

# *Simply Summer*



*2018 P.&P. Cookbook*

Craig Middleton

# Chicken soup

Put broth, chicken, celery, onion, carrots, parsnip, garlic, bay leaf and pepper in a large saucepan. Cover and bring to a boil. Reduce heat and simmer 25 minutes, or until chicken is cooked and vegetables are tender.

Discard bay leaf. Remove chicken to a plate to cool slightly. Add noodles to soup; cover and simmer 10 minutes, or until tender.

Meanwhile, shred chicken with fingers or 2 forks. Add to soup along with the dill.

Click here for

<https://www.womansday.com/food-recipes/food-drinks/recipes/a98804/chicken-noodle-soup-121181> nk:

## Ingredients:

- 6 c. chicken broth
- 1 lb. boneless, skinless chicken thighs
- 1 c. chopped celery
- 1 c. chopped onion
- 1 c. baby carrots
- 1 large Parsnip
- 1 tsp. minced garlic
- 1 bay leaf
- 1/4 tsp. Pepper
- 2 c. uncooked medium egg noodles
- 1/4 c. snipped fresh dill

# Cavatelli with Cilantro

Add the tomatoes with their juice, the salt, and the pepper and bring to a simmer. Cover and cook for 10 minutes. In a large pot of boiling, salted water, cook the cavatelli until just done, about 10 minutes. Drain and toss with the sauce, bacon, arugula, and 1/4 cup of the Parmesan.



For the rest of the recipe;

<https://www.foodandwine.com/recipes/cavatelli-bacon-and-arugula>



# Lime Basil Pie

## Ingredients:

- 8 ounces of reduced-fat cream cheese
- 14 ounces of fat-free sweetened condensed milk
- 1 tablespoon of grated lime zest
- $\frac{1}{2}$  a cup of lime juice
- 2 large egg yolks
- $\frac{1}{4}$  a cup of minced fresh basil
- 8 inches of reduced-fat graham cracker crust
- Sweetened whipped cream

[click here for full recipe](#)





# PEAR PIE W/RED WINE + ROSEMARY

IF YOU LOVE TO EAT ROSEMARY WITH EVERYONE THEN YOU WILL LOVE THIS RECIPE. NOW HERE ARE THE INGREDIENTS TO THIS WONDERFUL PIE:

- ❑ 3 TABLESPOONS OF GRANULATED SUGAR
- ❑ 1 ½ TEASPOONS OF KOSHER SALT
- ❑ 3 CUPS OF ALL PURPOSE FLOUR, PLUS MORE LIGHT DUSTING
- ❑ 12 TABLESPOONS(1 ½ STICKS) CHILLED UNSALTED BUTTER CUT INTO PIECES
- ❑ ¼ CUP CHILLED VEGETABLE SHORTENING CUT INTO PIECES
- ❑ 2 LARGE EGG YOLKS
- ❑ 1 TEASPOON APPLE CIDER VINEGAR

FOR THE FULL RECIPE PLEASE GO TO THE FOLLOWING LINK:

[CLICK HERE FOR FULL RECIPE](#)



# EGGPLANT PARMESAN

## HOW TO MAKE IT

PREHEAT OVEN TO 350 DEGREES F (175 DEGREES C).

1. DIP EGGPLANT SLICES IN EGG, THEN IN BREAD CRUMBS. PLACE IN A SINGLE LAYER ON A BAKING SHEET. BAKE IN PREHEATED OVEN FOR 5 MINUTES ON EACH SIDE.
2. IN A 9X13 INCH BAKING DISH SPREAD SPAGHETTI SAUCE TO COVER THE BOTTOM. PLACE A LAYER OF EGGPLANT SLICES IN THE SAUCE. SPRINKLE WITH MOZZARELLA AND PARMESAN CHEESES. REPEAT WITH REMAINING INGREDIENTS, ENDING WITH THE CHEESES. SPRINKLE BASIL ON TOP.
3. BAKE IN PREHEATED OVEN FOR 35 MINUTES, OR UNTIL GOLDEN BROWN.

## INGREDIENTS

2 1/4 LBS (ABOUT 2 LARGE) EGGPLANTS  
1 TEASPOON KOSHER SALT  
1 TBSP OLIVE OIL  
1 CLOVE MINCED GARLIC (ABOUT 1 TEASPOON)  
1 28-OZ CAN WHOLE PEELED TOMATOES (PREFERABLY SAN MARZANO), TOMATOES DICED, RESERVE JUICES  
1/2 CUP FINELY CHOPPED FRESH BASIL  
KOSHER SALT  
FRESHLY GROUND BLACK PEPPER  
1 1/2 CUPS BREADCRUMBS  
1 1/4 CUPS GRATED PARMESAN CHEESE, DIVIDED  
3/4 CUP FLOUR  
4 EGGS, BEATEN (MORE IF NEEDED)  
1/4 CUP OLIVE OIL (PLUS MORE TO OIL THE SHEET PANS)  
1 1/2 POUNDS FRESH MOZZARELLA, SLICED INTO 1/4-INCH SLICES

[CLICK HERE FOR FULL RECIPE](#)



# *Phillip Nguyen-Roasted Fennel with Parmesan*

## *Ingredients:*

*4 tablespoons of olive oil*

*4 fennel bulbs, cut horizontally into 1/3 inch thick slices, frond reserved*

*Salt and freshly ground black pepper*

*1/3 cup freshly shredded Parmesan*

[Click here for full recipe](#)





Eve Marie Nina

# Tomato Bacon Squares

- 6 slices of bacon
- $\frac{1}{3}$  cup chopped green bell pepper
- $\frac{1}{3}$  chopped onion
- 4 roma plum tomatoes, seeded and chopped
- 1 teaspoon dried basil
- 2 tablespoons mayonnaise
- 1 clove crushed garlic
- 1 refrigerated pizza crust dough
- $\frac{3}{4}$  shredded Swiss cheese
- [click here for full recipe](#)



A large pile of fresh green beans, some whole and some cut, is shown against a white background. The beans are vibrant green and appear to be in their pods.

# Green Bean Bacon Bundle

- 3 **cans** whole green beans (15 **ounce cans**)
- 15 slices bacon, cut in half.
- 1 cup **brown sugar**.
- 1/2 **cup butter**, melted.
- 1/2 **teaspoon garlic salt**.
- 1 **tablespoon soy sauce**.

## Steps

**Wrap 7 green beans** with **bacon** and place in prepared dish. Repeat, using all the **green beans** and **bacon**. Combine butter with brown sugar. Pour over **green bean bundles** and sprinkle with garlic salt.



# NICOLE-SPICY ONION RINGS

- **Canola or peanut oil, for frying**
- **1 tablespoon ground cayenne pepper**
- **1 tablespoon smoked paprika**
- **1 teaspoon garlic powder**
- **1/2 teaspoon dried basil**
- **1/2 teaspoon dried oregano**
- **1/4 teaspoon freshly ground black pepper**
- **1/4 teaspoon sea salt**
- **1 cup all-purpose flour**
- **1/2 cup cornmeal**
- **3 large yellow onions, thinly sliced in rounds**
- **For more information please go to**  
**<https://www.foodnetwork.com/recipes/spicy-onion-rings-2120860>**





# Tuscan Vegetable Soup

In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.

Serve topped with Parmesan, if desired.

<https://www.foodnetwork.com/recipes/ellie-krieger/tuscan-vegetable-soup-recipe-1957503>



# Gianna-Basil Pesto Sauce

## Ingredients

- ◆ 2 cups packed fresh basil leaves
- ◆ 2 cloves garlic
- ◆ ¼ cup pine nuts
- ◆ ⅔ cup extra virgin olive oil. Divided
- ◆ Kosher salt and freshly ground black pepper, to taste
- ◆ ½ cup freshly grated Pecorino cheese

<https://www.foodnetwork.com/recipes/food-network-kitchen/basil-pesto-recipe2-1915284>





# Peach and Tomato Caprese Salad

Whisk olive oil, balsamic vinegar, and 1 pinched flaked salt together in a bowl until dressing is smooth. Alternate tomato slices, peach slices, in layers on a platter. Drizzle Dressing over salad and sprinkle flaked salt on top.





# Bacon and Cheese Quiche

## Ingredients

- 1 can of bacon bits
- ½ cup of chopped onions
- 5 ounces shredded swiss cheese
- 3 ounces grated parmesan
- 1 9 inch deep dish frozen pie crust
- 4 eggs lightly beaten
- 1 cup half and half cream





# Vanessa~B.L.T Pasta Salad ♡ □ 🍴

## INGREDIENTS

- 2-1/2 cups uncooked bow tie pasta
- 6 cups torn romaine lettuce
- 1 medium tomato, diced
- 4 bacon strips, cooked and crumbled
- 1/2 cup ranch dressing
- 1 Tablespoon barbecue sauce
- 1/4 teaspoon pepper



Click here for the full recipe: <https://life-in-the-loft-house.com/blt-pasta-salad/>



# Radish top soup



## Ingredients:

2 tablespoons of butter

2 medium potatoes, sliced

4 cups of chicken broth

5 radishes, sliced

1 large onion, diced

4 cups of raw radish greens

$\frac{1}{3}$  cup of heavy cream

[click here for more information](#)

Made by: Yocelin Quinones



# Ingredients

*Kaylin Mensah*  

1. 1 1/2 CUPS SUGAR
2. 1 BUNCH FRESH THYME, PLUS SPRIGS, FOR GARNISH (OPTIONAL)
3. 2 CUPS FRESH LEMON JUICE (FROM ABOUT 10 LEMONS)
4. 1 CUP GIN (OPTIONAL)

Click here for more :

<https://www.marthastewart.com/318024/thyme-lemonade>

# Chicken and basil stir-fry

## INGREDIENTS:

- 2 cups uncooked jasmine rice.
- 1 quart water.
- 3/4 cup coconut milk.
- 3 tablespoons soy sauce.
- 3 tablespoons rice wine vinegar.
- 1 1/2 tablespoons fish sauce.
- 3/4 teaspoon red pepper flakes.
- 1 tablespoon olive oil.





# One Pan Lemon Thyme Chicken Asparagus

<https://cafedelites.com/one-pan-lemon-thyme-chicken-asparagus/>

## Ingredients

- 6 bone in , skin on or off chicken thighs with salt, pepper and dried thyme.
- Pinch of salt , to season
- Cracked black pepper
- 2 teaspoons dried Thyme
- 1 tablespoon olive oil
- 6 cloves garlic , crushed (or 1 1/2 tablespoons minced garlic)
- Juice of 1 lemon (about 1/3 cup fresh squeezed lemon juice)
- 1 lemon , thinly sliced
- 5 fresh thyme sprigs
- 2-3 bunches of asparagus (about 24 spears), woody ends removed

## Ingredients

Preheat your oven to 200°C / 400° F. Season chicken thighs with salt, pepper and dried thyme.

Heat a large (34 cm or 13-14 inch) cast iron skillet (or heavy based oven-proof pan), over medium-high heat. When the skillet (or pan) is hot, add the oil. Sear the thighs, skin-side down, until skin is golden and crisp (about 4-5 minutes). Flip chicken and sear on the other side for a further 5 minutes.

Add the garlic to the centre of the pan, and cook while stirring, for one minute until fragrant. Pour in the lemon juice, and sprinkle over fresh thyme leaves from 2 sprigs. Place another 2 sprigs around the chicken.

Transfer skillet (or pan), to the oven and cook for 25-30 minutes, or until completely cooked through. Add the asparagus spears to the pan during the last 12 minutes of cook time.

Garnish with lemon slices and leaves from the remaining sprig of thyme. Serve immediately.



# Dandrae-Curry Chicken with Vegetables

- 2 tablespoons vegetable oil
- 3 tablespoons red Thai curry paste
- 1 yellow onion, sliced with the grain
- 2 chicken breasts, cut into cubes
- Salt and freshly ground black pepper
- 1 1/2 cups broccoli florets
- 1 1/2 cups chopped carrots
- 1 teaspoon dried basil
- 3 cloves garlic, minced
- Zest of 1/2 lime
- 1 1/4 cups coconut milk
- 1/4 cup chicken stock
- One 14-ounce can diced tomatoes
- Lime wedges, for squeezing



[Click here for recipe!](#)

# Avocado Toast w/ Citrus Supremes And Silvered Fennel

## Ingredients:

- 1 slice of sandwich bread
- Extra virgin olive oil
- ½ medium pitted and peeled avocado
- 4-5 thin sliced fennel (enough to cover bread in one layer)
- 5-6 segments of orange
- Finely chopped mint leaves for garnish
- Kosher salt
- Freshly ground black pepper



[FULL RECIPE!!!!](#)



# Lemon Brown Rice With Garlic and Thyme



1. 2 tablespoons unsalted butter
2. 2 tablespoons fresh lemon juice
3. zest of one lemon
4. 1 shallot, finely chopped
5. 1 1/2 cups short-grain brown rice
6. 3 cups vegetable stock
7. Kosher salt
8. Freshly ground pepper
9. 2 tablespoons extra-virgin olive oil
10. 1 tablespoon garlic, minced
11. 2 tablespoons chopped fresh thyme
12. 1/2 teaspoon red chili flakes
13. 1/2 teaspoon red chili flakes

[CLICK HERE FOR FULL RECIPE](#)



# Fennel and Endive Salad w/ Pomegranate Seeds and Walnuts

SLIDE CREATED BY OLIVIA STUREK

## INGREDIENTS

- 2 FENNEL BULBS, HALVED, CORED, AND THINLY SLICED, PLUS 1/4 CUP LIGHTLY PACKED FENNEL FRONDS
- 1 POUND BELGIAN ENDIVE (PREFERABLY RED), TRIMMED AND LEAVES SEPARATED
- 1/2 CUP POMEGRANATE SEEDS (FROM 1 POMEGRANATE)
- 1/2 CUP CHOPPED TOASTED WALNUTS
- 1/3 CUP HIGH-QUALITY EXTRA-VIRGIN OLIVE OIL
- 2 TABLESPOONS FRESH LEMON JUICE
- 1/2 TEASPOON COARSE SALT
- 1/4 TEASPOON FRESHLY GROUND PEPPER



PREP TIME: 10 MIN

TOTAL TIME: 10 MIN

SERVINGS: 8 PEOPLE

[CLICK HERE FOR MORE INFO!](#)



# Tomato Basil Salmon

\* Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with a piece of aluminum foil, and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and sprinkle with the Parmesan cheese.

# Carrot Stir-fry by Matthew Tirabasso

## Ingredients:

- 2 tablespoons vegetable oil
- 1 pound beef sirloin, cut into 2-inch strips
- 1 1/2 cups fresh broccoli florets
- 1 red bell pepper, cut into matchsticks
- 2 carrots, thinly sliced
- 1 teaspoon minced garlic
- 2 tablespoons soy sauce
- 2 tablespoons sesame seeds, toasted
- and 1 green onion, chopped



1. Heat vegetable oil in a large wok or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes. Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok. Cook and stir vegetables for 2 minutes.
2. Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables are tender, about 2 more minutes.

[Click here for full recipe](#)



# Kutabi

For the dough

**Ingredients** 3 ½ cups all-purpose flour + more for kneading and rolling

2-4 tablespoons warm water

1 teaspoon coarse salt

1 tablespoon olive or sunflower oil

1 teaspoon sugar

2 eggs, lightly beaten

3 tablespoons plain yogurt

[Click to see recipe](#)

For the filling

1 large onion, diced

1 medium bunch (about 7-8) green onions

1 medium bunch (about 6) green garlic

2 tablespoons butter for sautéing, plus more melted butter for the tops

1 medium bunch fresh sorrel, thinly chopped

1 medium bunch of fresh dill

1 medium bunch fresh cilantro

1 medium bunch fresh parsley

1 tablespoon lemon juice

1 fresh serrano pepper, seeded and diced

Salt and freshly ground black pepper

# Eggplant stir-fly by Daniel Torres

**Ingredients:** 2 large **eggs**, lightly beaten.

- 1 **tablespoon water**.
- 2 **cups whole-wheat panko** (Japanese breadcrumbs)
- 1/4 **cup** (1 **ounce**) grated fresh Parmigiano-Reggiano **cheese**.
- 2 (1-**pound**) eggplants, peeled and cut crosswise into 1/2-**inch**-thick slices
- **Cooking spray**.





# Spicy Turkey and Green Bean Stir-Fry

## Ingredients

- 1 1/2 cups basmati rice
- 1 1/2 pounds green beans, trimmed
- 3 tablespoons vegetable oil
- 1/2 teaspoon sugar
- 3/4 pound 99 percent lean ground turkey
- 1 clove garlic, minced
- 1 small half-sour pickle, finely chopped
- 2 teaspoons Asian chile paste, such as sambal oelek
- 1 cup fat-free low-sodium chicken broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon dry sherry or rice vinegar (not seasoned)
- 2 teaspoons cornstarch

[click here to see full recipe](#)



# ***Crispy Chicken Carnitas***

## ***Ingredients:***

***4-5 pounds boneless skinless chicken breasts\****

***1 bottle beer (or chicken stock, if you do not like to cook with alcohol)***

***1 small white onion, diced***

***4 cloves garlic, peeled and minced***

***1 tablespoon chipotle powder (or 1 chipotle in adobo sauce, minced)***

***2 teaspoons cumin***

***1 teaspoon black pepper***

***1 teaspoon chili powder***

***1 1/2 teaspoons salt***

***2-4 fresh limes***

***[Click here for recipe](#)***



# Cinnamon Sugar Rashish Chips



## Instructions

-Preheat your oven to 350°F. Slice the radishes approximately 1/4 inch thick and put them in a microwave safe bowl. When you are done slicing, microwave for about 30 seconds to soften them up. Drain any liquid, and add them to a larger bowl.

-Add the olive oil, honey, and cinnamon sugar. Mix well to coat all of the radishes. Spread on a baking sheet lined with parchment paper. Make sure they are evenly spread out and not stacked on top of each other.

-Cook for 15 minutes at 350, then remove the radishes and flip them over. Reduce oven temperature to 225 and bake for another 20 minutes. You will notice they will begin to shrink in size and crisp up, which is a good thing! Remove from the oven, plate and serve

## Ingredients

- 10-15 radishes
- 1 tbs. olive oil
- 1/2 tbs. Honey
- 1-2 tbs. cinnamon sugar mixture

<https://pinchofyum.com/cinnamon-sugar-radish-chips>

# Lemon rosemary layer cake

1 cup plus 2 tablespoons butter,  
softened  
2-1/2 cups sugar  
4 eggs  
1 egg yolk  
4 cups all-purpose flour  
3 teaspoons baking powder  
1-1/2 teaspoons salt  
1/4 teaspoon plus 1/8 teaspoon  
baking soda  
1-1/2 cups (12 ounces) sour cream  
  
6 tablespoons lemon juice  
3 teaspoons grated lemon peel  
3 teaspoons minced fresh rosemary



[click here](#)



# Rosemary Citrus Spritzer

Peel off thick strips of zest from 1 lemon.

Juice the lemons and oranges into a liquid measuring cup - you should have about 1 cup of juice. Top off with water if necessary to make 1 cup.

Combine zest, juice, rosemary, sugar, and honey in a saucepan over medium heat. Boil for 1 minute, stirring constantly to dissolve the sugars.

Remove from heat and let sit 10 minutes. Strain, discard solids, and let syrup cool completely.

To serve, fill an 8-ounce glass halfway with ice cubes, add 2-3 tablespoons syrup, fill with soda water, and stir. Garnish with rosemary sprigs and/or lemon slices, if desired.

<https://www.thekitchen.com/drink-recipe-rosemary-citrus-4-148624>

## Ingredients

- lemons.
- oranges.
- (4-inch) sprigs fresh rosemary.
- 3/4 cup. sugar.
- 1/4 cup. honey.
- Ice.
- Soda water.
- Rosemary and lemon for garnish (optional)

# Eggplant Tomato and Mozzarella salad

## INGREDIENTS

1 6 TABLESPOONS OF EXTRA VIRGIN OIL

2 1 MEDIUM EGGPLANT CUT CROSSWISE INTO 1/4 INCH THICK SLICES

3 COARSE SALT AND GROUND PEPPER

4. 1 POUND OF FRESH MOZZARELLA, SLICED

LINK <https://nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/roasted-eggplant-tomato-and-mozzarella-salad>

5. 1 POUND OF SLICED TOMATO

6 1.4 CUP LOOSELY PACKED FRESH BASIL LEAVES



# Penne and Chicken Tenderloins with Spiced Tomato Sauce

44

**By: Trenece Jones**

Kosher salt and freshly ground black pepper, to taste

1 tablespoon olive oil

2 cloves garlic, minced    spiced-tomato-sauce

1 tablespoon Italian seasoning                      8 ounces fettuccine

2 cups cherry tomatoes, halved

1 cup basil leaves, chiffonade

1/2 teaspoon crushed red pepper flakes, optional

1/2 cup unsalted butter

1/4 cup freshly grated Parmesan

2 boneless, skinless chicken breasts

**Click here for full recipe:**

<http://www.myrecipes.com/recipe/penne-chicken-tenderloins-with-spiced-tomato-sauce>

e



# Curried chicken drum sticks

A close-up photograph of a white plate filled with several golden-brown, crispy fried chicken drumsticks. The chicken is coated in a thick, textured batter. A single slice of red tomato and a small piece of green cucumber are placed on the plate next to the chicken. In the background, another white plate with a salad of yellow and red vegetables is visible, though out of focus.

3 tablespoons ghee or virgin coconut oil

8 chicken drumsticks

Kosher salt, freshly ground pepper

2 large onions, chopped

4 garlic cloves, thinly sliced

1 lemongrass stalk, crushed (optional)

3 tablespoons vadouvan or any yellow curry powder

1/4 teaspoon cayenne pepper

2 cups low-sodium chicken broth

1 (13.5-ounce) can unsweetened coconut milk

Juice of 1 lime, plus wedges for serving

1 cup cilantro leaves with tender stems, divided

1 (14-ounce) package rice noodles

Crispy shallots or onions

<https://www.epicurious.com/recipes/food/views/curried-chicken-drumsticks>



# BLT WRAP

A close-up photograph of a BLT wrap. The wrap is made of a white flour tortilla and is filled with green lettuce, red tomatoes, and yellow cheddar cheese. A wooden toothpick is inserted into the top of the wrap. The wrap is served on a white plate, and several golden-brown pretzels are arranged around it. In the background, a bowl of salad is visible.

## Ingredients

- 16 ready-to-serve fully cooked bacon strips, warmed if desired
- 8 flour tortillas (8 inches), room temperature
- 4 cups chopped lettuce
- 2 cups chopped tomatoes (3 small tomatoes)
- 2 cups shredded cheddar cheese
- 1/2 cup ranch salad dressing

[Click Here for Full Recipe](#)



# Radish smoothie

1. Toss all the ingredients in your blender and blend for about 30 seconds till smooth and creamy. Pour the smoothie in two glasses.
2. If you want to use fresh orange juice you will need three oranges for  $\frac{1}{2}$  cup orange juice.

## Ingredients

- 1 cup Raw radishes
- 1 cup Carrots
- 1 cup Frozen strawberries
- 2 tablespoons Lemon juice
- 1 cup Fat free yogurt
- $\frac{1}{2}$  cup Orange juice

[Click here for full recipe](#)



# Eggplant Vegetable Stir Fry

1. Cut vegetables into pieces that are the same size and same shape.
2. Put wok or frying pan on the stove and heat 1-2 minutes, You should be able to almost see the heat shimmering up from the wok.
3. Add the oil and heat about 30 seconds, then add minced garlic and sliced onion and cook 20 seconds, stirring constantly.
4. Add the rest of the vegetables all at once, add salt, and cook 4-5 minutes, stirring every 20-30 seconds, or until vegetables are barely starting to soften.
5. Add oyster sauce, stirring gently so all the vegetables are coated with sauce. Cook about 2 minutes more, stirring a few times. Serve hot.

1 1/2 lbs zucchini, yellow squash,  
and/or eggplant,

2 Tablespoon canola oil

2 Tablespoon finely minced garlic

1 onion, sliced in strips about 1/2 inch  
wide

1/4 tsp. salt

3 Tablespoons Oyster Sauce

# Thyme Corn bread



- 4.5 ounces all-purpose flour (about 1 cup)
- 3/4 cup yellow cornmeal
- 1 tablespoon sugar
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 3/4 cup reduced-fat buttermilk
- 2 tablespoons canola oil
- 1 egg
- 1/2 cup fresh corn kernels (about 1 ear)
- 1 1/2 tablespoons fresh thyme leaves
- Cooking spray

@www.RecipeGirl.com

<http://www.myrecipes.com/recipe/thyme-corn-bread>



## *Steamed Mussels with Fennel and Tarragon*

- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 4 CLOVES GARLIC, SMASHED AND PEELED
- 1 FENNEL BULB (ABOUT 1 POUND), TRIMMED AND THINLY SLICED
- 2 TABLESPOONS FENNEL SEEDS
- ½ CUP PERNOD OR RICARD (OR 4 STAR ANISE)
- 1 CUP CHOPPED TOMATOES, IF DESIRED (CANNED ARE FINE, DRAINED FIRST)
- 1 SPRIG TARRAGON, IF DESIRED
- AT LEAST 4 POUNDS LARGE MUSSELS, WELL WASHED

[Click Here for full Recipe](#)

# Flavorful Mashed Potatoes

- 1.4 pounds red potatoes (about 12 medium), quartered
- 2.6 garlic cloves, peeled and thinly sliced
3. 1/2 cup fat-free milk
4. 1/2 cup reduced-fat sour cream
5. 2 tablespoons butter, melted
6. 2 tablespoons minced fresh parsley
7. 1 to 2 tablespoons minced fresh thyme
8. 2 to 3 teaspoons minced fresh rosemary
9. 1-1/4 teaspoons salt

[Click here for recipe](#)





# Braised Radishes

[Click here for recipe](#)

- 2 1/2 cups.
- Add the butter, sugar, salt, and pepper and bring to a boil.
- Reduce heat to medium-low and simmer until the radishes are tender when pricked with a paring knife and the liquid has reduced to a glaze, about 12 minutes.
- If the radishes are tender but the liquid hasn't reduced sufficiently, use a slotted spoon to transfer them to a serving dish and continue reducing the liquid. Spoon it over the radishes and serve with buttered crusty bread.



# Roasted parmesan string bean

12 oz green beans , trimmed

2 tsp olive oil

Salt and fresh cracked pepper to taste

¼ tsp garlic

1 1/2 tsp of shredded parmesan

Click here [www.skinnytaste.com/roasted-green-beans/](http://www.skinnytaste.com/roasted-green-beans/)





# Mangu

## Directions

*1-Place the plantains and water in a saucepan. Bring to a boil, and cook 20 minutes, until plantains are tender but slightly firm. Drain reserving 1 cup of liquid. Cool plantains, and peel.*

*2-Heat the olive oil in a skillet over medium heat, and saute the onion until tender.*

*3-In a bowl, mash the plantains with the reserved liquid and salt. Transfer to a food processor, mix in the peppers, and pureed plantain mixture topped with the onions.*

## Ingredients

<https://www.allrecipes.com/recipe/70753/mangu/>

- 3 green plantains
- 1 quart water
- 1/4 cup olive oil
- \*1 cup sliced white onion
- \*1 1/2 tablespoon salt
- \*1 cup sliced Anaheim peppers

# Italian String Beans Recipe

2 tablespoons butter

½ teaspoon minced garlic

1 teaspoon Italian seasoning

½ cup of bread crumbs

½ cup parmesan cheese

16 ounces frozen green beans

Salt for taste







# Vegan eggplant gyros!

## Vegan Tzatziki

- 1 cup raw cashews, soaked in water 4-8 hours
- 3/4 cup unflavored soy or almond milk, plus more for thinning
- 3 tablespoons lemon juice
- 2 garlic cloves minced
- 1/4 cup chopped fresh dill
- 1/4 teaspoon salt plus more to taste

## Eggplant gyro filling

- 3 tablespoons of lemon juice
- 3 tablespoons of soy sauce
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 3 teaspoons olive oil
- 1 medium eggplant, 1 pound cut into 1/2 thick strips.
- 1 medium onion, sliced into strips

<https://www.connoisseursveg.com/eggplant-gyros/>

# *Lime Cilantro Rice*

## Ingredients:

- 1 **tablespoon canola oil.** [Click Here For The Recipe](#)
- 3 **cloves garlic, minced.**
- 1 **large onion, chopped.**
- 2 **cups long-grain rice.**
- 1 **teaspoon kosher salt.**
- 3 to 4 **cups low-sodium chicken broth.**
- **Juice of 3 limes and zest of 2 limes (hold back juice of 1 lime for garnish)**
- **Chopped fresh cilantro, for garnish.**



# Mint tea punch

Ingredients: 10 cups of water, 1 cup sugar, 5 bags of green tea with mint, 1 cup of pineapple juice, ½ cup lemon juice, and 2 ½ cups of ginger ale.

Directions: In a large saucepan, bring 5 cups of water to a boil. Then, add tea bags and steep for 5 minutes. After 5 minutes, discard the tea bags. Then, mix in pineapple juice, sugar, the remaining 5 cups of water, and lemon juice. Cover it and put it in the refrigerator for 4 hours.

<https://www.tasteofhome.com/recipes/mint-tea-punch/>



# Roasted Fennel with parmesan

Ingredients:

-4 tables of olive oil

-4 fennel bulbs, cut horizontally into  $\frac{1}{3}$  inch thick slices , fronds reserved

- salt and freshly grounded black pepper

-\frac{1}{3} cup freshly shredded parmesan

Directions-

Preheat the oven to 375 degrees F.

Lightly oil the bottom of a 13 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.

Roasted fennel with parmesan





# Lettuce Wraps

-<https://www.foodnetwork.com/recipes/melissa-darabian/turkey-lettuce-wraps-recipe-2041422>



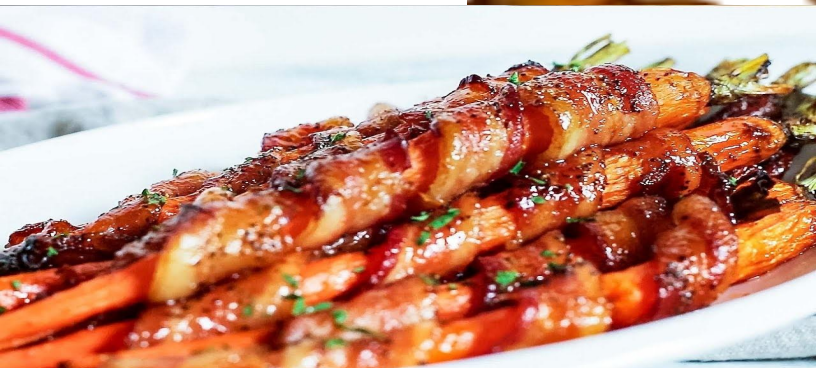
# Maple Bacon Carrot Recipe

## Recipe

<https://www.delish.com/cooking/a19625150/maple-bacon->

## Ingredients

- 12 medium carrots, peeled
- 12 strips of bacon
- ¼ maple syrup
- Freshly cracked black pepper



## Recipe

1. Preheat oven to 400°. Wrap each carrot in one strip of bacon, and place bacon ends down on a large baking sheet. Brush all over with maple syrup and season with black pepper.
2. Bake 10 minutes, remove from oven and brush with remaining maple syrup. Bake 15 minutes more, or until carrots are tender and bacon is crisp. Serve.



# Mint Juice

1. Remove the mint leaves from stems and wash it very well.
2. Take all the ingredients in the blender with only  $\frac{1}{2}$  cup of water.
3. Blend it into smooth puree.
4. Add remaining water and swirl again 2-3 times or till just all get incorporated.
5. If you want you can strain the juice using strainer.

[Mint Juice Recipe \(Pudina sharbat\) How to make Indian style mint juice](https://www.spiceupthecurry.com/mint-juice-recipe-phudina-sherbet/)

<https://www.spiceupthecurry.com/mint-juice-recipe-phudina-sherbet/>



## grilled rosemary chicken breasts

- 8 Cloves garlic, minced
- 3 tablespoons olive oil
- 2 tablespoons minced fresh rosemary
- 1 ½ tablespoons Dijon mustard
- 1 ½ tablespoons lemon juice
- ¼ teaspoons ground black pepper
- ⅛ teaspoon kosher salt
- 4 boneless, skinless chicken breast halves
- **BAKE FOR 50 MINS**
- [https://www.allrecipes.com/recipe/233546/grilled-rosemary-chicken-breasts/?internalSource=streams&referringId=1072&referringContentType=recipe%20hub&clickId=st\\_recipes\\_mades](https://www.allrecipes.com/recipe/233546/grilled-rosemary-chicken-breasts/?internalSource=streams&referringId=1072&referringContentType=recipe%20hub&clickId=st_recipes_mades)

LINK!





# Rosemary pull-apart dinner rolls

1st step is you put a cup of dry yeast in a bowl.

2nd step is you put melted butter and, milk to boil.

3rd you put honey into the yeast and, water mix. You also add a teaspoon of salt and a then the rosemary.

Lastly before you put in the oven, you add your flour and butter mix.

[want the rest of the recipe? click here](#)

## Ingredients

- ★ Dry yeast
- ★ Water
- ★ Butter
- ★ Milk
- ★ Honey
- ★ Salt
- ★ Rosemary
- ★ Flour

# Thyme Bread

## Ingredients:

- 3 ½ cups flour
- 1 tsp salt
- 3 tsp active dry yeast
- 1 tsp brown sugar
- 1 tbsp thyme (chopped fresh or dry)
- Scant 1 cup lukewarm water. What I do is use 1 cup and then while mixing I add just little tsp of water until all comes nicely together
- 4 Tbsp olive oil
- 1 1/2 cups sun dried tomatoes.

[Click here for the full recipe](#)





# Avocado Tacos

Ingredients: 3 avocados (peeled, pitted, and mashed), ¼ cup of diced onions, ¼ teaspoon of garlic salt, 6 inch corn tortillas, bunch of fresh cilantro leaves finely cut, jalapeno pepper sauce

1. Preheat oven to 325 degrees.
2. In a bowl, mix avocados, garlic salt, and onions.
3. Place tortillas in oven for 2 to 5 minutes.
4. When tortillas are done, put the mixture into them. Garnish with cilantro and sprinkle with jalapeno pepper sauce.

<https://www.allrecipes.com/recipe/41638/avocado-tacos/?internalSource=hub%20recipe&referringId=1065&referringContentType=recipe%20hub&clickId=cardslot%208>

# Sauteed Radishes

Radishes cooked cut down in butter over a skillet. Seasoned with salt and black pepper stirred slowly for ten minutes to make it.







# ~Salsa~

## Ingredients:

- 3 medium yellow and/or red tomatoes, seeded and chopped
- 1 cup chopped seedless watermelon
- 1 medium mango, halved, seeded, peeled and chopped
- 1/3 cup finely chopped red onion
- 1/4 cup snipped fresh cilantro
- 2 jalapeno peppers, halved, seeded and finely chopped
- 3 tablespoons lime juice
- 2 teaspoons honey
- Kosher salt

[Click here for the recipe! :D](#)

# Onion Dip

By: Brielle Yencik

- 1½ cup of diced onions
- 1 ½ cups of sour cream
- ¾ cup of mayonnaise
- ¼ teaspoon of garlic powder
- 2 tablespoons of olive oil
- ¼ teaspoon of kosher salt
- ¼ teaspoon of ground white pepper
- ½ teaspoon of kosher salt

[Recipe Here](#)







## SUMMER CHICKEN AND EGGPLANT PASTA

- Cut up 1 eggplant into thick slices
- 2 4-ounce chicken breast
- 1 zucchini
- 1 yellow squash
- 1 cup of grape tomatoes
- Pepper
- 2 teaspoons extra-virgin olive oil
- Salt

-non stick spray

-grill seasoning

-6 ounces angel hair pasta

-5 tablespoons olive oil

-10 fresh basil leaves

[Click here for more](#)

# Guacamole

1. Have fresh avocado
2. Cut onions, cilantro, and tomatoes.
3. Pour lemon juice
4. Add a pinch of salt
5. Don't mash avocado to much
6. Mix it





Fennel soup link:  
fennel-soup/ 72

[Click here for recipe](#)

Butter  
vegetable broth  
salt  
pepper  
fennel



# # 73 Vanilla Thyme creme

## Ingredients:

- 2 Cups of milk
- 1 vanilla bean, split lengthwise and scraped, seeds reserved
- 5 sprigs of thyme
- $\frac{1}{4}$  cup of sugar
- 6 egg yolks
- $\frac{1}{8}$  tsp. of kosher salt

## Instructions:

<https://www.saveur.com/article/Recipes/Vanilla-Thyme-Creme-Anglaise>

Bring milk, vanilla bean and seeds, and thyme to a simmer in a 2-qt. saucepan over medium heat. Whisk sugar and egg yolks in a bowl. Slowly whisk  $\frac{1}{2}$  cup hot milk into egg mixture until smooth, then transfer egg mixture to saucepan. Cook, stirring constantly with a wooden spoon, until mixture is thick enough to coat the back of the spoon, 5-7 minutes. Remove from heat, strain through a fine sieve into a bowl, set over a larger bowl of ice water. (This will stop the cooking process.) Discard vanilla bean; refrigerate sauce until cold.





# Buttery garlic string bean

- Place green bean into large skillet and cover with water; bring to a boil. Reduce heat to medium low and simmer until beans start to soften, about 5 mins. Drain water
- Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 mins. Season with lemon pepper and salt



# Spinach Cantaloupe Salad with Mint

- 4 CUPS FRESH SPINACH LEAVES
- 1 CUP SLICED CANTALOUPE
- 1 CUP SLICED AVOCADO
- ½ DICED RED BELL PEPPER
- 2 TABLESPOONS CHOPPED FRESH MINT LEAVES
- 1 TABLESPOON MINT APPLE JELLY
- 1 ½ TEASPOONS WHITE WINE VINEGAR
- 3 TABLESPOONS VEGETABLE OIL
- 1 CLOVE GARLIC, MINCED

[CLICK HERE FOR FULL RECIPE](#)





# Mint Tea Punch!

## Ingredients:

- 5 cups of boiling water
- 5 tea bags
- 8 crushed mint springs
- 1 cup of sugar
- 12 oz can of frozen orange juice
- 12 oz can of frozen lemonade
- 7 cups of water
- Fresh mint sprig
- Lemon slice

By: Tahj Thomas



CLICK  
HERE!

## *Carrot & Apple Salad*

- 2 Tablespoons of Honey
- 2 tablespoons of walnut oil or EVOO
- 2 tablespoons of fresh lemon
- 1 green apple, cored and thinly sliced
- 2 carrots, peeled and cut into coins
- ½ cup walnut pieces, toasted
- <https://www.rachaelraymag.com/recipe/carrot>





# Mya Price-Hamburger Steak w/ onions

- 1 pound ground beef
- ¼ cup bread crumbs
- ⅛ teaspoon ground black pepper
- ½ teaspoon seasoned salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon Worcestershire sauce
- 1 teaspoon vegetable oil
- 1 cup thinly sliced onion
- 2 tablespoons all purpose flour
- 1 cup beef broth
- 1 tablespoon cooking sherry
- ½ teaspoon seasoned salt

Link: [www.allrecipes.com/recipe/](http://www.allrecipes.com/recipe/)



# Sauteed Radishes

Place radishes cut down into a pan of melted butter. After, sprinkles Salt and Black Pepper into the pan and simmer it for around ten minutes.





# SPICY BLACK BEAN AND CORN TACOS

[CLICK HERE FOR FULL RECIPE](#)

- 1/4 cup hazelnuts, coarsely chopped
- 1/4 cup raw pumpkin seeds
- 2 ears of corn, shucked
- 1 medium jalapeño, seeded, finely chopped
- 1 teaspoon crushed red pepper flakes
- 1/4 cup chopped cilantro, plus more for serving
- 5 tablespoons olive oil, divided
- 5 tablespoons fresh lime juice, divided, plus lime wedges for serving
- 1 1/4 teaspoons kosher salt, divided
- 1 red onion, coarsely chopped
- 2 (15-ounce) cans black beans, rinsed, drained
- 1 tablespoon ground cumin
- 12 small corn tortillas
- 1/2 cup sour cream
- 1 large avocado, thinly sliced



# Sauteed Radishes

Place radishes cut down into a pan of melted butter. After, sprinkles Salt and Black Pepper into the pan and simmer it for around ten minutes.





# Classic Caesar Salad pep 86

1 egg yolk	2 anchovy fillets, mashed
3 tablespoons fresh lemon juice	scant 1 cup vegetable oil
1 tablespoon minced garlic	1/3 cup extra virgin olive oil
1/2 teaspoon Worcestershire sauce	salt and ground pepper
1/4 teaspoon red pepper flakes	1 head romaine lettuce
1 tablespoon Dijon mustard	grated parmesan
2 cups crouton	

<https://www.foodnetwork.com/recipes/caesar-salad-recipe6-2047826>

# *Flavored olive oil*

## *Ingriedients*

1. *6 leaves fresh basil.*
2. *2 sprigs fresh thyme.*
3. *2 sprigs fresh rosemary*
4. *2 sprigs of oregano*
5. *1 ½ cups of extra virgin olive oil*

[\*Click here for complete recipe\*](#)







# Glazed Carrots

<https://www.foodnetwork.com/recipes/sunny-anderson/honey-glazed-carrots-recipe-1938783>