

Print single sided and fold down the middle for any 2 part recipes to make recipe cards.

Snickers Doodles

Ingredients:

1 C butter
1 ½ C sugar
2 eggs
2 ¾ C flour
2 t cream of tartar
1 t baking soda
¼ t salt

Snickers Doodles

Procedure:

Mix the butter and sugar together with a beater. Mix in eggs. Mix dry ingredients together (flour, cream of tartar, baking soda, and salt) then add into the butter, sugar, and egg mixture gradually.

Mix in a small bowl:

2 T sugar
1 T cinnamon

Roll the cookie dough into 1 inch balls and roll them in the sugar and cinnamon mix.

Preheat oven to 400 degrees.

Place on ungreased cookie sheet for 8-10 minutes.

Roasted Cherry Tomato and Asparagus Penne

Ingredients

12 oz cherry or grape tomatoes
2 tsp thyme
1 tsp salt
½ tsp sugar
8 oz asparagus cut up into 2 inch pieces
1 lb penne pasta (or rotini, etc)
2-3 Tbsp Olive oil

Procedure:

1. Preheat the oven to 400 degrees Fahrenheit.
2. On a large sheet pan, place the tomatoes and asparagus with olive oil, salt, thyme, and sugar. Toss to coat. Place in the preheated oven and set a timer for 20 minutes.

3. Place a pot of boiling water on the stove. Salt liberally. Once boiling, cook the pasta according to package directions.
4. After the pasta is cooked, reserve 1 C of pasta water. Drain the pasta.
5. Check the tomatoes and asparagus for doneness. If the tomatoes are starting to burst, it's ready. Place them back in for 5 minutes or so if they need longer.
6. Pour the tomatoes and asparagus into the pasta once finished cooking. Stir everything together, bursting the tomatoes to create a sauce. Add some pasta water to add to create the sauce. Drizzle with olive oil to finish.
7. Optional modifications: add leftover chicken, cook shrimp with the vegetables in the second half of time in the oven, add slices of sausage, use fresh spinach instead of asparagus at the end which will wilt when stirred in the pasta.

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Meatballs

1 lb. ground beef
1 egg
4 slices bread ripped up and soaked in a little milk until soft
grated parmesan cheese (couple handfuls)
2 cloves garlic
1 tsp oregano
salt and pepper (½ tsp each)

Mix everything together and form into balls. Add breadcrumbs if too wet. Fry in oil in a saute pan until brown. Turn as each side gets brown.

Beef Stroganoff

Ingredients

8 oz egg noodles
1 garlic clove
2T salt
1 T paprika
1 medium onion, chopped
2 T oil
½ lb. - 1lb. ground beef
1 can or box cream of mushroom soup
6-8 oz mushrooms, sliced (can add more if you use less beef)
Heavy whipping cream, plain yogurt, or sour cream

Beef Stroganoff

Procedure:

1. Put water on to boil. Salt liberally.
2. Brown garlic, onion, and beef in large saute pan.
3. Add the salt, paprika, mushrooms. Add cream of mushroom soup and simmer. Cook on low flame under boiling point about 10 minutes.
4. While it is thickening, cook egg noodles in the now boiling water.
5. Mix into the beef mixture ½ C sour cream or greek yogurt or ¼ C whipping cream. If using whipping cream and it is not creating a thick enough sauce, add 1T flour to thicken.
6. Serve the beef stroganoff over the noodles

Note: While traditionally this uses sour cream and much more of it, I have found multiple substitutes work to create a creamy enough sauce while limiting calories.

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Peanut Thai Salmon

Ingredients

Salmon (about a 4 oz portion for each person)

Edamame (frozen and shelled is best)

Pappardelle egg noodles (often come in little nests; fettucini is also fine)

2 Tbsp Soy sauce

1/2 cup Peanut butter (preferably smooth)

1-2 Tbsp brown sugar (or other sweetener)

1 tsp ground ginger (you can buy it in a jar and it will keep in the fridge)

2-3 garlic cloves, grated

3 Tbsp sesame seeds

Salt and pepper

Optional: chili garlic sauce or red pepper flakes or sriracha

Procedure

1. In a large saute pan, put some oil on medium heat.
2. Place the salmon skin side down in the pan with some oil. Season with salt and pepper and cover with a lid.

3. Place salted water in a pot to boil.
4. Prepare the thai peanut sauce in a small bowl by mixing together the peanut butter, soy sauce, brown sugar, ginger, and garlic. If it is too thick, you can add a little warm water or vinegar or lime juice if you like more acidity. Feel free to taste and add more sweetness or saltiness as you prefer.
5. Add the frozen edamame to the pan with the salmon and let them cook in the pan. If the salmon is thicker, flip it to cook the top some and then you can flip it back skin side down later. Leave the top off unless it looks as though it need much more time.
6. Cook the pasta according to package directions once the water is boiled.
7. Take the salmon out and set aside. (the other option is to break it up and just mix it altogether)
8. Put the pasta into the pan with the edamame. Add the peanut sauce. Stir everything to coat. Add most of the sesame seeds into the mixture.
9. To plate, put the edamame and pasta mixture in a large, shallow dinner bowl. Then, place the salmon on top and sprinkle with sesame seeds and any extra sauce if you happen to have some.

Roasted Vegetables and Decadent Chicken

Decadent Chicken Breasts

Mix ½ C mayo and ½ C parmesan cheese. Spread on top of chicken.

Shake breadcrumbs on top of mixture.

Bake 350 for 40-50 minutes.

For roasted vegetables, chop into 1" cubes any kind of vegetable that works for you such as potatoes, carrots, squash, zucchini, broccoli, etc. Roast for up to 45 minutes (especially for potatoes) at 400.

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Homemade Fries and "Fried" Chicken

Ingredients

Chicken legs and/or thighs (or another part of the bird with skin and bones) - enough for 1-3 pieces per person depending on the cuts chosen

3 cups Flour (approximately)

Buttermilk (can use an egg with some milk instead in a pinch) - 2 Cups (approximately)

Salt and Pepper

Potatoes (1 per person)

Safflower or Canola oil

Procedure

1. Preheat the oven to 375 degrees Fahrenheit.
2. Pat dry the chicken with paper towels.
3. Pour some flour in a large ziploc bag or large, shallow bowl/container. Add salt and pepper and any other seasonings you might like such as thyme or paprika.
4. Also prepare another shallow container with buttermilk.

5. Toss the chicken in the flour to coat.
6. Then, put the chicken in the buttermilk to coat. Let any excess drip off.
7. Place the chicken back into the flour and toss to coat again.
8. Coat a large sheet pan with oil (preferably safflower or canola which can tolerate higher temperatures than olive oil but olive oil is okay or a spray can of oil is fine) and place the chicken in the oil. Roll the chicken around a little to lightly coat with oil.
9. Put the chicken in the preheated oven with a timer for 45 minutes.
10. Cut up the potatoes (½ - 1 potato per person) into wedges or small fry.
11. Place the potatoes on a large sheet pan ensuring one layer of fries. Toss to coat in olive oil. Season with salt and pepper and any other seasonings you like such as rosemary or paprika.
12. Place the potatoes in the oven. When you do this, turn the chicken. Hopefully this is about ⅓-½ way through cooking time.
13. Turn the fries when there is about 10 minutes remaining so that another side can get browned. Test the chicken and adjust timing accordingly. They can be removed as the fries keep cooking and rest outside the oven. Breasts will take longer to cook while legs will take less time.

Moroccan Stew

2 t curry

2 onions

2 carrots

2 t ginger

1 t cinnamon

2 t cumin

½ t paprika

½ t turmeric

2 cans chickpeas

2 cans tomatoes

4 C vegetable stock

2 T lemon juice

2 zucchini chopped

2 cans kidney beans

Moroccan Stew

Procedure:

Onions and oil and spices first, including salt and pepper.

Then add everything else.

Low 6 hours in a crock pot.

Possible toppings: dried fruit, olives, yogurt, cilantro, hot peppers

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Chicken Noodle Soup

1 onion chopped
3 carrots, sliced
3 stalks celery, sliced
2 garlic cloves
4 C chicken broth/water
1-2 chicken breasts or 4 thighs (depending on size)
½ t salt
¼ t pepper

1 C egg noodles added towards the end

Can be done on the stovetop (sear chicken first then add vegetables then broth) or in crock pot

Shrimp Scampi

Ingredients

½ C butter (1 stick)
1 lb angel hair (or spaghetti or linguini)
2 or more garlic cloves
1 tsp oregano
½ tsp salt
¼ tsp pepper

Boil a pot of water. Salt liberally. While waiting for the pasta to boil, melt the butter in a saucepan. Add the shrimp, garlic, and seasonings. Cook the pasta according to package directions. Drain the pasta and mix into the shrimp and butter. Use some pasta water if you need to thin the sauce.

Curry Chicken Salad

Amounts can be easily adjusted to suit your desires.

2-3 C cubed cooked chicken
5 oz can sliced water chestnuts
1 T curr powder
⅔ C mayonnaise
1 t salt
1 t soy sauce
½ C sliced almonds
½ c chopped celery
½ C halved seedless grapes (apples are a good alternative as well)

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Buttermilk Pancakes

1 $\frac{3}{4}$ C flour
1 t salt
1 t baking soda
2 C buttermilk
2 beaten eggs

Beat eggs into the buttermilk then add to dry ingredients. Do not overmix.

Cook on a medium-high heat using butter.

Optional: add blueberries, chocolate chips, or serve with maple syrup or jam.

Whole Wheat Oatmeal Pancakes

In a bowl, combine: 1 C regular or quick oats

1C whole wheat flour
 $\frac{1}{4}$ C wheat germ
1t baking soda
 $\frac{1}{4}$ t salt
1 T brown sugar

In another bowl, combine:

2 eggs, lightly beaten
2 C buttermilk
4 T canola oil

Add all at once to dry ingredients and stir until well blended.
Cook at 325 degrees. Good with vanilla yogurt and fruit on top.