

# 2022 FAMILY COOKBOOK



*Enjoy and Share Our Favorite Recipes!*



ARIZONA FIREPLACES



## **Jell-O Cake**

*Credit to: Aubrey Garcia*

### **Ingredients:**

- ❖ vanilla cake box mix
- ❖ strawberry Jell-O box
- ❖ Cool Whip
- ❖ strawberries and blueberries

### **Preparation:**

1. First, you're going to cook the cake as according to the instructions on the box, then let it cool down to room temp.
2. Then you're going to poke holes into the cake with a straw, mix the Jell-O mixture according to instructions and pour it on top of your cake, that should be at room temp as well, you can pour as much you'd like.
3. Then you're going to frost the cake with Cool Whip then you can add strawberries and blueberries on the cake you can even put them in between each layer.
4. Put the cake in the fridge for about five hours then you can enjoy you Jell-O cake!



## **Tuna Melt Sandwich**

*Credit to: Aubrey Garcia*

**Ingredients:** (feeds 1-2 people)

- ❖ 1 can of tuna
- ❖ 1 pickle, chopped
- ❖ ½ cup of chopped red onion
- ❖ 1 tomato
- ❖ mayo (to your liking)
- ❖ mustard (to your liking)
- ❖ avocado (to your liking)
- ❖ 2 boiled eggs, chopped
- ❖ strips of bacon
- ❖ a slice of pepper jack cheese (or any cheese of your liking)
- ❖ bread (to your liking)



### **Preparation:**

1. Grab a bowl, open the can of tuna and drain any water.
2. Put tuna in the bowl and add mayo and mustard mix together with fork, then you will add the chopped red onion and chopped pickles, mix together.
3. Add the chopped boiled egg and mix into the mixture.
4. After that's all mixed together grab a pan and put some oil on it lay the bread on the pan and add your mixture on top of bread then and your sliced cheese, and toast to your liking on each side.
5. After both sides have been toasted you add your avocado and tomatoes in the sandwich and enjoy your tuna melt sandwich.



## **Sweet Hawaiian Crock Pot Chicken**

*Credit to: Barbie Samsel*

### **Ingredients:**

- ❖ 2 lbs chicken tenderloin (cut into bite size chunks)
- ❖ 1 cup pineapple juice
- ❖ ½ cup brown sugar
- ❖ 1/3 cup soy sauce

### **Preparation:**

1. Cut chicken into bite size chunks.
2. Mix all ingredients together in your crock pot.
3. Cook on low for 6-8 hours.
4. Serve over brown rice.

# **Key Lime Pie Pound Cake**

*Credit to: Barbie Samsel*

## **Ingredients:**

- ❖ 1 cup butter, softened (2 sticks)
- ❖ ½ cup of shortening
- ❖ 3 cups sugar
- ❖ 6 large eggs (room temperature)
- ❖ 3 cups all-purpose flour
- ❖ ½ tsp baking powder
- ❖ 1/8 tsp salt
- ❖ 1 cup milk
- ❖ 1 tsp vanilla extract
- ❖ 1 tsp lime zest
- ❖ ½ cup Key Lime juice

## **Preparation:**

1. Preheat oven to 325 degrees. Beat butter and shortening together until creamy. Gradually add sugar, beating at medium speed until light and fluffy.
2. Add eggs one at a time, mixing just until blended after each egg. Stir together flour, salt and baking powder.
3. Add to butter mixture alternately with milk, beginning and ending with your flour mixture. Beat at low speed just until blended after each addition.
4. Stir in vanilla, lime zest and lime juice. Pour batter into greased and floured 10-inch tube pan.
5. Bake at 325 degrees for 1 hour and 15 minutes or until a wooden toothpick inserted in the center comes out clean.
6. Cool in pan on wire rack for 10 to 15 minutes. Remove pan from wire rack.
  - a. If you would like to glaze your cake, mix together 1 cup of powdered sugar, 2 tablespoons of Key Lime juice and ½ teaspoon of vanilla extract until smooth. Pour over top and sides of cake after removing from the pan while still warm.
7. Cool completely (about an hour).

## **Peanut Butter Pie**

*Credit to: Barbie Samsel*

### **Ingredients:**

- ❖ 2 graham cracker pie crusts (larger the better)
- ❖ 1 cup of powdered sugar
- ❖ 1 box cream cheese
- ❖ 1 cup of peanut butter (can be crunchy or smooth)
- ❖ 1 tsp of vanilla
- ❖ 1 large Tub of Cool Whip
- ❖ crushed Reese's cups or shaved chocolate (optional)

### **Preparation:**

1. Mix powdered sugar and cream cheese until blended.
2. Add peanut butter and mix well.
3. Add vanilla and mix.
4. Blend in entire tub of Cool Whip.
5. Separate equal amounts into the two pie crusts.
6. You can either top with crushed candy of your choice or leave as is.
7. You can freeze for an hour for more of an ice cream pie, or just refrigerate for an hour for a softer consistency.

## **Crock Pot Olive Garden Chicken**

*Credit to: Barbie Samsel*

### **Ingredients:**

- ❖ 4 boneless, skinless chicken breasts
- ❖ 1 jar of Olive Garden Italian dressing
- ❖ ½ cup of grated parmesan cheese
- ❖ 2 Tbsp lemon juice
- ❖ 2 Tbsp Italian seasoning
- ❖ prepared pasta or rice
- ❖ salt and pepper to taste

### **Preparation:**

1. Coat your crock pot with a light coat of cooking spray.
2. Place chicken in your crock pot.
3. In a separate bowl, mix the entire bottle of dressing, lemon juice, Italian seasoning, parmesan cheese and a pinch of salt and pepper.
4. Use whisk to blend.
5. Pour entire bowl over chicken, flip your chicken to coat both sides.
6. Cover and cook on HIGH for 3½ hours or LOW for 7.
7. Can be served over rice or pasta.

# **Chicken Casserole w/ Campbell's Cream of Chicken**

*Credit to: Chris Pastrano*

**Servings: 6   Prep: 5 min   Cook: 35 min   Total Time: 40 min**

## **Ingredients:**

- ❖ 4 boneless, skinless chicken breasts
- ❖ 1 package egg noodles
- ❖ one 10¾-ounce can cream of mushroom soup
- ❖ one 10¾-ounce can cream of chicken soup
- ❖ one 8-ounce container sour cream
- ❖ kosher salt and freshly ground black pepper, to taste
- ❖ 4 slices white bread
- ❖ 1 stick unsalted butter, plus more for greasing



## **Preparation:**

1. Preheat the oven to 350 degrees.
2. In a medium-sized saucepan, cover the chicken breasts with cold, salted water by 1 inch, and bring to a low boil over medium-high heat.
3. Simmer the chicken breasts until cooked through, 8 to 10 minutes.
4. Remove the chicken out of the liquid, and set aside to cool.
5. Once the chicken is cool enough to handle, shred into small pieces.
6. Meanwhile, bring the cooking liquid back to a boil, and cook the egg noodles until slightly underdone, 6 minutes.
7. In a medium-sized bowl, mix together the shredded chicken, noodles, soups, and sour cream. Season with salt and pepper.
8. Place the mixture into a lightly greased 11½-by-7½-by-2-inch oblong pan.
9. Crumble the bread over the top of the casserole, then pour the melted butter evenly over the top.
10. Bake until slightly browned on top, 20 minutes.
11. Serve warm.



## **Caramel Brownies**

*Credit to: Christopher Johnson*

### **Ingredients:**

- ❖ 1 (about 18 oz) package German Chocolate cake mix
- ❖ 1/3 cup evaporated milk
- ❖ ¾ cup butter (melted)
- ❖ 1 (12 oz) package chocolate chips
- ❖ 1 (14 oz) package caramels
- ❖ another 1/3 cup evaporated milk

### **Preparation:**

1. Combine cake mix, 1/3 cup evaporated milk and butter; pour half of the mixture in a greased 9x13 pan.
2. Bake at 350 degrees for 5 minutes.
3. Sprinkle on chocolate chips.
4. Melt caramels and 1/3 cup evaporated milk and pour over chocolate chips. Pour remaining cake mixture over caramel layer.
5. Return to oven and bake 15 to 20 minutes more.
6. Remove and enjoy!

## **Garlic Shrimp**

*Credit to: Daisy Castro*

**Prep:** 5 min   **Cook:** 5 min   **Total Time:** 10 min

### **Ingredients:**

- ❖ 1 ¼ lbs. large shrimp, peeled and deveined (weight after you peel them)
- ❖ 6 cloves garlic, sliced thin
- ❖ 1½ Tbsp extra virgin Spanish olive oil, or any good quality olive oil
- ❖ crushed red pepper flakes, to taste
- ❖ ¼ tsp sweet Spanish paprika, or more to taste
- ❖ pinch kosher salt
- ❖ ¼ cup parsley, chopped



### **Preparation:**

1. In a large skillet, heat oil on medium heat and add the garlic and red pepper flakes.
2. Sauté until golden, about 2 minutes being careful not to burn.
3. Add shrimp and season with a pinch of salt and paprika.
4. Cook 2-3 minutes until shrimp is cooked through. Do not overcook or it will become tough and chewy.
5. Add chopped fresh parsley and divide equally on four plates.

## **Skillet Mexican Zucchini**

*Credit to: Daisy Castro*

**Prep:** 5 min   **Cook:** 10 min   **Total Time:** 15 min

### **Ingredients:**

- ❖ 1 garlic clove, finely chopped
- ❖ 1 Tbsp extra virgin olive oil
- ❖ 1 lb zucchini, diced
- ❖ 1 large tomato, cored, seeded and diced
- ❖ 1 green onion, thinly sliced
- ❖ 1 Tbsp minced fresh cilantro
- ❖ 1 tsp minced pickled jalapeño
- ❖ ½ cup crumbled queso blanco, or queso fresco, cotija or feta
- ❖ fresh lime juice, to taste
- ❖ salt, to taste
- ❖ freshly ground black pepper, to taste



### **Preparation:**

1. Cook the garlic in oil in a large skillet over medium heat 1 minute, stirring until sizzling.
2. Add zucchini and cook stirring occasionally, about 3 minutes or until slightly softened.
3. Add the tomato and green onion and cook about 3 minutes.
4. Remove skillet from heat and add cilantro, jalapeño and lime juice.
5. Season with salt and pepper to taste and top with queso blanco.
6. Serve hot.

## **Creamed Feta Garlic Herb Butter Salmon with Crispy Chimichurri Herb Potatoes**

*Credit to: David Faszler*



**Servings: 4   Nutrition Per Serving: 535 Calories / 44g Fat / 10 Carbs / 28g Protein**

### **Ingredients for the Salmon:**

- ❖ 4 salmon filets, skin on or off (your preference)
- ❖ kosher salt and black pepper
- ❖ 2 Tbsp extra virgin olive oil
- ❖ 2 Tbsp salted butter
- ❖ 1 medium zucchini, sliced
- ❖ 1 small shallot, thinly sliced
- ❖ 3 cloves garlic, chopped
- ❖ 1 Tbsp chopped fresh thyme
- ❖ crushed red pepper flakes
- ❖ 1 cup canned full-fat coconut milk or heavy cream
- ❖  $\frac{3}{4}$  cup crumbled feta cheese
- ❖ juice from 1 lemon
- ❖ fresh basil and thyme, for serving

### **Preparation for the Salmon:**

1. Season the salmon with salt and pepper.
2. Heat the olive oil in a large skillet over medium heat. Add the salmon, skin side down, and cook for 2-3 minutes, until the salmon is crisp. Flip and continue cooking for another 2-3 minutes, or until the salmon is cooked to your liking. Remove from the skillet. If desired, peel away the skin and discard.
3. To the same skillet, add the butter, zucchini, and shallots and cook until the shallot is fragrant, about 2 minutes.
4. Add the garlic, thyme, and crushed red pepper flakes, cook another 1-2 minutes.
5. Stir in the cream and feta.
6. Season the sauce with salt and pepper.
7. Bring to a simmer over medium heat, stirring constantly until smooth and creamy, about 5 minutes. Stir in the lemon juice.
8. Remove from the heat and slide the salmon back into the sauce.
9. To serve, plate each piece of salmon, then spoon the sauce and zucchini over top. Serve topped with fresh basil.

### **For the Chimichurri Herb Potatoes**

**Servings: 5   Nutrition Per Serving: 267 Calories / 14g Fat / 33 Carbs / 4g Protein**

### **Ingredients for the Chimichurri Herb Potatoes:**

- ❖ 1 tsp baking soda
- ❖ 1lb red potatoes, halved or quartered into 1½- to 2-inch pieces
- ❖ 1lb creamer (yellow) potatoes, halved or quartered into 1½- to 2-inch pieces
- ❖ 2 Tbsp olive oil
- ❖ pinch of sea salt and pepper

### **Chimichurri Sauce Ingredients:**

- ❖ 4 garlic cloves, minced
- ❖ ¼ cup chopped parsley, tightly packed
- ❖ 3 Tbsp fresh tarragon, chopped
- ❖ 1 Tbsp white vinegar
- ❖ 3 Tbsp olive oil
- ❖ pinch of sea salt and cracked pepper
- ❖ 1 tsp red pepper



### **Preparation for the Chimichurri Herb Potatoes:**

1. Set oven or air-fryer to 420 degrees.
2. Bring a pot of salted water to a boil. Add a teaspoon of baking soda and then add the potatoes and cook for 6-8 minutes until they are somewhat tender with a bit of resistance when poked with a fork or knife (note: if they crumble when poked then you've overcooked the potatoes for this recipe). Drain the potatoes and set aside in a bowl to cool until you can comfortably touch them with your hands.
3. Drizzle olive oil and sea salt & pepper then toss the potatoes together. Do NOT worry if the outside is sticky – that's what you want for crispy potatoes. Spread the potatoes on a baking sheet – do NOT crowd the pan – and then bake in the oven/air-fryer for 22-25 minutes, or until the outside is golden and crispy.
4. While the potatoes are roasting, mix the ingredients for the sauce.
5. Add the crispy potatoes to a bowl, drizzle with sauce and then toss in the herb mix while hot!

## **Spicy Salmon Patty**

*Credit to: David Faszler*

**Servings: 3   Nutrition (Salmon Patty Only):** 300 Calories / 17g Fat / 2 Carbs / 32g Protein

### **Ingredients:**

- ❖ 15 ounces raw center-cut salmon, skinned

### **Spicy Rub:**

- ❖ 1 tsp garlic powder
- ❖ ½ tsp cayenne
- ❖ 1 tsp dried oregano
- ❖ 1 tsp dried thyme
- ❖ 2 tsp smoked paprika
- ❖ pinch of sea salt and pepper
- ❖ 1 green onion stalk, finely chopped
- ❖ spray avocado oil



### **Preparation:**

1. Mix the ingredients for the rub in a small bowl. Set aside.
2. Remove the skin from the salmon using a sharp knife. Roughly divide the salmon into four equal parts. Take ¼ (25%) of the salmon and set it aside.
3. With the remaining ¾ (75%), finely dice and chop the salmon into mince. To the other ¼ (25%), simply chop those into small, chunky pieces. Then mix the two piles together.
4. Sprinkle in the spicy rub and add the green onion. Thoroughly mix everything together using your hands. If the mix is not sticky enough to form patties, simply use a sharp knife to chop/dice the entire better to make more minced salmon.
5. Make three equal patties. For best results, set the patties in the fridge for at least 20 minutes.
6. Set a nonstick skillet on medium heat, once hot spray the skillet with avocado oil, then add the patties.
7. Cook for 3 to 4 minutes on each side, just enough to sear the outside and appropriately cook the inside.
8. Enjoy with your favorite foods! I chose mashed avocado, a soft-boiled egg and grilled portobello mushrooms!

## **Korean Style Ground BBQ Beef**

*Credit to: David Faszler*



**Servings: 4   Nutrition Per Serving: 481 Calories / 42g Fat / 32 Carbs / 32g Protein**

### **Ingredients:**

- ❖ 2-3 cups cooked rice

### **For the Spinach:**

- ❖ 1 tsp canola oil
- ❖ ½ tsp sesame oil
- ❖ 2 cloves garlic, minced (or 1 tsp minced garlic)
- ❖ 5 oz fresh baby spinach
- ❖ ½ tsp crushed red pepper

### **For the Beef: (see Note)**

- ❖ 1 lb ground beef
- ❖ 2 Tbsp soy sauce

- ❖ 1 Tbsp brown sugar
- ❖ ½ tsp ginger
- ❖ ½ tsp sesame oil
- ❖ 2 Tbsp Gochujang, Sriracha, or chili garlic sauce

### **To Top:**

- ❖ 4 large eggs
- ❖ canola oil (for frying eggs)
- ❖ 4 green onions, chopped

### **Preparation:**

1. Start rice cooking (if not using leftover rice).
2. Heat canola and sesame oil in a large skillet over medium heat until shimmering and swirl to coat the pan, then add garlic and sauté for just a few seconds. Add spinach and crushed red pepper, then continue sauteing over medium heat until spinach is wilted and dark green, stirring occasionally. Remove cooked spinach from the pan to a separate bowl.
3. Add ground beef to the same pan you used for the spinach, brown and crumble it over medium-high heat until cooked through, then drain.
4. Stir in soy sauce, brown sugar, ginger, sesame oil, and Gochujang. Reduce heat to medium-low, stir, and simmer for another couple of minutes to blend the flavors.
5. While finishing up your beef, fry four eggs sunny side up in a little canola oil in a separate pan.
6. Divide cooked rice evenly among four bowls and top each bowl with beef, spinach, egg, and green onions. Mix up your bowls and enjoy.
7. Serve with additional Gochujang, Sriracha, or chili garlic sauce, if desired.

### **Note:**

Adjust proportions on the soy sauce, brown sugar, and spicy sauce to taste depending on if you prefer your beef spicier, sweeter, or saltier. Note also that Gochujang and Sriracha have an underlying sweetness, while chili garlic sauce does not.

## **Brazilian Beef Mix**

*Credit to: Denise Williams*

**Servings:** 4   **Time:** 30 min

### **Ingredients:**

- ❖ 1 lb lean ground beef (I've also used turkey)
- ❖ 1 large yellow onion, diced
- ❖ 1 tsp diced garlic
- ❖ 2 beef bouillon cubes
- ❖ ¼ tsp salt; 1 tsp ground black pepper
- ❖ ½ cup dried oregano
- ❖ 1 cup water
- ❖ one 28 oz can diced tomatoes
- ❖ one 6 oz can tomato paste
- ❖ cooked rice for serving

### **Preparation:**

1. Brown ground beef in large saucepan over medium high heat. Drain, and rinse under hot water if desired to remove additional fat.
2. Return ground beef to pan over medium heat and add diced onion, stirring until onions turn translucent. Sprinkle with salt and pepper, and add oregano.
3. Add water and bouillon cubes, bring to boil over high heat and stir until bullion is dissolved. Add tomatoes and tomato paste, and again bring to a boil.
4. Reduce heat to low, add garlic, and simmer for 20 minutes, until thick and bubbly. Serve over cooked rice.



## **Chicken Three Ways**

*Credit to: Denise Williams*

**Servings: 4   Time: 45 min**

### **Chicken Ingredients:**

- ❖ 1 lb thin sliced chicken breast, or chicken breast tenderloins
- ❖ 3 eggs
- ❖ 2 cups all-purpose flour
- ❖ 1 Tbsp poultry seasoning
- ❖ 1 tsp kosher salt
- ❖ 1 Tbsp ground pepper
- ❖ 1 Tbsp butter, olive oil or canola oil for sauteing

### **Francese Sauce Ingredients:**

- ❖ 1 cup chicken broth
- ❖ 8 oz sliced mushrooms
- ❖ 2 large lemons
- ❖ 1 Tbsp butter
- ❖ 1 Tbsp cornstarch / 3 Tbsp cold water

### **Preparation:**

1. Assemble ingredients for chicken, rinse chicken and pat dry.
2. Combine flour, seasoning, salt and pepper in a large shallow bowl, beat eggs and add to another large shallow bowl.
3. In a large sauté pan, melt butter, or heat oil over medium-high heat until shimmering.
4. Dip chicken first in flour, then in egg, then back in flour; add to pan two or three pieces at a time.
5. Cook chicken about 5 minutes per side, until golden brown and cooked through (test by cutting into the thickest part of chicken).
6. Transfer to a foil lined baking sheet and hold in a 200 degree oven until sauce and side dishes are complete.



### **London Sauce Ingredients:**

- ❖ 1 stick butter
- ❖ juice of 1 large lemon
- ❖ ½ cup dried parsley flakes

### **Shoyu Sauce Ingredients:**

- ❖ 1 pint half & half
- ❖ ¼ cup soy sauce
- ❖ 1 Tbsp cornstarch
- ❖ 3 Tbsp cold water

## **Three Different Meals, Just Choose a Sauce!**

### **For Francese Chicken:**

- ❖ Add 1 Tbsp butter to pan used for chicken and sauté mushrooms for about 5 minutes over medium high heat. Add 1 sliced lemon, sauté 3 minutes more. Add chicken broth, the juice of the 2nd lemon, and bring to a boil. Make a slurry of the cornstarch and water, and add to pan. Stir or whisk constantly until sauce thickens and remove from heat immediately. Serve sauce over chicken with fettuccine or mashed potatoes.

### **For London Chicken:**

- ❖ In a small saucepan, melt 1 stick of butter, add the juice of 1 large lemon, and ½ cup dried parsley lightly smashed between your palms. Bring to a low boil, immediately remove from heat, and serve over chicken with your choice of side dish.

### **For Shoyu Chicken:**

- ❖ In a 2-quart saucepan, heat 1 pint half & half over low heat until it starts to steam. Add ¼ cup soy sauce, raise heat to medium low, and bring to a simmer. Make a slurry of the cornstarch and cold water, and whisk into half & half blend. Continue whisking over medium low until sauce thickens, about 2 minutes. Remove from heat and serve over chicken with rice or potatoes.

## **Cilantro-Lime Shrimp Wraps**

*Credit to: Harland Aguirre*

### **Ingredients:**

- ❖ 1 lb medium shrimp, peeled and deveined
- ❖ 2 tsp ground cumin
- ❖ 1 tsp chili powder
- ❖ juice of 1 lime
- ❖ 2 Tbsp freshly chopped cilantro, have more for garnish
- ❖ 2 cloves of garlic, minced
- ❖ 3 Tbsp extra virgin olive oil
- ❖ kosher salt
- ❖ freshly ground black pepper
- ❖ romaine lettuce for serving
- ❖ 1 avocado, thinly sliced
- ❖ ¼ cup sour cream, for serving



### **Preparation:**

1. In a large bowl, stir together shrimp, cumin, lime juice, cilantro, garlic and 2 tablespoons of oil and season with salt and pepper. Toss until combined then let marinate in fridge for 10 minutes.
2. In a large skillet over medium heat, heat remaining tablespoon of oil. Add shrimp and marinate cook until pink, 2 minutes per side.
3. Assemble wraps by adding shrimp and avocado to lettuce, drizzle with sour cream, and garnish with cilantro.

## **Keto Green Chile Chicken**

*Credit to: Harland Aguirre*

### **Ingredients:**

- ❖ 3-4 boneless skinless chicken breast trimmed
- ❖ 18 oz packaged cream cheese softened
- ❖ 14 oz can chopped green chilis
- ❖ 1 cup Monterey Jack cheese shredded
- ❖ ½ tsp garlic powder
- ❖ ¼ tsp cumin
- ❖ ¼ tsp salt
- ❖ ¼ tsp pepper

### **Preparation:**

1. Heat the oven to 375 degrees.
2. In a medium bowl, mix the cream, cheese, garlic powder, cumin, salt and pepper until combined. Then stir in the green chilis and stir until evenly mixed. This will be your green chili mixture.
3. Lay the chicken breast flat in a baking dish. Cover the chicken breast with the green chili mixture. Then top with the Monterey Jack cheese.
4. Bake on the middle rack for 35-45 minutes or until chicken is cooked through and the juices run clear.
5. Serve hot over sauteed spinach or cauliflower rice.



## **Grilled Bruschetta Stuffed Chicken Breasts**

*Credit to: Heather Tyler*



### **Ingredients:**

- ❖ 4 chicken breasts
- ❖ basil leaves
- ❖ tomatoes – Campari, Roma, beefsteak – anything but cherry tomatoes (too small!)
- ❖ red onion
- ❖ 4 cloves garlic
- ❖ 1/3 cup extra virgin olive oil (and enough to drizzle)
- ❖ ½ cup balsamic vinegar
- ❖ Italian seasoning – to taste
- ❖ 1 tsp salt, to taste
- ❖ 1 tsp pepper, to taste
- ❖ 8 oz mozzarella cheese (sliced or shredded, your choice)

### **Preparation:**

1. Prepare 2 dishes: one will be for chicken to sit in, and the other will be for the balsamic/oil/bruschetta mixture.
2. In one dish, add 1/3 cup olive oil and ½ cup balsamic vinegar – follow with 1 tsp each of salt and pepper.



3. Take chicken breasts out and dry with paper towel.
4. Butterfly chicken breasts by slicing the chicken horizontally, but not all the way through. You are creating a "chicken pocket" for the goodies inside.
5. Setting items in the chicken dish, drizzle olive oil over the chicken breasts and season with Italian seasoning, salt and pepper. Rub on both sides.
6. Slice tomatoes into quarter inch slices (half inch if you LOVE tomato) and place into olive oil/balsamic mix.
7. Halve and Slice Red onion into thin slices, throw into balsamic/olive oil mix.
8. Peel, crush, and slice garlic cloves - throw into balsamic/olive oil mix.
9. Remove leaves from basil, stack several leaves into a neat pile, roll it tight, and slice the roll into ribbons. Add to the balsamic olive oil mix.
10. Combine items, add some salt and pepper to taste, and stuff into chicken breasts, but save room for the mozzarella cheese!
11. Add mozzarella cheese to the pocket, topping the tomato, onion, garlic and basil mixture.
12. Grill at medium heat for 20-25 minutes, flipping midway, and making sure chicken is moist but fully cooked.
13. Serve with a side of pasta or salad.

## **Tomato Soup with Tortellini and Kale**

*Credit to: Jackie Carro*



When I was a kid, the first cool chill in the air prompted my mom to make some homemade soup. We had all kinds, Italian wedding soup with delicious meatballs, minestrone, even Pasta E Fagioli. My mom loved soups and they went a long way in feeding a family of six, especially through the cold winters in New Jersey. This tomato soup with tortellini and kale is one of the last meals I prepared for my mom before she passed away. This recipe is comfort food for me. It reminds me of the last few precious weeks we had together.

### **Ingredients:**

- ❖ olive oil
- ❖ 2 onions, diced
- ❖ 4 cloves garlic, minced
- ❖ 2 carrots, peeled cut into ½ thick disks
- ❖ 2 stalks of celery, cut into ½ thick slices
- ❖ 1 large fresh tomato, diced (Jersey tomato or beefsteak is good!)
- ❖ one 28 oz can crushed tomatoes, stewed or diced
- ❖ 4 cups of chicken broth or bone broth
- ❖ 4 cups of fresh kale\* rough chopped
- ❖ ½ cup fresh parsley, rough chopped
- ❖ 16 oz of fresh tortellini

- ❖ 8 oz mascarpone cheese
- ❖ ½ cup grated parmesan cheese

\*The kale and parsley came from our garden. You may opt for what looks good in yours or at the farmer's market or grocery store. Sometimes I use spinach instead of kale – but the kale holds up in this hot dish, whereas spinach is more delicate.

### Seasoning:

- ❖ salt and pepper
- ❖ 1 Tbsp oregano
- ❖ 1 Tbsp parsley
- ❖ 1 Tbsp dill weed
- ❖ 1 Tbsp chives
- ❖ ½ Tbsp onion powder (not onion salt)
- ❖ ½ Tbsp smoked paprika

\*I love these flavors and use my palm as a measure = to 1 Tbsp. I put them in a small dish and mix them up and use the mixture to season as I go.

### Preparation:

1. Heat the olive oil in a large pot (about 3 spins around the pot, medium heat.) Add the onions, garlic, carrots, celery, fresh tomato, cook for about 5 minutes. Season with ½ of the seasoning while stirring – don't forget the salt and pepper!
2. Add the canned tomatoes and chicken broth, turn up the heat and bring to a simmer about 10 minutes. Lower the heat to medium, cover the pot and cook for 30 minutes.
3. Add the rest of the dried seasoning.
4. Add the mascarpone, stir until melted. The broth will achieve a silky richness – I love this, the texture of the broth is so beautiful and tasty too!
5. Add the kale and parsley, stir.
6. Add ½ cup of grated parmesan cheese.
7. Add the fresh tortellini and cook to al dente (about 3-5 minutes). Taste the broth, now is the time to add a little more salt and pepper if needed.
8. Serve in a soup bowl with fresh parmesan to garnish.

### Note:

Pour some wine and break out the vinyl – this dish takes about 15 minutes to prepare and total cook time is about 40 minutes. You may also garnish with a fresh lemon wedge; I find that the acid from the lemon breaks up the richness of the mascarpone and adds a lovely brightness to this soup! Enjoy! Serves six.

## **Cast Iron Chicken with Sun Dried Tomatoes**

*Credit to: Jackie Carro*



This cast iron chicken is so easy to make – it's all in the marinade! Give yourself some time, let it bathe overnight to absorb all the flavor!

### **Ingredients:**

- ❖ 4 skinless, boneless chicken thighs
- ❖ 4 Tbsp sun dried tomatoes packed in olive oil



### **For the Marinade:**

- ❖ olive oil
- ❖ 2 Tbsp chives
- ❖ 1 Tbsp fennel
- ❖ 1 Tbsp oregano
- ❖ ½ Tbsp turmeric
- ❖ Salt and pepper

\*I like to add all the dried seasonings to a small bowl and mix. Then I season as I go! Use your palm as a measure - it doesn't have to be perfect, just delicious!

### **For the Garnish:**

- ❖ Lemon zest and the juice of half of a lemon
- ❖ Fresh parsley

### **Preparation:**

1. Clean the chicken. Generously drizzle olive oil over one side, salt and pepper. Add some of the seasoning mixture. Using tongs, turn the chicken over and do the same on the other side. Place in a Ziploc bag. Add the sun-dried tomatoes. OMG, they smell so good! Seal the bag and work the marinade into the chicken. Refrigerate for 30 minutes at least, preferably overnight.
2. Place your cast iron pan on the grill. (I like to cook this outside.) Make sure it's nice and hot. Add the chicken to the pan – don't forget to add the sun-dried tomatoes and rest of the marinade from the bag! Cover the grill and cook it for about 4 minutes. Turn the thighs over and cover the grill again - cook for 4-5 more minutes. Remove the cast iron from the grill. Add lemon zest to the top of the chicken, and squeeze the juice from half of a lemon over the top. Garnish with fresh parsley.
3. I served mine atop a fresh spinach salad with cucumbers, carrots, tomatoes from the vine and olives. I also roasted some carrots with sweet Vidalia onions, dill and brown sugar to serve alongside. I love the contrast of hot and cold, the fresh carrots in the salad to the warm carrots from the oven are divine!