Cheesy Whole Wheat Vegetable Calzones

Creamy, cheesey 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.

Rice Medley

A flavorful medley of rice, peas, and seasoned ground beef, tossed together for a tasty all-in-one meal!

Yield:

4 servings

Ingredients:

1 cup (uncooked measurement) of rice, cooked according to package instructions*
1/2 pound ground beef
1/2 onion, diced
1/4 green pepper, diced (optional)
1 clove garlic, minced
1 cup cooked peas (hot)
1/2 cup hot cooked corn, optional
1/4 teaspoon pepper
salt, to taste

Instructions:

1. Brown ground beef with onion, green pepper (if using), and garlic. Drain grease.

2. In a large bowl, toss cooked meat with the hot rice, peas, corn (if using), and pepper. Add salt to taste (this recipe needs salt, so don’t skip that part!) and serve.

Additional Notes:

*Or, 3 cups of cooked rice; you can use yellow rice instead of plain rice if you wish.



This recipe is from Tammy’s Recipes.

Farmhouse Chicken

Creamy and flavorful chicken breast chunks topped with stuffing and baked

Yield:

4 servings

Ingredients:

4 tablespoons butter
4 tablespoons flour
2 cup milk
2 boneless, skinless chicken breasts, cubed
4 celery ribs, chopped
1 small onion, chopped
1/4 teaspoon salt
1/4 teaspoon pepper
12 ounce package of stuffing mix

Instructions:

1. Saute onion, and prepare stuffing mix according to package directions and set aside.

2. In a medium sauce pan, melt butter and then add flour. Stir until bubbly, then cook one minute. Slowly add in milk,

stirring continually to avoid lumps.

3. Add chicken, celery, onion, salt and pepper. Cook and stir for 5-10 minutes, until chicken is done and celery is starting to get tender.Â

4. Pour mixture into an 8×8-inch casserole dish. Top with stuffing. Bake, uncovered, at 350 degrees for 30-35 minutes.



This recipe is from Tammy’s Recipes.

Three-Cheese Baked Spaghetti

Spaghetti pasta tossed with three cheeses, topped with a meat sauce and baked

Yield:

6 servings

Ingredients:

Pasta Ingredients:

8 ounces spaghetti
2 tablespoons butter
1/2 teaspoon salt
1 1/2 teaspoons dried parsley
1 cup cottage cheese
1/4 cup grated Parmesan cheese
6 ounces (1 1/2 cups) shredded mozzarella cheese*
2 ounces crumbled feta cheese, optional

Sauce Ingredients:

8 ounces ground beef
1 clove garlic, minced
1/2 onion, chopped
1/4 teaspoon ground black pepper
3 cups spaghetti sauce
1/2 tablespoon sugar
1 teaspoon Italian seasoning
2 ounces (1/2 cup) shredded mozzarella cheese, optional

Instructions:

1. Cook spaghetti according to package directions (al dente). Drain and return to pan (remove from heat though!). Add butter and stir until butter is melted. Add remaining pasta ingredients, stirring to combine. Spread pasta-cheese mixture in the bottom of a greased 8-inch square baking dish.



This recipe is from Tammy’s Recipes.

Easy Salisbury Steak

Seasoned beef patties in a homemade gravy with onions, served over egg noodles

Yield:

4 servings

Ingredients:

8 ounces egg noodles, cooked according to package instructions and tossed with 2 tablespoons butter
1 pound ground beef or turkey
2 tablespoons Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon black pepper
5 tablespoons butter
1 large onion, sliced
1 minced clove garlic, optional
1/4 cup flour
1 cup milk
1 1/2 cups water
2 teaspoons dried parsley flakes
1 teaspoon beef bouillon, optional
salt and pepper to taste

Instructions:

1. Using hands, mix the meat with 1 tablespoon of the Worcestershire sauce, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Form into four patties, each about 1/2-inch thick.

2. In a large non-stick skillet, melt 1 tablespoon of the butter over medium heat. Lay patties in pan and brown for

about 7 minutes on the first side. Flip patties and add sliced onions and minced garlic, if using. Brown for about 10 more minutes.

3. Put patties and onions into a strainer to drain the excess grease, and in the meantime, heat the remaining 4 tablespoons of butter over medium heat in the same skillet you used before. When butter is melted, add flour and stir until mixed. Add milk, water, the remaining tablespoon of Worcestershire sauce, and parsley (and beef bouillon if using) and whisk or stir briskly to combine. Heat until mixture is bubbly and thickens, stirring constantly to avoid lumps.

4. Return meat and onion mixture to skillet and stir in with the sauce. Reduce heat to medium-low and cover pan with lid. Cook for about 8 minutes. Add salt and pepper to taste. Serve over the cooked egg noodles.



This recipe is from Tammy’s Recipes.

Crockpot Pizza

A delicious layered crockpot casserole with egg noodles, cheese, pizza sauce, and pepperoni

Yield:

8 servings

Ingredients:

12 ounces egg noodles, cooked according to package instructions and drained
1 1/2 pounds ground beef
1/4 cup chopped onions
2 (14 ounce) jars pizza sauce or 1 large can spaghetti sauce*
3.5 ounces turkey or beef pepperoni**
3 cups (12 ounces) shredded mozzarella cheese
3 cups (12 ounces) shredded cheddar cheese

Instructions:

1. In a large skillet, cook ground beef and onion until done.Â Drain. Stir in the pizza sauce and pepperoni.

2. Grease crock pot. Spread 1/3 of the meat sauce in bottom.Â Cover with layer of noodles, then a layer of the cheeses. Repeat layers twice.

3. Cover and cook on low heat for 3-4 hours or until heated through and cheeses are melted.



This recipe is from Tammy’s Recipes.

Pepperoni Roll

Fluffy Italian bread rolls, filled with seasonings, pepperoni, and cheese

Yield:

8 servings

Ingredients:

1 cup warm water (110 degrees F)
1 teaspoon salt
2 teaspoons sugar
2 tablespoons oil
3 cups flour
1 tablespoon dry yeast
1 teaspoon oregano*
1 teaspoon basil*
1 cup (packed) coarsely chopped slices of turkey or beef

pepperoni
12 ounces (1 1/2 cups) shredded mozzarella cheese
3 tablespoons grated or shredded parmesan cheese
Warm marinara sauce, for serving (optional)

Instructions:

1. Combine water, salt, sugar, and oil. Add flour and yeast at the same time and mix until thick. Add additional flour if needed, and knead dough for about 10 minutes.

2. Place dough in greased bowl, turning dough over once to grease both sides. Cover and set in a warm place to rise. Allow dough to rise for about 45 minutes.**

3. On a lightly floured surface, roll dough into a 12×16-inch rectangle. Sprinkle dough with oregano and basil. Top with the chopped pepperoni and then a layer of the mozzarella cheese.

4. Carefully roll dough, jelly roll style, starting at one of the shorter (12-inch) ends (not at the wide, 16-inch sides). Pinch dough to seal into a “log”.

5. Using a piece of dental floss (approximately 18 inches in length), cut log into 8 slices. To do this, slip the strip of floss under the log and then bring both ends up, crossing over to the other side and pulling taut to cut.

6. Carefully place the 8 rolls in a greased 9×13-inch baking pan. Cover lightly with a towel and set in a warm place for about 25-35 minutes, until almost doubled in size.

7. Remove towel and sprinkle with parmesan cheese. Bake at 350 degrees for 20-30 minutes, until lightly browned and dough is completely cooked. Cover loosely with foil during baking if dough starts to brown too quickly. Serve with warm sauce if desired.



This recipe is from Tammy’s Recipes.

Rice Lasagna

Browned ground beef mixed with spaghetti sauce and freshly cooked rice, layered with cottage cheese and topped with cheddar before baking

Yield:

6-8 servings

Ingredients:

1 1/2 cups (uncooked) rice
1 pound ground beef
1/2 onion, chopped
1 clove garlic, minced
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon sugar

3 cups spaghetti sauce
2 cups cottage cheese
8 ounces (2 cups) shredded cheddar or mozzarella cheese*

Instructions:

1. Cook rice according to package instructions.

2. Brown ground beef with onion and garlic in a large skillet. Drain excess grease. Add salt, pepper, sugar, spaghetti sauce, and cooked rice. Stir well to combine.

3. In a medium-large casserole dish (can use a 9×13-inch dish or a casserole dish of equivalent size), put a layer of the rice mixture. Top with a layer of cottage cheese. Continue layering until dish is full. Top with shredded cheese.

4. Bake at 350 degrees for about an hour (baking time depends on depth of dish used), until hot and bubbly.



This recipe is from Tammy’s Recipes.

Chicken Lasagna

A layered lasagna of pasta, chicken, cottage cheese, mozzarella cheese, and a homemade white sauce

Yield:

6 servings

Ingredients:

9 lasagna noodles, cooked according to package instructions
2 Tablespoons butter
1 clove garlic, minced
1/2 medium onion, chopped
2 Tablespoons flour
1 Tablespoon cornstarch
1 1/2 cups milk
1/8 teaspoon black pepper
1/2 teaspoon salt
1/4 teaspoon basil
4 ounces cream cheese
1/3 cup grated parmesan cheese
8 ounces (2 cups) mozzarella cheese, shredded
1 cup cottage cheese
2 cups cooked cubed chicken
1/8 teaspoon oregano

Instructions:

1. In a large skillet over medium heat, melt butter. Saute onions and garlic until translucent. Add flour and cornstarch, stirring to mix. Add milk, pepper, salt, and basil, whisking until well mixed. Cook and stir until thick and bubbly.

2. Add cream cheese and reduce heat to medium-low. Cook and stir until cream cheese is melted. Add parmesan cheese, stirring to mix. Remove from heat.

3. In a bowl, combine 1 cup of the mozzarella cheese, the cottage cheese, and the chicken.

4. Grease an 8×8 inch baking dish. Put a layer of lasagna noodles in the bottom of the dish. Top with half of the chicken mixture. Put a layer of lasagna noodles on top of mixture. Top with half of the white sauce. Continue layering noodles, chicken, noodles, and sauce.

5. Top with remaining 1 cup of mozzarella cheese. Sprinkle with oregano.

6. Bake uncovered at 350 degrees for 30-40 minutes, until lightly browned.



This recipe is from Tammy’s Recipes.

Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn

Yield:

6 servings

Ingredients:

3 cups water*
3 tablespoons Golden Monkey black tea leaves (dry)**
1 1/2 cups brown rice
1 stick butter, divided
1 medium onion, chopped
1 large carrot, peeled and grated
1/3 cup frozen corn
1/3 cup frozen green peas
2 cups chopped (bite-size) fresh broccoli florets
3 eggs, beaten
1/2 tablespoon soy sauce
1 teaspoon salt
black pepper, to taste

Instructions:

1. Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes. Strain leaves from tea. Put hot tea into a medium-size saucepan. Add rice, and then proceed to cook rice according to package instructions, subtracting 5 minutes from the suggested cooking time for your rice.***

2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large non-stick skillet over medium heat. Add onion and carrots, and cook and stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until vegetables are crisp-tender. Pour this vegetable mixture into a bowl and set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter. Increase heat to medium-high, and add beaten egg. Cook and stir constantly until egg is fully cooked, breaking it into little bits as it cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for 5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



This recipe is from Tammy’s Recipes.

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