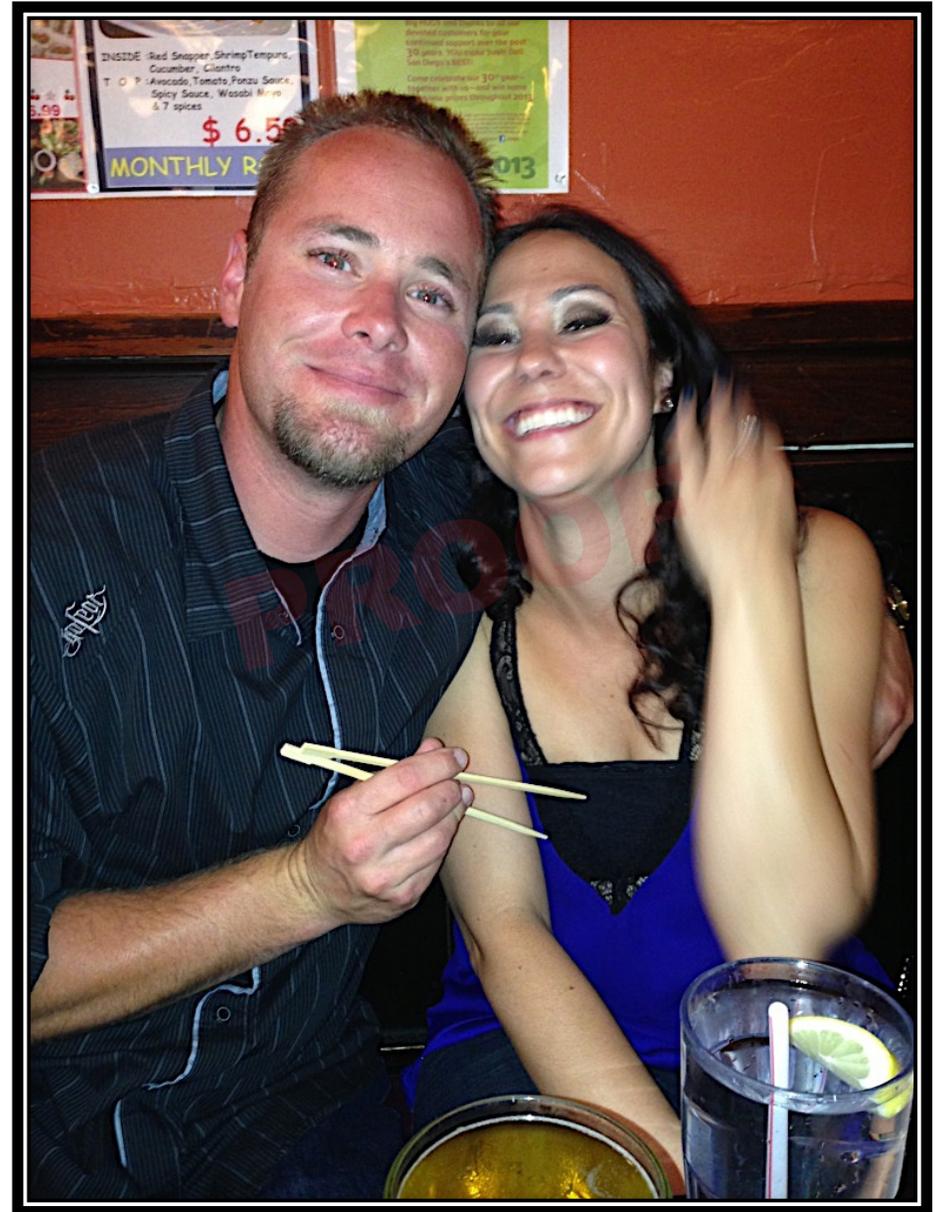


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THE
Story
OF
Us

How We Met...

Tammy Hinton the "Matchmaker" and longtime family friend to Sean wanted to set Sean up with one of her co-workers named Diana. In an attempt to ease the awkwardness Tammy arranged a Monday Night Football social gathering with other teachers from her school including Emily. Diana ended up having to cancel but the rest of the crew still met up that night. That was fate's first move!

The group had such a good time that night that they all agreed to meet for every Monday Night Football from that night on, even dubbing themselves as the MNF Crew! For the next couple of weeks Sean and Emily always seemed to gravitate to each other and have the best conversations. By the fourth week, they both realized they had feelings for each other, but didn't let the other know until the time was right. Within three months they had fallen in love and never looked back!

How We Got Engaged...

Sean could hardly wait to make Emily his wife. A few weeks after Sean had purchased the ring. Emily suggested throwing a family BBQ and having it on a Sunday in the spirit of Sunday football. Sean knew this was Fate's second move; it would be the perfect opportunity to propose in front of the family. Little did Emily know she would spend the next few weeks planning her own engagement party.

The BBQ was a blast and the day was going great. Everyone knew that Sean was going to "pop the question" that day and the cue was that he was going to call a toast. That time finally came and Sean was ready.

"I'd like to make a toast," Sean says. "You do Babe, why?" Emily questioned, "You never make a toast"? Sean ignored his soon to be fiancé and raised his glass, thanked everyone for coming, proclaimed his love for Emily and got down on one knee. Everyone cheered; it was a total surprise to Emily! "Of course I will marry you." Emily exclaimed! . . . And the rest is history!

RECIPE

For A

Happy Marriage

In a large-capacity mixing bowl, whisk together:

- ♥ 3 cups of genuine love
- ♥ 2 cups of friendship (not imitation)
- ♥ 1 cup tender affection
- ♥ 2 tablespoons happy thoughts

In a separate container, sift together:

- ♥ 4 cups of commitment, firmly packed
- ♥ 3 cups of selflessness
- ♥ 2 cups of honesty
- ♥ 2 cups of hard work
- ♥ 1 cup of forgiveness (not optional)
- ♥ 1 heaping cup of patience
- ♥ ½ cup understanding
- ♥ ½ cup humor
- ♥ 2 tablespoons of true grit

Fold love and affection mixture into the combined dry ingredients and blend until smooth. Glaze with liberal amounts of physical intimacy, then sprinkle heavily with a sense of adventure. Makes two generous portions. Does not freeze well. Bake a fresh batch daily.



Ingredient Substitution Table

Ingredient	Substitution
1 tsp. baking powder	¼ tsp. Baking Soda Plus ½ tsp. Cream of Tartar
1 cup brown sugar	1 cup granulated sugar plus 2 Tbsp.
1 cup cake flour	¾ cup plus 2 Tbsp. flour plus 2 Tbsp. corn starch
1 oz. unsweetened chocolate	3 Tbsp. cocoa powder plus 1 Tbsp. shortening
1 cup corn syrup	1 cup sugar dissolved in ¼ cup hot water
1 cup honey	¾ cup sugar plus ¼ cup liquid
1 cup cocktail sauce	1 cup ketchup plus 2 Tbsp. horseradish
1 cup cream	1/3 cup butter plus ¾ cup milk (for cooking only)
1 cup whole milk	½ cup evaporated milk plus ½ cup water
1 cup self rising flour	1 cup flour plus 1 ½ tsp. baking powder plus ½ tsp. salt
1 cup tomato juice	½ cup tomato sauce plus ½ cup water
1 cup ketchup	1 cup tomato sauce plus ½ cup sugar plus 2 Tbsp. vinegar
1 cup buttermilk	2 Tbsp. lemon juice plus enough milk to equal 1 cup
1 oz. semisweet chocolate	1 oz. unsweetened chocolate plus 4 tsp. sugar
1 cup nuts	1 cup rolled oats
1 tsp. Allspice	½ tsp. cinnamon plus ½ tsp. ground cloves
1 Tbsp. prepared mustard	1 tsp. dry mustard
1 cup sour cream	Mix ¾ cup buttermilk and ¼ cup butter
½ cup soy sauce	¼ cup Worcestershire sauce mixed with 2 Tbsp. water
1 clove of garlic	½ tsp. of garlic salt

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Maple Pecan Baked Brie

Delicious melted brie topped with maple, brown sugar and pecan mixture. Can be served with apple slices, baguette and/or crackers

Serves: 6 - 8 Prep: 5 min Cook: 15 min Ready In: 25 min

DIRECTIONS:

1. Pre-heat oven to 350°F
2. Place brie on a small baking sheet. Bake about 15 min. or until softened.
3. Remove and let cool for about 5 min.
4. While the brie cools, heat maple syrup, brown sugar, and cinnamon over low heat in a small saucepan. Stir until the sugar has dissolved; stir in pecans.
5. Pour over the brie and serve immediately.

INGREDIENTS:

- ❖ One 8 oz. round brie cheese
- ❖ 2 Tbsp. maple syrup
- ❖ 2 Tbsp. brown sugar
- ❖ ½ cup chopped pecans
- ❖ ½ tsp. cinnamon
- ❖ Sliced baguette, apple slices or crackers

Notes:



Warm Crab Parmesan Dip

This hot dip is simple and wonderful! Crab meat is folded into a creamy cheesy mixture and baked to perfection. Serve with tortilla chips, crackers or warm bread slices

Serves: 6 Prep: 10 min Cook: 45 min Ready In: 55 min

DIRECTIONS:

1. Pre-heat oven to 350°F
2. Mix cream cheese, mayonnaise, Parmesan cheese, sour cream and garlic together in a medium sized bowl. Once mixed, gently fold in crabmeat.
3. Bake uncovered in a pre-heated oven for 45 min. Or until bubbly and lightly browned. Serve immediately

INGREDIENTS:

- ❖ One 6 oz. can crab meat, drained and flaked
- ❖ One 8 oz. package cream cheese, softened
- ❖ 1 cup mayonnaise
- ❖ 1 cup sour cream
- ❖ 1 ½ cups grated parmesan cheese
- ❖ 4 cloves garlic, peeled and crushed

Notes:



Bacon Wrapped Jalapeño Poppers

Cream, spicy and loaded with cheese. This is the perfect party appetizer!

Serves: 6 Prep: 15 min Cook: 30 min Ready In: 45 min

DIRECTIONS:

1. Pre-heat oven to 375°F
2. Mix together softened cream cheese and shredded cheese
3. Cut all bacon slices in half; partially cook in skillet and drain on paper towels
4. Cut jalapeños in half (length-wise) and scrape out and discard seeds with a spoon
5. Fill hollowed jalapeño halves with cheese mixture
6. Wrap jalapeños with bacon strips and secure with toothpick
7. Place on foil-lined cookie sheet and bake for 25-30 min.

INGREDIENTS:

- ❖ 12 fresh jalapeños
- ❖ One 8 oz. package cream cheese, softened
- ❖ 1 cup finely shredded cheddar cheese
- ❖ 12 slices apple wood smoked bacon
- ❖ 24 wooden toothpick

Notes:



Fabulous Fruit Dip

With just two simple ingredients, this is a super creamy, perfectly sweet, fluffy and oh so flavorful fruit dip. Serve with an assortment of berries, grapes, apples, and/or pineapples

Serves: 6 Prep: 5 min Cook: 0 min Ready In: 5 min

DIRECTIONS:

1. In a mixing bowl, mix cream cheese and marshmallow cream until creamy. Continue mixing until mixture becomes light and fluffy.
2. Pour into a bowl and keep refrigerated until ready to serve

INGREDIENTS:

- ❖ One 8 oz. package cream cheese, softened
- ❖ One jar (7 oz.) marshmallow cream

Notes:

Broiled Feta

A block of feta topped with a cherry tomato, caper and garlic mixture transforming into an addictive and flavorful spread. Serve with toasted baguette

Serves: 4 Prep: 10 min Cook: 10 min Ready In: 20 min

DIRECTIONS:

1. *Pre-heat the broiler and set the oven rack in the top position. Place the feta in a small baking dish and set aside.*
2. *Heat the oil in a medium saucepan over medium heat. Mince the garlic and add to the oil and cook, stirring consistently until lightly brown (1 - 2 min.)*
3. *Add the tomatoes, salt, pepper and sugar; cook, stirring frequently until the tomatoes are softened and starting to burst (2 - 3 min.). Remove from heat and stir in the capers.*
4. *Scatter the tomato mixture around the feta and broil until the feta is softened and browned on top (about 4 min.).*

Notes:

INGREDIENTS:

- ❖ *One 8 oz. block feta cheese*
- ❖ *3 Tbsp. extra virgin olive oil*
- ❖ *3 cloves garlic*
- ❖ *12 oz. cherry tomatoes (preferably red & yellow), halved*
- ❖ *¼ tsp. salt*
- ❖ *A pinch of pepper*
- ❖ *A pinch of sugar*
- ❖ *1 ½ Tbsp. capers, drained*
- ❖ *Toasted baguette*





Strawberry & Spinach Salad

A light and delicious salad with fresh strawberries, tossed with a poppy seed dressing

Serves: 6 Prep: 10 min Cook: 0 min Ready In: 80 min

DIRECTIONS:

1. Clean and slice strawberries. Set aside.
2. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour.
3. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad and toss.
4. Refrigerate 10 min. before serving

INGREDIENTS:

- ❖ 2 Tbsp. sesame seeds
- ❖ 1 Tbsp. poppy seeds
- ❖ ½ cup white sugar
- ❖ ½ cup olive oil
- ❖ ½ cup white vinegar
- ❖ ¼ tsp. paprika
- ❖ ¼ tsp. Worcestershire sauce
- ❖ 1 Tbsp. minced onion
- ❖ 10 oz. fresh spinach (torn into bite sized pieces)
- ❖ 1 quart strawberries
- ❖ ¼ cup almonds, blanched & slivered

Notes:



Five Bean Bake

A medley of beans and must-have bacon with brown sugar make this a full-flavored comfort dish

Serves: 10 Prep: 20 min Cook: 60 min Ready In: 80 min

DIRECTIONS:

1. Pre-heat oven to 350°F
2. Fry bacon until crisp and remove from pan. Drain half the grease.
3. Add onions to the pan and sauté in the grease until onion is soft.
4. Add brown sugar, vinegar, dry mustard and garlic salt. Stir and simmer in pan until dissolved.
5. Drain all beans, except the can pork & beans
6. Add all of the beans to a 10 x 13 casserole dish.
7. Pour mixture over the beans and crumble bacon over the top.
8. Cover with foil and bake for one hour.

INGREDIENTS:

- ❖ One 16 oz. can lima beans
- ❖ One 16 oz. can kidney beans
- ❖ One 16 oz. can green beans
- ❖ One 16 oz. can yellow wax beans
- ❖ One can pork & beans
- ❖ Half pound bacon
- ❖ 2 onions, chopped
- ❖ ½ cup brown sugar
- ❖ ½ cup cider vinegar
- ❖ ½ tsp. dry mustard
- ❖ 1 tsp. garlic salt

Notes:



Salty Herbed Smashed Potatoes

Red potatoes smothered in tasty herbs and chunky salt. Smashed and roasted with olive oil, make this a crispy and flavorsome side dish

Serves: 8 Prep: 10 min Cook: 45 min Ready In: 65 min

DIRECTIONS:

1. In a large stockpot filled halfway with water, bring to boil and liberally salt water. Add red potatoes and boil for 15 min., or until they are fork tender. Strain; set aside.
2. Pre-heat oven to 450°F. Grease a baking sheet with olive oil. Line potatoes on the baking sheet 4 to a row and 3 across, making sure they aren't too close to each other. Using a potato masher, press down in the center to smash potatoes.
3. Use a basting brush to heavily smother olive oil over the tops of the potatoes. Sprinkle salt, pepper and all herbs over the tops of the potatoes. Place into oven and bake for 25 – 35 min. or until crisp.

INGREDIENTS:

- ❖ 12 red potatoes (medium sized)
- ❖ Kosher salt
- ❖ Ground black pepper
- ❖ Olive oil
- ❖ Dried basil leaves
- ❖ Dried thyme
- ❖ Dried rosemary

Notes:



Balsamic Brussels Sprouts

Free up your oven with this amazingly easy slow cooker recipe. This perfect side dish is great for the holidays or year round.

Serves: 5 Prep: 10 min Cook: 4 Hrs Ready In: 4 Hrs

DIRECTIONS:

1. Trim Brussels sprouts and cut in half.
2. Place Brussels sprouts into slow cooker.
3. Stir in olive oil and salt & pepper to taste.
4. Cut butter into thin slices and place on top of Brussels sprouts in slow cooker.
5. Cover and cook on low heat for 3 – 4 hours.
6. To make the balsamic reduction add the vinegar and brown sugar into a small saucepan over medium heat. Bring to a slight boil for about 8 minutes or until the volume reduces by half. Set aside and let cool.
7. Drizzle balsamic reduction over Brussels sprouts and top with Parmesan. Serve immediately.

INGREDIENTS:

- ❖ ½ cup balsamic vinegar
- ❖ 2 Tbsp. brown sugar
- ❖ 2 pounds Brussels sprouts
- ❖ 2 Tbsp. olive oil
- ❖ 2 Tbsp. butter
- ❖ ¼ cup freshly grated parmesan cheese
- ❖ Kosher salt and fresh ground pepper

Notes:



The Ultimate Creamed Corn

A sweetly comforting dish and remarkably easy to make! This is a favorite, even for those non-corn lovers.

Serves: 6 Prep: 10 min Cook: 20 min Ready In: 30 min

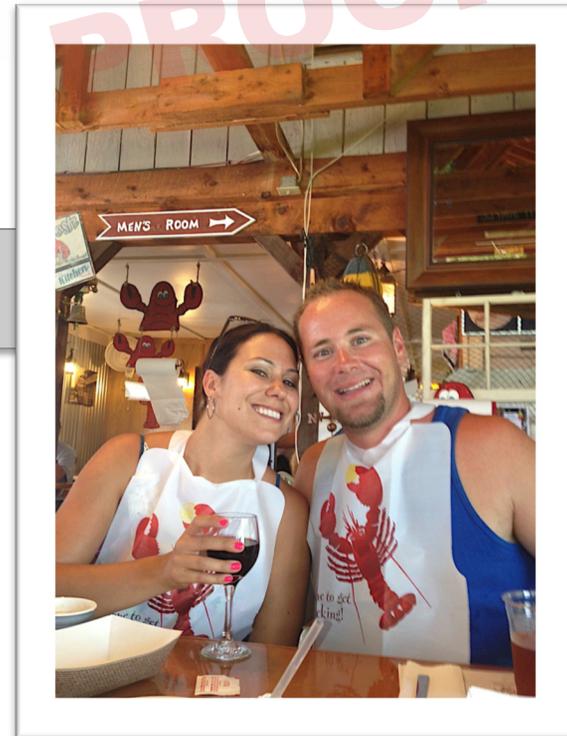
DIRECTIONS:

1. Combine the corn, cream, salt, sugar, pepper and butter in a skillet over medium heat.
2. In a separate bowl whisk together the milk and the flour, and stir into the corn mixture.
3. Cook the mixture over medium heat while stirring until the mixture has thickened, and corn is cooked through.
4. Remove from heat and stir in the Parmesan cheese until melted. Serve hot.

INGREDIENTS:

- ❖ 2 (10 oz.) packages frozen corn, thawed
- ❖ 1 cup heavy cream
- ❖ 1 tsp. salt
- ❖ 2 Tbsp. sugar
- ❖ ¼ tsp. pepper
- ❖ 2 Tbsp. butter
- ❖ 1 cup whole milk
- ❖ 2 Tbsp. flour
- ❖ ¼ cup parmesan cheese

Notes:





Most Requested Chicken Dish

One of the best chicken recipes you will ever have. The combination of maple syrup and Dijon mustard made with fresh rosemary makes this dish absolutely phenomenal.

Serves: 4 Prep: 5 min Cook: 60 min Ready In: 65 min

DIRECTIONS:

1. Pre-heat oven to 425°F
2. In a small bowl, mix together mustard, syrup and vinegar.
3. Place chicken in a 9x13 greased baking dish.
4. Season the chicken with lots of salt and pepper on both sides.
5. Pour mustard mixture over chicken making sure sauce covers both sides of each thigh.
6. Bake uncovered for about 45 – 60 min. stirring every 15 min.
7. Season with chopped rosemary

INGREDIENTS:

- ❖ 6 – 8 boneless chicken thighs
- ❖ ½ cup Dijon mustard
- ❖ ¼ cup pure maple syrup
- ❖ 1 Tbsp. red wine vinegar
- ❖ salt and pepper
- ❖ Fresh rosemary

Notes:



The Not So Fishy Fish

This no-smell fish recipe goes right into the oven from start to finish, making your life just that much easier.

Serves: 4 Prep: 10 min Cook: 20 min Ready In: 30 min

DIRECTIONS:

1. Pre-heat oven to 400°F
2. Rub fillets with olive oil and season with garlic salt and black pepper.
3. Place each fillet on a large sheet of aluminum foil (leave enough room to later fold the outer edges of the foil).
4. Top with jalapeño and lemon slices.
5. Squeeze juice from the whole lemon over the fish.
6. Carefully seal all edges of the foil to form enclosed packet and place packet(s) on baking sheet.
7. Bake in pre-heated oven for 15 – 20 min. depending on size of fish. Fish is done when it flakes easily with a fork.

INGREDIENTS:

- ❖ 1 ½ lbs. trout (salmon, halibut or tilapia can be substituted)
- ❖ 2 Tbsp. olive oil
- ❖ 1 Tbsp. garlic salt
- ❖ 1 tsp. ground pepper
- ❖ 1 fresh jalapeño pepper, sliced
- ❖ 1 lemon, sliced
- ❖ 1 whole lemon

Notes:



One Pot Beef Stroganoff

A homemade rich and creamy mushroom sauce served over egg noodles. This recipe is a family favorite!

Serves: 4 Prep: 10 min Cook: 35 min Ready In: 45 min

DIRECTIONS:

1. Heat the olive oil over medium heat using a large sauté pan. Add mushrooms and season with salt & pepper. Add the onions and garlic and cook until the onions are translucent.
2. Add the ground beef and cook until all browned.
3. Stir in the smoked paprika, beef broth and egg noodles. Stir together and cover with a lid and let simmer for 15 – 20 min., mixing together once, halfway through.
4. Remove lid and continue to simmer until sauce has thickened.
5. Add sour cream and mix together. Taste and season with more salt and pepper.
6. Garnish with parsley. Serve and enjoy!

INGREDIENTS:

- ❖ 2 Tbsp. olive oil
- ❖ 16 oz. sliced mushrooms
- ❖ salt and pepper to taste
- ❖ 1 onion, diced
- ❖ 3 cloves of minced garlic
- ❖ 1 lb. lean ground beef
- ❖ 1 heaping Tbsp. smoked paprika
- ❖ 4 cups beef broth
- ❖ 8 oz. egg noodles
- ❖ ½ cup sour cream
- ❖ Fresh Parsley, diced (Optional garnish)

Notes:



Italian Sausage Spaghetti

The rich, delicious flavor of this homemade spaghetti sauce is nothing short of amazing! Tried-and-true, this spaghetti sauce recipe really is the best!

Serves: 6 - 8 Prep: 15 min Cook: 4 Hrs Ready In: 4 Hrs

DIRECTIONS:

1. Brown Italian sausage in a large pot or skillet
2. Add the rest of the ingredients and bring to a boil
3. Simmer on low heat, stirring occasionally for 4 hrs. (Alternatively, you can add to a crockpot on low heat for 4 hrs.)
4. Serve over hot noodles and enjoy!

INGREDIENTS:

- ❖ 2–3 lbs. ground Italian sausage
- ❖ 1 can (28 oz.) crushed tomatoes
- ❖ 1 can (28 oz.) tomato sauce
- ❖ 4 cans (6 oz.) tomato paste
- ❖ 3 Tbsp. oregano
- ❖ 2 tsp. sage
- ❖ 1 Tbsp. basil
- ❖ 2 tsp. salt
- ❖ 1 tsp. pepper
- ❖ ½ tsp. garlic powder
- ❖ 3 Tbsp. Italian seasoning
- ❖ ½ cup parmesan cheese
- ❖ ½ cup sugar

Notes:



Honey Ginger Chicken Marinade

This super easy marinade keeps the chicken so incredibly juicy and flavorful. A little sweet and a little tangy... absolute perfection!

Serves: 6 Prep: 15 min Cook: 20 min Ready In: 5 Hrs

DIRECTIONS:

1. Mix all ingredients together in a large bowl and add chicken.
2. Place in zip lock bag and refrigerate for at least 4 hrs. (Or overnight).
3. Grill chicken on BBQ and enjoy!

INGREDIENTS:

- ❖ 3 lbs. boneless chicken breasts
- ❖ 1 cup BBQ sauce
- ❖ 3 Tbsp. honey
- ❖ ¼ cup mayonnaise
- ❖ 10 garlic cloves, crushed
- ❖ 3 Tbsp. fresh grated ginger

Notes:



Sweet Sticky Ribs

This simple recipe promises to give you mouth-watering barbeque ribs that are so juicy and tender, you will be crowned King/Queen of the grill!

Serves: 4 Prep: 5 min Cook: 2 Hrs Ready In: 2 Hrs

DIRECTIONS:

1. Pre-heat oven to 400°F
2. Mix sauce, syrup and brown sugar in a bowl and set aside.
3. Place ribs in a large baking dish (do not cut the ribs). Pour vinegar into dish with ribs and cover tightly with foil.
4. Bake about 90 min. or until very tender
5. Heat BBQ grill to medium heat and place ribs meat-side down, without sauce.
6. Cook until ribs begin to develop grill marks, then turn over and add sauce to this side. Flip ribs again and baste the backside with sauce. Flip one last time on each side, basting each side again. Finally, remove ribs from grill and baste each side one last time.

INGREDIENTS:

- ❖ 2 racks pork ribs (about 4 lbs.)
- ❖ 1 ½ cup plain bbq sauce
- ❖ ¼ cup pure maple syrup
- ❖ ¼ cup brown sugar
- ❖ ¼ cup white vinegar

Notes:



Tasty Chicken Curry

Embrace the comfort of this amazing curry dish that is sure to excite your taste buds.

Serves: 4 Prep: 15 min Cook: 45 min Ready In: 60 min

DIRECTIONS:

1. Cut chicken breast into ½ inch strips. Sprinkle chicken with paprika and pepper in a bowl and toss until coated.
2. In a non-stick skillet over medium heat, cook the chicken until middle is not pink.
3. In a small bowl mix together the yogurt, mayonnaise, onion, ginger and curry powder and pour over chicken.
4. Cook the potatoes in the microwave until soft enough to poke with a fork and cut into cubes. Add to chicken.
5. Sauté the mushrooms in a separate pan with olive oil until soft. Add to chicken.
6. Cook chicken mixture for 20 min. or until bubbly and heated through, stirring occasionally. Serve over rice and enjoy!

INGREDIENTS:

- ❖ 1 lb. boneless chicken breast
- ❖ ½ cup plain Greek yogurt
- ❖ ½ cup mayonnaise
- ❖ ½ cup chopped onion
- ❖ ½ Tbsp. olive oil
- ❖ 1 cup sliced mushrooms
- ❖ 3 white rose potatoes
- ❖ 3 Tbsp. curry powder
- ❖ 2 tsp. ginger powder
- ❖ 2 tsp. paprika
- ❖ ½ tsp. black pepper
- ❖ 2 cups cooked rice

Notes:



Rosemary Rack of Lamb

Tender, succulent and flavorful, this easy oven roasted rack of lamb recipe comes out reliably perfect every time. Crispy, fat and juicy meat, It's wonderful!

Serves: 2 Prep: 60 min Cook: 15 min Ready In: 90 min

DIRECTIONS:

1. Let rack of lamb come to room temperature before using (about 1 hour)
2. Pre-heat oven to 500°F
3. Rinse lamb under running water and pat dry with paper towels.
4. Mix mustard, olive oil, rosemary, salt & pepper making a paste and spread on both sides of the lamb (but not on the exposed bones).
5. Place lamb on a baking sheet and place into oven for 15 min. (this will smoke).
6. Remove from oven and place on a plate and cover with foil. Let rest for 10 min.
7. Slice the chops apart between bones and serve.

INGREDIENTS:

- ❖ 1 rack of lamb, frenched (ie. Small bones are exposed)
- ❖ 2 Tbsp. fresh rosemary, chopped coarsely
- ❖ 2 Tbsp. olive oil
- ❖ ½ cup grainy mustard
- ❖ ¼ tsp. kosher salt
- ❖ ¼ tsp. fresh ground pepper

Notes:



Veggie Baked Taquitos

These baked taquitos are perfect for an easy dinner, lunch or game day finger food. A great option for vegetarians – the meat will not be missed!

Serves: 6 Prep: 30 min Cook: 30 min Ready In: 60 min

DIRECTIONS:

1. Pre-heat oven to 400°F and line a baking sheet with parchment paper.
2. In a bowl mix refried beans with taco seasoning until combined.
3. In a different bowl, mash avocado and mix with lime juice and sea salt to taste.
4. Down the middle of each tortilla, spread 2 Tbsp. of beans, then 1 Tbsp. avocado mixture, and then sprinkle 1 Tbsp. of cheese on top. Roll up tightly and place on baking sheet (seam side down). Continue this process until all tortillas have been filled and rolled.
5. Spray tortillas with non-stick baking spray and bake for 25 – 30 min. or until golden brown.
6. Serve with salsa and/or sour cream.

Notes:

INGREDIENTS:

- ❖ Two 16 oz. cans of refried black beans
- ❖ 1 Tbsp. taco seasoning
- ❖ 20 small flour tortillas
- ❖ 3 avocados
- ❖ 2 limes
- ❖ 3 cups shredded cheddar cheese
- ❖ Non-stick baking spray
- ❖ Sea Salt
- ❖ Salsa and/or sour cream (for dipping)



Baked Sweet & Sour Chicken

This baked sweet & sour chicken is a miracle of a dish. Baked, not fried, it will soon become one of your family favorites.

Serves: 4 Prep: 30 min Cook: 90 min Ready In: 2 Hrs

DIRECTIONS:

1. Pre-heat oven to 325°F
2. Season chicken with salt & pepper to taste. Dip chicken into the cornstarch to coat, then dip into the eggs.
3. Heat canola oil in a large skillet and cook chicken until browned, but not cooked through.
4. Place the chicken in a 9x13 greased baking dish.
5. Whisk together sugar, ketchup, vinegar, soy sauce and garlic salt in a bowl and pour evenly over the chicken.
6. Bake for one hour, turning chicken every 15 min.
7. Serve with rice.

Notes:

INGREDIENTS:

- ❖ 6 – 8 boneless chicken thighs, cut into cubes
- ❖ 1 cup corn starch
- ❖ 2 eggs, beaten
- ❖ ¼ cup canola oil
- ❖ salt & pepper
- ❖ ¾ cup sugar
- ❖ ¼ cup ketchup
- ❖ ½ cup white vinegar
- ❖ 1 Tbsp. soy sauce
- ❖ 1 tsp. garlic salt



Enchilada Pie

This hearty dish stacks up in tasty layers of ground beef, corn tortillas and cheese and has all the great tastes of traditional enchiladas.

Serves: 6 Prep: 30 min Cook: 30 min Ready In: 60 min

DIRECTIONS:

1. Pre-heat oven to 350°F
2. Brown ground beef with chopped onions. Drain fat
3. Add oregano, cumin, Chile powder, paprika, salt, pepper, tomato sauce and ½ cup water to ground beef mixture. Bring to a boil.
4. Add olives and corn and simmer for 10 min.
5. Spoon 1/3 of the meat mixture in a large baking dish.
6. Layer in sequence the following: 6 corn tortillas, meat mixture, and ½ pound cheddar cheese. Repeat another layer, ending with cheese on top.
7. Bake for 30 min. and serve.

INGREDIENTS:

- ❖ 1½ lbs. ground beef
- ❖ 1 chopped onion
- ❖ 1 Tbsp. oregano
- ❖ ½ tsp. cumin
- ❖ 3 Tbsp. Chile powder
- ❖ 1 Tbsp. paprika
- ❖ 2 tsp. salt
- ❖ 1 tsp. pepper
- ❖ Two 15 oz. cans tomato sauce
- ❖ One 2 oz. can chopped olives
- ❖ One 8 oz. can of corn
- ❖ 12 corn tortillas
- ❖ 1 lb. cheddar cheese, shredded

Notes:



Sweet & Spicy Chicken Wraps

Enjoy this tortilla wrap filled with slightly spicy, sweet chicken made with a creamy honey sauce. Makes for a simple and delicious recipe.

Serves: 5 Prep: 10 min Cook: 20 min Ready In: 30 min

DIRECTIONS:

1. Mix together mayonnaise, cucumber, 1 Tbsp. honey, ½ tsp. cayenne pepper and black pepper in a bowl until smooth. Cover and refrigerate until needed.
2. Heat olive oil in a skillet and cook chicken until no longer pink in the middle
3. Stir in salsa, 1 Tbsp. of the honey and ½ tsp. of the cayenne pepper. Reduce heat and simmer for approximately 5 min.
4. Warm tortillas in the microwave
5. Assemble wraps by placing the chicken into the tortilla and top with 2 Tbsp. of the mayonnaise & cucumber mixture. Add spinach, red onion and avocado to taste.
6. Fold like a burrito and serve.

INGREDIENTS:

- ❖ ½ cup mayonnaise
- ❖ ½ cup finely chopped cucumber
- ❖ 2 Tbsp. honey (split)
- ❖ 1 tsp. cayenne pepper (split)
- ❖ black pepper to taste
- ❖ 2 Tbsp. olive oil
- ❖ 1½ lbs. skinless boneless chicken breast (cut in strips)
- ❖ 1 cup chunky salsa
- ❖ 8 flour tortillas
- ❖ 1 bag spinach leaves
- ❖ chopped red onion & avocado (optional)

Notes:



Marinated Grilled Pork Chops

A simple and flavorful marinade for the most tender and delicious marinated grilled pork chops you'll ever have!

Serves: 6 Prep: 5 min Cook: 15 min Ready In: 5 Hrs

DIRECTIONS:

1. *Marinate all ingredients with chops for at least 4 hrs. (Overnight is best)*
2. *Grill on the barbeque for about 15 min. (Cook time varies depending on thickness).*
3. *Serve and enjoy!*

INGREDIENTS:

- ❖ *1/3 cup soy sauce*
- ❖ *1/4 cup canola oil*
- ❖ *3 Tbsp. lemon pepper*
- ❖ *2 garlic cloves, minced*
- ❖ *1/2 cup water*
- ❖ *6 pork chops*

Notes:



Chicken Tarragon

This creamy chicken is packed with flavor thanks to the spectacular tarragon spice. This recipe is sure to please.

Serves: 2 Prep: 5 min Cook: 30 min Ready In: 35 min

DIRECTIONS:

1. *Salt & Pepper chicken breasts to taste.*
2. *Heat olive oil in skillet and brown chicken breast on both sides. Remove from skillet and keep warm*
3. *Add tomato paste and tarragon to skillet. Cook briefly, stirring constantly*
4. *Whisk in chicken broth and balsamic vinegar and cook until thickened.*
5. *Stir in cream and simmer for at least 15 min.*
6. *Add chicken back to the pan and bring to a light boil.*
7. *Serve with couscous or rice.*

INGREDIENTS:

- ❖ *2 boneless skinless chicken breast*
- ❖ *Salt & Pepper*
- ❖ *1 Tbsp. olive oil*
- ❖ *1 Tbsp. tomato paste*
- ❖ *2 tsp. dried tarragon*
- ❖ *1/2 cup chicken broth*
- ❖ *2 Tbsp. balsamic vinegar*
- ❖ *2 Tbsp. heavy cream*

Notes:



Easy Stromboli

Zesty, cheesy and perfect for pizza night! This pepperoni sausage Stromboli makes for an easy family favorite recipe.

Serves: 6 Prep: 15 min Cook: 20 min Ready In: 35 min

DIRECTIONS:

1. Pre-heat oven to 400°F and line a large baking sheet with parchment paper.
2. Open the can of pizza dough. Stretch it thin on the parchment.
3. Top with sauce, pepperoni, cooked sausage and cheese.
4. Starting on one side, carefully roll the dough like a jellyroll. Slide to the middle of the parchment so that the seam is on the bottom. Cut several diagonal slits into the top.
5. Bake for 15 - 20 min. Or until deep golden brown.
6. Slice and serve with extra sauce for dipping.

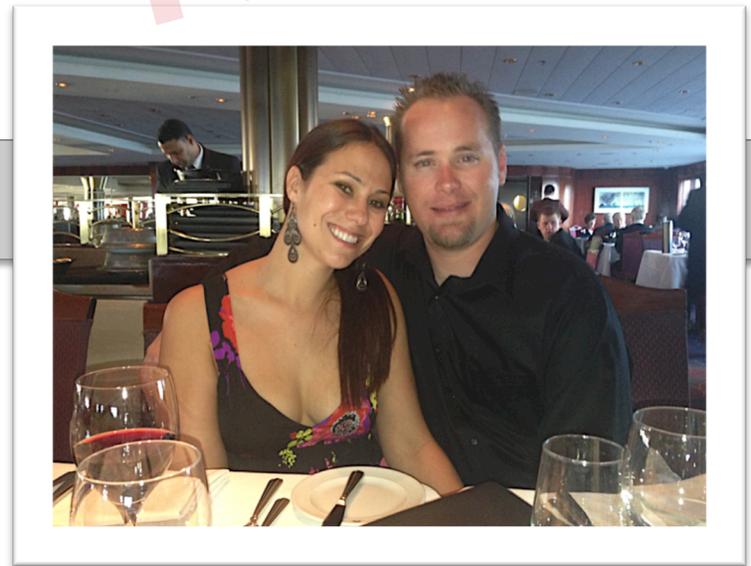
INGREDIENTS:

- ❖ One 11 oz. can refrigerated pizza dough
- ❖ ½ cup pizza sauce
- ❖ ½ cup sliced pepperoni
- ❖ 1 cup cooked crumbled ground Italian sausage
- ❖ 2 cups shredded mozzarella cheese

Notes:



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Chocolate Tycoons

Enjoy these nutty caramel cereal balls coated with chocolate. A perfect dessert to treat a big crowd.

Serves: 15 Prep: 30 min Cook: 15 min Ready In: 45 min

DIRECTIONS:

1. Line two baking sheets with waxed paper; grease and set aside.
2. In a saucepan combine the caramels with 3 Tbsp. water; cook and stir over low heat until smooth.
3. Stir in pecans and cereal until coated.
4. Drop in the size of teaspoons onto the prepared pans.
5. Refrigerate for 10 min., or until firm.
6. Meanwhile, in a saucepan melt chocolate chips and shortening over low heat; stir until smooth.
7. Dip candy into chocolate, coating all sides; place on prepared pans.
8. Refrigerate until set. Store in an airtight container at room temperature.

INGREDIENTS:

- ❖ One 14 oz. package caramels
- ❖ 1 ½ cups chopped pecans
- ❖ 1 cup crisp rice cereal
- ❖ 3 cups milk chocolate chips
- ❖ 1 ½ tsp. shortening

Notes:



Banana Cake Delight

It's fluffy, moist and perfectly flavored with extra bananas. Topped off with a silky smooth cream cheese frosting and chopped walnuts, this is the banana cake of your dreams.

Serves: 12 Prep: 15 min Cook: 60 min Ready In: 2 Hrs

DIRECTIONS:

1. Pre-heat oven to 275°F
2. Add parchment paper to two round cake pans and grease with butter.
3. Mix banana and lemon juice in a bowl, set aside.
4. In a separate bowl mix flour, baking soda and salt; set aside.
5. In a separate bowl, beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla. Beat in the flour mixture alternately with the buttermilk. Stir in banana mixture.
6. Pour batter into prepared pans and bake for one hour or until toothpick comes out clean.
7. Remove from oven and place directly into the freezer for 45 min.
8. For the frosting: cream the butter and cream cheese until smooth. Add vanilla and powdered sugar and beat until smooth.
9. Spread on cooled cake. Sprinkle walnuts on top.

INGREDIENTS:

- ❖ 1 ½ cups mashed ripe bananas
- ❖ 2 tsp. lemon juice
- ❖ 3 cups flour
- ❖ 1 ½ tsp. baking soda
- ❖ ¼ tsp. salt
- ❖ ¾ cup butter, softened
- ❖ 2 ¼ cup sugar
- ❖ 3 large eggs
- ❖ 2 tsp. vanilla
- ❖ 1 ½ cup buttermilk

Frosting

- ❖ ½ cup butter, softened
 - ❖ 8 oz. softened cream cheese
 - ❖ 1 tsp. vanilla
 - ❖ 3 ½ cups powdered sugar
- **Chopped walnuts for garnish

Notes:



Strawberry Stuffed Cheesecake

Fresh strawberries stuffed with a cream cheese filling and sprinkled with graham cracker crumbs. You will love this almost guilt free dessert!

Serves: 4 Prep: 20 min Cook: 0 min Ready In: 60 min

DIRECTIONS:

1. Beat cream cheese, powdered sugar and vanilla together in a bowl until smooth.
2. Spoon into a piping bag or a re-sealable bag with a corner snipped.
3. Fill strawberries with the cream cheese mixture.
4. Refrigerate for 30 min. – 2 Hrs.
5. Crush graham crackers to desired consistency to make small crumbs.
6. Sprinkle crumbs over strawberries and serve.

INGREDIENTS:

- ❖ 1 lb. fresh strawberries, hulled and cored
- ❖ 8 oz. cream cheese
- ❖ ½ cup powdered sugar
- ❖ 1 tsp. vanilla extract
- ❖ 3 graham crackers

Notes:



Individual Chocolate Soufflé

You cannot go wrong with this rich chocolaty dessert that will WOW your guests. Top with vanilla ice cream for a perfect hot-cold combination that you will love!

Serves: 4 Prep: 20 min Cook: 20 min Ready In: 9 Hrs

DIRECTIONS:

1. In a saucepan over low heat, melt the butter and chocolate together. Set aside.
2. In a mixing bowl, combine the sugar and cornstarch.
3. In a separate bowl whisk the eggs and yolks together. Add the chocolate mixture to the sugar mixture and combine thoroughly with a wire whisk. Stir in the eggs and whisk just until smooth.
4. Cover and place in the refrigerator over night
5. Scoop the mixture into four ovenproof ramekins so they are 2/3 full. Bake on the top oven rack for 20 min.
6. Top with vanilla ice cream and enjoy!

INGREDIENTS:

- ❖ 6 Tbsp. butter
- ❖ 4 oz. semi-sweet chocolate
- ❖ ¾ cup sugar
- ❖ 1 ¾ Tbsp. corn starch
- ❖ 2 eggs plus 2 additional egg yolks

Notes:



Sunburst Lemon Bars

Tart, rich and perfection all rolled into one! Made with a short bread crust, lemon filling and fresh lemon zest. This lemon bar recipe is an easy but classic dessert.

Serves: 12 Prep: 15 min Cook: 40 min Ready In: 55 min

DIRECTIONS:

1. Pre-heat oven to 350°F.
2. In a medium bowl, blend together butter, 2 cups of the flour and ½ cup of the sugar. Press into the bottom of an ungreased 9x13 inch pan.
3. Bake for 15–20 min. or until firm.
4. In a separate bowl, whisk together the remaining 1½ cups of sugar and ¼ cup of flour. Whisk in the eggs and lemon juice. Pour over the baked crust.
5. Bake for an additional 20 min. The bars will firm up as they cool. Cut into squares and dust tops with powdered sugar (optional).

INGREDIENTS:

- ❖ 1 cup butter, softened
- ❖ 2 cups white sugar
- ❖ 2 cups flour
- ❖ 4 eggs
- ❖ ½ cup fresh lemon juice
- ❖ Powdered Sugar
(Optional garnish)

Notes:



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To Our Family and Friends

*It means the world to us to have you here!
Thank you for your support, love,
encouragement and laughter. You are the ones
we lean on and turn to. You are our most
favorite people in the world!*

*We hope you enjoy tonight's celebration and
those we will share for years to come.*

Love,

The Newlyweds

Emily & Sean MacGregor

August 30, 2014



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