

# A Collection of Recipes

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A blog post about these recipes can be found [here](#).

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## Appetizers

### Cherry Tomato Bruschetta

*4-6 servings*

- 2 cups cherry tomatoes or 3 medium tomatoes, seeded, cut up
- 1 large clove garlic, minced
- 1/3 cup olive oil
- 2 Tbsp. balsamic vinegar
- ½ - 1 cup fresh basil leaves, snipped
- Freshly ground black pepper
- Salt
- Grilled or toasted firm-textured sliced bread, halved diagonally

Place tomato pieces in glass bowl. Add garlic, oil, vinegar, basil, freshly ground black pepper, and salt. Toss ingredients well to combine. Marinate tomatoes at room temperature about 1 hour. To serve, spoon tomatoes onto grilled bread or toast.

### Brie Puff Pastry

- 1 puff pastry sheet
- 8 oz wheel of brie
- Seedless raspberry jam

Thaw puff pastry for an hour. Unfold it. Put ~1/4 inch jam on top of brie. Flip it and put round brie on top of pastry square. Cut edges of pastry, fold pastry over brie. Flip upside down and put on pie plate (jam is on top). Bake 45 minutes at 400 degrees. Check after 30 minutes of baking. Finished when brie is browning at the top.

## Entrées

### Baked Rigatoni and Sausage

*4-6 servings*

1 pound sweet Italian sausage  
1/2 cup chopped onion  
1 clove garlic, minced  
3 cups (8 oz.) SAN GIORGIO Small Rigatoni, uncooked  
1 cup ricotta cheese  
3-1/2 cups (32 oz. jar) spaghetti sauce  
2 cups (8 oz.) shredded mozzarella cheese  
3 tablespoons grated Parmesan cheese

Sauté sausage in medium skillet until well browned on all sides. Remove from pan; slice into thin pieces. Return to pan and add onion and garlic; sauté until onion is tender, but not brown. Cook small Rigatoni according to package directions for 10 minutes; drain. Combine Rigatoni, sausage mixture and ricotta; mix well. Pour ½ cup sauce on bottom of 3-quart casserole. Spread 1/3 of Rigatoni and sausage mixture over sauce; cover with 1 cup of sauce. Sprinkle ¾ cup mozzarella and 1 tablespoon Parmesan over sauce. Repeat layers of Rigatoni and sausage mixture, sauce, mozzarella, and Parmesan twice, ending with Parmesan. Cover; bake at 400 degrees 20 to 30 minutes until hot and bubbly.

### Balsamic Butternut Squash Soup

*4 servings*

1 whole seeded butternut squash  
16 oz. package tofu  
1.5 c vegetable broth  
2 tsp balsamic vinegar  
thumb sized piece shallot  
1-2 cloves garlic  
2 tsp salt  
4 sprigs garnish (rosemary, parsley, etc)

Preheat the oven to 400 degrees

Cut the butternut squash in half (bake for 1 hour) or in 1-2 inch cubes (bake for 30 min)

Cube 2/3 of your tofu package

Take squash out of the oven and let cool until you can safely scoop from skin

Bake cubed tofu while your squash is cooling (15 min)

Add vegetable broth, scooped squash, 1/3 package of raw tofu, balsamic, shallot, garlic and salt to container

If you have a preprogrammed setting on your Vitamix, choose the 'Soup' setting  
– If not, ramp from variable speed 1 to high and blend for 5-6 minutes

Check consistency, add more vegetable broth depending on your texture preference

Garnish with something green and your baked tofu

## Balsamic Goat Cheese Stuffed Chicken Breasts

*2 servings*

- 1 teaspoon olive oil
- 1 shallot, finely diced
- 1 cup balsamic vinegar
- 2 skinless, boneless chicken breast halves
- 2 ounces goat cheese, divided

Preheat oven to 350 degrees F (175 degrees C). Heat olive oil in a skillet over medium heat; cook and stir shallot until translucent, about 5 minutes. Pour balsamic vinegar into skillet and bring to a boil. Reduce heat to low and simmer until balsamic vinegar mixture is reduced by half, about 10 minutes. Stir often.

Cut chicken breasts from one side through the middle horizontally to within one-half inch of the other side. Open the two sides and spread them out like an open book.

Spread half the goat cheese onto one half of each chicken breast and drizzle 1/3 of the reduced balsamic vinegar mixture over the goat cheese. Close the chicken breasts over the goat cheese and secure with toothpicks. Arrange chicken into a baking dish. Drizzle with remaining 1/3 of the balsamic reduction.

Bake in the preheated oven until the chicken is no longer pink inside, the filling is hot, and the juices run clear, 30 to 35 minutes.

## Balsamic Onion Steak Sauce

*4 servings*

- 1 Tbsp. butter
- 1 large sweet onion, sliced
- 1/4 cup balsamic vinegar
- 1-1/4 cups water
- 1 package Au Jus gravy mix
- 1 tsp. firmly packed dark brown sugar

Caramelize the onion in a saucepan. Add vinegar and cook 1 minute. Stir in next 3 ingredients and bring to a boil. Reduce heat and simmer, stirring occasionally, until sauce is slightly thickened, about 5 minutes. Serve over sliced steak.

## Balsamic Rosemary Glaze (for Salmon)

*4 servings*

- 1/2 cup balsamic vinegar
- 1/4 cup white wine
- 2 Tbsp honey
- 1 Tbsp dijon mustard
- 1 Tbsp chopped fresh rosemary, divided
- 1 clove garlic, finely minced

Combine all ingredients in a medium saucepan, and heat mixture over medium-high heat. Bring to a boil, then reduce heat and simmer over medium-low heat until sauce has thickened and reduced to 1/3 cup, about 13 - 15 minutes, stirring occasionally.

## Black Bean Burger Wraps

*2 servings*

3 Morningstar black bean burgers  
2 wraps  
Handful of spinach  
Mayo  
Mustard  
~2 Tbsp Olive oil

Put olive oil in skillet over medium heat. Remove burgers from package and put them on skillet. Cook for about 3 minutes per side. Meanwhile, place 2 wraps on 2 plates and spread condiments on top of each. Next, arrange spinach on top of each. When burgers are done, cut in half and place 3 halves on each burger, in the middle. Wrap the wrap and enjoy.

## Bolognese

*4 servings*

2 tablespoons good olive oil, plus extra to cook the pasta  
1 pound lean ground sirloin  
4 teaspoons minced garlic (4 cloves)  
1 tablespoon dried oregano  
1/4 teaspoon crushed red pepper flakes  
1 1/4 cups dry red wine, divided  
1 (28-ounce) can crushed tomatoes, preferably San Marzano  
2 tablespoons tomato paste  
Kosher salt and freshly ground black pepper  
3/4 pound dried pasta, such as orecchiette or small shells  
1/4 teaspoon ground nutmeg  
1/4 cup chopped fresh basil leaves, lightly packed  
1/4 cup heavy cream  
1/2 cup freshly grated Parmesan cheese, plus extra for serving

Heat 2 tablespoons of olive oil in a large (12-inch) skillet over medium-high heat. Add the ground sirloin and cook, crumbling the meat with a wooden spoon, for 5 to 7 minutes, until the meat has lost its pink color and has started to brown. Stir in the garlic, oregano, and red pepper flakes and cook for 1 more minute. Pour 1 cup of the wine into the skillet and stir to scrape up any browned bits. Add the tomatoes, tomato paste, 1 tablespoon salt, and 1 1/2 teaspoons pepper, stirring until combined. Bring to a boil, lower the heat, and simmer for 10 minutes.

Meanwhile, bring a large pot of water to a boil, add a tablespoon of salt, a splash of oil, and the pasta, and cook according to the directions on the box.

While the pasta cooks, finish the sauce. Add the nutmeg, basil, cream, and the remaining 1/4 cup wine to the sauce and simmer for 8 to 10 minutes, stirring occasionally until thickened. When the pasta is cooked, drain and pour into a large serving bowl. Add the sauce and 1/2 cup Parmesan and toss well. Serve hot with Parmesan on the side.

## Broccoli Cheddar Soup

*6 servings*

2 tablespoons olive oil  
1 medium onion, roughly chopped  
1 head cauliflower, roughly chopped  
2 cups organic 1 percent milk  
2 pounds broccoli, stalks removed and florets chopped into bite-sized pieces  
1 medium carrot, grated  
1½ cups organic vegetable broth  
1 tablespoon organic Dijon mustard  
1 tablespoon organic honey  
1½ teaspoons paprika  
3 cups organic sharp cheddar cheese, grated  
Salt and freshly ground black pepper

Heat ½ tablespoon of olive oil in a large saucepan over medium-high heat. Add the chopped onion and cook until it's softened, about 3-5 minutes. Add the cauliflower and cook until softened, about 7 minutes more. Add the milk and season with salt and pepper.

Use an immersion hand blender to puree the mixture until it's smooth and creamy (or transfer mixture to a food processor to purée).

Heat 1½ tablespoons of olive oil in a large stock pot or dutch oven over medium heat. Add the broccoli and shredded carrots and season with salt and pepper. Cook until veggies are softened, about 5 - 7 minutes. Add the vegetable broth and bring to a boil, then adjust the heat to a light simmer. Stir in the dijon, honey, and paprika. Turn off the heat.

Carefully stir in the cauliflower purée and the shredded cheddar. Season to taste with salt and pepper, and serve.

## Butter Chicken – Crockpot

*6 servings*

3 - 3.5 lbs chicken breasts, skinless & boneless, cut into 2" pieces  
4 garlic cloves, crushed  
2 medium onions, minced  
1/2 inch ginger root, peeled & minced  
2 tsp garam masala  
1 tsp curry powder  
1/2 tsp chili powder  
1/3 tsp salt  
1/2 tsp freshly ground black pepper  
6 oz can tomato paste  
14 oz can coconut milk, light  
1/4 cup whole wheat flour  
1/4 cup cilantro/scallions, chopped (for garnish)  
Cooking spray

Preheat a medium skillet on medium heat, and spray with cooking spray. Add garlic, onions and ginger root. Stir frequently for 30 seconds. Add garam masala, curry powder, chili powder, salt, pepper, tomato paste, coconut milk, flour and whisk to combine. Cover and let cook for 3 - 4 minutes or until thickened.

Next, transfer sauce to a crockpot and then add chicken. Stir to cover chicken in sauce. Cover with a lid and cook on High for 3 hours or on Low for 5 hours. Serve hot on a bed of brown rice or quinoa, garnished with cilantro/scallions.

Storage Instructions: Refrigerate covered for up to 3 days or freeze in an airtight container for up to 3 months.

## Butternut Squash Soup – Crockpot

*6 servings*

2 cups vegetable stock  
2 cloves garlic, peeled and minced  
1 carrot, peeled and diced  
1 Granny Smith apple, cored and diced  
1 medium (uncooked) butternut squash, peeled, seeded, and diced  
1 sprig fresh sage  
1 white onion, diced  
1/2 teaspoon salt, or more to taste  
1/4 teaspoon freshly-ground black pepper, or more to taste  
1/8 teaspoon cayenne, or more to taste  
pinch of ground cinnamon and nutmeg  
1/2 cup canned coconut milk

Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg to a slow cooker. Toss to combine.

Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Stir in the coconut milk.

Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender, and puree until smooth, being very careful when working with the hot liquid.) Taste, and season with additional salt, pepper and cayenne if needed.

## Champagne Risotto with Scallops

*2 servings*

2 tablespoons (1/4 stick) butter  
1/4 cup chopped green onions  
2/3 cup arborio rice or medium-grain white rice  
1 cup dry Champagne  
1 14 1/2-ounce can (or more) low-salt chicken broth  
1/2 pound bay scallops  
1/4 cup freshly grated Parmesan cheese

Melt butter in heavy medium saucepan over medium heat. Add onions; sauté 1 minute. Add rice; sauté 2 minutes. Add Champagne; simmer until almost all liquid evaporates, stirring often, about 2 minutes. Add 1 can broth; simmer until rice is almost tender, stirring often, about 15 minutes. Add scallops; simmer until scallops are cooked through and rice is tender but still firm to bite and mixture is creamy, adding more broth if too thick and stirring often, about 5 minutes. Stir in Parmesan. Season with salt and pepper.

## Chicken Breasts with Sun Dried Tomato Cream Sauce

*4 servings*

4 tablespoons olive oil  
4 skinless boneless chicken breast halves  
½ cup coarsely chopped drained oil-packed sun-dried tomatoes  
2 large shallots, thinly sliced (about ½ cup)  
4 garlic cloves, minced  
1 cup whipping cream

Heat 3 tablespoons oil in heavy large skillet over medium-high heat. Add chicken and sauté until cooked through, about 4 minutes per side. Transfer chicken to plate; tent with foil to keep warm. Add remaining 1 tablespoon oil to drippings in skillet. Add sun-dried tomatoes, shallots and garlic. Reduce heat to medium and sauté until shallots are tender, about 5 minutes. Add cream and bring to boil, scraping up any browned bits. Mix any accumulated juices from chicken into sauce. Simmer until sauce thickens slightly, about 3 minutes. Season to taste with salt and pepper. Transfer chicken to plates. Spoon sauce over and serve.

## Chicken Fried Rice

*2 servings*

### **Chicken**

1 lb chicken (about 2-3 chicken breasts)  
1/4 cup sugar  
1/4 cup soy sauce  
2 tablespoons cider vinegar  
1/4 teaspoon ground ginger  
1/4 teaspoon minced garlic  
1 1/2 teaspoons cornstarch  
1 1/2 teaspoons cold water

Place chicken in a 4 qt. slow cooker.

In a large bowl, combine the sugar, soy sauce, cider vinegar, ginger, garlic and pepper. Pour over chicken.

Cover and cook on low for 4 to 5 hours or until chicken is tender.

Remove chicken to a serving platter, shred it with fork, keep warm.

Skim fat from cooking liquid. Place liquid in a saucepan and bring to a boil. Combine cornstarch and water until smooth. Gradually stir into liquid and stir until sauce is thickened.

### **Rice**

1 cup brown rice  
4 cups water  
Salt, to taste

Rinse rice in a strainer under cold running water for 30 seconds, swirling the rice around with your hand. Meanwhile, bring water to a boil in a large pot over high heat. When water boils, add the rice, stir it once. Turn heat to medium and boil, uncovered, for 35 minutes, stirring occasionally. After 35 minutes, pour the rice into a strainer over the sink. Let the rice drain for 10 seconds, then return it to the pot, off the heat. Immediately cover the pot with a tight-fitting lid and set it aside to allow the rice to steam for 10 minutes (if your pot lid isn't extremely tight, place a piece of aluminum foil over pot then place the lid on top of foil for a tighter seal). After ten minutes, uncover rice, fluff with a fork, and season with salt to taste.



### **Everything else**

3 cups cooked rice

2 Tbs sesame oil

1 small white onion, chopped

1 cup frozen peas and carrots, thawed

2-3 Tablespoons soy sauce (more or less to taste)

Preheat a large skillet or wok to medium heat. Pour sesame oil in the bottom. Add white onion and peas and carrots and fry until tender.

Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.

Add the rice, chicken, and sauce to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined.

## **Chicken Ziti Bake**

*6 servings*

2 cups dry high-fiber or whole-wheat penne pasta

1 cup plain nonfat Greek yogurt

1 cup low-fat cottage cheese

1 cup spaghetti sauce

1 whole egg, plus 1 large egg white, beaten

3/4 cup grated parmesan cheese, divided

1 cup shredded mozzarella cheese, divided

1 teaspoon garlic powder

1 tablespoon dried parsley

1/2 teaspoon salt

1 1/2 cups chopped or shredded cooked chicken breast

Preheat the oven to 350°F. Spray a 9x13-inch baking dish with cooking spray.

Fill a medium pot with water and bring to a boil over high heat. Salt the water liberally, lower the heat to medium-high, and add the pasta. Cook until tender, 7 to 10 minutes. Drain and set aside.

In a large bowl, stir together the yogurt, cottage cheese, spaghetti sauce, egg and egg white, 1/2 cup parmesan, 1/4 cup mozzarella, garlic powder, parsley, and salt.

Add the chicken and pasta to the sauce, and toss to combine.

Pour the pasta mixture into the baking dish and spread evenly. Top evenly with remaining 1/4 cup of parmesan and 3/4 cup of mozzarella. Bake for 35 to 40 minutes, or until the cheese is melted.

## **Chik-Fil-A Nuggets**

*4 servings*

### **Nuggets**

1 cup vegetable oil

1 cup milk

1 large egg

1 pound boneless, skinless chicken breasts, cut into 1-inch chunks

1 1/4 cups all-purpose flour

1 tablespoon confectioners' sugar

Kosher salt and freshly ground black pepper, to taste

Heat vegetable oil in a large skillet over medium high heat. In a large bowl, whisk together milk and egg. Stir in chicken and gently toss to combine; drain excess milk mixture. In a gallon size Ziploc bag or large bowl, combine chicken, flour and confectioners' sugar; season with salt and pepper, to taste. Working in batches, add chicken to the skillet and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate. Serve immediately with honey mustard.

### **Chick-Fil-A Honey Mustard**

1/4 cup mayonnaise  
2 tablespoons honey  
2 tablespoons BBQ sauce  
1 tablespoon yellow mustard  
2 teaspoons Dijon mustard  
2 teaspoons freshly squeezed lemon juice  
Whisk all ingredients in a small bowl.

## **Vegetarian Chili**

*8 Servings*

3 large (28oz) cans petite diced tomatoes  
2 cans Bush's chili magic  
2 cans black beans (drained)  
2 cans kidney beans (drained)  
Onion  
Peppers  
Parsley

Sauté onions and peppers in olive oil. Add each can and stir. Add parsley.

## **Chili**

*8 Servings*

1 lb ground venison or 1 lb ground beef or 1 lb ground turkey  
2 onions, diced  
1 green pepper, diced  
1 tablespoon jalapeno, finely chopped  
1 (14 ounce) can Mexican-style tomatoes (like Rotel)  
2 (8 ounce) cans tomato sauce  
2 tablespoons cumin  
2 tablespoons chili powder  
1 teaspoon salt  
1/2 teaspoon cayenne pepper  
1/2 teaspoon paprika (smoked if you can find it)  
1 (14 ounce) can kidney beans, drained and rinsed  
1 (14 ounce) can black beans, drained and rinsed  
1 cup water  
Toppings  
sour cream  
cheddar cheese  
green onion

Cook ground meat with onions and peppers in dutch oven.

Drain excess grease and add tomatoes, seasonings, and water, bring to a boil.  
Add beans, cover and simmer 1-2 hours.  
Serve with toppings.

## Cornbread

1 1/4 c. all-purpose flour  
3/4 c. cornmeal  
1/4 c. sugar  
2 tsp. baking powder  
1/2 tsp. salt  
1 c. skim milk  
1/4 c. vegetable oil  
1 egg, beaten

Heat oven to 400 degrees F. Grease 8 or 9 inch square pan. Combine dry ingredients. Stir in milk, oil and egg until moistened. Pour into pan. Bake 20 to 25 minutes or until golden brown.

## Crab Risotto

*6 Servings*

1 box Arborio rice  
Olive oil  
Chopped white onion  
Vegetable stock  
1/2 cup white wine  
1/2 lb crab meat  
16 oz pecorino romano cheese

Heat oil in saucepan over medium heat. Add white onion and cook until tender. Add rice and cook and stir for ~2 minutes or until rice is opaque. Add wine and cook and stir until it's absorbed. Stir 2 cups of broth into mixture. Cook and stir until broth is absorbed. Continue cooking and adding broth, 1/2 cup at a time, stirring until it's absorbed after each addition before adding more. Add the asparagus and crabmeat with the last broth addition. Stir cheese into the risotto.

## Creamy Spinach Tomato Tortellini

*5 1 cup Servings*

1 (20 oz) pkg three cheese tortellini (preferably the refrigerated kind)  
2 Tbsp butter  
2 cloves garlic, minced  
3 Tbsp all-purpose flour  
1 tsp onion powder  
1 1/4 cups milk (I used 2%, anything but skim works fine)  
1/2 cup heavy cream  
1 (14.5 oz) can petite diced tomatoes (undrained)  
1 1/2 cups (packed) chopped fresh spinach  
3 Tbsp chopped fresh basil  
2 tsp chopped fresh oregano (or 1/2 tsp dry)  
Salt and freshly ground black pepper  
6 Tbsp finely shredded parmesan, plus more for serving  
Red pepper flakes, for serving (optional)

Cook tortellini according to directions listed on package.

Meanwhile, in a large and deep skillet or saucepan, melt butter over medium heat. Add garlic and saute 30 seconds, then add flour and onion powder and cook, stirring constantly, 1 minute. While whisking, slowly pour in milk and cream, then whisk until smooth. Cook, stirring constantly, until mixture begins to simmer, then add tomatoes, spinach, basil and oregano. Season with salt and pepper to taste. Cook several minutes longer until sauce has thickened and spinach has wilted. Add parmesan cheese and stir until melted. Remove from heat.

Toss prepared and drained tortellini into sauce mixture (note that as the pasta rests, the sauce will seem thicker and it will sort of soak into the noodles. So, if you won't be serving it for 10 minutes or so you can stir in some pasta water, milk or cream to thin it out if desired). Serve warm sprinkled with additional parmesan cheese if desired and optional red pepper flakes.

## Crêpes

*2 Servings*

2 egg  
2 Tbsp butter  
Cup flour  
½ cup milk  
½ cup water

Cinnamon  
Nutmeg  
Vanilla  
Salt

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

## Crunchy Honey Chicken

*2 Servings*

1 pound thinly sliced, boneless, skinless chicken breasts  
2 egg whites  
1/3 cup cornstarch (or flour – for dredging)  
1 cup broccoli florets  
1/2 red pepper, thinly sliced  
a handful of sugar snap peas (about 3/4 cup)  
1 clove garlic, minced  
3 tablespoons olive oil  
1 tablespoon soy sauce  
1/4 cup honey  
salt and pepper to taste

Prepare and slice all veggies – feel free to add whatever you would like. In 2 separate bowls, add the egg whites (lightly beaten) and the cornstarch or flour. (The cornstarch will yield a “crispier”

chicken). Heat a large skillet over medium-high heat and add 1 tablespoon olive oil. Add veggies with a sprinkle of salt and pepper and saute for about 5 minutes, until softened. Add in soy sauce and garlic and stir so veggies are coated, about 60 seconds. Remove from skillet and set aside in a bowl.

Cut chicken into 1-inch pieces and season with salt and pepper. Heat the same skillet (or you can use a different one, I just use the same to make it easier) over medium-high heat and add remaining olive oil. Dip chicken pieces in egg whites and then lightly dredge in cornstarch. Add to the skillet and let brown for 2-3 minutes, then flip. Continue with remaining chicken pieces, and do so in batches if needed.

Once chicken is cooked, add veggies back in the skillet. Add honey and thoroughly mix to combine. Taste and season with salt, pepper, additional honey or soy sauce. Serve with rice.

## Eggs Benedict with Smoked Salmon

*4 Servings*

### **Hollandaise Sauce**

2 large egg yolks  
1 tablespoon warm water  
1 tablespoon fresh lemon juice  
3/4 teaspoon coarse salt  
1/2 cup (1 stick) unsalted butter

In a blender, combine egg yolks, water, lemon juice, and salt; blend until frothy.

Heat butter in the microwave or in a small saucepan over medium until bubbly (do not let brown). With blender running, pour in hot butter in a very thin stream, blending until sauce is thick and emulsified.

### **Poached Eggs**

4 eggs  
2 tbsp vinegar

Fill a large deep saucepan with 2 inches of water and bring to a boil. Reduce heat to medium. When water is barely simmering, break one egg into a small heatproof bowl. Placing lip of bowl in the water, gently tip the bowl to slide egg carefully into pan. Use a small spoon to "fold" the edges of the white over the egg, for a neater edge. Repeat with remaining eggs. Cook until whites are just set but yolks are still soft (they should still move around inside), 2 to 3 minutes. Lift out eggs with a slotted spoon or small mesh sieve; transfer to a paper towel-lined plate to drain. Trim edges of whites with a knife, if desired.

bring a large pan of water to the boil and add the vinegar. Lower the heat so that the water is simmering gently. Stir the water so you have a slight whirlpool, then slide in the eggs one by one. Cook each for about 4 mins, then remove with a slotted spoon.

### **Everything else**

2 English muffins, cut in half  
8 slices smoked salmon  
Chopped chives, to serve

Lightly toast and butter the muffins, then put a couple of slices of salmon on each half. Top each with an egg, spoon over some Hollandaise and garnish with chopped chives.

## Egg Salad

*4 Servings*

8 eggs  
½ cup mayonnaise  
1 tsp yellow mustard  
¼ cup chopped green onion  
Salt and pepper to taste  
¼ tsp paprika

Place eggs in saucepan and cover with cold water. Bring water to a boil and remove from heat. Cover and let eggs stand in hot water for 10-12 minutes. Remove from hot water, cool, peel and chop.

Place chopped eggs in a bowl and stir in mayonnaise, mustard, and green onion. Season with salt, pepper, and paprika. Stir and serve on bread or crackers.

## Filet Mignon with Balsamic Syrup and Goat Cheese

*6 Servings*

1 1/2 cups balsamic vinegar  
3 tablespoons sugar  
2 tablespoons butter  
6 (5 to 6-ounce) filet mignon steaks (each about 1-inch thick)  
Salt and freshly ground black pepper  
2 ounces soft fresh goat cheese

Boil the balsamic vinegar and sugar in a heavy small saucepan over medium-high heat until reduced to 1/3 cup, stirring occasionally, about 18 minutes.

Meanwhile, preheat the broiler. Melt the butter in a heavy large skillet over medium-high heat. Sprinkle the steaks with salt and pepper. Cook the steaks to desired doneness, about 3 minutes per side for medium-rare. Transfer the steaks to a baking sheet. Crumble the cheese over the steaks and broil just until the cheese melts, about 1 minute. Sprinkle with pepper.

Transfer the steaks to plates. Drizzle the balsamic sauce around the steaks and serve.

## Garlic Parmesan Chicken – Crockpot

*4 Servings*

4 Boneless Skinless Chicken Breasts, thawed  
1 cup (2 sticks) of Butter, softened  
1 cup real Mayonnaise  
1 cup shredded Parmesan Cheese  
12 Garlic Cloves, finely minced  
½ tsp Oregano  
½ tsp Basil  
Optional: 1 tsp fresh squeezed Lemon Juice  
Optional: pinch of Salt

Add chicken to Crock Pot

Cook on HIGH for 3 hours (covered)

After 3 hours, drain juices from Crockpot

In small mixing bowl, combine Butter, Mayo, Parmesan, Garlic, Oregano, Basil & Salt and stir well.

Pour mixture over chicken.

Cover, and cook for 30 minutes more, or until done.

## George's Filet Mignon

“2 minutes per side at high heat with grill closed, then flip (rotate 90 degrees to get the perpendicular grill marks) and do 2 more minutes per side with cover open (releases some heat), then indirect heat at 400 degrees for 8 min then cut to see middle, then 2-4 more minutes if needed.”

## Smoked Gouda Mac and Cheese

*10-12 Servings*

16oz elbow macaroni, cooked and drained  
4 Tbsp butter  
2 1/4 cup skim milk  
1/2 cup flour  
1 1/4 cup heavy cream  
2 tsp kosher salt  
1 tsp ground black pepper  
1/2 tsp dry mustard  
2 tsp worcestershire  
1lb smoked gouda cheese, shredded  
1/2 lb sharp cheddar cheese, shredded  
5 slices bread (about 2cups crumbs)  
3 Tbsp butter, melted

Prepare macaroni according to package directions. Set aside.

In large pot, melt butter over medium high heat. Add skim milk and bring to near boiling. Reduce heat to medium and sprinkle in flour. Whisk vigorously over medium heat for 1-2 minutes. Mixture should be thick and boiling. Slowly add cream, while whisking. Add in salt, pepper, mustard and worcestershire sauce. Reduce heat to low and continue to stir for about 5 minutes.

In food processor, shred Gouda and Cheddar cheese. Add to pot, stir until thoroughly combined. Add cooked macaroni to cheese mixture. Pour into a 13x9 dish.

In same food processor bowl (no need to wash it after shredding the cheese), process 5 slices of bread to a fine crumb. Add melted butter. Sprinkle over macaroni.

Bake uncovered in a 375 degree oven for 25-30 minutes.

## Shallot and Red Wine Steak Topping

1/2 cup/120 mL unsalted butter, softened  
1 cup/240 mL dry red wine  
2 shallots, peeled and chopped finely  
1 tablespoon/15 mL dijon mustard  
1/2 teaspoon/2.5 mL salt  
1/2 teaspoon/2.5 mL black pepper  
1-2 tablespoons/15-30 mL olive oil

Saute chopped shallots in olive oil for 3-5 minutes. Add wine and remaining ingredients and cook for an additional 7-10 minutes. Once shallots and wine are well incorporated (should be thick), remove the pan from the heat and allow mixture to cool completely. In a small bowl, combine softened butter with shallot mixture. Cover bowl with plastic wrap and place in the refrigerator until steak topper is firm.

## Lemon Asparagus Pasta

*2-3 Servings*

1 bunch asparagus (12 ounces), trimmed and washed  
Sea salt and black pepper  
2 lemons  
Olive oil  
3-4 large cloves garlic, minced (~2 Tbsp)  
10 ounces (~5 cups) bow tie pasta  
2.5 cups unsweetened plain almond milk  
3-4 Tbsp all purpose flour

Preheat oven to 400 degrees. Add asparagus to a baking sheet and toss with 1/2 Tbsp olive oil and a pinch each salt and pepper. Top with several thin slices of lemon and bake for 20-25 minutes. Once finished cooking, remove from oven and roughly chop into thirds.

In the meantime, bring a pot of water to a boil and salt generously.

While the water's heating, bring a large skillet to medium heat. Once hot, add 3 Tbsp olive oil and garlic. Whisk and continue cooking for 1-2 minutes or until garlic is just starting to brown. Add 3 Tbsp flour and whisk. Cook for 30 seconds, then whisk in almond milk 1/2 cup at a time. TIP: Use a large flat spatula to smash down the bits of garlic and flour to properly incorporate. Add a healthy pinch salt and pepper and whisk. Slightly lower heat and continue cooking to thicken, stirring occasionally.

Add pasta to boiling water and cook according to package instructions. Then drain and set aside. For extra creamy sauce, add sauce to a blender or use an immersion blender to blend. Add nutritional yeast and another pinch of salt and pepper. If it looks runny, add another Tablespoon of flour (or cornstarch). Blend until creamy and smooth, using the "puree" or "liquify" setting if possible. Taste and adjust seasonings as needed, then add back to pan and continue cooking over medium to medium-low heat to thicken.

Once your sauce has reached desired thickness, add the juice of half a lemon and stir.

Add 3/4 of the chopped asparagus and the cooked pasta to the sauce and toss to coat.

Serve with parmesan cheese.

## Pad Thai

*2 servings*

4 oz rice noodles  
1 or 2 tbsp olive oil  
1 lb of chicken, pork, and/or shrimp, sliced into strips or bite-sized chunks  
1 or 2 tbsp red chili paste  
3 cloves of chopped garlic  
A generous handful of chives, chopped  
2 tbsp fish sauce  
2 tbsp lime juice  
2 tbsp brown sugar  
2 large eggs, scrambled  
Garnishes:  
Bean sprouts  
Chopped peanuts  
Brown sugar  
Lime wedges  
Cilantro  
Sriracha



Soak the dried rice noodles in hot water for about 7 minutes (boiling is not necessary, and might make them soggy).

Heat oil in wok or large(!) pan. Throw in the garlic and chili paste and stir-fry over medium heat until fragrant (about 2 mins). If you like super-spicy, add a generous squirt of sriracha in now.

Add in the chives and your meat of choice and cook until the meat is mostly cooked through (about 4-5 mins for chicken or pork, and about 2 for shrimp).

If you want veggies, toss them in now! Broccoli, bell peppers, peas, and/or carrots all work well.

Dump in the rice noodles, and mix in the last 4 ingredients. Heat through until egg is cooked. Taste, and adjust as necessary (I tend to just dump more fish sauce, lime, and brown sugar in there for a bold sauce).

Serve and garnish with chopped peanuts and cilantro.

## Pear and Gorgonzola Cheese Pizza

*4 Servings*

1 16 oz package refrigerated pizza crust dough

4 oz provolone cheese/mozzarella

1 Bartlett pear

2 ½ oz gorgonzola cheese, crumbled

2 Tbsp chopped chives

Preheat oven to 450. Place pizza crust dough on a medium baking sheet. Layer with cheese.

Top cheese with pear slices. Sprinkle with Gorgonzola cheese. Bake in the preheated oven 8 to 10 minutes, or until cheese is melted and crust is lightly browned. Remove from heat. Top with chives and slice to serve.

## Pesto Chicken Salad

*2-3 Servings*

1/2 cup mayonnaise

1/2 cup store-bought pesto

½ tsp. salt

¼ tsp. black pepper

1 2- to 2 1/2-pound rotisserie chicken, meat chopped

6 cups arugula

In a large bowl, combine the mayonnaise, pesto, salt, and pepper. Toss with the chicken and serve over the greens.

## Rigatoni alla Genovese

*3 servings*

1 lb ground beef

2.2 lb yellow onion

2 T chopped garlic

225 g rigatoni

¾ cup shaved parmesan

Parsley (garnish)

¼ cup cream

¼-1/2 cup dry white wine

Olive oil

Liberally coat the bottom of a heavy bottom sauce pot with olive oil  
Add all the onions, coat with more olive oil and a liberal amount of salt. Stir to combine. Cover and heat on medium for 40 minutes, stirring every 10-20 minutes  
If the onions are completely translucent and a good amount of liquid has appeared, stir in the meat and garlic. Stir hard and long to completely break apart the meat and combine it with the onions.  
Cover and simmer on very low for 2-3 hours, stirring every 30 mins or so.  
Bring a pot of salted water to boil, cook the rigatoni til el dente.  
Deglaze the pot with the wine, stir to combine and turn the heat to medium-low to cook off the wine while the pasta cooks.  
As soon as you've added the rigatoni to the water reduce heat back to very low and stir the cream into the sauce and adjust seasoning with salt and pepper.  
Preheat your broiler after you add the rigatoni to the water.  
Drain the pasta and add it to the sauce, stirring to combine.  
Spoon the pasta onto plates and cover each with 1/4 cup shaved parmesan  
Place each plate under the broiler for 30-45 seconds, remove and garnish with parsley. Serve with extra parmesan on the side.

## Salmon with Ginger Butter

*2 servings*

1 lb salmon  
Olive oil  
.5 T butter  
Ground ginger  
Soy sauce

Preheat oven to 400 degrees. Put aluminum foil on a cookie sheet and drizzle olive oil on foil. Place salmon on foil. Drizzle olive oil on top of salmon. Fold foil around salmon and place in oven for 18 minutes. For the ginger butter, mix together warm butter, ground ginger, and soy sauce. Remove salmon from oven. Salmon is done when white fat is visible on fish. Flip salmon and remove skin and brown part. Plate the salmon and drizzle ginger butter on top.

## Seasoned Chicken, Potatoes and Green Beans

*4 servings*

1.5- 2lbs Boneless Skinless Chicken Breasts  
½ lb. fresh green beans, trimmed (about 2.5 cups)  
1.25 lb. diced red potatoes (about 4 cups)  
⅓ cup FRESH lemon juice  
¼ cup olive oil  
1 tsp. dried oregano  
1 tsp. salt  
¼ tsp. pepper  
¼ tsp. onion powder  
2 garlic cloves, minced

Start by placing the chicken in a 6-quart slow cooker, in the center. Next add the green beans on one side. Then for the potatoes, you will need to mound them high off to the other side. In a medium sized bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper, onion powder and garlic cloves. Pour this mixture evenly over the chicken, green beans and potatoes.

Cover and cook on HIGH for 4 hours, without opening the lid during the cooking time.

## Melt-in-your-Mouth Salmon

*2 servings*

Let sit at room temperature for 20 minutes. Preheat oven to 250 degrees. Put salmon on foil and drizzle olive oil on top of fish. Cook for 35 minutes.

## Garlic Ginger Glaze (for Salmon)

*Enough for 1-1.5 lbs of salmon*

1 Tbsp sesame oil (optional)  
3 Tbsp honey  
4 Tbsp soy sauce  
4 Tbsp rice vinegar  
3-4 cloves garlic, pressed  
½ inch cube ginger, grated

Combine all liquid ingredients in a sauce pan, add grated ginger and pressed garlic. Stir, bring to a boil on medium-high heat and allow to simmer until the glaze is reduced and thickened, about 10-15 minutes. Drizzle on top of salmon.

## Mozzerella Stuffed Meatballs

1 hunk of mozzarella  
1 lb beef  
1 lb hot Italian sausage  
1/2 tsp garlic powder  
2 tsp salt  
1 tsp pepper  
1 cup bread crumbs  
2 eggs  
1/2 cup whole milk  
1/2 cup parsley  
1/4 cup parmesan

Preheat oven to 400. Cube mozzarella. Combine all other ingredients in large bowl and then stir together with hands. Form meat into balls and stuff mozzarella cubes into the balls. Bake for 20 minutes, turning halfway. Put meatballs in slow cooker for 2 hours on high with tomato sauce.

## Seared Scallops with Ginger Sauce

*4 servings*

4 tablespoons (1/2 stick) butter 1 tablespoon olive oil  
1 tablespoon olive oil  
24 sea scallops  
1 tablespoon minced peeled fresh ginger  
1 garlic clove, minced  
1/4 cup dry white wine  
2 tablespoons unseasoned rice vinegar  
1/2 cup whipping cream

3 tablespoons chopped fresh cilantro  
1 green onion, finely chopped

Melt 2 tablespoons butter with oil in heavy large skillet over high heat. Sprinkle scallops with salt and pepper. Add 12 scallops to skillet and sear until brown, about 1 minute per side; transfer to bowl. Sear remaining 12 scallops; transfer to same bowl. Add ginger and garlic to skillet and sauté until fragrant, about 30 seconds. Add wine and vinegar and boil 2 minutes, scraping up any browned bits. Add cream and remaining 2 tablespoons butter. Boil until sauce thickens enough to coat spoon, about 3 minutes. Return scallops and any collected juices to skillet. Simmer until scallops are just opaque in center, about 2 minutes. Mix in cilantro and green onion.

## Seared Scallops with Sesame Sauce

*2 servings*

16 large sea scallops (about 1 3/4 pounds)  
1 sliced green onion (white and green sections reserved separately)  
2 garlic cloves, minced (about 1 teaspoon)  
2 tablespoons low-sodium soy sauce  
1 tablespoon rice vinegar  
3 teaspoons sugar  
½ teaspoon cornstarch  
1 tablespoon sesame oil  
1/8 teaspoon crushed red pepper  
1 teaspoon canola oil  
1/8 teaspoon black pepper

Remove scallops from the refrigerator, and bring them to room temperature (about 10 minutes). In a small mixing bowl, add the white onion pieces and the next 7 ingredients (through crushed red pepper); stir with a whisk to combine, and set aside.

Warm the canola oil in a large nonstick skillet over medium heat. When hot, add the scallops; sprinkle scallops with the black pepper. Cook scallops about 3 minutes on 1 side until golden brown. Using tongs, flip the scallops and cook 2-3 more minutes or until browned. Transfer scallops to a plate, and cover with foil. Keep the skillet on the heat.

Whisk the sauce again, and add it to the pan. Cook until the sauce boils and thickens slightly (about 45 seconds); then remove the pan from heat. Divide scallops among 4 plates, drizzle some of the hot sesame sauce over each portion, and garnish with a sprinkle of green onion pieces.

## Spinach Parmesan Pasta

*4 servings*

8 oz uncooked pasta (we used whole wheat Capellini)  
3 tablespoons butter  
2 cloves garlic, minced  
5-6 cups packed baby spinach  
1/2 cup grated Parmesan cheese

Add the pasta to a large pot of boiling salted water and cook until al dente. Drain the pasta, reserving 1/2 cup of the pasta water. Set pasta aside.

Using the same pot, melt the butter over medium heat. Add the garlic and cook for 2-3 minutes. Add in the pasta and spinach. Gently toss and cook until spinach leaves are wilted. If the pasta starts to dry out, add in some of the reserved pasta water. We usually add about 1/3 cup. Stir in

1/4 cup of the Parmesan cheese and toss until combined. Season with salt and freshly ground black pepper, to taste.

Pour pasta into a large bowl. Garnish with additional Parmesan cheese and serve immediately.

## Classic Tomato Soup

*4 Servings*

### **Soup**

1 tablespoon olive oil

1 tablespoon unsalted butter

1 medium yellow onion, medium dice

Kosher salt

2 medium garlic cloves, minced

Pinch of red pepper flakes (optional)

1 (28-ounce) can whole peeled tomatoes in their juices, preferably San Marzanos

1 1/2 cups low-sodium chicken broth or water

1/3 cup heavy cream

Freshly ground black pepper, to taste

### **Optional garnishes**

Extra-virgin olive oil

4 fresh basil leaves, julienned

Freshly grated Parmesan cheese

Place a medium saucepan over medium-low heat and add the oil and butter. When the butter melts, add the onion and a big pinch of salt. Cook, stirring occasionally, until the onion is completely soft, about 15 minutes. Add the garlic and optional red pepper flakes and cook for 5 minutes more, stirring occasionally.

Increase the heat to medium and add the tomatoes and their juices to the pan. Roughly crush the tomatoes with the back of a wooden spoon and cook until they're hot and beginning to soften, about 10 minutes. Add the broth or water and bring to a simmer. Cook at a medium simmer until the tomatoes begin to fall apart, about 15 minutes.

Remove the soup from the heat and cool slightly, about 10 minutes. Purée the soup directly in the saucepan using an immersion blender, or use a countertop blender, carefully puréeing the soup in a couple of batches until smooth.

Return the soup to the burner over low heat and stir in the cream. Add black pepper, then taste and adjust the seasoning with additional salt or pepper as needed. Serve in warmed bowls, as is or topped with the garnishes of your choice.

## Udon Noodles

*2 servings*

Package of udon noodles – I usually get the Kame brand and cook both 7.1oz pouches within

Package Extra firm tofu

2-3 cups vegetables – I usually use chopped red onion and broccoli florets

### **Marinade**

6 large garlic cloves, minced (or 1 T minced garlic from a jar)

4 T finely chopped ginger root (or 1 1/2 tsp ground ginger)

3 T sesame oil

6 T olive oil (more sesame, less olive may be tastier, but olive's better for you!)

4 T brown sugar

9 T soy sauce

1 1/2 red pepper flakes (or sprinkle these on when serving to taste)

Drain water out of tofu by pressing it between paper towels with something heavy on top for about 10 minutes.

Mix all marinade ingredients in a bowl. Cut tofu into cubes, place into bowl, and let marinate for about 10 minutes.

Cook tofu on skillet, reserving most of the marinade for later. Cook udon noodles. Cook veggies. Combine everything.

## Side Dishes

### Garlic Roasted Potatoes

*8 servings*

- 3 pounds small red or white potatoes
- 1/4 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley

Preheat the oven to 400 degrees F. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning. Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.

### Thai Peanut Sauce Green Beans

*2 servings*

- 1 Tbsp soy sauce
- 3 garlic cloves, minced
- 1 tsp sesame seeds
- 1 tsp brown sugar
- 1 Tbsp peanut butter
- 1 bunch long beans, cut into bite-size pieces
- 2 Tbsp oil—olive, vegetable, peanut or coconut

In a bowl, combine all ingredients except oil. In a pan, stir fry green beans in oil until crisp-tender. Remove from heat. Add soy sauce mixture, stir to coat.

### Spinach Artichoke Dip – Crockpot

*8-10 servings*

- 8 oz reduced fat cream cheese
- 1 cup plain, non-fat Greek yogurt
- 2 Tbsp butter
- 1 cup mozzarella cheese
- 1/2 cup parmesan cheese
- 14 oz artichoke hearts, drained and coarsely chopped
- 10 oz frozen spinach (thawed and drained)
- 2-3 garlic cloves
- 3 tsp smoked paprika

Turn the crockpot on low setting. Put cream cheese, yogurt, butter, and cheese in crockpot and stir until it gets nice and melty. Stir in the artichoke hearts and spinach. Stir in garlic. Stir in smoked paprika.

## Green Potato Salad

*2 servings*

3 oz spinach  
1 scallion  
1 stalk celery  
½ pound fingerling potatoes  
¼ cup sour cream

Slice potatoes into ½-inch-thick rounds. Thinly slice celery on an angle. Cut off and discard the root end of the scallion; thinly slice the scallion on an angle, separating the white bottom and green top.

Add the potatoes to the pot of boiling water and cook 8 to 10 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.

Add the celery, white bottom of the scallion, chopped spinach, sour cream and horseradish to the pot of cooked potatoes. Stir to thoroughly combine; season with salt and pepper to taste. Garnish with the green top of the scallion.

## Slow Cooker Garlic Parmesan Mashed Potatoes

*2 servings*

3 pounds red potatoes, washed and cut into chunks  
1 cup water  
½ cups chicken broth  
3 tablespoons butter  
2 cups plain Greek yogurt  
1 ½ tablespoons minced garlic  
1 teaspoon salt  
½ teaspoon pepper  
1 cup shredded (not grated) Parmesan cheese  
2-3 tablespoons milk, if needed

Add potatoes to slow cooker.

Pour water and chicken broth over potatoes. Cover and cook on high 3-4 hours or on low, 5-6 hours, or until potatoes are tender.

When potatoes are ready, drain liquid.

Add in butter, Greek yogurt, garlic, salt, pepper, and cheese. Using a potato masher or electric hand mixer, mix until potatoes have reached your desired consistency. If needed, milk and/or more Greek yogurt can be added.

Serve immediately.



# Desserts

## Blueberry Buckle

1 and ¼ cups sugar  
½ cup shortening (Crisco)  
1 egg  
2 ½ cups all-purpose flour  
2 ½ teaspoons baking powder  
½ cup milk  
2 cups fresh or frozen blueberries, thawed & drained  
½ teaspoon ground cinnamon  
½ cup butter or margarine

In large mixer bowl cream ¾ cup sugar and the shortening till well combined. Add egg; beat well. In medium bowl stir together 2 cups of the flour, the baking powder, and ¼ teaspoon salt. Add flour mixture and milk alternately to creamed mixture, beating till smooth after each addition. Spread in greased 9 x 9 x 2 inch baking pan. Top with drained berries. In small bowl, combine remaining sugar, remaining flour and cinnamon. Cut in butter till crumbly (with pastry knife). Sprinkle over berries. Bake in oven at 350 degrees for 45 to 50 minutes. Cut into squares and serve warm.

## Blueberry Pie

4 cups blueberries  
zest of one lemon  
¾ cup sugar  
3 tablespoons cornstarch or arrowroot  
¼ teaspoon salt  
½ teaspoon cinnamon  
neutral oil for brushing crust  
Pie crust:  
1 cup vegan butter, cut into small pieces and frozen  
2½ cups flour  
pinch of salt  
ice water, about 6-8 tablespoons

Preheat oven to 425°F.

Pie crust:

Chill a mixing bowl and pastry cutter until cold. Whisk together flour and salt in mixing bowl then cut in vegan butter until the size of peas, using two knives or a pastry cutter. Begin to mix in ice water, about a tablespoon at a time, or until dough begins to form - it should just hold together. Don't overwork the dough, and keep the ice water at a minimum! The more you work the dough, the tougher it will get; the more ice water, the less flaky and rich.

Once dough is forming, push together mixture into a ball and wrap in plastic wrap, then flatten to a disk gently. Freeze at least 20 minutes, or until vegan butter is solid again.

To roll out: remove dough from freezer and divide in half using a pastry cutter or knife. Reform dough into a disk and roll one piece on a well-floured surface or pastry board, rolling from the center to the edge, turning ¼ of the way after each roll, until it's large enough to fit in a deep dish pie pan. Using your rolling pin, roll crust up around the pin, move to the edge of your pie pan, then unroll. Place in freezer while you prepare the filling. For the top piece crust, wait to roll out

until blueberries are prepared, or roll out and keep on the board in the freezer, so the vegan butter stays cold.

Filling:

Toss blueberries with other ingredients (besides oil) and pour into prepared pie crust. Roll out second pie crust half and lattice, then crimp edges. Brush top with neutral oil and cover crust edges with aluminum foil. Bake about 45 minutes, removing aluminum foil after about 25 minutes. Serve a la mode.

## Blueberry Pudding Cake

2 cups fresh blueberries  
1 teaspoon cinnamon  
1 teaspoon fresh lemon juice  
1 cup flour  
¾ cup sugar  
1 teaspoon baking powder  
½ cup milk  
3 tablespoons butter  
Topping:  
¾ cup sugar  
1 tablespoon cornstarch  
1 cup boiling water

Toss blueberries, rinsed and sorted with cinnamon and lemon juice. Place in a greased 8-inch square baking dish. In a mixing bowl combine flour, sugar, and baking powder. Stir in milk and melted butter. Spoon over berries in pan.

For topping, combine sugar and corn starch very well. Sprinkle over batter. Slowly pour boiling water over all. Bake at 350 degrees for 45 to 50 minutes. Cake will rise to the top and should test done.

## Buckeyes

*~24*

1 lb box powdered sugar  
1 ½ cup smooth peanut butter  
½ cup melted butter  
3 cups Rice Krispies  
13 oz sweet chocolate bar

Put peanut butter and powdered sugar into bowl. Melt butter, blend into peanut butter until smooth. Add Rice Krispies and combine. Form mixture into small balls. Cool for 45 minutes in fridge. Melt chocolate in double boiler or microwave. Once balls are cooled, insert a toothpick as a handle and dip ~½ of peanut butter ball into chocolate. Place onto waxed paper and allow to cool.

## Cheesecake Bites

*30-40 bites*

10 graham cracker sheets  
¼ cup confectioners' sugar  
1 teaspoon Kosher salt  
1 stick melted butter  
16 ounces cream cheese, softened

1 cup confectioners' sugar  
1 teaspoon vanilla extract  
3 cups chocolate chips, melted

In a plastic bag, crush the graham crackers finely with the back of a large pot or pan.

In a large bowl, combine graham crackers, ¼ cup confectioners' sugar, salt, and melted butter, stirring until the mixture is the texture of wet sand. Dump the graham cracker mixture into a 9×9 baking dish lined with parchment paper. Press the mixture down with your hands to create an even layer. Freeze for 10 minutes.

In a separate bowl, combine cream cheese, 1 cup confectioner's sugar, and vanilla, stirring until smooth. Spread the cream cheese mixture evenly on top of the graham cracker crust. Freeze for one hour.

Transfer the frozen cheesecake onto a cutting board, peeling away the parchment paper. Slice 1-centimeter-wide strips horizontally, then vertically, creating little cheesecake cubes.

In a medium bowl, microwave the chocolate in 20-second intervals, stirring in between, until melted and smooth. Dip the cheesecake cubes in the chocolate, dripping off excess, and set them on a tray lined with parchment paper. Repeat with the remaining cubes. Freeze for 15 minutes, then serve!

### Cheesecake Spread with Graham Crackers (to dip)

8 oz package of cream cheese, room temperature  
1/2 cup sour cream  
1/2 cup white cake mix  
1 cup powdered sugar  
1 tsp vanilla extract  
1/4 cup sprinkles  
Graham Crackers for dipping

Place cream cheese in your mixing bowl and beat on medium high speed for 3 minutes, or until it becomes light and whipped.

Bring speed down to medium and add the sour cream and vanilla, mix until incorporated. Slowly add the powdered sugar and cake mix to the bowl and mix until combined. Scrape the sides of the bowl with a rubber spatula and then gently fold in the sprinkles.

Serve cold with graham crackers, pretzels, or fresh fruit slices.

### Chocolate Chip Cookies

*~5 dozen cookies*

2-1/4 cups all-purpose flour  
1 teaspoon baking soda  
2 teaspoons salt  
1 cup (2 sticks) butter, softened  
9/8 cup granulated sugar  
3/8 cup packed light brown sugar  
2 teaspoon vanilla extract  
2 large eggs  
2 cups (12-oz. pkg.) semi-sweet chocolate chips (or dark)

Heat oven to 375°F.

Stir together flour, baking soda and salt. Beat butter, granulated sugar, brown sugar and vanilla in large bowl with mixer until creamy. Add eggs; beat well. Gradually add flour mixture, beating

well. Stir in chocolate chips and nuts, if desired. Drop by rounded tablespoons onto ungreased cookie sheet.

Bake 8 to 10 minutes or until lightly browned. Cool slightly; remove from cookie sheet to wire rack. Cool completely.

## Chocolate Chip Cookies (NYT Recipe)

*~5 dozen cookies*

2 cups minus 2 tablespoons (8 1/2 ounces) cake flour

1 2/3 cups (8 1/2 ounces) bread flour

1 1/4 teaspoons baking soda

1 1/2 teaspoons baking powder

1 1/2 teaspoons coarse salt

2 1/2 sticks (1 1/4 cups) unsalted butter

1 1/4 cups (10 ounces) light brown sugar

1 cup plus 2 tablespoons (8 ounces) granulated sugar

2 large eggs

2 teaspoons pure vanilla extract

1 1/4 pounds bittersweet disks or fèves, at least 60 percent cacao content any other chocolate chips are fine, too)

\*Sea salt (sometimes I add this, sometimes, I don't)

Sift flours, baking soda, baking powder and salt into a bowl. Set aside.

Using a mixer fitted with paddle attachment, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla.

Reduce speed to low, add dry ingredients and mix until just combined, 5 to 10 seconds. Drop chocolate pieces in and incorporate them without breaking them. Press plastic wrap against dough and refrigerate for 24 to 36 hours. Dough may be used in batches, and can be refrigerated for up to 72 hours.

When ready to bake, preheat oven to 350 degrees. Line a baking sheet with parchment paper or a nonstick baking mat. Set aside.

Scoop 6 3 1/2-ounce mounds of dough (the size of generous golf balls) onto baking sheet, making sure to turn horizontally any chocolate pieces that are poking up; it will make for a more attractive cookie. Sprinkle lightly with sea salt and bake until golden brown but still soft, 18 to 20 minutes. Transfer sheet to a wire rack for 10 minutes, then slip cookies onto another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated, for baking remaining batches the next day.

## Crème Brûlée

*4 servings*

6 egg yolks

2 cups whipping cream

1/3 cup granulated sugar

1 teaspoon vanilla

Boiling water

8 teaspoons granulated sugar

1 Heat oven to 350°F. In 13x9-inch pan, place 4 (6-oz) ceramic ramekins.\* In small bowl, slightly beat egg yolks with wire whisk. In large bowl, stir whipping cream, 1/3 cup granulated sugar and the vanilla until well mixed. Add egg yolks; beat with wire whisk until evenly colored and well blended. Pour cream mixture evenly into ramekins.

Carefully place pan with ramekins in oven. Pour enough boiling water into pan, being careful not to splash water into ramekins, until water covers two-thirds of the height of the ramekins.

Bake 30 to 40 minutes or until top is light golden brown and sides are set (centers will be jiggy). Using tongs or grasping tops of ramekins with pot holder, carefully transfer ramekins to cooling rack. Cool to room temperature, about 2 hours. Cover tightly with plastic wrap; refrigerate until chilled, at least 4 hours but no longer than 48 hours.

Uncover ramekins; gently blot any liquid from tops of custards with paper towel. Sprinkle 2 teaspoons granulated sugar over each chilled custard. Holding kitchen torch 3 to 4 inches from custard, caramelize sugar on each custard by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion, until sugar is melted and light golden brown. Serve immediately, or refrigerate up to 8 hours before serving.

## Hershey's Mini Kisses Brownies

*36 Brownies*

2/3 cup Hershey's Cocoa  
1/2 teaspoon baking soda  
2/3 cup butter (melted & divided)  
1/2 cup boiling water  
2 cups sugar  
2 eggs  
1 teaspoon vanilla extract  
1-1/2 cups of all-purpose flour  
1/4 teaspoon salt  
1- 3/4 cups (10 oz. package) Hershey's Mini Kisses Milk Chocolates  
2/3 cups coarsely chopped nuts (optional)

Heat oven to 350°F. Grease 13x9x2-inch baking pan.

Combine cocoa and baking soda; stir in 1/3 cup butter. Add water; stir until thickened. Stir in sugar, eggs, remaining 1/3 cup butter and vanilla. Blend in flour and salt. Stir chocolates and nuts, if desired.

Spread batter in prepared pan. Bake 35 to 40 minutes or until edges begin to pull away from sides of pan. Cool completely in pan on wire rack. Cut into bars. About 36 brownies.

## Nutella Stuffed Deep Dish Chocolate Chip Skillet Cookie

*16 slices*

1/2 cup light butter (or your spread of choice), softened  
1/2 cup light brown sugar  
1/3 cup natural sweetener (or your sugar of choice: white, coconut, raw, castor, etc)  
2 teaspoons vanilla extract  
1 egg  
1 cup flour (light spelt)  
1/2 teaspoon baking soda  
1/3 teaspoon salt  
1/2 cup dark/semi-sweet chocolate chips  
1/3 cup nutella, melted (or any hazelnut chocolate spread)

Preheat oven to 175c | 350° F. Line a 9" cast iron skillet (or pie dish) with baking/parchment paper and set aside.

In a large bowl, combine the butter, sweetener/sugar and vanilla, and whisk until light and creamy. Add the egg and whisk again until combined. Add the flour, baking soda and salt, and

mix the dry ingredients into the wet until just combined. Fold in half the chocolate chips and spoon ½ the cookie dough onto the prepared baking sheet.  
Melt the nutella in the microwave for 30 seconds OR over stove top in a heat-proof dish over a pot of boiling water until it becomes thinner in consistency.  
Pour the nutella over the cookie dough in the skillet evenly to 1-inch of the edges. Top with remaining cookie dough, smoothing the layer with the back of a metal spoon (and your fingers if you need to). Sprinkle with remaining chocolate chips.  
Bake in preheated oven for 25-30 minutes for a gooey cookie, or cover after 30 minutes with aluminium foil and bake for a further 10 minutes for a 'set' cookie. Cool for about 10 minutes before serving.

## Peach Pie

*6-8 servings*

1/2 cup sugar  
1/4 cup packed brown sugar  
4-1/2 cups sliced peeled peaches  
Pastry for double-crust pie (9 inches)  
3 tablespoons cornstarch  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cinnamon  
1/8 teaspoon salt  
2 teaspoons lemon juice  
1 tablespoon butter  
1 cup marshmallow creme

In a large bowl, combine sugars; add peaches and toss gently. Cover and let stand for 1 hour. Line a 9-in. pie plate with bottom pastry; trim even with edge. Set aside. Drain peaches, reserving juice.

In a small saucepan, combine the cornstarch, nutmeg, cinnamon and salt; gradually stir in reserved juice. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in lemon juice and butter. Gently fold in peaches. Pour into crust.

Roll out remaining pastry; make a lattice crust. Trim, seal and flute edges. Cover edges loosely with foil. Bake at 400° for 50-60 minutes or until crust is golden brown and filling is bubbly. Remove foil. Cool on a wire rack.

## S'Mores Cookie Bars

*16 Bars*

1/2 cup (1 stick) butter or margarine , softened  
3/4 cup sugar  
1 egg  
1 teaspoon vanilla extract  
1-1/3 cups all-purpose flour  
3/4 cup graham cracker crumbs  
1 teaspoon baking powder  
1/4 teaspoon salt  
4 (1.55 oz. each) HERSHEY'S Milk Chocolate Bars  
1 cup marshmallow creme

Heat oven to 350°F. Grease 8-inch square baking pan.

Beat butter and sugar in large bowl until light and fluffy. Add egg and vanilla; beat well. Stir together flour, graham cracker crumbs, baking powder and salt; add to butter mixture, beating until blended. Press half of dough into prepared pan.

Arrange chocolate bars over dough, breaking as needed to fit. Spread with marshmallow creme. Scatter bits of remaining dough over marshmallow; carefully press to form a layer.

Bake 30 to 35 minutes or until lightly browned. Cool completely in pan on wire rack. Cut into bars.

## S'Mores Cookie Bars Version 2

*16 Bars*

1/2 tsp water  
1/2 tsp baking soda  
1/2 cup shortening  
1/3 cup brown sugar, packed  
1/3 cup granulated sugar  
1/2 tsp vanilla  
1 egg  
1/2 tsp salt  
1/2 cup flour  
1/2 cup graham cracker crumbs, 5 sheets  
1 cup mini Hershey's Kisses, divided  
1 cup mini marshmallows

Preheat oven to 350 degrees. Mix baking soda and water. Set aside. Cream together shortening, granulated sugar and brown sugar. Add vanilla, egg and baking soda/water mix. Gradually beat in flour, graham cracker crumbs and salt. Mix in 1/2 cup of mini Hershey's Kisses by hand. Spread in a greased 8 inch square pan. Bake at 350°F for 18-20 minutes. Remove from oven and turn the broiler on. Sprinkle mini marshmallows over the bars. Place under broiler, for 30-60 seconds, to toast marshmallows. Turn oven off and remove the bars. Sprinkle with 1/2 cup of mini Hershey's Kisses and return to the still warm oven for a couple of minutes to soften Kisses.

## Vegan Blueberry Pie

1 double-crust pie crust (see my recipe below for vegan)  
4 cups blueberries  
zest of one lemon  
3/4 cup sugar  
3 tablespoons cornstarch or arrowroot  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
neutral oil for brushing crust

To roll out: remove dough from freezer and divide in half using a pastry cutter or knife. Reform dough into a disk and roll one piece on a well-floured surface or pastry board, rolling from the center to the edge, turning 1/4 of the way after each roll, until it's large enough to fit in a deep dish pie pan. Using your rolling pin, roll crust up around the pin, move to the edge of your pie pan, then unroll. Place in freezer while you prepare the filling. For the top piece crust, wait to roll out until blueberries are prepared, or roll out and keep on the board in the freezer, so the vegan butter stays cold.

For the filling: toss blueberries with other ingredients (besides oil) and pour into prepared pie crust. Roll out second pie crust half and lattice (here's a [great video](#) on the technique), then crimp edges. Brush top with neutral oil and cover crust edges with aluminum foil. Bake about 45 minutes, removing aluminum foil after about 25 minutes. Serve with vegan ice cream, like [Tofutti!](#)

#### Pie Crust:

1 cup vegan butter, cut into small pieces and frozen

2½ cups flour

pinch of salt

ice water, about 6-8 tablespoons

Chill a mixing bowl and pastry cutter until cold. Whisk together flour and salt in mixing bowl then cut in vegan butter until the size of peas, using two knives or a pastry cutter. Begin to mix in ice water, about a tablespoon at a time, or until dough begins to form - it should just hold together. Don't overwork the dough, and keep the ice water at a minimum! The more you work the dough, the tougher it will get; the more ice water, the less flaky and rich.

Once dough is forming, push together mixture into a ball and wrap in plastic wrap, then flatten to a disk gently. Freeze at least 20 minutes, or until vegan butter is solid again.

Preheat oven to 425°F.