Maple Salmon and Broccoli with Rice

Chunks
of flaky grilled salmon, crisp-tender broccoli florets, and onion
wedges tossed together with a hint of flavor and sweetness from maple
syrup, served over hot cooked rice!
Yield:

4 servings
Ingredients:

1/4 cup oil
1 pound broccoli florets (2-3 heads, trimmed)
1 large or 2 medium red onions, cut into wedges or thick half-slices
3/4 teaspoon salt
Dash of pepper
1/4 cup pure maple syrup
1 – 1 1/2 pounds of your favorite grilled salmon*, cut into 1-inch chunks
3 cups hot cooked rice** (1 cup [dry] before cooking)
Instructions:

1.
Heat a heavy skillet (such as cast iron) or non-stick skillet over
medium heat until hot. Add oil, and then toss in the broccoli florets
and onion wedges. Stir and cook for a few minutes, until broccoli is
crisp-tender and onions are turning translucent. Sprinkle salt and
pepper and stir.

2. If using leftover (cold) salmon, add to fried mixture, reduce heat to low or warm, and cover with a lid for a few minutes until hot. If using freshly-grilled or baked salmon (still warm or hot), add to fried mixture and stir gently.

3. Stir in maple syrup. Serve salmon and broccoli over the hot cooked rice.



Maple Salmon and Broccoli with Rice

This recipe is from Tammy’s Recipes.

Whole-Grain Chicken Soup with Rice

A thick chicken soup with rice, a few carrots, onions, garlic, and herbs. Delicious, fragrant, and warming!

Yield:

8 servings
Ingredients:

14 cups chicken broth (or water plus bouillon)
2 cups (uncooked) brown rice (or a brown/wild rice mixture)
2 tablespoons butter
2 cloves minced garlic (about 1 teaspoon)
1 large onion, diced
4 celery ribs, diced
4 carrots, diced
1/4 teaspoon black pepper
2 teaspoons salt (or more)*
1/2 teaspoon dried rosemary (or 1 1/2 teaspoons fresh)
1/2 teaspoon dried thyme (or 1 1/2 teaspoons fresh)
3-4 cups cooked cubed chicken meat**
Instructions:

1.
In a large stock pot, combine the broth, rice, butter, garlic, onion,
celery, carrots, pepper, salt, rosemary, and thyme. Bring to a boil over
medium heat.

2. When soup starts boiling, stir once and cover with a tight-fitting
lid. Reduce heat to low and simmer, covered for at least 45 minutes.
Check to see how tender the rice is after 45 minutes (for brown rice),
and cook 10-15 minutes longer if needed.

3. Add chicken meat, stirring gently. Heat on low for 10 minutes or until soup is heated through. Add salt to taste. Enjoy!

I like to serve this soup with bread or rolls, salad, and applesauce.



Whole-Grain Chicken Soup with Rice

This recipe is from Tammy’s Recipes.

Gourmet Chicken Garlic Pizza (copycat Papa Murphy’s)

Chewy
pizza crust topped with a creamy garlic ranch sauce, grilled chicken
breast, diced tomatoes and green onions, and a three cheese blend. This
pizza tastes just like Papa Murphy’s!
Yield:

One 16-inch pizza (“family size”)
Ingredients:

Crust Ingredients:

1 cup warm water (115 degrees)

1 teaspoon sugar
1/2 teaspoon salt
2 cups all-purpose flour or bread flour
2 teaspoons active dry yeast

Sauce Ingredients:

2/3 cup ranch dressing*
1/2 to 1 tablespoon minced garlic**

Toppings:

12 ounces (3 cups shredded) mozzarella cheese
2 ounces (1/2 cup shredded) cheddar cheese
1/4 cup grated Parmesan cheese
1 grilled chicken breast, sliced
2 Roma tomatoes, diced***
1/4 cup (packed) coarsely slice green onion tops****
Instructions:

1.
In a medium mixing bowl, combine water, sugar, and salt. Add flour and
yeast all at once, and stir until a soft dough forms. Add additional
flour if needed, and knead gently for 5-10 minutes, until dough is
smooth and elastic.

Alternately, you may mix this dough in a bread machine.
On the dough cycle, add ingredients in order listed and remove dough
when it is finished kneading. (Turn off the dough cycle at that time.)
Dough can be somewhat sticky.

Or, you can mix this dough in a stand mixer, until soft and elastic. Dough can be somewhat sticky.

2. Butter or grease a 16-inch round pizza pan. Using your buttery hands, lift the soft, sticky dough onto the pizza pan and gently spread to the edges.

3. In a 1-cup measuring cup, mix the ranch dressing and minced garlic. Use a spoon to spread the sauce mixture over the crust.

4. In a medium mixing bowl, toss together the mozzarella, cheddar, and Parmesan cheeses. Spread about half of the cheese mixture over the sauce.

5. Evenly spread the chicken, tomatoes, and green onions over the pizza. Top with the remaining cheese.

6. Bake pizza in a pre-heated 425-degree oven for 12-15 minutes. Check pizza after 10 minutes, and continue to check every few minutes until top is browned and cheese is bubbly.

7. Remove pizza from oven, allow to cool slightly, and slice (I use a kitchen scissors to slice mine). Serve hot and enjoy!



Gourmet Chicken Garlic Pizza (copycat Papa Murphy’s)

This recipe is from Tammy’s Recipes.

Pasta with White Bean Sauce

A
cheesy creamy white sauce with a hidden ingredient – beans! Serve hot
over pasta, add cooked vegetables, or serve with grilled chicken for a
delicious, filling dinner!
Yield:

4 servings
Ingredients:

1/2 cup chopped onion
1/8 teaspoon cayenne pepper or 1 chopped jalapeno or other hot pepper
1/4 teaspoon black pepper
2 tablespoons butter

2 cloves garlic, minced
1 tablespoon all-purpose flour
1 1/2 cups milk
1/4 cup water
2 teaspoons chicken base or 2 chicken bouillon cubes
2 cups cooked white beans (such as Great Northern) or one 15-ounce can, drained and mashed*
1 1/2 cups (6 ounces) shredded Mozzarella or Monterey Jack cheese
1/2 to 1 teaspoon salt (to taste)
Shredded Parmesan and/or fresh parsley, optional
8 ounces pasta, cooked according to package instructions
Instructions:

1.
In a medium-large stock pot over medium heat, saute onion, cayenne or
pepper, and black pepper in butter, until onion is soft. Add garlic and
stir. Add the flour and stir to coat, until flour is bubbly.

2. Add the milk, water, and chicken base while whisking briskly.
Continue to whisk and heat until mixture bubbles and thickens slightly.

3. Reduce heat and stir in beans, heating through. (See additional
notes about blending the sauce for a smooth sauce.) Add cheese and stir
until melted. Add salt to taste (we like about 1 teaspoon, but you may
need less, especially if you started with canned beans!).

Serve hot sauce over freshly cooked pasta. Sprinkle with shredded Parmesan cheese or fresh parsley for garnish, if desired.

Serving suggestions: Grilled chicken or other grilled meat, cooked broccoli, cooked carrots, green salad.



Pasta with White Bean Sauce

This recipe is from Tammy’s Recipes.

BBQ Chicken Pizza (Like California Pizza Kitchen)

A
thin-crust pizza with bbq sauce, chicken breast, sliced red onions, and
freshly chopped cilantro – like California Pizza Kitchen’s Barbecue
Chicken Pizza!
Yield:

2 large, thin pizzas
Ingredients:

For the crust:

1 1/2 cups warm water
1 teaspoon salt
2 tablespoons oil
3 to 3 1/2 cups bread flour or all-purpose flour
1 tablespoon dry yeast

For the toppings:

2 boneless skinless chicken breasts
1 cup of your favorite BBQ sauce (we like Sweet Baby Ray’s)
Butter, for greasing the sheets
16 ounces (4 cups) shredded mozzarella cheese
1/2 of a red onion, thinly sliced
1 cup (or more!) fresh chopped cilantro
Instructions:

1.
Preheat oven to 375 degrees. Place chicken breasts in a baking dish and coat with BBQ sauce, using about 1/2 a cup of the sauce. Bake uncovered for 25-30 minutes or until chicken is done. Remove from oven and allow to cool for a bit; slice chicken thinly and set aside. Reserve extra sauce from the dish for serving, if desired.

2. To make pizza crust, combine water, salt, and oil in a medium-size mixing bowl. Add a cup of the flour, then stir in the yeast and another cup of flour. Add enough remaining flour to make a dough and knead for 5-10 minutes, adding flour as needed to make a smooth, elastic dough.

*To make this dough in the bread machine: Add crust

ingredients in
the order listed and select the DOUGH cycle. Use dough when cycle is
complete, or, remove dough after it is formed (and stop the dough cycle
from finishing the rising time).

3. Preheat oven to 450 degrees. Divide pizza dough in half. Liberally
butter two baking sheets (11×15-inch or 13×18-inch). Spread dough onto
the sheets. (If dough is too thick to spread, you can use a rolling pin
to roll the dough into a rectangle and then place on the sheet.)

4. Spread 1/4 cup of BBQ sauce over each crust. Spread half of the
mozzarella cheese over each pizza, followed by the sliced chicken breast
and red onions. Sprinkle with fresh cilantro.

5. Bake pizzas at 450 degrees for about 12 minutes – until toppings are browned and crust is lightly browned on the bottom. Cut pizza into squares and serve with fresh cilantro and extra bbq sauce from the chicken dish, if desired.



BBQ Chicken Pizza (Like California Pizza Kitchen)

This recipe is from Tammy’s Recipes.

Cobb Salad and Dressing

A
bed of lettuces served with fresh tomatoes, turkey bacon, grilled
chicken breast, hard-boiled eggs, avocado, crumbled cheese, and green
onions. Top with dressing (recipe included) and enjoy!
Yield:

4 large servings
Ingredients:

Cobb Salad Ingredients:

1/2 head Iceberg lettuce, chopped
1 large head Romaine lettuce, chopped*
2 tomatoes, diced

6 strips turkey bacon, cooked until crisp and chopped into small pieces
2 grilled chicken breasts (can be hot or cold), sliced thinly
3 hard-boiled eggs, peeled and diced
1 large avocado, diced
1/2 cup crumbled Roquefort or bleu cheese
1/4 cup thinly sliced green onions

Original Cobb Salad Dressing Ingredients:

1/4 cup water
1/4 cup red wine vinegar
1/4 teaspoon sugar
1 teaspoon fresh lemon juice
2 teaspoons salt
3/4 teaspoon freshly ground black pepper
3/4 teaspoon Worcestershire sauce
1/4 teaspoon dry English mustard
1 small garlic clove, minced
1/4 cup olive oil
3/4 cup vegetable oil (or light olive oil)
Instructions:

1. Make the salad dressing by whisking or blending together the dressing ingredients. Mix well!

2. In a large bowl, toss together the lettuces with enough dressing
to coat. This should take about 1 cup of the dressing. Arrange lettuce
either on 4 large serving plates or in a large shallow serving bowl.

3. Place the toppings in strips across the lettuce, as pictured:
tomatoes, bacon, chicken, eggs, avocado, and bleu cheese. Sprinkle green
onions over the top of the salad.

Serve salad with additional dressing on the side, if desired.



Cobb Salad and Dressing

Thin-Crust Thai Chicken Pizza (like Papa Murphy's)

This
pizza is hot and sweet and amazingly delicious: A crispy thin crust
topped with sweet chili sauce, grilled chicken, zucchini slices, crushed
red pepper, onions, and mozzarella cheese.
Yield:

one 16-inch pizza (8 large thin slices)
Ingredients:

Crust:

1/2 cup warm water (115 degrees)

1/2 teaspoon salt
1 1/3 cups all-purpose or bread flour
1 teaspoon dry yeast

Sauce:

1/2 cup sweet chili sauce
1 teaspoon fresh grated ginger root, optional

Toppings:

1 large chicken breast, grilled and thinly sliced (about 2 cups)
1/2 small zucchini, thinly sliced
2 green onions, sliced (green part only)
2 tablespoons diced red onions
8 ounces (2 cups) shredded mozzarella cheese
1/2 cup (2 ounces) shredded cheddar cheese
Crushed red pepper flakes
Additional sweet chili sauce, for drizzling (optional)
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 (1/3
cup) 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 a 16-inch round pizza pan, and then with your
clean buttery hands, spread dough thinly over the pan. Be gentle and
have patience, as this does make a perfectly thin crust!

3. Mix together the sweet chili sauce and ginger (if using), and
spread evenly over the prepared crust. Then layer the grilled chicken,
half of the zucchini slices, mozzarella cheese, the rest of the zucchini
slices, green onions, red onions, and cheddar cheese. Sprinkle with
crushed red pepper. Drizzle more sauce on top if desired. Let pizza rest
for 15 minutes (or up to 45 minutes).

4. Bake pizza on the middle rack in a preheated 425 degree oven for 12-15 minutes, until browned on top and pizza is hot. Serve and enjoy!



Thin-Crust Thai Chicken Pizza (like Papa Murphy’s)

This recipe is from Tammy’s Recipes.

Taco Grande Pizza (Copycat Papa Murphy’s)

A
homemade knockoff of Papa Murphy’s Taco Grande Pizza: Buttery pizza
crust topped with salsa-pizza sauce, taco-seasoned meat, mozzarella
cheese, black olives, green onions, and diced tomatoes
Yield:

12 slices
Ingredients:

Pizza crust ingredients:

1 cup warm water

1/2 teaspoon salt
2 1/2 cups (approximately) all-purpose flour
1 tablespoon active dry yeast
Butter, for greasing the pan

Taco meat* ingredients:

1 pound ground beef
1 clove minced garlic
1/2 cup chopped onion
1/2 teaspoon salt
dash of black pepper
1 teaspoon ground cumin (I like to use freshly ground cumin!)
1 teaspoon ground chili powder
Tapatio, or your favorite hot sauce, to taste

Pizza toppings:

1/2 cup pizza sauce
1/2 cup salsa or picante sauce of your choice
12-16 ounces (3-4 cups) shredded mozzarella cheese
1 cup thinly sliced black olives
1/2 cup diced green onions
1/2 cup diced Roma tomatoes
1/2 cup shredded cheddar cheese, optional
Instructions:

1.
To make pizza crust, combine warm water and salt in a mixing bowl. Add
about 1.5 cups of the flour along with the yeast and stir. Add remaining
flour and knead into a smooth dough (add enough flour, beyond the 2.5
cups if necessary). Knead for 5-10 minutes and then set aside, covered,
in a warm place.**

If you have a bread machine or stand mixer, this process is

even easier. Use the dough cycle (bread machine) or dough hook (stand mixer) to knead the water, salt, flour, and yeast until a smooth dough is formed. Cover and set in a warm place (or allow the dough cycle on your bread machine to continue to run).

2. Fry ground beef with garlic and onion. Drain well. Return to pan
and stir in the salt, pepper, cumin, chili powder, and some hot sauce.
set aside.

3. Liberally butter a 16-inch round pizza pan. With buttery hands,
spread dough evenly on pan. Mix the pizza sauce and salsa together and
spread over crust.

4. Sprinkle meat over sauce; evenly spread cheese over meat and then
add olives, green onions, tomatoes, and cheddar cheese (if using). Allow
pizza to rest for at least 10 minutes, but up to 30 minutes before
baking. (A longer rest will produce a fluffier crust.)

5. Preheat oven to 450 degrees. Bake pizza for 10-12 minutes, depending on the kind of pizza pan and your oven. I've found that it's best to use the bottom rack of the oven for a thicker/heavier pizza pan (like stainless steel) and the top shelf for a thinner pan (like non-stick or a perforated pizza pan).

6. When pizza is done, remove from oven and let set for ~5 minutes. Slice into 12 slices and serve hot!



Taco Grande Pizza (Copycat Papa Murphy’s)

This recipe is from Tammy’s Recipes.

Grilled Steak Stir Fry Salad

Thin-sliced
grilled steak and grilled stir-fry veggies, tossed together with
Romaine lettuce, fresh diced tomatoes, and feta cheese for a flavor-rich
and filling salad!
Yield:

4-6 servings (as a main dish)
Ingredients:

8 cups bite-size broccoli florets
1 large red onion
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
2 teaspoons (about 4 cloves) minced garlic

1/2 cup oil
1 red bell pepper, halved and sliced or chopped
3 cups thinly sliced grilled steak (freshly grilled or leftover)
2 heads of Romaine lettuce, washed and cut into bite-sized pieces (about 12-16 cups)
2 cups diced fresh tomatoes
1/2 cup crumbled feta cheese
Croutons, optional
Ranch salad dressing, optional* Instructions:

1.
Preheat grill (or prepare charcoal grill), including a grill plate/pan/grid for grilling vegetables.* In a large mixing bowl, toss
together the broccoli, onion, salt, pepper, garlic, oil, and red pepper.

2. Spread vegetables on the hot grill pan. Grill on MEDIUM with lid
closed for about 8 minutes. Leaving vegetables on grill, stir thoroughly
and then sprinkle the steak on top of the veggies. Close lid again and
grill for an additional 8 minutes or until vegetables are crisp-tender
and steak is hot.

3. Remove platter from grill and allow to cool for a few minutes. In a large mixing bowl, toss together the Romaine lettuce and fresh tomatoes. Stir in the still-hot/warm steak and veggie mixture. Gently toss in the feta cheese and croutons (if using). Serve immediately with your favorite Ranch dressing.**



Grilled Steak Stir Fry Salad

This recipe is from Tammy’s Recipes.

Chili

Even-bodied chili, slightly sweet and full of flavor; this is our favorite homemade chili!
Yield:

4-5 cups
Ingredients:

1 pound ground beef
2 medium onions, chopped (about 1 cup)
1 cup chopped green bell peppers
1 clove garlic, minced
28 ounces tomatoes (diced)
8 ounces tomato sauce (use some tomato paste instead for a thicker chili with less cooking time)
2 teaspoons chili powder
1 teaspoon salt (or more; salt to taste)

1/8 teaspoon black pepper
2 teaspoons freshly ground cumin
1/8 teaspoon cayenne red pepper
1/4 teaspoon paprika
15.5 ounce can of kidney beans, rinsed and drained
1/8 cup brown sugar

For serving:

Shredded cheese, sour cream, diced avocado, freshly chopped cilantro, corn chips and/or hot sauce!
Instructions:

1. Cook and stir beef, onions, garlic, and green peppers in a skillet or stock pot until meat is brown. Drain grease.

2. In stock pot, combine all ingredients and bring to a boil. Reduce
heat, cover, and simmer for 1 1/2-2 hours, stirring occasionally. Or,
simmer uncovered for about 45 minutes. If you use tomato paste instead
of the tomato sauce, the chili will get thicker faster, and might only
need to simmer for 20-30 minutes.

3. Serve hot with chips, cheese, sour cream, hot sauce, diced avocado, and/or fresh cilantro.



Chili

This recipe is from Tammy’s Recipes.