

# Adventures In Spice Recipes

What sets one version of spaghetti apart from another? Or why does Aunt B's meatloaf taste better than anyone else's? What is it about the food at your favorite restaurant that keeps you coming back? It is the way the basic foods are prepared and that can, no pun intended, boil down to what spices are used to give that dish its particular flavor.

Herbs and spices add flavor and color to basic foods. They give you a chance to put your own signature on a common recipe and allow you some fun and creativity in the kitchen.

We suggest that you be a bit adventurous and try a new blend of spices in an old recipe. What if you don't like it? Then don't use that blend again. But our experience has shown us that those who do at least one quest dinner a week by trying something new find they save money, have a family event they look forward to, and find that they enjoy cooking more than they thought they ever would.

Herbs and spices can be used in many ways that touch our lives. Besides being used in cooking and baking they can be used to keep unwanted garden pests away in a non dangerous form to humans. They can be used in aromatherapy to perk up your senses. Why does a home that smells like apple pie feel so homey? Why does mint give you the feeling of being cool and refreshed? You can blend your own signature scents that make you feel good just smelling their aromas.

In many cultures herbs and spices are used medicinally. There are a number of studies going on concerning garlic and blood pressure, turmeric and shrinking or inhibiting tumor growth, cinnamon and its affect on diabetes to name just a few. We can't claim the validity of any of these studies but there are many such on-going scientific studies measuring the medicinal properties of some well known and some not so well known herbs and spices. For information concerning testing of herbs and spices for medicinal uses look up your favorite spice at this US government sponsored web site: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-garlic.html>. By using more spices you can cut down on the amount of salt you use. If you do use salt, we recommend using a kosher or sea salt for recipes calling for salt.

With any of the following recipes, if you like a spicier taste, add more spice. If you prefer a less full bodied taste, use less of the recommended amounts. Experiment and make these recipes your own! The spice of life is the use of spice in everyday life! Live life to the fullest, it is your greatest adventure!

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Addendum: Spice Use Chart (Microsoft Excel Spreadsheet)

## Appetizers and Snacks

# Bacon Wrapped Water Chestnuts

## Ingredients

1 tbs Greek Oregano                      1 tsp garlic - granulated  
1 tbs fresh cracked black pepper 6 mesh    1 tsp onion – minced  
¼ tsp crushed red pepper for zip (but it won't make it too hot)

1. Combine all ingredients in a small bowl.
  2. Sprinkle on frozen pizza, on bruschetta, on sliced tomatoes
  3. This is a good all purpose flavor enhancer for many of the frozen appetizers you can buy
- Options: Substitute Toasted Minced Onion for onion

## Dressed Up Freezer Appetizers

## Ingredients

1 tbs Greek Oregano                      1 tsp garlic - granulated  
1 tbs fresh cracked black pepper 6 mesh    1 tsp onion – minced  
¼ tsp crushed red pepper for zip (but it won't make it too hot)

1. Combine all ingredients in a small bowl.
2. Sprinkle on frozen pizza, on bruschetta, on sliced tomatoes
3. This is a good all purpose flavor enhancer for many of the frozen appetizers you can buy

## Ginger Salsa Meatballs

## Ingredients

3 pounds of ground beef made into meat balls (frozen commercially prepared about 60)

½ cup Insanity Ridge Salsa Mis	1 15 oz can crushed tomatoes
1 cup water	2 tbs Jalepeno
1 tbs ginger	1 tbs <i>Worcestershire</i> Powder
2 tbs soy sauce	1 tbs onions – minced
Optional: ¼ tsp crushed red pepper for zip (but it won't make it too hot)	½ cup 3 Queens Granulated Honey
	¼ cup vinegar
	cooking spray

1. Spray baking dish or slow cooker pan with cooking spray
  2. Place meatballs in pan
  3. Mix all other ingredients together. (You may need to heat it a little to blend in the ingredients.
  4. Pour over meatballs. Bake at 350 for 45 minutes or cook in slow cooker for 1 hour on high.
- Optional meat: can be used on wings, little smokies, ham, or beef roast as well

## Herbed Cracker Snacks

### Ingredients

10 oz pkg oyster crackers	1 tbs dry cheese blend*	2 tsp onion - minced
1 tbs parsley	½ tsp dill weed	¼ tsp garlic powder
¼ tsp sea salt, fine grind	2/3 cup olive oil	¼ tsp Zesty Pepper Blend
¼ tsp Atlantic Breeze No Salt Lemon Pepper		

\* like Parmesan, Romano-Parmesan, or Asiago-blends several versions are available commercially

1. Grease large baking dish. Spread crackers in it.
2. Combine rest of ingredients and pour over crackers mixing it in to coat the crackers
3. Bake at 350 for about 15 minutes.
4. Store in air tight containers.

## Hot and Spicy Meat Tartlets

### Ingredients

1/2 pound of ground beef	1 pkg Refrigerated Pie Crusts	1 tbs ginger
Biscuit cutter or round cookie cutter	½ cup diced dried green bell pepper	
1 tbs Worcestershire Powder	1 cup Rio Grande Chili Powder	¼ cup vinegar
½ cup Insanity Ridge Salsa Mis	1 15 oz can crushed tomatoes	
1 cup water	2 tbs Jalepeno	½ tsp cayenne

Optional: ¼ tsp crushed red pepper for zip (but it won't make it too hot)

1. Bring frozen pie crusts to room temp. Using a biscuit cutter or cookie cutter, cut out 2-1/2 inch circles from dough. Place these in mini muffin pan. Prick bottoms and bake 1 to 12 minutes at 450.
2. While tartlets are baking, brown ground beef and drain.
3. Add rest of ingredients and warm mixture
4. Spoon meat mixture into baked tartlets (about 1 tbs per tartlet). Serve warm.

Optional Sloppy Joe version: replace salsa and chili seasoning with tomato sauce and 1 cup of Speziato Spaghetti Seasoning for more of a sloppy joe version.

## Mushroom and Bacon Wraps

### Ingredients

5 slices bacon	1 pkg Refrigerated Buttermilk Biscuits	10 large mushrooms
½ tsp Greek Oregano	½ tsp garlic	1 tsp dry mustard

1. Grease cooking sheets. Press out 3" biscuit circle.
2. Cut bacon into 4 pieces per slice so you have about 20 smaller pieces.
3. Place bacon, mushroom, and another piece of bacon on center of each circle.
4. Wrap dough around bacon mushroom stack and place seam side down.
5. Mix spices together and sprinkle dough with spice mixture.
6. Bake at 450 for about 8 to 10 minutes until dough is golden brown.
7. Serve warm

## Onion, Chive, Toasted Onion, and Pepper Dip

### Ingredients

1 cup sour cream	1 tbs chives - minced
1 tbs Toasted minced onion	1 tbs onion - minced
1 tbs fresh cracked black pepper	1 tsp garlic
Option: 1 tsp sea salt	

1. Combine all ingredients in a small bowl. Cover.
2. Refrigerate at least 2 hours. Flavors will bloom after setting.
3. Serve as dip for bread, crackers, veggies or chips.

## Spiced Nuts

### Ingredients

2 cups of nuts*	3 tbs olive oil or butter	½ tsp curry
2 tbs sugar	1 tbs paprika**	½ tsp cumin
½ tsp fresh cracked black pepper	½ tsp chili powder	½ tsp coriander
Option: ½ tsp sea salt		

*\*you can use one kind of nut like peanuts or cashew or mix them.*

*\*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Combine nuts and oil in saucepan. Heat over very low heat for about 3 minutes.
2. Combine rest of ingredients into sauce pan and stir to mix spices well over nut mixture
3. Heat for about 2 minutes.
4. Drain and lay nuts on paper toweling on oven racks to pull off excess oil
5. After cooled, store in air tight container.

Optional version: add in ¼ cup BBQ sauce to nut mixture and bake instead of cooking on stove for 20 to 25 minutes at 325.

# Breads, Sandwiches, and Wraps

## Cheddar Biscuits

### Ingredients

2-1/2 cups Bisquick mix

3/4 cup milk

1 stick butter

1/4 tsp parsley flakes

1 cup Cheddar Cheese - grated

4 tsp chives or minced green onion

1 tsp garlic

Option: 1/4 tsp sea salt (if you use salted butter do not use this option)

1. With a pastry cutter combine Bisquick with 1/2 stick of butter. Mixture will not be smooth, it should have some chunkiness to it.
2. Add Cheddar Cheese, milk, and 1/2 tsp garlic. Mix to combine.
3. Drop about 1/4 cup into greased muffin pan.
4. Bake at 400 about 15 to 20 minutes.
5. When tops turn light brown, take the remaining butter, garlic, and parsley with just a pinch of salt and brush this mixture on the tops of the biscuits before serving.

## Cherry Cardamom Bread

### Ingredients

3/4 cup sugar

1 cup buttermilk

1 cup dried cherries – chopped

2 cups all purpose flour

1/4 tsp cinnamon - ground

Optional 1/2 tsp salt

1/2 cup butter

2 eggs (for no cholesterol version use whites only)

1/2 tsp cardamom

1/2 tsp baking powder\*

1 tsp Atlantic Breeze No Salt Lemon Pepper

Cooking spray

1 tsp vanilla

1/2 tsp baking soda

\* you can make your own by mixing 1 tsp baking soda and 2 tsp cream of tartar

1. Spray a 9 x 5 x 3 inch loaf pan with cooking spray.
2. In a large bowl combine sugar and butter, beat on high until fluffy.
3. Beat in vanilla
4. Beat in eggs and buttermilk, blending well. Mixture will appear curdled.
5. In another bowl mix together rest of the ingredients
6. Combine butter mixture with flour mixture and mix so flour is well moistened
7. Pour batter into baking pan and bake at 350 for about 60 minutes until toothpick inserted in center comes out clean.
8. Cool for about 10 minutes in the pan, running a knife around edges of pan to loosen bread. Then cool completely on wire rack for 2 hours. Wrap tightly and store in refrigerator.

## Easy Quesadillas

### Ingredients

8 7 or 8 inch flour tortillas	2 slices bacon crisply cooked and crumbled
4 oz Monterey Jack Cheese - shredded	2 tbs jalapeño peppers – dried, diced
½ tsp garlic	½ tsp cilantro
¼ tsp cayenne	2 tbs onion - chopped

1. Cover cookie sheets with aluminum foil. Place 4 tortillas on each sheet. .
2. Mix together rest of ingredients.
3. Sprinkle ¼ of mixture on each of 4 tortillas.
4. Top with remaining tortillas
5. Broil at high rack position at 500 or higher for about 8 minutes until dough is golden brown and cheese is melted.
6. Cut into 6 wedges Serve warm with Salsa.

## Lo-Fat Version Cinnamon Spice Banana Nut Bread

### Ingredients

1 cup all purpose flour	1 cup all wheat pastry flour	1 tbs baking powder*
1 cup brownulated sugar	1 tsp cinnamon - ground	¼ tsp baking soda
4 eggs (for no cholesterol version use whites only)		1 tsp vanilla sugar
½ cup buttermilk	1/3 cup unsweetened applesauce	½ cup walnuts –chopped
1 cup (about 2) mashed ripe bananas		Cooking spray

\* you can make your own by mixing 1 tsp baking soda and 2 tsp cream of tartar

1. Spray a 9 x 5 x 3 inch loaf pan with cooking spray.
  2. In a large bowl stir together flours, sugar, baking powder, cinnamon, and baking soda.
  3. Make a well in center of flour mixture.
  4. In another large bowl beat together eggs, milk, applesauce and vanilla until smooth
  5. Fold bananas into egg mixture
  6. Take banana egg mixture and pour it into flour well.
  7. Stir to mix well so that flour is all moistened.
  8. Stir in walnuts.
  9. Pour batter into baking pan and bake at 350 for about 50 minutes until toothpick inserted in center comes out clean.
  10. Cool for about 10 minutes in the pan, then cool completely on wire wrack.
- This version of the old style favorite saves about 60 calories and over 10 grams of fat.



## Monterey Jack and Grilled Chicken Wrap

### Ingredients

1 chicken breast – grilled per wrap	2 slices bacon crisply cooked and crumbled
4 oz Monterey Jack Cheese - shredded	2 tbs Raspberry Walnut dressing or Caesar Dressing
½ tsp garlic	2 tbs onion - chopped      ¼ tsp cayenne
Lettuce	Cooking oil      1 large Tortilla

1. Grill chick breast seasoned with garlic in a little olive oil. Cut into strips after grilling about 10 minutes. .
2. Mix together rest of ingredients.
3. Sprinkle mixture on a tortillas.
4. Add chicken which has been cut up into strips.
5. Roll and fasten with toothpicks if needed.

## Quick Pizza Sticks

### Ingredients

1 pkg Refrigerated Pizza Crust	1 tbs butter	½ tsp garlic
2 oz provolone cheese - shredded	1 tsp basil - chopped	¼ tsp cayenne
1 tbs Romano cheese - grated	½ tsp garlic	¼ tsp Greek Oregano
Option: substitute 2 tbs Mediterranean Dreams Sun Dried Tomato Basil Seasoning OR 2 tbs Venetian Twilight for basil, garlic, and oregano.		

1. Grease cooking sheets. Press out dough into 12 x 9 square on sheet. .
2. Brush dough with melted butter.
3. In a small bowl mix rest of ingredients.
4. Sprinkle mixture over dough spreading it out evenly.
5. Using a pizza cutter or knife, cut dough into 12 1" strips. Cut these strips in half making 24 pieces of dough Do not separate them.
6. Bake at 425 for about 10 to 12 minutes until dough is golden brown.
7. Cut along your prior dough cut lines. Serve warm with Herbed Italian Tomato Sauce

# Desserts and Cookies

## Anise Tea Cookies

### Ingredients

2-1/2 cups flour	1/4 cup chopped nuts	1 tbs. anise seeds
1/2 tsp. salt	2/3 cup corn oil	2 tbs. orange juice
3/4 cup confectioners sugar	1/2 tsp. vanilla	more confectioner's sugar

Preheat oven to 350 degrees.  
Yield about 3 dozen cookies.

1. Sift together all dry ingredients.
2. Add corn oil and stir until well mixed.
3. Add sugar, orange juice, and vanilla. Mix well.
4. Mixture will appear dry and crumbly. Shape into small crescents.
5. Place on ungreased cookie sheet.
6. Bake 20 to 25 minutes until lightly browned.
7. Roll warm cookies in confectioner's sugar.

## German Ginger Molasses Cookies

### Ingredients

1 cup butter	1-1/4 cup light molasses	1 tsp. cinnamon
3/4 cup firmly packed brownulated sugar	4 cups flour	1 tsp. baking soda
1 tsp. salt	2 tsp. ginger	1/2 tsp. cloves

Preheat oven to 375 degrees.  
Yield about 8 dozen round cookies. May also be cut out as gingerbread men.

1. Melt butter in a saucepan.
2. Add molasses and brownulated sugar. Stir until dissolved. Set aside to cool.
3. Sift together dry ingredients.
4. Add dry ingredients to butter mixture after butter mixture has cooled.
5. Turn dough onto floured surface and knead until easy to handle. Add extra flour as needed.
6. Place in plastic container in refrigerator for 2 days.
7. Roll out chilled dough about 1/4" thick. Cut with gingerbread cutters or other cookie cutters.
8. Bake 10 to 13 minutes.

## Lebkuchen (German Honey Cookies)

### Ingredients

3 cups flour	1/4 tsp. baking soda	1 tsp. cinnamon
1/2 tsp. allspice	1/2 tsp. cloves	1/2 tsp. nutmeg
2 eggs	1 cup sugar	1/2 cup honey
3/4 cup chopped almonds	2 oz. candied orange peel	2 oz. candied lemon peel

Preheat oven to 350 degrees.

Yield about 3 dozen cookies.

1. Sift flour, soda, and spices together.
2. In a separate bowl, beat eggs with sugar until thick.
3. Add honey to egg mixture.
4. Slowly beat in flour mixture to egg mixture.
5. Mix in almonds and candied peels.
6. Spread evenly in a large pan (like a jelly roll pan).
7. Bake 25 to 30 minutes.
8. Cool. Cut into bars.

Variation: Either dust with powdered sugar or ice with frosting. OR prepare the following glaze: Blend 1/3 cup confectioner's sugar, 1 tbs. water, and 1 tsp. lemon juice.

## Orange Cookies

### Ingredients

1/2 cup shortening	1/2 cup butter	1/4 tsp Baking Soda
1/2 cup sugar	1/2 cup brownulated sugar	1/4 tsp Baking Powder
1 egg	1/2 tbs Lemon Extract	2-3/4 cups Flour
2 tbs Orange Juice	1 tbs Orange Peel	1 cup Chopped Pecans

Preheat oven to 350 degrees with oven racks in center positions.

Yield about 5 doz. cookies.

1. Cream shortening, butter, sugar, brownulated sugar and egg.
2. After creaming beat on highest speed of mixer for one minute.
3. Add Orange Juice, Orange Peel, Lemon Extract, and Pecans.
4. Sift together Baking Soda, Baking Powder, and Flour.
5. Add Flour Mixture to batter.
6. Chill dough in refrigerator for 2 hours.
7. Roll dough into walnut size balls and flatten with palm of hand.
8. Bake 10 to 12 minutes.

## Snickerdoodles

### Ingredients

Preheat oven to 400 degrees with oven racks in center positions. Yield about 5 doz. cookies.

1 cup shortening	2 tsp. cream of tartar	2 eggs
1-1/2 cup sugar	1 tsp. baking soda	2-3/4 cup flour
2 tablespoons Vanilla sugar	2 tsp. cinnamon	

1. Cream shortening, sugar, and eggs.
2. Sift together cream of tartar, baking soda, and flour.
3. Add flour mixture to batter.
4. Chill for at least two hours.
5. Roll into balls the size of walnuts.
6. Mix 2 tablespoons of Vanilla sugar and 2 tsp. cinnamon.
7. Roll balls in cinnamon/sugar mixture. (For a holiday variation, put cinnamon in dough and roll in colored sugar crystals)
8. Place about 2" apart on ungreased cookie sheet.
9. Bake about 8-10 minutes. These cookies puff up and then flatten out with crinkled tops.

## Wonderful Fruit Pies

### Ingredients

Preheat oven to 400 degrees with oven racks in center positions.

1 pie crust (pre-made or homemade)	2 cups apples, berries, peaches, or fruit of your choice
4 tbs brownulated sugar	1 tsp. nutmeg      2 tsp. cinnamon

1. Pour Fruit into prepared pie shell
2. Sift together sugar, nutmeg and cinnamon
3. Sprinkle over fruit and mix it in a little to coat fruit pieces
4. Bake about 45 minutes until crust is done (Follow directions for prepared crusts)

### Homemade pie crust:

2 cups sifted flour	1/2 cup shortening – chilled	6 tbs water - chilled
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1. Combine ingredients with pastry cutter or by hand until well mixed.
2. Roll out to create a circle large enough to cover you 9' or 10' pie plate
3. Place in greased pie plate and prick crust with fork.

### Streusel Topping option:

1/3 cup flour	1/4 cup brownulated sugar	3 tbs butter
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1. Combine ingredients with pastry cutter until crumbly and butter is mixed in
2. Sprinkle generously over top of fruit in place of a pie shell top
3. Bake as you normally would the pie

# Meats and Casseroles

## Chicken Marsala

Ingredients for Marsala Wine Sauce (up to 4 skinless chicken breasts):

½ cup butter	2 tbs heavy cream	1 cup chicken broth
¼ cup Marsala wine	2 tsp minced garlic	2 tsp chives
1 cup mushrooms, sliced	1 tsp black ground pepper	2 tsp corn starch

Optional, add 1 tsp tarragon, parsley, or diced prosciutto 1 to 2 slices

Ingredients for Chicken Seasoning (up to 4 skinless chicken breasts):

1 tsp black ground pepper	½ tsp onion (minced)	½ tsp oregano
½ tsp parsley	½ tsp marjoram	½ tsp thyme
½ tsp garlic (minced)	½ tsp paprika	1 tbs olive oil

½ tsp sea salt fine grind (optional)

1. Combine all sauce ingredients and simmer over low heat while preparing chicken
2. Combine herbs and spices with olive oil
3. Baste each chicken fillet with spiced oil
4. Grill chicken on high heat until done.
5. Ladle ¼ of Marsala Sauce over each breast
6. Garnish with fresh parsley

## Crab Cakes Devine

Ingredients

1 cup crabmeat (fresh or canned, lump)	1 egg beaten	1 tsp Dijon mustard
2/3 cup Progresso break crumbs or Panko	1 tsp parsley	1/8 tsp Allspice
4 tbs mayonnaise	1/8 tsp cinnamon	1/8 tsp cloves
4 tbs chives or minced green onion	½ tsp ginger	1 tsp paprika*
4 tbs red bell pepper dried, diced	1/4 tsp savory	¼ tsp thyme
1/4 tsp bay leaf crushed	1/4 tsp cardamom crushed	1/4 tsp garlic minced
¼ tsp celery minced or flaked	1/4 tsp dill weed or seed	Olive Oil

1 tsp pepper (black or cayenne depends on how spicy you want them)

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

Option: Add 1 tbs Calypso Sun Dried Tomato

1. Combine all dry ingredients in a large bowl.
2. Carefully fold in everything but crabmeat.
3. Lastly fold in the crabmeat. You want chunks so don't over stir.
4. Form into balls and place ball, into greased cup cake or muffin pan
5. Refrigerate for 2 hours to firm up the balls.
6. In a large skillet add a little oil for browning the cakes. Cook until brown.
7. Serve with Cocktail and Remoulade Sauces (see sauce recipes)

## Crab Cakes Extraordinaire

### Ingredients

2 cups Bisquick mix	½ cup crabmeat (fresh or canned, lump)
2 cups Cheddar Cheese, shredded	2/3 cup milk
2 tbs butter, melted	½ tsp garlic - granulated
½ tsp parsley flakes	¼ tsp coriander (crushed)

1. Combine all ingredients in a large bowl using ½ of the butter and garlic granules. The other half will be used after baking.
2. Form into balls and place ball, flattening one end on a greased or aluminum lined cookie sheet
3. Sprinkle tops with a little more parsley and cheese
4. Bake at 450 for 15 to 18 minutes

Brush tops with remaining melted butter and garlic granules.

## Egg Frittata

### Ingredients

6 eggs	1 cup grated Parmesan or other cheese	2 tbs chives
10 slices bacon crumbled	1/3 cup milk	1 pkg frozen spinach
1 tsp garlic powder	1 tsp onion - minced	1 tsp paprika
1 tsp crushed red pepper	1 tsp turmeric	cooking spray

1. Spray baking dish with cooking spray
2. Combine all ingredients, mixing well
3. Sprinkle tops with a little more cheese
4. Bake at 400 for 30 to 45 minutes

## Meatloaf Escape

Ingredients for basic meatloaf: 1 pound Ground Beef (Round or Chuck) OR mix ground beef and ground pork to 1.5 pounds of meat. We recommend using more beef than pork for the loaf to stay together better.

2 eggs, beaten	1 cup milk
1 cup bread crumbs or corn flakes either will work	
1 tbs Dijon Mustard	1 onion (chopped)
1 tbs garlic (minced)	1 tbs paprika
1 tsp Greek Oregano	1 tsp black pepper, ground
Optional: 1 can Rotelle drained (spicy version), or add ¼ cup Insanity Ridge Salsa Mix or ¼ cup Rio Grande Chili Mix.	

1. Combine all ingredients in large baking dish.
2. Bake at 350 about 45 to 60 minutes
3. Optional topping of ketchup, salsa, or gravy can be added during last 15 minutes

## Penne Casserole

### Ingredients

3 tbs butter	2 tbs garlic - minced	3 tbs Marsala wine
2 cups heavy cream	1-1/2 cup Parmesan - grated	1/2 cup milk
1/2 cup chicken broth	1 tbs cornstarch	1/2 tsp thyme
2 tsp rosemary - minced	1 tbs Grey Poupon Dijon Mustard	1/4 tsp cayenne
1 pound penne pasta	12 shrimp, peeled / deveined	1/8 tsp liquid smoke
2 skinless chicken breasts	2 oz thick prosciutto – chopped	1-1/2 tsp paprika*
12 slices pimentos	4 sprigs of parsley for garnish	1/2 tsp. salt
1/2 tsp pepper	1 tbs olive oil	

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Set aside 3 tbs of Parmesan and all of the paprika to use as topping.
2. Also set aside garnish of 12 pimentos and 4 sprigs of parsley.
3. Melt butter in medium saucepan. Add garlic and simmer it on very low heat 5 minutes.
4. Add wine and remaining ingredients. Whisk mixture until smooth, continuing to heat it on very low heat. Simmer until it thickens about 8 to 10 minutes.
5. Cover the pan and let sit on stove but off of hot burner.
6. Cook penne pasta according to package directions for a la dente.. cooked, soft, but not mushy. Usually about 8 minutes.
7. Baste chicken and shrimp with olive oil. Sprinkle salt and pepper on each. Grill on high heat. Start chicken first. Grill about 7 to 8 minutes per side. Add shrimp about 4 minutes into grilling. Grill until fully cooked.
8. Cut chicken into chunks.
9. In a shallow pan (a 9 or 10" pie plate works well), Combine sauce with pasta and meat.
10. Toss to coat mixture. This will make about 4 9" servings so use about 1/4 of your ingredients in each dish. Take your topping mix of paprika and cheese and sprinkle on the top of the dish. Bake 10 to 15 minutes at 500.
11. Garnish with long pimento slices and sprigs of rosemary

## Roast Beef

### Ingredients

1 to 2 pounds Beef Roast	1 cup Red Wine	1 tbs onion, chopped
1 tsp garlic, minced	1 tbs Worcestershire Powder	1 tsp cracked black pepper 6 Mesh

1. Place roast in baking dish or slow cooker.
2. Pour wine over beef.
3. Coat top of beef with Steak Sauce
4. Sprinkle onion, garlic, and pepper over steak sauce.
5. Roast at 350 for about 1 hour or cook in slow cooker for 5 to 7 hours.

## Shrimp Scampi

### Ingredients

2 tbs butter	1 tbs White Wine	1 pound Shrimp, deveined
1 tsp garlic, minced	1 tsp onion, minced	1 tsp lemon juice
1 tsp crushed red pepper	1 tbs olive oil	1 tsp cracked black pepper 6 Mesh

1. Melt butter and add seasonings and wine.
2. Coat shrimp with butter, herb, wine mixture
3. Place shrimp in pan with olive oil.
4. Cook for about 2 minutes until shrimp are done. If frozen, cook for at least 10 minutes.
5. Serve over rice or pasta

## Sugar and Honey Glazed Ham

### Ingredients

Ham (you select size)	¼ cup Honey	¼ cup Brownulated Sugar
1/8 tsp cloves	Optional apple or pineapple slices	

1. Place ham in baking dish
2. Pour honey over ham
3. Sprinkle with brownulated sugar and cloves
4. If desired garnish with apple or pineapple slices
5. Bake at 350 about 30 minutes (or longer if ham was frozen and not thawed)

## Tangy Raspberry Chipotle Pork Chops

### Ingredients

4 Pork Chops	1 cup Raspberry Sauce	1 tsp Chipotle Pepper
Optional apple slices		

1. Place pork chops in baking dish
2. Pour raspberry sauce over chops
3. Sprinkle with chipotle pepper
4. If desired garnish with apple slices
5. Bake at 350 about 30 to 45 minutes or until meat thermometer shows pork as done



## Tequila Lime Chicken

Ingredients for Marinade (up to 4 skinless chicken breasts):

1 cup water	2 tbs lime juice	¼ tsp tequila
½ cup teriyaki sauce	2 tsp minced garlic	1 tsp smoked sweet paprika
¼ tsp ginger (ground)	1 tsp black ground pepper	1/8 tsp cayenne
½ tsp sea salt fine grind (optional)		

Combine all marinade ingredients in shallow baking dish. Submerge chicken and marinate for no more than 2 hours as lime juice will begin to toughen the meat.

Ingredients for Pepper Ranch Cream Sauce (up to 4 skinless chicken breasts):

¼ cup mayonnaise	¼ cup sour cream	1 tbs milk
1 can Rotelle, drained	1 tsp jalapeno slices	1 tsp onion (minced)
¼ tsp parsley	1/8 tsp cayenne	1/8 tsp cumin
1/8 tsp garlic (minced)	1/8 tsp chipotle	1/8 tsp paprika*
1 cup Mexican Cheese Blend (shredded)		

Optional: make it spicier by adding a few drops of a hot sauce

You can substitute a southwest chili spice or pepper blend for the cayenne, chipotle, paprika spices. Add ½ tsp of a pre-blended seasoning.

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. After marinating chicken for about 2 hours, grill it on high heat until done. About 10 minutes per side for thawed chicken.
2. Arrange cooked chicken in a large baking dish. Pour the Pepper Ranch Cream Sauce over the chicken.
3. Sprinkle ¼ cup of shredded cheese over each chicken breast.
4. Broil for 2 to 3 minutes until cheese has melted
5. Serve over rice or tortilla chips or strips.
6. Garnish with pico de gallo or salsa.

## Turkey Variations

### Ingredients

1 Turkey (you determine size)

### Fruity Variation:

1 cup Olive Oil	2 tbs onion – minced	1 tbs sea salt
5 apples cored and sliced	1 cup apple cider	2 tbs celery – chopped
2 tbs. fresh cracked pepper 6 mesh	2 tbs orange peel	2 tbs garlic

1. Clean turkey and prepare for baking
2. Baste turkey with Olive oil.
3. Sprinkle onion, salt, celery, pepper, orange peel, and garlic over surface of turkey saving some to inject into interior cavity
4. Place on apple slices in baking dish
5. Place slices under wings and in leg joints
6. Add slices to interior cavity, pour apple cider into cavity, toss remaining spices into cavity
7. Bake according to cooking bag or frozen turkey directions until meat thermometer reads Poultry done.

### Savory Variation:

1 cup Olive Oil or butter	2 tbs onion – sliced	1 tbs sea salt
2 tbs celery – chopped	2 tbs sage	2 tbs thyme
2 tbs. fresh cracked pepper 6 mesh	2 tbs garlic	1 cup chicken broth

1. Clean turkey and prepare for baking
2. Baste turkey with Olive oil or butter.
3. Sprinkle spices over surface of turkey saving some to inject into interior cavity
4. Place in baking dish
5. Place Onion and Celery slices under wings and in leg joints
6. Add slices to interior cavity, pour chicken broth into cavity, toss remaining spices into cavity
7. Bake according to cooking bag or frozen turkey directions until meat thermometer reads Poultry done.

## Zesty Baked Fish

### Ingredients

4 Fish Fillets (you select type)	¼ cup Raspberry Vinegar	1 tsp Brownulated Sugar
2 tsp paprika*	4 tsp thyme	2 tsp onion powder
2 tsp garlic powder	2 tsp sea salt	2 tsp black pepper
1 tsp cayenne	1 tsp Greek Oregano	¾ tsp cumin

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Place fish in baking dish and spray pour raspberry vinegar over it
2. Combine rest of ingredients and shake over fish coating tops
3. Bake at 400 about 30 minutes until fish flakes with a fork.

# Sauces, Spreads, Relishes

## Butter Garlic ~Herb Spread

### Ingredients

1 stick of butter

2 tbs garlic

2 tbs oregano

1 tsp thyme

½ tsp parsley flakes

½ tsp paprika\*

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Melt butter.
  2. Add herbs to melted butter in a small bowl. Mix. Refrigerate immediately.
  3. After mixture has cooled and is more like a whipped spread, using a knife spread on French bread or sourdough bread.
  4. Bake at 450 for about 5 to 10 minutes. Until bread is toast like.
- Option: Add shredded Cheese to top before baking for a Cheesy version

## Herbed Italian Tomato Sauce

### Ingredients

1 can tomato sauce

2 tbs garlic

2 tbs oregano

1 tsp thyme

½ tsp parsley flakes

½ tsp paprika\*

Optional spicy version:

Add ¼ tsp crushed red pepper flakes

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Combine all ingredients in a sauce pan.
2. Heat and serve

Uses: Serve over pasta, serve along side of appetizers as a dipping sauce, add to ground beef to make Italian version of the Sloppy Joe, serve over meatloaf.

## Herbed Vinaigrette Salad Dressing

### Ingredients Makes 1 cup:

¾ cup Extra Virgin Olive Oil    ¼ cup vinegar (white or red wine or balsamic or flavored)

1 tbs basil (minced)

1 tbs parsley (chopped)

1 tbs garlic (minced)

1 tsp thyme

¼ tsp crushed red pepper

1 tsp Greek Oregano

½ tsp rosemary (minced)

1 tsp black ground pepper

1 tbs sea salt

1. Combine all and store in air tight bottle in refrigerator.

## Italian Bread Dipping Blend

### Ingredients Makes ¼ cup:

1 tbs basil (minced)

1 tbs parsley (chopped)

1 tbs garlic (minced)

1 tsp thyme

¼ tsp crushed red pepper

1 tsp Greek Oregano

½ tsp rosemary (chopped)    1 tsp black ground pepper

Combine 1 tsp of blend with 3 to 4 tbs of extra virgin olive oil and 1/8 tsp lemon juice

## Japanese Style Ginger Salad Dressing

Ingredients Makes 1- ½ cups:

1/3 cup rice vinegar	½ cup onion (minced)	2 tbs celery flakes
½ cup peanut oil	½ tsp garlic (minced)	4 tsp soy sauce
2 tbs ginger (ground)	1 tsp black ground pepper	2 tsp lemon juice

1. Combine all ingredients in a blender.
2. Blend on high for about a minute.
3. Pour into salad cruet or bottle and chill.

## Remoulade Sauce

Ingredients

½ cup mayonnaise	2 tsp dill pickles – chopped	2 tsp capers
1 tsp lemon juice	½ tsp parsley flakes	½ tsp paprika*
½ tsp Cayenne	½ tsp chili pepper	½ tsp cumin

Optional: ¼ tsp salt

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Combine all dry ingredients in a small bowl. Refrigerate immediately.
2. Make up about an hour or so before serving with shrimp or crabcakes.
3. Serve cold.

## Salsa

Ingredients

4 to 6 tomatoes - diced	1 cup jalapeños – diced	½ onion - diced
2 tsp garlic - minced	2 tbs cilantro	2 tsp sea salt
¼ cup Insanity Ridge Salsa	¼ cup vinegar	¼ cup water

For hotter salsa add cayenne pepper or other hot peppers to your taste

1. Roast the tomatoes to loosen the skins. Roast or grill for about 10 minutes turning ½ way through. Let these cool by blanking them in cold water. The skins should be looser and easier to remove.
2. Mince or dice the tomatoes. You can use a food processor or do it by hand.
3. Add the other ingredients mixing well. If you want a smoother salsa vs. this chunky style simply add the mixture to a blender and puree for a few minutes until the mixture attains the consistency you want.
4. Refrigerate for at least 2 hours allowing the flavors to mingle.

# Soups and Stews

## Beef Stew

### Ingredients

1 pound lean stew beef	1 can tomatoes - diced	1 cup flour
1 cup carrots – diced	1 cup onion - diced	2 tsp garlic
1 can potatoes or 4 or 5 quartered ones	1 tsp cayenne	1 tsp paprika
1 cup red wine or red wine vinegar	½ tsp black pepper – ground	1 tsp. Olive Oil
1 cup beef broth	1 tbs cornstarch or arrowroot to thicken mixture	

Optional: 1 tsp sea salt, add 1 cup / can corn, peas, and or green beans to make more of a vegetable stew. If you don't use canned vegetables you will need 6 cups of water.

1. Brown beef with onion, carrot, garlic in Olive Oil for about 5 to 10 minutes until veggies are tender
2. In a large soup / stock pot combine all ingredients. If you don't use canned vegetables you will need 6 cups of water.
3. Simmer using low heat for about 3 hours or use a crock pot for all day cooking.
4. About 20 minutes before serving check consistency. If not thick enough add cornstarch or arrowroot to thicken mixture.
5. Variations include adding liquid smoke, A-1 sauce, or commercial stew mixtures.

## Cheese Soup

### Ingredients

2 cans chicken soup or water	6 oz American Cheese or Colby - shredded
1 cup milk	6 oz Sharp Cheddar Cheese = shredded
1 cup onion - diced	2 tsp garlic
½ tsp thyme	½ tsp paprika*

Optional: 1 tsp sea salt and croutons. We suggest a dark rye or pumpernickel version

Variation: Add 1 cup of beer replacing 1 cup of soup or water.

*\* use regular 120 ASTA paprika, or sweet smoked paprika, or hot smoked paprika as you prefer*

1. Combine everything but cheeses and milk in a slow cooker and cook on low for 4 hours.
2. Stir in cheese and milk and turn cooker to high setting. Cook for another hour, until cheeses have completely melted.
3. Stir to blend well every 30 minutes while cooking after cheese is added.

## Chicken Soup

### Ingredients

3 oz boneless chicken breast	1 can chicken broth	1 cup water
1 tsp. ginger	2/3 cup carrots – diced	1/3 cup onion - diced
¼ cup parsley – chopped	1 cup celery chopped	2 tsp garlic
½ tsp turmeric	2 tsp lemon juice	¼ tsp coriander ground
½ tsp black pepper – ground	½ tsp thyme	1 cup rice, orzo, or pasta
Optional: 1 tsp sea salt		

1. Pre-cook chicken in a sauce pan with salt and pepper.
2. Cube chicken breast into bite sized pieces
3. In same pan, add rest of ingredients and bring mixture to a boil
4. Reduce heat and simmer for 10 minutes until rice, orzo or pasta is tender.
5. If adding rice you may need to increase water by 1 cup.

## Classic Ham and Beans

### Ingredients

1 pound ham	1 cup honey	1 can steakhouse beans
1 cans tomatoes – diced	1 cup carrots – diced	1 cup onion - diced
2 tsp garlic	1 can Red Kidney Beans	1 can baked beans
1 can Great Northern Beans	½ tsp black pepper – ground	1 tsp. Olive Oil

Optional: Substitute 1 cup of dried beans for canned beans You will need to cook dried beans longer with more liquid.

1. Combine all ingredients submerging sliced ham in bean mixture
2. Bake at 350 for about 30 minutes to an hour if ham is not frozen. Or cook in a slow cooker on low all day.

### Variations:

1. Add 1 cup cooked rice to mixture
2. Replace diced tomatoes with Rotelle for a spicier version of this dish
3. Add 1/3 cup brown sugar to mixture
4. Only use 1 kind of bean instead of variety
5. Add 1 can of mushrooms
6. Add 1 tbs of savory

## Hungarian Goulash

### Ingredients

1 to 2 pounds lean stew beef	1 cans tomatoes – diced	1 cup onion - diced
8-9 medium potatoes peeled and quartered	1 cup green pepper – diced	2 tsp garlic
1 tbs smoked hot or smoked sweet paprika	1 tbs balsamic vinegar	4 cups beef stock
½ tsp caraway seeds mashed with back of spoon	¼ tsp marjoram	¼ tsp sea salt
½ tsp black pepper – ground		

1. Brown meat and onion in large Dutch oven or stock pot.
2. Stir in rest of ingredients and simmer on low for 3 hours or use a slow cooker for all day.
3. Add water to mixture as needed to keep consistency that of a good clam chowder or thin stew

### Variations:

1. Stir in 1 pound of cleaned shredded cabbage (about ½ head) about an hour before serving
2. Stir in 2 cups of a vegetable or vegetable mixture such as green beans, carrots, or kohlrabi about 1 hour before serving
3. Stir in 1 pound of sauerkraut 1 hour before serving with ½ cup of sour cream
4. Use pork roast instead of beef

## Italian Bean and Pasta Soup (Fagioli)

### Ingredients

1 pound lean ground beef	1 can tomato sauce	1 can Rotelle
2 cans tomatoes – diced	1 cup carrots – diced	1 cup onion - diced
¼ cup parsley – chopped	1 cup celery chopped	2 tsp garlic
1 can Red Kidney Beans	1 can Great Northern Beans	1 tbs balsamic vinegar
1 tbs Greek Oregano	1 tsp basil (green)	½ tbs basil (purple)
½ tsp black pepper – ground	½ tsp thyme	1 cup ditali pasta
½ cup grated Parmesan cheese for garnish on top		1 tsp. Olive Oil

Optional: 1 tsp sea salt, substitute 1 cup of dried beans for canned beans You will need to cook dried beans longer with more liquid.

4. Brown ground beef, drain, and set aside.
5. Sauté onion, carrot, celery, garlic, parsley for about 10 minutes.
6. In a large soup / stock pot combine all ingredients except pasta. Simmer using low heat for about 1 hour
7. About 20 minutes before serving, cook pasta in 2 quarts boiling water with a little olive oil in the water to keep pasta from getting sticky. Cook and drain.
8. Add pasta to soup mixture and simmer for another 10 to 15 minutes.
9. Serve with Italian or French bread, crouton, and garnish with some shaved cheese.

## Italian Veggie Soup (Minestrone)

### Ingredients

1 can Chicken Broth*	4 cups spinach -shredded	1 cup green beans sliced
1 can tomatoes – diced	1 cup carrots – diced	1 cup onion - diced
¼ cup parsley – chopped	1 cup celery chopped	2 tsp garlic
1 can Red Kidney Beans	1 can Great Northern Beans	½ cup zucchini - diced
1 tbs Greek Oregano	1 tsp basil (green)	½ tbs basil (purple)
½ tsp black pepper – ground	½ tsp thyme	1 cup macaroni pasta
3 tbs. Olive Oil	3-1/2 cups of water	

Optional: 1 tsp sea salt, substitute 1 cup of dried beans for canned beans You will need to cook dried beans longer with more liquid. To make a spicier version add 1 can of Rotelle to base.

\* To make vegetarian version replace chicken broth with vegetable broth

1. Sauté onion, carrot, celery, garlic, parsley, zucchini, green beans for about 7 minutes.
2. In a large soup / stock pot combine all ingredients except pasta. Simmer using low heat for about 1 hour
3. About 20 minutes before serving, cook pasta in 2 quarts boiling water with a little olive oil in the water to keep pasta from getting sticky. Cook and drain.
4. Add pasta to soup mixture and simmer for another 20 to 25 minutes. You will not need to precook the pasta.

## Lentil Lusciousness

### Ingredients

2 cans Lentil Soup	1 can Rotelle or for less spicy version, diced tomatoes	
1 cup carrots – diced	1 cup onion - chopped	2 tsp garlic
6 to 8 slices of ham or bacon	Cooking spray	

Optional: 1 tsp sea salt. If you want to use fresh lentils, you will need to soak them overnight, and then cook them in 6 cups of water to 2 cups of lentils. Then proceed with casserole recipe.

1. Spray a large baking dish with cooking spray
2. Combine all ingredients except ham or bacon
3. Layer ham or bacon slices over top of lentil mixture
4. Bake at 350 about 20 to 30 minutes.



## Onion Soup

### Ingredients

2 quarts beef stock (soup)                      3 cups onion - chopped                      4 tbs butter  
1 tsp black pepper – ground                      1 tsp sea salt

Options: add slices of French Bread and 1 pound of grated Parmesan or Swiss Cheese just before serving to make it “French”

1. Sauté onion in butter with salt and pepper..
2. Add beef stock and cook covered for 20 minutes.

## Potato Soup

### Ingredients

2 cans chicken broth                      4 medium potatoes peeled and cubed                      1 tbs thyme  
½ cup shredded Cheddar cheese                      6 crisp bacon strips crumbled                      1 cup onion - minced  
1 tsp garlic                      ½ tsp black pepper – ground                      1 tsp sea salt

Optional: Croutons (you can also substitute heavy cream for cheese)

1. Combine broth, potatoes, cheese, onion and thyme in a Dutch oven or stock pot.
2. Bring mixture to a boil over high heat and then reduce to medium and boil for 10 minutes or until potatoes are tender.
3. While potatoes are cooking fry up bacon to crisp slices and crumble them after draining away excess fat on paper toweling.
4. Add bacon to potato mixture and simmer another 5 to 10 minutes.
5. Garnish with croutons and additional cheese.

## Spicy Vegetable Soup

### Ingredients

1 can or cup of peas                      1 can or cup of corn                      1 can Rotelle  
1 can or cup of green beans                      1 can or 3 sliced medium of potatoes                      1 tbs onion - minced  
¼ cup parsley – chopped                      1 cup celery chopped                      2 tsp garlic

½ tsp black pepper – ground                      Water if frozen or fresh vegetables are used

Optional: 1 tsp sea salt, 1 can Red Kidney Beans, 1 cup of pasta of your choice.

1. Combine all ingredients and do not drain any of the cans. If using frozen vegetables add 1 cup of liquid for each vegetable you are adding to the mix.
2. Combine all ingredients in a large stock pot.
3. Simmer using low heat for about 10 minutes for canned version, 30 minutes for fresh or frozen version
4. Serve with Italian or French bread, croutons, and a salad.

# Vegetables and Rice

## Artichoke, Mushroom, Tomato Medley

### Ingredients

1 can Artichoke quarters	1 small carton grape tomatoes	1 can mushrooms
2 tsp garlic	1 tbs Greek Oregano	1 tbs. Olive Oil
½ tsp black pepper – ground	½ cup grated Parmesan cheese for garnish on top	
Optional: 1 tsp sea salt		

1. Wash and slice grape tomatoes in half length wise
2. Combine all ingredients and sauté until warm
3. Serve as a side dish or spoon over roasted chicken or shrimp or pasta

## Garlic Mashed Potatoes

### Ingredients

4 russet potatoes, peeled	3 tbs garlic	¾ stick butter
½ cup milk or cream	½ tsp black pepper – ground	½ cup Grated cheese*
2 tbs European Saga Sour Cream and Chives Seasoning		
Optional: ¼ tsp sea salt,		

1. Peel potatoes and drop them into a large pot with about 6 cups of water. For faster cooking cut them into quarters.
2. Add 1 tbs. of garlic to the water and boil for 30 minutes. Drain them.
3. Mash the potatoes thoroughly.
4. Add remaining ingredients and warm the mixture over a medium heat for about 5 to 10 minutes until mixture is hot.
5. Serve immediately.
6. For large groups add 1 potato per person and double ingredients for every 4 potatoes added.

\* Any kind of good grated cheese will work. Parmesan, Asiago, Romano, Gruyere, Cheddar. Or try a combination of several cheeses.

## Green Bean Casserole Variation

### Ingredients

3 cups frozen green beans                      1 cup French Fried Onions                      1 tbs Zesty Pepper Blend  
2 cans of one of the following soups cream of celery, mushroom, potato or Cheddar cheese soup  
3/4 can milk                                      Cooking spray

1. Spray baking dish
2. Combine all ingredients using ¼ cup of French Fried Onion
3. Sprinkle remaining onion on top about 5 to 10 minutes before serving
4. Bake at 350 for about 30 minutes

## Piquant Corn

### Ingredients

1 to 2 cups of corn                              1 tsp onion - diced                              ½ tsp cayenne  
½ tsp black pepper – ground                      1 red pepper - diced  
Optional: 1 tsp sea salt

1. Combine all ingredients in a sauce pan or baking dish.
2. Heat and serve.

## Roasted Vegetables

### Ingredients

Pick 3 or 4 vegetables from the following list: asparagus, broccoli, corn, mushrooms, peas, potatoes, red/yellow/orange peppers, or tomatoes Use 1 to 2 cups each in a baking dish

1 tsp onion - chopped                              ¼ tsp parsley – chopped                              1 tsp garlic  
1 tsp Greek Oregano                              1 tsp basil (green)                              ½ tbs basil  
½ tsp black pepper – ground                              ½ tsp thyme                              1 tbs Olive Oil  
½ cup grated Parmesan, Romano, Asiago or blend of cheese                              Cooking spray

Optional: 1 tsp sea salt, add 1 tbs Parmesan Artichoke Perfection Seasoning or 1 tbs Mediterranean Dreams Sun Dried Tomato Basil Seasoning, or 1 tbs Venetian Twilight Seasoning, or 1 tbs Naples Robusto Seasoning, or 1 tbs Italian Odyssey Seasoning. Or a combination of them.

1. Spray baking dish with cooking spray.
2. Quarter or slice veggies the way you would like to serve them.
3. Combine spices and cheese and shake liberally over vegetables
4. Drizzle olive oil over seasoned vegetables
5. Bake at 350 for about 45 minutes. Reduce cooking time if you increase oven temp.

## Savory Tomato Slices

### Ingredients

4 or 5 Large Ripe Tomatoes      1 tbs dill weed      ¼ cup *Herbed Vinaigrette Salad Dressing\**  
Optional: 1 tsp sea salt and / or shaved Parmesan cheese

\*see recipe on page 19

Option: Shake on 1 tbs of Lyon Vinaigrette dry seasoning mix

1. Wash and slice tomatoes
2. Pour *Herbed Vinaigrette Salad Dressing* over tomato slices
3. Sprinkle dill weed over tomatoes
4. Garnish with shaved Parmesan cheese if desired

## Sweet Potatoes Cinnamon Bake

### Ingredients

4 sweet potatoes, cut in half length wise      3 tbs brownulated sugar      1/2 stick butter  
1 tbs olive oil      1-1.2 tsp cinnamon      Optional: ¼ tsp sea salt

1. Using a pastry brush, brush skins of sweet potatoes. Place on cookie sheet.
2. Sprinkle ½ tsp of cinnamon over sweet potatoes
3. Bake at 350 about 45 to 60 minutes until inside is soft and you see a little oozing.
4. Soften butter to allow whipping with remaining ingredients.
5. Serve over top of sweet potatoes.
6. For large groups add 1 potato per person and double ingredients for every 4 potatoes added.

## Wild Rice Pilaf

### Ingredients

¼ cup butter      1 cup raw wild rice      ½ cup chopped onion  
¾ cup chopped celery      1 cup sliced mushrooms      3 cups chicken broth  
¼ tsp sage      ¼ tsp thyme      ¼ tsp parsley  
¼ tsp fresh cracked pepper      ¼ cup toasted slivered almonds  
Optional: ¼ tsp. sea salt and ¼ cup chopped carrot or sweet red pepper

1. Melt butter in a large skillet.
2. Sauté wild rice, onion, celery, mushrooms and vegetables until golden brown.
3. Add chicken broth, sage, thyme, parsley pepper and if you desire optional sea salt.
4. Cover and simmer for 45 to 60 minutes, until rice is tender.
5. Mix in toasted slivered almonds prior to serving.