Easy Grilled Corn on the Cob

Super easy, fun and yummy – this hot tender grilled corn on the cob is a summer favorite!
Yield:

6 servings
Ingredients:

6 ears of corn (in the husk)
Salt, pepper, and butter, for serving
Instructions:

1.
Rinse ears to remove any dirt, and then soak ears in cool water for
10-30 minutes. You can do this in a clean sink filled with water, or a
large bowl of water.

2. While ears are soaking, preheat grill on high. Remove corn from water and pat or shake gently dry.

3. Place ears of corn on the grill and turn heat to medium. Grill for
15 minutes (lid closed). Turn ears once and grill 15 minutes longer
(lid closed).

4. Remove ears from grill (use oven mitts or tongs!) and allow to cool for a few minutes. Peel back husks and break ear away from the husk. Serve hot with butter, salt, and pepper!



Easy Grilled Corn on the Cob

This recipe is from Tammy’s Recipes.

Whole Berry Cranberry Sauce

An easy thick cranberry sauce using whole cranberries
Yield:

5 cups
Ingredients:

6 cups cranberries, rinsed and drained
1 cup sugar*
1 1/2 cups water
Instructions:

1. In large sauce pan, combine water and sugar and stir. Add cranberries.

2. Cover and cook at medium heat, stirring occasionally, until mixture boils. Reduce heat (so that mixture is simmering and not boiling) and stir (uncovered) as berries pop and mixture

thickens.



Whole Berry Cranberry Sauce

This recipe is from Tammy’s Recipes.

Roasted Root Veggies

A blend of potato wedges, carrots, and onion strips, tossed with seasonings and oven-roasted to perfection!
Yield:

6-8 servings
Ingredients:

1 1/2 pounds Yukon Gold potatoes (about 5 medium)
1 1/2 pounds carrots (about 6 medium)
1 large onion
2 cloves garlic*
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1/4 cup oil

Instructions:

1.
Wash potatoes and cut into wedges. Wash or peel carrots, and cut into
strips (about 2-3 inches long). Cut onion into wedges or strips or thick
slices.**

2. In a large bowl, toss together the prepared veggies with the
garlic, salt, pepper, and oil. Spread in a single layer on two greased
11×15-inch baking sheets.

3. Bake in preheated 425 degree oven for 15 minutes. Stir (or turn)
and bake for 15 minutes longer, or until golden on the outside and soft
inside. Serve hot!

These roasted veggies go great with a main course of grilled meat, roasted chicken, or burgers.



Roasted Root Veggies

This recipe is from Tammy’s Recipes.

Grilled Broccoli and Cauliflower

Broccoli and cauliflower florets tossed with olive oil, garlic, salt and pepper and grilled
Yield:

4-6 servings
Ingredients:

2 medium-large red onions, cut into halves and thickly sliced
4 cups broccoli florets (bite-size)
1 medium head cauliflower, washed, trimmed and cut into florets (bite-size)
2 teaspoons salt
1/2 teaspoon black pepper
1-2 tablespoons minced garlic (I like a lot!)
1/3 cup oil
Instructions:

1.
Pre-heat grill, along with a grill grid/pan* on HIGH for 10 minutes.
Toss all ingredients together in a large mixing bowl. (When adding the
salt, sprinkle it rather than dumping it all in one spot.)

2. Pour vegetables onto pre-heated grill pan and spread out evenly.
Turn heat to LOW and grill with lid closed for 20-30 minutes. (Smaller
florets will cook more quickly.)

Stir and check for doneness every 10 minutes; vegetables are

done
when crisp-tender and browned on some sides. Serve hot and enjoy!

I like to serve these grilled veggies with grilled fish, beef, or chicken.



Grilled Broccoli and Cauliflower

This recipe is from Tammy’s Recipes.

Italian Baked Spaghetti Squash

Spaghetti squash stuffed with a cheesy Italian tomato filling!
Yield:

4 servings
Ingredients:

1 large spaghetti squash (about 2 pounds)

1 cup (4 ounces) shredded cheddar cheese
1 cup (4 ounces) shredded mozzarella cheese
1 cup diced green bell pepper*
2 cups tomato sauce**
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon sugar
1/2 teaspoon salt
dash of pepper
1/2 cup Parmesan cheese, for topping
1 cup (4 ounces) mozzarella cheese, for topping
Instructions:

1.
Cut squash into halves lengthwise; scoop out seeds. Place cut side down
in 2 inches of simmering water in a heavy stock pot or saute pan. Cover
and simmer for 15 minutes. Drain.

2. In a large mixing bowl, combine the cheddar and mozzarella cheeses, peppers, tomato sauce, and spices (except Parmesan and
additional mozzarella). Stir to mix.

3. Holding hot squash with a potholder or oven mitts, run the tines
of a fork across the pulp to release the “spaghetti”. Place “spaghetti”
in the large mixing bowl of cheese, sauce, and spices. Stir to coat.

4. Spoon squash back into the two squash shells and place in a baking
dish. Sprinkle with additional mozzarella and Parmesan cheeses. Bake at
350 degrees for 20 minutes or until hot in the middle.

If squash shells are tender, they are edible along with the filling. We don’t usually eat all of the shell, though, since the filling is the best part!



Italian Baked Spaghetti Squash

This recipe is from Tammy’s Recipes.

Three-Cheese Stuffed Peppers

Colorful sweet bell peppers stuffed with red sauce, cheeses, and spinach
Yield:

4 large servings
Ingredients:

4 medium-large red, green, yellow, or orange bell peppers, stems and seeds removed
1 cup diced onion
1/2 tablespoon butter or oil
10 ounces fresh spinach leaves*
1 1/2 cups small curd lowfat cottage cheese

1/4 cup grated Parmesan cheese
4 ounces (1 cup) shredded mozzarella cheese
2 large eggs
1/2 cup bread crumbs**
1 clove minced garlic
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 teaspoon dried basil
1 teaspoon dried oregano
2 teaspoons dried parsley
1 1/2 cups pasta sauce
shredded cheese, for serving (optional)
Instructions:

1.
Saute onion in the butter or oil until onion is translucent. Add
spinach and cook and stir until spinach is wilted. Pour into a strainer
and squeeze the excess water out.

2. In a large mixing bowl, combine the sauteed onion, spinach, cottage cheese, Parmesan cheese, mozzarella cheese, eggs, bread crumbs,
garlic, salt, pepper, basil, oregano, and parsley. Mix well.

3. Grease the inside of a deep baking dish (that will hold your 4
peppers). Spoon 1/2 cup of the pasta sauce into the bottom of the dish.

4. Spoon 2 tablespoons of pasta sauce into the bottom of each pepper.
Fill peppers with the spinach-cheese filling mixture, heaping it up if
necessary. Place filled peppers into the prepared dish.

5. Spoon an additional 2 tablespoons of sauce over each

pepper. Cover
dish with a lid (if your dish has one) or, butter the underside of a
sheet of foil and tent to cover peppers.

6. Bake at 350 degrees for 1 hour, covered. Uncover and reduce heat
to 300 degrees. Bake 30-45 minutes longer, until peppers are tender and
filling is slightly browned on top.

7. Remove from oven, allow to cool slightly, and serve with a sprinkling of shredded cheese on top if desired.



Three-Cheese Stuffed Peppers

This recipe is from Tammy’s Recipes.

Easy Refried Beans

Quick and easy homemade refried beans! These beans are soft, flavorful, and good enough to eat all by themselves!

Yield:

about 2 cups
Ingredients:

2 cups cooked pinto beans*
2 tablespoons oil
1 small clove garlic, minced
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1/4 teaspoon ground cumin
~1/2 cup water, as needed
Salt, to taste
Your favorite hot sauce, to taste
Chopped fresh cilantro, optional Instructions:

1.
Heat heavy skillet or pan (I use cast iron) over medium heat. Add oil,
then add beans, garlic, onion, pepper, and cumin. Cook and stir, mashing
with a spoon or spatula as you stir and adding a little water as
needed.

2. Cook until beans are hot and as smooth as desired (I like mine
chunky!). Add salt to taste and a few splashes of hot sauce along with
freshly chopped cilantro if desired.

Serve hot with tortilla chips for dipping, or use in any recipe calling for refried beans.



Cauliflower Carrot Herb Mash (Whole 30)

Cauliflower Carrot Herb Mash

1 head of cauliflower, washed, and cut into florets

3 to 4 small to medium carrots, peeled and chopped

1 sweet onion, chopped

2 cloves garlic, minced

1 tablespoon fresh rosemary, minced

1 tablespoon fresh thyme, minced

2 tablespoons olive oil

salt and pepper to taste
Place cauliflower and carrots in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft

(about 10 to 12 minutes, test with fork).

Heat 1 tablespoon olive oil in non-stick skillet on medium heat.

Saute onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste. Set aside.

Place steamed cauliflower and carrots into a food processor. Add the sauteed onion, garlic, herbs, and 1 tablespoon olive oil. Process until smooth. Season with more salt and pepper if needed.

Garnish with additional fresh thyme or rosemary and serve.

Spicy Fried Cauliflower (Whole 30)

Ingredients:
• 1 Cauliflower head, grated into “rice” over the coarse side of a grater.
• 1 Onion, finely chopped.
• 2-3 cloves of Garlic, minced.
• 2 tbsp chopped Parsley.
• 1 tbsp Chili Flakes.
• Salt and crushed Black Pepper.
• 3 tbsp extra virgin Olive Oil.

Instructions:
Heat the olive oil in a large frying pan.
Add onions, garlic and parsley and fry for a few minutes until the onions starts to get translucent.
Then add the riced cauliflower and let fry for another five

minutes or so, stirring every once in a while so the cauliflower and onions get evenly mixed.
Towards the end, add the chili flakes (Edit: start with just a small amount, taste it and then add more if needed until you have a level of heat that you prefer! You don’t want this too hot, it should have a pleasant heat to it…) and then salt and pepper to taste.
Serve as a side dish, eat and enjoy!

Butternut Squash with Pecans and Maple Syrup (Untried, but looks good)

4 lbs peeled, diced butternut squash

2/3 c maple syrup

3 T butter, diced

1/2 c chopped pecans

Preheat oven to 400. Using a 13×9 pan, sprayed with cooking spray, put in butternut squash, maple syrup, butter and salt & pepper to taste. Bake for 35 minutes or until squash is tender. Put in a serving bowl (can be mashed too) and sprinkle with pecans.

Idea from Cooking.com