

Egg Salad For Sandwiches



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

Directions

1. Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
2. Place the chopped eggs in a bowl, and stir in the mayonnaise, mustard and green onion. Season with salt, pepper and paprika. Stir and serve on your favorite bread or crackers

Sloppy Joes



1 pound lean ground beef
¼ cup chopped onion, and ¼ cup chopped green bell pepper
½ tsp garlic powder
¾ cup ketchup
1 tsp yellow mustard 3 tsp brown sugar
Salt and Pepper to taste

Directions

1. In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.
2. Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper

No Frying Eggplant Parmesan



- 2 cup season bread crumbs
- 1 ½ cup grated parmesan cheese
- 2 (1 pound) medium eggplants peeled and cut into ¼ inch slices
- 4 eggs beaten with 3 tsps of water
- 1 (26 oz) jar of pasta sauce (Ragu, Newman's Own, Etc.)
- 1 ½ cup shredded mozzarella cheese

Directions

1. Preheat oven to 350 degrees F. Combine bread crumbs with 1/2 cup Parmesan cheese in medium bowl. Dip eggplant slices in egg mixture, then bread crumb mixture. Arrange eggplant slices in single layer on lightly oiled baking sheets. Bake 25 minutes or until eggplant is golden.
2. Evenly spread 1 cup Pasta Sauce in 13 x 9-inch baking dish. Layer 1/2 of the baked eggplant slices, then 1 cup sauce and 1/2 cup Parmesan cheese; repeat. Cover with aluminum foil and bake 45 minutes. Remove foil and sprinkle with mozzarella cheese. Bake uncovered an additional 10 minutes or until cheese is melted.

Baked Butternut Squash



- 1 butternut squash halved lengthwise and seeded
- Water
- 1 tbsp butter, divided
- salt and ground pepper to taste

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place squash, cut sides down, in a 9x13 baking dish. Pour water into dish around squash halves.
3. Bake in the preheated oven until tender and easily pierced with a fork, about 1 1/2 hours. Carefully remove the skin with a fork; it should be very easy to remove. Top squash halves with butter and season with salt and pepper to taste.

French Toast



- 6 eggs
- 1.5 cup skim milk
- 2 tbsp white sugar
- 2 tsp ground cinnamon
- 1 (8 ounce) package fat free cream cheese, softened
- 2 tbsp frozen whipped topping, thawed
- $\frac{1}{4}$ cup butter
- 2 tbsp fat free cream cheese
- 1 (pound) loaf French bread, cut into $\frac{3}{4}$ inch slices

Directions

1. In a medium bowl, whisk together the eggs, milk, 2 tablespoons of sugar, and cinnamon. Melt one tablespoon of butter in a large skillet over medium heat. Dip a few bread slices into the egg mixture just to coat. Place in the hot skillet, and cook until golden on each side, about 4 minutes per side. Repeat with remaining slices of bread. Melt 1 tablespoon of butter in the skillet before frying each batch of toast.
2. While the toast is cooking, mix cream cheese, 2 tablespoons of sugar, sour cream, and whipped topping using an electric mixer or blender until smooth, yet firm.
3. Place servings of warm French toast onto plates, and top with a generous dollop of the frosting

Spicy Bacon Deviled Eggs



- 12 eggs
- 4 Slices of bacon
- $\frac{1}{2}$ cup mayonnaise
- 2 tbsp finely shredded cheddar cheese
- 1 tbsp spicy mustard
- 1 tbsp wasabi paste

Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes. Remove eggs from hot water, cool under cold running water, and peel. Slice eggs in half lengthwise. Remove yolks to a small bowl and mash; reserve hollow egg whites.
2. Fry bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on paper towels and crumble.
3. Reserve a small amount of bacon and Cheddar cheese in separate bowls; stir remainder into mashed egg yolks with mayonnaise. Stir in mustard and wasabi. Fill egg whites with a heaping spoonful of the yolk mixture. Sprinkle with reserved bacon and Cheddar cheese before serving

Turkey Bolognese Sauce



- 2 pounds of ground turkey
- 4 garlic cloves, minced
- 1.5 tsp dried basil
- 1 cup milk
- 1 tbsp tomatoe paste
- ½ cup grated parmesan cheese
- 2 (28 ounce) cans whole peeled tomatoes
- 2 onions, minced
- ¾ cup grated carrots
- 2 tbsp jalapenos, minced
- 1.5 cup white wine
- 1 pound spaghetti

Directions

1. In large saucepan over medium heat, cook turkey, onion, garlic, carrot, basil and jalapeno until turkey is brown. Pour in milk, reduce heat to low, and simmer until reduced by one-third. Stir in wine and reduce again. Pour in tomatoes and tomato paste and simmer 3 hours more.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with tomato sauce and top with Parmesan. Serve

Ham and Potatoe Soup



- 3.5 cup peeled and diced potatoes
- 1/3 cup finely chopped
- 2 tbsp chicken bouillon granules
- 1 tsp pepper or to tase
- 5 tbsp flour
- 1/3 cup diced celery
- 3 ¼ cup water
- ½ tsp of salt or to taste
- 5 tbsp butter
- 2 cup of milk

Directions

1. Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.
2. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.
3. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately

Slow Cooker Texas Pulled Pork



1 (4 pound) pork shoulder roast
1 cup barbeque sauce
½ cup chicken broth
1 tbsp yellow mustard
1 tbsp chilli powder
2 large garlic cloves, crushed

1 tsp vegetable oil
½ cup apple cider vinegar
¼ cup brown sugar
1 tbsp worcestershire sauce
1 extra large onion, chopped
1/5 tsp thyme

Directions

1. Pour the vegetable oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the barbecue sauce, apple cider vinegar, and chicken broth. Stir in the brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on High until the roast shreds easily with a fork, 5 to 6 hours.
2. Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker, and stir the meat into the juices.
3. Spread the inside of both halves of hamburger buns with butter. Toast the buns, butter side down, in a skillet over medium heat until golden brown. Spoon pork into the toasted buns.

Delicious Salmon



¼ cup soy sauce
¼ cup olive oil
¼ cup brown sugar

2 garlic cloves, minced
1 pound skin-on salmon fillet

Directions

1. Whisk together the soy sauce, olive oil, brown sugar, lemon pepper, and garlic in a shallow dish; lay the salmon fillets into the mixture with the skin side facing up. Allow to marinate in the refrigerator 4 to 8 hours or overnight.
2. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Remove salmon from the marinade and arrange on a baking sheet. Discard the marinade.
3. Cook the salmon under the broiler until lightly browned and the flesh flakes easily with a fork, 7 to 10 minutes. Allow the salmon to rest 5 minutes before slicing and serving

Home cooked Macaroni and Cheese



Cooking spray	2 cups uncooked elbow macaroni
½ cup butter	2 (12 oz) cans evaporated milk
1 tbsp black ground pepper	1 tsp salt
3 eggs	4 cups shredded cheese
1 pinch of paprika or to taste	

Directions

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Spray a 9x13-inch casserole dish with cooking spray.
3. Fill a large pot with lightly salted water and bring to a boil. Stir in the macaroni and return to a boil. Cook pasta uncovered, stirring occasionally, until it has cooked through but is still slightly firm, about 8 minutes; drain.
4. Slowly melt butter in a large pot over low heat. Stir in evaporated milk and black pepper; cook until heated through.
5. Whisk eggs in a bowl until smooth; whisk about 1/2 cup of the evaporated milk mixture into the eggs, 1 tablespoon at a time, until thoroughly incorporated. Whisk the egg mixture back into the saucepan with evaporated milk mixture. Continue to heat gently, whisking constantly, until the evaporated milk mixture almost comes to a simmer and the sauce thickens.
6. Gently mix salt and cooked macaroni into the sauce and stir to combine.
7. Spoon 1/4 of the macaroni mixture in a layer into the bottom of the prepared casserole dish and top with 1 cup shredded Cheddar cheese. Repeat layers three more times; top last cheese layer with paprika to taste.
8. Bake in the preheated oven until casserole is bubbling, about 20 minutes

Green Beans Casserole



(2) 14 oz can green beans, drained	(1) 10.75 oz can of cream of mushroom
(1) 6 oz can French's fried onions	(1) cup shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on HIGH until warm (3 to 5 minutes). Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with French fried onions and remaining cheese.
3. Bake in a preheated 350 degrees F (175 degrees C) oven until the cheese melts and the onions just begin to brown.

Cheesy Hash Browns



1 (2 Lb) pack of frozen hash browns, thawed
1 (16 oz) container sour cream
1 (10.76 oz) can condensed cream of mushroom soup
5 1/3 tbsp butter melted

1 cup chopped onion
8 oz Colby shredded cheese
salt and pepper to taste

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix hash brown potatoes, sour cream, onion, cream of chicken soup, Colby cheese, and melted butter in a bowl; season to taste with salt and black pepper. Transfer mixture into a 9x13-inch baking dish and sprinkle top with corn flake crumbs.
3. Bake in the preheated oven until the casserole is bubbling, about 1 hour

Cherry Tomato Tortellini



1 pint of Cherry tomatoes
1 tsp dried oregano
1 (9oz)pack refrigerated tortellini
2 tsp spicy pesto
6 basil leaves torn (can add more)

2 tbsp of E.V. olive oil
salt and pepper to taste
2 cloves garlic, minced
¼ cup shredded parmesan cheese

Directions

1. Preheat an oven to 400 degrees F (200 degrees C).
2. Place the cherry tomatoes on a baking sheet, and drizzle with 2 tablespoons of olive oil. Sprinkle on the oregano, salt, and pepper, and roll the cherry tomatoes around a few times to coat with the seasoned oil. Bake in the preheated oven until the tomatoes begin to burst, about 15 minutes.
3. Cook and drain the tortellini according to package directions, and set aside in a serving dish.
4. In a skillet, heat 2 teaspoons of olive oil over medium-low heat, and cook and stir the garlic until golden brown, about 3 minutes. Remove the skillet from the heat, and stir in the pesto and roasted tomatoes. Smash the tomatoes with a fork to break open, stir to combine, and pour the sauce over the tortellini. Sprinkle with shredded Parmesan cheese and torn

