# Grilled Chicken Quesadillas with Black Beans and Corn

Slices
of grilled chicken breast, black beans, shredded cheese, and corn
tucked into a flour tortilla and grilled until toasty hot! Served with
shredded lettuce, sour cream, tomatoes, and hot sauce, this is an easy
meal everyone will LOVE!
Yield:

6 servings (3 if used as a main dish)
Ingredients:

1 can (15 ounces, or about 1 3/4 cups freshly cooked) black beans, rinsed and drained
1/2 of a 15-ounce can of corn, drained (optional)
2 cups (8 ounces) shredded cheddar cheese or Mexican cheese blend
1 large or 2 medium grilled chicken breasts, sliced
Hot sauce, optional
1/2 cup chopped fresh cilantro
6 burrito-size flour tortillas

For serving (optional):

Shredded lettuce
Sour cream
Diced tomatoes
Fresh cilantro, chopped
Hot sauce
Instructions:

1. Combine the first 6 ingredients in a bowl for the filling.

2. Lay out the flour tortillas, and spread the filling evenly between them, in a semi-circle shape (half), so they can be folded in half.

3. Heat a griddle, indoor grill (like Foreman), or heavy skillet over medium heat. Place folded quesadillas in pan or on griddle and heat for a couple minutes on each side, until filling is hot, cheese inside is melted, and outsides are browned. Turn down the heat if they’re browning too quickly, or turn up the heat if they’re getting hot inside but not crisp and browned on the outside.

4. Remove quesadillas from griddle after cooking both sides. Cut in half or fourths with a pizza cutter or knife. Serve with lettuce, sour cream, tomatoes, hot sauce, and cilantro. You can stuff some toppings inside, or just spoon on top, or dip.



Grilled Chicken Quesadillas with Black Beans and Corn

This recipe was taken from Tammy’s Recipes.

# Tammy’s Easy Homemade Hummus

A
simple homemade hummus that’s 100% from scratch! This hummus is thick,
smooth and creamy, with toasted sesame and garlic flavors
Yield:

about 6 cups of hummus
Ingredients:

16 ounces dried garbanzo beans/chick peas OR 4 cans (15-ounce cans)
1/4 cup sesame seeds
2-4 cloves of garlic
1/4 cup olive oil
1 teaspoon salt or more, to taste
Instructions:

1. Cook garbanzo beans according to package instructions.* When beans are very tender, remove from heat and drain.

2. Heat a heavy (like cast iron) or non-stick skillet over
medium-high heat. Toss the sesame seeds into the heated pan and cook and
stir for a couple minutes, until lightly browned. (Don’t get them too
dark, or they will taste burnt.) Remove from heat and allow to cool.

3. In a food processor (or blender), blend the toasted sesame seeds
with the garlic and a tablespoon or so of the oil, until smooth. (This
might take a couple minutes.) Add more of the oil and some of

the cooked
garbanzo beans and blend until smooth.

If you have a big food processor or a good blender, you may be able
to blend everything at once (in that case, add the rest of the ingredients and blend until smooth!).

If you have a smaller food processor, blend the beans in 2 batches,
saving some of the oil for the second batch, and stirring every minute
or two as needed. Then, stir everything together in a bowl.

4. Add more salt if needed. Store hummus in an airtight container in the fridge. Serve with pita chips, unleavened bread, corn chips, or veggie sticks!



Tammy’s Easy Homemade Hummus

This recipe was taken from Tammy’s Recipes.

# Easy Baked Jalapeno Poppers

Jalapeno halves stuffed with cheeses and cilantro and baked for a fabulous appetizer or snack!
Yield:

24 pieces
Ingredients:

12 large jalapeno peppers
6 ounces cream cheese, softened
6 ounces (1 1/2 cups) shredded mozzarella cheese
1/4 cup (packed) finely chopped cilantro leaves
1/8 teaspoon salt
Bread crumbs or Parmesan cheese, optional
Instructions:

1. Wearing protective rubber or plastic gloves, slice jalapenos in half lengthwise and remove the meat and seeds.*

2. In a medium mixing bowl, beat the cheeses, cilantro, and salt
until creamy. Spread into halved peppers. If desired, dip or roll the
tops of the peppers (the open cheese-stuffed side) in bread crumbs or
grated parmesan cheese.

3. Place peppers cheese-side-up on a baking sheet. Bake at 425 degrees for 15 minutes or until hot and lightly browned on top. Serve and enjoy!



Easy Baked Jalapeno Poppers

This recipe was taken from Tammy’s Recipes.

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# Rosemary Crackers

Thin, crisp homemade crackers with a delightful rosemary flavor!
Yield:

Two large sheets of crackers
Ingredients:

2 cups all-purpose flour*
1/2 teaspoon salt
1 teaspoon baking powder
2/3 cup warm water
1 tablespoon dried Rosemary (or 2 Tablespoons finely chopped fresh Rosemary)
1/3 cup olive oil or vegetable oil
Salt, for sprinkling
Instructions:

1.
In a medium mixing bowl, combine the flour, salt, and baking powder.
Add the water, rosemary, and oil and stir until a thick dough forms.
Knead several times until dough holds together.

2. Grease 2 large baking sheets (13×18-inch) or 3 smaller baking
sheets (11×13-inch). If you have silicone baking mats to line your
sheets, you can skip greasing the sheets and use the mats instead.

3. Divide dough into two (or 3) equal portions and press or roll onto
the prepared sheets. (When your dough fills the sheets, you'll know
it's thin enough!)

4. Sprinkle lightly with salt and use a pizza cutter to cut into
squares or strips. (If you cut into strips, after crackers are baked you
can break them into smaller pieces for a rustic look.)

5. Bake crackers in a preheated 400-degree oven for 12-15 minutes,
until crackers are lightly browned and crisp. Cool on a wire rack. (If
you cut into strips rather than squares, break the strips into crackers.)

Serve plain, with cheese spread, or with homemade yogurt or kefir cheese!



Rosemary Crackers

This recipe is taken from Tammy’s Recipes.

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# Maple Oatmeal Scones

Yield:

8 large scones
Ingredients:

1 3/4 cups all-purpose flour
1/2 cup whole wheat flour
1/2 cup quick or old-fashioned rolled oats
1 tablespoon baking powder
1 tablespoon sugar
1 teaspoon salt
1 cup (2 sticks) cold butter, sliced
1/4 cup buttermilk or kefir
1/4 cup pure maple syrup
2 eggs

Egg wash ingredients:

1 egg white
1 teaspoon water
Oats, for sprinkling

Glaze ingredients:

3/4 cup powdered sugar
1/2 teaspoon vanilla extract
3-4 tablespoons pure maple syrup
Instructions:

1.
In a large mixing bowl, combine the flours, oats, baking powder, sugar,
and salt. Cut in the butter, using a fork or a pastry blender, until
butter is in pea-sized lumps. Some remaining lumps of butter are
perfectly fine, and help make flakier scones.

2. In a small bowl or a 2-cup measuring cup, combine the buttermilk,
maple syrup, and eggs, beating lightly to mix. Add to dry ingredients
and stir gently until a thick ball of dough forms.

3. With clean hands, gently knead the ball of dough a few times.
Dough should be slightly sticky/wet. Just gently form the dough into a
ball and then start flattening it into a large circle, about an inch
thick. You can flatten the dough on a lightly-floured surface, or right
on a large baking sheet.

4. Using a pizza cutter or knife, cut the circle of dough into

8
wedges. (If you want smaller scones, either cut the dough into 12
wedges, or make two, smaller circles of dough and cut each into 6-8
wedges.) Place the wedges on a baking sheet, either in  circle (close
together) or else separated (like cookies).

5. In a small bowl, lightly beat the egg white and teaspoon of water.
Brush a thin layer over the tops of the scones. Sprinkle lightly with
oats.

6. Bake scones at 400 degrees for 20-25 minutes or until lightly browned and done inside. Place scones on a wire rack to cool.

7. To make glaze, put powdered sugar in a small bowl or a 1-cup
measuring cup. Add vanilla extract, and then use a fork to stir in
enough maple syrup to make a glaze that will drizzle.

8. Drizzle glaze over hot or warm scones, or wait until scones are
cooled. More glaze will run off of hot scones, so let them cool a little
if you want a thicker glaze. (I prefer the glaze to end up on my scones
rather than mostly on the counter!) Enjoy!

Scones are best enjoyed within a day or two of being made, although they’ll keep longer. Store these in a sealed container or bag.



Maple Oatmeal Scones

This recipe is taken from Tammy’s Recipes.

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# Cinnabon Cinnamon Rolls (copycat recipe)

Yield:

12 large cinnamon rolls (a FULL 9×13 dish!)
Ingredients:

1/2 cup boiling water
1 cup milk
1/4 cup (1/2 stick) butter, melted
1 tablespoon sugar
1/2 teaspoon salt
1 egg, beaten
4 cups bread flour or all-purpose flour
1 box (3.4 ounces) instant (no-cook) vanilla pudding mix
2 1/2 teaspoons active dry yeast or instant active dry yeast

Filling:

1/2 cup (1 stick) butter, softened
1 cup brown sugar
4 teaspoons ground cinnamon
1/4 cup chopped walnuts, optional
1/4 cup raisins, optional

Frosting:

4 ounces cream cheese, softened
1/4 cup (1/2 stick) butter, softened
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
3 tablespoons pure maple syrup
~1-2 teaspoons milk
Instructions:

**See additional notes below for making this dough in a bread machine**

1. In a large mixing bowl, combine the hot water with the cup of
(cold) milk to make a warm milk-water mixture. Add the butter, sugar,
salt, egg, and a cup of the flour. Stir to mix.

2. Without stirring between, add 2 more cups of flour, the vanilla
pudding mix, and the dry yeast. Then stir to make a sticky dough. Add
more flour as needed (about a cup more, or as much as it takes to make a
smooth dough) and stir until too thick to stir.

3. Use clean hands to knead dough for 10-15 minutes, until smooth and
elastic. With buttery hands, grease the top of the dough and cover the

bowl of dough with a clean towel. Place in a warm location* and let rise
until double, about an hour.

4. Gently punch down dough ad knead for a minute or two, to remove
excess air bubbles. On a lightly floured surface, roll dough into a
rectangle about 12 inches by 17 inches.

5. Combine the first three filling ingredients and mix well. Heat in
microwave 10 seconds to make spreadable. (It’s okay if it’s fairly
thick.) Spread over rolled dough, covering as much of the surface as
possible. Sprinkle nuts and raisins over dough if using.

6. Starting with the widest end, roll dough into a tight log. Pinch
edges to seal. With a thin sharp knife (I use a serrated knife), cut log
into 12 equal slices. Place rolls in a lightly greased 9×13-inch glass
baking dish. Cover with a clean towel and place in a warm location to
rise until nearly double in size, about 30-45 minutes.

7. Bake rolls in a preheated 350 degree oven for 25-35 minutes. After
about 20 minutes of baking, check on rolls and cover loosely with foil
if they are getting too dark. Rolls can stay in the dish after baking;
set the dish on a wire rack and cover with a clean towel to let it cool.

8. To make the frosting, cream the butter and cream cheese.

Add
powdered sugar, vanilla, and maple syrup and beat. Add enough milk to
make a spreadable consistency, about 1-2 teaspoons.

9. Frost rolls while they are still warm for a drizzly melty look! Enjoy!



Cinnabon Cinnamon Rolls (copycat recipe)

This recipe was taken from Tammy’s Recipes.

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# Energy Bars

A chewy oatmeal chocolate chip granola bar
Yield:

36 Bars
Ingredients:

9 1/2 cups quick-cooking rolled oats
2 cups brown sugar

1 cup (2 sticks) butter
1/2 cup corn syrup
1/2 cup unsweetened flaked coconut
1/2 cup semi-sweet chocolate chips
1/2 cup raw sunflower seeds
1/4 cup goldren ground flaxseed
1/4 cup raw sesame seeds
1/4 cup water
Instructions:

1.
In a large bowl, mix oats and brown sugar. Melt butter in a small pan
or bowl, and add corn syrup to butter. Stir butter mixture into oat
mixture and mix well.

2. Add remaining ingredients and stir well. Grease two baking sheets
(11×15-inch) and divide mixture evenly on both sheets, pressing flat
with a pancake turner.

3. Bake at 350 degrees for 18 minutes, until edges are lightly browned. Remove sheets from oven and place on wire racks. Cut after 6
minutes (set timer!) with a pizza cutter, using a butter knife to cut
the edges that the pizza cutter won’t get. Cover with a clean towel
while cooling.

Store energy bars in an airtight container or bag. These keep well, but will get more crumbly after a week or so, so freeze any extras that won’t be eaten within 7-10 days.



Homemade Energy Bars

This recipe was taken from Tammy’s Recipes.

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# Oatmeal Apple Raisin Muffins

Yield:

12 muffins
Ingredients:

1 cup whole wheat or all-purpose flour
1 cup quick or old-fashioned rolled oats
1/3 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon nutmeg
1 tablespoon cinnamon
1 egg, lightly beaten
3/4 cup milk
1 cup raisins
1 cup peeled, cored, and chopped apple (about 1 medium-large

apple)
1/4 cup oil
1/4 cup applesauce
Instructions:

1.
Preheat oven to 400 degrees. In a medium sized mixing bowl, whisk
together the dry ingredients: flour, oats, sugar, baking powder, salt,
nutmeg, and cinnamon. Make a well in the center of the mixture.

2. Add the egg, milk, raisins, apples, oil, and applesauce. Stir until moistened (don’t stir too long!).

3. Pour batter into 12 greased or paper-lined muffin cups. Bake at
400 degrees for 15-20 minutes, until muffins test done (a toothpick or
fork inserted comes out clean).

4. Cool muffins on a wire rack. Enjoy warm or cold! 



Oatmeal Apple Raisin Muffins

This recipe was taken from Tammy’s Recipes.

# Cranberry Oatmeal Blender Pancakes

Yield:

4 servings
Ingredients:

1 1/4 cups milk
3/4 cup whole wheat berries OR 1 1/8 cups whole wheat flour
1/2 cup rolled oats or quick oats
2 eggs
1 teaspoon ground cinnamon
2 teaspoons baking powder
1/4 cup (packed) brown sugar
1/8 teaspoon salt
1 1/2 cups fresh whole cranberries, washed

Butter and/or maple syrup, for serving
Instructions:

1. Preheat a heavy skillet or griddle over medium heat.

2. In a blender, combine the milk and wheat berries. Blend on HIGH
for 4 minutes.* If you are using whole wheat flour rather than wheat
berries, blend until the flour and milk are well-mixed. (Stop and scrape
the sides of the blender once if needed.)

3. Add the oats, eggs, cinnamon, baking powder, brown sugar, salt,
and half of the cranberries to the blender. Blend on a medium

or high
speed for about a minute, until well-blended. If anything has stuck to
the sides of the blender, scrape the sides and blend for another moment.
You should have a slightly pink, fairly thin pancake batter.**

4. Stir in the remaining cranberries (whole). Because the cranberries
float, you won't be able to pour the batter onto the griddle to cook.
Instead, use a ladle to scoop the batter and drop onto the preheated
griddle. (Lightly oil griddle first if you think they might stick; I use
cast iron and use a little oil for the first pancake and then no
additional oil.)

5. Cook pancakes at a moderate pace – not too quickly though, or the
cranberries will still be crunchy inside! I've found that these
pancakes take only slightly longer than plain wheat pancakes. I wait for
the first few "pops!" from the cranberries before I flip the pancake.

Enjoy hot with butter and/or maple syrup!

Leftover pancakes can be frozen in a ziplock bag. Re-heat (thawed or from frozen) in a toaster before serving.



Cranberry Oatmeal Blender Pancakes

This recipe is taken from Tammy’s Recipes.

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# Chewy Oatmeal Chocolate Chip Granola Bars

Yield:

18 bars (2.3 ounces each)
Ingredients:

3/4 cup (1 1/2 sticks) butter, softened
1/2 cup honey
1/3 cup (packed) brown sugar
1 teaspoon vanilla extract
1 cup whole wheat flour
1 teaspoon baking soda
4 1/2 cups rolled oats
1 cup (6 ounces) semi-sweet chocolate chips
Instructions:

1.
Preheat oven to 325 degrees. In a medium-size mixing bowl, cream
together the butter, honey, brown sugar, and vanilla extract. (I use an
electric mixer for this step.)

2. Add flour, baking soda, and oats. Stir until well-mixed. (Mixing
with clean hands works great for this step.) Mixture will be a soft,
fluffy, and somewhat crumbly. Stir in chocolate chips.

3. Press mixture into a lightly-greased 9×13-inch baking dish. Bake
at 325 degrees for 18-22 minutes, until edges are just starting to
brown. Remove from oven and place dish on wire rack to cool.

4. After granola bars have cooled for 10 minutes, use a
smooth-bottomed measuring cup or glass to press the bars flat. (Pressing
while too hot will smear chocolate everywhere!) Allow to finish cooling
and then cut into 18 bars using a pizza cutter or thin sharp knife.

Store in a sealed container or bag at room temperature for up to a week or so, or freeze for later use.



Chewy Oatmeal Chocolate Chip Granola Bars

This recipe was taken from Tammy’s Recipes