



TOP 200 BAKING RECIPES

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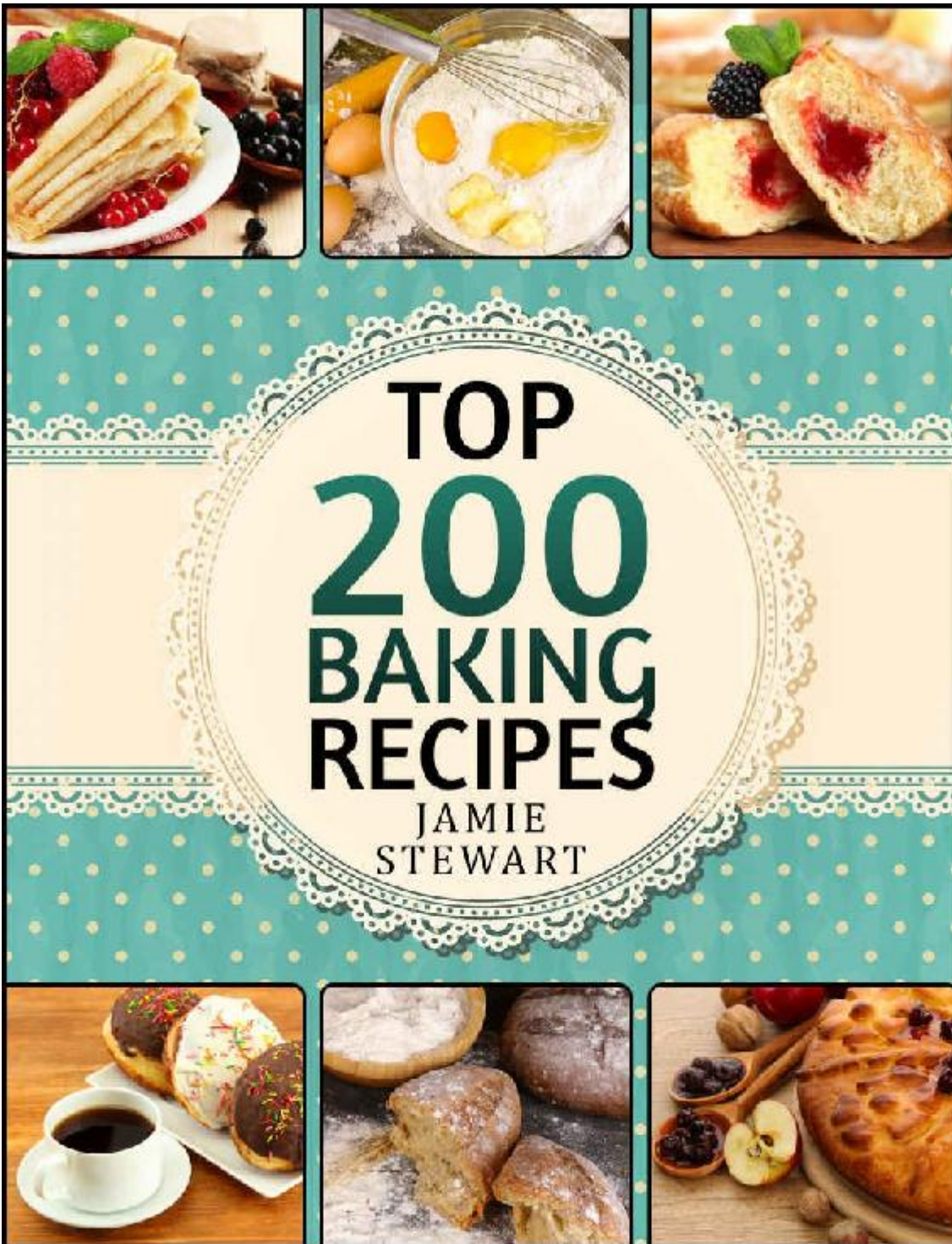


Table of Contents Warning-Disclaimer

[Baking Basics and Secrets of](#)

[a Home Baker](#)

[Basic Baking Tools and a](#)

[Typical Baker's Pantry.](#)

[How to Store Homemade](#)

[Baked Goods](#)

[Fresh Fruit Bread](#)

[Cherry Muffins for Lovely.](#)

[Morning](#)

[Soft Cranberry Bread](#)

[Easiest Mediterranean Bread](#)

[Old-Fashioned Butterscotch-](#)

[Raisin Rolls](#)

[Potato and Bacon Scones](#)

[Bacon Butter Cookies](#)

[Favorite Banana Bread](#)

[Chocolate Banana Bread](#)

[Fruit Oatmeal Bread](#)

[Nutty Banana Loaf](#)

[Superfine Morning Muffins](#)

[Sunday Raspberry Treat](#)

[Mom's Apple Bread](#)

[Bran Date Muffins](#)

[Easiest](#)

[Yummiest](#)

[Bran](#)

[Muffins](#)

[Flaxseed Bread with Greek](#)

[Yogurt](#)

[Cantaloupe Morning Cake](#)

[Quick](#)

[and](#)

[Easy.](#)

[Squash](#)

[Muffins](#)

[Orange-Flavored](#)

[Carrot](#)

[Bread](#)

[Peasant Zucchini Bread](#)

[Favorite Cheese Biscuits](#)

[Light Caribbean Scones](#)

[Tabasco Cheddar Biscuits](#)

[Herbed Cheddar Biscuits](#)

[Whipped Cream Scones](#)

[Kicked Up Cornmeal Muffins](#)

[Bisquick Spiced Scones](#)

[Everyday Easy Biscuits](#)

[Delicious Country Biscuits](#)

[Banana Muffins with Fruit and](#)

[Nuts](#)

[Morning Vanilla Cookies](#)

[Nutty Breakfast Cookies](#)

[Peanut Butter Cookies](#)

[Hearty Rye Bread](#)

[Healthy and Easy Black Bread](#)

[Winter Sauerkraut Bread](#)

[Honey Mustard Bread](#)

[Mom's Light Cornbread](#)

[Low-Carb Walnut Bread](#)

[Baked Chicken Drumsticks](#)

[Ham and Pepper Frittata](#)

[Honey Lemon Salmon](#)

[Hot Bacon Frittata](#)

[Baked Haddock Fillets](#)

[Crispy Oven-Baked Cod Fish](#)

[Oven Baked Vegetables](#)

[Spring Creamy Frittata](#)

[Bacon Ricotta Frittata](#)

[Baked Pasta with Tuna](#)

[Bacon and Swiss Cheese](#)

[Quiche](#)

[Cheesy Vegetable Pie](#)

[Melt in Your Mouth Spinach](#)

[Quiche](#)

[Mushroom Spinach Quiche](#)

[Peasant Turkey Vegetable Pie](#)

[Sausage and Pepperoni Pasta](#)

[Bake](#)

[Baked Penne with Frankfurters](#)

[and Ham](#)

[Ham and Chicken Pie](#)

[Turkey and Bacon Pie](#)

[Easy Baked Ham Omelet](#)

[Pepper and Mushroom Omelet](#)

[Cheesy Spinach Omelet](#)

[Dutch](#)

[Pannekoeken](#)

[with](#)

[Bacon](#)

[Easiest Baked Beans](#)

[Mashed Potatoes with Bacon](#)

[Mashed Potatoes with Cheese](#)

[BBQ Baked Beans](#)

[Favorite Baked Curried Rice](#)

[Baked Shrimp with Feta](#)

[Country Herbed Potatoes](#)

[Eggs in Potato Nests](#)

[Quick Bourbon and Sausage](#)

[Beans](#)

[Delicious Zucchini Gratin](#)

[Creamy.](#)

Root

Vegetables

Gratin

Grandma's Potato Gratin

Creamed Carrot and Onion

Gratin

Chicken Pasta Bake

Baked Farfalle with Turkey

Zucchini and Ham Farfalle

Bake

Chicken and Tomato Rigatoni

Baked Chicken Drumsticks

with Vegetables

Breaded

Cheese

Chicken

Breasts

Chicken

Drumsticks

with

[Mushrooms and Ham](#)

[Peanut](#)

[Chicken](#)

[and](#)

[Cauliflower](#)

[Super Easy Chicken with](#)

[Squash](#)

[Chicken with Chickpeas and](#)

[Yogurt Sauce](#)

[Spiced and Herbed Turkey.](#)

[with French Bread](#)

[Oven Baked Chicken with](#)

[Cabbage](#)

[Chicken with Cauliflower and](#)

[Walnuts](#)

[Festive Vegetarian Casserole](#)

[Baked Potatoes with Eggs and](#)

[Goat Cheese](#)

[Family Vegetarian Dinner](#)

[Baked Eggs in Tomatoes](#)

[Mediterranean-Style](#)

[Stuffed](#)

[Tomatoes](#)

[Broccoli and Shrimp Delight](#)

[Fusilli with Spinach and](#)

[Cheese](#)

[Family Vegetarian Pizza](#)

[Pizza with Artichoke and](#)

[Cheese](#)

[Carrot and Bacon Pizza](#)

[Hot Pepperoni and Mushroom](#)

[Pizza](#)

[Pizza with Broccoli and](#)

[Cheddar](#)

[Corn and Chicken Pizza](#)

[Garden Ricotta Pizza](#)

[Arugula and Mushroom Pizza](#)

[Mexican Tortilla Pizzas](#)

[Spring Vegetarian Pizza](#)

[Italian Baked Eggplant](#)

[Rice Pie with Pineapple](#)

[Hearty Dinner Pie](#)

[Sausage and Rice Casserole](#)

[Saucy](#)

[Brown](#)

[Rice](#)

[with](#)

[Turkey Sausage](#)

[Coconut Chicken and Rice](#)

[Curried Chicken and Rice](#)

[Casserole](#)

[Mushroom and Chicken Pilaf](#)

[Delicious Vegetarian Pilaf](#)

[Nutty Brown Rice Pilaf](#)

[Favorite Homemade Pizza](#)

[Easy Dinner Rolls](#)

[Flavorful Sweet Potato Rolls](#)

[Homemade Parmesan Rolls](#)

[Easiest Zucchini Pizza Bites](#)

[Apricot and Oat Crispy Bars](#)

[Homemade Herbed Grissini](#)

[Homemade Tortilla Chips](#)

[Nutted Wonton Crisps](#)

[Garlicky Cheese Bread](#)

[Saucy Eggplant Cheese Bites](#)

[Eggplant Snack Bites](#)

[Mini Eggplant Pizzas](#)

[Favorite Baked Potato Chips](#)

[Easiest](#)

[Yummiest](#)

[Corn](#)

[Muffins](#)

[Old-Fashioned Party Bars](#)

[Superfine Pecan Snacks](#)

[Party Veggie Chips](#)

[Healthy Sweet Potato Chips](#)

[Family Zucchini Chips](#)

[Spicy Carrot Chips](#)

[Spiced Kale Chips](#)

[Elegant Asparagus Appetizer](#)

[Easy and Quick Parmesan](#)

[Asparagus](#)

[Prosciutto](#)

[Wrapped](#)

[Asparagus with Cheese](#)

[Easy and Healthy Broccoli](#)

[Nuggets](#)

[Vanilla](#)

[Cinnamon](#)

[Apple](#)

[Chips](#)

[Honey and Ginger Potato](#)

[Sticks](#)

[Cheesy Crunchy Garbanzo](#)

[Homemade Pita Chips](#)

[Cheese and Chicken Dip](#)

[Baked Cheese and Kale Dip](#)

[Cheese and Meat Dipping](#)

[Sauce](#)

[Italian-Style Dipping Sauce](#)

[Southwestern-Style Appetizer](#)

[Hot Chicken Fingers](#)

[Bacon-Wrapped Chicken](#)

[Caramelized Garlic Shrimp](#)

[Kale Artichoke Dip](#)

[Baked Cocktail Meatballs](#)

[BBQ Sausage Balls](#)

[Mozzarella Tomato Toast](#)

[Tomato Cheese Bruschetta](#)

[Cheesy Salmon Mini Tarts](#)

[Yummy Ginger Cookies](#)

[Superfine Butter Cake](#)

[Grandma's Everyday Cake](#)

[Walnut Butter Cookies](#)

[Best Oatmeal Cookies Ever](#)

[Fudgy and Soft Brownies](#)

[Light Almond Cookies](#)

[Easy and Yummy Cupcakes](#)

[Almond Cherry Cupcakes](#)

[Mom's Best-Ever Brownies](#)

[Peppermint and Chocolate](#)

[Cake](#)

[Peanut Butter Brownies](#)

[Quick](#)

[and](#)

[Easy.](#)

[Vegan](#)

[Brownies](#)

[Yellow Apple Cake](#)

[Pumpkin and Raisin Cupcakes](#)

[Romantic Vanilla Cupcakes](#)

[Walnut Chewy Cookies](#)

[Hazelnut Cinnamon Cookies](#)

[Superfine Moist Carrot Cake](#)

[Old-Fashioned](#)

[Coconut](#)

[Macarons](#)

[Peanut Marshmallow Bars](#)

[Melt-In-Your Mouth Cookies](#)

[Creamy Tofu Pie](#)

[Cocoa Meringue Pie](#)

[Easiest Crustless Halloween](#)

[Pie](#)

[Chocolate-Mint Cake](#)

[Chocolate](#)

[Buttercream](#)

[Cupcakes](#)

[White Chocolate Cookies](#)

[Fig Apple Cake](#)

[Chocolate Birthday Cake](#)

[Sweet Honey Pumpkin Bread](#)

[Cheesy.](#)

[Apple](#)

[Oatmeal](#)

[Cookies](#)

[Yummy.](#)

[Chewy.](#)

[Chocolate](#)

[Cookies](#)

[Walnut Cake with Cream](#)

[Cheese Frosting](#)

[Sinfully Delicious Almond](#)

[Cake](#)

[Sunday Molasses Cookies](#)

[Quick and Easy Chocolate](#)

[Cake](#)

[Almond and Pear Cake](#)

[Delicious Fresh Pear Cake](#)

[Chocolate Pound Cake](#)

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TOP 200 Baking Recipes Cookbook

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200 BAKING RECIPES

Whether you feel like baking a gorgeous festive cake or trying to make a basic homemade bread, this cookbook is created for you. If you are an experienced and skilled cook and you are looking for some baking tips and new ideas for cookies, biscuits and muffins, check out these two hundred recipes. On the other hand, if you are very beginner and you need no-stress baking recipes for your great start, this recipe collection will help you a lot.

Baking Basics and Secrets

of a Home Baker

First of all, there are a few basic rules that should be followed in order to make your everyday baking easy and fun.

1) Read the recipe thoroughly, step by step. Take your time and get ready for baking avoiding an unnecessary stress in your haste.

Remember: well begun is half done! Every recipe contains the following

information:

recipe

name, preparation time, the number of servings, ingredient list, and step-by-step directions. This useful information will help you figure out how much time, money and effort you will need.

It's very important to follow ingredient

list that is given as a part of each recipe.

Keep in mind that the ingredient list is created by order of use. Briefly, baking is a kind of art. Therefore, everything should be precise and exact if you want to come to the desired result!

2) It is best to start from the foolproof,

simple

and

quick

recipes. If you check out this collection, you'll find some very simple recipes that you can make in less than half an hour. Try to bake an easy yeast free bread or delicious frittata with only a few ingredients.

For instance, you need just four ingredients for a basic bread recipe:

flour, yeast, water, and salt. Therefore, find a simple recipe in this cookbook and get to work. It may not be the best bread you've ever eaten, but who cares?

As you progress, you will prepare more and more complex and fancier baked goods. Please be patient, no one became a top baker overnight!

3) If your recipe calls for yeast, keep in mind a few basic rules:

- Please ensure a warm and cozy environment.

- Be sure to follow recipe directions

accurately.

Too much sugar or salt,

as well as overheated

water, can have a bad effect on the yeast.

- Your yeast must produce lots

of

bubbles,

otherwise it is not a

good.

4) If your recipe calls for baking soda or baking powder, kneading and rising are not necessary. The reason for this is that they produce the bubbles in combination with an acid. Therefore, you can find yogurt, vinegar or buttermilk next to baking soda and baking powder on the ingredient list.

5) And a few other tricks that will

help you. You should have the ingredients at room temperature for many recipes in this cookbook. In this way, you will easily combine the dry ingredients (such as flour, baking powder, nuts, etc.) with the wet ingredients (such as milk, water, buttermilk, eggs, margarine, etc.). And remember, always fold the liquid ingredients into the dry ingredients. Therefore, you will make a homogeneous cake or bread dough.

Many baking recipes call for sifting; you should sift the dry ingredients to avoid lumps.

Do not forget to grease your baking pans

or coat them with non-stick paper.

Always use a toothpick or a wooden stick to taste your baked goods.

You have to refrigerate baked goods that contain frosting made with eggs, cream cheese, whipped cream or the other perishable foods.

In terms of casseroles, it's good to know that they are prepared in an ovenproof dish (ceramic, glass, or cast-iron).

As you can see, the most important secret is practice, practice, practice!

“200 Baking Recipes” book is designed to encourage you to bake at your home regardless of your previous experience.

If you want to learn the basics of baking,

this recipe collection is perfect for you.

If you want to move on, you will find many new ideas to break out of your everyday routine.

Furthermore, you will see, we can take traditional and old-fashioned meals and gave them simple twists to help you pamper your family and impressed your guests. Homemade baked goods are so much better than store-bought products, right?!

Basic Baking Tools and a Typical Baker's Pantry

When it comes to baking, every good and experienced chef knows that he/she has to plan ahead. You should have a good

cookbook

(with

detailed

explanations), bakery supplies, and some stored foods. Therefore, you must be prepared before you start baking.

You should invest in a good kitchen tools. There are a lot of gadgets and tools you can buy for baking. Of course, you do not have to buy too much equipment for home use. However, there are several pieces of baking equipment that you should buy in order to become a

brilliant baker. Here are a few useful and

vital

items

that

should

be

considered.

1. **Mixing bowls.** You should have at least three mixing bowls (a small, medium and large-sized). Glass bowls are the best, but you can decide

according

to

your

preference.

2. **Baking pans.** It is very important to invest in high-quality pans. You can choose from ceramic, metal, glass and silicone pans, but

make sure you buy the best that you can afford.

Because it's worth it. The sizes and shapes of pans depend on your personal needs. Every baker should have a standard 9" x 13" pan. It would be great if you can buy the standard baking pan with a lid.

Then, 9" x 9" square pan is a perfect for bars, brownies, and cakes. Then, 10" round pan is very useful for biscuits, rolls, and layer cakes. A quality muffin pan is essential for the cupcakes and muffins. If you have kids, it's "must have" item!

3. **Cooling rack.** This is the best kitchen tool to cool your freshly-baked bread or cake.

4. **Parchment paper** is a non-stick paper that is perfect for lining your

baking pans. You can also use a silicone baking mat. Therefore, additional

greasing

is

not

necessary. Using this amazing piece of equipment make cleaning of the baking pans a breeze.

5. **Whisk.** There is a great variety of whisks you can buy. You can also buy an electric whisk to mix your whipping creams, egg whites, butter, lumps in sauces, etc.

6. **Rolling pin** is essential for many bread, cake and pie recipes.

7. **Scales** are essential for measuring out your ingredients.

8. **Cutters** are perfect to get desired

biscuit shapes, sticks or cookies.

Your pantry should contain the following food:

- All-purpose flour is essential. It is good to have several different types of flours at your disposal.
- Yeast, baking soda, and baking powder
- Rolled oats (old-fashioned is preferred), millet, and corn flour
- Non-stick cooking spray
- Eggs
- Milk, buttermilk, yogurt, heavy cream, and half-and-half cream
- Butter or margarine
- Cocoa and chocolate (semisweet or bittersweet)
- Nuts (almonds and walnuts are called for most frequently in this cookbook)
- Seeds (such as flaxseed and sesame seeds).
- Spices and herbs (salt, black pepper, oregano, basil, cayenne pepper, cinnamon, allspice and nutmeg

are

called

for

most

frequently in this cookbook)

- Sugar and honey
- Dried fruits

How to Store Homemade Baked Goods

If you use only fresh ingredients for your breads, cakes or muffins, you have already taken the good first step. Then, you should follow some general guidelines for storing your baked treats.

Breads. Place it cut side down on the counter and store for up to two days.

Cakes, Pies and Tarts. Cover cut surfaces with wax paper and store for up to four days.

Crisps. Cover it with a plastic wrap and store for up to three days.

Cookies. Keep in a plastic container for up to four days.

Learning to bake may seem like a real challenge, but every beginning is difficult. Once you master the basics of baking skills, you will see that it's actually easy. There are many recipes in this cookbook that can be made in just one bowl. You just need to mix up all the ingredients in a mixing bowl. Then you should pour the mixture into the baking pan. Simply follow the instructions and recommended cook time. That's it!

Many people think they do not have time for baking. Other people think that they are not talented for baking. "200 Baking Recipes" book encourages you to

overcome all the prejudices and discover the magical world of baking.

Henceforth, you can make baking fun!

Enjoy a sweet inspiration, enjoy every baked bite!

PART ONE: BREAKFAST

Fresh Fruit Bread

(Ready in about 1 hour | Servings 10)

Ingredients

- Non-stick cooking spray
- 2 bananas, mashed
- 1/4 cup canola oil
- 1/2 cup plain yogurt
- 1/2 cup sugar
-
- 1 large-sized egg,
lightly beaten
-
- 1/2 teaspoon pure
vanilla extract
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
-
- 1 teaspoon baking
powder

- 1/2 teaspoon baking soda
 - 1/2 grated nutmeg
 - 1/2 ground cinnamon
 - 1/4 teaspoon sea salt
-

- 1/2 cup raspberries, chopped

Directions

1. Start by preheating your oven to 350 degrees F. Lightly grease a loaf pan with non-stick cooking spray.
 2. In a large-sized mixing bowl, combine together mashed bananas, canola oil, plain yogurt, sugar, lightly beaten egg, and vanilla extract.
 3. In a separate large-sized bowl, mix
the flours, baking powder, baking soda, nutmeg, ground cinnamon, and salt.
 4. Then, combine the wet ingredients with the dry ingredients; mix until everything is well combined.
 5. Next, add the raspberries to the batter. Gently stir to combine. Then, pour your batter into the greased pan.
 6. Bake the fruit bread until the top becomes golden brown, about 55 minutes. Transfer the bread to a wire rack to cool completely. Serve with your favorite milk and enjoy!
-

Cherry Muffins for Lovely

Morning

(Ready in about 45 minutes | Servings 12)

Ingredients

- Softened butter, for pan
 - 1 ½ cups fine pastry flour
 - 1 teaspoon baking soda
 - 1 ½ teaspoon baking
-

powder

- 1/2 teaspoon sea salt
- 3/4 cup sugar
- 3/4 cup cornmeal
- 3 eggs
- 1/2 cup buttermilk
- 1/2 cup canola oil
- 1/2 cup sour cream
-

3/4

cup

cherry

preserves

Directions

1. First of all, set the rack in the middle position. Then, preheat your oven to 350 degrees F. Generously butter 12-cup muffin pan; set aside.

2. In a bowl of a standing mixer, combine the pastry flour, baking soda, baking powder, sea salt, sugar, and cornmeal; mix until everything is well combined.

3. Continue mixing on low speed, adding the eggs, one at a time. Pour in the buttermilk and canola oil.

Mix to combine.

4. Then, add the sour cream; mix again.

5. Then, scoop the batter evenly into the prepared muffin cups.

6. Bake about 17 minutes. until the muffins are golden brown. Transfer to a wire rack and allow to cool slightly.

7. Then, press down in the middle of each muffin with the back of a teaspoon, creating an indentation.

Add 1 tablespoon of cherry preserves to each indentation.

Allow to rest about 10 minutes.

Serve.

Soft Cranberry Bread

(Ready in about 1 hour 5 minutes |

Servings 12)

Ingredients

- 1 ¼ pound bread flour
 - ¾ cup sugar
 - A pinch of sea salt
 - 1 stick butter
 - ½ cup whole milk, warm
-

- ½ cup water, warm
- 1 easy bake yeast sachet
- 1 cup dried cranberries

Directions

1. Put all the above ingredients, except the cranberries, into a mixing bowl.
2. Mix about 10 minutes by hand in order to make a soft dough.
3. Then, roll your dough on a floured board, scatter the cranberries over the top of your dough; then, roll up the dough like Swiss roll.
4. Next, preheat your oven to 375 degrees F. Transfer your bread to greased loaf pan.
5. Bake approximately 35 minutes.

Transfer the bread to a wire rack in order to cool it completely before cutting and serving. Enjoy!

Easiest Mediterranean

Bread

(Ready in about 1 hour 10 minutes |

Servings 12)

Ingredients

- 3 cups warm water
- 1/2 teaspoon fast-action dried yeast
- 1 ¼ pound bread flour, plus 3 tablespoons for dusting

-
- 1 teaspoon dried basil

-

1

teaspoon

dried

oregano

-

1

teaspoon

dried

rosemary

- 1 teaspoon sea salt
- 2 tablespoons extra-virgin olive oil

Directions

1. Place warm water and fast-action

dried yeast into a large-sized bowl.

2. Add the rest of the ingredients, except 3 tablespoons of flour and olive oil. Knead the ingredients until everything is well combined and the dough is elastic and soft.

3. Grease the inside of another bowl with the olive oil. Dust with 2 tablespoons of flour.

4. Leave the dough to rise overnight, about 8 hours. Transfer the dough to the greased bowl; dust the top with remaining 1 tablespoon of flour.

Allow to rest an additional 1 hour.

5. Preheat an oven to 375 degrees F.

Bake your bread about 1 hour.

When you tap the crust with your knuckles it should sound hollow.

Old-Fashioned

Butterscotch-Raisin Rolls

(Ready in about 3 hours 35 minutes |

Servings 18)

Ingredients

- 3/4 cup whole milk
- 1/2 cup sugar
- 1 teaspoon kosher salt
- 1 stick butter
- 2 packages active dry yeast
- 1/2 cup warm water
- 1 large-sized egg
- 4 cups pastry flour

For the Topping:

- 1 tablespoon cold water
- 1/4 cup corn syrup
- 2 tablespoons butter, softened
- 1 cup butterscotch bits

-

1/2

cup

almonds,

chopped

For the Filling:

- Butter, melted
- 1/3 cup sugar
- 1/4 cup golden raisins

Directions

1. First of all, scald milk; then, add sugar, salt, and butter.

2. Dissolve dry yeast in warm water.

Pour in lukewarm milk mixture; then, add egg and 1/2 of the flour.

Mix until uniform and smooth.

3. Stir in remaining flour; mix again.

Set in a refrigerator at least 2

hours.

4. To make the topping, in a saucepan, combine water, corn syrup and butter over medium heat; bring to a boil, stirring often. Turn off the heat; add butterscotch bits and stir.

5. Place butterscotch mixture at the bottom of two baking pans; sprinkle with chopped almonds.

6. Divide reserved dough in half.

Then, roll the dough into two (9 x 12-inch) rectangles. Grease each rectangle

with

melted

butter;

sprinkle with the sugar and golden raisins. Roll each rectangle up tightly and seal edges.

7. Cut each roll into slices; place over butterscotch mixture in the baking pans. Allow to rise in a warm place approximately 1 hour.

8. Preheat an oven to 350 degrees F.

Bake for 30 to 35 minutes.

Potato and Bacon Scones

(Ready in about 35 minutes | Servings 8)

Ingredients

-

4 small-sized cup

potatoes,

cooked

and

mashed

-

5

strips

bacon,

crumbled

- 2 tablespoons bacon drippings
-

- 1 egg, beaten
- 1/4 teaspoon cayenne pepper

-

1/4 teaspoon black

pepper

- 1/2 teaspoon salt
- 1/4 cup pastry flour

Directions

1. In a large-sized mixing bowl, combine all the above ingredients; mix well to combine.
2. Preheat an oven to 350 degrees F.
3. With lightly oiled hands, roll dough into logs. Place on the baking pan.
4. Bake about 20 minutes or until the logs become golden brown. Allow to cool slightly before serving.

Transfer to a serving platter. Serve!

Bacon Butter Cookies

(Ready in about 35 minutes | Servings 8)

Ingredients

- 1/2-pound bacon
 - 1/4 cup butter
 - 1/2 cup sugar
 - 2 medium-sized eggs, lightly beaten
 - 1 cup pastry flour
-

- 1/2 teaspoon baking soda
- 2 cups corn flakes
- A pinch of sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin

Directions

1. Begin by preheating your oven to 350 degrees F.
 2. In a cast-iron skillet, cook the bacon about 10 minutes; drain, crumble and reserve.
 3. Cream together butter and sugar till fluffy. Stir in the eggs.
 4. Sift the flour with baking soda; add to the butter mixture. Stir in reserved bacon, corn flakes, salt, black pepper, and ground cumin.
 5. Drop the batter by rounded teaspoonful onto baking sheets.
- Bake about 18 minutes. Allow to cool slightly before serving.
-

Favorite Banana Bread

(Ready in about 1 hour | Servings 6)

Ingredients

- 3/4 cup shortening
- 1/2 cup brown sugar
- 2 eggs, lightly beaten
- 2 cups fine pastry flour
- 1/2 teaspoon sea salt

-

1 teaspoons baking

powder

- 1 teaspoon baking soda

-

2 large-sized ripe

bananas, mashed

-

3/4

cup

pecans,

chopped

Directions

1. Start by preheating your oven to 350 degrees F. Grease your loaf pan with cooking oil and dust with flour.

2. In a medium-sized mixing bowl, cream together the shortening and sugar with an electric mixer, at medium speed; mix until fluffy.

Fold in the eggs.

3. In a separate bowl, sift together the flour, sea salt, baking powder, and baking soda; then, add the flour mixture to the creamed mixture.

4. Add the bananas and pecans to the batter. Mix until everything is well incorporated.

5. Replace the batter to the loaf pan.

Bake about 1 hour; then, transfer to a wire rack in order to cool completely. This bread freezes

well.

Chocolate Banana Bread

(Ready in about 1 hour | Servings 10)

Ingredients

- Non-stick cooking spray
- 1 cup all-purpose flour
- 1 cup fine cake flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda

- 1/2 teaspoon grated nutmeg
 -
 - 1 teaspoon ground
cinnamon
 - A pinch of salt
 - 1 cup brown sugar
 - 1 stick butter, melted
 - 1/4 cup whole milk
 - 2 ripe bananas, mashed
 - 3 medium-sized eggs, beaten
 - 1 teaspoon pure vanilla extract
-

- 2/3 cup coconut flakes
- 1/2 cup semi-sweet
chocolate chips

-

1/2

cup

almonds,

coarsely chopped

Directions

1. Start by preheating an oven to 350

degrees F. Coat a baking pan with a non-stick cooking spray.

2. In a large-sized mixing bowl, sift together the flours, baking powder,

baking

soda,

grated

nutmeg,

cinnamon, and salt.

3. In another medium-sized bowl, combine

sugar,

butter,

milk,

bananas, eggs, and pure vanilla extract.

4. Combine the dry ingredients with the wet ingredients; mix until just moistened. Fold in the coconut flakes,

chocolate

chips,

and

almonds.

5. Transfer the batter to greased pan.

6. Bake about 1 hour. Allow to cool on a wire rack. Serve.

Fruit Oatmeal Bread

(Ready in about 1 hour 10 minutes |

Servings 12)

Ingredients

- 1 cup packed brown sugar
- 1/4 cup canola oil
-
- 1 large-sized egg,
lightly beaten
-
- 2
large-sized
egg
whites, beaten
- 1/2 cup buttermilk
- 2 large-sized bananas, mashed
- 1 cup old-fashioned oats
- 2 cups fine pastry flour
- 1 teaspoon baking soda

-

1 teaspoon baking

powder

- A pinch of sea salt

- 1/2 teaspoon grated nutmeg

-

1/2 teaspoon anise

seeds

- 1/2 teaspoon ground cinnamon

Directions

1. Begin by preheating an oven to 350

degrees F.

2. In a large-sized mixing bowl, combine brown sugar with canola oil, whole eggs, egg whites, and buttermilk; beat with an electric mixer, at medium speed.

3. Add bananas to the mixing bowl; beat well to combine.

4. In a separate large-sized bowl, combine oats, flour, baking soda, baking powder, salt, grated nutmeg, anise seeds, and cinnamon; stir with a wire whisk.

5. Combine the dry mixture with the egg mixture; beat until the mixture is just moisten. Spoon batter into a loaf pan coated with non-stick cooking spray (preferably butter flavor).

6. Bake approximately 1 hour or until a wooden pick inserted in center comes out clean. Serve at room

temperature with your favorite jam or honey.

Nutty Banana Loaf

(Ready in about 1 hour 10 minutes |

Servings 10)

Ingredients

- 1 $\frac{3}{4}$ cups fine pastry flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- A pinch of salt
- 1/3 cup shortening
-
- 2 large-sized eggs,
beaten
- 1/2 cup sugar
- 1 cup mashed bananas
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon grated nutmeg
-

1/4

cup

almonds,

chopped

•

1/4

cup

walnuts,

chopped

Directions

1. Preheat an oven to 350 degrees F.

Coat a baking pan with non-stick cooking spray.

2. Sift fine pastry flour, baking powder, baking soda, and salt.

Then, add shortening and mix until creamy. Add to the flour mixture.

3. Next, add eggs and beat well. Stir in sugar. Mix to combine.

4. Add the rest of the ingredients.

Pour into the baking pan. Bake about 1 hour, or until your bread is done.

Superfine Morning Muffins

(Ready in about 35 minutes | Servings 12)

Ingredients

- 1 cup cake flour
 - 1 ½ cups oats
 - 1/3 cup sugar
 -
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
-

- 3/4 cup buttermilk
- 1 egg, lightly beaten
- 2 tablespoons canola oil
- 1/3 cup prunes, chopped
- 2 medium ripe bananas, mashed
- 1 teaspoon dried grated ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt

Directions

1. Begin by preheating an oven to 400 degrees F. Lightly coat 12 muffin cups with non-stick cooking spray.

2. In a large-sized mixing bowl, combine flour, oats, sugar, baking powder, and baking soda. Mix to combine well.

3. In a separate mixing bowl, combine buttermilk, egg, canola oil, prunes, and mashed bananas. Mix again.

4. Add this buttermilk mixture to the dry

ingredients;

add

ginger,

cinnamon, and salt; mix until everything

is

just

moistened.

Divide the batter among greased muffin cups.

5. Bake approximately 20 minutes.

Serve.

Sunday Raspberry Treat

(Ready in about 40 minutes | Servings 8)

Ingredients

- 1 egg, lightly beaten
- 2/3 cup brown sugar
- 1 ½ cups pastry flour

- 1 teaspoon baking soda
 -
 - 1 teaspoon baking powder
 - 1 teaspoon dried orange rind
 - 1 teaspoon grated ginger
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon salt
 - 1/4 cup milk
 - 3 tablespoons butter, melted
 - 1 teaspoon pure vanilla extract
 - 1 cup fresh raspberries
 - Powdered sugar
-

Directions

1. Start by preheating your oven to 350 degrees F. Grease and lightly flour a baking dish.
2. Place the egg in a medium-sized mixing bowl; gradually stir in brown sugar. Beat to combine well.
3. Sift together the flour, baking soda, baking powder, dried orange rind, ginger, cinnamon, and salt.
4. Slowly add sifted mixture to the egg mixture, alternating with the

milk. Add butter and vanilla extract, beating thoroughly. Fold in raspberries.

5. Replace the batter to greased and floured

baking

pan.

Bake

approximately 30 minutes. Dust with powdered sugar and serve at room temperature.

Mom's Apple Bread

(Ready in about 1 hour 5 minutes |

Servings 12)

Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
-
- 2 large-sized eggs,
lightly beaten
- 1/2 cup shortening
- 2 cooking apples, cored

and diced

- 2 tablespoons coconut flakes
- 1/2 teaspoon salt
- 1/2 teaspoon allspice
- 1 teaspoon baking soda

-

2 tablespoons sour

cream

Directions

1. Preheat your oven to 375 degrees F.

Coat your loaf pan with non-stick cooking spray.

2. In a mixing bowl, combine flour, sugar, eggs, and shortening. Stir in apples and coconut flakes. Add salt and allspice; stir to combine well.

3. In a separate small-sized bowl, combine baking soda with sour cream. Add to the apple mixture.

Mix until all ingredients are well combined. Pour the batter into prepared

loaf

pan.

Bake

approximately 1 hour.

Bran Date Muffins

(Ready in about 30 minutes | Servings 8)

Ingredients

- 1 cup flaxseed meal
- 2 ½ cups oat bran
- 1 cup all-purpose flour
- 1 teaspoon baking soda

•

1 teaspoon baking
powder

- 1/2 teaspoon salt
- 1/2 teaspoon grated nutmeg
- 1/2 teaspoon dukkah
- 2 oranges, peeled and sectioned
- 1 cup sugar
- 1 cup buttermilk
- 1 butter stick, melted
- 2 eggs, lightly beaten
- 1 ½ cups dried dates, pitted and chopped

Directions

1. Begin by preheating an oven to 375

degrees F. Lightly grease 8 muffin tins and set aside.

2. In a large-sized mixing bowl, combine flaxseed meal, oat bran, all-purpose flour, baking soda baking powder, salt, grated nutmeg, and dukkah. Reserve.

3. In your blender or a food processor, pulse the oranges, sugar, buttermilk, butter, and eggs.

4. Add the orange mixture to the dry ingredients. Mix until everything is

well blended. Stir in chopped dates.

5. Fill prepared muffin tins with the batter. Bake until a wooden pick inserted into the center of the muffin comes out clean or about 20

minutes. Enjoy!

Easiest Yummiest Bran

Muffins

(Ready in about 9 hours 15 minutes |

Servings 10)

Ingredients

- 1 (20-ounce) box of bran cereal
- 5 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon baking soda

-
- 1 teaspoon baking soda
 - 2 teaspoons salt
 - 4 eggs, lightly beaten
 - 1 cup canola oil
 - 1-quart whole milk
 - 1 teaspoon dried grated ginger root
 - 1/2 grated nutmeg
 - 1 teaspoon cinnamon

Directions

1. Place all ingredients in a large-sized container. Mix to combine.

Set in a fridge overnight, about 9 hours.

2. Preheat your oven to 400 degrees F.

Bake about 15 minutes.

3. Transfer to a wire rack in order to cool slightly. Serve and enjoy!

Flaxseed Bread with Greek

Yogurt

(Ready in about 55 minutes | Servings 10)

Ingredients

- 3 tablespoons flaxseed meal
 - 1 1/3 cups whole-wheat flour
 - 1 teaspoon baking soda
-

- 1/2 teaspoon baking powder

- 1/2 teaspoon sea salt

-

1 teaspoon ground

cinnamon

- 1/2 teaspoon lemon

juice

- 3 tablespoons water

- 1/2 cup Greek yogurt

- 1/2 teaspoon olive oil

- 2 tablespoons honey

- 2 large-sized egg whites

Directions

1. Start by preheating your oven to 350 degrees F. Oil a loaf pan with non-stick cooking spray.

2. In a large-sized mixing bowl, sift together the flaxseed meal, whole-wheat flour, baking soda, baking powder, sea salt, and cinnamon.

Drizzle with lemon juice and stir to combine; reserve.

3. In another mixing bowl, combine the water, Greek yogurt, olive oil, honey, and egg whites. Mix until everything is well blended.

4. Add the wet ingredients to the dry ingredients.

5. Place the loaf pan on the center rack

of

the

oven;

bake

approximately 45 minutes. Allow to cool before cutting and serving.

Cantaloupe Morning Cake

(Ready in about 1 hour | Servings 10)

Ingredients

- Melted butter, for a pan
- 1 cup cantaloupe purée
- 3/4 cup sugar
- 1/3 cup canola oil
- 2 eggs, lightly beaten
- 1 ½ cups whole wheat

flour

-

1 teaspoon baking

powder

- 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1/2 teaspoon grated nutmeg
 - 1/4 teaspoon ground mace
 - 1/2 teaspoon ground cinnamon
 - 1/4 teaspoon ground cloves
 - 1/4 cups golden raisins
-

-

1/3

cup

walnuts,

coarsely chopped

Directions

1. Begin by preheating an oven to 350

degrees F. Grease the inside of your loaf pan with melted butter.

2. In a large-sized mixing bowl, combine together cantaloupe purée, sugar, oil, and eggs.

3. In a separate large-sized mixing bowl, combine together the flour, baking powder, baking soda, salt, nutmeg, ground mace, cinnamon, and ground cloves.
 4. Add the wet mixture to the dry mixture. Next step, stir in raisins and walnuts.
 5. Bake about 55 minutes or until a stick inserted in center of the cake comes out clean.
 6. Let the cake cool before removing from the loaf pan. Serve.
-

Quick and Easy Squash

Muffins

(Ready in about 30 minutes | Servings 12)

Ingredients

- 1 cup butternut squash, grated
 - 3/4 cup whole milk
 - 1 egg
 - 1/4 cup grape seed oil
-
- 1/4 cup sugar
 - 2 cups all-purpose flour
 - 1 teaspoon baking soda
 -

1 teaspoon baking

powder

- A pinch of salt
- 1/2 teaspoon ground cloves
- 1 teaspoon lemon rind
- 1/2 teaspoon grated nutmeg

Directions

1. Preheat your oven to 350 degrees F.

Coat 12 muffin cups with paper baking cups.

2. In a medium-sized bowl, stir together the squash, milk, egg, oil, and sugar.

3. In another large-sized bowl, sift together the flour, baking soda, baking powder, salt, cloves, lemon rind, and grated nutmeg.

4. Add the wet squash mixture to the flour mixture; mix to combine, but do not over mix.

5. Divide the batter among muffin cups. Then, bake for 20 to 25 minutes.

Serve

at

room

temperature.

Orange-Flavored Carrot

Bread

(Ready in about 50 minutes | Servings 24)

Ingredients

- 1 ¼ cup carrots, grated
 - 1 cup applesauce
 - 1/4 cup coconut water
 - 1/4 cup orange juice
-
- 1/2 cup brown sugar
 - 2 eggs
 - 3 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1 teaspoon baking
powder
 - 1/2 teaspoon ground nutmeg
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon anise seed
 - 1/4 teaspoon salt

Directions

1. Begin by preheating an oven to 350

degrees F. Lightly grease and flour a large-sized bread pan.

2. In a mixing bowl, combine together carrots, applesauce, coconut water, orange juice, sugar, and eggs. Mix vigorously to combine well.

3. In a separate mixing bowl, combine the rest of the ingredients. Add carrot mixture to the flour mixture.

Mix again.

4. Pour the batter into your bread pan; bake about 45 minutes. Allow to

cool slightly before serving. Enjoy!

Peasant Zucchini Bread

(Ready in about 50 minutes | Servings 24)

Ingredients

- Melted butter, for a bread pan

- 1 tablespoon flour

- 1 ¼ cups zucchini, shredded

-

2 large-sized eggs,

beaten

- 1 ¼ cups applesauce

- 1/2 cup orange juice

- 1/2 cup sugar
 - 3 cups whole wheat flour
 -
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
 - 1 teaspoon allspice
 - 1/2 teaspoon pumpkin pie spice
 - 1/4 teaspoon salt
-

Directions

1. Begin by preheating an oven to 350

degrees F. Treat a large-sized bread pan with melted butter. Then, dust with the 1 tablespoon of the flour; reserve.

2. In a large-sized mixing bowl, combine together zucchini, eggs, applesauce, orange juice, and sugar. Mix to combine ingredients.

3. In a separate bowl, combine the rest of the ingredients. Add the wet

zucchini mixture to the dry flour mixture. Mix to combine.

4. Pour the batter into prepared pan; bake approximately 45 minutes.

Serve at room temperature!

Favorite Cheese Biscuits

(Ready in about 20 minutes | Servings 12)

Ingredients

- Non-stick cooking spray
 -
 - 2 cups all-purpose
baking mix
 - 1/2 cup water
 - 2/3 cup sharp cheese, shredded
-

- 1/2 teaspoon allspice
- 1/2 teaspoon sea salt

Directions

1. Preheat an oven to 450 degrees F.

Treat a baking sheet with non-stick cooking spray.

2. In a large-sized mixing bowl, combine the baking mix, water, and cheese. Sprinkle with allspice and mix until a thick doughy consistency is reached.

3. Roll the dough on a floured board with a rolling pin. Cut out pieces with a biscuit cutter.

4. Spray the top of each biscuit with cooking spray. Sprinkle the biscuits with sea salt.

5. Bake about 10 minutes. Allow to cool completely before serving.

Light Caribbean Scones

(Ready in about 25 minutes | Servings 10)

Ingredients

- 2 cups flour

- 1 teaspoon baking soda

-

1 teaspoon baking

powder

- 2 tablespoons brown sugar

- 1/2 teaspoon ground cumin

- 1/2 teaspoon sea salt

-

2 large-sized eggs,

beaten

-

2

tablespoons

margarine, melted

- ½ cup buttermilk
- ½ cup water
- Non-stick cooking spray

Directions

1. In a mixing bowl, combine flour, baking soda, baking powder, sugar, cumin, and salt.
2. Then, stir in the eggs; add melted margarine, buttermilk, and water.

Knead lightly in order to form a soft dough.

3. Preheat your oven to 400 degrees F.

Grease a baking pan with non-stick cooking spray.

4. Divide the dough into 10 balls; roll the balls out to 1/2-inch disks.
5. Bake the scones about 15 minutes.

Serve warm with butter, jam or yogurt!

Tabasco Cheddar Biscuits

(Ready in about 30 minutes | Servings 8)

Ingredients

- Non-stick cooking spray (butter flavor)
- 1 ½ cups fine pastry flour
- 1 teaspoon baking soda

- ½ teaspoon baking powder
 - ¼ teaspoon salt
 - 1/2 teaspoon ground cumin
 - 1 tablespoon parsley, chopped
 - 4 tablespoons butter, cold
 - ½ cup Cheddar cheese, shredded
 - ½ cup buttermilk
 - 1 teaspoon Tabasco sauce
-

Directions

1. Start by preheating an oven to 400 degrees F. Treat your cookie sheet with non-stick cooking spray.
2. In a large-sized mixing bowl, mix together flour, baking soda, baking powder, salt, ground cumin, and parsley. Then, cut in butter.
3. Stir in Cheddar cheese and buttermilk. Stir in order to make an elastic and soft dough.
4. Scrape the dough out onto floured work surface; roll the dough out to 1/2-inch thickness. Cut out your biscuits with a cookie cutter.

5. Sprinkle your biscuits with Tabasco sauce. Bake about 15 minutes, or until the biscuits are puffed. Serve warm and enjoy!

Herbed Cheddar Biscuits

(Ready in about 30 minutes | Servings 8)

Ingredients

- Non-stick cooking spray (butter flavor)
 - 1 ½ cups cake flour
 - 1/2 teaspoon baking soda
 - 1 ½ teaspoon baking
-

powder

- 1 tablespoon dried basil

-

1

teaspoon

dried

oregano

-

1

teaspoon

dried

rosemary

- A pinch of salt
- 3 tablespoons butter, cold
-

3/4

cup

Cheddar

cheese, shredded

- 1/2 cup whole milk

Directions

1. Begin by preheating your oven to 400 degrees F. Treat a suitable baking sheet with non-stick cooking spray.
 2. In a mixing bowl, mix together flour, baking soda, baking powder, basil, oregano, rosemary, and salt; cut in the cold butter.
 3. Add Cheddar cheese and whole milk. Knead by hand and make an elastic and soft dough.
 4. Scrape the dough out onto floured flat surface; then, roll the dough out to 1/2-inch thickness. Then, cut out the biscuits with your cookie cutter.
 5. Afterwards, bake about 15 minutes, until the biscuits become golden and puffed. Enjoy!
-

Whipped Cream Scones

(Ready in about 25 minutes | Servings 12)

Ingredients

- Non-stick cooking spray
 - 2 cups baking mix
 - ½-pint heavy whipping cream
 - A pinch of salt
-

Directions

1. Treat your baking sheet with nonstick cooking spray.
 2. In a mixing bowl, combine the rest of the ingredients just until they are moistened.
 3. Then, drop by tablespoons onto baking sheet.
 4. Bake the scones in preheated oven at 450 degrees, approximately 12 minutes. Serve with butter and your favorite jam.
-

Kicked Up Cornmeal

Muffins

(Ready in about 25 minutes | Servings 6)

Ingredients

-

½

cup

yellow

cornmeal

- ⅔ cup Bisquick baking mix
 - 3 tablespoons sugar
-

- ½ teaspoon sea salt
- ⅓ cup buttermilk
- 1 large-sized egg

Directions

1. In a mixing bowl, combine together cornmeal, baking mix, sugar, and salt.
 2. Preheat an oven to 400 degrees F.
 3. Stir in buttermilk and egg. Stir until everything is well combined.
Fill
standard muffin cups with the batter.
 4. Bake about 20 minutes or until the muffins are slightly browned.
Serve warm.
-

Bisquick Spiced Scones

(Ready in about 20 minutes | Servings 6)

Ingredients

- 2 cups Bisquick baking mix
 - 1/3 cup buttermilk
 - 1 large-sized egg
 - 1/2 teaspoon salt
 - 3 tablespoons sugar
-

- 1/2 teaspoon grated nutmeg
- 1/2 teaspoon ground cloves
-

1 teaspoon ground
cinnamon

Directions

1. Begin by preheating an oven to 425 degrees F.
2. In a large-sized mixing bowl, combine together all the above ingredients.
3. Drop large rounded tablespoons of the batter onto your baking pan.

Bake about 10 minutes. Transfer to a wire rack to cool slightly.

4. Then, transfer your scones to a serving platter. Serve warm with yogurt or butter.

Everyday Easy Biscuits

(Ready in about 25 minutes | Servings 12)

Ingredients

- 1 cup all-purpose flour
- 1 cup fine cake flour
- 1 ½ teaspoons baking soda

-

1 teaspoon baking
powder

-
- 1 tablespoon brown

sugar

- 1 teaspoon sea salt
- ⅓ cup canola oil
- ⅔ cup buttermilk

Directions

1. Begin by preheating your oven to 475 degrees F.
2. Mix flours, baking soda, baking powder, brown sugar, and sea salt.

Mix to combine well. Add canola oil and buttermilk to the dry mixture.

3. Mix again in order to moisten ingredients; then, knead by hand and form the ball.
4. Roll out the dough between two sheets of plastic wrap. Cut into serving-sized biscuits.
5. Bake approximately 12 minutes.

Transfer to a wire rack in order to cool completely.

Afterwards,
transfer to a serving platter and serve!

Delicious Country Biscuits

(Ready in about 25 minutes | Servings 8)

Ingredients

- 1 cup fine pastry flour
- 1 teaspoon baking soda
- 1 ½ teaspoons baking powder
- ½ teaspoon salt

-

1/2 teaspoon dried

lemon rind

- 2 tablespoons milk, lukewarm

- 1 stick butter, cold
- 1 cup sourdough starter

Directions

1. Preheat an oven to 425 degrees F.
 2. Sift together flour, baking soda, baking powder, and salt. Sprinkle with dried lemon rind and stir to combine well.
 3. Add milk; cut in the butter, then, add sourdough starter. Replace the dough to a floured work surface.
Knead the dough two or three times.
 4. Pat dough to $\frac{3}{4}$ -inch disc, then, cut out the biscuits.
 5. Bake about 15 minutes. Serve at room temperature.
-

Banana Muffins with Fruit and Nuts

(Ready in about 30 minutes | Servings 12)

Ingredients

- 3 ripe bananas, mashed
 - $\frac{3}{4}$ cup sugar
 - $\frac{1}{2}$ teaspoon pumpkin pie spice mix
 - 1 egg
-

- 1/3 cup butter, melted
- 1/2 teaspoon baking soda

-

1 teaspoon baking
powder

- 1/2 teaspoon salt
- 1 1/2 cups all-purpose flour
- 1/4 cup golden raisins

-

1/2

cup

almonds,

chopped

Directions

1. Preheat your oven to 375 degrees F.

Treat a standard muffin tray with non-stick cooking spray.

2. Put mashed bananas into a large-sized mixing bowl.

3. Add the rest of the ingredients. Mix to combine well.

4. Bake about 20 minutes. Transfer to a wire rack to cool slightly.
Serve and enjoy!

Morning Vanilla Cookies

(Ready in about 30 minutes | Servings 12)

Ingredients

- 1 ½ sticks butter
- 1 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon grated nutmeg
- 1 teaspoon ground
ginger
- 1 teaspoon ground mace
- 2 large-sized eggs,
beaten
- 1 cup molasses
- 1/2 teaspoon pure
vanilla extract
- 4 ½ cups all-purpose flour
- 1 teaspoon baking soda

-

2 teaspoons baking

powder

- 1/2 teaspoon salt

- Powdered sugar, for serving

Directions

1. Preheat an oven to 350 degrees F.

2. Then, cream butter and sugar with an electric mixer. Add cinnamon, nutmeg,

ginger,

mace,

eggs,

molasses, and pure vanilla extract.

3. In another large-sized mixing bowl, sift together the flour, baking soda, baking powder, and salt.

4. Add the dry ingredients to the wet ingredients. The dough should not get sticky. Shape the dough into small-sized balls.

5. Bake about 10 minutes. Remove the cookies onto a cooling rack. Dust with powdered sugar. Serve!

Nutty Breakfast Cookies

(Ready in about 25 minutes | Servings 16)

Ingredients

- 1 cup nut butter
- 1 cup sugar
- 2 large-sized eggs

-

1 teaspoon baking

powder

- 1 teaspoon baking soda
-

- 1/2 teaspoon ground cinnamon

- 1/2 teaspoon almond extract

Directions

1. Begin by preheating your oven to 350 degrees F.
 2. Combine all the above ingredients in a large-sized bowl; stir until everything is well blended.
 3. Roll prepared butter into small-size balls. Bake 12 to 15 minutes in the preheated oven. Transfer to a cooling rack and allow to rest about 10 minutes.
 4. Serve with coffee or tea.
-

Peanut Butter Cookies

(Ready in about 25 minutes | Servings 15)

Ingredients

- 3/4 cup peanut butter
 - 1 cup sugar
 - 2 large-sized eggs
 - 1 tablespoon molasses
 - 1 ½ teaspoon baking powder
-

- 1 teaspoon baking soda
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon

Directions

1. Preheat your oven to 350 degrees F.

Prepare a suitable cookie sheet.

2. In a large-sized bowl, combine all the above ingredients until well blended.

3. Roll prepared butter into 30 balls.

Bake about 15 minutes. Then, transfer to a cooling rack at least 10 minutes. Serve with jam or honey!

Hearty Rye Bread

(Ready in about 3 hours | Servings 12)

Ingredients

- 1 ¼ cups warm water
 - 1 tablespoon canola oil
 - 1 tablespoon honey
 - 1 ½ cups bread flour
 - 1 cup rye flour
 - 1/2 cup whole wheat
-

flour

- 1/4 cup vital wheat gluten
- 1/ teaspoon salt
- 3 tablespoons dry milk powder

-

2

tablespoons

unsweetened

cocoa

powder

- 1 tablespoon ground cumin
- 1 ½ teaspoons active dry yeast

Directions

1. Put all the above ingredients into the pan of the bread machine according

to

manufacturer's

instruction.

2. After the first rise, remove the dough from the bread machine.

Transfer to a lightly oiled loaf pan.

Allow to rise for 1 hour.

3. Bake at 350 degrees, about 45

minutes. Remove from the oven; transfer to a wire rack before slicing.

Healthy and Easy Black

Bread

(Ready in about 3 hours | Servings 12)

Ingredients

- 1 cup water

- 1/8 cups milk

-

2 tablespoons dark

molasses

- 1 tablespoon extra-

virgin olive oil

- 1/2 teaspoon salt
 - 2 cups flour
 - 1 ½ cups rye flour
 - 3 tablespoons sugar
 - 3/4 teaspoon caraway seed
 - 1 tablespoon cocoa powder, unsweetened
 - 1/2 teaspoon allspice
 -
- 2 teaspoons bread machine yeast

Direction

1. Put all the above ingredients into the pan of the bread machine in the order

recommended

by

the

manufacturer.

2. Press “start” and bake.

3. Transfer to a cooling rack for 15 minutes. Serve.

Winter Sauerkraut Bread

(Ready in about 3 hours | Servings 10)

Ingredients

- 1 cup sauerkraut, rinsed and drained

- 3/4 cup water, warm

-

1 tablespoon dark

molasses

- 2 tablespoons butter

- 2 tablespoons sugar

- 1/2 teaspoon allspice

- 1 teaspoon caraway

seed

- 1 teaspoons salt

- 2 cups all-purpose flour

- 1 cup rye flour

- 1 1/2 teaspoons active dry yeast

Directions

1. Place all the above ingredients in the pan of the bread machine.
 2. Then, select basic bread cycle; press “Start”.
 3. Transfer to a cooling rack in order to cool completely. Serve with butter, jam or honey. Enjoy!
-

Honey Mustard Bread

(Ready in about 3 hours | Servings 10)

Ingredients

- 1 cup water, warm
 - 2 tablespoons extra-virgin olive oil
 - 1/2 cup mustard
 - 2 tablespoons honey
 - 2/3 cup whole wheat flour
-

- 3/4 cup rye flour
- 2 cups all-purpose flour
- 2 ½ teaspoons active dry yeast

Directions

1. Put all the above ingredients into the bread machine in the order suggested by the manufacturer.

2. Select "Basic" and start the machine.
 3. Serve at room temperature. Serve with butter, cheese or yogurt!
-

Mom's Light Cornbread

(Ready in about 30 minutes | Servings 6)

Ingredients

- 1 cup cornmeal
 - ½ teaspoon baking soda
 -
 - 1 teaspoon baking powder
 - ½ teaspoon salt
-
- 1/2 teaspoon caraway seed
 -
 - 1/3 cup Splenda granular
 - 2/3 cup yogurt
 - 1/3 cup sour cream

-

1 large-sized egg,

lightly beaten

Directions

1. Begin by preheating an oven to 375

degrees F.

2. In

a

mixing

bowl,

combine

cornmeal, baking soda, baking powder, salt, caraway seed, and Splenda granular.

3. In another mixing bowl, combine the rest of the ingredients. Carefully fold the wet ingredients into the dry ingredients.

4. Pour into lightly greased cake pan.

Bake 15 to 20. Cut into wedges and serve with sour cream or yogurt.

Low-Carb Walnut Bread

(Ready in about 30 minutes | Servings 6)

Ingredients

- 1 cup walnuts, ground

- 2 tablespoons butter, melted
 - 2 eggs
 - 1/2 teaspoon baking soda
-

- 1/2 teaspoon baking powder
- 1/2 teaspoon pumpkin pie spice mix
- 1/2 teaspoon salt

Direction

1. Begin by preheating an oven to 375 degrees F.

2. In a mixing bowl, combine walnuts and butter; mix to combine. Add the rest of the ingredients; mix again

until

everything

is

well

incorporated.

3. Pour the batter into a greased baking pan.

4. Bake about 20 minutes. Let cool for 10 minutes before slicing and serving. You can serve this amazing low-carb bread with butter and honey if desired.

PART TWO: LUNCH

Baked Chicken Drumsticks

(Ready in about 1 hour | Servings 8)

Ingredients

- Non-stick cooking spray
- 2 cups pretzel crumbs
- 1/2 teaspoon dried basil
- 1 teaspoon caraway
seed
- 1/2 teaspoon sea salt

-
- 1/4 teaspoon ground black pepper
 - 1 stick butter
 - 8 chicken drumsticks

Directions

1. Begin by preheating your oven to 375 degrees F. Treat a baking sheet with cooking spray.
2. In a mixing bowl, whisk together the crumbs, basil, caraway seed, salt, and black pepper. In another bowl, melt the butter.
3. Then, dip your drumsticks in butter; then, roll them in crumb mixture.

Arrange on greased baking sheet.

4. Bake about 50 minutes, or until drumsticks are golden.

Ham and Pepper Frittata

(Ready in about 20 minutes | Servings 4)

Ingredients

- Non-stick cooking spray
 - 8 medium-sized eggs
 - 3 tablespoons milk
 - 1 sweet bell pepper, chopped
 - 5 slices ham, chopped
-

- 1/2 cup Cheddar cheese

-

1 tablespoon fresh

parsley

Directions

1. Preheat your oven to 350 degrees F.

Treat 12 muffin tin cups with nonstick cooking spray.

2. In a large-sized mixing bowl, whisk the eggs and milk.

3. Stir in chopped bell pepper, ham, and Cheddar cheese. Divide the

mixture among the muffin tins. Bake for 20 minutes or until the eggs are set.

4. Cut your frittata into four wedges; sprinkle with fresh parsley and serve immediately!

Honey Lemon Salmon

(Ready in about 20 minutes | Servings 4)

Ingredients

- 2 pounds salmon

-

2

lemons,

freshly

squeezed

- 1/4 cup honey

- 1 teaspoon sea salt

-

1/2 teaspoon dried

rosemary

-

1/2 teaspoon dried

oregano

- 1/2 teaspoon ground pepper

Directions

1. Preheat an oven to 375 degrees F.

Prepare a baking sheet.

2. Place salmon in the middle of an aluminum foil.

3. In a small-sized mixing bowl, combine the lemons, honey, salt, rosemary, oregano, and ground black pepper. Pour the mixture over the salmon.

4. Wrap the foil around the salmon to create a packet. Bake until the salmon easily comes apart or about 20 minutes.

Hot Bacon Frittata

(Ready in about 20 minutes | Servings 4)

Ingredients

- 1 large-sized red onion, chopped

-

2

cloves

garlic,

chopped

- 5 slices bacon

- 4 tablespoons milk
-

- 8 eggs, beaten

- 1/2 teaspoon sea salt

- 1/2 teaspoon freshly ground black pepper

-

1 jalapeño pepper,

minced

- 1/2 cup sharp cheese

-

1 tablespoon fresh

parsley

- Olives, as garnish

Directions

1. In a medium-sized heavy skillet, sauté the onions, garlic, and bacon.

Cook until the onion is tender and the bacon is browned.

2. Transfer the onion and bacon to a large-sized mixing bowl. Add remaining

ingredients,

except

olives.

3. Next, preheat your oven to 350 degrees F. Treat your baking dish with non-stick cooking spray.
 4. Bake for 20 minutes or until the frittata is done.
 5. Divide the frittata among four serving plates. Serve immediately with olives!
-

Baked Haddock Fillets

(Ready in about 25 minutes | Servings 4)

Ingredients

- Non-stick cooking spray
- 1 ½ pounds haddock fillets
- 1 tablespoon fresh
lemon juice
- 1
teaspoon
Dijon

mustard
- 1 teaspoon sea salt

- 1/4 teaspoon red pepper flakes, crumbled

-

1/4 teaspoon black

pepper

- 1/2 cup breadcrumbs

- 1 ½ tablespoons butter, melted

-

1 tablespoon fresh

cilantro, chopped

Directions

1. Preheat an oven to 425 degrees F.

Coat your baking dish with nonstick cooking spray.

2. Arrange the haddock fillets on the baking dish.

3. In a medium-sized mixing bowl, combine the lemon juice, mustard, salt, red pepper flakes, and black pepper. Spread the mixture over fish fillets.

4. Sprinkle the fish with breadcrumbs; then, drizzle with butter. Bake for 20 minutes. Sprinkle with fresh cilantro.

Crispy Oven-Baked Cod

Fish

(Ready in about 45 minutes | Servings 4)

Ingredients

- 2 tablespoons canola oil

- 1 tablespoon Cajun

seasoning

- 1/4 cup flour

- 1/4 teaspoon sea salt

- 2 large egg whites, beaten

-

2 cups cornflakes,

ground

- 1-pound cod fish, cut into 4 serving portions

Directions

1. Preheat your oven to 425 degrees F.

Treat a large baking sheet with canola oil.

2. In a shallow dish, combine Cajun

seasoning, flour, and sea salt; stir to combine.

3. In another shallow bowl, place the egg whites. Place cornflakes in a third shallow dish.

4. Dredge fish in the flour mixture; then, dip in the egg white, then, dip in the ground cornflakes.

5. Bake the fish portions until opaque in the center or about 20 minutes.

Oven Baked Vegetables

(Ready in about 55 minutes | Servings 12)

Ingredients

-

1 butternut squash,

cubed

- 2 carrots, sliced

- 1 sweet bell pepper, sliced

- 4 large-sized potatoes,

peeled and cubed

- 1 red onion, quartered

- 1 teaspoon sea salt

- 1 teaspoon ground black pepper

-

1

teaspoon

dried

rosemary

- 1 teaspoon dried thyme
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar

Directions

1. Preheat an oven to 475 degrees F.
 2. Spread the vegetables evenly on a large roasting pan.
 3. In a mixing bowl, combine together sea salt, black pepper, rosemary, thyme, oil, and apple cider vinegar.
 4. Roast about 40 minutes, stirring every 10 minutes, or until the vegetables are browned.
-

Spring Creamy Frittata

(Ready in about 40 minutes | Servings 12)

Ingredients

- 2 lbs. asparagus, cut into 1/4-inch-wide slice
 - 2 tablespoons olive oil
 - 4 spring onions, sliced
 - 1 red bell pepper, sliced
-

- 1 green bell pepper, sliced

•

1

medium-sized

zucchini, shredded

- 10 eggs, beaten
- 1/2 cup heavy cream
- 1 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground black pepper

Directions

1. Preheat an oven to 350 degrees F.
2. In a saucepan, blanch asparagus in a boiling salted water.
3. In a separate skillet, heat olive oil over medium heat. Cook spring onions, bell pepper, and zucchini.

Cook until the vegetables are just tender.

4. Add

the

blanched

asparagus;

transfer the vegetables to a baking dish.

5. In a mixing bowl, combine the eggs, heavy cream, salt, red pepper flakes, and black pepper.

6. Pour

the

mixture

over

the

vegetables in the baking dish. Bake about 35 minutes or until the eggs are set.

7. Transfer the frittata to a wire rack; then, slide onto a platter and serve with a crusty bread.

Bacon Ricotta Frittata

(Ready in about 30 minutes | Servings 4)

Ingredients

- 1 stick butter
- 1 medium-sized onion, finely chopped
- 2 cloves garlic, minced
- 8 slices bacon, fat removed and chopped

-
- 6 eggs, beaten
 - 1 ½ cup ricotta
 - ¾ cup heavy cream

Directions

1. Preheat an oven to 350 degrees F.

Line a roasting pan with baking parchment.

2. In a cast-iron skillet, melt the butter over medium heat. Sauté the onion and garlic about 5 minutes.

3. Then, add the bacon to the skillet; cook about 5 minutes or until it is crisp.

4. Add remaining ingredients to the skillet. Then, pour the mixture into the lined roasting pan; bake about 25 minutes. Cut into squares and serve warm.

Baked Pasta with Tuna

(Ready in about 35 minutes | Servings 4)

Ingredients

- 1 package pasta

- 1 stick butter

-

2 tablespoons all-

purpose flour

- 2 cups milk

- 3/4 cup Swiss cheese

grated

-

1

teaspoon

dried

rosemary

- 1 teaspoon dried basil

-

1

teaspoon

dried

oregano

- 2 cups tuna in water, drained and flaked

Directions

1. Preheat an oven to 350 degrees F.

Lightly grease an ovenproof dish with non-stick cooking spray.

2. Cook the pasta in a saucepan of boiling water until tender. Drain; reserve 1/4 cup of cooking liquid.

3. In a saucepan, melt the butter over medium heat. Add flour and cook for 1 minute. Turn off the heat.

4. Gradually add milk until combined.

Then, cook the sauce about 4

minutes or until it is thickened.

Remove from the heat, and add 1/4

cup of Swiss cheese. Season with rosemary, basil, and oregano.

5. Combine the flour mixture with pasta and reserved cooking liquid.

Add tuna and toss to combine.

6. Transfer the mixture to ovenproof dish. Sprinkle with remaining 2/4 cup Swiss cheese. Bake for about 15 minutes. Serve warm.

Bacon and Swiss Cheese

Quiche

(Ready in about 50 minutes | Servings 6)

Ingredients

- 1 single crust pie shell

-

6 (1-ounce) slices

bacon

-

4 large-sized eggs,

beaten

-

1

tablespoon

all-

purpose flour

- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 ½ cups milk
- 1 ½ cups Swiss cheese, grated

Directions

1. Bake the crust pie shell at 450 degrees F about 10 minutes.

Reserve, keeping hot.

2. Then, turn the oven temperature to 325 degrees F.

3. Meanwhile, microwave the bacon slices until they are crisp. Then, cut the bacon into small pieces; reserve.

4. In a medium-sized mixing bowl, beat the eggs and flour together.

Add the salt, black pepper, milk, and Swiss cheese; add the bacon and stir to combine well.

5. Pour the bacon mixture into the hot pie shell.

6. Bake about 45 minutes. You can cover the quiche with an aluminum foil during baking time. Serve warm with ketchup or tomato paste.

Cheesy Vegetable Pie

(Ready in about 50 minutes | Servings 6)

Ingredients

- 1 single pie shell
- 2 tablespoons olive oil
- 1 sweet red bell pepper, chopped
- 1 green bell pepper, chopped

•

1

cup

scallions,

chopped

•

4 large-sized eggs,

beaten

•

1

tablespoon

all-

purpose flour

- 1/2 teaspoon salt

- 1/2 teaspoon cayenne pepper
 - 1 teaspoon dried basil
 -
 - 1/2 teaspoon dried
thyme
 - 1/2 teaspoon ground black pepper
-

- 1 ½ cups milk
- 1 ½ cups Swiss cheese, grated

Directions

1. First of all, bake the pie shell at 450 degrees F, 10 to 12 minutes.

Set aside, keeping hot.

2. Then, preheat your oven to 325

degrees F. Coat the inside of a baking dish with 1 tablespoon of olive oil.

3. In a cast-iron skillet, heat the remaining 1 tablespoon of olive oil.

Sauté the peppers and scallions till they are just tender and fragrant.

4. In a mixing bowl, beat the eggs and flour together. Add the salt, cayenne pepper, basil, thyme, black pepper, milk, and Swiss cheese; add the sautéed peppers and onion; stir until everything is well combined.

5. Pour this egg mixture into the pie shell.

6. Bake about 45 minutes. Cut into wedges and serve warm.

Melt in Your Mouth

Spinach Quiche

(Ready in about 55 minutes | Servings 6)

Ingredients

- 1 single deep-dish pie shell
- 2 tablespoons olive oil
- 1 cup onions, finely chopped
- 2 cloves garlic, minced

-

3/4

cup

spinach,

chopped

-

4 large-sized eggs,

beaten

-

1

tablespoon

all-

purpose flour

- 1/2 teaspoon salt
 - 1/2 teaspoon red pepper flakes, crushed
 - 1 teaspoon dried basil
 - 1/8 teaspoon nutmeg
 - 1/2 teaspoon ground black pepper
-

- 2 cups half and half
- 1 ½ cups Swiss cheese, grated

Directions

1. Bake the deep-dish pie shell at 450

degrees

F,

approximately

10

minutes. Set aside, keeping hot.

2. Next step, preheat an oven to 325

degrees F. Coat the inside of a baking dish with non-stick cooking spray.

3. In a medium-sized skillet, heat olive oil. Sauté the onions and garlic till they are just tender. Add the spinach and cook 5 more

minutes, or until the spinach is wilted.

4. Next, beat the eggs and flour together; then, add the rest of the ingredients; stir until everything is well combined.

5. Pour the egg mixture into the prepared pie shell.

6. Bake about 50 minutes. If the edges of your quiche start to brown quickly, cover with an aluminum foil. Serve warm and enjoy.

Mushroom Spinach Quiche

(Ready in about 55 minutes | Servings 6)

Ingredients

- 1 single deep-dish pie shell
- 1 tablespoon vegetable oil
- 1 medium-sized onion, chopped
- 2 cloves garlic, minced

-

1 cup mushrooms,

chopped

-

3/4

cup

spinach,

chopped

-

4 large-sized eggs,

beaten

- 1 tablespoon flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried basil
- 1/8 teaspoon nutmeg

- 2 cups half and half

- 1 ½ cups Cheddar

cheese, grated

Directions

1. First of all, bake the pie shell in the preheated oven at 450 degrees F, about 10 minutes. Reserve, keeping hot.

2. Preheat an oven to 325 degrees F.

Treat the inside of a baking tray with non-stick cooking spray.

3. In a medium-sized skillet, heat the vegetable oil. Sauté the onion, garlic and mushrooms till the onion is translucent and the vegetables are just tender and fragrant. Add the spinach and cook 5 more minutes.

4. Next, combine together the eggs and flour; then, add the salt, black pepper, basil, nutmeg, half and half, and Cheddar cheese; stir

to combine well.

5. Pour the egg mixture into the prepared pie shell.

6. Bake about 50 minutes. Serve warm.

Peasant Turkey Vegetable

Pie

(Ready in about 1 hour 15 minutes |

Servings 6)

Ingredients

- 1 stick butter

- 1/3 cup all-purpose flour

-

1/3

cup

shallots,

chopped

- 1/2 teaspoon salt

- 1/4 teaspoon ground black pepper

-

1/2 teaspoon dried

thyme

-

1/2 teaspoon dried

caraway seed

-

1

teaspoon

garlic

powder

- 1 3/4 cups chicken stock
- 2/3 cup whole milk
- 3 cups cooked turkey, cut into bite-sized pieces
- 1 cup chickpeas

-
- 1/2 cup carrots
 - 1 tablespoon butter, melted
 - 1 package (15-ounce) pie crusts

Directions

1. In a large-sized deep saucepan, melt 1 stick of butter over medium flame. Add flour, shallots, salt, black pepper, thyme, caraway seeds, and garlic powder. Cook about

10

minutes,

stirring

constantly.

2. Turn off the heat; then, pour the chicken stock and milk into the saucepan. Then, heat to boiling, stirring frequently, about 1 minute.

Stir in turkey pieces, chickpeas and carrots.

3. Then, preheat an oven to 425

degrees F. Grease a baking dish with 1 tablespoon of melted butter.

4. Roll 1 pie crust into 13-inch square. Pour vegetable and chicken mixture over the crust.

5. Roll remaining pie crust into a square. Place the crust over chicken mixture.

6. Bake about 35 minutes; afterwards, transfer to a cooling rack for a few minutes. Serve warm!

Sausage and Pepperoni

Pasta Bake

(Ready in about 30 minutes | Servings 8)

Ingredients

- Non-stick cooking spray
- 2 cups pasta of choice
- 3 links sausage, cut into bite-sized slices
- 1 onion, chopped

- 1 sweet bell pepper, chopped
 - 1 ½ cups pizza sauce
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 1/2 teaspoon dried
thyme
 - 1/2 cup mushrooms,
thinly sliced
 - 1/2 cup pepperoni,
sliced
 - 2 ½ cups mozzarella cheese, shredded
-

Directions

1. Begin by preheating an oven to 450

degrees F. Oil a baking dish with non-stick cooking spray. Cook the pasta till al dente; drain and transfer to the baking dish.

2. Meanwhile, in a large-sized skillet, sauté the sausage, onion, and bell pepper about 10 minutes, stirring often.

3. Add pizza sauce to the baking dish.

Add sausage mixture. Season with

salt, black pepper, and thyme. Add mushrooms; gently stir till all ingredients are well combined.

4. Spread the pepperoni slices over the top of mushroom mixture and sprinkle with mozzarella cheese.

5. Bake about 10 minutes or till mozzarella cheese is melted. Serve warm.

Baked Penne with

Frankfurters and Ham

(Ready in about 30 minutes | Servings 8)

Ingredients

- Non-stick cooking spray
- 2 cups penne pasta
- 1 red onion, finely chopped
- 1 pound frankfurters,
sliced
- 1 red bell pepper, chopped
- 1 poblano pepper,
minced
- 1 cup tomato paste
-

1 tablespoon Dijon

mustard

- 1/2 teaspoon sea salt
 - 1/2 teaspoon ground black pepper
 - 1/2 cup mushrooms,
thinly sliced
 - 1/2 cup cooked ham,
-

chopped

- 2 ½ cups Cheddar

cheese, shredded

Directions

1. Start by preheating your oven to 450 degrees F. Coat the inside of your casserole dish with non-stick cooking spray. Cook the pasta according

to

manufacturer's

directions;

drain,

rinse

under

running water; transfer to the casserole dish.

2. Meanwhile, in a cast-iron skillet; sauté the onions, frankfurters, bell pepper, and minced poblano pepper about

12

minutes,

stirring

frequently.

3. Add tomato paste to the casserole dish. Add onion mixture. Add Dijon mustard, sea salt, black pepper, and mushrooms; gently stir to combine.

4. Arrange the ham slices on top and sprinkle with Cheddar cheese.

5. Bake about 10 minutes or till Cheddar cheese is melted. Serve warm.

Ham and Chicken Pie

(Ready in about 45 minutes | Servings 6)

Ingredients

- Non-stick cooking spray

-

1 ½ cups cooked

chicken, shredded

- 6 slices bacon, cooked and chopped

- 1/4 cup cooked ham,

diced

-

1

cup

mozzarella

cheese, shredded

- 1/2 cup baking mix

-

3 large-sized eggs,

beaten

- 1 cup whole milk

- 1/2 cup Caesar dressing

- 1/2 cup olives, pitted and sliced

- 1 heaping tablespoon fresh parsley, chopped

- 3 tomatoes, sliced

Directions

1. Start by preheating your oven to 400 degrees F. Grease a glass baking dish with non-stick cooking spray.

2. Then, layer chicken, bacon, ham, and mozzarella cheese.

3. In a medium-sized mixing bowl, combine together baking mix, eggs, milk and Caesar dressing; mix to combine well. Pour over the

ingredients in the baking dish.

4. Scatter the olives on top. Bake 30

minutes; allow to cool for 10

minutes.

5. Cut your pie into wedges, sprinkle with fresh chopped parsley and serve with tomatoes.

Turkey and Bacon Pie

(Ready in about 45 minutes | Servings 6)

Ingredients

- 1 tablespoon butter, melted
 - 1 ½ cups cooked turkey, diced
 - 8 slices bacon, cooked and chopped
-

- 1 cup sharp cheese, shredded

- 1/2 cup baking mix

-

3 large-sized eggs,

beaten

- 1 ¼ cups milk

- 2 tablespoons balsamic vinegar

-

1 tablespoon fresh

cilantro, chopped

-

Tomato ketchup, as

garnish

Directions

1. Preheat your oven to 400 degrees F.

Grease a casserole dish with 1

tablespoon of melted butter.

2. Layer turkey, bacon, and shredded cheese.

3. In a medium-sized bowl, mix together baking mix, eggs, milk and balsamic vinegar; mix to combine.

Pour over the ingredients in the casserole dish.

4. Bake 30 to 35 minutes. Cool slightly before slicing.

5. Sprinkle the pie with fresh cilantro and serve warm with tomato

ketchup on the side. Enjoy!

Easy Baked Ham Omelet

(Ready in about 50 minutes | Servings 4)

Ingredients

- 1 tablespoon butter, melted

- 1/3 cup all-purpose flour
 - 1/2 teaspoon baking powder
-

- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1 ½ cups whole milk
- 6 large-sized eggs
- 1/4 cup cooked ham, diced
- 1 cup Cheddar cheese, shredded

Directions

1. Preheat an oven to 350 degrees F.

Grease your pie pan with melted butter.

2. In a bowl, mix the flour, baking powder, sea salt, and black pepper.

Slowly add the milk in order to make a smooth mixture.

3. Add the eggs, ham, and Cheddar cheese. Pour the mixture into the greased pie pan.

4. Bake about 45 minutes or until the toothpick inserted in the center of the omelet comes out clean.

Pepper and Mushroom

Omelet

(Ready in about 55 minutes | Servings 4)

Ingredients

- 1 tablespoon olive oil
 - 1 onion, chopped
 - 1 sweet bell pepper, sliced
 - 1 cup mushrooms
 - 1 tablespoon butter, melted
 - 1/3 cup fine pastry flour
 - 1/2 teaspoon baking powder
 - 1 teaspoon dried basil
 - 1/4 teaspoon sea salt
 - 1/4 teaspoon ground black pepper
 - 1 ½ cups milk
 - 6 large-sized eggs
 - 1 cup sharp cheese, shredded
-

Directions

1. Start by preheating your oven to 350 degrees F.
2. In a medium-sized skillet, heat olive oil over medium flame. Sauté the onions, bell pepper and mushrooms until the vegetables are just tender or about 10 minutes.
3. Grease a baking dish with 1
tablespoon of melted butter.

4. In a bowl, mix the flour, baking powder, basil, sea salt, and black pepper. Gradually add the milk; gently stir until everything is well combined.
 5. Stir in the eggs and cheese. Pour the mixture into the greased baking dish.
 6. Bake about 40 minutes and serve warm.
-

Cheesy Spinach Omelet

(Ready in about 55 minutes | Servings 4)

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup green onions, finely chopped
- 1 clove garlic, minced
- 2 cups spinach
- 1/3 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper
- 6 large-sized eggs
- 1 1/2 cups milk
- 1 cup Swiss cheese, shredded

Directions

1. In a saucepan, heat the vegetable oil over medium heat. Sauté green onions and garlic 5 to 6 minutes, till they are tender. Add the spinach and continue cooking an additional 5 minutes, till the spinach are wilted.
2. In a bowl, mix the flour, baking powder, sea salt, cayenne pepper, and black pepper. Add the eggs, one at time, and continue mixing after each addition.
3. Slowly add the milk and Swiss cheese.
4. Preheat an oven to 350 degrees F.
Coat the inside of your baking tray with non-stick cooking spray or with melted butter.
5. Bake 40 to 45 minutes or until the toothpick inserted in the center of the omelet comes out clean.
6. Cut into four wedges and transfer to the serving plates. Serve with sour cream on the side, if desired.

Dutch Pannekoeken with

Bacon

(Ready in about 30 minutes | Servings 4)

Ingredients

- 1/4 cup butter
- 3 large eggs

- Salt to taste
 - Black pepper, to taste
-

- 3/4 cup milk
- 3/4 cup all-purpose flour
- 4 slices bacon, cooked and drained

Directions

1. Place the butter in an ovenproof skillet.
2. Then, preheat your oven to 400

degrees F. Put the rack in the center of your oven. Place the ovenproof

skillet in the oven until the butter is melted.

3. In a mixing bowl, whisk the eggs, salt, and black pepper; then, add the milk. Stir in the flour; stir until everything is well combined.
 4. Pour the batter into the ovenproof skillet.
 5. Bake about 25 minutes. Serve with bacon and enjoy!
-

Easiest Baked Beans

(Ready in about 1 hour 10 minutes |

Servings 4)

Ingredients

- 1 large-sized onion, diced

- 2 cloves garlic, minced
 - 2 (16-ounce) cans pork and beans
 - 1/4 cup light brown
-

sugar

- 4 tablespoons tomato paste
- 1 tablespoon balsamic vinegar
- 2 bay leaves
- 1/2 teaspoon kosher salt
- 7-8 black peppercorns
- 1/2-pound bacon, cut into small pieces

Directions

1. Preheat your oven to 350 degrees F.
 2. In an ovenproof skillet, combine together onions, garlic, pork, beans, sugar, tomato paste, vinegar, bay leaves, salt, and peppercorns. Top with the bacon.
 3. Bake about 1 hour. Then, discard the bay leaves and divide among serving plates. Enjoy!
-

Mashed Potatoes with

Bacon

(Ready in about 1 hour 15 minutes |

Servings 8)

Ingredients

- 6 strips bacon, cut into pieces

- Non-stick cooking spray

- 2 cups whole milk

- 4 tablespoons unsalted

butter

-

5 pounds potatoes,

peeled and cut into small

pieces

- 1 teaspoon salt

- 1/2 teaspoon red pepper flakes, crushed

-

1

teaspoon

dried

rosemary

- 1/2 teaspoon ground black pepper

- 1 cup cream cheese

- 1 cup breadcrumbs,

toasted

-

1 tablespoon fresh

parsley, chopped

Directions

1. In a heavy skillet, cook the bacon over medium flame; cook until it is crisp or about 10 minutes. Drain and reserve 1 tablespoon of drippings.

2. Then, preheat your oven to 350

degrees F. Treat the inside of a baking dish with non-stick spray.

3. In a saucepan, warm the milk and

butter over low heat.

4. In a large stockpot, cook the potatoes in salted water, bringing to a boil. Cook about 20 minutes.

Then, mash the potatoes. Season with salt, red pepper, rosemary, and black pepper.

5. Slowly add warm milk and butter mixture; mix until everything is well combined. Stir in the cream cheese.

6. Transfer the potato mixture to the greased baking dish; spread the bacon over the top, and sprinkle with the breadcrumbs.

7. Bake until it is golden brown on top

or about 30 minutes. Serve sprinkled with fresh parsley.

Mashed Potatoes with

Cheese

(Ready in about 1 hour 15 minutes |

Servings 8)

Ingredients

- Non-stick cooking spray

- 2 cups whole milk

- 4 tablespoons butter

-

5 pounds potatoes,

peeled and cut into small

pieces

- 1 teaspoon salt

- 1/2 teaspoon dried basil

-

1

teaspoon

dried

oregano

-

1

teaspoon

dried

rosemary

- 1/2 teaspoon ground black pepper

- 1 cup cream cheese

- 1/2 cup Swiss cheese

- 1 cup breadcrumbs,

toasted

- 2 tablespoons chives, chopped

Directions

1. Preheat your oven to 350 degrees F.

Treat a baking dish with non-stick spray.

2. Then, warm the milk and butter over low heat in a small-sized saucepan.

3. Cook the potatoes in a pot of lightly salted water; bring to a boil. Cook about 20 minutes. Mash the

potatoes. Sprinkle with salt, basil, oregano, rosemary, and ground black pepper.

4. Gradually add warm milk with butter; mix to combine. Stir in the cream cheese and Swiss cheese.

5. Transfer the mashed potato mixture to the baking dish; then, sprinkle with the breadcrumbs.

6. Bake 30 to 35 minutes. Sprinkle with chopped chives and serve.

BBQ Baked Beans

(Ready in about 1 hour 20 minutes |

Servings 12)

Ingredients

- 2 tablespoons vegetable oil
- 1 large-sized onion, finely chopped

•

1

(20-ounce)

can

crushed

pineapple,

drained

•

4 (16-ounce) cans

baked beans

- 1 cup BBQ sauce
- 1/2 cup molasses
- 1 tablespoon mustard
- 5 slices cooked ham, cut into pieces
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon cayenne

pepper

-

1

teaspoon

garlic

powder

- 1 teaspoon caraway

seeds

Directions

1. Begin by preheating an oven to 350 degrees F. Coat a casserole dish with 1 tablespoon of vegetable oil.
2. Heat remaining 1 tablespoon of vegetable oil in a heavy skillet. Sauté the onion till just tender and translucent.

3. In a large-sized mixing bowl, combine together the rest of the ingredients; add sautéed onion; stir to combine well. Transfer the mixture to the casserole dish.

4. Bake approximately 1 hour in the preheated oven. Serve warm and enjoy.

Favorite Baked Curried

Rice

(Ready in about 1 hour 10 minutes |

Servings 4)

Ingredients

- 1 ½ cups brown rice
 - 2 ½ cups vegetable stock
 - 1 tablespoon butter
 - 1/4 teaspoon ground
-

black pepper

- 1/4 teaspoon cayenne pepper

•

1/2 teaspoon curry

powder

Directions

1. Start by preheating an oven to 375

degrees F. Put the rice into a square glass baking dish.

2. In a saucepan, bring the stock, butter, black pepper, and cayenne pepper to a boil.

3. Pour it over the rice in the baking dish. Add curry powder. Cover the baking

dish

tightly

with

an

aluminum foil. Place the rice on the middle rack of the preheated oven and bake for 1 hour.

4. Afterwards, fluff the baked rice with a fork. Serve warm.

Baked Shrimp with Feta

(Ready in about 35 minutes | Servings 4)

Ingredients

- 2 tablespoons vegetable oil

- 1 onion, thinly sliced

- 2 cloves garlic, minced

- 2 cups fresh Roma

tomatoes, diced

- 1 teaspoon dill weed
- 1 ¼ pounds shrimp, peeled and deveined

- 1 tablespoon lemon

juice

- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper

-

1/4 teaspoon dried

rosemary

- 1/2 teaspoon ground black pepper
- 2/3 cup feta cheese, crumbled

Directions

1. Begin by preheating your oven to 425 degrees F.
2. In an oven proof skillet, heat the vegetable oil over a medium-high flame. Add the onion and garlic; cook, stirring frequently, about 3

minutes,

till

the

onion

is

translucent.

3. Stir in the tomatoes and bring the mixture to a boil. Then, reduce the heat to medium-low; let simmer

about 5 minutes.

4. Turn off the heat. Add dill weed, shrimp, lemon juice, salt, cayenne pepper,

rosemary,

and

black

pepper. Scatter the crumbled feta over the top.

5. Bake until the shrimp are cooked through, or 12 to 15 minutes. Serve garnished with lemon wedges and enjoy!

Country Herbed Potatoes

(Ready in about 50 minutes | Servings 3)

Ingredients

- 6 large-sized potatoes, peeled
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons seasoned salt

-

1/2 teaspoon dried

oregano

-

1

teaspoon

dried

rosemary

-

1

teaspoon

garlic

powder

-

1 teaspoon freshly

ground black pepper

- 2 tablespoons fresh parsley,

coarsely

chopped

- 1 tablespoon chives, chopped

Directions

1. Pierce potatoes with a fork.

2. Mix olive oil, salt, oregano, rosemary, garlic powder, and ground black pepper.

3. Rub the potatoes with the herbed oil mixture.

4. Then, preheat your oven to 375

degrees F. Place the potatoes in a baking dish and transfer to the top oven rack.

5. Bake about 50 minutes. Transfer the potatoes to a serving platter.

Sprinkle with chopped parsley and chives and serve.

Eggs in Potato Nests

(Ready in about 50 minutes | Servings 4)

Ingredients

- 3 tablespoons butter
 - 1 ½ pounds potatoes, diced
 - 1/4 cup parsley leaves, chopped
 - 2 cloves garlic, minced
-
- 1 teaspoon dried dill weed
 - 1 teaspoon sea salt
 - 1/2 teaspoon ground black pepper
 - 8 large eggs
 - 1 cup sharp cheese, shredded

Directions

1. Begin by preheating an oven to 400 degrees F.
 2. In a large skillet, melt the butter over medium heat. Cook the potatoes about 15 minutes.
 3. Add the parsley, garlic, dill weed, salt, and black pepper; remove from the heat.
 4. Create four shallow nests in the potato mixture; break 2 eggs into each nest.
 5. Bake until the eggs are set, about 10 minutes. Sprinkle with the cheese and continue baking 1 minute longer. Serve warm and enjoy.
-

Quick Bourbon and Sausage

Beans

(Ready in about 15 minutes | Servings 4)

Ingredients

-

2 (16-ounce) cans

baked beans

- 4 frankfurters, sliced

- 2 tablespoons bourbon

- 1/2 cup chili sauce
-

- 1/4 cup bacon, cut into chunks
- 1 bay leaf
- 4-5 black peppercorns
- Salt to taste
- 1 tablespoon molasses

Directions

1. In

a

medium-sized

saucepan,

combine all the above ingredients.

2. Next, bring to a boil over medium-

high heat. Turn down the heat and continue cooking for 10 more minutes.

3. Discard the bay leaf; divide the beans among 4 serving bowls.

Serve hot and enjoy!

Delicious Zucchini Gratin

(Ready in about 1 hour | Servings 6)

Ingredients

- 1 stick butter, plus extra for topping

- 3 shallots, sliced

-

4

medium-sized

zucchini, sliced

- 1 teaspoon fresh dill weed

- 1/2 teaspoon dried basil

-

1/2 teaspoon dried

oregano

- 2 teaspoons salt

- 1 teaspoon ground black pepper

-

2 tablespoons all-

purpose flour

- 1 cup hot milk

-

3/4

cup

fresh

breadcrumbs

- 3/4 cup sharp cheese, grated
-

Directions

1. Preheat your oven to 400 degrees F.
2. Melt 3/4 stick of the butter in a sauté pan over low flame. Then, sauté the shallots about 15 minutes.
3. Then, add the zucchini slices and continue cooking for 10 minutes or until they are tender. Sprinkle with dill weed, basil, oregano, salt, and ground black pepper. Stir in the flour and cook an additional 5 minutes.
4. Add the hot milk and cook 3 more minutes. Pour the mixture into a baking dish.
5. In a mixing bowl, combine the breadcrumbs and cheese. Sprinkle on top of the zucchini mixture.
6. Dot with remaining 1/4 stick of melted butter; bake for 20 minutes.

Serve warm with sour cream if desired!

Creamy Root Vegetables

Gratin

(Ready in about 1 hour 15 minutes |

Servings 4)

Ingredients

- 1 tablespoon butter, melted
 - 4 large-sized potatoes, thinly sliced
 - 3 carrots, thinly sliced
 - 1 parsnip, sliced
 - 4 spring onions, sliced
 - 2 garlic cloves, minced
 - 1 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 1/2 teaspoon red pepper flakes
 - 1 teaspoon dried basil
 - 1 ½ cups half-and-half
 - 1 cup milk
 - 3 tablespoons cheddar cheese, grated
-

Directions

1. Preheat the oven to 400 degrees F.

Treat an ovenproof dish with melted butter.

2. Layer the potatoes, then layer the carrots and parsnip. Add spring onions and garlic; sprinkle with salt, black pepper, red pepper, and basil.

3. Pour in half-and-half and milk.

4. Sprinkle with cheddar cheese; then, cover with an aluminum foil and

bake approximately 40 minutes.

Remove the foil and bake an additional 20 minutes or until your gratin is golden and bubbly. Serve warm.

Grandma's Potato Gratin

(Ready in about 1 hour 30 minutes |

Servings 6)

Ingredients

- 1 tablespoon butter, melted

-

6

medium-sized

potatoes,

peeled

and

sliced

- 1 red onion, separated into rings

- 4 cloves garlic, minced

- 1 cup heavy cream

- 1/2 cup milk

- 2 tablespoons flour
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper

-

1

teaspoon

dried

rosemary

- 1/2 teaspoon caraway seed

-
- 1 cup Swiss cheese, grated

Directions

1. Preheat an oven to 350 degrees F.

Grease a square baking pan with melted butter.

2. Spread potato slices evenly on the bottom of the pan.

3. Whisk

remaining

ingredients,

except Swiss cheese. Pour the mixture over the potatoes in the baking pan.

4. Cover with an aluminum foil and bake about 20 minutes. Remove the foil and continue baking 40 minutes longer. Sprinkle with grated Swiss cheese during last 5 minutes of baking.

5. Allow to cool slightly before slicing. Enjoy!

Creamed Carrot and Onion

Gratin

(Ready in about 1 hour 10 minutes |

Servings 6)

Ingredients

- 2 onions, peeled and sliced
- 4 large-sized carrots, sliced
- ¼ cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried basil
- 2 tablespoons butter
-
- 2 tablespoons all-
purpose flour
- 1 cup half and half cream

- ¼ cup white wine
 - ½ cup Cheddar cheese, grated
-

- ¼ cup Gorgonzola, crumbled

Directions

1. Begin by preheating your oven to 350 degrees F. Toss onion slices and carrot slices with olive oil; place in a baking dish; sprinkle with salt, cayenne pepper, black pepper, and basil.

2. Bake approximately 1 hour till the onions are lightly browned.

3. Heat 2 tablespoons of butter in a

sauté pan over medium-high heat; cook the flour about 1 minute. Add half and half cream and wine, and continue cooking, stirring often, until the sauce is thickened, about 5

minutes.

4. Pour prepared sauce evenly over the onion and carrot mixture.

Sprinkle

with

Cheddar

and

Gorgonzola.

5. Return the gratin back to the oven and bake until the cheese is melted or 2 more minutes. Serve warm.

Chicken Pasta Bake

(Ready in about 30 minutes | Servings 4)

Ingredients

- Non-stick cooking spray
- 1 (16-ounce) box pasta, cooked and drained

•

3

cooked

chicken

breasts,

skinless,

boneless and cubed

-
- 1 cup hot sauce
 - 3/4 cup blue cheese
 - 1 cup Cheddar cheese, shredded

Directions

1. Start by preheating an oven to 350

degrees F. Grease a baking dish with non-stick cooking spray.

2. In a mixing bowl, combine together pasta and chicken breasts. Drizzle with hot sauce.

3. Sprinkle with blue cheese and cheddar cheese. Bake about 25 minutes. Serve warm.

Baked Farfalle with Turkey

(Ready in about 55 minutes | Servings 4)

Ingredients

- 2 tablespoons butter, melted
- 1 cup farfalle pasta
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, finely minced
- 1/2 cup turkey breast, cubed
- 1 (14.5-ounce) can tomatoes, diced
- 1 cup sharp cheese, shredded
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup breadcrumbs
-

1/4 cup Parmesan
cheese, grated

Directions

1. Preheat your oven to 400 degrees F.

Treat the inside of your casserole dish with 1 tablespoon of melted butter.

2. Bring a pot of salted water to a boil over medium-high heat. Add the farfalle and cook about 10 minutes or until just tender; drain and transfer to a large-sized bowl.

3. In the meantime, heat the olive oil in a medium sauté pan over medium heat. Sauté the onion, garlic and turkey for about 10 minutes.

4. Transfer the turkey and onion mixture to the bowl with the farfalle pasta. Add the tomatoes, sharp cheese, salt, and ground black pepper. Stir to combine well.

Transfer

the

mixture

to

the

casserole dish.

5. In a small-sized mixing bowl, combine together the breadcrumbs and the Parmesan cheese. Sprinkle over the top of the pasta mixture in the casserole. Dot with remaining 1

tablespoon of melted butter.

6. Bake about 30 minutes until the pasta bake is golden brown.

Zucchini and Ham Farfalle

Bake

(Ready in about 1 hour | Servings 4)

Ingredients

-

1-pound

zucchini,

shredded

- 1 teaspoon salt
- 2 cups farfalle pasta
- 1 clove garlic, finely minced
- 2 cups smoked ham, sliced
- 1 teaspoon mustard
- 3/4 cup gorgonzola, grated

-

1 tablespoon fresh

parsley,

coarsely

chopped

- Seasoned salt, to taste
 - 1/4 teaspoon ground black pepper
 - 1/4 teaspoon paprika
 - 1 teaspoon dried thyme
 - 2 cups whole cream
-

- 1 tablespoon vegetable oil

Directions

1. Place the shredded zucchini on a strainer and sprinkle with 1 teaspoon of salt. Set aside for about 30 minutes.
2. In the meantime, cook the farfalle according to manufacturer's directions. Then, drain off the water and reserve.
3. Squeeze the zucchini and add to the cooked farfalle. Add the rest of the ingredients, except the vegetable oil; then, stir to combine well.
4. Then, preheat your oven to 400 degrees F. Rub the vegetable oil over the base and sides of your baking dish. Replace the ham and farfalle mixture to the baking dish.

5. Bake about 30 minutes; allow to rest for 10 minutes before cutting and serving. Enjoy!

Chicken and Tomato

Rigatoni

(Ready in about 45 minutes | Servings 4)

Ingredients

- 2 tablespoons olive oil

-

1

cup

scallions,

chopped

-

3

garlic

cloves,

smashed

- 4 medium-sized chicken fillets, skinless and cut

into pieces

-

3

medium-sized

tomatoes, chopped

- 1 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes crushed

•

1

teaspoon

dried

oregano

- 1 teaspoon dried sage
- 1 box rigatoni pasta

- 1 cup goat cheese, grated

- Olives, as garnish

Directions

1. Heat the olive oil in a large-sized sauté pan; then, sauté the scallions and garlic for 5 minutes or until they are just softened.
2. Add the chicken pieces to the pan and cook until they are lightly browned or about 5 minutes. Stir in the tomatoes; season with salt,

black pepper, red pepper, oregano, and sage. Let simmer 15 minutes longer.

3. In the meantime, cook the pasta in a salted water according to the box instructions; drain the pasta. Add to the chicken and tomato mixture. Stir to coat the pasta.

4. Next, preheat the oven to 425

degrees F.

5. Transfer the pasta mixture to a heatproof dish; sprinkle with goat cheese.

6. Bake approximately 20 minutes or until the cheese becomes golden.

Serve garnished with olives.

PART THREE: DINNER

Baked Chicken Drumsticks

with Vegetables

(Ready in about 1 hour | Servings 6)

Ingredients

- 1 onion, sliced
 - 2 cloves garlic, sliced
 - 1 small-sized broccoli, broken
 - 1 celery stick, thinly sliced
-

-

2

pounds

chicken

drumsticks

- 2 tablespoons extra-virgin olive oil

- 1 tablespoon balsamic vinegar

- 1 teaspoon sea salt

- 1/2 teaspoon ground black pepper

-

1

teaspoon

dried

rosemary

- 1 teaspoon dried thyme

Directions

1. Begin by preheating your oven to 425 degrees F.

2. Arrange the vegetables on the bottom of your baking dish.

3. Place the chicken drumsticks on the top of the vegetables. Drizzle with olive oil and balsamic vinegar.

4. Sprinkle with salt, black pepper, rosemary, and dried thyme.

5. Bake for about 1 hour. Transfer to a serving platter and enjoy.

Breaded Cheese Chicken

Breasts

(Ready in about 30 minutes | Servings 4)

Ingredients

-

4 chicken breasts,
skinless, boneless and cut
into bite-sized chunks

- 1 teaspoon salt

-

1 teaspoon freshly
ground pepper

- 1/2 teaspoon cayenne pepper

-

1/2

cup

Pecorino

cheese, grated

- 1/2 cup breadcrumbs
- 4 tablespoons olive oil
- 2 garlic cloves, minced
- 2 heaping tablespoons parsley, roughly chopped

-

1 lemon, cut into

wedges

Directions

1. Begin by preheating your oven to 450 degrees F. Line a large rimmed baking sheet with parchment paper.
2. Sprinkle the chicken breasts with salt, black pepper, and cayenne pepper; transfer to the prepared baking sheet.
3. In a bowl, combine cheese, breadcrumbs, olive oil, and minced garlic. Dredge the chicken into the breadcrumbs mixture.
4. Transfer the chicken to the baking sheet. Bake about 20 minutes.
5. Divide among four serving plates.

Sprinkle with parsley and garnish with lemon wedges. Serve.

Chicken Drumsticks with

Mushrooms and Ham

(Ready in about 1 hour | Servings 4)

Ingredients

- 1 ciabatta loaf, rip into small chunks

- 8 chicken drumsticks

-

1 cup mushrooms,

sliced

-

2

medium-sized

tomatoes, chopped

-

4

garlic

cloves,

smashed

- 2 tablespoons olive oil

- 1 red chilli powder

- 1 teaspoon salt

-

1/4 teaspoon black

pepper

- 1 teaspoon dried thyme
 - 8 slices smoked bacon, cut into pieces
 - Fresh chopped chives, as garnish
-

Directions

1. Preheat an oven to 350 degrees F.
2. Combine ciabatta chunks, chicken drumsticks, mushrooms, tomatoes and garlic in a large bowl.
3. Toss with olive oil and chili powder. Sprinkle with salt, black pepper, and thyme.
4. Add the bacon and stir to combine.

Bake about 1 hour, turning the chicken drumsticks once. Sprinkle with chopped chives and serve

warm.

Peanut Chicken and

Cauliflower

(Ready in about 1 hour | Servings 4)

Ingredients

- 1/4 cup peanut butter
- 1/4 cup water
- 2 tablespoons tamari sauce

- 1 teaspoon sesame oil
-

- 2 teaspoons balsamic vinegar
- 1 head cauliflower, broken into florets

-

4 skinless chicken

drumsticks

- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions

1. Preheat an oven to 350 degrees F.

Prepare a rimmed baking sheet.

2. To make the sauce: In a mixing bowl, combine together peanut butter, water, tamari sauce, sesame oil, and balsamic vinegar.

3. Toss cauliflower and chicken drumsticks in sauce; transfer to the baking sheet. Sprinkle with salt and black pepper.

4. Bake about 50 minutes or until the chicken and cauliflower are cooked through. Serve warm.

Super Easy Chicken with

Squash

(Ready in about 1 hour 15 minutes |

Servings 6)

Ingredients

-

1 butternut squash,
peeled and diced

- 2 apples, peeled, cored and diced
 - 1 tablespoon parsley, chopped
-

-

1

teaspoon

dried

rosemary

- 1 teaspoon dried basil
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/4 cup olive oil
- 12 chicken thighs

Directions

1. Begin by preheating an oven to 400 degrees F.

2. In a baking dish, arrange the squash and apples. Sprinkle with parsley, rosemary, basil, salt, and black pepper. Drizzle with olive oil; toss to combine.
 3. Bake about 1 hour and 10 minutes.
 4. Transfer the chicken and vegetables to a serving platter. Serve warm.
-

Chicken with Chickpeas

and Yogurt Sauce

(Ready in about 35 minutes | Servings 4)

Ingredients

- 1/4 cup olive oil
- 3 garlic cloves, crushed
- 1 teaspoon ground
cumin
- 1 tablespoon cayenne
pepper
- 1/2 teaspoon basil
- 1/2 teaspoon celery seed
- 1/2 cup plain yogurt
- 4 large-sized chicken breasts

-

1

(15-ounce)

can

chickpeas, drained

-

2

ripe

tomatoes,

chopped

- 1 teaspoon sea salt

- 1/2 teaspoon ground black pepper

Directions

1. Start by preheating your oven to 450 degrees F. In a medium-sized mixing bowl, combine together olive oil, garlic, cumin, cayenne pepper, basil, and celery seed. Mix to combine.

2. Reserve 1 teaspoon of this spiced mixture. Combine with yogurt; mix to combine. Reserve the yogurt sauce.

3. Arrange the chicken in a baking

dish. Pour spiced mixture over the chicken. Add chickpeas, tomatoes, salt, and black pepper.

4. Bake about 20 minutes and serve with prepared yogurt sauce.

Spiced and Herbed Turkey

with French Bread

(Ready in about 50 minutes | Servings 4)

Ingredients

- 1 loaf French bread, cubed
- 3 tablespoons extra-virgin olive oil
- 1 pound turkey breasts, boneless, skinless and cubed
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 onion, sliced
- 4 cloves garlic, crushed
- 1 sweet red bell pepper, sliced
- 1/2 teaspoon dried
oregano
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
-

1 tablespoon fresh

parsley leaves, chopped

-

1 tablespoon fresh

cilantro, chopped

- Black olives, as garnish

- Mustard, as garnish

Directions

1. Preheat your oven to 425 degrees F.

Then, arrange bread cubes in a single

layer,

without

spaces

between cubes. Drizzle with 1

tablespoon of olive oil.

2. Toss the turkey with the salt and black pepper.

3. Place chicken pieces on top of bread cubes. Add onion slices, garlic, and bell pepper. Drizzle with remaining 2 tablespoons of olive oil. Sprinkle with oregano, sage, thyme, parsley, and cilantro.

4. Bake about 30 minutes. Garnish with black olives and mustard; serve warm.

Oven Baked Chicken with

Cabbage

(Ready in about 1 hour 10 minutes |

Servings 4)

Ingredients

-

1

head

cabbage,

shredded

- 1 onion, sliced
- 2 apples, thinly sliced
- 3 cloves garlic, minced

-
- 4 boneless, skinless chicken breasts
 - 1/2 cup natural apple juice
 - 1 teaspoon mustard
 - 1 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 1 teaspoon cayenne

pepper

Directions

1. Begin by preheating an oven to 375

degrees F.

2. Place 1/3 of the cabbage in an oven safe dish, followed by 1/2 of the onions and 1/2 of the apples.

3. Repeat the layers 2 more times, ending with the shredded cabbage.

Sprinkle with minced garlic and set aside.

4. Place the chicken breasts on top of the layers.

5. In a mixing bowl, combine together apple juice, mustard, salt, black pepper and cayenne pepper. Mix

until everything is well combined.

Pour the mixture into the oven safe dish.

6. Cover with an aluminum foil; cook approximately 1 hour.

Chicken with Cauliflower

and Walnuts

(Ready in about 1 hour 10 minutes |

Servings 4)

Ingredients

- 3 tablespoons olive oil

- 1 medium-sized head cauliflower
 - 4 chicken breasts
 - 1 teaspoon salt
-

-

1/4 teaspoon black

pepper

- 1/4 teaspoon red pepper flakes

- 1 teaspoon celery seed

- 1 teaspoon caraway

seed

- 1 teaspoon dried grated ginger

-

1/4

cup

walnuts,

chopped

-

1 tablespoon fresh

parsley, chopped

Directions

1. First of all, preheat your oven to 450 degrees F. Treat the inside of your

baking

dish

with

3

tablespoons of olive oil.

2. Arrange the cauliflower in the baking dish. Place the chicken breasts

on

the

top

of

the

cauliflower.

3. Sprinkle with salt, black pepper, red pepper, celery seed, caraway seed, and grated ginger.

4. Bake about 1 hour, adding the chopped walnuts during last 10

minutes of baking time. Remove from the oven and sprinkle with fresh chopped parsley.

5. Allow to rest about 10 minutes before cutting and serving.

Festive Vegetarian Casserole *(Ready in about 1 hour 10 minutes |*

Servings 8)

Ingredients

- 2 tablespoons butter, melted
- 1 large-sized sweet onion, sliced
- 2 tomatoes, sliced

•

1

yellow

summer

squash, sliced

- 1 sweet potato, sliced
- 1 teaspoon sea salt
-

1/2 teaspoon black

pepper

- 1 teaspoon dried basil
- 1/2 teaspoon ground cumin
- 3 tablespoons Parmesan cheese, grated
- 1 heaping tablespoon fresh cilantro, chopped

Directions

1. Begin by preheating an oven to 375 degrees F. Prepare a casserole dish and set aside.
2. In a cast-iron skillet, warm the butter over medium flame. Sauté the onion until tender or about 7 minutes.
3. Arrange the sautéed onion on the bottom of your casserole dish. Layer the tomatoes, squash, and sweet potato on top of the onion.
4. Sprinkle with the salt, black pepper, basil, cumin, and Parmesan cheese. Cover with an aluminum foil. Bake about 30 minutes. Remove the foil and bake 30 minutes longer.
5. Sprinkle with fresh chopped cilantro and serve warm. Enjoy!

Baked Potatoes with Eggs

and Goat Cheese

(Ready in about 45 minutes | Servings 2)

Ingredients

-

2

medium-sized

potatoes,

peeled

and

cubed

- 1 onion, sliced

- 2 tablespoons canola oil

- 1 teaspoon salt

-

1/2 teaspoon black

pepper

- 4 eggs

- 1/4 cup goat cheese

Directions

1. Preheat an oven to 375 degrees F.

2. Toss potato cubes, onion slices, canola oil, salt, and black pepper together in a tart pan.

3. Then, bake about 20 minutes. Crack the eggs over the onion and potatoes.

4. Next, sprinkle goat cheese on top.

Return to the oven and continue baking about 20 minutes. Serve warm with mayonnaise.

Family Vegetarian Dinner

(Ready in about 50 minutes | Servings 4)

Ingredients

-

4

medium-sized

potatoes,

peeled

and

cubed

- 2 cloves garlic, minced

- 4 spring onions, sliced

- 3 tablespoons extra-

virgin olive oil

- 1 teaspoon dried basil

-

1

teaspoon

dried

oregano

- 1/2 teaspoon caraway seed
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 8 eggs
- 1/2 cup sharp cheese, grated
-

Fresh

parsley,

as

garnish

Directions

1. Begin by preheating an oven to 375

degrees F.

2. Toss potato, garlic, spring onions, olive oil, basil, oregano, caraway seed, salt, and black pepper together in a tart pan.

3. Then, bake about 20 minutes. Crack the eggs in the pan.

4. Sprinkle with cheese and continue baking

20

more

minutes.

Afterwards, garnish with the fresh

parsley and serve.

Baked Eggs in Tomatoes

(Ready in about 50 minutes | Servings 6)

Ingredients

- 6 large-sized tomatoes
 - 3 tablespoons olive oil
 - 1 teaspoon sea salt
 - 1/4 teaspoon ground black pepper
 - 1/4 teaspoon paprika
-
- 1 tablespoon fresh basil leaves, chopped
 - 3 cloves garlic, minced
 - 6 large-sized eggs
 - 1 heaping tablespoon fresh cilantro, chopped

Directions

1. First of all, preheat your oven to 400 degrees F.
2. Remove the core and seeds from the tomatoes by using a small spoon. Layer the tomatoes in a baking dish; drizzle with olive oil, and sprinkle with salt, black pepper, paprika, and basil.
3. Sprinkle with the garlic. Bake about 30 minutes or until the tomatoes are tender.
4. Then, crack an egg into each tomato; continue baking until the eggs are set or about 10 minutes.

Sprinkle

with

fresh

chopped

cilantro; serve with sour cream or mayonnaise; enjoy!

Mediterranean-Style

Stuffed Tomatoes

(Ready in about 50 minutes | Servings 6)

Ingredients

- 6 large-sized tomatoes
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon kosher salt

- 1/4 teaspoon ground

black pepper

-

1/2 teaspoon dried

rosemary

- 1/2 teaspoon dried sage

- 1 teaspoon dried basil

-

1

teaspoon

dried

oregano

- 1 teaspoon granulated garlic

- 2 ounces feta, crumbled

- 6 large eggs

-

Fresh

parsley,

as

garnish

- Olives, as garnish

Directions

1. Begin your cooking by preheating an oven to 400 degrees F.
2. Then, remove the core and seeds from the tomatoes by using a small spoon. Place the tomatoes in a baking dish.
3. Drizzle the tomatoes with olive oil; sprinkle with kosher salt, black pepper, rosemary, sage, basil, oregano, and granulated garlic.
4. Bake about 30 minutes. Divide the feta cheese among the tomatoes.
5. Next, crack an egg into each tomato; bake until the eggs are set or about 12 minutes. Sprinkle with parsley and serve with olives.

Enjoy!

Broccoli and Shrimp

Delight

(Ready in about 25 minutes | Servings 4)

Ingredients

- 1 large head broccoli, broken florets
 - 1/4 cup olive oil
 - 1 teaspoon celery seeds
 - 1 teaspoon salt
-
- 1/2 teaspoon ground black pepper

- 1/8 teaspoon red chili powder
- 1
teaspoon
dried
rosemary
- 1 pound shrimp, shelled and deveined
- 1 teaspoon lemon zest

Directions

1. Preheat an oven to 425 degrees F.
2. In a mixing bowl, toss broccoli with oil, celery seed, salt, black pepper, chili powder, and dried rosemary.
3. Spread broccoli mixture in a single layer on a baking sheet. Bake for about 10 minutes.
4. Add shrimp and lemon zest to baking sheet. Toss to combine.
5. Bake 10 more minutes or till the shrimps are just opaque. Serve warm with olives and your favorite salad if desired.

Fusilli with Spinach and

Cheese

(Ready in about 1 hour 30 minutes |

Servings 6)

Ingredients

- Non-stick cooking spray
 - 10 ounces fusilli
 - 2 tablespoons olive oil
 - 2 medium-sized onions, finely chopped
 - 2 cloves garlic, minced
 - 1 cup spinach
 - 1/4 cup flour
 - 2 ½ cups milk
 - 1/2 cup dry white wine
 - 1 cup sharp cheese grated
 - 1 teaspoon salt
 - 1/4 teaspoon paprika
 - 1/4 teaspoon black
pepper
 - 3/4 cup breadcrumbs
-

Directions

1. Start by preheating your oven to 350 degrees F. Grease the bottom and sides of a glass baking dish with non-stick cooking spray.

2. Cook the fusilli pasta until almost al dente; drain and set aside, keeping warm.

3. Heat olive oil in a non-stick skillet over medium heat. Cook the onion and garlic about 10 minutes. Add the spinach and cook an additional 5 minutes or until the spinach is wilted; stir frequently.

4. Add flour and cook 1 more minute, stirring with a whisk.

5. Slowly pour in milk and white wine; cook about 7 minutes or until sauce is thickened; stir constantly.

Stir in cheese, salt, paprika, and black pepper. Combine pasta with spinach mixture; toss gently to coat.

6. Replace the pasta mixture to the baking dish.

Sprinkle

with

breadcrumbs. Bake until it is browned and bubbly or about 50 minutes. Serve warm.

Family Vegetarian Pizza

(Ready in about 35 minutes | Servings 4)

Ingredients

- Flour, for the baking sheets
- 1 pound pizza dough
- 1 cup tomato sauce

- 1 sweet red bell pepper, sliced
-

- 1 sweet green bell pepper, sliced
- 2 cups ricotta cheese, crumbled
- 1/2 cup olives, pitted and halved
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon dried basil

-

1

teaspoon

dried

oregano

Directions

1. Preheat your oven to 475 degrees F.

Dust your baking sheets with flour and set aside.

2. Then, shape the dough into 4

rounds; place on the baking sheets.

3. Top the rounds with the tomato sauce, then place bell peppers, ricotta, and olives; sprinkle with salt, black pepper, basil, and oregano.

4. Bake about 20 minutes. Serve warm with tomato ketchup.

Pizza with Artichoke and

Cheese

(Ready in about 35 minutes | Servings 4)

Ingredients

- Flour, for the baking sheets

- 1 pound pizza dough

- 1 cup tomato sauce

-

2

cups

marinated

artichoke hearts, drained

and quartered

- 1 ½ cups cream cheese

-

1/2 cup Parmesan

cheese, grated

- 1/4 teaspoon ground black pepper

- 1 teaspoon dried basil

-

1

teaspoon

dried

oregano

- 1/2 olives, pitted and halved

Directions

1. Begin by preheating an oven to 475

degrees F. Dust the baking sheets with flour.

2. Next, shape the pizza dough into 4

rounds; transfer to the baking sheets.

3. Spread tomato sauce evenly on the pizza dough, then place artichoke hearts,

cream

cheese,

and

Parmesan; sprinkle with black pepper, basil, and oregano.

4. Scatter the olives on top. Bake approximately 20 minutes. Serve.

Carrot and Bacon Pizza

(Ready in about 35 minutes | Servings 4)

Ingredients

- 1 pound pizza dough, at room temperature

- 1 cup mushrooms

-

8 ounces Halloumi

cheese, grated

- 3 large-sized carrots,
-

thinly sliced

- 4 spring onions, sliced
- 4 strips bacon, cut into small pieces
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1 teaspoon oregano
- A few drops of liquid smoke

Directions

1. Preheat your oven to 475 degrees F.

Grease and flour the baking sheets.

2. Shape the dough into 4 rounds; place on prepared baking sheets.

3. Arrange the mushrooms on the pizza dough. Then, place cheese, following by carrots, spring onions, and bacon.
 4. Sprinkle with salt, black pepper, paprika, and oregano. Drizzle with liquid smoke and transfer to the oven.
 5. Bake until the crust is golden brown, approximately 20 minutes.
-

Hot Pepperoni and

Mushroom Pizza

(Ready in about 30 minutes | Servings 4)

Ingredients

- 1 pound pizza dough
- 1 cup marinara sauce
- 1 cup mushrooms
-

2 cups mozzarella

cheese

- 1 sweet bell pepper, thinly sliced
- 3 ounces hot and spiced pepperoni, sliced
- 1/4 teaspoon kosher salt
-

1/4 teaspoon black

pepper

- 1/4 teaspoon paprika
- 1 teaspoon dried basil

Directions

1. Start by preheating your oven to 475 degrees F. Dust your baking sheets with the corn flour.

2. Then, shape the dough into 4

rounds; replace to the baking sheets. Divide marinara sauce evenly among the rounds.

3. Top the rounds with the mushrooms, mozzarella, bell pepper slices, pepperoni; season with salt, black pepper, paprika, and dried basil.

4. Bake approximately 20 minutes.

Cut into four slices and serve warm.

Pizza with Broccoli and

Cheddar

(Ready in about 30 minutes | Servings 4)

Ingredients

- 1 pound pizza dough, at room temperature
- 1 cup pasta pomodoro

- 2 cups broccoli florets, chopped
-

- 2 cloves garlic, finely minced
- 2 cups Cheddar cheese, grated

-

1

teaspoon

dried

oregano

- 1/2 teaspoon dried basil

-

1/2 teaspoon dried

rosemary

- Sea salt to taste

Directions

1. Preheat your oven to 475 degrees F.

Grease and flour your baking sheets.

2. Shape the dough into 4 rounds and place them on the baking sheets.

3. Top

the

rounds

with

pasta

pomodoro, broccoli florets, garlic, and

Cheddar.

Sprinkle

with

oregano, basil, rosemary, and salt to taste.

4. Bake till the pizza crust is golden brown, about 20 minutes. Serve warm.

Corn and Chicken Pizza

(Ready in about 35 minutes | Servings 4)

Ingredients

- 1 pound pizza dough, at room temperature
- 3/4 cup barbecue sauce
- 1 cup mushrooms
- 2 cloves garlic, finely minced
- 2 cups cooked chicken, shredded
-

cups

provolone

cheese

- 1/2 cup corn kernels

-

1

teaspoon

dried

oregano

-

1/2 teaspoon dried

thyme

- 1/2 teaspoon ground cumin

- Salt, to taste

- Ground black pepper, to taste

Directions

1. Start by preheating an oven to 475

degrees F. Dust your baking sheets with corn flour.

2. Shape the dough into 4 rounds.

Transfer to the baking sheets.

3. Divide all the ingredients among 4

pizza rounds. Adjust the seasonings to taste.

4. Bake 20 minutes. Cut into four wedges; serve warm with tomato ketchup on the side. Enjoy!

Garden Ricotta Pizza

(Ready in about 30 minutes | Servings 4)

Ingredients

- 1 (8-ounce) package crescent

rolls,

refrigerated

- 1 cup ricotta cheese

-

1 cup mushrooms,

sliced

- 1 onion, separated into rings

- 1/2 cup fresh broccoli, chopped

-

1/2 cup red bell

peppers, thinly sliced

- 1/2 cup green bell pepper, thinly sliced

- 1/2 cup black olives, pitted and sliced

Directions

1. Begin by preheating your oven to 375 degrees F. Line a baking sheet with parchment paper.
 2. Roll out refrigerated crescent rolls onto the baking sheet.
 3. Bake about 12 minutes, till golden brown.
 4. Spread the ricotta cheese over the baked crust. Then, arrange the mushrooms, onion rings, broccoli, bell peppers, and black olives.
 5. Bake an additional 10 minutes and serve.
-

Arugula and Mushroom

Pizza

(Ready in about 30 minutes | Servings 4)

Ingredients

- 1 (8-ounce) package crescent rolls,
refrigerated
 - 1/2 cup marinara sauce
 - 1 cup mozzarella cheese
-

-

1 cup mushrooms,

sliced

- 2 cloves garlic, finely minced

- 4 green onions, sliced

-

1/2

cup

arugula,

chopped

-

1 large red bell

peppers, thinly sliced

- 1/2 cup olives, pitted and sliced

Directions

1. Start by preheating your oven to 375 degrees F. Then, coat a baking sheet with parchment paper.
2. Roll out the crescent rolls onto a baking sheet.
3. Bake 13 minutes or till the crust is golden brown.
4. Spread the marinara sauce over the crust. Then, arrange the mushrooms, garlic, green onions, arugula, bell peppers, and olives on the pizza crust.
5. Bake 12 minutes longer and serve

warm with sour cream on the side.

Mexican Tortilla Pizzas

(Ready in about 45 minutes | Servings 8)

Ingredients

- Non-stick cooking spray
- 1 onion, sliced
- 1/2-pound ground beef
- 2 cloves garlic, finely minced
- 3/4 teaspoon paprika
-
- 1 teaspoon ground
cumin
- 1 teaspoon dried basil
-
- 1
teaspoon
dried
rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

-

4

(10-inch)

flour

tortillas

- 1 (16-ounce) can beans
 - 1/2 cup salsa
 - 2 cups sharp cheese, shredded
-

-

2

medium-sized

tomatoes, chopped

Directions

1. Begin by preheating an oven to 350

degrees F. Coat 2 baking trays with cooking spray.

2. In a medium-sized non-stick skillet, cook onion, beef and garlic over medium flame. Cook until the beef is browned and the onion is tender.

Season the mixture with paprika, cumin, basil, rosemary, salt, and black pepper.

3. Place 1 tortilla in each pie plate; top with the beans. Divide beef and onion mixture among the tortillas.

Cover with a second tortilla. Then, bake about 10 minutes. Allow to cool slightly.

4. Divide the salsa among baked tortillas. Then, top with shredded sharp cheese and tomatoes.

5. Return your tortilla pizzas back to the oven; bake about 10 minutes longer.

6. Allow to cool slightly before slicing and serve with tomato ketchup if desired.

Spring Vegetarian Pizza

(Ready in about 30 minutes | Servings 8)

Ingredients

- Non-stick cooking spray
- 2 (8-ounce) packages crescent rolls
- 1/2 cup cream cheese
- 1/2 cup sour cream
- 1 cup mozzarella cheese
- 4 spring onions, finely chopped
- 1 stalk celery, thinly sliced
- 1/2 cup radishes, thinly sliced
- 1 sweet bell pepper, chopped

- 1 cup zucchini, chopped

-

1/2

cups

tomato,

chopped

- 2 small-sized carrots, grated

-

1

teaspoon

dried

oregano

- Salt, to taste

- Ground black pepper, to taste

Directions

1. Begin by preheating an oven to 350

degrees F. Spray a pie pan with non-stick cooking spray.

2. Pat crescent roll into the pie pan.

Pierce with a fork and bake for 10

minutes.

3. Spread cream cheese, sour cream and mozzarella cheese on top of the crescent roll.

4. Then, place the spring onion, celery, radishes, bell pepper, zucchini, tomato and carrots on top of the cheese mixture.

5. Sprinkle with oregano, salt, and ground black pepper. Return to the oven and bake 10 minutes longer.

6. Cut it into squares, serve and enjoy!

Italian Baked Eggplant

(Ready in about 20 minutes | Servings 8)

Ingredients

- Salt
 - 2 large-sized eggplants, sliced
 - 2 cups mozzarella
 - 4 tablespoons pasta pomodoro
-
- 6 tablespoons extra-virgin olive oil
 - 1
teaspoon
dried
rosemary

- 1/2 teaspoon dried basil
- 1/2 teaspoon dried sage
- 1/2 teaspoon ground black pepper

Directions

1. Put the eggplant into a colander and generously sprinkle with salt; let stand at least 1 hour.
2. In the meantime, preheat your oven to 350 degrees F. Coat a baking pan with a baking paper.
3. Drain the eggplant slices and grill them for 5 minutes on both sides.

Layer the eggplant slices on the baking pan. Spread the mozzarella over the eggplant slices.

4. Then,

spread

evenly

pasta

tomodoro over the eggplant slices; drizzle each eggplant slice with olive oil; sprinkle with rosemary, basil, sage, and black pepper.

5. Bake approximately 10 minutes and serve warm.

Rice Pie with Pineapple

(Ready in about 1 hour | Servings 8)

Ingredients

- 1 tablespoon butter, melted
 - 9 large-sized eggs
 - 2 lbs. cream cheese
 - 1 ½ cups sugar
 - 1/2 teaspoon ground cinnamon
-

- 1/4 teaspoon grated nutmeg

-

1/2 teaspoon pure

vanilla extract

- 2 cups heavy cream
- 1 cup Basmati rice, cooked

-

1

(15-ounce)

can

crushed

pineapple,

drained

Directions

1. Grease a baking pan with 1

tablespoon melted butter.

2. In a large-sized mixing bowl, whisk the eggs until frothy. Add cheese, sugar, cinnamon, nutmeg, and vanilla; beat until the mixture is smooth and creamy. Stir in heavy cream, mix to combine well.

3. Fold in Basmati rice and crushed pineapple. Pour the creamy rice mixture into the baking pan.

4. Preheat an oven to 325 degrees F.

Bake your rice pie approximately 1

hour.

5. When your rice pie is done, a knife inserted in the center comes out

clean. Serve chilled and enjoy!

Hearty Dinner Pie

(Ready in about 45 minutes | Servings 6)

Ingredients

- 2 cups tomato juice
- 1 cup beef broth
- 1/4 cup olive oil
- 1 teaspoon sea salt

- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes, crushed
- 1/4 teaspoon dried basil
- 1/2 teaspoon dried sage

-

1/2 teaspoon onion

powder

- 1 cup long-grain rice
- 1 cup chickpeas
- 2 large-sized carrots, sliced
- 1 (17.5-ounce) package frozen

puff

pastry,

thawed

- 1 large-sized egg yolk,

beaten

Directions

1. In a deep saucepan, combine tomato juice, beef broth, olive oil, and salt; bring to a boil. Sprinkle with black pepper, red pepper flakes, dried basil, dried sage, and onion powder.

2. Add rice; turn the heat to simmer; cook about 15 minutes. Add the chickpeas and carrots.

3. Coat a pie plate with 1 pastry sheet.

Spread rice mixture into the shell of pastry. Cut remaining pastry into 1/2-inch strips; arrange the strips in a crisscross pattern over the rice mixture.

4. Trim the edges of the pastry and brush it with the egg yolk.

5. Bake at 350 degrees F for about 20 minutes. Serve warm and enjoy!

Sausage and Rice Casserole

(Ready in about 2 hours | Servings 6)

Ingredients

- 1 pound sausage, sliced
 - ½ cup scallions, finely chopped
 - 1 clove garlic, finely minced
 - 1 sweet bell pepper, chopped
-
- 1 large-sized carrot, chopped
 - 1/2 cup long grain white rice
 - 2 cups hot water
 - 1 (4.5-ounce) package noodle soup mix

- 1 heaping tablespoon fresh parsley, coarsely chopped

- 1 heaping tablespoon fresh cilantro, coarsely chopped

Directions

1. Preheat your oven to 350 degrees F.

Lightly grease a casserole dish with melted butter or a non-stick cooking spray.

2. In a non-stick skillet, over medium-high heat, combine the sausage, scallions, garlic, bell pepper, and carrots. Sauté about 7 minutes, until the sausage is no longer pink and the scallions are tender and fragrant.

3. Stir in the rice; then, pour in the water and the soup mix. Transfer the mixture to the casserole dish.

Bake in the preheated oven about 1 hour 30 minutes.

4. Sprinkle with fresh parsley and cilantro. Allow to cool for a few minutes before serving time. Divide among 6 serving plates and enjoy!

Saucy Brown Rice with

Turkey Sausage

(Ready in about 1 hour 30 minutes |

Servings 6)

Ingredients

- 4 spicy turkey sausage
- 1 cup American long-grain brown rice
- 1 small-sized onion, sliced
- 2 cloves garlic, minced

•

1 large-sized bell

pepper, thinly sliced

- 2 large-sized Roma

tomatoes, chopped

•

1 cup chicken or

vegetable stock

•

1

teaspoon

dried

rosemary

•

1 tablespoon dried

parsley

- 1/2 teaspoon sea salt
 - 1 teaspoon ground black pepper
-

- 1 teaspoon paprika

Directions

1. Begin your cooking by preheating an oven to 350 degrees F. Lightly grease a baking pan with non-stick cooking spray.
2. In a non-stick skillet, brown the sausage; drain the excess grease. Add rice, onion, garlic, and bell pepper. Cook about 6 minutes.
3. Add tomatoes, stock, rosemary, parsley, salt, black pepper, and paprika. Pour the mixture into the baking pan.
4. Bake for 1 hour, till most of the liquid is absorbed. Serve warm.

This dish freezes well.

Coconut Chicken and Rice

(Ready in about 1 hour 10 minutes |

Servings 4)

Ingredients

- 2 cups water

-

1

(14-ounce)

can

coconut milk

- 1/2 teaspoon allspice
- 1/4 teaspoon grated nutmeg

•

1/2 teaspoon dried

lemon rind

- 1 cup American long-grain brown rice
- 1/3 cup all-purpose flour
- 4 small-sized skinless, boneless chicken breasts,

cut into bite-size pieces

- 2 tablespoons olive oil

•

2 teaspoons dried

rosemary

•

1/4

cup

balsamic

vinegar

Directions

1. In a casserole dish, place the water, coconut milk, allspice, grated nutmeg, lemon rind, and brown rice.
 2. Meanwhile, in a mixing bowl, combine the flour and chicken; stir to coat.
 3. Heat olive oil in a large cast-iron skillet over medium heat. Cook the chicken, stirring occasionally. Cook until the chicken is cooked through
or about 5 minutes.
 4. Arrange the chicken over the rice mixture; sprinkle with rosemary; pour in balsamic vinegar.
 5. Meanwhile, preheat an oven to 350
degrees F. Bake about 1 hour and serve warm with sour cream if desired.
-

Curried Chicken and Rice

Casserole

(Ready in about 55 minutes | Servings 4)

Ingredients

- 1 cup water
- 2 medium-sized plum tomatoes, chopped

- 3/4 cup quick-cooking rice
 - 1 tablespoon lemon juice
 -
 - 3 teaspoons curry powder
 - 1 cube chicken bouillon
 - 1/2 teaspoon ground allspice
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 2 cloves garlic, minced
 - 1 bay leaf
 - 4 skinless and boneless chicken breasts, cut into
-

bite-sized pieces

- Olives, as garnish

Directions

1. Preheat an oven to 350 degrees F.
2. In a saucepan, combine together water, tomatoes, rice, lemon juice, curry powder, bouillon cube, allspice, salt, black pepper, garlic, and bay leaf. Bring the mixture to a boil.
3. Add chicken pieces and stir to combine. Transfer the mixture to a casserole dish.

4. Cover and bake about 45 minutes, stirring occasionally, until the rice becomes tender and the chicken is cooked through.

5. Divide among 4 serving bowls and garnish with olives; serve with mayonnaise or sour cream if desired. Enjoy!

Mushroom and Chicken

Pilaf

(Ready in about 1 hour 30 minutes |

Servings 6)

Ingredients

- 1 cup Basmati rice

-

1 cup mushrooms,

sliced

- 4 small-sized chicken breast,

skinless

and

boneless

- 2 cups water

-

(10.75-ounce)

can

condensed

cream

of

mushroom soup

- Salt, to taste
- Ground black pepper, to taste
- 1 bay leaf

Direction

1. Begin by preheating an oven to 350

degrees F.

2. Spread uncooked Basmati rice in the bottom of a baking dish.

Arrange sliced mushroom on top of rice. Then, place the chicken breasts on top of the mushroom layer.

3. Pour the water and cream of mushroom soup into the baking dish. Season with salt and black pepper to taste. Add 1 bay leaf.

4. Cover with an aluminium foil. Bake approximately 1 ½ hours. Serve warm with sour cream, tomato ketchup or mustard if desired.

Delicious Vegetarian Pilaf

(Ready in about 1 hour 5 minutes |

Servings 4)

Ingredients

- 3 tablespoons extra-virgin olive oil
 - 1 medium-sized yellow onion, finely chopped
 - 1 large-sized carrot, chopped
 - 1 stalk celery, chopped
 - 1 teaspoon dried basil
 -
 - 1
teaspoon
dried
rosemary
 - 1/2 teaspoon ground cumin
 - 1 teaspoon kosher salt
 - 1/2 teaspoon ground black pepper
 - 1 bay leaf
 - 2 cups long-grain white rice
 - 2 cups vegetable broth
-

Directions

1. Heat the olive oil in a medium-sized skillet over medium flame.

Add the onion, carrots and celery; sprinkle with basil, rosemary, cumin, salt, and black pepper. Cook about 5 minutes.

2. Preheat an oven to 350 degrees F.

3. Add bay leaf and rice to the skillet; stir to combine well. Transfer to the baking dish.

4. Pour in vegetable broth. Bake about

1 hour, till the rice is tender.

5. Serve with mayonnaise and sour cream if desired.

Nutty Brown Rice Pilaf

(Ready in about 1 hour 10 minutes |

Servings 4)

Ingredients

- 2 tablespoons olive oil
- 1 cup leeks, chopped
- 1 cup almonds, chopped
- 1/4
cup
walnuts,
chopped
- 2 garlic cloves, minced

- 1 teaspoon caraway seed
- 1/2 teaspoon ground cumin
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup basmati brown rice
- 1 cup dry white wine
- 2 ½ cups vegetable stock

-

1 tablespoon fresh

cilantro, chopped

- Olives, as garnish

Directions

1. In a large-sized sauté pan with a tight-fitting lid, heat olive oil over medium flame.

2. Then, add leeks and cook 3 to 4

minutes. Increase heat to high; add almonds

and

walnuts.

Cook,

stirring often, until your nuts begin to toast.

3. Add minced garlic and cook 1 more minute. Transfer to a baking dish.

4. Then, sprinkle with caraway seed, ground cumin, salt, and black pepper. Next, add rice and wine.

5. Add vegetable stock. Cover and bake about 1 hour.

6. Fluff cooked rice with a fork and sprinkle with fresh cilantro. Serve warm with olives and enjoy!

Favorite Homemade Pizza

(Ready in about 35 minutes | Servings 4)

Ingredients

- 2 cups all-purpose flour
- 1 tablespoon yeast
- ½ teaspoon salt
- 1 teaspoon honey
- ⅔ cup lukewarm water
- 1/2 cup tomato paste
- 1 clove garlic, minced
-
- 1 cup mushrooms,
sliced
- 1 cup Halloumi cheese, shredded

- 1 sweet bell pepper, sliced

- 1 cup ham, cut into pieces

-

1

teaspoon

dried

oregano

- 1/2 teaspoon salt

- 1/4 teaspoon red pepper

flakes

- 1/4 cup olives

Directions

1. In a mixing bowl, combine together 1 cup of flour, yeast, salt, honey, and water. Grease a pizza pan with non-stick cooking spray or coat with baking paper.

2. Gradually add remaining 1 cup of flour. Form the ball and knead the dough by using your hands.

3. Allow the dough to rise about 15

minutes in a warm place. Spread the dough out onto the pizza pan; spread the tomato paste over the top of the pizza crust.

4. Add

remaining

ingredients.

Transfer to the preheated oven.

5. Bake at 375 degrees, about 15 minutes. Serve warm.

Easy Dinner Rolls

(Ready in about 2 hours 15 minutes |

Servings 8)

Ingredients

- 3/4 cup milk
 - 3/4 cup water
 - 1/2 cup brown sugar
 - 1 teaspoon salt
 - 2 eggs, lightly beaten
-
- 2 ½ tablespoons active dry yeast
 - 1 teaspoon honey
 - 5 cups all-purpose flour
 - 1/2 cup butter, melted

Directions

1. In a saucepan, scald the milk; then, add water, brown sugar, and salt.

Turn off the heat; add the eggs, yeast, and honey.

2. Sift the flour into a large-sized mixing bowl. Create a well in the flour; pour milk and sugar mixture into the well. Cover and let stand about 30 minutes.

3. Next, add melted butter; mix well until everything is well combined.

Knead lightly, cover and allow to rise about 30 minutes.

4. Shape your dough into small rolls.

Transfer the rolls to a baking sheet.

Allow to rise one more time, about 30 minutes.

5. Bake rolls in a preheated oven at 400 degrees F, for 15 to 20 minutes.

Serve at room temperature.

Flavorful Sweet Potato Rolls (*Ready in about 1 hour 40 minutes* |

Servings 8)

Ingredients

- 1 package active dry yeast
 - 1/2 cup warm water
 - 2 tablespoons honey
 - 1/2 cup sweet potato purée
-

- 3 tablespoons butter, softened
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- 2 eggs, slightly beaten
- 3 ½ cups all-purpose flour

Directions

1. Dissolve yeast with warm water and honey in a mixing bowl. Let sit about 5 minutes.

2. Add sweet potato purée, butter, nutmeg, cinnamon, salt, and beaten eggs. Stir to combine well. Stir in 3

cups of all-purpose flour.

3. Place on a lightly floured work surface. Knead 2 to 3 minutes, adding remaining flour; shape the dough into a ball. Place in a large-sized bowl and cover; let rise at least 1 hour.

4. Shape the dough into 16 balls; transfer to a greased cookie sheet.

Then, allow the balls to rise until doubled.

5. Transfer the cookie sheet to the preheated oven. Bake at 375 degrees F about 20 minutes. Serve warm.

Homemade Parmesan Rolls

(Ready in about 1 hour 15 minutes |

Servings 15)

Ingredients

- 2 ¼ cups all-purpose flour
 - 1 package active dry yeast
 - 1 tablespoon sugar
 - 1 teaspoon salt
-
- 1/2 teaspoon ground cumin
 - 1/2 teaspoon paprika
 -
- 1
teaspoon
garlic
powder
- 1/2 cup water
 - 1/2 cup milk
 - 1 tablespoon butter, softened
 - 1 egg white
 - 1 tablespoon Parmesan cheese, grated

Directions

1. In a large-sized bowl, combine 1 ½

cups flour, yeast, sugar, salt, cumin, paprika, and garlic powder.

2. In a saucepan, heat the water, milk and butter. Add the liquid mixture to the dry flour mixture; beat at medium speed of an electric mixer for about 2 minutes.

3. Allow your dough to rest about 15

minutes. Divide the dough among 15 greased muffin cups.

4. Then, allow to rise at draft free and warm place until doubled.

5. Meanwhile, preheat your oven to 375 degrees F.

6. Whisk the egg white with 1

tablespoon water. Then, brush the top of each roll with this egg mixture;

then,

sprinkle

with

Parmesan cheese.

7. Bake approximately 18 minutes, till lightly browned on top. Transfer prepared buns to a cooling rack.

Serve

warm

or

at

room

temperature. Enjoy!

PART FOUR: SNACKS

Easiest Zucchini Pizza Bites *(Ready in about 25 minutes | Servings 6)*

Ingredients

- Non-stick cooking spray
 - 1 large-sized zucchini, cut into 1/8-inch-thick rounds
 - 1/3 cup pizza sauce
 - 1/2 cup Ricotta cheese
-
- 1/2 cup Mozzarella cheese, grated small
 - 15 slices pepperoni, chopped
 - 1/2 cup olives, pitted and sliced

Directions

1. Begin by preheating your oven to 350 degrees F. Grease a baking sheet with non-stick cooking spray.
2. Spread out the zucchini rounds on the baking sheet.
3. Top each zucchini round with 1

teaspoon pizza sauce. Top with ricotta and mozzarella. Place the chopped pepperoni on the top of the cheese.

4. Then, scatter the olives on the top.

Bake the zucchini bites about 20

minutes and serve warm.

Apricot and Oat Crispy

Bars

(Ready in about 45 minutes | Servings 18)

Ingredients

- 1 ½ cups rolled oats

- 1 cup walnuts

-

1/2

cup

ground

flaxseeds

- 1/2 cup brown sugar

- 1/4 cup honey

- A pinch of salt

- 1/2 teaspoon ground cinnamon

- 1/4 cup lukewarm water
- 6 tablespoons butter
- 10-12 dried apricots, minced

-

1

teaspoon

pure

hazelnut extract

Directions

1. Start by preheating your oven to 350 degrees F. Line a rimmed baking pan with an aluminum foil.

2. Place the oats and walnuts on a baking sheet. Bake until they are barely golden or about 7 minutes.

Allow to cool slightly; then, stir in the flaxseeds. Lower the oven temperature to 300 degrees F.

3. Add brown sugar, honey, salt, cinnamon and water to a deep saucepan; bring to a boil over high heat.

4. Remove from the heat and stir in the butter. Next, add the apricots and hazelnut extracts. Stir in the oat-walnut mixture; stir to coat well.

5. Afterwards, spread the mixture in the rimmed baking pan, pressing it with a spatula. Bake about 30

minutes or until bubbly.

6. Let stand on a cooling rack until the mixture is solid enough to lift out of the baking pan. Carefully slice into 32 bars.

Homemade Herbed Grissini

(Ready in about 35 minutes | Servings 6)

Ingredients

- 1/2 cup fine pastry flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
-

1

teaspoon

fresh

rosemary, finely chopped

- 1/2 teaspoon ground cumin
- 1 teaspoon dried basil
- 1 teaspoon brown sugar
- 1/2 teaspoon fine sea salt
- 1 tablespoon butter, softened
- 1/3 cup heavy cream

Directions

1. Preheat the oven to 350 degrees F

and position a rack in the middle.

Line a large-sized cookie sheet with baking paper.

2. In a mixing bowl, whisk together the flour, baking soda, baking powder, rosemary, ground cumin, basil, sugar, and salt.

3. Add softened butter and heavy cream and stir with your hands till a tacky dough forms.

4. Shape your dough into a square; set in a refrigerator for about 15 minutes.

5. Roll the dough on a well-floured work surface. Cut into 24 strips.

Twist the strips repeatedly into tight spirals. Transfer to the baking sheet.

6. Bake about 7 minutes; turn over and bake 3 minutes more, till your grissini

are

lightly

browned.

Transfer the grissini to a wire rack before serving. Eat with your favorite dipping sauce if desired.

Homemade Tortilla Chips

(Ready in about 20 minutes | Servings 8)

Ingredients

- 8 (6-inch) corn tortillas
- 2 tablespoons olive oil
- 2 tablespoons salt

Directions

1. Begin by preheating an oven to 400

degrees F.

2. Generously brush the tortillas with olive oil. Cut into small triangles.

Then, layer them on a rimmed baking sheet.

3. Sprinkle with salt.

4. Bake approximately 8 minutes, till the tortillas turn light brown. Rotate the baking sheet and bake 5 minutes more. Serve at room temperature with your favorite dipping sauce if desired.

Nutted Wonton Crisps

(Ready in about 15 minutes | Servings 10)

Ingredients

- 2 tablespoons extra-virgin olive oil

-

1 ½ cups pecans,

coarsely chopped

- 1/4 cup brown sugar
 - 1/2 teaspoon grated
-

nutmeg

- 1/2 teaspoon ground cloves

-

1 teaspoon ground

cinnamon

- 1 egg white
- 50 wonton wrappers

Directions

1. Preheat your oven to 425 degrees F.

Brush 2 cookie sheets with olive

oil.

2. In a mixing bowl, combine together pecans, sugar, nutmeg, cloves, and cinnamon. Toss to combine well.

3. In a separate bowl, beat the egg white.

4. Arrange the wonton wrappers on the cookie sheets; brush them with the beaten egg white. Sprinkle with spiced pecan mixture. Cut into triangles, using a chef's knife.

5. Bake about 5 minutes. Transfer to a cooling rack before serving. Enjoy!

Garlicky Cheese Bread

(Ready in about 15 minutes | Servings 10)

Ingredients

- 5 slices of multigrain bread
- 3 tablespoons butter
- 4 cloves garlic, minced

-

1/2 cup mozzarella

cheese, grated

- 1/2 teaspoon red chili flakes

-

1

teaspoon

dried

rosemary

- 1/2 teaspoon ground cumin

- Sea salt, to taste

Directions

1. Preheat your oven to 392 degrees F before starting.

2. In a mixing bowl, combine together butter and garlic; stir to combine.

Then, spread the garlic mixture evenly on all the bread slices.

3. Top with the mozzarella cheese.

Then, sprinkle with red chili flakes, rosemary ground cumin, and salt to taste. Arrange bread slices on a cookie sheet.

4. Bake till the edges are light golden and the cheese is melted, or about 5

minutes.

Saucy Eggplant Cheese

Bites

(Ready in about 1 hour | Servings 4)

Ingredients

-

2

medium-sized

eggplants, sliced

- 5 tablespoons extra-virgin olive oil

- 1 onion, chopped

- 4 garlic cloves, finely

minced

-

2

ripe

tomatoes,

chopped

- 1/2 teaspoon dried sage

-

1/2 teaspoon dried

oregano

-

1/2 teaspoon dried

rosemary

- 1/2 teaspoon dried basil

- 1 teaspoon capers

- 1/2 teaspoon turmeric

- 1 tablespoon balsamic vinegar

- 1 cup cheddar cheese, shredded

- 1 teaspoon salt

- 1/4 teaspoon ground black pepper

Directions

1. Rinse the eggplant and sprinkle with salt. Place in a colander and allow to sit at least 30 minutes.

After that, dry the eggplant slices completely.

2. In a frying pan, heat 4 tablespoons of olive oil in a pan. Cook the eggplant till golden. Then, transfer to the paper towels, so that the excess of oil is absorbed.

3. To make the tomato sauce: In the same frying pan, heat remaining
1

tablespoon of olive oil over medium flame. Add onion and garlic; sauté till the onions are tender and translucent.

4. Add the tomatoes to the pan and continue cooking until the tomatoes become pulpy. Add the sage, oregano, rosemary, basil, capers, turmeric, and balsamic vinegar.

Continue cooking 2 minutes more,

until the sauce is thickened.

5. Pour the tomato sauce into the baking dish. Place the eggplant slices. Top with cheddar cheese.

Sprinkle with salt and pepper.

6. Bake in the preheated oven at 392

degrees F, about 10 minutes. Serve at room temperature or cold.

Eggplant Snack Bites

(Ready in about 15 minutes | Servings 4)

Ingredients

- 1 large-sized eggplant, cut into 1/2-inch-thick

rounds

- 3 tablespoons extra-virgin olive oil

-

1

teaspoon

dried

oregano

- 1 teaspoon sea salt

- 1/4 teaspoon ground black pepper

- 1 small sweet bell pepper, chopped

- 2 cloves garlic, minced

- 1/4 cup tomato sauce

-

1/2 cup mozzarella

cheese, shredded

- Chopped chives, as

garnish

Directions

1. Begin by preheating an oven to 400

degrees F. Prepare a large-sized baking sheet.

2. Brush the eggplant slices with olive oil; sprinkle with dried oregano, salt, and black pepper.

3. Arrange eggplant slices on the baking sheet, bake about 7 minutes or until they are tender.

4. Then, top each eggplant slice with bell pepper, garlic, tomato sauce, and mozzarella cheese. Continue to bake for 5 minutes longer or until the cheese is melted.

5. Sprinkle with fresh chopped chives and serve.

Mini Eggplant Pizzas

(Ready in about 15 minutes | Servings 4)

Ingredients

- 1 large-sized eggplant, cut into moderately thin rounds
- 3 tablespoons extra-virgin olive oil
- 1/2 cup Italian tomato sauce
- 1/2 cup mushrooms, chopped
- 1/4 cup black olives, pitted and sliced
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1/2 cup cheddar-style shreds

-

1/4 cup parmesan

cheese

- Salt (optional)

-

Red pepper flakes

(optional)

Directions

1. Sprinkle the eggplant slices with some salt on each side. Let stand for about 30 minutes; rinse under running water and pat dry.

2. Preheat your oven to 400 degrees F.

3. Next, brush the eggplant slices with 3 tablespoons of olive oil.

4. Layer the eggplant slices on a large-sized baking sheet; bake till they are softened, about 6 minutes.

5. Then, top the eggplant slices with

Italian tomato sauce, mushrooms, black

olives,

garlic,

onion,

cheddar-style shreds, and parmesan cheese. Sprinkle with salt and red pepper flakes, if needed.

6. Continue to bake for another 5 minutes. Serve warm and enjoy!

Favorite Baked Potato

Chips

(Ready in about 40 minutes | Servings 4)

Ingredients

- 3 cups water
 - 1 teaspoon salt
 - 3 large-sized potatoes, peeled
 - 7 cups water
-

- 1 teaspoon salt
- 2 tablespoons olive oil
- 1/2 teaspoon salt
-

Tomato ketchup, as

garnish

Directions

1. Pour 3 cups of water into a large-sized bowl. Add 1 teaspoon of salt.
2. Then, slice the potatoes using a mandoline slicer. Transfer to the

bowl with salted water; then, drain the potato slices.

3. Pour 7 cups water into a pot and add 1 teaspoon salt, bring to a boil.

Add the potato slices and blanch them for about 4 minutes.

4. Next, turn off the heat; cover and allow the potato slices to stand for 3 to 4 minutes; then, drain the potatoes well.

5. Add 2 tablespoons olive oil and 1/2 teaspoon salt; gently stir so that the olive oil coats the potato evenly.

6. Meanwhile, preheat your oven to 450 degrees F. Lightly oil a large-

sized baking sheet.

7. Arrange the potato slices on the baking sheet. Bake 10 to 15

minutes, or till they are crisp and golden. Serve with tomato ketchup and enjoy!

Easiest Yummiest Corn

Muffins

(Ready in about 30 minutes | Servings 12)

Ingredients

-

Non-stick

cooking

spray, for the pan

- 1 cup all-purpose flour
 - 1 cup corn flour
 - ¼ cup sugar
-

- 1 teaspoon baking soda

-

1 teaspoon baking

powder

- ¾ teaspoon xanthan gum
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon allspice
- 2 eggs,
- 1 stick butter, melted
- 1 cup buttermilk

Directions

1. Preheat an oven to 375 degrees F.

Lightly grease a 12-cup muffin pan with cooking spray.

2. In a large-sized mixing bowl, combine together the flours, sugar, baking

soda,

baking

powder,

xanthan gum, salt, cumin, and allspice. Mix until everything is well combined. Create a well in the center of the mixture.

3. In another bowl, lightly beat the eggs with a wire whisk. Gradually add the butter and buttermilk.

Whisk until everything is well mixed.

4. Pour the liquid mixture into the created well in the flour mixture; stir to combine.

5. Spoon your batter into the muffin pan.

6. Bake about 17 minutes or until golden brown on top. Transfer the muffins to a wire rack in order to cool slightly. Serve.

Old-Fashioned Party Bars

(Ready in about 45 minutes | Servings 10)

Ingredients

- 3 ½ cups all-purpose flour
- 2 tablespoons corn flour
- 1 teaspoon kosher salt
- 1/2 teaspoon allspice
-

1 ½ cups butter,

softened

- 1 ½ cups confectioners'

sugar

- 1 teaspoon pure almond extract

Directions

1. First of all, position a rack in the center of the oven; then, preheat an oven to 325 degrees F.

2. Combine together the flours, salt and allspice in a mixing bowl. Beat

the butter with an electric mixer.

3. Add confectioners' sugar and almond extract; continue to mix on medium speed until smooth and creamy.

4. Next, add the flour mixture; continue to mix on low speed about 1 minute.

5. Turn prepared dough out into the baking pan; press the dough in order to form an even layer. Next, cut the dough into 40 bars with a paring knife. Prick the bars with a fork.

6. Bake 30 to 40 minutes. Cool the bars completely before removing from the pan and serving. Transfer to a serving platter and enjoy!

Superfine Pecan Snacks

(Ready in about 30 minutes | Servings 8)

Ingredients

- 1 ½ cups all-purpose flour
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon baking soda
-

- 1/2 teaspoon sea salt
- 3/4 cup superfine sugar
- 1/4 teaspoon allspice
- 1 teaspoon anise seed
- 3/4 cup butter, softened
- 1 teaspoon hazelnut extract
- 1 large-sized egg
- 1/2 cup pecans, toasted and finely chopped

Directions

1. In a mixing bowl, combine the flour, baking powder, baking soda, and salt. Mix to combine and reserve.
2. Combine the sugar, allspice, and anise seed in another bowl. Add the butter and mix on medium speed until fluffy.
3. Then, lower the speed and add the hazelnut extract and egg; beat until everything is thoroughly combined.
4. Stir in the pecans; add the flour mixture; mix to combine well.
5. Preheat the oven to 350 degrees F.

Next, position a rack in the center of the oven.

6. Cut the dough into 30 cookies.

Transfer to the parchment-lined cookie sheet. Bake approximately 10 minutes, till the cookies are lightly brown.

7. Allow your cookies to rest in a cooling rack about 1 hour. Then, transfer the cookies to a serving platter.

Party Veggie Chips

(Ready in about 45 minutes | Servings 8)

Ingredients

-

2

sweet

potatoes,

peeled

and

halved

crosswise

- 2 parsnips, peeled

- 2 carrots

- 1 celery root, peeled

and halved crosswise

- 2 beets, peeled and halved
-
- 1 teaspoon ground
cumin
- 2 tablespoons sea salt
- 1/2 teaspoon red pepper flakes
- Non-stick cooking spray

Directions

1. Slice the vegetables 1/16-inch thick by using a handheld slicer.
2. Sprinkle the vegetable slices with cumin, sea salt, and red pepper flakes. Allow to stand for about 15 minutes.
3. Then, preheat an oven to 375 degrees F. Treat two baking sheets with non-stick cooking spray.
4. Bake about 20 minutes, till the vegetable slices are just crisp; work in batches; taste and adjust the seasonings.
5. Let cool on the baking sheets for 5 minutes. Transfer to a bowl. Wipe the baking sheets clean. Repeat with more cooking spray and the remaining vegetable slices.

Healthy Sweet Potato Chips

(Ready in about 25 minutes | Servings 2)

Ingredients

- Non-stick cooking spray

-

4

sweet

potatoes,

peeled

-

1/4 teaspoon chili

powder

- 1/2 teaspoon celery

seed

- 1/2 teaspoon caraway seed

-

1 teaspoon ground

cumin

- 1/2 teaspoon brown

sugar

- 1 teaspoon sea salt

Directions

1. Begin by preheating an oven to 375

degrees F. Oil two baking sheets with cooking spray.

2. Slice the sweet potatoes into very thin slices using a mandoline. Then, arrange the potato slices on the baking sheets in a single layer.

Spray slices with non-stick cooking spray.

3. Bake approximately 17 minutes, till the slices are slightly browned, turning once. Work in batches.

4. In the meantime, in a small-sized mixing bowl, combine the chili powder, celery seed, caraway seed, cumin, sugar, and sea salt. Toss prepared chips with the spice

mixture. Serve and enjoy!

Family Zucchini Chips

(Ready in about 40 minutes | Servings 4)

Ingredients

- Non-stick cooking spray
- 2 large-sized zucchinis, thinly sliced
- 2 tablespoons olive oil
-

1/2 teaspoon onion

powder

- 1/2 teaspoon garlic powder

- 1/2 teaspoon sea salt

-

1 tablespoon fresh

parsley,

coarsely

chopped

Directions

1. Begin by preheating an oven to 400

degrees F. Treat two baking sheets with non-stick cooking spray

2. In a large-sized mixing bowl, toss

the zucchini slices with the olive oil, onion powder, garlic powder, and salt. Arrange tossed zucchini slices in a single layer on the greased baking sheets.

3. Then bake, turning often, for about 25 minutes. Reduce the oven temperature to 300 degrees F and bake an additional 15 minutes.

4. Transfer to a wire rack in order to cool completely. Replace to a serving platter, sprinkle with fresh parsley, and serve!

Spicy Carrot Chips

(Ready in about 25 minutes | Servings 6)

Ingredients

- 3 large-sized carrots, thinly sliced
 - 1/2 cup water
 - 1/2 cup cider vinegar
 - 4 tablespoons honey
 - 1 teaspoon salt
-

-

1

teaspoon

onion

powder

-

1

teaspoon

garlic

powder

- 2 tablespoons coconut oil

Directions

1. Cook the carrot slices in a steamer, 3 to 4 minutes, till they are crisp-tender. Drain and reserve.
2. In a mixing bowl, combine the rest

of the ingredients.

3. Pour the hot mixture over the carrot slices.

4. Preheat an oven to 400 degrees F.

Bake the carrot slices about 15

minutes till the carrots have dried out. Cool before serving. Enjoy!

Spiced Kale Chips

(Ready in about 35 minutes | Servings 6)

Ingredients

- 1 large-sized bunch kale
 - 1/4 cup extra-virgin olive oil
 - 1 teaspoon dried basil
 - 1
teaspoon
dried
oregano
-

- 1 tablespoon paprika
- 1 teaspoon kosher salt

Directions

1. Begin by preheating an oven to 400

degrees F. Line a baking sheet with baking paper.

2. Tear the kale into pieces. In a mixing bowl, toss the kale pieces with the olive oil, basil, oregano, paprika, and salt. Transfer to the baking sheet.

3. Bake about 30 minutes, until the leaves are crisp and dry. Stir occasionally.

Serve

at

room

temperature or cold. Enjoy!

Elegant Asparagus

Appetizer

(Ready in about 35 minutes | Servings 6)

Ingredients

- 1 bunch asparagus, snap off hard ends

- 1 tablespoon extra-

virgin olive oil

-

1/2 teaspoon onion

powder

- 1/2 teaspoon garlic powder

-

1 teaspoon ground

cumin

- 1 tablespoon salt

-

1 teaspoon freshly

ground black pepper

Directions

1. Begin by preheating an oven to 425 degrees F.

2. Toss the asparagus with olive oil, onion powder, garlic powder, cumin, salt, and ground black pepper.

3. Place spiced asparagus in a single layer on a greased baking sheet.

Bake about 8 minutes, till they are crisp-soft.

4. Serve immediately and enjoy!

Easy and Quick Parmesan

Asparagus

(Ready in about 30 minutes | Servings 6)

Ingredients

- Non-stick cooking spray
 - 1 ½ pounds asparagus
 - 3 tablespoons extra-virgin olive oil
 - 1 teaspoon basil
-

-

1 teaspoon smoked

paprika

- 1 teaspoon salt
- 1/2 teaspoon garlic pepper blend
- 4 tablespoons Parmesan cheese, shredded

Directions

1. Preheat your oven to 425 degrees F.

Oil a baking pan with non-stick cooking spray.

2. Trim the asparagus.

3. In a mixing bowl, combine the rest of the ingredients, except Parmesan cheese; toss the asparagus with this spiced

mixture.

Arrange

the

asparagus in the baking pan.

4. Bake about 10 minutes. Then, sprinkle with Parmesan cheese and continue baking 8 minutes longer.

Serve

warm

or

at

room

temperature.

Prosciutto Wrapped

Asparagus with Cheese

(Ready in about 25 minutes | Servings 6)

Ingredients

- 1 bunch of asparagus, trimmed

and

ends

removed

- 1/4-pound prosciutto

- 2 tablespoons balsamic vinegar

- 1 tablespoon olive oil

- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper

-

1

teaspoon

garlic

powder

- 1 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper
- 5 tablespoons parmesan cheese
- Lemon slices, as garnish

Directions

1. Preheat an oven to 375 degrees F.
2. Wrap your asparagus with slices of prosciutto. Drizzle with balsamic vinegar and olive oil.
3. Then, sprinkle with salt, black pepper, garlic powder, dried thyme, and cayenne pepper.
4. Bake about 10 minutes, till the asparagus begins to turn brown.

Add parmesan and bake an

additional 5 minutes.

5. Place on a nice serving platter,

garnish with lemon slices, and serve!

Easy and Healthy Broccoli

Nuggets

(Ready in about 1 hour | Servings 4)

Ingredients

- 1 ¼ pound broccoli, chopped
 - 2 cups Swiss cheese, shredded
 - 1/2 teaspoon ground black pepper
-

•

1

teaspoon

onion

powder

•

1 large-sized egg,

lightly beaten

Directions

1. Grind the broccoli in your food processor. Line a cookie sheet with baking paper.

2. Stir in cheddar cheese; mix to combine. Add the rest of the ingredients; stir until everything is well combined.
 3. Then, make 20 patties. Arrange the patties on the baking sheet.
 4. Bake in a preheated oven at 375 degrees F, about 45 minutes. Serve at room temperature with sour cream if desired.
-

Vanilla Cinnamon Apple

Chips

(Ready in about 1 hour | Servings 6)

Ingredients

- 2 apples, cored and thinly sliced
 - 1 tablespoon sugar
 - 1/2 teaspoon grated nutmeg
 -
 - 1 teaspoon vanilla
-

extract

- 1/2 teaspoon ground cinnamon

Directions

1. Start by preheating an oven to 225 degrees F.

2. Place the apple slices on a cookie sheet. Sprinkle the apple slices with sugar, nutmeg, vanilla, and ground cinnamon.

3. Bake about 1 hour. Transfer to a

wire rack in order to cool completely before serving time.

Honey and Ginger Potato

Sticks

(Ready in about 45 minutes | Servings 8)

Ingredients

-

8

sweet

potatoes,

peeled and cut into sticks

- 1/2 cup honey

- 2 tablespoons grated ginger

- 2 tablespoons coconut oil

-

1 teaspoon ground

cinnamon

- 1/2 teaspoon red pepper flakes

Directions

1. Begin by preheating your oven to 400 degrees F.
 2. In a mixing bowl, combine all the above ingredients; toss to coat the potatoes evenly. Transfer to a large-sized baking tray.
 3. Bake about 40 minutes. Transfer to a serving platter and enjoy!
-

Cheesy Crunchy Garbanzo

(Ready in about 50 minutes | Servings 4)

Ingredients

-

1

(15-ounce)

can

garbanzo beans, drained

and rinsed

- 2 tablespoons olive oil
 - 1 tablespoon popcorn cheese powder
-

- 1 teaspoon sea salt

- 1 teaspoon red pepper flakes

Directions

1. Begin by preheating an oven to 400 degrees F.
 2. Then, spread the garbanzo beans on a baking sheet; drizzle with olive oil.
 3. Bake in the preheated oven about 45 minutes, stirring twice.
 4. Afterwards, toss the beans with cheese powder, sea salt, and red pepper flakes. Serve!
-

Homemade Pita Chips

(Ready in about 25 minutes | Servings 6)

Ingredients

- 3 large-sized pitas
 - 3 tablespoons extra-virgin olive oil
 -
 - 1/2 teaspoon dried thyme
 - 1 teaspoon paprika
-

- 1 teaspoon salt
- 1/2 teaspoon ground cumin
-
- 1

teaspoon

dried

oregano

•

1

teaspoon

onion

powder

Directions

1. Begin by preheating an oven to 375

degrees F.

2. Cut each pita into 8 wedges with kitchen scissors; separate two sides of the pita. You should have 48 pita wedges.

3. Drizzle with olive oil. Then, arrange the pita wedges on a baking sheet.

4. Sprinkle with the thyme, paprika, salt, cumin, oregano, and onion powder.

5. Bake about 15 minutes or till they are

crispy.

Allow

to

cool

completely before storing and serving.

Cheese and Chicken Dip

(Ready in about 35 minutes | Servings 4)

Ingredients

- 1 cup cream cheese, room temperature
 - 2 cups cooked chicken, shredded
 - 1/4 cup white vinegar
 - 1/4 hot pepper sauce
-

•

1/2

teaspoon

Worcester sauce

•

1/2 cup mozzarella

cheese

- 1/2 blue cheese salad dressing
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper

Directions

1. Begin by preheating an oven to 350 degrees F.
 2. Mix all the above ingredients until everything is well incorporated.
 3. Bake approximately 20 minutes or until bubbling. Serve with favorite dippers, such as veggie sticks, crackers, bread sticks, etc.
-

Baked Cheese and Kale Dip

(Ready in about 1 hour | Servings 6)

Ingredients

- 2 tablespoons olive oil
 - 2 garlic cloves, minced
 - 1 onion, chopped
 - 2 pounds kale, coarsely chopped
 - 1/2 cup milk
-
- 6 ounces Ricotta cheese
 - 3 dashes Tabasco sauce
 - 3/4 cup mozzarella, shredded
 - 1 teaspoon salt
 - 1/2 teaspoon ground black pepper

Directions

1. Begin by preheating an oven to 425 degrees F. Grease a baking dish with 1 tablespoon olive oil.
 2. In a sauté pan, heat remaining 1 tablespoon of olive oil over medium flame. Sauté the garlic and onion about 5 minutes.
 3. Add kale and cook until it is completely wilted, or about 5 minutes; drain in a colander.
 4. In the same pan, warm milk over medium-high flame. Whisk in Ricotta cheese and cook 3 to 4 minutes. Add kale mixture, Tabasco sauce, mozzarella, salt, and black pepper; stir to combine.
 5. Pour the mixture into a baking dish. Bake about 20 minutes till golden brown.
- Serve hot with accompaniments and enjoy!

Cheese and Meat Dipping

Sauce

(Ready in about 25 minutes | Servings 8)

Ingredients

- 1/2-pound ground pork
 - 8 ham slices, cut into pieces
 - 2 cloves garlic, finely minced
 - 1 small-sized onion, chopped
 - 1/2 cup sour cream
 - 1/2 cup cream cheese, room temperature
 - 2 tablespoons tomato paste
 -
 - 1 teaspoon yellow
mustard
 - 1/4 cup mayonnaise
 -
 - 1 cup mozzarella,
shredded
 - Chopped parsley, as garnish
-

Directions

1. Begin by preheating an oven to 350 degrees F.

2. In a non-stick skillet, cook ground pork and ham about 10 minutes, or until the pork is no longer pink.

Drain and remove from the skillet.

3. In the same skillet, sauté the garlic and onion until tender.

4. In a large sized mixing bowl, place the rest of the ingredients, except chives. Add the meat mixture and

the onion mixture. Stir until everything is well combined.

5. Pour the mixture into the baking dish; bake for 15 to 20 minutes.

Sprinkle

with

fresh

chopped

parsley. Eat with your favorite dippers!

Italian-Style Dipping Sauce

(Ready in about 50 minutes | Servings 8)

Ingredients

- 4 tomatoes, cut in half

- 1 tablespoon extra-

virgin olive oil

-

1/2 teaspoon dried

rosemary

- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 cup cream cheese, softened

-

2

cups

provolone

cheese, freshly grated

-

1/4 cup parmesan

cheese, grated

- 4 garlic cloves, minced or pressed
- 1 tablespoon oregano leaves, freshly chopped
- 1/4 cup basil leaves, freshly chopped

-

1 tablespoon fresh

parsley leaves, chopped

- Olives, as garnish

Directions

1. Preheat your oven to 400 degrees F.

Coat a baking sheet with aluminum foil.

2. Arrange the tomato halves on the baking sheet. Sprinkle with olive oil, rosemary, and salt, and black pepper. Bake about 20 minutes and set aside.

3. In the meantime, combine the rest of the ingredients in a mixing bowl, except

olives.

Add

roasted

tomatoes and stir to combine well.

4. Transfer the mixture to an oven-safe baking dish. Bake about 30 minutes.

Garnish with olives.

5. Serve

warm

or

at

room

temperature. Eat with bread sticks, crackers, chips or vegetable sticks.

Southwestern-Style

Appetizer

(Ready in about 25 minutes | Servings 16)

Ingredients

- 1/2 cup salsa
 - 1/2 cup plain yogurt
 - 1/2 cup finely chopped cooked chicken
 - 1 sweet bell pepper,
-

chopped

- 8 flour tortillas
- 1/4 cup guacamole
- 1/2 cup beans
- 1 cup Monterey Jack cheese
- 1 teaspoon dried thyme
- Sea salt, to taste
- Ground black pepper, to taste

Directions

1. Begin by preheating an oven to 350 degrees F.
2. In a mixing bowl or a measuring cup, mix salsa and plain yogurt. Reserve 1/2 of the salsa mixture for topping.

3. Combine remaining 1/2 of salsa mixture with cooked chicken and chopped bell pepper.

4. Layer 2 tortillas on a cookie sheet; spread each tortilla with chicken mixture; then spread each tortilla with guacamole.

5. Spread 2 more tortillas with beans;

place on the guacamole layer. Top with reserved salsa topping and the cheese. Sprinkle with thyme, salt, and black pepper.

6. Bake approximately 15 minutes in the preheated oven. Afterwards, cut each stack into 8 wedges and serve.

Hot Chicken Fingers

(Ready in about 30 minutes | Servings 8)

Ingredients

- 1/4 cup buffalo wing hot sauce
 - 1 ¼ cups bread crumbs
 - 1/2 teaspoon salt
 - 1/4 teaspoon cayenne pepper
-

- 1/4 teaspoon celery seed
- 1/2 teaspoon dried basil
- 2 tablespoons butter, melted
-

1-pound

chicken
breasts,
boneless,
skinless and cut into
strips

Directions

1. Preheat an oven to 425 degrees F.

Coat a baking tray with an aluminum foil.

2. Pour buffalo wing sauce into a shallow dish. In another shallow dish,

combine

together

bread

crumbs, salt, cayenne pepper, celery seed, dried basil, and butter.

3. Dip chicken strips into buffalo wing sauce; then, dredge them into the bread crumb mixture. Place on prepared baking tray.

4. Bake uncovered 10 minutes or until the chicken strips are no longer pink in the center. Serve.

Bacon-Wrapped Chicken

(Ready in about 1 hour 10 minutes |

Servings 12)

Ingredients

- 3 pounds chicken wings
- 12 slices bacon, cut in half crosswise

For the Sauce

- 1 tablespoon garlic powder
-

- 1/2 cup bourbon
- 1/2 cup ketchup
- 1/4 cup sugar
- 2 tablespoons tamari sauce
- 1 teaspoon mustard
- 1/2 teaspoon cayenne pepper

Directions

1. Preheat an oven to 425 degrees F.

Line two baking sheets with an aluminum foil.

2. Then, wrap each chicken wing with a half slice of bacon.

3. Place bacon-chicken pieces on prepared baking sheets. Bake about 50 minutes, turning once.

4. Meanwhile, in a saucepan, mix all the ingredients for the sauce; let simmer over medium heat, stirring constantly,

about

minutes.

Reserve.

5. In a large-sized mixing bowl, toss bacon-wrapped

chicken

with

prepared sauce. Serve warm with breadsticks if desired; enjoy.

Caramelized Garlic Shrimp

(Ready in about 15 minutes | Servings 12)

Ingredients

- 1/2 cup brown sugar

-

1

tablespoon

all-

purpose flour

- 1 teaspoon salt

- 1/4 teaspoon cayenne pepper

- 1 teaspoon chili powder

- 2 cloves garlic, finely chopped

- 1-pound large shrimp, peeled and deveined
- 1 fresh lemon, cut into wedges

Directions

1. Preheat an oven to 500 degrees F.

Line a baking pan with an aluminum foil.

2. In a resealable plastic bag, mix all ingredients except lemon. Seal the bag and shake to coat well.

3. Layer coated shrimp in a single layer in the baking pan.

4. Bake 9 minutes, till the sugar is caramelized. Transfer to a serving platter; serve with lemon wedges and enjoy.

Kale Artichoke Dip

(Ready in about 30 minutes | Servings 24)

Ingredients

- 1 cup mayonnaise
- 1 cup sharp cheese, grated
- 1 can artichoke hearts, drained and chopped
- 2 cups kale, chopped

-
- Salt, to taste
 - Ground black pepper, to taste
 -

1

teaspoon

garlic

powder

- 1 teaspoon celery seed

-

1/4 cup mozzarella

cheese

- 1/2 cup olives, pitted and sliced

Directions

1. Begin by preheating an oven to 350

degrees F. Lightly grease a baking dish with non-stick cooking spray.

2. In a large-sized bowl, combine together all the above ingredients, except mozzarella cheese and olives. Mix to combine.

3. Spoon

mixture

into

greased

casserole dish. Sprinkle with mozzarella cheese and sliced olives.

4. Bake covered about 20 minutes.

Serve warm with your favorite dippers and enjoy.

Baked Cocktail Meatballs

(Ready in about 1 hour 20 minutes |

Servings 6)

Ingredients

- 2 pounds ground beef
- 1 cup flavored bread crumbs
- 2/3 cup scallions, finely chopped
- 2 cloves garlic, finely
minced
- 1/2 cup whole milk
- 1 tablespoon dried basil
- 1 tablespoon dried
oregano
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon soy sauce
- 2 medium-sized eggs
- 2 (12-ounces) bottles chili sauce
-

2 (10-ounces) jars

grape jelly

Directions

1. Start by preheating an oven to 400

degrees F. In a bowl, combine together all the above ingredients, except chili sauce and jelly.

2. Shape the mixture into 1-inch meatballs. Place in a baking pan.

3. Bake about 20 minutes.

4. In a Dutch oven, heat chili sauce and jelly over medium heat, stirring

frequently, till the sauce is melted completely. Add the meatballs and stir until they are well coated.

5. Uncover and simmer 30 minutes longer. Serve with toothpicks.

BBQ Sausage Balls

(Ready in about 25 minutes | Servings 48)

Ingredients

- Non-stick cooking spray

-

3/4 cup pre-mixed

baking mix

- 1 cup bulk sausage
- 1 ½ cups sharp cheese, shredded

-

1/4

cup

grated

Parmesan cheese

- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

-

1/2 teaspoon onion

powder

- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil

-

1/2 teaspoon dried

thyme

- 1/2 cup milk
- 2 tablespoons fresh

parsley, chopped

- BBQ sauce, for dipping

Directions

1. Preheat your oven to 350 degrees F.

Spray a baking pan with cooking spray.

2. In a large-sized mixing bowl, mix all the above ingredients, except BBQ sauce.

3. Next, shape this mixture into 1-inch balls. Arrange the balls in the baking pan.

4. Bake uncovered approximately 25 minutes. Serve immediately with BBQ sauce for dipping and enjoy.

Mozzarella Tomato Toast

(Ready in about 15 minutes | Servings 6)

Ingredients

- 6 slices bread
- 1/3 cup basil pesto
- 1 tomato, chopped
- 1/2 teaspoon garlic powder
- 1 teaspoon cayenne

pepper

-

1/2 cup mozzarella

cheese shredded

- 1/4 cup black olives, pitted and sliced

Directions

1. Begin by preheating an oven to 375 degrees F. Place bread on a baking sheet.
 2. Divide the rest of the ingredients among your bread slice.
 3. Bake about 10 minutes. Serve warm and enjoy!
-

Tomato Cheese Bruschetta

(Ready in about 20 minutes | Servings 4)

Ingredients

- 1 baguette, thinly sliced
 - 4 tablespoons extra-virgin olive oil
 - 2 tomatoes, chopped
 - 4 slices mozzarella cheese
-

- 2 cloves garlic, pressed

-

1

teaspoon

dried

rosemary

-

1/2 teaspoon dried

oregano

- 1/2 teaspoon sea salt

- 1/4 teaspoon ground black pepper

- 1/4 teaspoon cayenne pepper

Directions

1. Begin by preheating an oven to 350

degrees F. Then, coat a baking sheet with parchment paper.

2. Arrange baguette slices on the baking sheet. Drizzle with olive oil.

Then, spread tomatoes on the slices.

Top

each

slice

with

mozzarella cheese.

3. Sprinkle with garlic, rosemary, oregano, salt, ground black pepper, and cayenne pepper.

4. Bake about 15 minutes and serve warm!

Cheesy Salmon Mini Tarts

(Ready in about 40 minutes | Servings 8)

Ingredients

- Non-stick cooking spray

-

1/2 cup pre-mixed

baking mix

- 1/2 cup whole milk

- 1/4 cup cream cheese

-

1/2

teaspoon

Worcestershire sauce

- 2 medium-sized eggs, lightly beaten

-

1

teaspoon

dried

rosemary

- 2/3 cup sharp cheese, shredded

- 1/3 cup smoked salmon, chopped
 - 1/2 teaspoon sea salt
 - 1/2 teaspoon smoked paprika
 - 2 tablespoons chives, chopped
-

Directions

1. Begin by preheating an oven to 400

degrees F. Grease 24 mini-muffin cups with non-stick cooking spray.

2. In a large-sized mixing bowl, combine together baking mix, milk, cream

cheese,

Worcestershire

sauce, eggs and dried rosemary; beat with a fork until everything is well blended.

3. Then,

add

the

rest

of

the

ingredients; stir to combine. Fill

greased muffin cups with the batter.

4. Next, bake about 20 minutes or until the top becomes golden.

Transfer to a wire rack in order to cool slightly.

5. Loosen sides of baked tarts from the baking pan. Serve at room temperature with sour cream or tomato ketchup if desired. Keep the leftovers in a refrigerator. Enjoy!

PART

FIVE:

DESSERTS

Yummy Ginger Cookies

(Ready in about 1 hour 35 minutes |

Servings 12)

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 ½ teaspoon baking powder
- A pinch of coarse salt

-

1 teaspoon ground

ginger

- 1/2 teaspoon ground cinnamon

- 1 $\frac{3}{4}$ cup sugar
-
- 1 $\frac{1}{2}$ sticks butter,
softened
- 1 egg
-
- 1 teaspoon almond
extract
- $\frac{1}{4}$ cup molasses

Directions

1. In a large-sized mixing bowl, sift together the flour, baking soda, baking powder, salt, ginger, and cinnamon; reserve.
2. In the bowl of a standing mixer, combine together 1 cup of the sugar and softened butter till light fluffy, approximately 3 minutes.
3. Then, add the egg, almond extract and molasses, mix at medium speed until everything is well combined.

Gradually add the flour mixture, mixing until combined.
4. Transfer your dough to a bowl, cover with plastic wrap, and refrigerate about 1 hour.
5. Preheat your oven to 350 degrees F.

Coat two baking sheets with nonstick silicone baking mats.

Place remaining 3/4 cup of sugar on a plate.

6. Shape the dough into small balls; roll the balls in the sugar in order to coat them; transfer them to the prepared baking sheets.

7. Bake each sheet 15 to 20 minutes.

Transfer the sheets to a cooling rack. Afterwards, place the cookies on a nice serving platter and serve.

Superfine Butter Cake

(Ready in about 45 minutes | Servings 8)

Ingredients

- Butter and flour, for the pans
 - 1/2 cups pastry flour
 - 2 cups fine cake flour
 - 1 ½ cups sugar
 - A pinch of salt
-
- 1 teaspoon baking soda
 - 1 ½ teaspoons baking powder
 - 2 large-sized eggs
 - 3 egg yolks
 - 1 ½ cups whole milk
 - 1 teaspoon pure vanilla extract

- 3/4 cup butter, cold

Directions

1. Begin by preheating an oven to 350

degrees F. Butter and flour the cake pans.

2. In a mixing bowl, sift together the flours, sugar, salt, baking soda, and baking powder.

3. In a separate mixing bowl, combine together the eggs, egg yolks, milk, and vanilla extract.

4. Add

the

butter

to

the

dry

ingredients; mix 2 to 3 minutes using a stand mixer fitted with the paddle attachment.

5. Gradually add egg mixture and mix until everything is smooth and well combined. Transfer the dough to the

cake pan. Bake about 30 minutes, or until firm to the touch. Allow to cool and turn out onto the cake racks.

Grandma's Everyday Cake

(Ready in about 55 minutes | Servings 10)

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour

- 1/2 teaspoon baking soda

-

1 teaspoon baking

powder

- A pinch of salt

- 1 $\frac{1}{2}$ cups sugar

- 4 large-sized egg yolks

- 1/4 cup orange juice

- 1/4 up water

- 1/4 cup vegetable oil

- 1/4 cup walnut oil

- 8 egg whites

- 1 teaspoon pure almond extract

- 1/2 teaspoon cream of tartar

Directions

1. Begin by preheating an oven to 350 degrees F.

2. In a mixing bowl, whisk together the flour, baking soda, baking powder, salt, and 1 cup of the sugar.
 3. In a separate bowl, combine together the egg yolks, orange juice, water, vegetable oil, and walnut oil.
 4. Beat the egg whites, almond extract, and cream of tartar with an electric mixer, 2 to 3 minutes. Add the remaining 1/2 cup of sugar and beat for 2 minutes longer.
 5. Gradually add the dry ingredients to the wet egg-almond mixture, folding with a rubber spatula. Add the egg yolk mixture and stir to combine.
 6. Bake about 45 minutes. Your cake is ready when it springs back to the touch. Allow to cool slightly before slicing and serving. Enjoy!
-

Walnut Butter Cookies

(Ready in about 45 minutes | Servings 10)

Ingredients

- 2 cups walnut butter
- 2 cups sugar
-
- 2 large-sized eggs,
lightly beaten
-
- 1 teaspoon baking

powder

- 1 teaspoon baking soda
- 1/2 teaspoon grated nutmeg
- 1/2 teaspoon ground cinnamon

-

1

teaspoon

pure

hazelnut extract

Directions

1. Begin by preheating an oven to 350

degrees F. Lightly grease your cookie

sheets

with

non-stick

cooking spray.

2. In a mixing bowl, combine together walnut butter and sugar. Add the eggs; stir in the baking powder, baking soda, nutmeg, cinnamon, and hazelnut extract.

3. Next, roll the dough into 1 inch balls; arrange the balls onto the greased cookie sheets. Press each cookie with the back of a fork.

4. Bake approximately 10 minutes in the preheated oven. Allow cookies to cool completely before serving time.

Best Oatmeal Cookies Ever

(Ready in about 30 minutes | Servings 8)

Ingredients

-

1

(18.25-ounce)

package white cake mix

- 1 (3.4-ounce) package instant

butterscotch

pudding mix

- 2/3 cup rolled oats

- 1/2 cup canola oil

- 1 teaspoon pure almond extract

- 1/2 teaspoon ground cloves

- 1/4 teaspoon anise seed

- 1/2 cup sour cream

- 1/4 cup water

- 1 cup chocolate chips of choice

Directions

1. Preheat your oven to 350 degrees F.

Lightly grease your cookie sheets.

2. In a large-sized mixing bowl, combine together the cake mix, pudding mix, and oats.

3. Then, add the canola oil, almond extract, cloves, anise seed, sour cream, and water; mix until the mixture is well blended.

4. Next, add chocolate chips. Roll dough into small balls; place them on the prepared cookie sheets.

5. Bake about 10 minutes. Transfer the sheets to a wire rack in order to

cool the cookies completely.

6. Afterwards, place the cookies onto a nice serving platter and enjoy!

Fudgy and Soft Brownies

(Ready in about 45 minutes | Servings 12)

Ingredients

- 1/2 cup butter
- 4 squares chocolate, chopped
- 1 1/2 cups sugar
- 2 medium-sized eggs
- 1/2 cup raisins

-
- 1 teaspoon pure almond extract
 - 1 cup fine pastry flour

Directions

1. Begin by preheating an oven to 350

degrees F. Lightly grease and flour a square pan.

2. In a small-sized saucepan, melt the butter over medium heat. Turn off the heat; stir in the chocolate until well blended.

3. Add the rest of the ingredients.

Pour the mixture into the prepared pan.

4. Bake about 30 minutes or until a toothpick inserted into the center comes out clean. Allow to cool before cutting. Enjoy!

Light Almond Cookies

(Ready in about 1 hour 40 minutes |

Servings 8)

Ingredients

- 2 large-sized egg whites
 - 3/4 cup sugar
 - 1 teaspoon pure almond extract
 - 1/4 teaspoon ground cloves
-

•

2

cups

almonds,

coarsely chopped

Directions

1. Begin by preheating an oven to 250

degrees F. Coat a cookie sheet with nonstick silicone baking mat.

2. In a mixing bowl, beat the egg whites to soft peaks. Slowly add the sugar, continuing to beat.

3. Add almond extract, ground cloves, and almonds. Next, drop mounded spoonfuls onto the cookie sheet.

4. Bake approximately 1 hour. Turn off the heat; allow to sit in the oven 30 minutes more. Serve.

Easy and Yummy Cupcakes

(Ready in about 30 minutes | Servings 16)

Ingredients

-

16

vanilla

wafer

cookies

- 2 cups cream cheese, softened
 - 3/4 cup sugar
 - 2 large-sized eggs
-

- 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoon vanilla extract

Directions

1. Preheat an oven to 350 degrees F.

Coat your pan with cupcake papers.

2. Put the wafer cookies into the bottom of cupcake papers.

3. In a mixing bowl, combine together the cream cheese and sugar. Add

the eggs, cinnamon, and vanilla extract. Pour the mixture over the wafers.

4. Bake about 15 minutes. Serve at room temperature and top with chocolate chips if desired; enjoy!

Almond Cherry Cupcakes

(Ready in about 30 minutes | Servings 16)

Ingredients

-

vanilla

wafer

cookies

- 2 cups cream cheese, softened

-

1/2

cup

pecans,

coarsely chopped

- 3/4 cup sugar

- 2 large-sized eggs

- 1/2 teaspoon grated nutmeg

- 1 teaspoon anise seed

- 1 teaspoon pure almond extract

- Cherry pie filling, for garnish

Directions

1. Begin by preheating your oven to 350 degrees F. Line your pan with cupcake papers.

2. Put the wafer cookies into the bottom of cupcake papers.

3. In a bowl, combine together the rest of the ingredients, except cherry pie filling; mix until everything is well incorporated. Pour the

mixture over the wafer cookies.

4. Bake about 15 minutes. Top with cherry pie filling and transfer to a serving platter. Serve.

Mom's Best-Ever Brownies

(Ready in about 1 hour | Servings 8)

Ingredients

- 1 cup cake flour
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon baking powder
 - 1/4 cup cocoa powder
 - 1 1/4 cups white sugar
-

•

1 tablespoon dark

molasses

- 3/4 cup melted butter

•

1 teaspoon vanilla

extract

- 3 medium-sized eggs
- 1/2 cup chocolate syrup

- 1 cup chocolate chips

Directions

1. Begin by preheating an oven to 350 degrees F. Lightly grease a baking dish.
 2. In a mixing bowl, combine together the cake flour, baking soda, baking powder, cocoa powder; mix to combine well and reserve.
 3. In another mixing bowl, whisk the sugar, dark molasses, butter, and vanilla extract. Beat in the eggs and chocolate syrup; mix again.
 4. Combine the flour mixture and sugar mixture; then, add the chocolate chips; mix until the mixture is just moistened. Pour the mixture into the greased baking dish.
 5. Bake about 40 minutes. Allow to cool completely before serving.
-

Peppermint and Chocolate

Cake

(Ready in about 1 hour 15 minutes |

Servings 10)

Ingredients

For the Brownies:

-

4 large-sized eggs,

lightly beaten

- 1 ½ cups chocolate syrup
- 1 cup cake flour
- 1 cup sugar
- 1/2 teaspoon allspice
- 1/4 teaspoon grated nutmeg
- 1/2 cup butter, softened For the Frosting:

- 2 cups confectioners'

sugar

- 2 tablespoons whole milk

- 1/2 cup butter, melted

-

1/2

teaspoon

peppermint extract

Directions

1. Preheat an oven to 350 degrees F.

Next, grease and flour your baking pan.

2. In a mixing bowl, beat the eggs, chocolate

syrup,

flour,

sugar,

allspice, nutmeg, and softened butter; mix to combine well; pour the mixture into prepared baking pan.

3. Bake about 25 minutes. Cool at least 30 minutes.

4. To make the frosting: In a mixing bowl, combine together

confectioners' sugar, milk, melted butter, and peppermint extract together; beat until it is smooth; spread the frosting over the cooled brownies.

5. Allow to stand about 20 minutes; then, serve.

Peanut Butter Brownies

(Ready in about 45 minutes | Servings 10)

Ingredients

-

2 cups semisweet

chocolate chips

- 1/2 cup peanut butter

- 1 cup butter

- 1/2 teaspoon hazelnut extract

- 1 ¼ cups all-purpose flour

- 1 cup sugar

- 3 eggs, beaten

-

1 teaspoon baking

powder

- 1 teaspoon baking soda

-

1/2

cup

walnuts,

chopped

Directions

1. Begin by preheating an oven to 350

degrees F. Grease a baking dish with non-stick cooking spray.

2. Then, melt the chocolate chips, peanut butter and butter in the top of a double boiler over simmering water, stirring constantly; scrape down the sides with a rubber. Stir in hazelnut extract.

3. Next, add the flour, sugar, eggs, baking powder, and baking soda.

Fold in walnuts and stir to combine. Pour the batter into prepared baking dish.

4. Bake about 30 minutes. Transfer to a cooling rack at least 15 minutes.

Serve and enjoy!

Quick and Easy Vegan

Brownies

(Ready in about 40 minutes | Servings 12)

Ingredients

- 1 cup peanut butter
 - 2 cups sugar
 - 1 teaspoon pure almond extract
 - A pinch of salt
-

- 1 cup all-purpose flour
- 3/4 cup cocoa
- 1/3 cup vegetable oil
- 1/3 cup almond milk
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon grated nutmeg

Directions

1. Begin by preheating an oven to 350 degrees F. Grease a baking dish with non-stick cooking spray.

2. In a large-sized mixing bowl, beat the peanut butter, sugar, almond extract, and salt until creamy.
 3. Add the flour and cocoa; then, gradually add vegetable oil and almond milk and sprinkle with cinnamon and nutmeg. Mix until the batter is crumbly and stiff. Spread the batter into the greased baking dish.
 4. Bake till the edges of your cake have started to pull away from the sides of the baking pan, or about 30 minutes. Serve.
-

Yellow Apple Cake

(Ready in about 40 minutes | Servings 6)

Ingredients

- 1 yellow cake mix
 - 2 eggs
 - 1 (21-ounce) can apple pie filling
 - 1/2 cup sugar
 - 1/2 teaspoon ground
-

cinnamon

- 1/2 teaspoon grated nutmeg
- 1/4 teaspoon ground cloves

Directions

1. Place the cake mix in a large-sized bowl.
 2. Add the eggs, apple pie filling, sugar, and spices; mix with an electric mixer about 2 minutes.
 3. Pour the batter into a lightly greased pan.
 4. Bake at 350 degrees F for about 35 minutes or until a stick comes out clean. Sprinkle with granulated sugar and serve.
-

Pumpkin and Raisin

Cupcakes

(Ready in about 25 minutes | Servings 18)

Ingredients

-

2

cups

pumpkin,

shredded

- 1/2 teaspoon ground cinnamon

- 1/2 teaspoon grated nutmeg

- 18 ounces spice cake mix

- 1/2 cup golden raisins

Directions

1. Preheat an oven to 350 degrees F.

Coat your cupcake tins with cupcake liners.

2. Combine all the above ingredients, except the raisins, with an electric mixer; mix until everything is well combined.

3. Add golden raisins and stir to combine.

4. Fill the cupcake tins with the batter.

5. Bake approximately 20 minutes till a wooden stick comes out clean.

Romantic Vanilla Cupcakes

(Ready in about 20 minutes | Servings 2)

Ingredients

- 1 large-sized egg white

-

1 tablespoon white

sugar

- 1 teaspoon molasses

- 2 tablespoons butter, melted

- 1/2 teaspoon grated nutmeg

- 1/2 teaspoon anise seed

- 1 teaspoon pure vanilla extract
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons whole milk

Directions

1. Begin by preheating an oven to 350

degrees F. Then, coat a muffin pan with 2 liners.

2. In a mixing bowl, combine the egg white, white sugar, and molasses; whisk until everything is well combined.

3. Next, add melted butter, grated nutmeg, anise seed, vanilla extract; stir to combine. Then, add flour, baking powder, and salt; stir again.

Pour in whole milk.

4. Divide the batter between two

cupcake liners.

5. Bake at 350 degrees F for 10

minutes. Transfer to a wire rack in order to cool completely; frost as desired and serve.

Walnut Chewy Cookies

(Ready in about 35 minutes | Servings 12)

Ingredients

- 3 cups powdered sugar
 - 3/4 cup cocoa powder
 - 1/2 teaspoon coarse salt
 - 1/2 cup bittersweet chocolate, chopped
 - 1 ½ cups walnuts,
-

chopped

- 4 egg whites, beaten

Directions

1. Begin by preheating an oven to 325

degrees F. Line two rimmed baking sheets with parchment paper.

2. In a large-sized mixing bowl, combine together powdered sugar, cocoa, and salt; whisk until everything is mixed.

3. Stir in chocolate and walnuts. Add

beaten egg whites; stir to combine, but do not overmix.

4. Drop dough by 1/4 cupfuls onto prepared baking sheets. Bake approximately 25 minutes or until the cookie tops are cracked; make sure to rotate the sheets halfway through.

5. Allow

the

cookies

to

cool

completely. You can store these cookies in an airtight container, up to 3 days. Enjoy!

Hazelnut Cinnamon

Cookies

(Ready in about 35 minutes | Servings 12)

Ingredients

- 2 cups sugar
 - 1 cup confectioners' sugar
 - 3/4 cup cocoa powder
 - A pinch of salt
-

•

1 teaspoon ground

cinnamon

- 1/2 teaspoon grated nutmeg
- 1/4 teaspoon ground cloves
- 1 teaspoon hazelnut extract

•

1/2 cup semisweet

chocolate chips

- 1 ½ cups hazelnuts, chopped
- 4 egg whites, beaten

Directions

1. Start by preheating your oven to 325 degrees F. Line two rimmed baking sheets with parchment paper.

2. In a large-sized bowl, combine together sugar, confectioners' sugar, cocoa powder, salt, cinnamon, nutmeg, cloves, hazelnut extract; whisk until everything is well mixed.

3. Stir

in

chocolate

chips

and

hazelnuts. Add the egg whites; mix to combine, but do not overmix.

4. Drop prepared batter by 1/4

cupfuls onto prepared baking sheets. Bake about 25 minutes or until the cookie tops are cracked; rotate the sheets halfway through.

5. You can store these cookies in an airtight container, up to 3 days.

Enjoy!

Superfine Moist Carrot

Cake

(Ready in about 1 hour | Servings 12)

Ingredients

- 2 cups flour
- 1 tablespoon baking soda
-
- 1 teaspoon baking powder
- 1/2 teaspoon table salt
- 1 teaspoon anise seed
- 1 tablespoon cinnamon
- 1 ½ cups sugar
- 1 ¼ cup coconut oil
-
- 4 large-sized eggs, beaten
- 2 cups carrots, grated
-
- 1

(10-ounce)

can

crushed

pineapple,

drained

- 1/2 cups dried currants, chopped

-

1/2

cup

almonds,

chopped

For the Cream Cheese Frosting:

- 1/2 cup butter, softened

- 2 cups cream cheese

-

1 teaspoon almond

extract

-

1 pound powdered

sugar

- 1 tablespoon milk

Directions

1. Begin by preheating an oven to 350

degrees F. Line a baking pan with an aluminum foil.

2. In a large bowl, sift together the flour, baking soda, baking powder, salt, anise seed, and cinnamon.

3. Then, create a well in the center of the flour mixture. Add sugar, coconut oil, and eggs to the well; then, mix by hand.

4. Next, fold in carrots, pineapple, currants, and almonds.

5. Bake about 45 minutes or until a stick or a fork comes out almost clean. To make the Cream Cheese Frosting: beat together the butter, cream cheese, and almond extract.

6. Add powdered sugar slowly and gradually; then, add 1 tablespoon of the milk; beat well to combine.

Frost your cake and serve.

Old-Fashioned Coconut

Macaroons

(Ready in about 1 hour | Servings 8)

Ingredients

- 4 large-sized egg whites
- 1/2 cup white sugar
- 1 teaspoon pure vanilla extract

- 1/4 teaspoon grated nutmeg
-

- A pinch of salt

-

3

cups

coconut,

shredded

Directions

1. Preheat your oven to 350 degrees F.

Place an oven rack in the bottom third of the oven. Coat the baking sheet with a silicone baking mat.

2. In a mixing bowl, whisk the egg whites, white sugar, vanilla extract, nutmeg, and salt. Combine until the mixture is smooth and frothy.

3. Next, stir in the coconut and mix until it is evenly moistened.

4. Shape the macaroons into the small-sized balls with your wet hands. Place the balls on prepared baking sheet.

5. Bake the macaroons approximately 20 minutes.

6. Allow the macaroons to cool completely on a wire rack.
-

Peanut Marshmallow Bars

(Ready in about 30 minutes | Servings 8)

Ingredients

- 1/4 cup butter, melted

- 1/2 cup peanut butter

-

1 large-sized egg,

lightly beaten

- 1 cup sugar

-

1 tablespoon dark

molasses

- 1 teaspoon pure vanilla extract

- 3/4 cup flour

- 1/2 cup marshmallow fluff

Directions

1. Begin by preheating an oven to 350

degrees F. Line a baking pan with an aluminum foil; then, oil with a cooking spray; reserve.

2. In a medium-sized microwave-safe bowl, melt the butter about 1

minute. Then, allow the butter to cool; add the peanut butter, egg, sugar, dark molasses, and vanilla extract. Whisk together thoroughly.

3. Add the flour and stir until the mixture is just combined, make sure do not over-mix. Then, fold in tablespoon

sized

dollops

of

marshmallow cream.

4. Pour the batter into prepared baking pan. Bake about 20 minutes, or until the center is just set and a stick comes out clean.

5. Allow to cool completely before

serving.

Melt-In-Your Mouth

Cookies

(Ready in about 30 minutes | Servings 8)

Ingredients

- 1 cup peanut butter

- 1 cup sugar

-

1 large-sized egg,

lightly beaten

- 1 teaspoon pure almond

extract

Directions

1. Begin by preheating an oven to 350

degrees F. Line your pan with baking paper.

2. To make the cookies: Place all the above ingredients in a bowl of a standing mixer. Mix with a standing mixer

on

low.

Drop

1

$\frac{1}{2}$

tablespoons of dough on the baking pan. Repeat with the remaining dough.

3. Then, flat the cookies with a fork in criss-cross design. Bake about 12

minutes. Transfer to a cooling rack in order to cool slightly.

4. Transfer to a serving platter and serve.

Creamy Tofu Pie

(Ready in about 40 minutes | Servings 8)

Ingredients

- 1 pound silken tofu

- 1/2 cup cocoa powder
 - 1 cup sugar
 - 1/4 teaspoon ground cinnamon
 - 1/4 teaspoon grated
-

nutmeg

-

1 tablespoon pure

vanilla extract

- 1/2 teaspoon balsamic vinegar

- 1 (9 inch) graham

cracker crust

Directions

1. Preheat an oven to 375 degrees F.
 2. Then, blend the silken tofu with an electric mixer. Add the cocoa, sugar, cinnamon, nutmeg, vanilla extract, and balsamic vinegar. Mix to combine well.
 3. Pour the mixture into graham cracker crust. Bake about 25 minutes.
 4. Set in a fridge before serving time.
-

Cocoa Meringue Pie

(Ready in about 30 minutes | Servings 8)

Ingredients

- 3/4 cup sugar
 - 5 tablespoons cocoa powder
 - 3 tablespoons corn flour
 - 1/4 teaspoon table salt
 - 1/2 teaspoon anise seed
-
- 2 cups whole milk
 - 3 eggs, separated into yolks and whites
 - 1 teaspoon almond
extract
 - 1 (9 inch) baked pie crust
 - 1/4 teaspoon cream of tartar
 - 6
tablespoons
powdered sugar

Directions

1. In a saucepan, place sugar, cocoa, corn flour, salt, and anise seed.

Gradually add the milk. Cook over medium-high heat, stirring often.

2. Preheat an oven to 350 degrees F.

3. Lower the heat to medium-low and cook 2 minutes longer, stirring frequently. Turn off the heat.

4. Beat thoroughly the egg yolks. Add 1 cup of the hot filling to the egg yolks; then, mix back into the custard.

5. Return saucepan back to the heat;

bring to a boil. Cook for 2 minutes, stirring constantly. Turn off the heat; stir in almond extract. Pour hot filling into prepared crust.

6. In a mixing bowl, beat egg whites with cream of tartar until soft peaks form. Gradually add the powdered sugar. Spread over hot filling.

7. Bake about 15 minutes. Serve.

Easiest Crustless Halloween

Pie

(Ready in about 40 minutes | Servings 8)

Ingredients

-

1

(15-ounce)

can

pumpkin puree

- 1 ¼ cups milk
 - ¾ cup sugar
 - ½ cup egg substitute
-

-

1 teaspoon almond

extract

- ½ teaspoon lemon rind

-

1 teaspoon ground

cinnamon

- ½ teaspoon ground nutmeg

Directions

1. Begin by preheating an oven to 350

degrees F. Lightly grease a baking dish.

2. In a large-sized mixing bowl, combine all the above ingredients; mix until smooth.

3. Pour the mixture into greased baking dish.

4. Bake about 30 minutes.

Chocolate-Mint Cake

(Ready in about 3 hours 25 minutes |

Servings 20)

Ingredients

- Non-stick cooking spray
- 1 cup cake flour
-
- 1 teaspoon baking powder
- 1 cup sugar
- 1/2 cup egg substitute
- 1/4 cup butter, melted
- 2 tablespoons water
- A pinch of table salt
-
- 2 large-sized eggs, beaten
- 2 cups chocolate syrup
- 2 cups powdered sugar
- 1/4 teaspoon ground cinnamon

- 1/4 cup butter, melted

- 2 tablespoons milk

-

1/2

teaspoon

peppermint extract

- 2 drops green food coloring

For the Glaze:

- 3/4 cup chocolate chips

- 3 tablespoons butter

Directions

1. Begin by preheating an oven to 350

degrees F. Treat the inside of your baking pan with non-stick cooking spray.

2. To make a bottom layer, in a bowl, sift the flour and baking powder. In a separate mixing bowl, combine together sugar, egg substitute, 1/4

cup melted butter, 2 tablespoons water, salt, eggs, and chocolate syrup; stir thoroughly until the mixture is smooth.

3. Add the dry flour mixture to the chocolate mixture; stir again. Pour the batter into prepared baking pan.

4. Bake for about 22 minutes or until a wooden pick inserted in center of the crust comes out almost clean.

Cool completely on a wire rack.

5. To prepare the next layer, combine

powdered sugar, cinnamon, 1/4 cup melted butter, milk, peppermint extract, and green food coloring.

6. Spread the mixture over prepared, cooled crust.

7. To make the glaze, microwave chocolate chips and 3 tablespoons of butter in a microwave-safe bowl. Microwave about 1 minute at HIGH, stirring twice.

8. Spread chocolate glaze evenly over the top of your cake. Set in a refrigerator until ready to serve.

Enjoy!

Chocolate Buttercream

Cupcakes

(Ready in about 40 minutes | Servings 12)

Ingredients

- 1 cup sugar
- 3/4 cup plus all-purpose flour
- 1/4 cup plus cocoa powder
- 3/4 teaspoon baking soda
-

1 teaspoon baking

powder

- A pinch of table salt
- 1 egg
- 1/2 cup sour cream
- 1/4 cup vegetable oil
- 1 teaspoon pure vanilla extract
-

1 teaspoon almond

extract

- 1/2 teaspoon grated nutmeg
-

- 1/2 cup boiling water
- 2 sticks butter, softened
- 2 cups powdered sugar, sifted
- 2 tablespoons heavy cream
- 1/2 cup cocoa powder, sifted
- 3 tablespoons cookie sprinkles

Directions

1. Begin by preheating an oven to 350 degrees F. Coat your muffin tin with muffin liners.

2. In a large-sized mixing bowl, combine together sugar, flour, cocoa powder, baking soda, baking powder, and a pinch of salt.

3. Next, crack in the egg; add the sour cream,

vegetable

oil,

vanilla

extract, almond extract, grated nutmeg. Mix until just combined.

4. Pour in the boiling water; stir until the mixture becomes liquidy.

5. Fill the muffin tin with prepared

batter, about halfway full. Bake for 15 to 18 minutes in the preheated oven. Then, allow the cupcakes to cool completely.

6. In the meantime, you can make the chocolate buttercream. Beat butter in a standing mixer on a medium speed. Turn the mixer to low and add powdered sugar; beat until everything is well blended.

7. Then, add heavy cream and cocoa; continue to beat on medium speed for another 2 to 3 minutes.

8. Afterwards, frost your cupcakes with the prepared cream; garnish with cookie sprinkles. Enjoy!

White Chocolate Cookies

(Ready in about 35 minutes | Servings 4)

Ingredients

- 1 cup butter-flavored shortening

- 1 ½ cups sugar
 -
 - 2 large-sized egg,
beaten
 - 1 teaspoon pure vanilla
extract
 - 1/2 teaspoon anise seed
 - 2 teaspoons cream of tartar
 - 1 teaspoon baking soda
 - 1/2 teaspoon baking powder
 - 1/4 teaspoon salt
 - 2 ¾ cups flour
 - 3/4 cup white chocolate chips
 - 1/8 cup sugar
 -
 - 1/2
tablespoon
-

cinnamon

Directions

1. Begin by preheating an oven to 375

degrees F. Line a cookie sheet with baking paper.

2. Put all the above ingredients, except the chocolate chips, sugar and cinnamon, into a large-sized bowl. Then, stir in chocolate chips.

3. Combine together the sugar and cinnamon in a small-sized bowls.

4. Next, roll the dough into 12 balls.

Dip the balls into the cinnamon-sugar mixture; place the balls on the cookie sheet.

5. Bake about 10 minutes, until the cookies are done, but not browned.

Transfer to a cooling rack for 15

minutes. Then, replace the cookies to a serving platter. Enjoy!

Fig Apple Cake

(Ready in about 1 hour | Servings 12)

Ingredients

- 1/2 cup dried figs, chopped
- 1/2 cups apple brandy
- Non-stick cooking spray (butter flavour)
- 2 cups all-purpose flour
- 2 cups white sugar
-
- 1 teaspoon baking

powder

- 1 teaspoon baking soda
 - 1/2 teaspoon ground cloves
 - 1/2 teaspoon ground cinnamon
 - 1/4 teaspoon salt
 - 4 apples, peeled, cored and chopped
 - 1 stick butter, melted
 - 2 medium-sized eggs, lightly beaten
 - Confectioners' sugar for
-

decoration

Directions

1. In a small-sized bowl, place the figs and the apple brandy. Stir from time to time.

2. Then, preheat an oven to 325

degrees F. Lightly grease a baking pan with non-stick cooking spray.

3. Into a large-sized mixing bowl, sift together

flour,

sugar,

baking

powder, baking soda, cloves, cinnamon, and salt.

4. Add the chopped apples, melted butter, and lightly beaten eggs. Add the soaked figs and stir to combine.

5. Bake about 1 hour. Dust the cake with confectioners' sugar. Serve.

Chocolate Birthday Cake

(Ready in about 50 minutes | Servings 10)

Ingredients

-

1 teaspoon butter,

melted

-

3/4

cup

plus

1

tablespoon

cocoa

powder

- 1 ½ cups cake flour

- 1 ½ cups sugar

- 1 teaspoon baking soda

-

1 teaspoon baking

powder

- 1/2 teaspoon salt

-

2 large-sized eggs,

lightly beaten

- 3/4 cup buttermilk

- 3/4 cup warm water

- 3 tablespoons canola oil

- 1 teaspoon pure almond extract

-

1/2 teaspoon pure

vanilla extract

For the Chocolate Frosting

- 2 ¼ cups powdered

sugar

- 1/4 cup cocoa powder

- 6 ounces cream cheese, softened

- 3/4 cup unsalted butter, softened

- 1 ¼ cups bittersweet chocolate
- ¾ cup sour cream

Directions

1. Begin by preheating an oven to 350

degrees F. Grease two 8-round cake pans with 1 teaspoon of melted butter;

dust

with

1

tablespoon of cocoa powder.

2. Sift remaining ¾ cup cocoa, cake flour, sugar, baking soda, baking powder, and salt into the bowl of an electric mixer. Mix on low speed about 1 minute.

3. Turn the speed to medium, and gradually add the eggs, buttermilk, water, canola oil, almond extract,

and pure vanilla extract. Beat about 3 minutes or until the mixture is smooth.

4. Divide prepared batter between two pans. Bake until set or about 35

minutes. Allow to cool completely on a wire rack. You will get two layers.

5. Meanwhile, prepare the chocolate frosting. Sift together powdered sugar and cocoa powder. Combine together the cream cheese and

butter with an electric mixer. Mix on medium speed until the mixture is creamy and uniform.

6. Lower the speed to medium-low;

gradually and slowly add sugar-cocoa mixture; beat until it is well combined.

7. Stir in chocolate and sour cream; beat again until everything is well blended.

8. Next, spread about 2 cups of chocolate frosting onto top of the first layer. Place the second layer; frost top and sides with remaining 2

cups of chocolate frosting. Serve!

Sweet Honey Pumpkin

Bread

(Ready in about 50 minutes | Servings 10)

Ingredients

- 1/3 cup coconut oil, melted
- 1/2 cup honey
- 2 large-sized eggs
- 1 cup pumpkin purée
- 1 teaspoon pure vanilla extract
- A pinch of salt
- 1/4 teaspoon nutmeg

- 1/4 teaspoon ground cloves
 - 1/2 teaspoon cinnamon
 - 2 tablespoons pumpkin seeds
 - 1 teaspoon dry lemon rind
 - 1 ¾ cups whole wheat pastry flour
 - 1/2 cup rinsed millet
-

- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 cup hot water

Directions

1. Preheat an oven to 325 degrees F.

Grease a loaf pan with non-stick cooking spray.

2. In a large-sized mixing bowl, beat coconut oil and honey together. Add eggs, and beat again.

3. Add pumpkin purée and vanilla extract; then add the salt, nutmeg, cloves, cinnamon, pumpkin seeds, and dry lemon rind. Sift the flour and millet; stir until just combined.

4. Add baking powder and baking soda to hot water, stir into the batter. Spread prepared batter into the greased loaf pan.

5. Bake about 1 hour; a wooden stick should come out clean. Then, transfer to a wire rack to cool completely before slicing. Enjoy!

Cheesy Apple Oatmeal

Cookies

(Ready in about 25 minutes | Servings 8)

Ingredients

- 2/3 cup olive oil
 -
 - 1 large-sized egg,
lightly beaten
 - 1 tablespoon dark rum
 - 3/4 cup all-purpose
flour
 - 1/4 cup brown sugar
 - 1/2 teaspoon baking powder
 - A pinch of salt
 - 1 ½ cups old-fashioned oats
 - 1/2 cup dried dates, pitted and chopped
 - 1 apple, peeled and cored
 - 1 cup Gouda cheese, chopped
-

Directions

1. Begin by preheating an oven to 375

degrees F.

2. In a glass measuring cup, whisk the oil and egg. Add the dark rum; whisk again and reserve.
 3. In a large-sized mixing bowl, sift together the flour, brown sugar, baking powder, salt, and old-fashioned oats. Stir in the chopped dates.
 4. Grate the apple directly into the flour. Stir in the Gouda cheese.
 5. Add the oil-egg mixture; stir until everything is moistened and the dough is clumpy.
 6. Drop the dough in the spoonfuls on a baking sheet. Bake for 15 to 17 minutes. Allow to cool completely before serving; enjoy!
-

Yummy Chewy Chocolate

Cookies

(Ready in about 20 minutes | Servings 10)

Ingredients

- 6 tablespoons butter, softened
- 1 cup brown sugar
- 2/3 cup malted milk powder
- 2 tablespoons honey
-
- 1 tablespoon pure

almond extract

- A pinch of salt
 - 2 cups plus all-purpose flour
 - 1/2 teaspoon grated nutmeg
 - 1/2 teaspoon allspice
 - 1 teaspoon baking soda
 - 1/2 teaspoon baking powder
 - 6 ounces chocolate, chopped
-

Directions

1. Adjust the oven racks to lower-middle positions. Preheat your oven to 375 degrees F. Line two cookie sheets with baking paper.
 2. In a large-sized bowl, combine together butter, brown sugar, milk powder, honey, almond extract, and salt; beat until the mixture is creamy.
 3. Add 2 cups of flour, nutmeg, allspice, baking soda, and baking powder; stir to combine well. Add the chocolate and stir to combine.
 4. Shape the dough into 20 serving-sized balls. Gently press each ball with the back of a fork.
 5. Bake about 10 minutes or until the cookies are golden around the edges. Transfer the cookies to a wire rack before serving.
-

Walnut Cake with Cream

Cheese Frosting

(Ready in about 50 minutes + chilling time | Servings 8)

Ingredients

For the Cake:

- Non-stick cooking spray

-

2 large-sized eggs,

lightly beaten

- 1 cup sugar

- A pinch of salt

-

1 large-sized ripe

banana, mashed

- 1/2 cup vegetable oil

- 1 ½ teaspoons pure vanilla extract

- 1 (14 1/2-ounce) can crushed with syrup

- 1 ¼ cups all-purpose flour

- 1/2 teaspoon baking powder

- 1/2 teaspoon baking soda

- 1/2 teaspoon anise seed

- 1/4 teaspoon grated nutmeg

- 1/2 teaspoon cinnamon

-

2/3

cup

walnuts,

chopped

For Cream Cheese Frosting:

- 1 cup cream cheese, softened

- 1/3 cup confectioners'

sugar

- 1 tablespoon dark rum

- 1/4 teaspoon ground cinnamon

Directions

1. Adjust the oven rack to middle position. Then, preheat your oven to 350 degrees F. Lightly grease a baking pan with non-stick cooking spray.

2. In a measuring cup or a mixing bowl, whisk together the eggs, sugar,

salt,

mashed

banana,

vegetable oil, and vanilla extract.

3. Stir in pineapple with syrup; stir to combine well.

4. Add the flour, baking powder, baking soda, anise seed, grated nutmeg, cinnamon, and chopped walnuts.

5. Pour the batter into prepared baking pan. Bake 35 to 40 minutes, till a knife or a toothpick inserted into the center comes out mostly clean.

Transfer the baking pan to a wire rack to cool completely.

6. For Cream Cheese Frosting: beat cream cheese and 1/3 cup of confectioners' sugar. Mix briefly until smooth. Gradually add rum and ground cinnamon. Frost the cooled cake and serve!

Sinfully Delicious Almond

Cake

(Ready in about 40 minutes | Servings 8)

Ingredients

- Melted butter, for the pan
- 1 ¼ cups, almonds
- ¾ cups sugar
- 5 large-sized egg whites

-
- ¼ teaspoon salt

- 1/8 teaspoon cream of tartar
- 1 teaspoon dried grated ginger
- 4 tablespoons flour

Directions

1. Begin by preheating an oven to 350 degrees F. Generously grease your baking pan with melted butter.
 2. Put almonds and sugar into a food processor or a blender; process until a fine consistency is reached.
 3. Beat the egg whites together with the salt and cream of tartar. Fold in a grated ginger.
 4. Gradually stir in the flour. Pour the batter into the baking pan.
 5. Bake about 30 minutes. Allow to cool completely on a wire rack.
- Serve.
-

Sunday Molasses Cookies

(Ready in about 25 minutes | Servings 12)

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon dried
ground ginger

- 1/2 teaspoon ground

cinnamon

-

1 tablespoon finely

chopped orange peel

- A pinch of salt
- 1/2 cup packed brown sugar
- 4 tablespoons butter, melted
- 1/4 cup molasses
- 1/4 cup milk

-

1 large-sized egg,

lightly beaten

-

Sanding sugar, for

rolling

Directions

1. Begin by preheating an oven to 375 degrees F. Line baking sheets with a silicone mat.
2. In a mixing bowl, combine together flour,

baking

soda,

ginger,

cinnamon, orange peel, and salt.

3. Stir in the sugar. Add the melted butter, molasses, milk, and lightly beaten egg.

4. Roll the dough into 36 balls. Roll the balls in sanding sugar; then, transfer them to the baking sheets.

5. Flatten each ball with the back of a fork or with the bottom of a glass.

Bake for 12 minutes. Allow to cool slightly before serving.

Quick and Easy Chocolate

Cake

(Ready in about 45 minutes | Servings 12)

Ingredients

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 3 tablespoons cocoa powder
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon coarse salt

- 6 tablespoons canola oil
 - 1/4 teaspoon ground cinnamon
 - 1 teaspoon allspice
 - 1 teaspoon pure vanilla extract
 - 1 tablespoon balsamic vinegar
 - 1 cup cold water
-

Directions

1. Start by preheating an oven to 350

degrees F. In a baking pan, combine together flour, sugar, cocoa powder, baking powder, baking soda, and salt.

2. Make a well in center of flour-sugar mixture; add canola oil, cinnamon, allspice, pure vanilla extract, vinegar, and water. Stir until everything is well combined.

3. Bake about 35 minutes. Afterwards,

transfer the cake to a wire rack in order to cool it completely. Serve.

Almond and Pear Cake

(Ready in about 55 minutes | Servings 8)

Ingredients

- 2 tablespoons butter, melted
- 1/4 cup sugar

- 1/4 cup corn syrup
 - 1/2 teaspoon almond extract
-

- 1/4 teaspoon grated nutmeg
- 1/2 teaspoon anise seed
- 1 (16-ounce) can pear halves, drained and cut in

half lengthwise

-

1/2

cup

slivered

almonds

- 1 (14.5-ounce) package gingerbread cake mix

Directions

1. Start by preheating an oven to 350

degrees F. Combine together the melted butter, sugar, corn syrup, almond extract, grated nutmeg, and anise seed in a cake pan.

2. Place the pears on top. Sprinkle with slivered almonds.

3. Prepare the gingerbread cake mix according to package instructions.

Pour it into the cake pan.

4. Bake approximately 40 minutes, till a wooden spoon inserted in the center of your cake comes out clean.
 5. Allow to cool before turning out onto a serving platter. Cut into the serving slices and enjoy!
-

Delicious Fresh Pear Cake

(Ready in about 1 hour 20 minutes |

Servings 12)

Ingredients

- 4 large-sized pears, peeled, cored and sliced
 - 1 ½ cups sugar
 - 1 cup walnuts, chopped
 - 3 cups flour
 - A pinch of salt
-

- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup canola oil
- 2 large-sized eggs
- 1 teaspoon pure vanilla extract
- 1 teaspoon pure almond extract

Directions

1. In a bowl, mix the pears, sugar, and walnuts; let sit for 1 hour. Then, purée the mixture in a food processor or a blender.
2. Then, preheat an oven to 350 degrees F. Grease and flour a baking pan.
3. In another mixing bowl, combine the flour, salt, baking powder, and baking soda. Add the dry mixture to the pear mixture; then, add canola oil, eggs, vanilla, and almond extract.
4. Pour batter into the baking pan.

Bake for 1 hour and 15 minutes.

Enjoy!

Chocolate Pound Cake

(Ready in about 1 hour 10 minutes |

Servings 12)

Ingredients

-

1

(18.25

ounce)

package yellow cake mix

- 1 (3.9 ounce) package instant chocolate pudding

mix

- 1/2 cup white sugar
 - 1/2 teaspoon ground cinnamon
 - 1/2 teaspoon grated nutmeg
 - 3/4 cup water
 - 3/4 cup canola oil
 - 4 medium-sized eggs, lightly beaten
 - 1 cup sour cream
 - 1 cup golden raisins
 - 1/2 cup chocolate chips
 - Powdered sugar for
dusting
-

Directions

1. Begin by preheating an oven to 325 degrees F. Grease and flour a baking pan and set aside.
2. In a mixing bowl, combine together the cake mix, instant chocolate pudding mix, sugar, cinnamon, and grated nutmeg.
3. Next, add the water, canola oil, eggs, sour cream, and raisins; mix until everything is well blended.

Fold in the chocolate chips.
4. Pour the mixture into the prepared baking pan.
5. Bake approximately 1 hour, till a wooden stick comes out clean.

Allow to cool slightly. Then, dust with powdered sugar. Cut into slices and serve.

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Document Outline

- [Warning-Disclaimer](#)
 - [Baking Basics and Secrets of a Home Baker](#)
 - [Basic Baking Tools and a Typical Baker's Pantry](#)
 - [How to Store Homemade Baked Goods](#)
 - [Fresh Fruit Bread](#)
 - [Cherry Muffins for Lovely Morning](#)
 - [Soft Cranberry Bread](#)
 - [Easiest Mediterranean Bread](#)
 - [Old-Fashioned Butterscotch-Raisin Rolls](#)
 - [Potato and Bacon Scones](#)
 - [Bacon Butter Cookies](#)
 - [Favorite Banana Bread](#)
 - [Chocolate Banana Bread](#)
 - [Fruit Oatmeal Bread](#)
 - [Nutty Banana Loaf](#)
 - [Superfine Morning Muffins](#)
 - [Sunday Raspberry Treat](#)
 - [Mom's Apple Bread](#)
 - [Bran Date Muffins](#)
 - [Easiest Yummiest Bran Muffins](#)
 - [Flaxseed Bread with Greek Yogurt](#)
 - [Cantaloupe Morning Cake](#)
 - [Quick and Easy Squash Muffins](#)
 - [Orange-Flavored Carrot Bread](#)
 - [Peasant Zucchini Bread](#)
 - [Favorite Cheese Biscuits](#)
 - [Light Caribbean Scones](#)
 - [Tabasco Cheddar Biscuits](#)
 - [Herbed Cheddar Biscuits](#)
 - [Whipped Cream Scones](#)
 - [Kicked Up Cornmeal Muffins](#)
 - [Bisquick Spiced Scones](#)
 - [Everyday Easy Biscuits](#)

- [Delicious Country Biscuits](#)
- [Banana Muffins with Fruit and Nuts](#)
- [Morning Vanilla Cookies](#)
- [Nutty Breakfast Cookies](#)
- [Peanut Butter Cookies](#)
- [Hearty Rye Bread](#)
- [Healthy and Easy Black Bread](#)
- [Winter Sauerkraut Bread](#)
- [Honey Mustard Bread](#)
- [Mom's Light Cornbread](#)
- [Low-Carb Walnut Bread](#)
- [Baked Chicken Drumsticks](#)
- [Ham and Pepper Frittata](#)
- [Honey Lemon Salmon](#)
- [Hot Bacon Frittata](#)
- [Baked Haddock Fillets](#)
- [Crispy Oven-Baked Cod Fish](#)
- [Oven Baked Vegetables](#)
- [Spring Creamy Frittata](#)
- [Bacon Ricotta Frittata](#)
- [Baked Pasta with Tuna](#)
- [Bacon and Swiss Cheese Quiche](#)
- [Cheesy Vegetable Pie](#)
- [Melt in Your Mouth Spinach Quiche](#)
- [Mushroom Spinach Quiche](#)
- [Peasant Turkey Vegetable Pie](#)
- [Sausage and Pepperoni Pasta Bake](#)
- [Baked Penne with Frankfurters and Ham](#)
- [Ham and Chicken Pie](#)
- [Turkey and Bacon Pie](#)
- [Easy Baked Ham Omelet](#)
- [Pepper and Mushroom Omelet](#)
- [Cheesy Spinach Omelet](#)
- [Dutch Pannekoeken with Bacon](#)
- [Easiest Baked Beans](#)
- [Mashed Potatoes with Bacon](#)
- [Mashed Potatoes with Cheese](#)

- [BBQ Baked Beans](#)
- [Favorite Baked Curried Rice](#)
- [Baked Shrimp with Feta](#)
- [Country Herbed Potatoes](#)
- [Eggs in Potato Nests](#)
- [Quick Bourbon and Sausage Beans](#)
- [Delicious Zucchini Gratin](#)
- [Creamy Root Vegetables Gratin](#)
- [Grandma's Potato Gratin](#)
- [Creamed Carrot and Onion Gratin](#)
- [Chicken Pasta Bake](#)
- [Baked Farfalle with Turkey](#)
- [Zucchini and Ham Farfalle Bake](#)
- [Chicken and Tomato Rigatoni](#)
- [Baked Chicken Drumsticks with Vegetables](#)
- [Breaded Cheese Chicken Breasts](#)
- [Chicken Drumsticks with Mushrooms and Ham](#)
- [Peanut Chicken and Cauliflower](#)
- [Super Easy Chicken with Squash](#)
- [Chicken with Chickpeas and Yogurt Sauce](#)
- [Spiced and Herbed Turkey with French Bread](#)
- [Oven Baked Chicken with Cabbage](#)
- [Chicken with Cauliflower and Walnuts](#)
- [Festive Vegetarian Casserole](#)
- [Baked Potatoes with Eggs and Goat Cheese](#)
- [Family Vegetarian Dinner](#)
- [Baked Eggs in Tomatoes](#)
- [Mediterranean-Style Stuffed Tomatoes](#)
- [Broccoli and Shrimp Delight](#)
- [Fusilli with Spinach and Cheese](#)
- [Family Vegetarian Pizza](#)
- [Pizza with Artichoke and Cheese](#)
- [Carrot and Bacon Pizza](#)
- [Hot Pepperoni and Mushroom Pizza](#)
- [Pizza with Broccoli and Cheddar](#)
- [Corn and Chicken Pizza](#)
- [Garden Ricotta Pizza](#)

- [Arugula and Mushroom Pizza](#)
- [Mexican Tortilla Pizzas](#)
- [Spring Vegetarian Pizza](#)
- [Italian Baked Eggplant](#)
- [Rice Pie with Pineapple](#)
- [Hearty Dinner Pie](#)
- [Sausage and Rice Casserole](#)
- [Saucy Brown Rice with Turkey Sausage](#)
- [Coconut Chicken and Rice](#)
- [Curried Chicken and Rice Casserole](#)
- [Mushroom and Chicken Pilaf](#)
- [Delicious Vegetarian Pilaf](#)
- [Nutty Brown Rice Pilaf](#)
- [Favorite Homemade Pizza](#)
- [Easy Dinner Rolls](#)
- [Flavorful Sweet Potato Rolls](#)
- [Homemade Parmesan Rolls](#)
- [Easiest Zucchini Pizza Bites](#)
- [Apricot and Oat Crispy Bars](#)
- [Homemade Herbed Grissini](#)
- [Homemade Tortilla Chips](#)
- [Nutted Wonton Crisps](#)
- [Garlicky Cheese Bread](#)
- [Saucy Eggplant Cheese Bites](#)
- [Eggplant Snack Bites](#)
- [Mini Eggplant Pizzas](#)
- [Favorite Baked Potato Chips](#)
- [Easiest Yummiest Corn Muffins](#)
- [Old-Fashioned Party Bars](#)
- [Superfine Pecan Snacks](#)
- [Party Veggie Chips](#)
- [Healthy Sweet Potato Chips](#)
- [Family Zucchini Chips](#)
- [Spicy Carrot Chips](#)
- [Spiced Kale Chips](#)
- [Elegant Asparagus Appetizer](#)
- [Easy and Quick Parmesan Asparagus](#)

- [Prosciutto Wrapped Asparagus with Cheese](#)
- [Easy and Healthy Broccoli Nuggets](#)
- [Vanilla Cinnamon Apple Chips](#)
- [Honey and Ginger Potato Sticks](#)
- [Cheesy Crunchy Garbanzo](#)
- [Homemade Pita Chips](#)
- [Cheese and Chicken Dip](#)
- [Baked Cheese and Kale Dip](#)
- [Cheese and Meat Dipping Sauce](#)
- [Italian-Style Dipping Sauce](#)
- [Southwestern-Style Appetizer](#)
- [Hot Chicken Fingers](#)
- [Bacon-Wrapped Chicken](#)
- [Caramelized Garlic Shrimp](#)
- [Kale Artichoke Dip](#)
- [Baked Cocktail Meatballs](#)
- [BBQ Sausage Balls](#)
- [Mozzarella Tomato Toast](#)
- [Tomato Cheese Bruschetta](#)
- [Cheesy Salmon Mini Tarts](#)
- [Yummy Ginger Cookies](#)
- [Superfine Butter Cake](#)
- [Grandma's Everyday Cake](#)
- [Walnut Butter Cookies](#)
- [Best Oatmeal Cookies Ever](#)
- [Fudgy and Soft Brownies](#)
- [Light Almond Cookies](#)
- [Easy and Yummy Cupcakes](#)
- [Almond Cherry Cupcakes](#)
- [Mom's Best-Ever Brownies](#)
- [Peppermint and Chocolate Cake](#)
- [Peanut Butter Brownies](#)
- [Quick and Easy Vegan Brownies](#)
- [Yellow Apple Cake](#)
- [Pumpkin and Raisin Cupcakes](#)
- [Romantic Vanilla Cupcakes](#)
- [Walnut Chewy Cookies](#)

- [Hazelnut Cinnamon Cookies](#)
- [Superfine Moist Carrot Cake](#)
- [Old-Fashioned Coconut Macaroons](#)
- [Peanut Marshmallow Bars](#)
- [Melt-In-Your Mouth Cookies](#)
- [Creamy Tofu Pie](#)
- [Cocoa Meringue Pie](#)
- [Easiest Crustless Halloween Pie](#)
- [Chocolate-Mint Cake](#)
- [Chocolate Buttercream Cupcakes](#)
- [White Chocolate Cookies](#)
- [Fig Apple Cake](#)
- [Chocolate Birthday Cake](#)
- [Sweet Honey Pumpkin Bread](#)
- [Cheesy Apple Oatmeal Cookies](#)
- [Yummy Chewy Chocolate Cookies](#)
- [Walnut Cake with Cream Cheese Frosting](#)
- [Sinfully Delicious Almond Cake](#)
- [Sunday Molasses Cookies](#)
- [Quick and Easy Chocolate Cake](#)
- [Almond and Pear Cake](#)
- [Delicious Fresh Pear Cake](#)
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