Mexican Black Bean Burgers

Homemade
vegetarian burgers made with black beans and a Mexican flair! Hot sauce
and fresh cilantro in these black bean burgers will have you coming
back for seconds!
Yield:

8 burgers (about 4 inches in diameter)
Ingredients:

3 1/2 cups cooked black beans (or 2 cans, rinsed and drained)
1/4 teaspoon granulated onion or onion powder
1/4 teaspoon granulated garlic or garlic powder
1 1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 large eggs
1-2 tablespoons hot sauce (We like Tapatio!)
1/2 cup (loosely measured) chopped fresh cilantro
1 to 1 1/2 cups bread crumbs
Oil, for cooking

For serving (pick and choose!):

Lettuce leaves, washed
Fresh tomato slices
Fresh cilantro
Sour cream
Chopped jalapenos
Sliced avocado
Fresh tomato salsa
Hamburger buns
Instructions:

1.
In a food processor bowl, combine the black beans, granulated

onion and
garlic, salt, pepper, eggs, hot sauce, and cilantro. Pulse until
mixture is creamy (some small pieces of beans is okay!)

If your food processor is small, you can do this in two batches, but
be sure to put one of the eggs in each batch, as the egg helps it be
thin enough to blend.

If you don’t have a food processor, you could try doing this in the
blender, but you will have to stir it down a bit to make sure everything
gets blended. Or, put everything in a bowl and blend with clean hands.
Freshly-cooked and still-warm (but not hot!) beans will make this
process easier.

2. Transfer creamed bean mixture to a mixing bowl, and then stir in
enough of the bread crumbs to make a sticky dough, similar to cookie
dough. Cover and let rest for about 10 minutes, to thicken. (You can
prepare your toppings during this time!)

3. Preheat a skillet (I use cast iron) or griddle or indoor grill
over medium heat. With slightly wet hands, form burger dough into 8
patties, about 1/2-inch thick.

4. Add some oil (about 2 tablespoons) to the skillet or griddle (or
lightly spray an indoor grill with oil) and when oil is hot

(hold hand
over it to feel heat rising), fry burgers for about 3-4 minutes on each
side, until browned on the outside and hot in the middle (middle will be
moist). You can adjust the heat if the burgers seem to be cooking too
slowly or browning too quickly.

Serve hot with toppings and enjoy!



Mexican Black Bean Burgers

This recipe is from Tammy’s Recipes.

Easy Lentil Soup

A simple lentil soup with a delicious flavor; see additional notes about making this into a dry soup mix (just add water)
Yield:

8 servings

Ingredients:

2 cups dry lentils, washed and drained
10 cups water
1/8 teaspoon ground black pepper
1 clove minced garlic
1 tablespoon chicken base or bouillon*
1 to 1 1/4 teaspoons salt
Instructions:

1.
In a stock pot over medium heat, combine the lentils, water, pepper,
garlic, and 1/2 teaspoon of the salt. Bring to a boil and then simmer
over low heat for 45 minutes.

2. When lentils are tender (after about 45 minutes), stir in chicken base. Add more salt to taste, approximately 1/2 to 3/4 teaspoon more. Serve hot and enjoy!



Easy Lentil Soup

This recipe is from Tammy’s Recipes.

Shaved Asparagus Pizza

Cheesy white pizza with a garlic herb sauce, topped with thinly sliced asparagus!
Yield:

Two 12-inch pizzas (16 slices total)
Ingredients:

Pizza crust ingredients:

1 cup warm water (115 degrees)
1 teaspoon salt
2 2/3 cups all-purpose or bread flour
2 teaspoons dry yeast

Sauce ingredients:

1/2 cup Ranch salad dressing
2 large cloves of garlic, minced
1/4 teaspoon crushed dried rosemary
1/8 teaspoon dried thyme
1/4 teaspoon salt

Toppings:

1/2 cup (loosely measured) thinly sliced red onions
8 ounces (2 cups) shredded mozzarella cheese
8 thick asparagus spears
4 small fully-cooked turkey sausage links, sliced (optional)
1/2 cup grated or shredded Parmesan cheese
Instructions:

1.
To make crust, place warm water and salt into a medium mixing bowl. Add

a cup of the flour and the yeast, and stir. Add remaining flour and stir or knead into a sticky dough, adding additional water if needed. Allow dough to rest, covered with a clean towel, for at least 10 minutes but up to 30-45 minutes.

If you have a bread machine, this first step can be done by putting all crust ingredients into the machine and using the dough cycle to knead for 10-15 minutes, until a soft, sticky dough is formed. Stop the machine and allow dough to rest for at least 10 minutes, or up to 30-45 minutes.

2. Liberally butter two 12-inch round pizza pans (or rectangular equivalent), and then with your clean buttery hands, spread dough thinly over the pans.

3. Combine sauce ingredients and spread the sauce over the dough/crust and allow to rest for 15 minutes or longer (up to 45 minutes).

4. Prepare asparagus by washing and drying, and breaking off the tough bottom if necessary. Using a vegetable peeler, “shave” the asparagus into thin strips, slicing remaining tops thinly.

5. Sprinkle toppings over the crust and sauce in the order listed.

6. Bake pizza in a pre-heated 450-degree oven for 10 minutes

or until top is browned and bubbly, and crust is slightly browned on the bottom. Watch carefully to avoid burning! Cut each pizza into 8 slices and serve hot.



Shaved Asparagus Pizza

This recipe is from Tammy’s Recipes.

Dilly Tuna Melts on Pita Bread

Easy tuna melts made with dill, green onion, cheese and tomato broiled on pita breads
Yield:

6 servings
Ingredients:

3 cans (7 ounces each) solid pack tuna, drained*
1/2 cup sour cream
1/4 cup mayonnaise

1/4 cup shredded or finely chopped dill pickles
1 teaspoon dill weed
1/4 cup sliced green onion
1/2 teaspoon salt
dash of black pepper
6 pita breads (I use homemade pita bread, which is about 6 inches in diameter)
3 roma tomatoes, diced
6 ounces (1 1/2 cups) shredded mozzarella cheese
Parmesan cheese and dill weed, for serving Instructions:

1.
In mixing bowl, combine drained tuna, sour cream, mayonnaise, dill
pickles, dill weed, green onion, salt, and pepper. Stir to combine.

2. Spread mixture evenly over the six pita rounds. Top each pita with
some of the diced tomatoes and an ounce (about 1/4 cup) of the shredded
mozzarella. Sprinkle with dill weed if desired.

3. Place tuna melts on baking sheets and bake in 375-degree
pre-heated oven for 10 minutes. With baking sheets on the top oven rack,
turn oven to BROIL and bake 2-3 minutes longer, until cheese is bubbly
and browning. (Watch carefully to avoid burning!)

Serve hot, with parmesan cheese and dill weed sprinkled on top. Yummy!



Dilly Tuna Melts on Pita Bread

Grilled Lemon-Garlic Mahi Mahi Fillets

Tender and flaky fillets of Mahi Mahi grilled with tangy lemon and garlic
Yield:

4 servings
Ingredients:

Two 6-8 ounce Mahi Mahi fillets, thawed
Liquid smoke flavoring*
Lemon juice
Freshly ground black pepper
Salt
Oil*
2 tablespoons butter
1/2 tablespoon (2-3 cloves) minced garlic
1/2 teaspoon dried parsley flakes

3 cups hot cooked rice (1 cup uncooked), for serving
Instructions:

1.
Spray or sprinkle liquid smoke, lemon juice, pepper, salt, and oil
(apply in order listed) over both sides of the mahi mahi fillets.

2. In a small bowl, mash together the butter, garlic, and parsley.

3. Preheat grill on HIGH for 10 minutes. Turn heat down to medium.
Place fish directly onto grill** and grill for 5 minutes with grill lid
closed.

4. Flip fillets and dab butter mixture on top. Grill approximately 5
minutes longer or until done, with lid closed the entire time.

Serve hot over a bed of hot cooked rice for a delicious main course!



Grilled Lemon-Garlic Mahi Mahi Fillets

This recipe is from Tammy’s Recipes.

Smoky Salmon Chowder

A thick creamy chowder with chunks of smoked salmon
Yield:

8-10 servings
Ingredients:

8 cups peeled and cubed russet potatoes
1/2 cup plus 2 tablespoons butter, divided
3/4 cup diced celery
1 cup diced onion
3 cloves garlic, minced
2/3 cup all-purpose flour
2 cups chicken broth
5 cups half and half cream OR 4 cups milk and 1 cup heavy cream
8 ounces Lox, hot smoked salmon, OR leftover grilled salmon fillet (meat only), diced*
1 teaspoon dried parsley flakes
1/2 teaspoon dried dill weed
3/4 teaspoon salt
freshly ground black pepper, to taste
1 teaspoon liquid smoke flavor, or to taste**
1/2 cup powdered non-dairy creamer
Instructions:

1.
In a large stock pot, cook potatoes in enough water to cover completely, just until tender. Drain potatoes in a strainer and set
aside.

2. In the same stock pot, saute the celery, onion, and garlic with 2
tablespoons of the butter over medium heat until vegetables are tender
(about 10 minutes). Add potatoes back to stock pot and set aside.

3. In a large saucepan, melt the remaining 1/2 cup of butter. Whisk
in the flour, cooking and stirring over medium heat for a minute ot two.
(Mixture will be thick.)

4. Over medium heat, gradually whisk in the chicken broth and then 2
cups of the milk (or half of the half and half cream), whisking
constantly until thickened.

5. Transfer cream mixture to the stock pot with the potatoes,
stirring gently, and add remaining milk and cream. Stir in the salmon,
parsley, dill, salt, pepper, liquid smoke, and powdered creamer. Bring
the chowder to a simmer while stirring gently; then remove from heat.

6. Adjust seasonings to taste, spoon into bowls, and serve.



Smoky Salmon Chowder

This recipe is from Tammy’s Recipes.

Grilled Copper River Salmon

Easy grilled Copper River Salmon, tender, flaky, and full of flavor!
Yield:

4 servings
Ingredients:

16-24 ounces Copper River Salmon fillets
1 teaspoon liquid smoke flavoring
Fresh, coarsely-ground black pepper
1 teaspoon minced garlic, or about 2 cloves
olive oil
Salt
Instructions:

1.

Rinse salmon and pat it dry. With skin-side-down, lightly sprinkle
liquid smoke over the salmon. Sprinkle freshly-ground black pepper over
the salmon, along with the minced garlic.

2. Drizzle with olive oil to coat, and sprinkle generously with salt.

3. Pre-heat grill on HIGH for 10-15 minutes. Place salmon, flesh-side-down, on grill and grill with lid down on MEDIUM heat for
about 8 minutes (for thin fillets; a few minutes longer for thicker
fillets).

Flip salmon after 4 minutes of grilling time has passed. Salmon is
done when it flakes apart easily with a fork and is hot in the middle.
Don’t over-cook, or it can be dry.

Serve hot with some cooked rice and grilled veggies or a salad!



Grilled Copper River Salmon

This recipe is from Tammy’s Recipes.

Fish Tacos

Steaming
hot tortillas filled with grilled white fish (we like Mahi Mahi),
shredded cheese, chipotle sauce, diced avocado and tomato, and freshly
snipped cilantro! These fish tacos are easy and one of my favorite ways
to serve grilled fish!
Yield:

12 fish tacos (3-4 servings)
Ingredients:

12 corn tortillas, about 5″ in diameter*
several tablespoons of oil, for cooking tortillas

Filling ingredients:

1-2 cups hot cooked pinto beans or refried beans
3 cups sliced or diced grilled mahi mahi or other white fish (freshly grilled or re-warmed)
Chipotle hot sauce, for serving
1-2 cups (4-8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 small avocados, diced
1 large or 2 small tomatoes, diced
2 stalks of green onions, chopped
1/2 cup (loosely measured) freshly chopped cilantro

Optional ingredients:

Hot cooked rice
Sour cream or tzatziki sauce**
Shredded lettuce
Finely chopped cucumbers

Instructions:

1. Heat a heavy skillet or griddle over medium-high heat. Add ~1 teaspoon oil (sprinkle or spray on) to the hot surface and cook the corn tortillas, one at a time, for a minute or two on each side, until a few light brown spots appear. Tortillas should still be pliable and somewhat soft.***

2. To assemble tacos, place a tablespoon or two of the beans on the hot tortilla. Top with 1/4 cup of the fish, a splash of Chipotle hot sauce, a couple tablespoons of shredded cheese, and a pinch of avocado, tomato, green onions, and cilantro (and any additional ingredients you're using).



Fish Tacos

This recipe is from Tammy's Recipes.

Easy Baked Salmon Fillet

Juicy,
flaky seasoned salmon fillet, baked in the oven! Start from frozen or
thawed, and have a fabulous dinner with 5 minutes’ prep!
Yield:

4 servings
Ingredients:

4 salmon fillets (6-8 ounces each), frozen or thawed
2 teaspoons liquid smoke flavoring*
Freshly ground black pepper
Lemon pepper seasoning
Salt
Freshly-squeezed lemon juice, optional

Serving suggestions: cooked rice, potato wedges, and a green vegetable or salad Instructions:

1.
Preheat oven to 425 degrees. Line a baking sheet (with sides, to catch
drippings) with foil. Place a wire rack (I use a wire cooling rack) on
the foil-lined sheet. Place salmon fillets on wire rack, a few inches
apart.

2. Season both sides of the salmon fillets with a thin coating of
liquid smoke flavoring, some freshly ground black pepper, a sprinkling
of lemon pepper seasoning, and some salt. Squeeze fresh lemon juice
over, if desired. If you’re using good salmon that was properly cared

for/processed (and doesn’t smell “fishy”), feel free to skip the lemon
juice. If your salmon has skin on one side, place it skin-side-down
and just season the top.

3. Bake salmon on wire rack/baking sheet in the middle of the oven
for about 15-20 minutes (thawed) or 30-35 minutes (frozen). Salmon is
done when the flesh flakes easily with a fork and internal temperature
is 145 degrees.

Serve with hot rice, salad, and/or a green vegetable.



Easy Baked Salmon Fillet

This recipe is from Tammy’s Recipes.

Caesar Fish Salad

A crisp Caesar salad with oven-fried white fish fillets, topped with creamy Caesar dressing and sprinkled with Parmesan cheese
Yield:

4 dinner salads
Ingredients:

24 ounces white fish fillets (Tilapia, Pollock, Cod)

For the fish coating*:

1 cup flour
1 teaspoon salt
1/2 teaspoon chili powder
1 teaspoon paprika
1 teaspoon granulated garlic
1/4 teaspoon ground black pepper
2 large eggs
1 tablespoon milk

2 tablespoons butter, melted

For the salad:

2 large heads of romaine lettuce, washed and torn
1/3 cup grated Parmesan cheese
1 cup croutons, optional
~1/3 cup Caesar salad dressing
Sliced fresh tomato, optional
Sliced red onion, optional
Lemon zest, for garnish, optional
Additional Parmesan cheese, for garnish
Instructions:

1.
In a shallow container or bowl, whisk together the flour,

salt, chili
powder, paprika, garlic, and pepper. In a separate shallow bowl or
container, whisk together the eggs and milk.

2. Place melted butter in a 9×13-inch baking dish. Preheat oven to 400 degrees.

3. Pat fish fillets with paper towel to remove excess water. Dip each
fillet first in the flour mixture, then in the egg mixture, and then
once again in the flour mixture. Place coated fillets in the prepared
9×13.

4. Bake fish at 400 degrees until crisp on the outside and flaky
inside, about 15-20 minutes. (Fish should reach an internal temperature
of 145 degrees.) You may flip once during baking, if desired.

5. In a big salad bowl, toss together the romaine lettuce, Parmesan
cheese, croutons (if using), and enough Caesar salad dressing to coat
the lettuce to your liking. (Don’t use too much!!) Spoon salad onto
plates or into large salad bowls. Sprinkle diced tomatoes or red onions
on top, if using. Sprinkle with lemon zest (optional) and additional
Parmesan cheese, to taste.

6. Serve salad with the hot fish on top or on the side. Enjoy!



Caesar Fish Salad

This recipe is from Tammy’s Recipes.