

Italian Chicken

Chicken drumsticks (or pieces)

Favorite Italian salad dressing

Remove skin from chicken pieces and place in Ziploc bag with dressing to marinate (can be frozen at this step or marinated over night).

Preheat oven to 350degrees. Place chicken in single layer on stoneware bar pan pouring excess dressing over chicken. Bake for 25-35mins or until cooked thoroughly as tested with meat thermometer.

Shrimp Cocktail and Salad Pack

Package of shrimp cocktail

Salad pack of choice

Paella

1/2c oil
2lbs chicken, cubed
1/2 anaheim pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced
2large tomatoes, peeled and chopped
2tsp salt
1 pkg paella seasoning (or 1/2tsp saffron)
3c dry (short/fat) rice
6c water
jar roasted red peppers
lemons

On medium/high heat with paella pan cook:

1/2c oil
2lbs chicken, cubed

When oil stops bubbling and chicken is browned add:

1/2 anaheim pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced

After a few minutes add:

2large tomatoes, peeled and chopped

Simmer until all veggies are soft. Add:

2tsp salt
1 pkg paella seasoning (or 1/2tsp saffron)

Add, mix on high heat to toast:

3c dry (short/fat) rice

Add and stir gently:

6c water

Turn down heat to medium or medium/high, DO NOT STIR UNTIL NEEDED. *use a small pan of boiling water to keep the top of rice moist and add water as needed without reducing heat* Make sure pan heats evenly, moving pan around as needed, stir gently and sparingly

Garnish with strips of roasted red peppers, serve with fresh lemon wedges. Originally from Kathi Cobo

Fajitas

1-2lb boneless skinless chicken breast, thawed
1 pkt fajita seasoning
2c small mushrooms
1 onion
1 bell pepper
1 c broccoli (optional)
garlic (fresh)

Served with:
tortillas
sour cream

Slice raw chicken to strips and place in bowl with fajita seasoning. Heat stir fry pan to medium high heat, add a small amount of oil. Cook chicken in single layer on hot pan, allowing each side to sear well and cook almost through before removing chicken from pan to covered bowl. In hot pan, and remaining seasoning, sautee sliced mushrooms, wedges of onion and bell pepper and minced garlic. Add broccoli to pan in last minutes to cook to oxidation. Add chicken back to pan to bring back to proper heat and remove pan from heat. Serve with tortillas and sour cream.

Baked Potato Bar

Regular and sweet potatoes

Chopped tomatoes

Bacon

Sour cream

Shredded cheese

Salsa

Steamed broccoli

Green onions, chopped

Butter

Salt/pepper

Cottage cheese

Chili or taco soup

Preheat oven to 350 degrees. Wash potatoes thoroughly. Place potatoes in oven (can be on rack or bar pan, can be plain or with olive oil and pierced with fork) and bake until pierced easily with fork.

Prep toppings (chopping, steaming...) and set out buffet style.

Cranberry Chicken

- 1 bottle of french dressing
- 1 package dry onion soup
- 1 can whole cranberry sauce

boneless, skinless chicken breasts (as many as you need, it makes a lot of sauce)

Preheat oven to 350degrees. Mix the first 3 ingredients and cover the chicken in a baking dish, bake for 30 minutes or until the chicken is thoroughly cooked.

OR put chicken breasts with the sauce in freezer ziplock bags and freeze. Thaw then cook as above.

Asian Chicken Salad

1c cooked diced chicken
3 c shredded cabbage
1/2c green onions
1/2c almonds, slivered
1/4c sesame seeds
1pkg sesame top ramen, crushed
Dressing:
1/3c sesame oil
1/3c rice vinegar
1/3c vegetable oil
1/4tsp salt
1/4tsp pepper
1/4c sugar

Cook chicken, dice into bite sized pieces. Shred the cabbage, slice green onions, and add next three ingredients to chicken, cabbage and onions. Mix all dressing ingredients together.

Pour over chicken mixture and mix well. Serve immediately or chill.

Turkey Burgers

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Hamburger buns

Ketchup

Mayo

Mustard

Relish

Tomatoes, sliced

Onion, sliced

Lettuce

Cheddar slices

Grilled mushroom and onion (optional)

Guacamole (optional)

Cook burgers, toast buns, prep other ingredients (washing, slicing...)
and serve as a buffet.

Beef and Broccoli

Prep Time: 30 minutes

Cook Time: 10 minutes

- 3/4 pound lean beef

Marinade:

- 1 tablespoon rice vinegar (substitute rice wine if desired)
- 1 teaspoon sugar
- 1 teaspoon soy sauce
- 1 tablespoon water
- 1 tablespoon cornstarch
- Sauce:
 - 2 tablespoons oyster sauce
 - 1 tablespoon light soy sauce
 - 1 tablespoon dark soy sauce
 - 1 tablespoon water

Thickener:

- 1 teaspoon cornstarch mixed with 1 tablespoon water
- 1 pound fresh broccoli
- 2 garlic cloves
- To Cook Broccoli:
 - 1/2 cup water
 - 1/4 teaspoon salt, or to taste
 - 1/2 teaspoon sugar, or to taste
- Other:
 - 1 1/4 cups oil, or as needed

Preparation:

Cut the beef across the grain into thin slices. Add the marinade ingredients, adding the cornstarch last (use your fingers to rub it in). Marinate the beef for 30 minutes.

While the beef is marinating, prepare the sauce and vegetables: for the sauce, mix together the oyster sauce, light soy, dark soy, and water in a small bowl and set aside. In another small bowl, mix the cornstarch and water thickener and set aside.

Wash and drain the broccoli. Cut the stalk diagonally into thin slices. Cut the flowerets into 3 or 4 pieces. Crush the garlic.

Heat the wok and add 1 cup oil. When the oil is medium-hot (between 300 and 325 degrees F.), add the beef. Blanch the beef by letting it lay flat for 30 - 40 seconds, and then stirring to separate the pieces.

Remove the beef when it changes color and is nearly cooked (the entire process takes 1 - 2 minutes).

Remove the beef from the wok and drain on paper towels.

Clean out the wok with paper towels.

Add 2 tablespoons oil to the wok. When the oil is hot, add the crushed garlic and [stir fry](#) briefly until aromatic.

Add the broccoli, sprinkle the salt and sugar over, and stir fry briefly, turning down the heat if necessary to make sure it doesn't burn. Add the 1/2 cup water, and cook the broccoli, covered, for 4 - 5 minutes, until it turns a bright green and is tender but still crisp. Remove from the wok and drain.

Clean out the wok and add 2 more tablespoons oil. Add the broccoli and the beef. Add the sauce and cornstarch mixture in the middle of the wok and stir quickly to thicken. Mix everything together and serve hot over steamed rice.

Variations: *Add carrots and onion if desired. Boil in the wok with the broccoli (you'll need to add more water).

Fresh Rolls

Ingredients:

The main tips I learned from snopping in the kitchen is that they use more than one round to make a fresh roll. The lady in the kitchen used two, overlapping like a ven diagram and the nutrition fact break down makes me wonder if some people use 3 to make them. She dipped the rounds in a plate of water (I held them under the sink running water), then she laid them on a big cutting board overlapping. All the directions I've ever read said to 'work quickly' and this lady did anything but that. She was slow and meticulous about her work. Everything was washed and ready around her in bowls but she was very deliberate about choosing perfect leaves of romaine, trimming them to the right size, laying them at just the right angle- by the time she got to rolling them the wrappers had been laying wet for several minutes (I think this is part of my past failure, they weren't pliable enough yet). Anyhow so she wet the wrappers, laid them down, she trimmed the toughest ribs of the romaine leaves off and cut/tore them into peices about 3"x3", she came back to the rounds and rubbed her hand over them in a massaging circular motion, then she started adding the filling (near the center of the ven diagram but more to one side) and she put a very tall pile of layered leaves (about a full packed cup worth, so taller than that), she put other things as well and then started rolling (the extra wrapper made a huge difference in having the room I needed to make a strong tight roll).

The ones they make at the thai restraunt have two shrimp laid down first (so they show through the 'skin' of the wrapper- you could put little scattered herb leaves placed to show through) then the greens (romaine), then some strips of cucumber and a few pieces of cooked chicken breast and finished it off with fresh herbs before rolling. The herbs were hard to tell from where I was standing but there was definitely cilantro (or flat leave parsley) and possibly basil. The dip they serve with this is a thicker peanut butter plum sauce.

The ones I made where greens first, then a small amount of lunch meat, a few slivers of onion, then rolled up. Sauce was a bit of mayo, mustard and relish mixed together.

Macaroni and Cheese

- 1 TBSP butter
- 2 TBSP flour
- 1 can diced tomatoes
- 1 ½ c shredded cheddar cheese
- ½ c milk
- 2 TBSP grate parmesan cheese
- ½ tsp dry mustard
- ½ tsp salt
- 4 cups cooked elbow macaroni

Cook pasta according to package instructions and set aside. Melt butter over medium high heat. Add the flour and cook, stirring constantly, until golden brown, about 1 minute. Add the tomatoes and cook, stirring constantly, until the mixture bubbles and thickens slightly, 2-3 minutes.

Stir the cheddar cheese, milk, parmesan cheese, mustard and salt into the skillet. Cook, stirring constantly, until the cheese melts and the mixture is smooth, 2-3 minutes. Stir the pasta into the skillet and cook until heated through and well coated, 1-2 minutes. Let stand 2 minutes before serving.

Ravioli

Spinach Ravioli from Costco

Jar spaghetti sauce

Cook ravioli according to package instructions, serve with sauce.