

*Cooking
with
Cathy*



Cooking with Cathy

Recipes by Chef Cathy Zeis
Z's Creative Cuisine

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Acknowledgements

Thank you for purchasing *Cooking with Cathy*! Because of your purchase, the Grayson County Shelter will benefit greatly this holiday season.

I need to thank Barbara Valdez for her undying dedication to this project. Without her, this cookbook would not be possible.

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I hope you have as much fun with the recipes as I did creating them. Enjoy!!

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Holiday Splash

Combine all ingredients in a glass.

Add a splash of grenadine – do not mix.

Garnish with a sprig of mint

Strawberry Daiquiri

Pour mix into a blender with ice and blend.



Pour into a cocktail glass; add rum (if desired).

Garnish with lime slice



Stuff you need to make it

Holiday Splash

-) 2 oz. pineapple juice
-) 2 oz. strawberry/kiwi juice
-) 2 oz. sparkling Spumante (sparkling grape juice)



Optional: Substitute champagne for spumante

Strawberry Daiquiri

-) 1-½ cups of strawberry daiquiri mix
-) 1 cup ice
-) ½ to 1 oz. light rum (optional)
-) Lime, sliced thin and halved for garnish



Abbreviations

Stuff	Ingredients for the recipe
tsp.	Teaspoon
tbs.	Tablespoon
lb.	Pound

Substitutions

For	You Can Use
1 cup milk	½ cup evaporated milk and ½ cup water
1 cup heavy cream	2/3 cup milk and 1/3 cup butter
1 cup sugar	1 cup honey; reduce other liquid ¼ cup; reduce baking temp 25°
1 garlic clove	1/8 tsp. garlic powder OR ¼ tsp. garlic salt; Reduce salt 1/8 tsp.

Grilling Tips, Steak & Fish

Here's a great marinade we showed this summer.

Steak

-) 2 tbs. spicy mustard
-) 1 tbs. raspberry dressing
-) 1 tbs. Worcestershire sauce
-) 2 tbs. balsamic vinegar



Mix well in a small bowl and pour over steak; chill for 2 hours.

Fish

-) Your favorite fish
-) 1/8 tsp. lemon juice
-) 2 tbs. extra virgin olive oil

Make sure the grill is HOT!!! Never bring a grill up to temperature with meat or fish on it. This will dry out the fish and make the meat tough.

In a bowl, add the lemon juice, and olive oil (you can add garlic powder, cayenne pepper or lemon pepper, to your taste). Brush the mixture over the fish; place on the grill, coated side down.

Don't turn fish for 2 to 3 minutes. Repeat for the other side. Cook until flaky.

How to mix the stuff you got



White Chocolate Brownie with Raspberry-Wine Sauce

Brownie

Microwave unsweetened chocolate and butter in large microwavable bowl on high for 2 minutes or until butter is melted. Stir until chocolate is completely melted.

Stir in sugar and cool mixture; add eggs and vanilla when cool and mix well.

Add flour and almonds, stir until well blended.

Spread into greased 9" x 13" baking pan. Bake at 350 degrees for 15 minutes or until toothpick comes out clean. Do not over bake! Cool in pan.

Raspberry-Wine Sauce

Over medium heat, melt butter and sugar; add berries and wine. Cook for 2-3 minutes.

To serve spoon berry mixture over brownie and top with shaved chocolate.



Stuff you need to make it

White Chocolate Brownie with Raspberry-Wine Sauce

Brownie

-) 4 squares of unsweetened white baking chocolate
-) $\frac{3}{4}$ cup of butter
-) 2 cups of sugar
-) 3 eggs
-) 1 tsp. vanilla
-) 1 cup of flour
-) 1 cup of shaved almonds

Raspberry-Wine Sauce

-) 1 cup of sugar
-) $\frac{1}{2}$ cup of white wine
-) 3 cups of raspberries (you can use frozen)
-) $\frac{1}{2}$ stick (2 oz.) butter

Appetizers





Stuff you need to make it

Afterburners

Serve with a spicy queso dip



) 12 unpeeled medium-sized fresh shrimp



) 12 fresh jalapeno peppers

) 6 bacon slices, halved lengthwise

) Cream cheese

) Mozzarella or Ricotta cheese

) 1 green onion, chopped

) Lemon juice

TIP

The easiest spicy queso dip in the world

1 can of diced tomatoes and chilies

4 oz. Velveeta cheese

Put the can of tomatoes and chilies in a microwave safe bowl

Cube cheese (so it melts better) add to bowl

Microwave on high for 1 minute; stir; repeat until all the cheese is melted. Serve hot!

How to mix the stuff you got



Summer Sensations

In a dessert glass, layer crushed cookies, yogurt and chopped strawberries; do this 2 times; the last layer should be pineapple cream cheese.

Top with whipped topping and garnish with fresh mint.

TIP

When working with softened cream cheese, be sure to dip the back of a spoon in warm water to smooth out. The warm water makes the cream cheese easier to work with.

Drinks to go "With"

Pour strawberry-orange or apple-mango juice in a glass of ice; add 1 tsp. lime juice and a splash of grenadine.

Garnish with fresh strawberry and mint.



Summer Sensations

-) 1 carton of your favorite yogurt
-) 5 large strawberries, chopped
-) 1 carton softened pineapple cream cheese
-) 3 graham crackers or favorite cookie, crushed
-) Whipped cream topping (you can use flavored topping if you like)
-) Fresh mint



Afterburners

Serve with a spicy queso dip

Peel shrimp and de-vein, if desired.

Cut a slit in each jalapeno pepper; remove seeds and membranes.

Carefully place one shrimp, a knife-full of cream cheese, a slice of mozzarella or ricotta cheese and a pinch of chopped green onion in cavity of each pepper.

Wrap each pepper with 1 strip of bacon, and secure with a wooden pick.

Place in a jellyroll pan. Broil 5-½ inches from heat 6 to 7 minutes on each side, or until bacon is cooked. Serve warm. Top with lemon juice.



Stuff you need to make it

Football Salsa Dip

-) 2 lbs. ground sirloin
-) 4 tbs. extra virgin olive oil
-) 1 tbs. garlic powder
-) 1 small can diced green chilies
-) 1 12 oz. can diced tomatoes
-) 1 12 oz. can green chilies and tomatoes, diced
-) 16 oz. sour cream
-) 2 cups shredded cheddar cheese
-) 1 16 oz. can of black beans
-) 1 medium red onion, diced



How to mix the stuff you got



Strawberry-Lemon Cake

Bake cake according to directions. When cake is cooled, poke holes with a toothpick. Set aside.

In a small saucepan over medium heat, melt butter and one cup of sugar with strawberries. Bring to a simmer, about 5 minutes. Set aside.

In a small bowl, add 1 cup sugar and lemon juice and mix well.

Pour lemon juice mixture over cake and wait 5 minutes then top with strawberry sauce.



Stuff you need to make it

Strawberry-Lemon Cake

-) 1 box of lemon cake mix
-) 2 cups of sugar
-) 2 cups of lemon juice
-) 2 cups of frozen or fresh strawberries
-) ½ stick butter



How to mix the stuff you got

Football Salsa Dip

Brown the meat in a large skillet with the olive oil and garlic powder.

Add all remaining ingredients and stir until well mixed.

Lower heat and simmer for 5 to 10 minutes stirring occasionally.

TIP

For a lower-fat recipe, substitute chicken or turkey for the ground sirloin.



Stuff you need to make it

Cathy's "Get It Done Quick" Appetizer

-) 1 lb. Italian sausage
-) ½ medium white onion, diced
-) 1 cup sliced mushrooms
-) ½ tsp. garlic powder
-) 8 oz. sour cream
-) 1 cup Monterrey Jack cheese
-) 3 four oz. cans chopped green chilies
-) 3 eggs
-) 1 cup milk



How to mix the stuff you got

Cathy's Strawberry Shortcake

In a small sauce pan over medium heat, melt butter then add champagne and cream cheese.

Stir until ingredients are blended.

Spoon over desert cups and top with chopped strawberries.

Man oh man, how good does it get? YUMMY!



Stuff you need to make it

Cathy's Strawberry Shortcake

-) 4 large strawberries, chopped
-) 1 cup champagne or white wine
-) 8 oz. strawberry cream cheese
-) Dessert cups
-) ½ stick of butter



How to mix the stuff you got



Cathy's "Get It Done Quick" Appetizer

In a large skillet, cook sausage with garlic powder, then sauté the onions and mushrooms with the sausage.

In a bowl, combine eggs, milk and sour cream; whisk until smooth.

When sausage is browned, place in a square baking pan. Layer the sausage with green chilies and top with Monterrey Jack cheese.

Pour egg mixture over the top and bake uncovered at 425 degrees for 40 minutes.

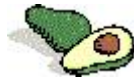
Cut and serve with salsa.



Stuff you need to make it

Cathy's Green Blast Salsa

-) 1-½ large cucumbers peeled and chopped
-) 1 cup cilantro (just tear it off, no need to chop)
-) 2 stalks of celery, chopped
-) 1 fresh jalapeno, seeded
-) Juice of ½ lime
-) 1 pod fresh garlic
-) 1 medium avocado, seeded and chopped
-) ¼ tsp. salt
-) ¼ tsp. pepper
-) ¼ tsp. cayenne pepper



How to mix the stuff you got



Summer Dessert

Prepare pudding according to package directions; chill for 5 minutes.

Set aside a few pieces of the fresh fruit for garnish.

Melt butter in microwave or on top of the stove.

Put crushed graham crackers on the bottom of a small pan; pour melted butter over crackers; mix and then press crackers to create a crust.

Fold fresh fruit or strawberries into the pudding.

Spoon fruit and pudding mixture over the graham cracker crust; top with fresh fruit or strawberries.



Summer Dessert

-) 1 package instant vanilla pudding
-) 1 package cinnamon graham crackers, crushed
-) 1 cup strawberries or other fresh fruit, thickly sliced
-) 1 stick butter (4 oz.), melted
-) 12 oz. container whipped cream topping



Cathy's Green Blast Salsa

Add all ingredients in a large blender or food processor.

If using a blender, put the cucumber in first so that you'll have liquid for all the other stuff and the mixture won't get stuck to the bottom.

Mix well on low speed until all ingredients are combined.

The mixture will be somewhat thick.

Serve immediately—consume even faster

Cover and refrigerate any unused salsa for up to three days. (Hint, add a little lemon juice, this will prevent "browning.")



Stuff you need to make it

Hot Spinach Jalapeno Cheese Dip

-] 1-½ cups skim milk
-] 2 tbs. all-purpose flour
-] ½ cup finely chopped onion
-] ¼ tsp. pepper
-] 1 tsp. Worcestershire sauce
-] 1-8 oz. package of Mexican pasteurized prepared cheese product with jalapeno chilies; cut into small pieces (add ½ cup of sliced jalapenos for more kick)
-] 2 packages (9 oz. each) frozen spinach in a pouch, thawed, squeeze to drain



How to mix the stuff you got

Chocolate-Covered Strawberries (or any fruit)

Put the Hershey bar(s) in a glass container and microwave for 30 seconds.

Stir chocolate with a spoon. Dip fresh strawberries (or any fruit) into the chocolate; hold upright for 1 minute.

Put a sheet of waxed paper on a pan; place the chocolate covered fruit on the pan and when finished put pan in refrigerator until cool.

Double yum!! 😊



Stuff you need to make it

Chocolate-Covered Strawberries (or any fruit)

-) 1 or 2 Hershey Milk Chocolate bars
-) Fruit for "dipping"

Try this for dessert with the Orange Roughy, Valentine's Day Lobster or go for broke and serve them with the Football Widows' Quiche.



How to mix the stuff you got



Hot Spinach Jalapeno Cheese Dip

Put 1-¼ cups milk in a large nonstick sauce pan over medium high heat.

In a small bowl, combine the remaining ¼ cup milk and flour; blend with wire whisk until smooth. Add to the milk in the sauce pan. Cook about 5 minutes stirring constantly until thickened.

Add onion, pepper, and Worcestershire sauce and mix well. Bring just to a boil; reduce heat and simmer 10 minutes or until onion is tender; stirring occasionally.

Add cheese and stir until melted. Add spinach; mix well. Cook until thoroughly heated.

Serve with slices of baguette-style French bread or assorted cut up fresh veggies. (This dip is also a great topping for baked potatoes, noodles or rice—something to keep in mind for leftovers.)



Stuff you need to make it

Hot-Sweet Quesadillas

-) 1 eight oz. can sliced pineapple with juice
-) 1 package skirt steak

OR

-) 1 package boneless, skinless chicken breast
-) 1 Poblano pepper, sliced
-) 1 red bell pepper, sliced
-) 1 yellow onion, sliced
-) 4 cups shredded cheddar cheese
-) 1 package large flour tortillas
-) 4 tbs. extra virgin olive oil
-) ¼ tsp. cayenne pepper
-) ½ tsp. lemon pepper
-) ½ tsp. garlic powder



How to mix the stuff you got



Christmas Tarts

Prepare the Banana Nut Bread package as directed.

Spoon batter into tart pans and bake, at package temperature, until toothpick comes out clean.

In a small sauce pan over medium heat, add ¼ tsp. butter, melt it then add the cup of walnuts and the cup of sugar. Stir until sugar melts.

Drizzle sauce over the hot tarts. Yum!



Christmas Tarts

-) One package banana nut bread
-) ¼ tsp butter
-) 1 cup walnuts
-) 1 cup brown sugar



Hot-Sweet Quesadillas

In a non-reactive container, marinate meat in pineapple juice for 2 hours.

Over a hot grill, heat 2 tbs. oil until smoking and grill meat. Once meat is done, slice and set aside.

Using the rest of the oil, heat until smoking and add all vegetables and sliced pineapple. Grill, stirring constantly for 2 to 3 minutes; remove from direct heat.

In a large flour tortilla, add ½ cup shredded cheese, cooked veggies and meat.

Place on a hot grill or in a pan and fold in half. Turn after 20 seconds repeating until cheese is melted.

Cut and serve hot!!



Stuff you need to make it

Monster Eye Balls

-) 3 cups of prepared biscuit mix
-) 1 lb. of hot or mild pork sausage
-) 1 (10 oz.) block of extra-sharp, cheddar cheese, shredded
-) 72 small pimiento-stuffed olives



How to mix the stuff you got



Holiday Pecan Pie

In a bowl, add flour and dredge pecans.

Add remaining ingredients and mix well.

Pour into pastry crust and bake at 325 degrees for 1 hour and 15 minutes.

Let stand 15 minutes before cutting.



Stuff you need to make it

Holiday Pecan Pie

-] 1 cup pecans
-] 3/4 cup molasses
-] 1/2 cup sugar
-] 3 eggs
-] 4 tbs. butter

-] 1 Pie crust, thawed



How to mix the stuff you got



Monster Eye Balls

In a large bowl, combine the biscuit mix, sausage and cheese; mix until blended. Chill the combination for two hours.

Preheat oven to 400 degrees.

Shape sausage mixture into one-inch balls and place on lightly greased baking sheets.


Press 1 olive deeply in the center of each ball and bake for 20 minutes or until lightly browned.

Great fun for Halloween!



Stuff you need to make it

New Year's Rattlers

-) 1 tbs. Extra virgin olive oil
-) 1 lb. hot sausage
-) 1 small can chopped green chilies
-) 1 small white onion, chopped
-) 2 to 4 oz. grated pepper jack cheese
-) 1 can crescent rolls
- ) 8 large fresh jalapeno peppers,
seeded then butterfly cut, be careful
not to cut all the way through

Desserts and Drinks





New Year's Rattlers

Cook sausage, onions, and chilies in olive oil over medium high heat.

Add the grated cheese and cook for 10-15 minutes.

Unroll and separate crescent dough into individual pieces.

Stuff jalapenos with sausage mixture and roll up in crescent pieces.

Cook at 350 degrees and serve with guacamole and sour cream mixture.

TIP

Guacamole and sour cream mixture

**Mix 1 package prepared guacamole with
8 ounces of sour cream**



Stuff you need to make it

Poppy Seed Pinwheels

-) ½ cup finely chopped celery
-) 8 oz. cream cheese
-) 4 oz. sour cream
-) 1 cup sun-dried tomato and basil mozzarella or cheddar salsa with tomato and jalapeno peppers (specialty cheese)
-) 6 oz. pre-cooked southwestern chicken strips



How to mix the stuff you got

Spinach Calzones

Sauté mushrooms, spinach and garlic in olive oil over medium heat for 5 minutes. (Add the optional items here and heat them with the other stuff.)

Spoon mixture into the middle of tortilla; fold in half.

Spread olive oil on both sides of tortilla; push edges together with a fork.

Bake at 325 degrees for 20 minutes or until golden brown.



Stuff you need to make it

Spinach Calzones

-) 1 pod of garlic, chopped
-) 1 package of sliced mushrooms
-) 1 package of frozen, chopped spinach, thawed
-) 3 tbs. extra virgin olive oil
-) 1 package of shredded parmesan cheese
-) 1 package medium flour tortillas

-) Optional: shredded turkey, sausage, or beef

How to mix the stuff you got



Poppy Seed Pinwheels

Soften cream cheese to room temperature, add sour cream and blend; add celery, diced chicken strips, salsa and mix well.

Spread crescent dough onto a sprayed baking sheet; pinch dough together to make one sheet.

Spread cheese mixture over dough staying 1 inch from the sides.

Roll up carefully and pinch together. Top roll with egg wash and sprinkle with poppy seeds.

Bake using crescent roll instructions.

Let roll rest 5 minutes before slicing; slice into 2" pinwheels and serve.



Stuff you need to make it

Cathy's Summer Tarts

-) 2 cans of large biscuits
-) 3 heaping tbs. mayonnaise
-) 1 cup shredded Mozzarella cheese
-) ½ cup diced tomatoes
-) ½ cup diced fresh zucchini
-) 1 eight-ounce container of fresh lump crab meat

OR

-) 1 eight-ounce can of lump crab meat
-) ½ tsp. dill
-) ½ tsp. garlic powder
-) ¼ tsp. salt
-) ¼ tsp. fresh ground pepper
-) Dried parsley
-) Egg wash



How to mix the stuff you got

Ruben Sandwich

In two large sauce pans, heat the sauerkraut and corned beef over medium-high heat; for about 5 minutes.

Toast 2 slices of rye bread. Spread dressing over each slice of bread.

Top with a half pound of corned beef and sauerkraut. Make it thick! Add one or two slices of Swiss cheese. Top with second piece of toasted rye.

Cut in half; serve with potato salad.

Makes four servings



Stuff you need to make it

Ruben Sandwich

- / 1-½ lbs. SHAVED corned beef
- / 2 large cans sauerkraut
- / ½ pound sliced Swiss cheese
- / 1 loaf rye bread
- / 1 jar or bottle of Thousand Island dressing



How to mix the stuff you got



Cathy's Summer Tarts

In a large bowl, combine all ingredients except biscuits, egg wash and parsley. Stir until thoroughly mixed.

Flatten out biscuits one at a time; spoon crab filling in the middle of each biscuit. Fold and seal edges using the tip of a fork and pressing edges down all the way around.


Brush with egg wash and sprinkle tops with parsley. Put tarts on baking sheet and bake tarts at 325 degrees for 20 minutes or until tarts are golden brown.

Serve with honey mustard dressing.



Stuff you need to make it

Chunky Shrimp Salsa

-) 1 eight oz. can petite diced tomatoes
-) 3 pods of fresh garlic, chopped
- ) 2 tbs. fresh cilantro, chopped
-) 1 fresh jalapeno pepper, seeded and diced
-) 1 small white onion, diced
-) 1 cup green bell pepper, diced
-) 1 cup red bell pepper, diced
-) 1 tbs. lemon juice
-) 6 large shrimp, peeled and de-veined
-) 3 tbs. extra virgin olive oil



How to mix the stuff you got



Roasted Roast Beef Sandwich

In a shallow pan, place sliced peppers and tomatoes; add oil and sprinkle with cilantro; bake at 450 degrees for 10 to 15 minutes or until veggies are tender.

Slice bread and generously spread with sauce. Pile on roast beef. Top with cheese.

Place in 450 degree oven until cheese melts; top meat and cheese with roasted vegetables.

Serve with extra sauce for dipping and fresh carrots or blue mesa chips. YUM!



Stuff you need to make it

Roasted Roast Beef Sandwich

-] ½ lb. shaved roast beef
-] 4 slices horseradish cheddar cheese
-] 1 medium green bell pepper, sliced thin
-] 1 medium tomato, sliced about ½" thick
-] ¼ cup extra virgin olive oil
-] 1 tsp. chopped fresh cilantro
-] Gourmet bread—roasted garlic and herb is great with this



Sauce

-] ½ cup garlic ranch dressing
-] 2 tbs. Honey Dijon mustard

How to mix the stuff you got



Chunky Shrimp Salsa

In a large skillet, heat oil until smoking; add peppers, onion, garlic and jalapeno. Cook on high heat stirring constantly for 3 minutes.

Cut shrimp in 1" chunks and add to skillet; cook another minute then add diced tomatoes, cilantro and lemon juice.

Lower heat and simmer for 10 minutes.

Pour into a non-reactive container and refrigerate for 2 hours; serve with tortilla chips.

TIP

Place fresh garlic in the microwave for 20 seconds on high.

The garlic POPS out of the skin making it easier to work with.



Stuff you need to make it

Spinach Pancakes

-) 1 ten-ounce package of chopped, frozen spinach; thaw and drain
-) 4 pieces of cooked bacon, crumbled
-) ½ cup mushrooms, chopped
-) 8 eggs
-) ¼ tsp. cayenne pepper
-) ½ tsp. garlic powder
-) ½ tsp. lemon pepper
-) Sour cream (to top pancakes)



How to mix the stuff you got

March Madness Bad Boy Brisket Sandwich

Place brisket in a deep pan and add all ingredients.

Cook at 325 degrees for 4 to 6 hours. Let meat rest before serving.

Slice bread. Top with green leaf lettuce, sliced red onion, brisket and 4 tbs. brisket juice.

Enjoy!

TIP

Be sure to cover brisket pan tightly with foil. It will keep the brisket moist.



Stuff you need to make it

March Madness Bad Boy Brisket Sandwich

-] Brisket (trimmed)
-] 4 cups spicy Bloody-Mary Mix
-] 2 cups white wine or 1 beer
-] 2 tsp. garlic salt
-] 2 tsp. black pepper



How to mix the stuff you got



Spinach Pancakes

In a large mixing bowl, beat eggs and spices; add all other ingredients and stir to combine.

In a small skillet over high heat, add ¼ cup extra virgin olive oil and spoon in mixture to cover bottom of skillet.

Cook until the edges are lightly brown then flip it...yeah right, maybe flop it...whatever, get it turned over.

Cook an additional 4 to 5 minutes and put on a serving platter.

Continue until mixture is gone. Top each pancake with sour cream and serve hot.

TIP

Be sure to turn the pancakes only once!



Stuff you need to make it

Stuffed Mushrooms

-) 1 pound large fresh mushrooms
-) 1 cup butter
-) 1 cup minced onion
-) 3 to 4 garlic cloves, minced
-) 4 tbs. chopped parsley
-) 1-½ tsp. salt
-) ½ tsp. oregano leaves
-) 1 cup dry bread crumbs
-) ½ cup grated Parmesan cheese

Optional

-) 6 oz. white crab meat
- OR
-) 6 oz. sausage
- OR
-) 1 lb. shrimp



How to mix the stuff you got



Lone Star Gourmet Sandwich

Spread ricotta on both sides of bread. Top with baby spinach, mushrooms and onions.

Slice tenderloin at an angle; place 3 or 4 pieces of meat on top of the veggies and top with dressing.

Serve with chips or a salad.



Stuff you need to make it

Lone Star Gourmet Sandwich

-) Pork tenderloin sliced thin (grilled in extra virgin olive oil, cayenne pepper, garlic powder and lemon pepper)
-) Fresh baby leaf spinach
-) Red onion, thin sliced
-) Ricotta cheese
-) Creole mustard dressing
-) Sourdough bread
-) Fresh mushrooms, sliced



How to mix the stuff you got



Stuffed Mushrooms

Remove stems from mushroom caps; set caps aside and dice stems.

Melt butter in a sauce pan on medium heat; add mushroom stems, onions, garlic, parsley, salt and oregano. If you have chosen to add meat or shrimp, add at this time.

Cook together until onion is tender (about 5 minutes); stir in bread crumbs and cheese until mixed; remove from heat.

Fill mushroom caps and place stuffed sides up on a large flat pan or dish.

Place pan or dish 5 or 6 inches under broiler for 8 to 10 minutes, or until mushrooms are tender.



Hot Buffalo Chicken Sandwiches

Cut celery and carrots into sticks for dipping.

Heat a large nonstick skillet over medium high heat.

Mix salt, paprika, pepper and chili powder and season chicken. Drizzle breast with a little extra virgin olive oil to coat. Pan grill chicken breasts 5 minutes on each side.

Heat a metal or oven safe glass bowl over low heat and melt butter in bowl. Add hot sauce to butter and stir.

When the chicken breasts are done, remove from pan and add to the bowl with the hot sauce mixture coating each piece.

Place chicken breasts on the bun bottoms and top with crisp lettuce.

In a medium bowl, combine sour cream, scallions and bleu cheese; stir until mixed. Slather bun tops with sour cream mixture.

Put bun tops on the sandwiches. Put the sandwiches on dinner plates with red onion slices, celery and carrot sticks; serve with remaining sour cream sauce for dip.



Stuff you need to make it

Hot Buffalo Chicken Sandwiches

Chicken

-] 4 pieces, 6 ounces each, boneless, skinless chicken breast
-] Salt and pepper
-] 1 tsp. sweet paprika, 1/3 palm-full
-] 1 tsp. chili powder, 1/3 palm-full
-] A drizzle extra virgin olive oil



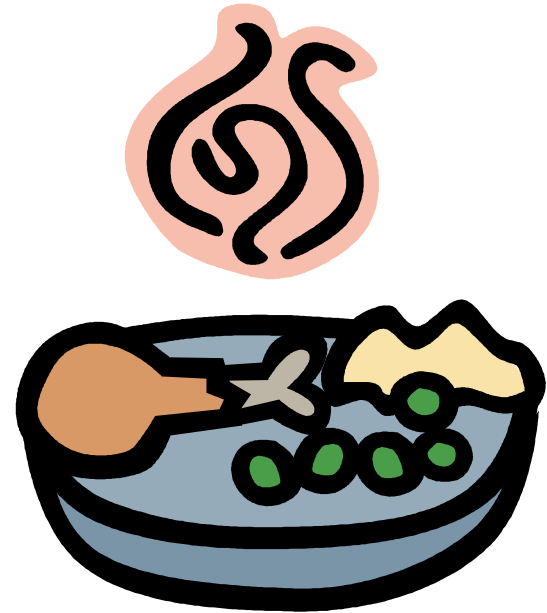
Sauce for chicken

-] 2 tbs. butter
-] ½ cup, 4 ounces, cayenne pepper sauce

Sandwich

-] Bib or leaf lettuce leaves
-] 4 crusty rolls, split
-] 2 cups sour cream
-] 4 scallions, thinly sliced
-] ½ pound blue cheese, crumbled
-] Small red onion, thinly sliced
-] 8 ribs celery sticks, cut into sticks
-] 2 large carrots, peeled and cut into sticks

Main Dishes





Stuff you need to make it

Apple Pork Chops

-) 4 pork chops
-) 2 tbs. butter
-) 1 tbs. extra virgin olive oil
-) 1 large red apple, peeled and sliced
-) ½ cup white wine
-) 2 tbs. brown sugar

If you want the sweet-hot combination,
add

-) 1 Poblano pepper,
chopped



How to mix the stuff you got



Zesty Pasta Salad

Cook elbow macaroni according to package directions; drain and rinse with cold water.

Stir together macaroni and remaining ingredients; cover and chill at least 1 hour.

Garnish with fresh parsley.



Zesty Pasta Salad

-] 1 (8 oz.) package elbow macaroni
-] 1 (14-oz.) can or jar of quartered artichoke hearts, drained
-] 1 cup Caesar Salad Dressing
-] 1 (2-1/4 oz.) can sliced ripe, black olives
-] 1 pint cherry tomatoes, halved
-] 4 green onions, chopped



Apple Pork Chops

In a medium sauce pan over medium heat, melt butter with olive oil.

Add apple and brown sugar, stirring constantly. When mixture starts to boil, add wine.

Lower heat and simmer until thickened. Stir occasionally for about five minutes.

Spoon sauce over grilled pork chops.

TIP

When cooking with butter, always use a little extra virgin olive oil.

This keeps the butter from burning.



Baked Halibut with Lobster Cream Sauce

-] 1 Halibut filet
-] ½ cup plain bread crumbs
-] ¼ tsp. dried parsley flakes
-] 1/8 tsp. dill
-] Juice of 1 fresh lemon
-] 4 oz. cream cheese
-] ½ stick (2 oz.) butter
-] ½ pint heavy whipping cream
-] ¼ cup white wine
-] 1 cup broccoli florets – cooked and drained
-] 1 cup cubed lobster
-] ½ cup grated parmesan cheese
-] Fresh parsley



Taco Salad

In a skillet over medium-high heat, cook meat until juices run clear (about 5 minutes); add seasoning.

Cover a plate with romaine lettuce and some black olives; top with 3 tbs. meat mixture. Add sour cream and sliced jalapenos; serve with chips and salsa.

TIP

Add fresh avocado if desired.

To keep avocado from turning brown, sprinkle with lemon juice; this helps it stay fresh looking.



Taco Salad

-) 1 lb. lean ground meat
-) 1 red onion, sliced
-) 1 can whole, pitted black olives
-) cherry tomatoes
-) ½ cup shredded cheddar cheese
-) ½ cup sliced jalapenos
-) 1 tbs. sour cream
-) 1 tsp. ground cumin
-) 3 tbs. taco or Mexican seasoning
-) Head of Romaine, torn up (leave some leaves whole to line plate)

OR

-) Romaine salad mix



Baked Halibut with Lobster Cream Sauce

Halibut

Spray a baking pan with cooking spray.

Place halibut on pan and top with bread crumbs, parsley and dill.

Top with lemon juice and bake at 350 degrees for 15-20 minutes.

Lobster Sauce

In a sauce pan over low-medium heat, add ½ stick of butter, 4 oz. cream cheese, ½ pint of heavy whipping cream, 1 cup cooked broccoli florets and 1 cup of cubed lobster.

Add wine and fold all ingredients until mixed.

Simmer for 20 minutes, stirring occasionally.

Spoon sauce over halibut, sprinkle with grated parmesan cheese and garnish with fresh parsley.

TIP

If you don't like broccoli, use cubed zucchini, squash or spinach.

This is a versatile sauce. Use it with your imagination and enjoy!!



Stuff you need to make it

Chicken Cordon Bleu

Chicken

-) 4 boneless, skinless chicken breasts
 - o Make sure you ask your butcher to cut the chicken breast in half, length wise
-) 1 lb. shaved, smoked ham
-) 2/3 lb. thinly sliced big-eye Swiss cheese
-) Freshly ground pepper
-) Toothpicks
-) 1 tbs. extra virgin olive oil

White Wine Mushroom Sauce

-) 1 stick of butter
-) 1 package of sliced mushrooms
-) Salt and pepper to taste
-) ½ pint cream
-) ½ cup milk
-) ¼ cup white wine
-) 1 tbs. flour

Side Dish

-) 1 large red pepper, seeded and sliced
-) 1 large zucchini squash, cubed
-) 1 yellow squash, cubed
-) ½ of a large red onion, sliced
-) 1 tbs. extra virgin olive oil
-) ¼ tsp. Worcestershire sauce
-) ½ tsp. garlic powder

How to mix the stuff you got



Spring Spectacular Salad

Put all ingredients in a large salad bowl, toss well and add dressing.

This salad can be served immediately or chilled for 30 minutes and then served.

Enjoy!!



Stuff you need to make it

Spring Spectacular Salad

-) 1 head of red leaf lettuce
-) ¼ red onion, sliced
-) ¼ cup crumbled blue cheese
-) 2 large fresh strawberries, sliced
-) 1 bottle raspberry vinaigrette

How to mix the stuff you got



Chicken Cordon Bleu

Chicken

On a flat surface, tenderize (flatten) the chicken breast.

If you don't have a meat tenderizer, you can use your rolling pin.

Once the chicken breast is evenly flattened, sprinkle with freshly ground pepper.

Top the chicken breast with about ½ cup of shaved ham spreading it evenly over the chicken breast. Top the ham with a slice of Swiss cheese.

Roll the chicken breast, folding in the sides half way. Place toothpicks through the breast as needed to keep it together.

In a small pan, add the olive oil; heat on medium high. Sear the chicken on all sides and place the breasts in a shallow pan to bake, uncovered at 350 degrees for 1 hour.

White Mushroom Sauce

Melt butter in a large sauce pan over high heat and sauté mushrooms.

After 5 minutes, add flour and stir until incorporated. Add cream and milk; stir until combined. Lower heat to a simmer; add wine and simmer for 10 minutes. Spoon sauce over chicken breast when ready to serve.

Side dish

Heat olive oil in a large sauté pan over medium heat. Add all vegetables and Worcestershire sauce. Stir occasionally for 5 minutes; add seasonings. Lower heat and cover for 2 minutes.



Cathy's Chicken Casserole

-) 1 lb. boneless, skinless chicken tenders
-) 1 package or box of seasoned croutons
-) 2 small yellow squash, cubed
-) 1 small red bell pepper or ½ large red bell pepper, cubed
-) 1 medium green bell pepper, cubed
-) 1 small white onion, cubed
-) 1 package sliced, fresh mushrooms

-) 8 eggs
-) 1-½ cups of milk
-) ½ tsp. lemon pepper
-) 1 tsp. garlic powder
-) ½ tsp. cayenne pepper

-) 1 package (2 cups) shredded cheddar and jack cheese



Pea Salad, Chilled

Cook and drain peas according to package directions. Place peas in the refrigerator and chill for 30 minutes.

In a large mixing bowl, add all remaining ingredients and fold in the chilled peas.

Chill for another 30 minutes and serve.



Pea Salad, Chilled

-) 1 package frozen peas, cooked and drained
-) 1 small red pepper, finely diced
-) 1 cup red onion, diced
-) 1 cup shredded cheddar cheese
-) 1 cup crisp bacon, crumbled
-) ½ tbs. spicy mustard
-) 1 tbs. mayonnaise
-) ½ tsp. garlic powder
-) ½ tsp. black pepper

Only in Texas are we celebrating fall by swimming in the pool because it is still 100 degrees! One of my favorite picnic foods is pea salad. It keeps nicely in an iced-down cooler and is the perfect side to grilled hot dogs or burgers. This will also make a nice side dish for the upcoming holiday season. As always, enjoy!!



Cathy's Chicken Casserole

Boil chicken tenders in water for 15 minutes; remove chicken and cube.

Spray a 9" x 13" pan with cooking spray.

Pour croutons over the bottom, add cubed chicken and vegetables and stir.

Put eggs in a bowl and fork-whip until smooth. Add milk, lemon pepper, garlic powder, cayenne pepper and stir until mixed.

Pour egg mixture over vegetables and chicken and top with cheese.

Cook at 375 degrees for 45 minutes and serve with picante sauce and tortilla chips.



Stuff you need to make it

Easy Gourmet Pizza

-) 1 grilled, boneless, skinless chicken breast
-) ½ package of sun dried tomatoes, diced
-) ½ package of sliced mushrooms
-) 8 oz. shredded mozzarella cheese
-) 1 Italian pizza crust
-) 1 package of pizza sauce



How to mix the stuff you got



Cilantro Shrimp Salad

Put the spring salad mix in a large bowl and top with the cilantro ranch dressing. Mix well.

Divide salad onto the center of two plates and set aside.

Heat olive oil in a large skillet until smoking. Add the peppers and sauté over medium-high heat for 2 minutes. Add shrimp and cilantro; cook 1 minute more stirring occasionally (remember, you're only heating the shrimp).

Squeeze lime juice over shrimp and split mixture over the two plates.

Top with grated Parmesan cheese, cherry tomatoes and diced avocado.

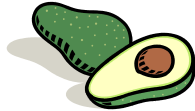


Stuff you need to make it

Cilantro Shrimp Salad



-] 12 large shrimp, tails on, de-veined and cooked
-] 1 small carton cherry tomatoes
-] 1 medium yellow bell pepper, cubed
-] 1 medium Poblano pepper, sliced
-] 2 tbs. chopped cilantro
-] ¼ cup extra virgin olive oil
-] ½ fresh avocado, cubed
-] Grated Parmesan cheese
-] 1 package spring mix salad
-] 1 bottle cilantro ranch dressing
-] Juice of 1 small lime



How to mix the stuff you got



Easy Gourmet Pizza

Dice the chicken breast.

Spread the pizza sauce on the crust. Add the toppings of your choice...this recipe calls for sun-dried tomatoes, diced chicken and sliced mushrooms.

Top with the mozzarella cheese last.

Bake on a baking sheet at 450 degrees for 8 to 10 minutes.



Stuff you need to make it

Chipotle Grill

-) 1 tbs. chipotle seasoning
-) 2 tbs. extra virgin olive oil
-) 1 Portobello mushroom, sliced thick
-) 1 yellow bell pepper, sliced
-) Pepper Jack cheese

Use with your favorite meat for the grill



Happy August! Even though I'm ready for fall food, the temperatures are telling me otherwise. So, I'll follow suit and share a wonderful summer grill recipe. If you like spicy, then this is one for you! This recipe is very versatile, so try it on your favorite fish, chicken, pork or even burgers! Enjoy!

How to mix the stuff you got



New Year's Chicken Salad

Heat extra virgin olive oil in a skillet; add chicken and spices.

Cook about ten minutes on each side.

Allow chicken to cool, then slice it and add it to your favorite greens.

Use a light ranch dressing or balsamic and roasted garlic dressing.



Stuff you need to make it

New Year's Chicken Salad

-) Extra virgin olive oil
-) Boneless, skinless chicken breast
-) ½ tsp. garlic powder
-) ½ tsp. lemon pepper
-) ¼ tsp. of cayenne pepper



How to mix the stuff you got

Chipotle Grill

Hand rub the chipotle seasoning on your favorite cut of meat. Make sure you keep it a dry rub. If necessary, blot the cut of meat with a paper towel before rubbing.

Once the seasoning is on, place on one side of a hot grill.

On the other side of the grill, place a large piece of foil and put the vegetables in it. Sprinkle the veggies with the olive oil and turn occasionally.

When the meat is done, top it with the grilled veggies and add a slice of Pepper Jack cheese.

This grill can be served as a sandwich or with a salad.

TIP

When working with chipotle seasoning, be sure to keep your hands away from your eyes!

Chipotle seasoning is made with dried jalapenos and it will burn!!



Stuff you need to make it

Cilantro Bar-b-que

-) 2 cups bar-b-que sauce
-) 2 cups cilantro dressing
-) 2 boneless, skinless chicken breasts



with

Cathy's Cilantro BBQ Sauce

-) 2 cups of your favorite BBQ sauce
-) 2 cups of cilantro dressing

Cilantro Dressing

-) 1 bunch cilantro
-) 4 cups extra virgin olive oil

How to mix the stuff you got



Cathy's Sizzling Sirloin Salad

In a large skillet over medium heat, pour in olive oil. Heat olive oil to smoking point; add steak, garlic powder, lemon pepper and cayenne pepper (optional).

Sear for 2 minutes, turning once. Remove steak from pan and slice into bite-size portions; set aside.

In a large mixing bowl, add half the bottle of dressing first; then add all other ingredients and the steak, but not the peppercorn peppers.

Toss well and chill for 30 minutes.

Serve on a dinner plate, topping each salad with 3 peppercorn peppers. YUMMY!!

TIP

Always let steak rest for 5 minutes before slicing into it. This always gives you a better tasting steak and allows for even distribution of spices.

Health Tip

Try to stay away from iceberg lettuce; the health content of this type of lettuce is equal to that of cardboard!!



Stuff you need to make it

Cathy's Sizzling Sirloin Salad (serves 4)

-) 2 lbs. shaved top sirloin steak (any butcher will do this for you)
-) 2 tbs. extra virgin olive oil
-) 1 tsp. garlic powder
-) 1 tsp. lemon pepper
-) 1 tsp. cayenne pepper (optional)
-) 1 package mixed salad (this is pre-washed and ready to use)
-) 1 can pitted, whole black olives
-) 1 cucumber, thinly sliced
-) 1 package cherry tomatoes (can be whole or cut in half)
-) 1 package low-fat peppercorn feta cheese
-) ½ red onion, sliced
-) 1 jar peppercorn peppers
-) 1 bottle low-fat Italian dressing

How to mix the stuff you got



Cilantro Bar-b-que

Cilantro Dressing

Put cilantro and olive oil in blender; mix until well blended.

Sauce

Blend the bar-b-que sauce and cilantro dressing together with a pastry brush, chill for 1 hour.

Prepare Meat/Chicken/Fish

Place chicken on HOT grill. Turn after 3 to 5 minutes depending on the thickness of the chicken breast (or meat or fish). Repeat the process on the other side.

TIP

KEY TO GRILLING WITH BBQ SAUCE!!!

Only brush sauce on the meat, chicken, or fish AFTER you have cooked it until it is almost done!!

Putting sauce on too early will cause it to BURN

Using the brush, baste meat (or fish) five minutes before it is done—twice on each side.

After brushing the sauce on, turn and cook for another 3 minutes on each side.



Stuff you need to make it

Green Chili Sirloin

-] Sirloin steak
-] 8 oz. sour cream
-] Two 7 oz. cans chopped green chilies
-] 1 oz. pasteurized cheese
-] ½ tsp. cayenne pepper
-] ½ red bell pepper, diced
-] 1 pint heavy whipping cream



Serve with boxed Spanish rice, prepared according to instructions.



How to mix the stuff you got

Awesome Potato Salad

Cook potatoes in boiling water until fork-tender.

Drain and cool.

In a large bowl, combine all the stuff, except the sour cream, and then add the potatoes.

Fold in the sour cream.

Chill 30 minutes and serve.



Stuff you need to make it

Awesome Potato Salad

-) 20 small red potatoes
-) ½ green bell pepper, chopped
-) ¼ red onion, chopped
-) 2 tbs. sour cream
-) 1 cup shredded cheddar cheese
-) 5 pieces of crisp bacon, crumbled
-) 1/8 tsp. cayenne pepper
-) ½ tsp. garlic powder
-) ½ tsp. lemon pepper

How to mix the stuff you got



Green Chili Sirloin

Grill the steak and let it rest for 5 minutes.

In a large sauce pan over medium heat, combine all ingredients.

Bring to a simmer, stirring constantly. Cook for 5 minutes; drizzle sauce over steak.





Stuff you need to make it

Grilled Fish with Spring Sauce

-] 1 Roma tomato, diced
-] 2 sprigs cilantro
-] 1 green bell pepper, sliced
-] 1 zucchini squash, sliced
-] Juice of 1 lime
-] 2 tbs. extra virgin olive oil
-] 2 tsp. lemon pepper
-] ¼ tsp. dried basil

Try these fish for grilling

-] Tuna
 -] Cod
 -] Halibut
 -] Salmon
-
-] ½ tsp. garlic powder
 -] 1/8 tsp. lemon pepper
 -] 1/8 tsp. Cayenne pepper

How to mix the stuff you got



Tomato Basil Soup

Heat vegetable juice over low heat; slowly add cream, stirring constantly so that the cream doesn't curdle.

Add dried basil and simmer for 5 minutes.

Top with seasoned croutons and serve with garlic Parmesan toast or fresh French bread.



Stuff you need to make it

Tomato Basil Soup

-) 2 64 oz. cans or bottles of tomato juice
-) 1 bottle Spicy Bloody Mary Mix
-) 4 half pints of whipping cream
-) 2 tbs. dried basil leaves
-) Seasoned croutons



How to mix the stuff you got



Grilled Fish with Spring Sauce

Sauce

In a medium sauce pan over medium heat, add oil and all ingredients except the lime juice.

Sauté for 2 to 3 minutes; don't let veggies get soggy!

Just before removing from heat, add lime juice.

Spoon the spring sauce over your favorite fish and enjoy!!

Fish Grilling Tips

-) Your favorite fish
-) 1/8 tsp. lemon juice
-) 2 tbs. extra virgin olive oil

Make sure the grill is HOT!!! Never bring a grill up to temperature with meat or fish on it. This will dry out the fish and make the meat tough.

In a bowl, add the lemon juice, and olive oil (you can add garlic powder, cayenne pepper or lemon pepper, to your taste). Brush the mixture over the fish; place on the grill, coated side down.

Don't turn fish for 2 to 3 minutes.

Repeat for the other side. Cook until flaky.



Stuff you need to make it

Grilled Shrimp Soft Tacos



-] 1 lb. large raw shrimp, peeled and de-veined
-] Juice of 1 lemon
-] ½ cup shredded carrots

-] ½ cup fresh corn, cut off the cob
-] 1 small green bell pepper, sliced thin
-] 1 small red bell pepper, sliced thin



-] ½ cup fresh Roma tomatoes, diced
-] 1 tbs. feta cheese
-] Herb and garlic flour tortillas or pita bread
-] ¼ tsp. cayenne pepper
-] ¼ tsp. lemon pepper
-] ¼ tsp. garlic powder

One of the best things about summer is the freshness of the vegetables. I love summer cooking and because it is so hot, I tend to grill rather than heat up the house with the oven. However, some people find it hard to grill fish and shrimp outside, so I'm going to share a little secret that will make it easier for you. Enjoy!

How to mix the stuff you got



Jambalaya

In a large sauce pan heat oil until hot. Add sausage and ham. Cook about 2 minutes. Add vegetables (onions, celery and green pepper) and cook until limp (about 3 minutes).

Add chicken; keep on high heat; sprinkle seasoning (cayenne, bay leaves, white pepper, thyme leaves and garlic) and stir well.

Sprinkle flour and whisk until flour dissolves; stir in half the chicken stock; stir until flour and spices come off the bottom.

Add the rest of the chicken broth, stir constantly. Heat to a boil; add diced tomatoes and sauce; bring back to a boil. Remove from heat; DO NOT SIMMER.

Remove bay leaves and serve over rice if desired.



Stuff you need to make it

Jambalaya

-] 1 cup of diced yellow onions
-] 1 cup of diced celery
-] 1 cup of diced green bell pepper
-] 2 cups of diced ham
-] 2 boneless, skinless chicken breasts
-] 2 smoked sausages, sliced
-] 2 bay leaves
-] 1 ½ tsp. cayenne
-] 1 ½ tsp. white pepper
-] 1 tsp. thyme leaves
-] 1 tsp. chopped garlic
-] 2 cups chicken broth
-] 1 quart hot water
-] ½ cup flour
-] 1 cup diced tomatoes with juice
-] ½ cup tomato sauce
-] 2 lbs. cooked shrimp
-] 3 cups vegetable oil



How to mix the stuff you got



Grilled Shrimp Soft Tacos

Heat the grill until coals are red and glowing.

In a large non-reactive bowl, add shrimp, lemon juice and spices. Chill for 30 minutes.

Wrap tortillas in foil and place on the back part of the grill to warm.

Spray a piece of heavy foil with cooking spray, and pour shrimp on top of foil. Fold the edges to form a "boat." Place on grill and cook for 3 to 5 minutes.

Spray a small skillet with cooking spray. Add vegetables and place pan on the hottest part of the grill. Cook for 5 minutes stirring occasionally. Don't overcook the veggies, keep them crisp, not soggy.

Remove the shrimp and veggies from the grill.

Spoon 2 tbs. of veggies and add 4 to 6 shrimp on a warm tortilla and sprinkle with feta cheese.

TIP

Be sure not to overcook the shrimp.

When the shrimp turns pink, it's ready!!

Overcooked shrimp is rubbery.



Stuff you need to make it

Lamb Chops with Raspberry Spice Jam

-) ¼ cup white wine
-) 1 tbs. Worcestershire sauce
-) A pinch of salt and pepper
-) Raspberry jam
-) ¼ tsp. cayenne pepper
-) 1 tbs. extra virgin olive oil



How to mix the stuff you got

Ham and Corn Chowder

In a large sauce pan over medium heat, sauté onion in butter until tender.

Add remaining ingredients, and cook over low heat. DO NOT BRING TO A BOIL.

Simmer for about 30 minutes and serve. Garnish with parsley.



Stuff you need to make it

Ham and Corn Chowder

-] ½ cup of coarsely chopped onion
-] ½ cup of butter, melted
-] 2-½ cans of cream-style corn
-] 1 cup of half and half
-] 1 cup of chopped cooked ham
-] 1/8 tsp. salt
-] 1/8 tsp. pepper



How to mix the stuff you got



Lamb Chops with Raspberry Spice Jam

Marinate lamb in wine, Worcestershire sauce, salt and pepper for 15 minutes.

Heat oil in a small skillet over medium heat; add lamb searing both sides for 3 to 4 minutes each. Remove from pan and let rest 5 minutes.

Sauce

Put 3 tbs. of jam in a medium sauce pan with the wine and cayenne pepper; bring to a boil.

Drizzle sauce over lamb and serve with a tossed salad.

TIP

Don't overcook the lamb!

Lamb is usually served medium to medium rare.



Stuff you need to make it

Mama's Shrimp and Chicken Pasta

-] 1 package of colored pasta
-] 1 red bell pepper, diced
-] 1 boneless, skinless chicken breast, cubed
-] 6 large cooked shrimp, thawed
-] 1 jar roasted garlic Alfredo sauce
-] ¼ tsp. garlic and rosemary spice
-] ½ tsp. lemon pepper
-] 2 tbs. extra virgin olive oil
-] 4 tsp. sour cream



How to mix the stuff you got

John's Broccoli and Cheese Soup

Boil broccoli and onions in 4 cups of water for 15 minutes.

Remove from heat and mash the broccoli.

Return to medium heat and add the remaining ingredients.

Simmer on medium heat for 20 minutes stirring occasionally, and serve.



Stuff you need to make it

John's Broccoli and Cheese Soup

-) 2 large heads of broccoli (cut off the florets)
-) 1 large white onion, chopped
-) ½ tsp. of garlic powder
-) 2 cans of cream of chicken soup
-) 1 can of cream of mushroom soup
-) 1 can of cream of fiesta cheese soup
-) 1 can of Pet milk
-) ½ lb. of Velveeta Cheese



How to mix the stuff you got



Mama's Shrimp and Chicken Pasta

Cook pasta according to directions; rinse, drain and set aside.

In a large skillet, cook chicken and peppers in olive oil. Add garlic, rosemary and lemon pepper.

Pour Alfredo sauce and sour cream over chicken mixture; fold in shrimp. Simmer for 2 to 3 minutes over medium heat.

Serve over pasta.



Stuff you need to make it

Mexi-Casserole

Makes 8 servings

- J 24 corn tortillas
- J 8 oz. sour cream
- J 2 lb. ground meat (turkey or chicken works well too)
- J 2 large cans whole green chilies
- J 1 large can cream of mushroom soup
- J 1 large onion, diced
- J 1 large red bell pepper, diced
- J 2 cans diced tomatoes and green chilies
- J 3 tbs. ground cumin
- J ½ tsp. hot sauce
- J 3-12 oz. packages of shredded cheese

How to mix the stuff you got



Squash Casserole

Spray a 9" x 13" baking pan with cooking spray; add sliced squash, peppers, and cheese.



In a mixing bowl, add eggs and spices; beat well; pour in cream. Beat until incorporated.

Pour egg mixture over squash.

Bake uncovered, at 325 degrees for 1 hour.

Casserole is ready when lightly brown on top and firm to touch.



Squash Casserole

-] 3 large zucchini squash, sliced
-] 3 large yellow long-neck squash, sliced
-] 1 medium green bell pepper, chopped
-] 1 medium red bell pepper, chopped
-] 6 eggs, beaten
-] 1 cup heavy whipping cream
-] ½ tsp. cayenne pepper
-] 1 tsp. garlic powder
-] 1 tsp. lemon pepper
-] 1 cup shredded cheddar cheese



Mexi-Casserole

In a large skillet over medium-high heat, brown meat, onions, and peppers until meat is done.

Drain fat; lower heat and stir in soup, green chilies with tomatoes and sour cream. Cook until all the soup is blended. Remove from heat.

Spray 9" x 13" pan with cooking spray.

Layer remaining ingredients in the pan as follows:

- | | |
|-----------------------|-------------------------------|
| 1 st layer | Tortillas |
| 2 nd layer | Whole green chilies (drained) |
| 3 rd layer | Meat mixture |
| 4 th layer | Top with cheese |

Repeat steps until all ingredients are gone; finish dish with cheese on top.

Bake at 350 degrees, uncovered for 10 to 15 minutes or until cheese is melted; serve hot.

TIP

I recommend using two different types of cheese--Pepper jack and mild cheddar.

Also, if you need to serve more than eight, just double the recipe as needed.

Enjoy!



Stuff you need to make it

Goulash

-] 1/3 cup vegetable oil
-] 1 large onion, chopped
-] 1 red bell pepper, chopped
-] 2 pods of garlic, chopped
-] 1 tomato, peeled and chopped
-] 2 tbs. paprika
-] 1 tbs. seasoned salt
-] 2 tsp. table salt
-] ½ tsp. black pepper
-] Parsley, chopped – optional
-] 1 package of beef stew meat, cut into 1 or ½ inch cubes
-] 1 package of brown gravy mix



How to mix the stuff you got



Party Potatoes

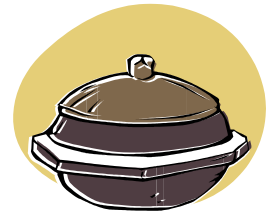
Boil potatoes until done; drain.

Using an electric mixer, soften and mix the cream cheese; blend in sour cream.

Whip the potatoes, add butter and chives, blend; then add the cream cheese and sour cream; mix well.

Place in a lightly greased 7-½ x 11-¾ inch Pyrex (glass) dish.

Dot with butter; bake for 20 minutes at 350 degrees.





Stuff you need to make it

Party Potatoes

-) 8-10 medium potatoes, peeled and cut in large pieces
-) 8 oz. sour cream
-) 8 oz. cream cheese, softened
-) 4 tbs. butter
-) 1/3 cup chives
-) Salt and pepper to taste
-) ½ stick (2 oz.) butter



How to mix the stuff you got

Goulash

Heat oil in a large pan over medium heat.

Add chopped onions, garlic and tomato to pan.
Cook veggies in oil until soft.

Add seasonings; paprika, seasoned salt, salt and black pepper.

Prepare the gravy according to package instructions; add to pan.

Add beef cubes and simmer for 40 minutes or until meat is tender.

Serve over freshly mashed potatoes and top with parsley.



Stuff you need to make it

Orange Roughy with Sautéed Asparagus

Fish

-] 2 pieces fresh orange roughy
-] 2 tbs. butter, melted
-] ¼ tsp. extra virgin olive oil
-] 1 bunch fresh asparagus
-] 1 pod fresh garlic, peeled & diced
-] ½ fresh lime, squeezed
-] ¼ cup white wine
-] Salt & pepper to taste

White sauce for fish

-] ¼ tbs. butter, melted
-] ¼ fresh lime, squeezed
-] ½ pint heavy whipping cream
-] *½ lb. lump crab meat, optional



How to mix the stuff you got

Spicy Holiday Potato Bake

In a 9" x 13" baking dish, layer the stuff:

Potatoes
Chilies
Diced tomatoes with chilies
Onion slices
Green pepper
Mushrooms
Cheese

In a large bowl, mix eggs, cream and spices together.

Pour over casserole.

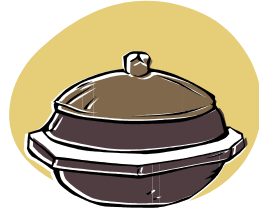
Bake uncovered for 1-½ hours at 400 degrees; serve hot!



Stuff you need to make it

Spicy Holiday Potato Bake

-] 7 eggs
-] 1 pint heavy whipping cream
-] 1/8 tsp. cayenne pepper
-] 1/8 tsp. lemon pepper
-] ½ tsp. garlic powder
-] 1-4.5 oz. can chopped green chilies
-] 1 can diced tomatoes and green chilies
-] 2 cups shredded cheddar cheese
-] 1 small carton sliced mushrooms
-] 1 green bell pepper, chopped
-] 6 small red potatoes, cubed
-] 1 small white onion, sliced



How to mix the stuff you got



Orange Roughy with Sautéed Asparagus

Fish

In a large skillet, melt butter and oil over a medium heat. Place asparagus and roughy in together along with the garlic; cook for 2 minutes.

Add the remaining ingredients; turn asparagus 3 to 4 times; turn fish only ONCE.

Total cook time is 5 minutes. The roughy will flake and the asparagus will be crunchy, not soggy.

White sauce for fish

Over a medium-high heat, melt butter in a small sauté pan; add remaining ingredients and cook, stirring constantly until sauce coats the back of a wooden spoon; about 5 minutes.



Stuff you need to make it

Shrimp Fajitas

-] 1 lb. raw, peeled and deveined medium shrimp
-] ¼ tsp. cayenne pepper
-] 1 tsp. minced garlic
-] Juice of 1 lime
-] 12 large flour tortillas
-] 1 large red bell pepper, sliced
-] 1 large onion, sliced
-] ½ cup extra virgin olive oil
-] 1 cup shredded or thinly sliced pepper jack cheese

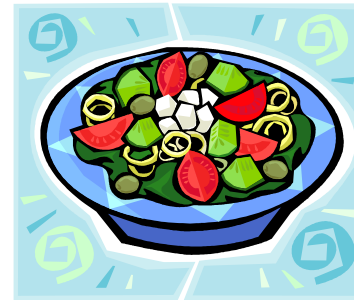


Casseroles

Soups

Salads &

Sandwiches





Shrimp Fajitas

In a large skillet, pour in olive oil and heat over medium-high heat; add peppers and onions; add seasoning and stir for 2 to 3 minutes.

Add shrimp and stir for 2 minutes more. Shrimp is done when it turns bright pink.

Spoon shrimp and vegetable mixture on a plate and sprinkle with lime juice.

Spoon 2 tablespoons of the shrimp mixture into a warm flour tortilla and top with cheese.

Fold in half and serve hot.



Stuff you need to make it

Steak and Seafood Pinwheels

-) 1 flank steak, flattened
-) 1 cup frozen, chopped spinach, thawed and drained
-) 1 can lump crabmeat
-) 10 salad shrimp
-) 2 tbs. spicy mustard
-) 1 tbs. ranch dressing
-) ½ tsp. fresh dill
-) ½ tsp. garlic powder



This recipe is for the die-hard griller! Summer is your time of year and this recipe is one that will be sure to show off your talents behind that BBQ. Use your imagination with this recipe; add your favorite seafood or veggies.



This is a recipe sure to impress all your friends and family.

Enjoy!!

TIP

The secret here—use flank steak!

How to mix the stuff you got



Sunday Brunch Florentine

Hollandaise Sauce

Mix Hollandaise sauce according to package directions. Fold in spinach. Turn off heat and cover.

Poached Eggs

Boil water with salt and vinegar. When a rolling boil occurs, pour in eggs. Cook to desired doneness.

Steak and Red Potatoes

In a small skillet, cook steak and potatoes in oil. Sprinkle spices. Cook until potatoes are golden brown.

Presentation

Place potato and steak mixture in middle of plate. Top with poached egg; spoon sauce on top of the egg.

Garnish with fresh parsley. Serve with fresh sliced tomatoes and garlic rounds.

TIP

When adding spinach to Hollandaise sauce, be sure to FOLD the spinach in.

Stirring will cause sauce to break apart.



Stuff you need to make it

Sunday Brunch Florentine

-] 1 package Hollandaise sauce mix
-] Eggs (for poaching)
-] ¼ cup white vinegar
-] ¼ tsp. salt
-] 2 cups water
-] ¼ cup drained, thawed, chopped spinach
-] 1 thinly sliced petit sirloin
-] 8 small red potatoes, diced
-] ¼ tsp. cayenne
-] ¼ tsp. lemon pepper
-] ¼ tsp. garlic powder
-] 2 tbs. extra virgin olive oil



How to mix the stuff you got



Steak and Seafood Pinwheels

Between two pieces of wax paper, flatten steak with mallet until it is about ½ inch thick. Set aside.

In a large bowl, combine all other ingredients and stir together until a paste forms.

Spread the seafood “paste” on the steak leaving 1 inch on all sides.

Roll steak, tucking in the sides. Wrap in cling wrap and freeze for 1 hour.

Remove cling wrap and cut into 1-inch thick rounds. Grill to desired doneness.

Serve with your favorite dipping sauce.

Mock Hollandaise Sauce

-] ½ cup sour cream
-] ½ cup mayonnaise
-] ¼ cup lemon juice
-] 2 tbs. yellow mustard

Mix together and heat over low heat until thick; stir constantly.

YUMMY!!



Stuff you need to make it

Late Summer Pasta

-) 1 zucchini squash, sliced about 1" thick
-) 1 yellow squash, sliced about 1" thick
-) 2 Roma tomatoes, diced with seeds
-) 1 red onion, sliced
-) 1 cup fresh corn
-) 2 tbs. fresh cilantro
-) ½ cup fresh lime juice
-) 2 tbs. extra virgin olive oil
-) Boneless, skinless chicken breast or large shrimp
-) 1 package sun-dried tomato pasta
-) 1 tsp. garlic powder
-) 2 cups grated Parmesan cheese



How to mix the stuff you got



Spinach and Crab Crepes

Crepes

Combine and mix stuff.

Pour ¼ cup batter into a HOT skillet, spread as evenly and thinly as possible; turn, cook second side.

Set cooked crepes aside.

This is a fast cook, watch carefully.

Spinach and Crab Filling

Clean spinach and put in sauce pan; add garlic powder and water, stir; add crab meat and heat over medium heat; mix well. Remove from heat.

White Wine Mushroom Sauce

Sauté mushrooms; mix in whipping cream and butter; add Chardonnay; allow sauce to thicken.

Spoon crab and spinach mixture into a crepe; roll and place on plate; pour wine sauce over crepes before serving.



Spinach and Crab Crepes

Crepes

-) 1 cup all-purpose flour
-) ½ tsp. white sugar
-) ¼ tsp. salt
-) 1 cup milk
-) 1 egg



Spinach and Crab Filling

-) 2 1-lb. bags of chopped spinach
-) 1 tbs. garlic powder
-) ½ cup water
-) 1 lb. crab meat

OR

-) 4 6-oz. cans of white crab meat

White Wine Mushroom Sauce

-) 1 package of sliced mushrooms
-) 4 pints whipping cream
-) 1 stick of butter (4 oz.)
-) ½ cup Chardonnay wine



Late Summer Pasta

Cook pasta according to package directions.

Over a hot grill or in a large skillet, grill chicken or shrimp using 1 tbs. oil and lime juice. Slice chicken or chop shrimp and set aside.

Using the remaining oil, sauté all the vegetables with garlic powder; fold cilantro into veggies after 3 minutes.

Add shrimp or chicken and toss. Sprinkle with grated Parmesan cheese and spoon over pasta.

TIP

To keep pasta from drying out, add 2 tbs. Italian dressing after cooking.

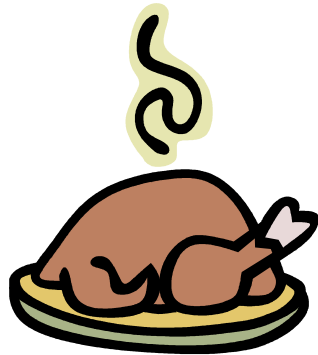


Stuff you need to make it

Cathy's Thanksgiving Turkey



-] 16 oz. can of beer (any kind)
-] Fresh garlic Italian seasoning
-] Fresh basil leaves
-] Garlic powder
-] Turkey



How to mix the stuff you got



Individual Quiches

Combine eggs and whipping cream, whip.

Cut pie crust into four pieces and place each piece in pie pan.

Layer the inside with chicken, mushrooms and cheese; pour egg and whipping cream mixture over the top.

Bake at 375 degrees for 30 minutes.

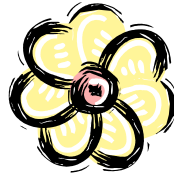
Serves 4



Stuff you need to make it

Individual Quiches

-) Any leftover grilled chicken, ham, or turkey, chopped
-) Pie crust
-) 3 large eggs
-) ¼ cup heavy whipping cream
-) 2 tbs. cheddar cheese
-) 5 sliced mushrooms



How to mix the stuff you got



Cathy's Thanksgiving Turkey

Preheat oven to 400 degrees.

Clean turkey, remove neck and gizzards.

Put garlic powder and basil inside turkey; pour beer inside.

With your hands, rub garlic Italian dressing on outside of turkey.

Put turkey on rack in pan and put in oven, uncovered; bake at 400 degrees for 30 minutes. Cover and lower heat to 300 degrees and bake for 2 hours.

Start basting every thirty minutes. Continue to bake until turkey is done (try to get a turkey with a pop-out thermometer).

Let the bird rest for 10 minutes before carving.



Stuff you need to make it

Valentine's Day Lobster

2 steamed lobster tails

) 3 green onions, diced

) 1 medium red bell pepper, diced



) 2 tbs. spicy mustard

) 1 tbs. lime juice

) 1 heaping tbs. sour cream

) 1 heaping tbs. mayonnaise

) 1 tsp. black pepper

) 1 tsp. garlic salt



How to mix the stuff you got



Football Widows' Brunch

aka Ham & Mushroom Quiche

In a large mixing bowl, combine eggs, spices and whipping cream, whisk until smooth; set aside.

Layer mushrooms, ham and cheese in the unbaked pie shell.

Pour egg mixture over the top.

Bake at 400 degrees for 20 minutes, and then reduce the heat to 300 degrees and cook for another 30 to 40 minutes.

Let quiche rest 5 minutes before slicing.



Stuff you need to make it

Football Widows' Brunch aka Ham & Mushroom Quiche

-) 9" deep dish pie crust
-) 6 large eggs
-) ½ pint heavy whipping cream
-) 1 cup sliced mushrooms
-) ½ lb. shaved smoked ham
-) 1-½ cups shredded cheddar cheese
-) ¼ tsp. cayenne pepper
-) ¼ tsp. lemon pepper
-) ½ tsp. garlic powder



Entertain with friends; set up your brunch with fresh fruit, Bloody Mary's (regular or virgin), orange juice and the quiche. Don't let the guys have all the fun this season. Enjoy!!

How to mix the stuff you got



Valentine's Day Lobster

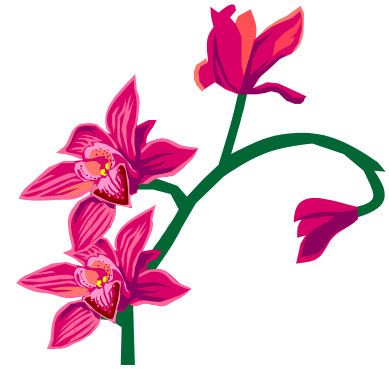
Dice the steamed lobster tails.

In a large bowl, blend all ingredients together.

Spoon lobster mixture onto a bed of fresh lettuce to serve it as a salad

OR

Serve it as a sandwich in a roll



Brunch

-) Football Widows' Brunch aka
Ham & Mushroom Quiche**
-) Individual Quiches**
-) Spinach & Crab Crepes**
-) Sunday Brunch Florentine**