

Cooking with Cathy

Volume III



AMERICAN BANK  OF TEXAS



Cooking with Cathy

Volume III

Recipes by Chef Cathy Zeis
Z's Creative Cuisine

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Acknowledgements

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Enjoy!!

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The Fruity No-Bake Dessert

In a small bowl, whisk together powdered sugar and pineapple juice until slightly thickened. Set aside.

In another small microwave bowl, heat cream cheese for 20 seconds on high. Use a spoon, to gently fold-in fresh raspberries and oranges. Mix until combined.

Spread cheese mixture on one slice of cake. Top with another slice of cake. Cut in half and drizzle with pineapple glaze. Top with fresh mint.





Stuff you need to make it

The Fruity No-Bake Dessert

-) 1 cup powdered sugar
-) ½ cup pineapple juice
-) 1 butter cream cake, sliced
-) 1 8 oz. tub three-berry cream cheese, softened
-) ½ cup fresh raspberries
-) ½ cup navel oranges, diced
-) Sprig of fresh mint

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Mango-Cranberry Christmas Treat

In a large skillet over high heat, melt butter with sugar and mango salsa.

Add wine and lower heat to medium. Stir to incorporate.

Add all other ingredients and cook just until cranberries start to pop, about 3 to 4 minutes.

Spoon mango-cranberry mixture over dessert cups or other favorites.

Serve hot. Garnish with a sprig of fresh mint.





Stuff you need to make it

Mango-Cranberry Christmas Treat

-] 1 16 oz. jar Z's Creative Cuisine Mango Salsa
-] 1 cup fresh cranberries
-] 1 cup chopped walnuts
-] 2 TBS. butter
-] 1 cup brown sugar
-] 5 oz. white wine (non-alcoholic okay)
-] ½ tsp. ground cinnamon
-] ½ tsp. ground nutmeg
-] 1 package dessert cups, apple pie, or vanilla ice cream
-] Fresh mint

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 temperature 25°F
*	Splenda, ½ the amount
*	needed in recipe
1 garlic clove	1/8 tsp. garlic powder OR ¼ tsp. garlic salt (reduce salt 1/8 tsp.)

A “non-reactive pan” means anything but stainless steel. If you use stainless steel, the chicken will begin cooking in the lime juice (yeah, for real!). This is true for any meat or fish that is being marinated with citrus (pineapple is citrus too).

Grilling Tips, Steak & Fish

Here's a great marinade we showed last 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



New Year's Splash

In a blender mix all ingredients together on high until frothy.

Pour into glasses and garnish with a slice of fresh lime.



Then "dive in" and make your New Year's Splash!!



Stuff you need to make it

New Year's Splash

-) 4 cups of 100% Pomegranate juice
-) 4 cups Ginger Ale or Champagne
-) ¼ cup lime juice
-) 2 cups chopped ice
-) 1 fresh lime

Appetizers





Stuff you need to make it

Stuffed Mushrooms



- / 1 lb. large fresh mushrooms
- / 1 cup butter
- / 1 cup minced onion
- / ¼ cup fresh garlic, minced
- / 4 TBS. chopped parsley
- / 1-½ tsp. salt
- / ½ tsp. oregano leaves
- / 1 cup dry bread crumbs
- / ½ cup grated Parmesan cheese
- / ½ lb. Dominion Farms sausage

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How to mix the stuff you got

Salsa Ice Cream

In a large skillet over medium-high heat, melt butter.

Add the mango salsa, peaches and brown sugar. Stir to incorporate. Add cinnamon and nutmeg.

Simmer for 3 minutes, stirring occasionally.

Remove from heat and spoon over ice cream or cake.

Garnish with a sprig of fresh mint.



Stuff you need to make it

Salsa Ice Cream

This recipe is a fabulous and easy summer dessert—and, it's diabetic friendly! I have had several requests for diabetic recipes. Well, here is one. It's been tested on some of the shoppers at Central Market in Dallas and Plano and was a hit! So, keep this one handy. I promise, you'll use it over and over again. Enjoy!

-) 1 cup Z's Creative Cuisine Mango Salsa
-) 4 large fresh peaches, washed and sliced about ½" thick with skin on
-) ½ stick unsalted butter
 - o ½ cup Splenda Brown Sugar
 - o OR
 - o 1 cup regular brown sugar
-) ½ tsp. ground cinnamon
-) ½ tsp. ground nutmeg
-) Your favorite No Sugar Added ice cream or angel food cake
-) Fresh mint for garnish

How to mix the stuff you got



Stuffed Mushrooms

Remove stems from mushroom caps; rinse and pat dry; dice stems and set aside caps.

Melt butter in saucepan over medium heat and add diced stems, onions, garlic, parsley, salt, oregano, and sausage.

Cook until onion is tender and sausage is done, about 15 minutes.

Stir in bread crumbs and cheese. Remove from heat.

Fill mushroom caps with mixture. Place mushrooms, stuffed sides up, in a pan or dish. Broil 5 to 6 inches from heat, door ajar, for 8 to 10 minutes or until mushrooms are tender and tops are golden brown.



Stuff you need to make it

Spinach, Bacon & Water Chestnut Dip

-) 1 16 oz. package chopped frozen spinach, thawed and drained
-) 6 pieces Dominion Farms bacon, crisp and crumbled
-) 1 8 oz. carton sour cream
-) 2 TBS. mayonnaise heaping
-) 1 tsp. lemon juice
-) 1 small can water chestnuts, chopped
-) 1 cup shredded cheddar cheese
-) ½ tsp. garlic powder
-) ½ tsp. lemon pepper
-) 1/8 tsp. cayenne pepper
-) 1 sprig fresh parsley for garnish



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FARMS



How to mix the stuff you got

Peach Cobbler Milkshake

Mix all ingredients in a blender until smooth.

Pour into a glass and top with a sprinkle of nutmeg.

*For an "adult milkshake," add ½ cup Bailey's Irish Cream.



Stuff you need to make it

Peach Cobbler Milkshake

Per shake

-] 2 cups vanilla ice cream
-] 1 cup 2% milk
-] 1 cup fresh peaches, peeled and diced
-] ¼ tsp. ground cinnamon
-] ¼ tsp. ground nutmeg



How to mix the stuff you got



Spinach, Bacon & Water Chestnut Dip

In a large skillet over medium-high heat, cook bacon until crisp (about 10 to 12 minutes). Drain cooked bacon on a paper towel and crumble.

In a large bowl, add all ingredients except spinach and stir to incorporate.

Fold in spinach and mix thoroughly.

Chill for 30 minutes in the refrigerator before serving.

Spoon spinach dip into a dough bowl or a nice serving dish and top with fresh parsley.

Serve with assorted crackers.



Stuff you need to make it

Longhorn Football Dip

Hook 'em Horns everyone! As you can see, I favor the Longhorns in the yearly confrontation. In fact, I bleed burnt orange every year about this time. With that being said, I thought it would be fun to share a great football dip with you. It's easy, good, and perfect for the game. It only has three ingredients and uses one of my signature salsas.



-) 1 lb. Dominion Farms ground meat
-) 1 16 oz. jar Z's Creative Cuisine Chunky Corn Salsa
-) 8 oz. processed cheese

By the way, Dallas Cowboy great Eugene Lockhart joined me at Albertsons and many of you came by to meet him and say hello! This dip was there too. As always...enjoy!

How to mix the stuff you got



Summer Smoothie

Put all ingredients in a blender and mix on high for 1 minute or until smooth.

Pour into a glass and garnish with a slice of fresh lime.



Slurp! This recipe is a fun one for adult and kids alike. Just remember to use your imagination with this; this is just an outline, so add your favorites to make it your own.



Stuff you need to make it

Summer Smoothie

When the summer heat is in full blaze, here's a cool drink I'll share with you. This works with any of the fresh fruits of the season and is perfect for the kids and adults alike. Have fun with this one. Enjoy!

-) 12 large fresh strawberries, tops removed
-) 3 large bananas, peeled
-) 3 cups ginger ale or 7-UP



-) 1 cup crushed ice
-) Fresh lime for garnish

How to mix the stuff you got



Longhorn Football Dip

In a large pan over medium heat, cook the meat for 5 minutes, stirring occasionally. Cook for an additional 15 minutes or until done.

Add salsa, and the cheese. Lower heat and simmer until all cheese is melted (about 3 minutes).

Serve hot with chips.

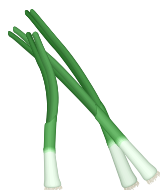
TIP

Be sure and cube the cheese first. It melts better.



Stuff you need to make it

Shoepeg Corn Dip



-) 1 11 oz. can Shoepeg corn, drained
-) 2 green onions, chopped, about 2 TBS.
-) 2 TBS. roasted red pepper, chopped
-) 1 TBS. bacon bits
-) 4 oz. sour cream
-) 2 TBS. mayonnaise, heaping
-) 1 box toasted rounds
-) ¼ tsp. garlic powder
-) ¼ tsp. lemon pepper
-) 1/8 tsp. cayenne pepper

Desserts

and

Drinks





Shoepeg Corn Dip

In a medium bowl, combine all ingredients except toasted rounds and mix thoroughly.

Spoon mixture into a serving bowl and serve with toasted rounds.

You can chill dip for 30 minutes before serving.



Stuff you need to make it

The Awesome Mushroom Side



-) 1 small package Portabella mushrooms
-) 1 small package whole white mushrooms
-) 1 small package brown button mushrooms
-) 1 cup Marsala cooking wine
-) 2 TBS. butter
-) 1 tsp. chopped garlic
-) 1 tsp. dried basil
-) 1 tsp. dried oregano

How to mix the stuff you got



Red Wine and Pine Nut Dressing

In a small bowl, whisk all ingredients together.

Drizzle dressing over a salad of your choice.

This is a drizzle dressing, not a cream-based dressing. A little goes a long way!



Stuff you need to make it

Red Wine and Pine Nut Dressing

-) 1 cup extra virgin olive oil
-) ¼ cup red wine
-) 2 TBS. apple cider vinegar
-) 2 tsp. balsamic vinegar
-) 1 tsp. lime juice
-) 1 tsp. garlic powder
-) ½ cup pine nuts or shaved almonds



How to mix the stuff you got



The Awesome Mushroom Side

Rinse and pat dry the mushrooms. Slice mushrooms in half if desired.

In a large pan over medium-high heat, melt butter.

Add mushrooms and spices. Stir to incorporate.

Add wine and lower heat. Cover and simmer on low for 20 minutes.

This dish is a perfect side with steak, chicken, or pork.



Stuff you need to make it

Guacamole Bowl

When it's time to picnic, freezing a bread bowl for your dips and condiments is a great way to keep your foods cold for the great outdoors!

-) 1 sourdough bread bowl
-) 6 ripe avocados
-) 3 Roma tomatoes
-) 1 small white onion
-) ½ cup Z's Creative Cuisine Cathy's Awesome Salsa
-) 4 TBS. Worcestershire sauce
-) 4 TBS. fresh cilantro, chopped
-) 2 tsp. lime juice
-) 2 tsp. lemon juice



Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



Super-Duper Chili Pie

In a medium sauce pan, heat chili over medium heat stirring occasionally.

In a large skillet over medium-high heat, sauté onion, red and green peppers and spices in oil, stirring often.

Cook for 2 minutes.

Add corn chips in a bowl top with cheese, chili, and sautéed vegetables.

Put sour cream, cubed avocado, and sliced jalapeno peppers on top of all the goodies!

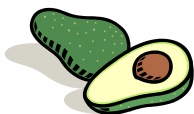
Serve hot!



Stuff you need to make it

Super-Duper Chili Pie

-) 1 bag corn chips
-) 1 large can chili
-) 1 32 oz. bag shredded cheddar cheese
-) 1 small onion, sliced thin
-) 1 small green pepper, chopped, about 1" thick
-) 1 small red pepper, chopped, about 1" thick
-) 1 8 oz. carton sour cream
-) 1 16 oz. jar sliced jalapeno peppers
-) 1 large fresh avocado, cubed, about 1" thick
-) 4 TBS. extra virgin olive oil



Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



Guacamole Bowl

Using a sharp knife, cut off the top of the bread bowl and hollow out inside to make a bowl; place bread bowl in freezer for at least 3 hours, preferably overnight.

Cut avocados in half and remove seed. Using a spoon, clean out avocado halves and place avocados into a large bowl.

Grate half of the onion and finely chop the other half. Add to avocados. Repeat with the tomatoes, grating half and finely chopping the other half.

Add all other ingredients and mash with a potato masher until completely incorporated.

Chill for 1 hour before serving.

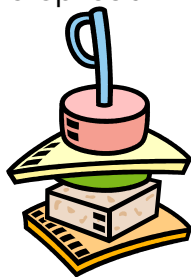
Put the cold dip in the frozen bread bowl and serve with your favorite chips.



Stuff you need to make it

Holiday Toppers

-) 1 6.5 oz. tub Savory Vegetable spread
-) 1 box garlic and herb topper crackers
-) ¼ lb. shaved black forest ham, chop
-) dried basil
-) 1 carton fresh raspberries for garnish
-) 1 box fresh sage for garnish



How to mix the stuff you got



Bar-B-Que Chicken Wrap

On a hot grill or in a large pan over medium-high heat, grill chicken strips in oil and spices. Cook for 5 to 10 minutes per side or until juices run clear.

Using one tortilla at a time, sprinkle a generous amount of shredded cheese onto the tortilla.

Top with 2 pieces of grilled chicken and three slices of red onion.

Add bar-b-que sauce and roll tightly.

Slice the tortilla at an angle and serve hot.

Perfect for picnics and family gatherings.



Stuff you need to make it

Bar-B-Que Chicken Wrap

-) 12 boneless, skinless chicken strips
-) 1 package flavored flour tortillas
-) 1 package shredded mozzarella cheese
-) 1 small red onion, sliced
-) 1 jar bar-b-que sauce
-) 4 TBS. extra virgin olive oil

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



Holiday Toppers

In a small bowl, mix the shaved ham with the vegetable spread; using a spoon, top crackers with 1 tsp. of the ham and spread mixture.

Place crackers on a serving tray and sprinkle each cracker with dried basil.

Place fresh raspberries in the center of the serving tray and top with fresh sage.



Stuff you need to make it

Salmon Nibblers

-) 1 lb. fresh salmon fillets
-) 1 TBS. lite mayonnaise
-) juice of 1 lime
-) ½ cup orange bell pepper, finely diced
-) ½ cup red onion, finely diced
-) 1 tsp. dill weed
-) 2 TBS. extra virgin olive oil

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got

Summertime Nasty Burgers

On a flat surface, lay down one prepared hamburger patty and top with 1 slice of Pepper Jack cheese.

Top the patty with another prepared patty and mold together with your hands, securing the sides so the cheese doesn't leak out when cooking.

Sprinkle with spices and grill over a hot grill for about 6 to 7 minutes per side.

Brush red pepper rings with olive oil and grill over high heat about 3 minutes per side.

After cooking the burgers, remove from heat and top each burger with a slice of Provolone cheese.

Generously spread garlic & herb cheese spread over both sides of the wheat bun; add baby spinach, sliced tomato, grilled red pepper, and the cooked hamburger patty.

Put the burger together and garnish with a petite dill pickle using a toothpick (a B.I.G. toothpick).



Stuff you need to make it

Summertime Nasty Burgers

Makes 3 big, nasty burgers

I hope everyone enjoys the Fourth of July holiday weekend! The fourth has always been the day that kicks my summer into full swing. This recipe is one of my all time favorite burger recipes. It's easy to do and promises to fill you up. Have a great summer. Enjoy!

-] 6 prepared hamburger patties
-] 1 package wheat buns
-] 1 package baby spinach
-] 1 large tomato, sliced
-] 1 6.5 oz. tub garlic & herb cheese spread
-] 1 large red pepper, cut into rings, about 1" thick
-] 4 TBS. extra virgin olive oil
-] 3 slices hot Pepper Jack cheese
-] 3 slices Provolone cheese
-] ½ tsp. garlic powder, separated
-] ½ tsp. lemon pepper, separated
-] ½ tsp. cayenne pepper, separated
-] 1 jar petite dill pickles
-] Toothpicks



a.n.d...A REALLY big mouth!

How to mix the stuff you got



Salmon Nibblers

In a large skillet over medium-high heat, grill salmon in olive oil.

Season 1 side only with garlic powder, lemon pepper, and cayenne pepper (aka Zeis Spice).

Cook 3 to 5 minutes per side, turning twice.

In a large bowl, add all other ingredients.

Cut salmon into small pieces and add to the bowl. Use a potato masher and mash salmon into all other ingredients until smooth.

Chill for 30 minutes before serving.



Spread salmon over crackers or small toasted rounds.



Mama's Corn Pudding

In a large bowl, mix all ingredients together.


Spray a 9" x 13" baking pan pour "stuff" in pan and bake at 350°F for 40 minutes.

Serve hot!



Stuff you need to make it

Mama's Corn Pudding

-) 4 cans cream style corn
-) 1-½ cups yellow corn meal
-) 4 eggs, beaten
-) ¾ cup oil
-) 1 tsp. baking powder
- ) 1 tsp. garlic salt
-) 3 green chilies, chopped
-) ½ medium onion, chopped
-) ½ lb. Cheddar cheese, grated

Talk about
blowing your
mind! This
one will do it!

Main Dishes





Stuff you need to make it

Black Bean, Chicken and Fresh Veggies

2 servings

-) 1 8.5 oz. can black beans
-) 1 lb. boneless, skinless chicken breast, cubed 1" thick from Dominion Farms
-) 2 cups fresh asparagus, chopped
-) 1 large Roma tomato, diced
-) 1 cup red onion, diced
-) ¼ cup shredded mozzarella cheese
-) 2 TBS. extra virgin olive oil

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Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got

The Porta-Swiss Burger

In a large bowl, mix ground sirloin with Worcestershire and spices.

Using your hands, form patties on a flat surface. Make patties thin!

Put one slice of Swiss cheese on a patty. Top the cheese with another patty and pinch sides together.

Grill burger on a hot grill for 5 minutes per side, turning twice.

Finish the burger by adding lettuce, tomatoes, onion, and dressing of your choice.

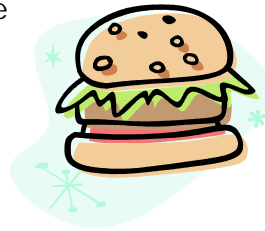
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Yummy!
FARMS



Stuff you need to make it

The Porta-Swiss Burger

This recipe will get you in the summer grilling mood. This is one of my all time favorite burgers and is always a hit when I throw them on the grill. Keep this one on hand throughout the summer and fall because once you taste these awesome sensational burgers, you'll want them over and over again. Enjoy!



-) 2 lbs. ground sirloin
-) 1 large Portobello mushroom, chopped fine
-) ½ lb. sliced Swiss cheese, thin
-) 1 cup Worcestershire
-) 1 bag wheat hamburger buns
-) 1 head red leaf lettuce
-) 1 small red onion, sliced
-) 1 large tomato, sliced

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



Black Bean, Chicken and Fresh Veggies

In a small pan over low heat, warm black beans. Stir occasionally.

In a large skillet over medium-high heat, sauté cubed chicken in hot oil and spices. Stir once a minute for 7 minutes and then add vegetables.

Stir occasionally and cook for 3 minutes.

Vegetables should be crunchy, not soggy.

Spoon beans into a small bowl, just enough to cover the bottom of the bowl add the chicken mixture and top with the shredded cheese.

Serve hot!



Stuff you need to make it

Easy Shrimp and Chicken Pasta

-] 1 package of colored pasta
-] 1 red pepper, diced
-] 2 cups boneless, skinless chicken breast from Dominion Farms, cubed
-] 6 large cooked shrimp, thawed
-] 1 jar roasted garlic Alfredo sauce
-] ¼ tsp. garlic powder
-] ¼ tsp. rosemary
-] ½ tsp. lemon pepper
-] 2 TBS. extra virgin olive oil
-] 2 TBS. sour cream



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How to mix the stuff you got



Awesome Seasoned Bacon & Onion Burger

In a small skillet over medium-high heat, cook bacon and onion in oil with spices. Stir occasionally. Cook for 3 minutes and set aside.



In a large bowl, mix ground meat with salsa. Mix to combine. Make patties by hand and grill on a hot grill until done.

Top with both cheeses, garnish with your favorite veggies.

Serve hot!



Stuff you need to make it

Awesome Seasoned Bacon & Onion Burger

-) 2 lbs. Dominion Farms ground meat
-) 1 16. oz jar Z's Creative Cuisine Cathy's
Awesome Salsa
-) 4 strips of Dominion Farms
bacon, cut into 1" pieces
-) 1 cup white onion, diced
-) 1 package sliced Pepper Jack
cheese
-) 1 package sliced Cheddar cheese
-) 1 TBS. extra virgin olive oil
-) 1 package sourdough rolls
-) Lettuce, tomatoes, and jalapenos for garnish



Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got

Easy Shrimp and Chicken Pasta

Cook pasta according to directions, drain and set aside.

In a large skillet over medium heat, sauté chicken and pepper in olive oil for 12 minutes, stirring every 2 minutes; add spices.

In a small bowl, whisk Alfredo sauce and sour cream together.

Pour sauce over chicken mixture. Fold in shrimp. Lower heat and simmer for 2-3 minutes, stirring occasionally.

Pour hot sauce over pasta and serve with a salad and hot garlic bread.

WOW!



Stuff you need to make it

Honey's Lasagna

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-] 2 lbs. Dominion Farms lean ground meat
-] 2 envelopes spaghetti seasoning with mushrooms
-] 1 cup water
-] 1 large bag of large egg noodles
-] 2 14.5 oz. cans seasoned diced tomatoes (your choice of seasoning)
-] 1 large tub of small curd cottage cheese
-] 1 TBS. Italian seasoning
-] ½ TBS. garlic powder
-] 2-½ cups grated cheese (Monterey Jack and Cheddar)



How to mix the stuff you got

The Grinder

In a large skillet over medium heat, sauté peppers and mushrooms in oil. Season with garlic powder and cook for 2 minutes, stirring occasionally.

Add 1 to 2 cups of meatballs (usually 5 to 6 meatballs per serving); pour in sauce and lower heat. Stir to incorporate and simmer for 5 minutes.

Slice a roll with a knife. Make sure you don't cut all the way through the roll. Place 2 slices of cheese on bottom slice of roll. Spoon meatballs and sauce over the cheese and serve hot.

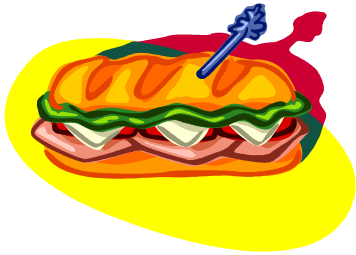
TIP

Be sure to keep any leftover meatballs and sauce; they're GREAT over pasta!



Stuff you need to make it

The Grinder



-) 1 package sausage meatballs, thawed
-) 1 16 oz. jar garden vegetable spaghetti sauce
-) 1 small green pepper, diced
-) 1 cup sliced mushrooms
-) ½ lb. provolone cheese, sliced
-) 2 tsp. garlic powder
-) 3 TBS. extra virgin olive oil
-) 1 package hoagie rolls

How to mix the stuff you got



Honey's Lasagna

In a large skillet over medium heat, brown meat. Add Italian seasoning, garlic powder and spaghetti seasoning. Add 1 cup water and simmer for 5 minutes.

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

Spread half of the bag of egg noodles to cover the bottom of the pan.

Layer half of the meat mixture on top of the noodles, spread to cover.

Add half the tub of cottage cheese on top of the noodles, spread to cover.

Add one can of diced tomatoes, juice included, and spread to cover.

Repeat process one more time starting with the noodles.

Add ¼ can of water to the dish. Cover with foil and bake at 375°F for 45 minutes. Remove from oven, uncover, and immediately top with 2-½ cups of grated cheese.

Cover with foil again for 5 more minutes or until cheese is melted.



Stuff you need to make it

Apple Pork Chops

Chops

-) 4 pork chops from Dominion Farms
-) 4 TBS. extra virgin olive oil

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

Sauce

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

TIP

**For a Sweet-Hot taste
Add 1 chopped Poblano pepper
with the apple.**

How to mix the stuff you got



Skillet Stew

In a large skillet over medium heat, sauté cooked fajita meat and onions for 1 minute.

Add all other ingredients and stir to incorporate.

Lower heat and simmer for 5 minutes.

Serve hot with cornbread or crackers.



Stuff you need to make it

Skillet Stew

-) 1 package cooked fajita meat (beef or chicken)
-) 1 small white onion, chopped
-) 2 cups small yellow potatoes, cut in half, washed, pierced with a fork and cooked in the microwave for 2 minutes
-) 1 15 oz. can mixed vegetables (no salt added)
-) 1 10-³/₄ oz. can cream of mushroom soup
-) 1 15 oz. can beef broth
-) 1 15 oz. can stewed tomatoes



How to mix the stuff you got



Apple Pork Chops

Chops

Grill pork chops with oil in a large skillet over medium heat. Season the chops with the Zeis Spice on one side only (did anybody watch The Hunt for Red October... 'One ping only').

Cook for 10 minutes per side, turning twice. Chops are done when juices run clear.

TIP

Remember...it's okay for the pork chops to be pink in the middle.

Sauce

In a medium saucepan over medium heat, melt butter with olive oil. Add apple and sauté for 5 minutes. Add brown sugar stirring until dissolved (about 3 minutes).

When mixture starts to boil, add wine, lower heat and simmer until thickened (about 5 minutes), stirring occasionally.

Spoon sauce over grilled pork chops.

Serve hot!



Stuff you need to make it

The Perfect Rump Roast

-) 1 Dominion Farms rump roast, about 4 lbs
-) 1 jar Z's Creative Cuisine Green Blast Salsa

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FARMS



-) Your favorite veggies: potatoes, carrots, onions
-) 1 tsp. garlic powder
-) 1 tsp. lemon pepper
-) 1 cup water



How to mix the stuff you got

Pulled Pork Roast Salad with Blue Cheese Balsamic Vinaigrette

In a small salad bowl, mix Balsamic Vinaigrette and crumbled blue cheese together. Stir to incorporate. Set aside.

In a large salad bowl, mix all other ingredients.

Chill salad and dressing for 30 minutes.

Pour salad dressing over salad and mix well.

Serve chilled.

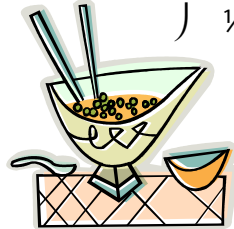
TIP

A “pulled meat” salad is a salad that does not require cutting. Just dig in! This recipe also works well with chicken and steak.



Stuff you need to make it

Pulled Pork Roast Salad with Blue Cheese Balsamic Vinaigrette

- 
-) 1 package of pre-washed, spring mix salad
 -) ¼ lb. sliced pork roast, cubed, ½" thick
 -) 1 cup red onion, diced small
 -) 1 cup fresh cucumber, diced small
 -) 1 10.5 oz. can sweet corn kernels, drained
 -) 1 10.5 oz. can black beans, drained
 -) 1 small carton fresh grape tomatoes, rinsed and dried
 -) 1 6 oz. carton crumbled blue cheese
 -) 2 cups Balsamic vinaigrette



How to mix the stuff you got

The Perfect Rump Roast

Spray a large baking pan or roasting pan with cooking spray and place roast in the pan.

Pour salsa over roast, covering it completely. Cover roast with foil or lid and cook at 300°F for 3 hours.

Remove from oven and add your favorite sliced veggies, spices, and 1 cup of water.

Cover and return to oven and cook another 2 hours.

Let roast rest for 10 minutes before serving.



Stuff you need to make it

Lamb Bites with White Chili Sauce

Lamb

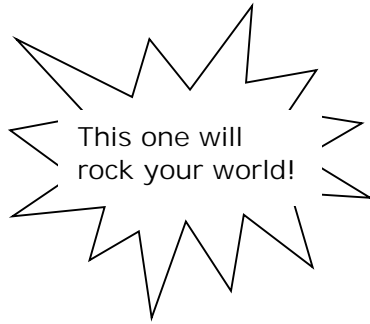
-) 4 Dominion Farms lamb chops, bone removed, cubed
-) 3 TBS. extra virgin olive oil

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

Sauce

-) 2 TBS. mayonnaise, heaping)
-) 2 tsp. chili powder
-) 1 tsp. lime juice
-) 1 tsp. garlic powder



How to mix the stuff you got



Antipasto Salad

Pour the juice out of both the artichokes and roasted red peppers.

Now, in a large bowl, mix all ingredients together and toss.

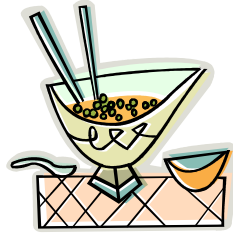
Cover and refrigerate for 30 minutes before serving.



Stuff you need to make it

Antipasto Salad

-) 1 cup marinated artichokes
-) 1 cup marinated roasted red peppers
-) 1 cup small black olives, pitted
-) 12 cherry tomatoes, quartered
-) 1 cup feta cheese*
-) 1 small red onion, sliced thin



*Sun-dried tomato flavor works best

How to mix the stuff you got



Lamb Bites with White Chili Sauce

Lamb

In a large skillet over medium-high heat, grill lamb in oil and spices stirring occasionally.

Cook for 6 minutes for medium rare lamb.

TIP

Try not to overcook the lamb. Otherwise, it will be too tough.

Sauce

Combine all ingredients in a small bowl and mix thoroughly.

Serve as a dipping sauce with hot lamb bites.



Stuff you need to make it

Ham It Up Sweet

) 1 Dominion Farms Smoked Ham

) 1 jar Z's Creative Cuisine Mango Salsa



) 1 orange, sliced, about 2" slices

) 2 limes, sliced, about 2" slices

) 1 cup water

DOMINION
ALL NATURAL
FARMS



How to mix the stuff you got

Messy Springtime Pork Loin Sandwich

In a large skillet over medium heat, cook pork in hot oil for 2 to 3 minutes.

Add vegetables and cook another 3 to 4 minutes. Remember, you want the vegetables crunchy, not soggy.

Add the salsa and stir to incorporate. Lower heat and simmer for 2 minutes.

Lay 2 slices of cheese onto a split hoagie roll, spoon pork loin mixture over cheese.

Serve hot!



Stuff you need to make it

Messy Springtime Pork Loin Sandwich

salsa



-) 1 lb. pork loin short ribs, boneless, cubed
-) 1-16 oz. jar Z's Creative Cuisine Green Blast Salsa
-) 1 cup red onion, sliced
-) 1 medium Poblano pepper, diced, about 1/2" thick
-) 1 package sliced Pepper-Jack cheese
-) 1 package wheat hoagie rolls
-) 3 TBS. extra virgin olive oil



How to mix the stuff you got



Ham It Up Sweet

Place the smoked ham in a large roasting pan and cover with mango salsa.

Pour water in the pan and add fruit slices.

Cover and heat in a 200°F oven for 3 hours.

TIP

Since the ham is already cooked, placing it in a 200°F oven will only allow the flavors to absorb into the ham.



Stuff you need to make it

Ham It Up Hot

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FARMS

-) 1 Dominion Farms Smoked Ham
-) 1 jar Z's Creative Cuisine Cathy's Awesome Salsa
-) 6 large fresh jalapeno peppers
-) 6 large fresh green chilies
-) 1 cup of water



How to mix the stuff you got



Souped Up Potato Salad

Put the potato salad in a large bowl and sprinkle with half the chopped black pepper; mix to incorporate.

Put aside a few of the diced red and green peppers.

Add the remaining diced red and green peppers and mix well.

Sprinkle the potato salad with the diced red and green peppers and add the black pepper on top.

Refrigerate until ready for serving.

Tasty...you bet!



Stuff you need to make it

Souped Up Potato Salad

Summer is a great time of year. It's grillin' season. Being outdoors with friends and family is a plus and so the great food that comes with togethers. Sometimes our standard dishes tend to be boring. So here's a way to add some dazzle to an old favorite. I think you'll be happy with this one. Enjoy!



-) 1 lb. prepared potato salad
-) 1 tsp. chopped black pepper
-) 1 cup red roasted bell pepper, diced
-) 1 cup green pepper, diced

How to mix the stuff you got



Ham It Up Hot

Place the smoked ham in a large roasting pan and cover with salsa.

Slice peppers and chilies in half lengthwise.

Pour water in the pan and add peppers.

Cover and heat in a 200°F oven for 3 hours.

TIP

Since the ham is already cooked, placing it in a 200°F oven will only allow the flavors to absorb into the ham.

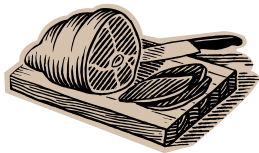


Stuff you need to make it

Plain Ol' Ham

-) 1 Dominion Farms Smoked Ham
-) ½ cup extra virgin olive oil
-) 1 cup water

DOMINION
ALL NATURAL
FARMS



How to mix the stuff you got



Three Pepper Soup

In a blender or food processor, mix peppers until smooth.

In a large pot over medium heat, sauté peppers in oil, stirring constantly for 3 minutes; add seasonings. Slowly pour in chicken broth and stir. Simmer for 2 minutes, stirring constantly; slowly pour in heavy whipping cream.

Lower heat and simmer for 5 to 10 minutes until soup thickens.

Serve hot and garnish each serving of soup with grated parmesan cheese.



Stuff you need to make it

Three Pepper Soup



-) 3 large bell peppers, green, red, yellow or orange, sliced thick (remove seeds)
-) 1 pint heavy whipping cream
-) 2 14.5 oz. cans chicken broth
-) 4 TBS. extra virgin olive oil
-) grated parmesan cheese for garnish

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



Plain Ol' Ham

Rub the oil over the ham (let's get this baby ready for a real Texas Tan).

Cover and warm in a 200°F oven for 3 hours.

Slice and serve hot!



Stuff you need to make it

Asian Grilled Pizza



-) 1 large pizza crust
-) 1 large boneless, skinless chicken breast from Dominion Farms
-) 1 lb. top sirloin steak from Dominion Farms
-) 6 shiitake mushrooms, chopped
-) ½ tsp. garlic powder
-) 2 cups shredded mozzarella cheese
-) 4 TBS. fresh basil, chopped
-) 2-½ cups teriyaki sauce
-) 4 TBS. extra virgin olive oil
-) 2 TBS. dried sesame seeds

DOMINION

ALL NATURAL

FARMS

How to mix the stuff you got



Zippy Mexi Soup

In a large pot over medium heat, cook sausage and beef in extra virgin olive oil and spices.

Cook until done (about 15 minutes) stirring occasionally.

Add all other ingredients. Lower heat to a simmer and cook for 30 minutes, stirring occasionally.

Serve with hot cornbread.

Yum!



Stuff you need to make it

Zippy Mexi Soup

Hope everyone stays warm during January. This recipe is sure to keep you toasty and full all at the same time. This goes great with some hot cornbread. Keep this one handy because I promise your family will want this one again. Enjoy!

DOMINION
ALL NATURAL
FARMS

-) 1 lb. Dominion Farms hot sausage
-) ½ lb. Dominion Farms ground meat
-) 2 4.5 oz. cans chopped green chilies
-) 2 cups yellow onion, diced
-) 1 16 oz. jar Z's Creative Cuisine Chunky Corn Salsa
-) 1 14.5 oz. can black beans
-) 32 oz. beef broth
-) 2 cups water
-) 4 TBS. extra virgin olive oil
-) 1 TBS. ground cumin
-) ½ TBS. garlic powder



How to mix the stuff you got



Asian Grilled Pizza

Over a medium-hot grill or in a large skillet over medium-high heat, grill chicken and steak in olive oil.

Sprinkle one side only (whoops! one side only again) with garlic powder.

Grill

10 minutes per side for chicken

7 minutes per side for steak

Remove from heat, let rest 5 minutes, and cube.

In a large bowl, add cubed meat with teriyaki sauce. Stir until meat is covered thoroughly.

Coat the bottom of the pizza crust with a thin layer of teriyaki sauce. Top with generous amount of cheese.

Place cubed meat evenly around pizza and top with chopped mushrooms, fresh basil and sesame seeds.

Bake this new concoction at 350°F for 20 minutes or until crust is golden brown.



Stuff you need to make it

The Kabobs

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-) 2 Dominion Farms sirloins, cubed about 2" thick
-) 2 large green peppers, quartered
-) 1 small yellow pepper, quartered
-) 1 small orange pepper, quartered
-) 12 Baby Bella mushrooms, whole, rinsed and patted dry
-) 1 small onion, sliced into 2" slices
-) 2 TBS. Worcestershire sauce
-) 2 TBS. Italian dressing
-) 2 TBS. Z's Creative Cuisine Green Blast Salsa
-) 1 TBS. spicy brown mustard
-) 1 pkg. skewers



How to mix the stuff you got



The Sausage-Cheese Calzone

In a large skillet over medium heat, cook sausage until done (about 20 minutes). Crumble sausage and set aside.

Preheat oven to 350°F.

Taking 1 biscuit at a time flatten the biscuit with the palm of your hand.

Add ½ slice of cheese and 1 TBS. crumbled sausage.

Fold the biscuit in half and crimp the edges with a fork to seal. Sprinkle dried parsley on top of each calzone.

Spray a baking sheet and bake calzones for 20 minutes or until golden brown.



Stuff you need to make it

The Sausage-Cheese Calzone

-) 1 jumbo can of biscuits
-) ½ lb. Dominion Farms breakfast sausage
-) 4 slices pepper jack cheese, sliced thin, cut each piece in half
-) Dried parsley

DOMINION
ALL NATURAL
FARMS



How to mix the stuff you got

The Kabobs

In a small bowl, mix the Worcestershire sauce, Italian dressing, salsa, and spicy mustard together. Set aside.



Using 1 skewer, start with 1 piece of steak, 1 mushroom, 1 quarter green pepper, 1 slice of onion, 1 quarter yellow pepper, 1 piece of steak, 1 quarter of orange pepper, and so on until the skewer is full.

Repeat process with remaining skewers until all ingredients are used.

Generously brush each skewer with sauce.

Grill over medium heat for 15 minutes, turning twice.

If baking the kabobs, bake at 300°F for 25 to 30 minutes.

Serve over a bed of rice pilaf.

Yummy!

TIP #1

If using wooden skewers, soak them in water for 30 minutes before assembling the kabobs. Otherwise, you'll see flames!

TIP #2

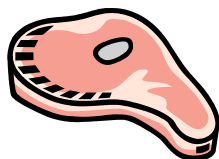
Remember: SLOW & LOW on all-natural and organic meats! That's the secret!



Stuff you need to make it

Texoma T-Bone

-) 2 Dominion Farms T-bone steaks, 2 lbs. each



Marinade

-) 8 oz. can of beer
-) ½ cup Worcestershire sauce
-) ½ cup Italian dressing
-) Juice of 1 lime
-) 2 tsp. garlic powder
-) 1 tsp. lemon pepper
-) ½ cayenne pepper

How to mix the stuff you got



Chicken Casserole Mexico

In a large skillet over medium heat, sauté onion and chilies in butter. Stir in soup, sour cream, and broth. Lower heat and simmer.

In a small pan, warm salsa, stirring occasionally (about 5 minutes).

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

Dip the tortillas in the salsa and cover the bottom of the pan; layer tortillas with ½ the cheese, ½ the chicken, and ½ the soup mixture. Repeat process ending with cheese on top.

Bake at 350°F for 1 hour or until cheese on top is golden brown.

TIP

This is a great recipe to make a day early. Just cover and refrigerate over night.



Stuff you need to make it

Chicken Casserole Mexico

The perfect recipe for leftover baked chicken!

-) 1 large onion, chopped
-) 1 4 oz. can chopped green chilies
-) ¼ cup butter
-) 1 16 oz. can cream of chicken soup
-) 1 cup sour cream
-) 2 cups chicken broth
-) 10 corn tortillas
-) 1 jar Z's Creative Cuisine Green Blast Salsa
-) 6 cups Dominion Farms chicken, cooked and cubed
-) 2 cups grated Monterrey Jack cheese



How to mix the stuff you got

Texoma T-bone

Rinse steaks to remove any excess blood and pat dry. Place steaks in the bottom of a 9" x 13" glass pan and set aside.

In a large bowl, mix all other ingredients. Mix well and pour marinade over the steaks.

Cover with foil and refrigerate for 1 hour. Turn steaks, recover and chill for another 30 minutes.

Remove steaks from marinade and cook over medium heat on the grill for 20 to 30 minutes per side.

This will give you medium-rare steaks
For medium, add 10 more minutes per side
For well done, add another 15 minutes per side

Let steak rest for 5 minutes before slicing.

TIP

Remember: organic and all natural meats need to be cooked SLOW & LOW or the meat will be too tough!



Stuff you need to make it

Quick N' Easy Mexican Meal

-) 1 package pre-cooked chicken or steak
-) 1 package large flour tortillas
-) 1 cup shredded cheddar cheese
-) 1 package pre-cooked Spanish rice

Sauce

-) 1 can chopped green chilies and chopped tomatoes
-) 1 8 oz. package of processed cheese, cubed

How to mix the stuff you got



New! Ham and Corn Chowder

In a medium pot over medium-high heat, sauté onion and green pepper in butter until tender (about 15 minutes).

Lower heat and add all remaining ingredients. Stir thoroughly and cook over low heat for 20 minutes, stirring occasionally.

Serve with brown bread or crackers.



Stuff you need to make it

New! Ham and Corn Chowder

Perfect for that leftover ham



-) ½ cup yellow onion, chopped
-) ½ cup green pepper, chopped
-) ½ cup of butter, melted
-) 2 10.5 oz. cans cream-style corn
- DOMINION**) 1 cup of half and half
- ALL NATURAL**) 1 cup of cooked ham from Dominion Farms, cubed about 1" thick
- FARMS**) 1 tsp. garlic powder
-) 1 tsp. black pepper

How to mix the stuff you got



Quick N' Easy Mexican Food

In a small pan over medium heat, melt cheese with chilies and tomatoes (cube cheese, it melts easier). Stir often. Sauce is ready when cheese is completely melted.

For Quesadillas

Cover the bottom of a flour tortilla with 1/2 cup shredded cheese and 1 cup chicken. Fold in half.

In a large skillet over medium heat, grill quesadilla. Turn after 3 to 4 minutes and grill the other side.

Cut in half or fourths and serve with a cup of cheese sauce and Spanish rice.

For Burrito

Cover the bottom of a flour tortilla with 1/2 cup shredded cheese, 3 TBS. Spanish rice, and 1 cup chicken.

Roll burrito and cover with melted cheese sauce.



Stuff you need to make it

The Perfect Bird

-) 1 whole Dominion Farms all-natural chicken
-) ½ cup Italian dressing

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got

Turkey Enchiladas with Z's Creative Cuisine Green Blast Salsa

In a large bowl, mix 1 cup of salsa, sour cream, both soups and jalapeno juice.

Mix well; fold in turkey and stir to incorporate.

Spray a 9" x 13" pan

Cover the bottom of the pan with 6 corn tortillas

Spoon half of the turkey mixture over tortillas

Repeat process (until you run out...or overflow the pan!)

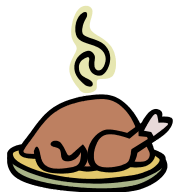
Top with mozzarella cheese and bake uncovered at 350°F for 30 minutes or until cheese starts to brown.

Serve hot!



Stuff you need to make it

Turkey Enchiladas with Z's Creative Cuisine Green Blast Salsa



What to do with
all that leftover
turkey? Try this!

-] 1 lb. cooked turkey, cut into 2" pieces
-] 12 corn tortillas
-] 1 16 oz. jar Z's Creative Cuisine Green Blast Salsa
-] 1 8 oz. carton sour cream
-] 1 10-½ oz. can cream of mushroom soup
-] 1 10-½ oz. can cream of chicken soup
-] 4 TBS. jalapeno juice
-] 2 cups shredded mozzarella cheese



How to mix the stuff you got

The Perfect Bird

Spray the bottom of a medium baking dish and place chicken in pan.

Using your hands, rub the Italian dressing over the entire chicken (we're massaging birds again!).

Sprinkle spices on top of chicken and bake, uncovered for 1 hour at 250°F.

Cover chicken with foil after an hour and continue cooking for another 2 hours or until juices run clear.



Stuff you need to make it

Southwest Beef Fajita Burrito

-) 1 package pre-cooked beef fajita meat
-) 1 package :90 second Southwest Rice
-) 1 16 oz. jar Z's Creative Cuisine Green Blast Salsa
-) 1 8 oz. carton lite sour cream
-) 1 16 oz. package shredded Mexican cheese blend
-) 1 package Jalapeno & Cheddar flour tortillas



How to mix the stuff you got

Vegetable Medley with Cheese Sauce

Cook vegetables according to package directions.

In another small pan over medium heat, combine soup and milk; heat for 5 minutes, stirring constantly.

Pour cooked vegetables onto a serving platter and top with cheese soup "sauce."

Serve hot!



Stuff you need to make it

Vegetable Medley with Cheese Sauce

Serves 10 to 12

-) 2 8 oz. bags of fresh vegetable medley, pre-cut
-) 1 10-¾ oz. can low-sodium cheddar cheese soup
-) 1 5 oz. can condensed milk



How to mix the stuff you got

Southwest Beef Fajita Burrito

On a microwave-safe plate or in a small skillet over medium heat, warm fajita meat until hot (about 2 minutes in the microwave or on top of the stove).

Cook rice according to directions and set aside.

In a small sauce pan over medium heat, heat sour cream with the salsa. Stir occasionally for 2 minutes. Bring sauce to a simmer and turn off heat.

Place 1 tortilla on a plate and cover with shredded cheese; top cheese with hot fajita meat and spoon 2 TBS. of cooked Southwest rice on top.

Roll tortilla tightly, folding in sides half way.

Cover burrito with hot salsa and sour cream sauce. Serve hot!



Stuff you need to make it

Guacamole Chicken

Grilled Chicken

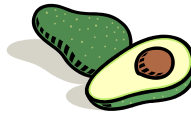
-) 2 boneless, skinless chicken breast
-) ¼ cup extra virgin olive oil

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

Guacamole Sauce

-) 1 medium ripe avocado, seed removed
-) 1 small Roma tomato, grated
-) ¼ cup white onion, grated
-) 2 tsp. Worcestershire
-) 2 tsp. sour cream
-) Juice of 1 small lime
-) 1 cup extra virgin olive oil



How to mix the stuff you got



Spicy Chicken Soup



Combine all ingredients, except garnish ingredients in a large pot.

Simmer over low heat for 30 minutes, stirring occasionally.

Garnish each serving with Monterrey Jack cheese, chopped tomatoes, chopped avocado and chopped fresh cilantro.

Serve with warm flour tortillas or lime-flavored chips.



Stuff you need to make it

Spicy Chicken Soup



-) 1 10.5 oz. can cream of mushroom soup
-) 1 10.5 oz. can cream of chicken soup
-) 1 10.5 oz. can chicken broth
-) 1 jar Z's Creative Cuisine Cathy's Awesome Salsa

DOMINION
ALL NATURAL
FARMS

-) 1 7 oz. can chopped green chilies
-) 1 18.5 oz. can petite diced tomatoes; garlic and olive-oil seasoned
-) 1 lb. Dominion Farms cooked chicken, cubed

Garnish

-) 1 Roma tomato, chopped
-) 1 avocado, diced
-) Fresh cilantro chopped
-) 1 package shredded Monterrey Jack cheese
-) 1 package flour tortillas



How to mix the stuff you got



Guacamole Chicken

Grilled Chicken

In a medium pan over medium-high heat, grill chicken in hot oil. Season chicken with spices, one side only (another ping only).

Cook until done, about 3 to 4 minutes per side. Chicken is done when juices run clear.

Guacamole Sauce

In a small bowl, add all ingredients except sour cream and oil.

Mash avocado with ingredients until smooth.

Slowly pour in oil, stirring constantly with a whisk; fold in sour cream.

Drizzle over grilled chicken.



Stuff you need to make it

No Mess Surf -N- Turf

-) 2 bone-in rib eye steaks
-) 2 lobster tails
-) 6-8 small red potatoes, halved
-) 1 small yellow squash, sliced
-) 1 small zucchini squash, sliced
-) 1 small yellow onion, sliced
-) ½ cup Italian dressing
-) 4 TBS. extra virgin olive oil
-) 1 tsp. garlic powder
-) 1 tsp. lemon pepper
-) 1 tsp. cayenne pepper
-) 2 TBS. lemon juice
-) Foil

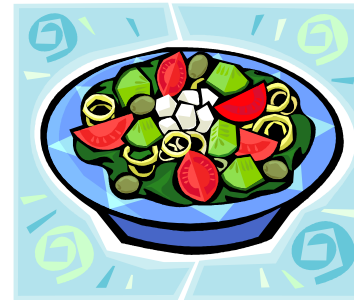


Casseroles

Soups

Salads &

Sandwiches





No Mess Surf -N- Turf

Using half the spices, season one side of each steak and grill over a hot grill until desired doneness is reached.

Place a large sheet of foil onto a flat surface and cover the foil with 1 TBS. of olive oil. Add all vegetables and place lobster tails on top.

Sprinkle with remaining spices, olive oil, and lemon juice.

Fold up sides of the foil like a boat. Add another large piece of foil onto the vegetables and cover tightly. Place on hot grill and cook for 15 minutes.

Alternate cooking for veggies & lobster
If you prefer, cook vegetables and lobster in a 375°F oven for 20 minutes.

Tip:

Put the potatoes into the microwave for one minute to help tenderize them before going on the grill.

Make sure you pierce the potatoes with a fork before cooking in the microwave or they will explode!



Stuff you need to make it

Chicken Cutlets a la Greek

-) 1 lb. chicken cutlets
-) 1 4 oz. carton garlic & herb crumbled Feta cheese
-) 1 cup pitted Kalamata olives
-) 1 cup pepperdews (pepperdews are red peppers marinated in garlic [found in the service deli at Albertsons])
-) 2 cups Greek vinaigrette

How to mix the stuff you got



Eggs a la Nika!

In a large skillet over medium heat, sauté all vegetables for 2 minutes or until spinach is thawed.

Add Egg Beaters and stir to incorporate. Stir every 15 seconds.

After 1 minute, add cheese.

Cook for 2 to 3 minutes or until eggs are fluffy.

Serve hot with salsa and garlic rounds.



Stuff you need to make it

Eggs a la Nika!

) 1 small carton of Garden Vegetable Egg

Beaters



) 1 cup red bell pepper,
diced

) 2 green onions, diced

) 1 large Roma

tomato, diced



) 1 cup frozen spinach

) 1 cup shredded cheddar cheese

) Salt to taste

) Cooking spray

Zeis Spice

¼ tsp. garlic powder

¼ tsp. lemon pepper

¼ tsp. cayenne pepper

How to mix the stuff you got



Chicken Cutlets a la Greek

Using a brush, spread Greek vinaigrette over chicken cutlets.

Place on a hot grill or in a sprayed pan and cook for 1 to 2 minutes per side, turning once.

In a small bowl, add Feta, olives, and peppers.

Mix to incorporate.

Spoon mixture over cooked cutlets.

Serve hot.



Stuff you need to make it

Soft Fish Tacos

-) 1 lb. fresh sole fillets
-) 1 8 oz. package sliced almonds
-) 1 package coleslaw mix (the broccoli slaw is great with this recipe)
-) 1 16 oz. jar coleslaw dressing
-) 1 8 oz. carton, sun dried tomato feta cheese
-) 2 cups diced tomatoes
-) 1 package flour tortillas (use flavored tortillas if you like)
-) 4 TBS. extra virgin olive oil
-) 2 TBS. lime juice

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



Messy Eggs

In a large skillet over medium heat, melt butter with olive oil. Sauté green onions, tomato, and green pepper for 3 to 4 minutes. Stir occasionally.

In a large bowl, beat eggs with heavy whipping cream and spices. Pour eggs into the sautéed vegetables and stir with a wooden spoon just enough to combine.

The secret to great scrambled eggs is NOT to stir them too much. You want the eggs fluffy, not broken and small.

Cook for 2 to 3 minutes and add the cheese. Stir and cook for another 2 minutes or until eggs are fluffy.

Top eggs with salsa and serve hot with Tater-Tots and wheat toast.



Stuff you need to make it

Messy Eggs

) 6 all natural Dominion Farms large eggs



) 1 jar Z's Creative Cuisine Cathy's Awesome Salsa

) ½ cup heavy whipping cream
) 2 green onions, diced (be sure and use both the green and white part of the onion)

) 1 Roma tomato, diced

) 1 small green bell pepper, chopped

) ½ cup shredded cheddar cheese

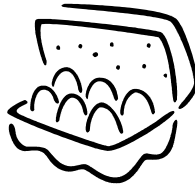
) 2 TBS. butter

) 1 TBS. extra virgin olive oil

) ¼ tsp. garlic powder

) ¼ tsp. lemon pepper

) 1/8 tsp. cayenne pepper



How to mix the stuff you got



Soft Fish Tacos

In a large skillet over medium-high heat, grill fish in olive oil with spices and sliced almonds.

Cook for 2 minutes and turn fish. Add lime juice.

It's okay for the fish to fall apart and mix with the almonds.

Cook the fish another 3 minutes and remove from heat.

In a small bowl, combine coleslaw with dressing. Stir until slaw is coated with dressing.

On a small plate, lay out 1 flour tortilla.

Spoon 1 TBS. of slaw onto the tortilla; top slaw with 2 TBS. of sole and almond mixture; then add the feta cheese and diced tomatoes.

Serve hot!

yum!



Stuff you need to make it

Italian Sausage with Sautéed Veggies

DOMINION
ALL NATURAL
FARMS

-] 1 package Dominion Farms organic Italian Sausage
-] 1 each small red, green, and yellow bell pepper, sliced
-] 1 small yellow onion, sliced
-] ½ tsp. lemon pepper, divided
-] ½ tsp. garlic powder, divided
-] ¼ tsp. cayenne pepper
-] 4 TBS. extra virgin olive oil, divided



The secret to cooking organic meat is SLOW and LOW!

How to mix the stuff you got



Sunday Brunch Florentine Bake

Make hollandaise sauce according to package and keep warm over low heat.

In a large bowl, beat eggs with spices and heavy cream for about 3 minutes. Fold in spinach, mushrooms, onion, green pepper, tomato, and cheese. Mix well.

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

Pour egg mixture into the pan and bake at 425°F for 35 to 45 minutes or until golden brown.

Pour warm hollandaise sauce over egg bake and sprinkle with chopped parsley.

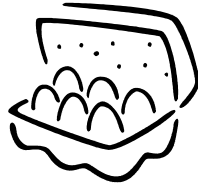
Serve warm.



Stuff you need to make it

Sunday Brunch Florentine Bake

-] 1 dozen all natural Dominion Farms large eggs
-] 1 quart heavy whipping cream
-] 1 16 oz. bag chopped, frozen spinach, drained and thawed
-] 6 large mushrooms, sliced
-] 1 small onion, chopped
-] 1 small green pepper, chopped
-] 1 cup diced tomatoes, juice removed
-] ½ tsp. garlic powder
-] 2 cups shredded cheddar cheese
-] 1 package hollandaise sauce
-] ½ tsp. lemon pepper
-] ½ tsp. cayenne pepper
-] 2 TBS. fresh, chopped parsley



How to mix the stuff you got



Italian Sausage with Sautéed Veggies

Heat 2 TBS. of oil in a large skillet over medium heat or brush oil over grill.

Using half the garlic powder and half the lemon pepper, season sausage. **DOMINION ALL NATURAL FARMS**
Cook for 30 minutes, turning every 4 to 5 minutes.

Put 2 TBS. oil in a large skillet over medium-high heat; add peppers and onions and remaining spices. Cook for 5 minutes, stirring occasionally.

Place sausage on a serving platter and spoon sautéed vegetables on top.

Serve hot!

Chef endorsement: This is rare for me to do, but I must say, this organic meat is THE BEST I have ever eaten! You won't regret trying this one! Enjoy!



Stuff you need to make it

Grilled Pork Loin with Green Blast Salsa

salsa



-) 4 boneless, pork loin chops
-) 1 16 oz. jar Z's Creative Cuisine Green Blast Salsa
-) 4 TBS. extra virgin olive oil
-) 4 cups wild rice, cooked

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got

Sausage Biscuits

In a large skillet over medium-high heat, cook sausage for 10 minutes or until done and drain on a plate covered with paper towels.

Let cool and crumble sausage with your hands. Set aside.

In a large bowl, stir baking mix and milk together. Stir to incorporate.

Fold in sausage and mix well. Using your hands, pat out dough on a flat surface (if you need to, sprinkle a little baking mix onto the surface to make dough manageable).

Cut biscuits with a biscuit cutter, about 1-½" thick.

Place biscuits onto a sprayed baking sheet and bake at 400°F for 8 to 10 minutes or until golden brown.



Stuff you need to make it

Sausage Biscuits

-) 2-¾ cups baking mix
-) 2/3 cup milk
-) 1 lb. Dominion Farms sausage, cooked and crumbled

How to mix the stuff you got



Grilled Pork Loin with Green Blast Salsa

In a large skillet over medium heat, grill pork loin chops in oil.

Make sure the oil is hot before putting the chops in the pan.

Split the seasoning between all chops and season just one side only. Cook 5 to 8 minutes per side, turning twice.

Remove chops to a cutting board and let rest for 5 minutes.

Cut pork loin into bite-size pieces and return to the pan with the juice from cutting.

Add salsa to skillet and stir to incorporate. Simmer over medium heat for 5 minutes.

Serve hot over wild rice.



Stuff you need to make it

Beef Tenderloin Tips a la Coke

-) 2 lbs. beef tenderloin, cubed, about 2" thick
-) 1 can of coke
-) 3 TBS. bourbon
-) 2 TBS. lime juice
-) ½ tsp. red pepper flakes
-) 2 TBS. extra virgin olive oil

How to mix the stuff you got



Breakfast Hash

In a large bowl, whisk eggs with cream. Set aside.

In a large skillet over medium heat, cook potatoes in 6 TBS. oil until golden brown (about 10 minutes). Turn often.

In a large skillet over medium-high heat, cook sausage in 2 TBS. of oil. Add spices. Cook for 10 minutes, stirring often.

Add onions and tomatoes and cook for 1 minute.

Pour in egg mixture and stir to incorporate. Cook for 3 minutes, stirring occasionally. Add cheese and stir.

Spoon potatoes onto a serving platter and top with egg mixture. Spoon salsa on top.

Serve hot with toasted English muffins.

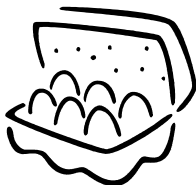




Stuff you need to make it

Breakfast Hash

-] 4 cups frozen breakfast potatoes, thawed
-] 4 large eggs from Dominion Farms
-] 1 cup heavy whipping cream
-] 1 lb. mild pork sausage from Dominion Farms



DOMINION
ALL NATURAL
FARMS

-] 1 cup Mexican blend shredded cheese
-] 1 small white onion, chopped
-] 1 medium tomato, chopped
-] 1 16 oz. jar Z's Creative Cuisine Cathy's Awesome Salsa
-] 1 package English muffins
-] 8 TBS. extra virgin olive oil, divided

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got

Beef Tenderloin Tips a la Coke

In a medium bowl, add beef tips. Pour coke, bourbon, lime juice and pepper flakes on top and stir to incorporate. Make sure that the steak tips are completely covered (let's get 'em good and 'doused').

Transfer beef tips with the sauce into a large plastic bag. Seal and refrigerate for 1 hour.

In a large skillet over medium-high heat, add oil. When oil starts to smoke, add beef tips.

Make sure you shake any excess marinade off the beef tips. Otherwise, you'll end up boiling the tenderloin rather than sautéing the meat.

Cook for 7 to 10 minutes, stirring occasionally.

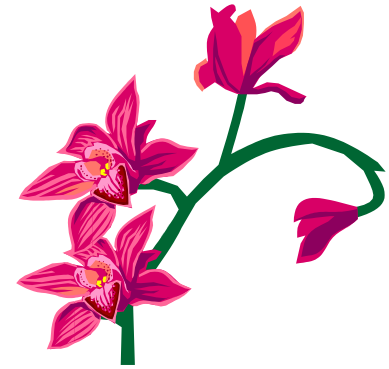
Perfect as an appetizer or as an entree!



Stuff you need to make it

Spinach & Sausage Meatballs

-) 1 lb. Dominion Farms organic breakfast sausage
-) 1 cup chopped spinach, thawed and drained
-) 2 TBS. extra virgin olive oil
-) 6 cups water
-) 1 tsp. garlic powder
-) 1 tsp. Italian seasoning
-) 1 tsp. onion flakes
-) ½ cup seasoned breadcrumbs
-) 1 package whole wheat veggie Rotini pasta
-) 1 16 oz. jar roasted garlic Alfredo sauce
-) ¼ cup white wine
-) 4 oz. organic tomato sauce
-) Parsley flakes for garnish



Brunch

-) **Breakfast Hash**
-) **Sausage Biscuits**
-) **Messy Eggs**
-) **Sunday Brunch Florentine Bake**
-) **Eggs a la Nika!**



Spinach & Sausage Meatballs

In a large pot over high heat, boil pasta until tender (about 10 minutes). Drain and set aside.

In a small pan over low heat, warm Alfredo sauce, wine, and tomato sauce. Stir to incorporate and warm for 10 minutes, stirring occasionally.

In a large bowl, combine sausage with spinach, spices, and bread crumbs.

Using your hands, form meatballs and cook in a large skillet over medium heat in oil. Turn every 3 to 4 minutes. Cook meatballs for 20 to 25 minutes or until sausage is done.

Pour pasta onto a serving plate. Top pasta with meatballs and cover with sauce. Garnish with parsley flakes.

Serve hot with garlic bread and a salad.

super!



Stuff you need to make it

Lobster & Prawn Fettuccini

-) 1 package spinach fettuccini
-) 1 16 oz. jar tomato-basil spaghetti
-) 1 small zucchini, cubed, about 1" thick
-) 1 small yellow squash, cubed, about 1" thick
-) 2 medium lobster tails, steamed, sliced 1" thick (remove shell)
-) 5 prawns or large shrimp, shelled and deveined, sliced about 1" thick
-) 4 TBS. extra virgin olive oil
-) ¼ cup white wine
-) Grated parmesan cheese
-) Sprig of fresh oregano for garnish



Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper

How to mix the stuff you got



The Thanksgiving Bird

Using your hands, remove the neck and gizzard (and any other extra parts) from inside the cavity of the turkey.

Set this "stuff" aside if you want to use them for gravy, pet treats or, if not, discard 'em.

On the lip of the cavity opening, sprinkle spices. Pour the beer over the spices (get this bird really tipsy) ... the beer will run into the cavity and mix with the spices.

Cover the entire turkey with the vinaigrette dressing, rubbing it thoroughly with your hands (give this guy [or girl] a really good massage).

Cover the wing tips with foil and bake at 350°F, uncovered for 1 hour.

Then cover the rest of the bird with foil and cook until turkey is done.

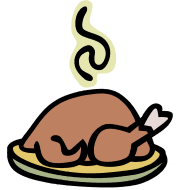
Baste every 40 minutes.

Let rest (sober up?) 5 minutes before carving.



Stuff you need to make it

The Thanksgiving Bird



-) 1 turkey, thawed and rinsed
-) 1 12 oz. can of beer
-) 1 16 oz. bottle Greek vinaigrette dressing

Zeis Spice

- ¼ tsp. garlic powder
- ¼ tsp. lemon pepper
- ¼ tsp. cayenne pepper



How to mix the stuff you got



Lobster & Prawn Fettuccini

Cook fettuccini according to package directions.

In a large skillet over medium-high heat, sauté zucchini and squash in oil and spices; cook for 3 minutes, stirring occasionally.

Add prawns or large shrimp and cook for another 3 minutes.

Pour sauce into pan, add wine and stir to incorporate. Lower heat and simmer for 5 minutes.

Drain pasta and place in the center of a serving dish.

Pour sauce over pasta and sprinkle with parmesan cheese.

Garnish with fresh oregano.



Stuff you need to make it

The Christmas Pork Loin Crown Roast

-) 1 pork loin crown roast
-) 1 cup extra virgin olive oil
-) ½ cup lime juice
-) ½ tsp. garlic powder
-) ½ tsp. ground sage
-) 1 tsp. dried basil

How to mix the stuff you got



Beer Catfish with Chipotle Tarter Sauce

In a large pan over high heat, melt shortening and heat until hot.

In a large non-reactive pan, soak fillets in beer, lemon juice, and lime juice (about 5 minutes).

On a large plate, spread out white corn meal; remove fillets from marinade, one at a time, and dredge in corn meal.

Place in hot oil. Cook for 5 to 6 minutes per side or until golden brown. Turn once!

Repeat cooking process until all fish are cooked. Drain fillets on a paper towel. Let rest for 5 minutes before serving.

In a medium bowl, mix mayo, onion, pickle, and lemon juice. Stir to incorporate.

Serve with catfish.



Stuff you need to make it

Beer Catfish with Chipotle Tarter Sauce



-) 5 large catfish fillets
-) 8 oz. can of beer (can – bottle what difference, there's beer inside)
-) juice of ½ lemon
-) juice of ½ lime
-) 3 cups self-rising white corn meal (salt and flour are already added)
-) 3 cups shortening

Sauce

-) 4 TBS. Chipotle flavored mayonnaise
-) 1 green onion, chopped
-) 1 TBS. lemon juice
-) 1 small dill pickle, chopped



How to mix the stuff you got

The Christmas Pork Loin Crown Roast

Place the pork loin crown roast in a large pan.

In a small mixing bowl, add all other ingredients. Whisk together thoroughly and pour over roast.

Using your hands, rub the marinade all over the roast (now we're getting "handy" with this little piggy).

Bake uncovered in a 350°F oven for 1 hour.

Cover with foil and cook an additional hour.

Remove from oven and let roast rest for 5 minutes before slicing.



Stuff you need to make it

Artichoke Cornish Game Hen

-) 2 Rock Cornish game hens, without gizzards
-) 4 shiitake mushrooms, diced
-) 1 6 oz. jar marinated artichoke hearts, quartered
-) 1 6.7 oz. box brown and wild rice with mushrooms
-) Prepared Greek vinaigrette dressing
-) Salt and pepper



How to mix the stuff you got

Artichoke Cornish Game Hen

Preheat oven to 350°F.

Spray a shallow baking pan with cooking spray.

Wash hens under cold water and pat dry. Place in baking dish, breast side up. Salt and pepper each hen.

Stuff each hen with half the marinated artichokes and diced mushrooms.

Pour dressing over each hen until coated.

Cook uncovered for 1 hour and 15 minutes, or until juices run clear.

Cook rice according to package directions.

Serve hens on a bed of rice.