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Apple Cheddar Quesadillas

Prep. Time: 10 minutes

Yield: 6 Servings

Ingredients:

- 1 ½ c sharp cheddar cheese, shredded
- 6 whole wheat tortillas
- 1 large or 2 small apples, cored and thinly sliced
- Natural cooking spray

Directions:

1. Sprinkle 2 tablespoons cheese over one half of each tortilla
2. Arrange apple slices, barely overlapping, on top of each pile of cheese
3. Sprinkle 2 more tablespoons cheese over apples on each tortilla
4. Fold each in half
5. Generously spray a large skillet with oil spray
6. Heat over medium high heat
7. Arrange half of the quesadillas in the skillet without overlapping and cook Gently flipping once, until cheese is melted and tortillas are golden brown on both sides, 2 to 3 minutes per side
8. Transfer to plates
9. Serve warm



Zesty Asian Chicken Salad

Prep. Time: 20 minutes

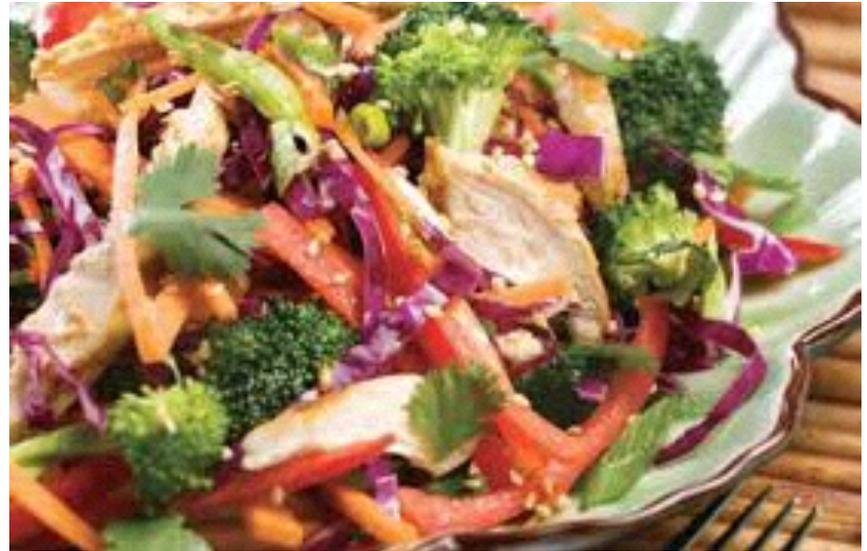
Yield: 4 servings

Ingredients:

- 2 tsp Olive Oil
- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 tsp Garlic Powder
- 3 tsp Ginger, ground
- 2 tsp Sea Salt
- 3 green onions, sliced
- 1½ c small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 c shredded cabbage
- ¼ c 100% orange juice
- ¼ c chopped fresh cilantro

Directions:

1. Cut chicken breasts into small strips and season with the garlic, ginger, black pepper
2. Heat oil in a large pan on medium-high heat
3. Add enough chicken to cover the bottom of the pan
4. Cook chicken until white through each piece
5. Add cooked chicken to a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
6. In a small bowl, stir together dressing and juice.
7. Pour over salad and toss well to coat.
8. Stir in cilantro.
9. Serve at room temperature



Asian Sesame Dressing

Ingredients

- 4 T rice vinegar
- 2 T soy sauce
- 2 t fresh ginger (or 1 t. ginger powder)
- 2 t. sesame oil
- 1 clove garlic, peeled
- 1 T honey
- 2/3 C olive oil

Directions

1. Place all ingredients in a blender
2. Blend on high until smooth
3. Chill before serving



Baltimore Style Crab Cakes

Total Time: 25 minutes

Yield: 4 servings

Ingredients:

- 1/2 c mayonnaise
- 1 large egg, beaten
- 1 T Dijon mustard
- 1 T Worcestershire sauce
- 1/2 tsp hot sauce
- 1 lb jumbo lump crab meat, picked over
- 20 saltine crackers, finely crushed
- 1/4 c canola oil
- Lemon wedges, for serving

Directions:

1. In a small bowl, whisk the mayonnaise with the egg, mustard, Worcestershire sauce and hot sauce until smooth.
2. In a medium bowl, lightly toss the crabmeat with the cracker crumbs. Gently fold in the mayonnaise mixture.
3. Cover and refrigerate for at least 1 hour.
4. Scoop the crab mixture into eight 1/3-cup mounds; lightly pack into 8 patties, about 1 1/2 inches thick.
5. In a large skillet, heat the oil until shimmering.
6. Add the crab cakes and cook over medium high heat until deeply golden and heated through, about 3 minutes per side.

7. Transfer the crab cakes to plates and serve with lemon wedges



Beef and Broccoli

Prep. Time: 10 minutes Cook Time: 10 Minutes Yield: 4 servings

Ingredients:

½ lb flank or sirloin steak
1 ½ tsp soy sauce
1 tsp cornstarch
 Freshly ground black pepper
1 lb broccoli, cut into bite-size florets
1 T high-heat cooking oil (canola, vegetable, rice)
1 clove garlic, finely minced
1 tsp grated fresh ginger
3 T oyster sauce
2 tsp Chinese rice wine (or dry sherry)
2 tsp balsamic vinegar
 Brown Rice (10 min brown rice)

Directions:

1. Slice the flank steak **ACROSS** the grain.
2. In a bowl, combine the beef with the soy sauce, cornstarch and black pepper.
3. Marinate for 10 minutes at room temperature.
4. In a small bowl, mix together the ingredients for the Stir-Fry Sauce.
5. In a wok or large saute pan, add 1 cup of water and bring to a boil.
6. Add the broccoli and cover to steam for 3 minutes.
7. The broccoli should be bright green, crisp tender and you should be able to pierce the stem with a fork.

8. Drain.
9. Discard the water in the wok and dry the pan well.
10. Set the pan over high heat, swirl in the cooking oil
11. When the wok is hot, add the marinated beef, use your tongs to spread the beef out all over the surface of the wok in one layer
12. Let beef cook, undisturbed, for 2 minutes, until nicely browned.
13. Flip the beef, again spread the beef out over the wok and brown the other side.
14. Push the beef aside and add in the garlic and ginger.
15. Stir fry the garlic and ginger for 30 seconds.
16. Then mix together with the beef.
17. Pour in the Stir-fry Sauce and stir to combine.
18. Simmer until the sauce is thick enough to coat the back of a spoon, about 15 seconds.
19. Add the cooked broccoli back into the wok and toss to coat well.
20. Cook Rice
21. Top rice with beef and broccoli and serve



Chicken and Broccoli Pita Pockets

Ingredients:

- 1c milk
- 4oz cream cheese
- 3T water
- 1T lemon juice
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ground black pepper
- ¼ tsp Sea salt
- 1c Broccoli florets, blanched
- 1 medium carrot, shredded (about 1/2 cup)
- 2c Cubed cooked chicken or turkey
- ¼ c cheddar cheese
- 3 pita breads (6-inch), cut in half

Directions:

1. Mix milk and cream cheese in a separate bowl until creamy
2. Blanch Broccoli florets and chop
3. Combine cream, cooked broccoli, and the rest of the ingredients in a 2-quart saucepan and heat over medium-low heat
4. Add cheese and stir until melted
5. Spoon the chicken mixture into the pita pocket



Fish Tacos

Ingredients:

1 lbs flaky white fish
4 T fresh lime juice
2 T vegetable oil
2 T soy sauce

Directions:

1. Combine the fresh lime juice with the vegetable oil and soy sauce in a bowl.
2. Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
3. Remove fish from the marinade and pan fry over medium-heat until cooked through and browned.
4. Let cool slightly then flake into bite-size chunks.
5. Heat tortillas in a warm skillet.
6. To assemble, place a bit of fish on a warm tortilla and top with mango salsa or Avocado lime cream sauce



Mango Salsa

Prep. Time: 15 minutes

Yield: 8 servings

Ingredients:

- 1 bell pepper (red, yellow, and/or orange), diced
- ½ small red onion, finely chopped
- 1 jalapeño pepper, de-seeded and diced
- 2 just-ripe mangoes, peeled and chopped into 1/2-inch square chunks
- 1 handful cilantro, washed, dried, de-stemmed, and chopped
- 2 cloves garlic, minced
- 1 lime, juiced
- Salt to taste

Directions:

1. Prepare ingredients
2. Mix all ingredients in a large bowl
3. Serve on fish tacos or with chips



Maple Cinnamon Applesauce

Prep. Time: 20 minutes

Yield time: 7 servings

Ingredients:

- 6 Macintosh or other tart apples, peeled and cut into 1-inch pieces
- 2 Golden Delicious or other sweet apple, peeled and cut into 1-inch pieces
- ¼ c water
- 2 T pure maple syrup
- ½ tsp ground cinnamon

Directions:

1. Combine apple pieces and water in a large saucepan
2. Bring to a boil, then reduce heat to maintain a simmer
3. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes
4. Mash the apples to the desired consistency and stir in maple syrup and cinnamon
5. Transfer to bowls
6. Repeat process
7. Serve war



Pasta Salad

Prep. Time 10 minutes Yield: 12 servings

Ingredients:

- 12 oz Bow tie pasta
- 2 T extra virgin olive oil
- 1 whole lemon (more To Taste)
- Salt to taste
- freshly ground black pepper to taste
- 2 whole zucchini, Diced
- 10 oz grape tomatoes, Halved Lengthwise
- 1/3 c fresh parsley, minced
- 6 oz Crumbled Feta Cheese

Directions:

1. Cook pasta until done.
2. Drain and rinse in cold water until completely cool
3. Add olive oil and lemon juice, then add salt and pepper to taste
4. Toss to combine
5. Add zucchini, tomatoes, parsley, and feta, and toss to combine
6. Squeeze in a little more lemon juice/drizzle more olive oil if it needs more moisture
7. Cover with plastic wrap for at least a couple of hours
8. Pasta is best when chilled for a few hours before serving



PANKO Crusted Chicken Breast

Prep. Time 45 minutes

Yield: 8 servings

Ingredients:

- 8 boneless chicken breast
- 5 cups Panko bread crumbs
- 3 tbsp. McCormick Lemon & Pepper Seasoning
- 2 tsp. McCormick Thyme Leaves
- 3 cup all-purpose flour
- 2 cup pasteurized liquid eggs
- 2 cups canola oil

Directions

1. Place the chicken breasts side by side cutting board and cover with
2. plastic wrap. Pound the breasts lightly with a frying pan or rolling pin until they flatten.
3. In a mixing bowl combine the breadcrumbs and seasonings and mix well. Dip each chicken breast into the flour, then the eggs, and then seasoned breadcrumbs.
4. Place a skillet over medium heat. Add the oil and wait for a couple minutes for it to heat up. Add the coated chicken breasts to the pan and let it cook undisturbed for 2-3 minutes.
5. Flip the chicken and cook 2-3 minutes on the other side until golden brown. Chicken should be 155°F when probed internal temperature



Creole Sauce

Prep. time: 45 minutes Yield: 8 servings

Ingredients:

1lb. medium shrimp
1 tbsp McCormick Cajun Seasoning
2 tbsp butter
2 tbsp flour
2 cups chopped onion
1 cup chopped green peppers
½ cup chopped celery
5 garlic cloves, chopped
2 cups tomatoes pureed
4 cups chicken stock
Juice of half a lemon

Directions:

1. Wash the vegetables and dice
2. Season the shrimp with half of the Cajun seasoning.
3. Heat the butter in a sauce pan or skillet. Stir in the flour. Cook stirring to create a roux which should be caramel in color.
4. Add the onion, bell pepper and celery and continue to cook over medium heat, stirring until the vegetables are soft, about five minutes.
5. Add the garlic and then the tomato puree and the stock. Bring to a simmer.
6. Simmer for 30 minutes. Add shrimp and simmer for another 10 minutes. Adjust seasoning to taste with salt and pepper and serve.



Brown and White rice

Prep Time: 45 minutes Yield: 8 servings

Ingredients:

2 cup brown & wild rice
6 cups water
1/4 cup chopped parsley
1/2 cup small dice red bell peppers
1/4 cup small diced onions
2 tbsp. butter
1/4 tsp. salt
 Pinch of pepper

Directions:

1. Place water, rice and remaining ingredients in a 2qt, sauce pan and bring to a boil.
2. Reduce to a simmer, cover and cook until all the water has been absorbed (about 40 minutes)



Braised Greens

Prep. time: 45 minutes Yield: 8 servings

Ingredients:

1 bunch greens
½ cup diced bacon
¼ cup maple syrup
1 tbsp balsamic vinegar
1 tbsp water
¼ tsp. kosher salt
Pinch black pepper

Directions:

1. Prepare the greens by cutting away the tough stalks and stems. Fill the sink with water and carefully wash the greens.
2. Cut the greens into manageable pieces. Heat the bacon over a medium flame in a 10-12" skillet. Cook the bacon until crispy about 5 minutes.
3. Add the syrup, vinegar and the greens sauté until tender adding a tbsp. of water to the pan during the cooking process. Season with salt and pepper and serve



Spinach and Red Pepper Pesto Pasta

Serves 6

Ingredients

1 pound penne pasta
1 pound fresh baby spinach
2 fat jarred roasted red sweet peppers
1 clove garlic
3/4 cup extra-virgin olive oil
Juice of 1/2 lemon
Salt and pepper to taste
3/4 cup grated Parmesan cheese

Directions

1. Cook pasta until al dente. Drain and set aside.
2. Take spinach and place in blender or food processor. Add red peppers and garlic
3. Blend slowly adding a steady stream of EVOO. (This mixture should form a smooth puree, but if it gets stuck and you need more liquid, add more EVOO and a squeeze of lemon juice to loosen things up.)
4. In a large bowl, toss penne with spinach sauce, salt and pepper to taste and grated cheese.



Sweet Potato Hash

Prep. Time: 10 Minuets

Yield: 6 servings

Ingredients:

- ¼ c vegetable oil
- 1 c chopped bell peppers
- 1 c chopped onions
- 2 lbs sweet potatoes,peeled and cut into small cubes
- 1 tsp cumin
- 1 tsp salt
- 1 tsp red pepper flakes

Directions :

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes
3. Add remaining ingredients and reduce heat to medium
4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Serve while hot



Turkey Sliders

Yield: 12-15 sliders

Ingredients:

- ½ medium onion
- 1 lb lean ground turkey
- 1 T Worcestershire sauce
- 2 tsp Sriracha sauce
- ¾ tsp salt
- Freshly ground pepper to taste
- 12-16 slider buns
- 1 T canola oil, or use pan spray

Directions:

1. Grate the onion on the fine holes of a grater. You should have about two tablespoons of grated onion
2. Place in a bowl with the ground turkey, Worcestershire sauce, Sriracha, salt and pepper.
3. Mix together well.
4. Shape into 12-16 slider patties – the mixture will be quite moist -- and press the patties into ½-inch thick rounds.
5. Heat the canola oil spray in a nonstick griddle or large nonstick frying pan over medium-high heat.
- 6) Cook the patties for five minutes on each side, until brown.
7. Serve on buns, with the condiments of your choice.



Chipotle Mayonaise

Prep. Time: 10 minutes Yield: 6-8 servings

Ingredients:

- 1 egg
- 1.5 limes, juiced
- 2 chipotle chilies in adobo, whole
- 1 tsp mustard
- 1 tsp salt
- 1 c sunflower oil

Directions:

1. Put the 2 chipotle chilies into the jug of your blender or food processor and blitz them until they are fully crushed.
2. Crack the egg whole into the chilies making sure no bits of shell fall in.
3. Add the lime juice, the mustard and salt and blitz everything again.
4. With the sunflower oil at hand, start the blender or food processor at its lowest speed.
5. Gently take the lid or the funnel part of the lid off the machine and start pouring the oil very slowly, but continuously into the mixture.
6. Keep the blender/food processor going all the time and avoid pouring the oil too quickly or it might split. You will slowly see the mixture thickening and becoming mayonnaise.
7. When all the oil has been added and the mixture has become the texture of Mayonnaise, taste it for flavor and seasoning.
8. You may add a bit more lime juice if you think the

mixture is too thick and a bit more chipotle chili if you want it hotter.



Black Bean Salsa

Prep. time: 30 min Yield: 6-8 servings

Ingredients:

- 1 large sweet Vidalia onion, diced
- 2 to 3 fresh limes, juiced
- 1T kosher salt
- 4 large or 5 small ears fresh corn
- 2 (28-ounce) cans whole peeled tomatoes
- 2 cans black beans, drained and rinsed
- 1 large green pepper, diced
- 1C chopped cilantro leaves
- 1t ground cumin
- 1 habanero or Scotch bonnet pepper

Directions:

1. In a large bowl, mix together the diced onion, juice of 2 limes, and kosher salt.
2. Let stand at room temperature for 10 to 20 minutes
2. Steam corn for about 5-8 minutes.
3. Pour the tomatoes into a colander over the sink, and with your hands squeeze out the liquid without overly squishing them.
4. Loosely chop the tomatoes into 1/4-inch

chunks.

5. Toss the corn, tomatoes, black beans, green pepper, cilantro, cumin, and habanero into the bowl with the marinated onions.
6. Taste and add more lime juice, salt, cumin, hot pepper or even more cilantro, if needed.



Homemade Tomato Sauce

Yield: 3 cups

Directions

1. Bring a pot of water to a boil.
2. Have ready a large bowl of iced water.
3. Use a paring knife to Score an X on the bottom and top of tomatoes.
4. Plunge whole tomatoes in boiling water until skin starts to peel, 1 minute.
5. Remove with slotted spoon and place in ice bath.
6. Let rest until cool enough to handle, then remove peel and squeeze out seeds.
7. Chop 8 tomatoes and puree in blender or food processor.
8. Chop remaining two tomatoes and set aside.
9. In a large pot or Dutch oven over medium heat, sweat onion, bell pepper, carrot and garlic in oil until onions are translucent, 5 minutes.
10. Pour in pureed tomatoes.
11. Stir in chopped tomato, basil, and oregano.
12. Place bay leaf and whole celery stalks in pot.
13. Bring to a boil, then reduce heat to low.
14. Stir in tomato paste.
15. Cover and simmer at least 1 hour.
16. Discard bay leaf and celery and serve

