

BHPCNS' Favorite RECIPES

From Donna Barnett, these might be boring but Emma, Larry and I have one every morning.

Protein Muffins:

oven 350 degrees

3 Cups Almond Flour
2 T Coconut Flour
1 t baking soda
1 t cinnamon
1/4 t nutmeg
1/4 cup of coconut oil - melted
1/4 cup of honey or maple syrup
4 eggs
1 T coconut milk (I use whole milk)
1 t vanilla



mix dry, whisk wet, combine

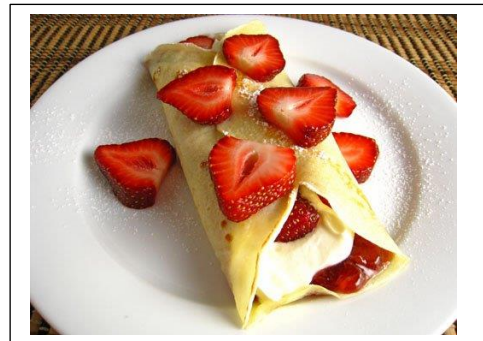
cook for 12-15 minutes

From the Magary Household!

Some of our family's favorites:

CREPES

2 eggs, beaten
1 cup milk
1/2 tsp salt
1 cup flour
Veg oil or butter
jam



Stir it all until smooth. Cover and let stand 30 min. Batter should be thin enough to coat back of spoon.

Heat frying pan and grease lightly with vegetable oil or butter. Pout in enough batter to cover pan with a very thin layer. Tilt pan so it spreads evenly.

Cook on one side, then toss or turn with spatula and brown other side. Delicious with jam, nutella, fresh berries.

Makes 18-24 crepes.

And the Magarys don't stop with crepes. They move onto....

FRENCH TOAST

Sliced challah, preferably stale
6 eggs, beaten with a little milk
butter
cinnamon sugar or powdered sugar



Heat frying pan with butter. Dip bread one slice at a time in egg mixture then straight to hot pan. Don't crowd the pan. Check for brownness then flip and brown other side. Repeat until you are out of bread or egg mixture. Serve with cinnamon sugar or light dusting of "fairy dust".

Kirsten Martin's Fig Preserves and Avocado Toast

1 Ripe Avocado
3 radishes
2 slice county artisan loaf of bread
Fresh cilantro leaves
Everything seasoning

Cut radishes thinly

Toast bread

Cut avocado in half

Spread thin layer of fig preserves onto toast, layer medium slices of avocado on toast, sprinkle with seasoning, sprinkle cilantro and radishes.

Serve!



Anne Marie Cardoni shares her secret recipe for homemade gazpacho. As the weather warms this is a staple in our house!!

Gazpacho

1 medium onion
2 cloves garlic or I prefer to use 1 tsp
garlic spread-dip from Trader Joe's
(it's not as sharp)
1 green pepper
1 cucumber
5 tomatoes
1/2 cup Olive Oil
1/4 cup red or white wine vinegar
salt to taste



Blend everything in a blender and refrigerate at least 2 hours. Serve with croutons and drizzle with olive oil.

LOW COUNTY SHRIMP AND GRITS

From: Jenni Biggs

Debated on what to send in and I know some don't like grits but my family is from the south and this truly is what I cook. Ha! I am who I am. And it is amazing! My Grandmother's recipe with some of my modifications....

Serves 4(I always double recipe)

Cheese Grits;
2 cups water
1 (14 1/2 ounce) can chicken broth
3/4 cup half and half
3/4 teaspoon salt
1 cup grits (I use quick grits!!!)
3/4 cup cheddar cheese
1/4 cup grated parm cheese
(I sub. out and use smoked Gouda. Amazing)
2 tablespoons butter
1/2 teaspoon Tabasco sauce
1/4 teaspoon white pepper



Shrimp;
3 slices bacon (I do 6 :)
1lb medium shrimp, peeled and deveined
1/4 teaspoon blk pepper
1/4 cup flour
1 cup sliced mushrooms
1/2 cup sliced green onions
2 cloves garlic minced
1/2 cup chicken broth
2 tablespoons lemon juice
1/4 teaspoon Tabasco

Bring first 4 ingredients to a boil; gradually stir / whisk in grits; reduce heat and simmer until thickened; add cheddar cheese and next 4 ingredients; set aside and keep warm. Cook bacon in large skillet until crisp; remove and set aside; drain bacon drippings reserving 1 tablespoon of drippings in skillet.

Sprinkle Shrimp with salt and pepper dredge in flour.

Sauté sliced mushrooms in hot drippings in skillet until tender;

Add green onions and sauté for 2 min;

Add Shrimp and garlic and sauté until shrimp are lightly browned;

Stir in chicken broth, lemon juice and hot sauce and cook for 2 more minutes stirring to loosen browned bits from skillet.

Divide grits in shallow bowls

Add shrimp mixture to bowls on top of grits

Top with crumbled bacon

Serve with lemon wedges and Tabasco

Grits can be subbed out for polenta or rice... just don't tell me you did so I'll cry... :)

Marybeth Myers shares her:
Shrimp and Cauliflower Grits

Ingredients:

1 lb raw, peeled, deveined shrimp
1/2 tbsp Cajun seasoning
Cooking spray
1 tbsp lemon juice
1/4 cup chicken broth
1 tbsp butter
2 1/2 cups finely riced cauliflower
1/2 cup unsweetened almond or cashew milk
1/4 tsp salt
2 tbsp sour cream
1/3 cup reduced fat shredded cheddar cheese
1/4 cup finely sliced scallions



Directions:

Toss shrimp and Cajun seasoning together in large bowl.

Spray a medium sized skillet with cooking spray and heat over medium heat. Cook shrimp until pink, about 2-3 minutes per side. Add lemon juice and chicken broth, scraping bits off the bottom of the pan; simmer for 1 minute and set aside.

In a separate skillet, heat butter over medium heat. Add riced cauliflower and cook 5 minutes. Add milk and salt. Cook for an additional 5 minutes.

Remove from heat, and stir in sour cream and cheese until melted.
Serve shrimp on top of cauliflower grits and top with scallions.

From Jan Hauck:

My family has several comfort foods that we go to over and over again...the favorite is probably homemade pizza. However, the recipe I'm sending is much simpler to prepare than homemade pizza.

This is our new favorite recipe: Baked Black Bean and Sweet Potato Tacos. My son Colin discovered the recipe during our Covid-19 quarantine. He is often the one to make these, or sometimes I make them and he helps.

I like these tacos because they are super easy, healthy, and use basic pantry and freezer ingredients. (I always have tortillas in the freezer and black beans in the pantry; now I'm keeping the pantry stocked with sweet potatoes too.)

-Jan

CRISPY BAKED BLACK BEAN AND SWEET POTATO TACOS

INGREDIENTS

- 1 cup refried black beans*
- 1 cup sweet potato puree *
- 1 cup grated cheese
- 8 corn tortillas
- Olive oil
- Chili powder and/or cayenne pepper to taste (add to potato puree as desired)



INSTRUCTIONS

1. Pre-heat oven to 450 F. Line a large baking sheet with parchment paper and brush with a small amount of olive oil. If corn tortillas aren't very pliable you may need to warm on the stove or microwave for about 5 seconds each before assembling tacos.
2. Spread about 1 tablespoon of refried beans on half of the tortilla and top with 1 tablespoon sweet potato and a sprinkling of cheese. Fold tortilla over and repeat with remaining ingredients. Brush the top of each taco with a small amount of olive oil and bake for about 10 minutes, flipping once.
3. Let tacos cool for a few minutes before eating and top with avocado or guacamole, if desired. Recipe serves 2-3 people but can easily be adapted to make more.

*I make easy black beans for this recipe. Melt one Tbsp. butter in small saucepan. Add garlic and sauté for 1 min. Drain can of black beans. Add to garlic in saucepan and cook for about 5 min.

*I make my sweet potato puree by microwaving a sweet potato for 5-6 minutes, then scooping out the flesh.



From Moon Choi
Spaghetti Carbonara

When you're craving a comfort food, nothing—I repeat, NOTHING—will cure you like creamy carbonara. Here's everything to remember:



YOUR PASTA WATER SHOULD TASTE LIKE THE OCEAN.

One of the biggest mistakes people make when [cooking pasta](#) is that they don't season their pot of water nearly enough. Don't just add a little pinch, if you're cooking a full pound of pasta, add a full tablespoon. This will make your spaghetti ([or fettuccine](#) or whatever you're using) actually taste like something.

SAVE SOME PASTA WATER.

You might need to loosen your sauce later on, you might not. Just in case, save some starchy cooking water. If after you add the eggs and Parm, it doesn't seem creamy enough, gradually stir in some cooking water.

YOU DON'T NEED CREAM.

To make an authentic carbonara sauce, you need eggs and Parmesan. I repeat, **YOU DO NOT NEED HEAVY CREAM.** As much as we love cream, it'll just overpower everything. The combination of eggs + Parm, whisked together, make a creamy, silky as hell sauce already.

TOSS THE PASTA IN THE BACON FAT.

Once you [cook the bacon](#) (or pancetta), keep all the fat in the pan and toss your pasta in it. You want every piece of spaghetti to have a touch of smokiness.

TURN OFF THE HEAT WHEN YOU ADD THE EGGS.

After tossing the pasta in the bacon fat, remove your skillet from the heat and stir in the egg and Parmesan mixture. And stir vigorously! The eggs will cook from the residual heat of the pan, the bacon fat, and the hot pasta. If you keep the skillet over the stovetop, you risk scrambling your eggs.

YIELDS: 4

PREP TIME: 0 HOURS 20 MINS

TOTAL TIME: 0 HOURS 20 MINS

INGREDIENTS

12 oz. Spaghetti
Kosher salt
3 large eggs
1 c. freshly grated Parmesan
8 slices bacon
2 cloves garlic, minced
Freshly ground black pepper
Extra-virgin olive oil (optional), for garnish
Flaky sea salt (optional), for garnish
Freshly chopped parsley, for garnish

DIRECTIONS

In a large pot of salted boiling water, cook spaghetti according to package directions until al dente. Drain, reserving 1 cup pasta water.

In a medium bowl, whisk eggs and Parmesan until combined.

Meanwhile, in a large skillet over medium heat, cook bacon until crispy, about 8 minutes. Reserve fat in skillet and transfer slices to a paper towel-lined plate to drain.

To the same skillet, add garlic and cook until fragrant, about 1 minutes. Add cooked spaghetti and toss until fully coated in bacon fat. Remove from heat. Pour over egg and cheese mixture and stir vigorously until creamy (be careful not to scramble eggs). Add pasta water a couple tablespoons at a time to loosen sauce if necessary.

Season generously with salt and pepper and stir in cooked bacon.

Drizzle with olive oil and garnish with flaky sea salt, Parmesan, and parsley before serving.

From the Magary household!

COPYCAT PANERA MAC AND CHEESE

(this recipe reduced for 2 servings) (My 14 year old makes this)

2 Tbsp butter

1/8 cup flour

1/2 cup milk

1/2 cup half and half

1 cup shredded cheese

1/4 box pasta, cooked

Cook pasta, set aside.

In large pot on medium heat, cook butter until melted.

Whisk in flour and cook

for 1 minute. Add milk, half and half, salt and pepper.

Continue whisking until it bubbles.

Add shredded cheese and combine.

Finally add pasta and wait 5 minutes.



yummy...♡

Eggplant Tacos (from allrecipes)

Ingredients

¼ cup olive oil, divided
1 small onion, chopped
2 TBS lemon juice
2 cloves garlic, minced
¼ jalapeno pepper, minced
1 eggplant, cubed
2 TBS ground cumin
1 TBS paprika
1 ½ tsp chili powder
1 tsp ground black pepper
½ tsp seasoned salt
4 Taco Shells
Taco Toppings of choice



- 1) Heat 2 TBS olive in large skillet over medium-high heat. Stir in onion, lemon juice, garlic and jalapeno pepper; lower to a simmer and cook until onions are soft
- 2) Add eggplant, cumin, paprika, chili powder, black pepper, and seasoned salt to the skillet; Stir to combine and then drizzle over the remaining olive oil. Cook, stirring occasionally, until eggplants softens and reduces in size (about 15 minutes). Spoon mixture into shells.

Pepper Steak (just like my Mother told me---you'll have to guestimate the quantities)

Ingredients

Rump Roast or Bottom Round
Crisco
Salt
Pepper
Garlic powder
Large Onion, chopped
Soy Sauce
Peppers
Hot (boiled) water



- 1) Slice down roast into ¼" strips
- 2) Heat Crisco in a large pot over medium high heat; brown off meat
- 3) Season to taste with salt, pepper and garlic powder
- 4) Add onion, cook until onions brown
- 5) Add boiled water till it's about 1" above meat
- 6) Add soy sauce (start with ¼ cup or so)
- 7) Bring to boil, then let simmer
- 8) When meat is tender (takes an hour or two); add two large slice peppers. Cook until peppers done to your liking

- 9) Thicken with cornstarch (combine a few TBS of cornstarch with about ¼ cold water; stir to make a smooth liquid; stir into pepper steak; bring to a boil stirring constantly Once at boil, turn to simmer, stirring occasionally.

Serve over Rice.

Gravy not a nice dark brown? Add a little Kitchen Bouquet or Gravy Master. Also when Ken makes it he adds sliced onions at the end when the peppers go in. (I'm not a fan, but he's been doing it for 30 years.....)

Ken McCauley's Famous....

Tomato Based Mac & Cheese

Ingredients:

- 1 28oz can of plum tomatoes or 2 16oz cans of Italian seasoned diced tomatoes
- 1 box elbow macaroni
- 1 pound yellow American cheese
- Italian seasoning to taste (combined or parsley, oregano, basil)

Instructions:

1. Pour tomatoes into a medium/large pot (enough to hold all cooked ingredients)
 - a. If using the whole plum tomatoes use your hands to crush/break them up a bit
 - b. Put on medium/low heat
2. Cook elbows as directed
3. Cut or tear the yellow cheese and gradually add it to the simmering tomatoes, stirring so as not to burn
4. Add seasoning to taste
5. The elbows should be done around this time,
 - a. drain and add into the pot of tomato cheese sauce
 - b. Stir it all together
6. Serve at this point or place in a large corning ware or other large baking pan and bake on 350 for 30 minutes.
 - a. Optional: Sprinkle bread crumbs or cheese or lay cheese slices across top



Victoria Gleeson

Here's my recipe. I can't say that it's something I can pull out of the pantry with a little of this and that/leftovers. But if I can get the ingredients (and I can usually stock up on most of the ingredients in advance), then we love this meal. ALL my kids like it (and that is saying something) and I like it because although it's not the shortest dinner to make, it's good for two dinners during the week. Anytime I can cook once to serve two meals is a win for me. We serve it with a salad if we have fresh lettuce, etc. or carrot sticks in a pinch.

Cheeseburger Casserole

Cooking spray

1 ½ pounds lean ground beef, 7% fat

¾ cup yellow onion, diced

2 Tbsp flour

½ tsp pub-style burger (or steak) seasoning

1 (14.5-oz) can diced tomatoes, undrained

½ cup Russian (or Thousand Island) dressing (I use Russian dressing, tastes better to me)

3 Tbsp dill relish (recipe calls for this; I don't like relish so I omit)

1 (8-ct) can buttermilk biscuits

1 cup shredded sharp cheddar cheese

½ pound bacon, cooked and crumbled into pieces (optional*)



OVEN 400°/375°

1. If using bacon, preheat oven to 400° Lay out bacon in a single layer on baking pan covered in tin foil. Once preheated, cook bacon for 15-25 minutes depending on your oven. I'd start checking bacon after 12 minutes. Flip the bacon over to the other side halfway through baking time. Once the bacon is done, lay out the bacon on paper towels to absorb excess grease. Let cool.
2. Change temperature on your oven to 375°
3. Coat 9x13 baking dish with cooking spray.
4. Preheat large sauté pan on medium-high 2-3 minutes. Cook beef and onions 5-7 minutes, stirring to crumble and until no longer pink; drain.
5. Return beef and onions to pan. Stir in flour, seasoning, tomatoes, dressing, and relish; cook until hot and sauce has thickened. Pour beef mixture into dish.
6. Cut biscuits into quarters. Top beef mixture with bacon, cheese and biscuits. Bake 15-18 minutes or until biscuits are golden and cheese has melted.
7. Serve. Makes 12 servings.

*I use bacon in my casserole because our family likes bacon. I've made this dish for others and made one half with bacon and the other half without bacon, so people can choose if they want bacon or not. Or just omit the bacon.

Regina Schweitzer's
White Chicken Chili:

2 pounds cooked chicken
1 medium onion chopped
1 tablespoon olive oil
2 garlic gloves
2 cans chicken broth (14 ounces each)
1 (4 ounce) can chopped green chilies
2 teaspoons cumin
1 teaspoon cayenne pepper (optional)
3 cans cannellini beans drained –
 smash the beans of one of the cans
1 cup Monterey jack shredded cheese
Sour cream (optional)
Tortilla chips



Directions:

In a big pot sauté the onion and garlic in oil. Add the cooked chicken to it and sauté a bit longer. Stir in the broth, chilies, cumin, and cayenne pepper. Bring to a boil. Lower heat and add the smashed can of beans. Then, add the other two cans of beans. Simmer for 20-30 minutes. Serve with tortilla chips and top it with cheese and sour cream. Enjoy!

Dorene Michael's Favorite:
White Chicken Chile - Crock Pot Recipe

Ingredients

- 1 3/4 pounds skinless chicken thighs, trimmed and cut into 1 1/2- inch pieces
 - 1 (16 oz.) can Great Northern Beans
 - 5 cups chicken broth
 - 1 large sweet onion, chopped (about 2 cups)
 - 2 (4 oz.) cans diced green chilies
 - 1 (1.25 oz.) envelope white chicken chili seasoning mix
 - 2 teaspoons ground cumin
 - 2 teaspoons minced garlic
 - 1 teaspoon kosher salt
-
- Toppings: sour cream, pre-shredded 4-cheese Mexican blend, chopped fresh cilantro, chopped fresh avocado



And Dorene doesn't stop there..... She also makes...

Creamy Vino Sauce

2 TBLS finely chopped onion
2 cloves garlic, minced
2 TBLS butter
1 TBLS flour
½ tsp salt
1/8 tsp pepper
1 ¼ cups heavy cream
½ cup dry white wine (can substitute chicken broth)
½ cup parmesan cheese
1 TBLS parsley



Serving size: 1/3 cup sauce

In a medium saucepan, cook onion and garlic in hot butter over medium heat for 3 to 4 minutes, stirring occasionally. Stir in flour, salt, pepper. Add cream and wine all at once. Cook and stir until thickened and bubbly. Add cheese. Cook and stir for 1 minute more. Stir in parsley.
Serve over favorite pasta/ravioli.

For Cold Days Make Nancy McCullough's **SPICY VEGETABLE SOUP**

Ingredients:

1 lb ground beef
1 cup celery
1 cup chopped onions
1 teaspoon sugar
2 cloves garlic pressed
1 teaspoon salt
1 (30 oz.) jar of chunky garden style spaghetti
1/2 teaspoon pepper
sauce with mushrooms and peppers
1 (10 oz.) can diced tomatoes and green chilies
1 (10 oz.) can beef broth, undiluted
1 (16oz.) frozen mixed vegetables
2 cups water



Directions

Cook first 3 ingredients in a large dutch oven over medium heat until meat is browned, stirring to crumble. Drain and return meat to pot. Add spaghetti sauce and next 6 ingredients. Bring to boil; cover, reduce heat and simmer 20 minutes, stirring occasionally. Stir in tomatoes and vegetables; return to boil. Cover and simmer 10 to 12 minutes or until vegetables are tender.

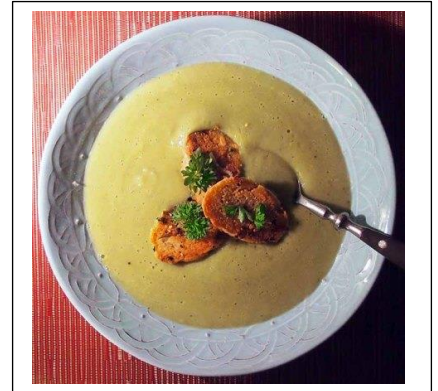
Makes 12 cups from Southern Living

LIZ ALLEN'S
CREAM OF ASPARAGUS SOUP WITH SAFFRON CROUTONS

THIS IS TO DIE FOR! EVERYONE loves it. Serves 4

Ingredients:

4 cups vegetable stock (1 carton Swanson's veg. broth)
2 pounds asparagus
1 tbs. Unsalted butter
3 shallots, chopped
1 stalk celery, chopped
1 cup heavy cream
juice of one lemon, and more to taste
½ teas. Salt



Wash the asparagus and dry
Heat the vegetable stock over medium heat
Trim the woody stems from the asparagus and add to the stock
Simmer for 20 to 30 minutes...strain and reserve
Puree the soup in batches in a blender or food processor
Return the soup to the pot and add the asparagus tips
Cook the tips for 5 minutes or until just tender
Add the cream, lemon juice and salt
Heat until warmed through
Taste and add more lemon or salt if needed

Saffron Croutons:

Ingredients:

2 tbs. Olive oil
3 tbs. butter
1 pinch (1/4 teaspoon) saffron threads
2-4 slices good quality white bread crust removed and cut into ½ inch cubes
salt

Heat large skillet over medium heat and add the oil and butter to pan.
When butter is melted add saffron threads and stir
Add the bread cubes and cook until lightly browned-3-5 minutes.
Let cool and serve with soup—makes 2 cups

- IT IS OK TO USE REGULAR CROUTONS WITH SOUP-IF YOU DON'T HAVE SAFFRON



Christy Beck:-

Ok, I had to think about this because we grill a lot...that doesn't take magic or a much though. But, my family loves buffalo chicken. The spicier the better. Here is a recipe my boys ask me to make often. There are rarely leftovers!

Buffalo Chicken Pasta

Ingredients:

1-2 lbs chicken breast, cut into bite-sized pieces
1 lb penne pasta
1 tbs paprika
1/2 tbs salt
1/2 tbs garlic powder
1/4 olive oil
1/2-1 cup Frank's red hot sauce (depends on how hot you like it!)
1 cup celery, diced (optional)
1 cup mayonnaise
1/2-1 cup ranch or blue cheese dressing (I use blue cheese)
3/4 cup milk
Shredded cheddar cheese



Directions:

1. Cook chicken with spices in the olive oil.
2. Cook pasta according to directions.
3. When chicken is half-way cooked, add diced celery (optional) and sauté until completely cooked.
4. Add hot sauce to chicken, and sauté until heated.
5. In a separate bowl, combine mayo, ranch or blue cheese, and milk. Add to chicken mixture and heat thoroughly.
6. Toss with pasta
7. Top with shredded cheddar cheese.



From Linda D'Avignon's Kitchen

I am sharing my chicken saltimbocca recipe with you. I make this pretty often because it is easy to make and I usually have most or all of the ingredients. My children often help with this. We usually just have crusty bread and a side salad with it.

Chicken Saltimbocca

Makes 4 servings

Total cooking time: 35-40 minutes

Ingredients:

2 boneless, skinless chicken breasts

Salt and pepper

2 Tbsp. olive oil

8 oz. button mushrooms

1 shallot, sliced

½ cup marsala

½ cup beef broth

4 oz. prosciutto

2 Tbsp. chopped fresh sage

2 Tbsp. unsalted butter

4 slices provolone cheese

1. Slice chicken in half lengthwise and pound out with meat mallet until ¼ in. thick. Season with salt and pepper.

2. Sauté chicken in oil until browned, 3-5 minutes. Turn and cook 2 more minutes, then transfer to a plate.

3. Cook mushrooms and shallot in same pan for until they begin to brown, about 5 minutes, adding oil if needed.

4. Deglaze pan with marsala, scraping any brown bits. Then add broth.

5. Add chicken back to pan and simmer until liquid is reduced by half, about 5 minutes.

6. Add sage, prosciutto, and butter.

7. Top each piece of chicken with a slice of provolone cheese.

8. Serve and enjoy!





From the cookbook: Dinner by Melissa Clark. This is amazing and the definition of comfort food. I can't wait to make it using ripe farmer's market tomatoes in the coming months.

Jennifer Ferrara's Favorite Summer Dinner

Shakshuka – with golden tomatoes and goat cheese

Ingredients:

½ cup olive oil
 1 yellow or red bell pepper, thinly sliced
 1 small onion diced
 ½ tsp kosher salt, plus more as needed
 2 large garlic cloves, finely chopped
 1 tsp ground turmeric
 1 tsp ground cumin
 1 tsp sweet paprika
 ½ tsp cayenne pepper
 2 pounds very ripe yellow tomatoes (about 4 medium, diced)
 ½ tsp finely ground black pepper, plus more as needed
 4 ounces mild goat cheese, sliced or crumbled (1 cup)
 3 tablespoons fresh chopped dill leaves, plus more for garnish
 6 large eggs
 Fresh pita bread for serving
 Fresh chives for serving

Directions:

1. Heat Oven to 375.
2. Heat the olive oil in a 10 to 12 inch over safe skillet over medium-high heat. Add the pepper and onion and a pinch of salt. Reduce the heat to medium and cook, stirring, until the vegetables are tender, about 10 minutes. Then stir in the garlic, cumin, turmeric, paprika, and cayenne, cook until fragrant, about 1 minute.
3. Stir in the tomatoes, ½ tsp salt, and ¼ tsp black pepper. Cook, partially covered, until the tomatoes and pepper are very soft and have formed a dark sauce, about 15 minutes, if the sauce begins to stick to the pan before the tomatoes fully break down, stir in a splash of water. Stir in the goat cheese and the 3 tablespoons of dill.
4. Crack the eggs over the surface of the tomato sauce. Season the eggs with the salt and pepper to taste.
5. Transfer the skillet to the oven and bake until the eggs are just barely set, 7 to 10 minutes. Garnish with dill and chives and serve with pita bread alongside.

This is Alex Harrington's favorite dish. It's from an Annapolis junior league cookbook. I use canned corn, 2 eggs and refrigerate the crab cakes before I cook them if there's time to help bind them. It's always a huge crowd pleaser.

First Mate's Favorite Vegetable Crab Cakes

Yield 10 Crab Cakes

Fresh tasting and colorful. A great way to use left over corn on the cob.

Ingredients:

1 egg, beaten
½ cup mayonnaise
¼ tsp dried parsley or 1 tsp fresh chopped parsley
1 tsp prepared mustard
¾ teaspoon Chesapeake bay style seasoning
2 teaspoons minced onion
½ cup fine bread crumbs
¼ cup diced red pepper
¼ cup diced celery
½ cup fresh cooked corn
1 pound backfin crabmeat, shell and cartilage removed
½ cup vegetable shortening
2 lemons sliced



Directions:

Mix together egg, mayonnaise and seasonings. Add bread crumbs and vegetables. Stir well.

Add crab meat, stirring gently as to not break up lumps. Shape into 10 individual cakes. In a heavy skillet, melt shortening over medium heat. Brown crab cakes on each side until golden brown, approximately 4 minutes a side until golden. Drain on paper towels. Serve with lemon wedges.

This recipe is in the weekly rotation in the Harrington house. The recipe is from a VA mothers of preschooler's cookbook. I use pickled ginger since I always have it on hand and usually chicken thighs since they are more flavorful.

Hoisin and Lime Marinated Chicken Breasts

Ingredients:

¼ cup hoisin sauce
1 T grated peeled fresh ginger
2 T low-sodium soy sauce
1 tsp grated lime rind
2 tsp of dark sesame oil
½ tsp kosher salt
8 cloves of garlic, minced
6 6-ounce skinless, boneless chicken breasts halves
Cooking spray



Directions:

Combine hoisin sauce, ginger and next five ingredients (through garlic) in a large zip lock bag. Add chicken to bag and seal. Marinate in the refrigerator for 2 hours, turning occasionally. Prepare grill. Remove chicken from bag; discard marinade. Place chicken on grill rack coated with cooking spray and grill for 5 minutes on each side or until chicken is done. Yields 6 servings.

This is a quick, easy and healthy favorite at Heather Steven's home!

Cabbage Stir Fry

- 1 pound ground beef or ground turkey
- 1 12 ounce bag of Cole slaw mix
(green cabbage, red cabbage and carrots)
- 1T grated fresh ginger
- 2 cloves garlic minced
- 1T sesame oil
- 2T rice vinegar
- 1/4 c soy sauce



Salt and pepper to taste and chopped scallions for garnish.

Whisk together rice vinegar, soy sauce, salt and pepper

Heat sesame oil in a large skillet over medium high heat. Add ground beef and cook until brown. Add garlic and ginger. Cook 1-2 minutes. Add coleslaw mix and soy sauce mixture. Cook 5-7 minutes until cabbage is softened.

(Note: I often add an extra bag or two of the coleslaw mix to stretch the recipe. When doing this I add extra soy sauce, ginger and garlic to taste)

And now for some sweet treats!



Sweet Treats

Kamila's Pecan Bars

For crust:

2 sticks unsalted butter, softened
1/3 cup packed brown sugar
2 2/3 cups all-purpose flour
1/2 teaspoon salt

For topping:

1 stick (1/2 cup) unsalted butter
1 cup packed brown sugar
1/3 cup honey
2 tablespoons heavy cream
4 cups chopped pecans

How to make:

Preheat the oven to 350°F and line a 9x13-inch pan with foil, leaving enough for a 2-inch overhang on all sides.

First make the crust by creaming together the butter and brown sugar until fluffy in a stand mixer fitted with the paddle attachment. Add in the flour and salt and mix until crumbly.

Press the crust into the foil-lined pan and bake for 20 minutes until golden brown.

While the crust bakes, prepare the filling by combining the butter, brown sugar, honey and heavy cream in a saucepan and stirring it over medium heat. Simmer the mixture for 1 minute, then stir in the chopped pecans.

Remove the crust from the oven and immediately pour the pecan filling over the hot crust spreading it to cover the entire surface.

Return the pan to the oven and bake an additional 20 minutes.

Remove the pan and allow the bars to fully cool in the pan.

Use the foil overhang to lift out the bars and transfer them to a cutting board. Peel off the foil, slice into bars and serve.



Katherine Hepburn Brownies!

And for dessert at the Bigg's home, which we have had every night of this pandemic

1/2 cup unsweetened cocoa
1 stick butter
2 eggs
1 cup sugar
1/4 cup all-purpose flour
1 cup chopped walnuts
(toast walnuts at 350f for 5 minutes for better flavor)
1 teaspoon vanilla extract
Pinch of salt

Pre heat oven to 325f

Grease or line 8 inch pan

Melt butter in sauce pan with cocoa and stir til smooth



Remove from heat and cool
Whisk in eggs, one at a time
Stir in vanilla
In separate bowl combine sugar, salt, flour and nuts.
Add in cocoa butter mixture
Stir until combined
Pour into pan bake 30 to 40 minutes. Do not over bake. Center should be a little gooey!

From Nancy McCullough's Kitchen
NO BAKE PARFAITS

These two desserts are made by layering the ingredients in a see through glass, making them visually appealing.

SUPPLIES: Strawberry Parfait
Angel food cake
Strawberries fresh or frozen
Strawberry fluffy yogurt
Strawberry preserves
can of whipped cream

Chocolate Parfait
Brownies
Vanilla pudding
Cookies crumbled
Hot fudge ice cream topping
can of whipped cream

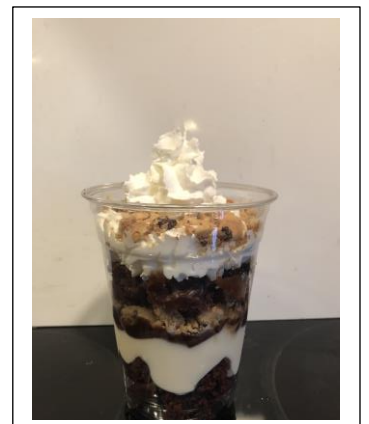
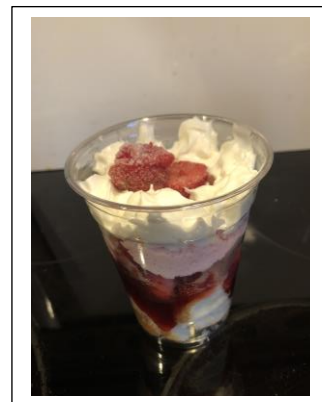
PREPARATION: STRAWBERRY PARFAIT

Bottom layer is ripped up cake
Cut strawberries with plastic knife, throw out green top,
lay on cake or thaw strawberries if frozen,
should be already cut
layer of preserves
layer of yogurt
top with whipped cream , garnish with more strawberries

CHOCOLATE PARFAIT

bottom layer is ripped up brownies
layer of pudding
layer of hot fudge topping
layer of crumbled cookies
top with whipped cream

You can be creative and make a different kind of Parfait!!!!



This recipe has been served at so many cookouts, end of season swim, soccer, volleyball events, birthday parties, and any time a small sweet treat is needed.

Sobrino Bars:

Ingredients:

$\frac{3}{4}$ cup brown sugar

$\frac{3}{4}$ cup flour

$\frac{3}{4}$ cup quick oats

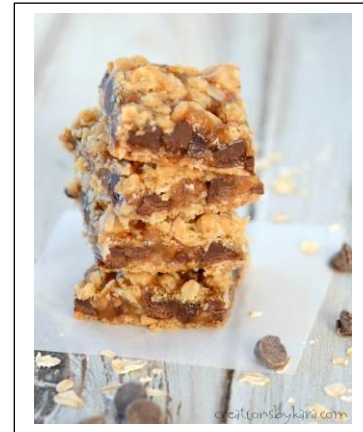
$\frac{1}{2}$ tsp of baking soda

1 and $\frac{1}{2}$ sticks of butter, cut into 1 inch pieces

A bag and $\frac{1}{2}$ of Kraft caramels

$\frac{1}{2}$ cup of milk

2 cups of chocolate chips



Directions:

Preheat oven to 350 degrees.

Melt caramels and milk in a microwave safe container or in a double boiler.

In a food processor place the first 4 ingredients and pulse to blend.

Add butter and pulse until a coarse crumbs form.

Pat almost all the crumb mixture into a 9 by 13 glass pan.

Cover crumb mixture with a layer of chocolate chips.

Cover crumbs and chocolate chips with melted caramel mixture. Using a spatula spread to the edges.

Sprinkle remaining crumb mixture over top.

Bake for 15 minutes or until golden and bubbly.

Cool in refrigerator. When cold cut into squares and serve.

A childhood favorite for my children. It's the basic Toll House recipe but my girls and lots of friends think they taste special because they are made with love. I usually make a double batch and freeze them so we always have some on hand whenever anyone comes over.

Chocolate Chip Cookies:

Ingredients:

2 sticks of butter

$\frac{3}{4}$ cup brown sugar

$\frac{3}{4}$ cup white sugar

2 eggs

1 tsp of vanilla

1 tsp salt

1 tsp baking soda

2 and $\frac{1}{4}$ cups flour

2 cups semi-sweet chocolate chips

Optional: 1 cup chopped toasted walnuts or pecans



Preheat oven to 375.

In a stand mixer or a bowl with electric beaters, beat butter until fluffy. 1-2 minutes on high.

Add the brown and white sugar and beat until incorporated. Add 2 eggs and beat to mix.

Add baking soda, salt and flour in a separate bowl and mix. Gradually add to batter. Add 2 cups chocolate chips and mix. Incorporate nuts if using.

Spoon batter onto ungreased cookie sheets. Bake 10 to 12 minutes, rotating trays midway through.

Remove from trays and cool on a wire rack.