Whole Wheat Buttermilk Sandwich Buns

Soft and delicious homemade whole wheat flour tortillas, perfect for fajitas or soft tacos! Yield:

Fluffy homemade whole wheat buns with sesame seeds on top (can be made with white flour also)
Yield:

12 buns
Ingredients:

1/2 cup warm water
1 cup buttermilk, warmed*
2 teaspoons salt
1 egg
1 tablespoon oil or butter
1 tablespoon honey
1/4 cup dough conditioner**, optional
3 3/4 to 4 1/4 cups whole wheat bread flour
1 tablespoon dry yeast

Egg wash ingredients:

1 egg white
1 teaspoon water
Sesame seeds, for sprinkling
Instructions:

1. Combine water, buttermilk, honey, salt, egg, and oil in large mixing bowl. Stir to mix.

2. Add the dough conditioner, 3 cups of the flour and the tablespoon
of yeast to bowl and mix. Continue mixing and add more flour as needed,

until a thick dough starts to form. Knead with clean hands, adding more flour as needed until dough is smooth (should take about 4 1/4 cups of whole wheat flour).

3. Place dough in a large bowl with a little oil in the bottom; turn dough to grease all sides. Cover the dough with a clean towel and let rest for 20 minutes, OR, let rise in a warm place until doubled and then gently deflate.

***See additional notes for making this even easier using a stand mixer or bread machine!

4. Grease a 10×15-inch baking sheet. On a lightly-floured surface, divide dough into 12 equal pieces. Form each piece into a flat 3-inch circle/disc. Place evenly on baking sheet. Lightly grease tops. Cover and allow to rise in a warm place until nearly doubled.

5. Perheat oven to 400 degrees. Lightly beat the egg white with 1 teaspoon of water. Gently brush tops of buns with the beaten egg white mixture and sprinkle with sesame seeds if desired.

6. Bake for 15-20 minutes, until done. Check after 12-14 minutes; if tops are getting too browned, lay a sheet of foil lightly on top to prevent excess browning.

7. Remove buns from baking sheet and allow to cool on a wire rack, covered with a clean cloth. You can slice the buns after

they’ve cooled slightly, or, allow to cool completely before slicing. Serve warm or cold with your favorite sandwich fillings!



Whole Wheat Buttermilk Sandwich Buns

This recipe is from Tammy’s Recipes.

Cream of Asparagus Soup

A creamy hot green soup made with asparagus and onions
Yield:

6 servings
Ingredients:

6 cups asparagus pieces (trimmed and cut or broken into 1 to 2-inch lengths)
1 medium-large onion, coarsely chopped
3/4 cup water
1 tablespoon butter
1 1/2 cups milk

1/4 cup flour
1/8 teaspoon pepper
salt, to taste*
Instructions:

1.
In a large stock pot, boil or steam asparagus and onions until tender.
(I usually add the asparagus and onions to boiling water and cook for
about 5 minutes.)

2. Drain off the hot water. Pick out about a half-cup of the asparagus tips and reserve for adding to the soup later.

3. Pour 3/4 cup of water into a blender. Add the drained asparagus
and onions. Process at a high speed for a few minutes, until mixture is
completely smooth.

4. In the same large stock pot, melt 1 tablespoon butter. In a small
bowl, whisk together the milk, flour, and pepper, until no lumps remain.
Add milk mixture to melted butter and turn heat to medium. Add asparagus puree.

5. Whisk asparagus and milk together and bring to a boil. Boil for about a minute, until mixture has thickened slightly. Add salt to taste. Stir in asparagus tips and serve hot!



Cream of Asparagus Soup

This recipe is from Tammy’s Recipes.

Simple Bean Tacos

Easy and flavorful bean tacos!
Yield:

varies
Ingredients:

Corn tortillas, lightly browned in oil
Cooked pinto beans*
Tapatio or hot sauce of your choice*
Shredded mozzarella cheese
Sour cream Instructions:

1.
Heat beans. On a hot corn tortilla, spread a thin layer of hot beans.
Splash your favorite hot sauce on the beans. Sprinkle with cheese. Fold

in half into a taco shape.

2. Dip the end of the taco in sour cream after each bite. Delicious!

Additional Notes:

You can easily add lettuce, tomatoes, or salsa to these tacos if you wish!

So easy and delicious!

*Tapatio is our favorite.



Simple Bean Tacos

This recipe is from Tammy’s Recipes.

Grilled Asparagus

Crisp-tender grilled asparagus spears seasoned with garlic, soy sauce and pepper
Yield:

4 servings
Ingredients:

1 pound fresh asparagus spears
2 tablespoons oil
1 tablespoon soy sauce*
1 teaspoon garlic salt
8-10 cranks of black pepper
Instructions:

1.
In clean water, soak 4 long bamboo skewers for at least 20-30 minutes.
If using shorter skewers, use 8 – or however many it takes. Even sturdy
toothpicks will work, thought not ideal.

2. Wash asparagus and trim the hard bottoms, leaving only the tender spears.

3. Whisk oil and soy sauce together. Put oil mixture into a ziplock
bag with the asparagus spears and shake to coat. Or, if you have a small
cookie sheet or tray of some sort, whisk the marinade in that and then
roll the spears in the oil mixture to coat.

4. Put skewers through asparagus spears as pictured, making long flat “rafts” so the asparagus is easy to evenly turn and grill.

5. Pre-heat grill to medium. Sprinkle both sides of the asparagus flats with garlic salt and black pepper.

6. Grill for 3-4 minutes on each side. Grill temperatures and grilling times will vary, so just keep an eye on it and be sure to not
over-cook! Asparagus should still be crisp-tender. Remove from

skewers
and enjoy!

Additional Notes:

*I've also substituted Bragg's Liquid Aminos and thought it was just as delicious.



Grilled Asparagus

This recipe is from Tammy's Recipes.

French Onion Soup

A light onion soup topped with bread and cheese
Yield:

8 servings (about 3/4 cup each)
Ingredients:

3 tablespoons butter, divided
2 large sweet onions, cut in half and sliced
2 cloves garlic, minced

2 tablespoons all-purpose flour
4 cups beef broth*
3/4 teaspoon dried thyme
1 teaspoon sugar
1/8 teaspoon black pepper
2 tablespoons sorghum, optional
1/3 cup white wine, preferably a dry white wine
salt, to taste
Very dry bread or croutons, for serving**
Shredded Parmesan cheese or mozzarella cheese, for serving
Instructions:

1.
Saute onions and garlic in 1 tablespoon butter until onions are tender.
Add the remaining 2 tablespoons of butter and stir until melted.

2. Stir flour into the butter and onion mixture. Add the beef broth,
thyme, sugar, pepper, sorghum (if using), and wine. Bring to a boil
while stirring, and simmer for a couple minutes.

3. Add salt to taste. Spoon soup into bowls (6-ounce glass custard
bowls work well for small servings!) and top with some dry bread and
shredded cheese. Serve immediately!

Additional Notes:

*You
can make your own beef broth using about a cup of leftover roast beef
and some water. Add in the garlic and pepper (called for in this recipe)
and simmer at least 45 minutes. Add enough additional water to

make 4
cups of broth. Leave the beef in with the broth when you add it to the
soup.

**The best bread to use is homemade day-old Italian or dense white bread. Slice it thinly, lay on a cookie sheet, and dry in the oven (set at 200 degrees) until it’s really super dry (rock hard!). If I’m planning ahead for this soup for guests, I make a long skinny loaf of dense Italian bread, slice it thinly, and dry. Then there are cute little slices to put on each bowl!



French Onion Soup

This recipe is from Tammy’s Recipes.

Parmesan Garlic Popcorn

Freshly popped corn tossed with garlic, pepper, and parmesan cheese!
Yield:

16 cups
Ingredients:

1/2 cup popcorn kernels
2-3 tablespoons butter, melted
1/2 teaspoon salt
1/8 teaspoon garlic powder
dash of black pepper
1/4 teaspoon dill weed, optional
1/4 cup finely grated/powdered Parmesan cheese
Instructions:

1.
Pop corn in an air popper or on the stovetop (follow directions on
package). Toss the popped corn with the melted butter in a large bowl.
If you popped the corn in a pan (with some oil) you may wish to decrease
the amount of butter called for in this recipe.

2. In a small bowl, combine the salt, garlic powder, pepper, and dill
(if using). Use a fork to mix, to remove any small lumps. Add Parmesan
cheese to the small bowl and mix.

3. Toss seasonings with popcorn and serve!



Parmesan Garlic Popcorn

This recipe is from Tammy’s Recipes.

Whole Wheat Pita Chips

Crunchy homemade whole wheat pita chips – perfect for dipping or eating plain!
Yield:

4 servings
Ingredients:

4 whole wheat pita breads
Olive oil
Sea salt or table salt Instructions:

1. If pita breads have two layers (like my whole wheat pita pocket breads), split the pita around the edges to make two thinner circles of bread (8 thin pieces all together).

2. Brush both sides of each round with olive oil. Using a pizza cutter, slice each round into 8 triangular wedges.

3. Spread wedges in a single layer on a baking sheet. Sprinkle

both sides lightly with salt.

4. Place baking sheet in pre-heated 450 degree oven. Bake for 5
minutes and check for doneness. Depending on how thick your chips are,
they could take between 5 and 9 minutes to bake. Check frequently to
avoid burning the chips!

5. Finished chips can cool on the sheets or on a wire cooling rack. Enjoy plain, or with your favorite dip!



Whole Wheat Pita Chips

Soft Butter Spread

A fluffy butter mixture that’s easily spreadable
Yield:

2 cups
Ingredients:

1 cup (2 sticks) butter, at room temperature
1/2 cup canola oil
1/2 cup water, at room temperature
Instructions:

1. Using an electric mixer, blend butter on HI until fluffy.

2. Continue mixing, and slowly add oil. Continue mixing and slowly
add water. Mixture will turn white and be very light and fluffy!

3. Chill until set. (See additional notes.)

Additional Notes:

*This
mixture may be stored in the refrigerator or at room temperature. At
room temperature, it is very soft and fluffy. From the fridge, it is
still spreadable, and softens or melts quickly.

This spread is great for toast, bagels, bread, pancakes, or grilled
cheese sandwiches. In fact, I thought the grilled cheese sandwiches were
extra crispy when I used this spread instead of plain butter!

We have tried adding salt to this recipe, which makes it taste even better (I love salt) but can make the water separate after being stored in the fridge a while.



Soft Butter Spread

This recipe is from Tammy’s Recipes.

Vinegar and Oil Salad Dressing

A mildly sweet homemade vinegar and oil salad dressing with celery seed and other seasonings
Yield:

12 servings (approx.)
Ingredients:

1/4 cup vinegar
1/4 cup water*
1 heaping tablespoon sugar
1/4 teaspoon garlic salt
1/4 teaspoon onion salt
1/4 teaspoon seasoned salt
1/8 cup olive or vegetable oil
1/8 teaspoon celery seed

Instructions:

1.
Combine all ingredients and shake or stir until sugar is dissolved. I
like to use a container with a tight-fitting lid, and shake the
dressing.

2. To serve, place cleanÂ lettuce in a large bowl (to allow room for
stirring) and pour desired amount of dressing over lettuce. Stir to
coat.

You can also put this dressing on individual serving bowls of lettuce, but since the dressing is fairly runny and mild we like to have it all stirred together.



Vinegar and Oil Salad Dressing

This recipe is from Tammy’s Recipes.

Tartar Sauce

A tangy homemade tartar sauceÂ to serve with fish
Yield:

1 cup
Ingredients:

3/4 cup Miracle Whip Salad Dressing*
1/4 cup dill pickle relish
1 teaspoon minced onions, optional
a pinch of tarragon leaves, optional
Instructions:

1. Combine ingredients and stir until well-mixed. Refrigerate until ready to serve.

Leftover tartar sauce will keep for at least a week in the refrigerator (or longer, if you omit the onions and tarragon).

Additional Notes:

*I always use the Salad Dressing, but you can substitute mayonnaise if you prefer that.



Tartar Sauce

This recipe is from Tammy’s Recipes.