Dill

Cod fillets brushed with lemon dill butter and baked until tender and flaky

Yield:

2 servings

Ingredients:

12 ounces cod fillets\*, fresh or thawed

2 tablespoons butter

1/2 teaspoon fresh lemon zest

1/2 teaspoon dried dill weed

salt

pepper

1 tablespoon freshly squeezed lemon juice

Lemon wedges, for serving (optional)

Instructions:

1. Preheat oven to 450 degrees. Melt butter in a small sauce pan and stir in the lemon zest and dill.

2. Rinse fish fillets if desired, and pat dry with a paper towel.

Sprinkle both sides (if fish is skinless) with salt and pepper. Lay fish

on an ungreased baking sheet.

3. Drizzle half of the butter mixture over fish. Flip fillets over

and drizzle remaining butter on top. Sprinkle with lemon juice.

4. Bake at 450 degrees for 12-15 minutes, or until fish tests done

(tender and flaky inside). If fillets are thin, check at 12 minutes; if fillets are thicker they will probably need at least 15 minutes.

Serve over rice, with lemon wedges to squeeze over fish and rice if desired! ☐



Baked Cod with Lemon and Dill

This recipe is from Tammy's Recipes.

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## Easy Tuna Noodle Casserole

A simple cheesy from-scratch tuna noodle casserole!

Yield:

8 servings

Ingredients:

8 ounces pasta or 12 ounces egg noodles

2 6-ounce cans of tuna, drained

1 onion, chopped  
3 tablespoons butter  
2 tablespoons all-purpose flour  
2 cups milk  
1 teaspoon salt  
dash of pepper  
1 1/2 cups (6 ounces) shredded mozzarella cheese  
1 1/2 to 2 cups shredded cheddar cheese

Instructions:

1. In a large stock pot, cook the pasta or egg noodles according to package instructions. Drain pasta in a strainer.
2. In the now-empty stock pot, melt the butter. Add onions and saute until onions are tender. Stir in flour to make a thick paste. Add milk, salt, and pepper. Cook and stir until bubbly and slightly thickened.  
Remove from heat.
3. Add cooked pasta and drained tuna to sauce, stirring to coat. Stir in mozzarella cheese.
4. Pour into a lightly greased 9×13-inch baking dish. Top with shredded cheddar cheese.
5. Bake uncovered at 350 degrees. Bake for 20 minutes or until cheese is bubbly.

Additional Notes:

This casserole can be made ahead and refrigerated until ready to bake. If baking after refrigeration, place cold dish in oven before pre-heating oven. Bake



## Easy Tuna Noodle Casserole

This recipe is from Tammy's Recipes.

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# Joshua's Grilled Chicken Pizza

Homemade pizza crust topped with flavorful grilled chicken, shredded cheese, veggies, and pizza sauce with some extra kick!

Yield:

12 slices

Ingredients:

For the crust:

1 cup warm water (115 degrees)

1 teaspoon salt

3 cups all-purpose flour

2 1/4 teaspoons instant active dry yeast

For the grilled chicken:

4-6 chicken breast tenders  
black pepper  
lemon pepper seasoning  
garlic salt

For the sauce:

1 cup pizza sauce  
2-3 tablespoons BBQ sauce (we use a hot kind!)

Toppings:

12 ounces (3 cups) shredded mozzarella cheese  
1 cup chopped bell peppers (we use a variety of colors!)  
1/4 to 1/2 cup sliced or diced onions (we like the purple ones!)  
Sliced black olives, optional  
Pineapple chunks (drained), optional  
4 ounces (1 cup) shredded sharp cheddar cheese

Instructions:

1.  
In a medium mixing bowl, combine the water and salt for the pizza crust. Add 2 1/2 cups flour and the yeast and stir. Add additional flour if needed to form a dough. Knead for 5-6 minutes. Set dough aside and cover.

If you have a bread machine, it's even easier to make the crust.

Place crust ingredients in bread machine in the order listed (use 2 3/4 cups of flour rather than 3). Start machine on dough cycle. You can take the dough out of your machine whenever it's done kneading – my

machine

takes about 25-30 minutes.

2. Spray or brush chicken tenders with oil. Sprinkle with pepper, lemon pepper, and garlic salt. Grill according to grill instructions (our Weber Q grill takes about 6 minutes). Allow cooked chicken to cool and then cut into half-inch chunks.

3. Liberally butter a 16-inch round pizza pan. Use your buttery hands to spread/press the pizza dough onto the pan.

4. Mix the pizza sauce with the BBQ sauce. Spread evenly over the crust. Top with shredded mozzarella cheese.

5. Sprinkle chicken pieces over the mozzarella cheese. Add the veggie toppings, and finish with the cheddar cheese.

6. Pre-heat oven to 450 degrees. Bake pizza for 11-15 minutes, or until done.

I use a non-stick pan with holes in the bottom, and it takes 11 minutes on the top rack of my electric oven.

If I'm using my steel pizza pan (no holes in the bottom), I put the pan on the bottom rack of the oven, which helps the crust get browned/cooked enough before the top is too dark. The thicker/heavier your pan, the more likely that you will need to bake it on a low rack (close to the heating element) to avoid soggy crust. ☐

If I'm baking two pizzas at once, the baking time is more like 18-20 minutes (I rotate the pizzas to ensure even baking).

If you like a fluffier crust, allow pizza to rest for 15-30 minutes before baking. We usually don't wait the extra time

though! ☐



Joshua's Grilled Chicken Pizza

This recipe is from Tammy's Recipes.

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## Italian Chicken and Asparagus

A creamy chicken sauce with steamed asparagus and fresh tomatoes, served over hot pasta

Yield:

8 servings

Ingredients:

1.5 pounds fresh asparagus, trimmed and cut into 2-inch pieces\*

2 cups fresh tomatoes, diced

8 ounces spaghetti pasta, cooked according to package instructions

3 large boneless skinless chicken breasts (about 1.5 pounds), cut into bite-sized pieces

1 large onion, chopped (OR 1/4 cup dried onions)  
3 cloves garlic, minced  
1/4 cup water  
1/4 cup (1/2 stick) butter  
1/4 cup all-purpose flour  
2 cups milk  
1 cup sour cream  
1/2 teaspoon basil  
1 teaspoon oregano  
salt, to taste  
Shredded Parmesan cheese, for serving

Instructions:

1.  
Place diced chicken, onion, garlic, water, and butter into a heavy skillet and cook over medium or medium-high heat until chicken is fully cooked.
2. Pour 1 cup of the milk into the pan with the chicken. In a separate bowl, whisk together the flour and the other cup of the milk. Add to chicken mixture and cook and stir until mixture bubbles and thickens.
3. Turn heat to low or warm. Stir in sour cream, basil, and oregano. Add salt to taste. (I like to make the sauce a little extra salty since I am not adding salt to the pasta or tomatoes.) Keep chicken sauce warm while the rest finishes:
4. Steam asparagus just until tender. Alternately, you can boil the asparagus for just a minute or two and then drain. The main

thing is to just cook until tender. ☐ Lightly salt asparagus before or after cooking, to taste.

5. To serve, layer hot pasta and top with hot steamed asparagus. Spoon chicken sauce over asparagus, sprinkle with diced tomatoes, and end with some shredded Parmesan cheese on top! Enjoy! ☐



Italian Chicken and Asparagus

This recipe is from Tammy's Recipes.