

Family Home Recipe Book *with photos*



A Step-by-Step Guide for
10 Delectable Dinners
That Are Easy to Make!

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Baked Lasagna with Cottage Cheese Easy & Scrumptious!

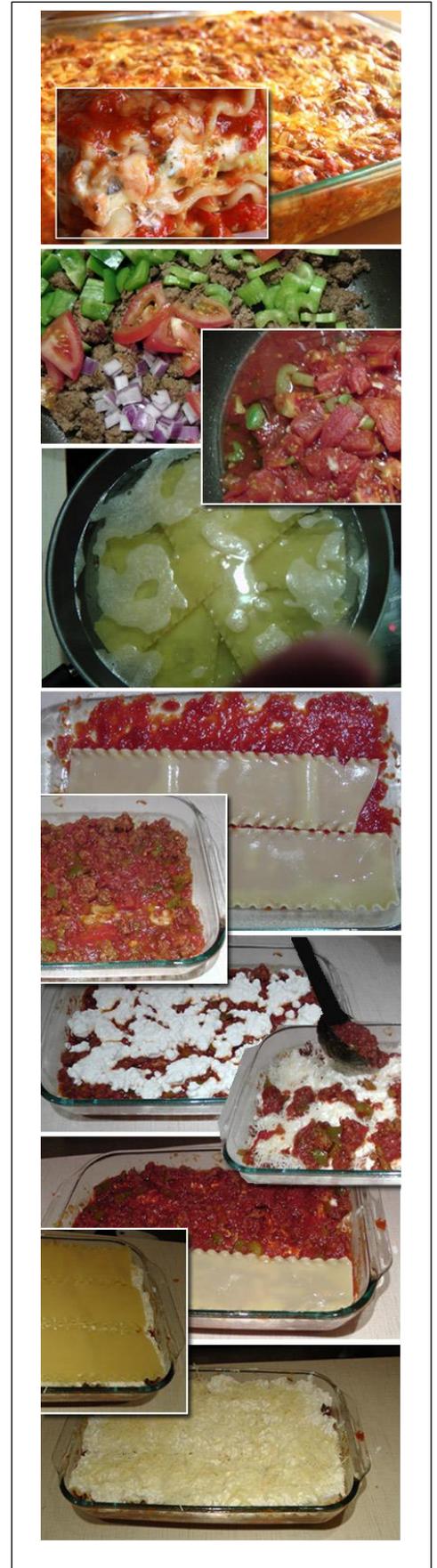
This *Baked Lasagna Recipe* is an adaptation of a child's "learn to cook" recipe posted in a Sunday edition of a newspaper quite a few years ago.

By adding a lot of veggies to the sauce and replacing ricotta cheese with low-fat cottage cheese, the recipe becomes more wholesome. If anyone in your family is opposed to lots of veggies, chop them very small so they basically disappear in the sauce!

So, let's make this!

Ingredients:

- 1 lb. Lean ground beef
- 1 each: Celery, Bell Pepper
- Chopped Onions and Garlic (to taste)
- 1 large can Chopped Tomatoes
- 8 oz. can Tomato sauce
- Italian Seasoning and/or Oregano, Sweet Basil, Rosemary (to taste) and a pinch or two of Garlic powder (not garlic salt)
- 9 cooked Lasagna noodles
- 1 Lg container of cottage cheese (low-fat is optional)
- 8 oz. Italian blend of shredded cheese (or 50/50 mozzarella and parmesan)



Directions:

1. Prepare the vegetables: wash, chop
2. Brown the lean ground beef until there is no more pink showing – sprinkle with pepper and garlic according to your taste
3. Drain any excess fat or liquid from the meat
4. Add celery, bell peppers and half your tomatoes – let simmer for 12-15 minutes
5. Add onions, garlic and the other half of your tomatoes – continue to simmer 3-5 minutes, stirring occasionally – you don't want the garlic or onions to burn
6. Add the tomato sauce and spices* and continue to simmer
* Seasonings are a matter of taste. Suggestion: Sprinkle the Italian Seasoning across the top in a thin layer. Optional: add half as much oregano and sprinkle a few pinches of basil over that and stir. The additional seasoning is for those who like it more flavorful.
7. Cook the lasagna noodles according to package instructions
When the noodles are ready, drain them and let them cool slightly so you don't get burned when you pick them up.

Preheat oven to 350 (325 for glass bakeware). It's time to build the layers...

8. Spoon just enough sauce (without the meat or veggies) onto the bottom of your 13x9 baking dish to form a shallow layer
9. Place three lasagna noodles on top of the sauce
10. Spoon a nice layer of the meat and veggie sauce over the noodles
11. Cover with a thin layer of cottage cheese and the mozz and parm blend
12. Add another layer of noodles (3)
13. Repeat steps 8-12 ending with the third layer of noodles
14. Top the last layer of noodles with mozz and parm blend
15. Bake in the oven for 45 – 55 minutes until the sauce at the sides bubbles and the top starts to turn a beautiful golden brown
16. Let stand 15 minutes before cutting and serving

Serve with a salad

There you have it! This is a fantastic yet easy Baked Lasagna Recipe for your enjoyment.

Dig In!

Teriyaki Chicken with Pineapple

This turned out to be the best teriyaki chicken!

Try this one for your family, and they'll be asking for it on a regular basis. It's also a pretty inexpensive meal.

Start with chicken tenderloins (fresh organic is best but flash frozen is also good). These frozen tenderloins cost about \$12 for a 3lb bag. With the addition of the veggies, and rice, this teriyaki chicken is a delicious and full meal that you can easily adjust for one or many. (See notes throughout recipe for adjustments to yield.)

Ingredients:

- Chicken Tenderloins – Fresh or Frozen
(figure 3 +/- per person depending on appetites)
- Fresh Carrots, Red Onion, Pasilla Pepper, Red and Green Bell Peppers, Celery
(Adjust the veggies to the amount of chicken you are preparing)
- Pineapple (fresh or canned - chunks)
- Teriyaki Sauce (Kikoman's is good!)
- Worcestershire Sauce
- Cayenne Pepper (Optional)
- Rice (White or Brown)

Note:

When estimating how much of the veggies to use, keep in mind that all together there will be more than you expect. In the picture, you'll see one each of the three peppers, and 1-2 celery stalks depending on size.



Directions:

1. Put the chicken in a skillet with about 1 Tbsp of olive oil and 1 Tbsp butter melted. Season to your liking. Suggestion: use sea salt and coarse ground black pepper.
2. Next, add freshly chopped garlic.
3. Start with fresh carrots - Cut them into long thin slivers, about 1/8 inch thick. Then, add them to the pan with the partially cooked chicken.

If you are fortunate enough to be able to have your own garden (and the time of year allows) that's excellent! Wow, what a difference in flavor than the ones that are store bought.

4. Next, chop up some fresh red onion, and add those as well. Just keep everything simmering on a medium low heat.

Once the veggies (in above steps) have had a chance to cook a bit (10 – 15 minutes), add Kikoman's Teriyaki sauce, and about 1/2 tsp of Worcestershire sauce. Allow it to reheat, and then add the rest of your vegetables (Step 5).

5. Also add the chopped Pasilla peppers, red bell peppers, green bell peppers, and celery.

We're talking chunky veggies here. (See picture.).

Let the sauce and these veggies simmer for about 10-15 minutes.

6. Lastly, add the pineapple chunks*. The addition of pineapple chunks really sets off the flavors, by adding a bit of sweet, to the slightly spicy pasilla pepper. They only need to cook for about 10 minutes so they hold some of their crunch.

If you want to add a bit of spice to this dish, just add some cayenne pepper. But remember, the longer you cook it, the hotter it gets, so be gentle with it, or wait, and add it to your plate.

*Measure out the water for your rice, and boil some of the pineapple chunks in the water for about three minutes prior to adding the rice, so that the water will flavor the rice a bit.

While waiting for the rice to be done, keep an eye on the teriyaki chicken, so it simmers but not boil.

You want to make sure that you end up with plenty of sauce, so you may need to add a bit of water towards the end. If you do, make sure it heats back up before you serve it up.

Teriyaki Chicken... It's inexpensive, easy to make, and absolutely delicious.

Enjoy!

Ham & Potato Casserole

Served with Green Beans... Easily Delicious

This is a very simple recipe but you wouldn't be able to tell that by the taste! It is scrumptious!

Some prefer to add green beans right in the casserole rather than on the side. That's up to you.

Ingredients:

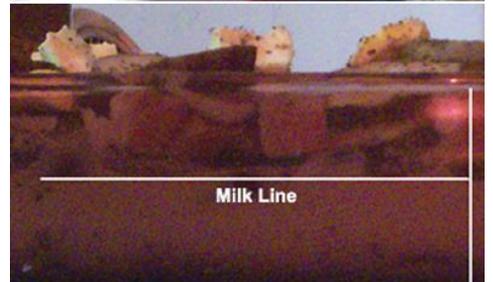
- Ham (chunked)
- 3+/- Potatoes (depending on size)
- ¼ Onion +/- (finely diced)
- Sea salt and Pepper (sprinkle on per layer)
- Milk
- Butter
- Green Beans

Preheat your oven to 350 (325° for a glass bakeware).

TIP: Taste the ham. If it's salty, go easy on the salt in the recipe. Besides, you can always add it to your plate.

Directions:

1. The first thing to do when making ham and potato casserole is to dice the ham, slice the potatoes (a mandolin makes it quick and easy), and dice the onion.
2. Once those are ready, start building the layers.
Potatoes first, then onion, salt and pepper to taste then ham and a few dabs of



butter.

This is done per layer (usually two layers) and then topped with potatoes...

3. Before you add salt and pepper to this top layer, pour in the milk until it reaches halfway up the sides of your dish. (It's a bit difficult to see in this picture so I drew a Milk-Level line for clarity.)

Now you can place some more dabs of butter and sprinkle pepper on top, otherwise you'd wash the pepper down with the milk.

Tip: If you like "spicier" flavors use a good amount of pepper per layer. If you don't like that much pepper, don't use it on every layer and sprinkle lightly. It's all up to your taste buds.

In addition, you can add a packaged "country gravy" (read directions) instead of milk. This makes it even more flavorful and thicker.

4. Cover the casserole dish with aluminum foil. (The foil will stay on until the last 15-20 minutes of baking.)
5. Place the covered casserole into the preheated oven and bake for about 45 minutes, Remove the foil and continue baking for about 15-20 more minutes. The top layer should brown slightly and crisp up a bit.
6. Test the doneness with a fork. When the potatoes feel soft, it's done.

Also notice how most of the milk has been absorbed when it's done.

Note: Butter is actually healthier for you than margarine. Did you know, if you put an open container of margarine outside, bugs or flies won't touch it! That says a lot! In reality, the closer a food substance is to natural, the better it is for you than anything processed. So use butter, instead of margarine unless you have other reasons not to! This ham potato casserole is still delicious either way.

Also of note, while packaged gravy isn't something considered healthy, it is convenient and moderation is key in everything.

There you have it... Ham Potato Casserole served with green beans.

Yummy!

Shrimp Fest

One Pan Stir Fry & Veggies Galore

This is a favorite shrimp recipe and it all cooks in one pot!

There's about 83 calories in a 3 oz serving of cooked shrimp* and yet packs 18g of protein! And, although shrimp is high in cholesterol, [the "good fat" reduces the effect.](#)

Ingredients:

- shrimp (medium sized 21-25 count)
- Olive oil and butter
- fresh garlic
- half of a red onion
- some baby carrots
- two stalks of celery
- one whole bell pepper
- 2 whole tomatoes
- Optional: Mushrooms

Tip: You can use just about any vegetable in this dish. Use a variety of your favorites.

Directions:

1. Dice the garlic, and get it simmering with about 1 Tbsp of butter and 1 of Olive Oil
2. Dice and add carrots. These are baby carrots but if they are a bit thick slice them into halves to help them cook faster.



3. While the carrots and garlic are simmering, slice up your onion, and add it to the pan.
Tip: Don't slice the onion too thin or the slices will cook too fast and won't stay firm.
4. Next, slice and add the celery.
5. Then the bell pepper.
6. Okay, it's nearly time for the shrimp, so allow your vegetables to continue to simmer, while you prepare them but don't think about adding them yet...

First they have to be de-veined and their shells removed. Using a small paring knife, slit the shrimp as shown, and remove the vein.

Spread the shell apart, and grab the meat of the shrimp, then use your other hand to pinch off the tail, and pull the shell off with it.

7. Still holding off on the shrimp, add your tomatoes. They should be diced, but not too small. Allow them to cook hot and fast and just long enough for them to start looking a bit mushy.
8. Add about 1 Tbsp of Worcestershire sauce, and either some cayenne pepper, or a few drops of habanero sauce to spice it up. You could also spice it by putting a little of your favorite hot pepper in it. A little salt can be a good thing too.
9. Now add your shrimp. The shrimp should cook for about 3 minutes before you stir it all together.

Note: The shrimp will turn orange on the one side that has been facing down...flip over any that are showing the less cooked side, and let them simmer for another 3 minutes...then mix it together thoroughly and give it 3-5 minutes more.

The only thing left to do with this shrimp recipe is plate it, serve it, and enjoy!

Serving Suggestions: This exact dish could be served just as it is, or over rice, or with your favorite pasta, or turned into a Mexican Fajita dish.

All Good Eats!

Go for it!

Pepper Steak over Rice

Pepper steak with bell peppers in a delicious sauce blend, served over rice is another favorite meal and it's quite easy and quick to make. The bell peppers in this dish add a fabulous flavor to the meat and sauce.

Ingredients:

- 2-3 Green Bell Peppers
(Or red, yellow, orange, or combination, if preferred)
- 1 Clove of garlic
- ¼ - ½ Onion - diced
(to taste – don't overpower the dish with onions)
- 1 lb (or so) of Beef (Round Steak, Sirloin, London Broil or pre-cut steak strips or fajita beef (prefer lean beef cuts)
- 2 – 3 Tbsp Olive Oil
(Enough to coat the bottom of the frying pan)
- Various ingredients for the sauce including:
 - BBQ sauce
 - Teriyaki sauce
 - Soy Sauce
 - Beef Bouillon or Au Jus mix
 - Optional: a touch of Italian Dressing

Note: The cut of beef you choose makes a difference in how long the meat needs to cook. Tougher cuts, such as London Broil, will need to cook about twice as long as a tender cut, like sirloin.



Directions:

1. If the beef isn't already cut into slender strips (about 1 – 1-1/2" thick) cut it up.
2. Preheat the butter and olive oil in a frying pan but remember that both can burn so keep it on medium - low.
3. Add the beef strips. Sprinkle with a generous amount of black pepper. Brown the strips gently. **Note:** If you have a lot of meat bunched together you'll get quite a bit of liquid but don't worry, it will cook off, and it will just take a little longer.
4. Add the fresh garlic and onions to the same pan and sizzle in the liquid (you can add a little water if needed).
5. Depending on the cut of beef you are using, this could cook within 15-20 minutes, or take an hour or more. The more tender the beef you use, the quicker it will cook. Generally speaking, the less expensive the beef is, the longer it will need to cook to get it tender. However, check it often because you don't want it falling apart with a fork; preferably a knife would be involved.
6. Okay, so now you need to get ready for the sauce. No need to mix these ingredients together. Just drizzle each over the meat (see picture): equal parts of barbeque sauce (or steak sauce for a more zesty flavor) and teriyaki sauce, about 2tbsp of Italian dressing (optional) -- and a *dash* of soy. The soy can make it terribly salty so be careful of how much you add.
7. Add about 3/4 cup of water and a beef bouillon cube or Tbsp of powdered Au Jus mix.
8. Remember, a good cook always tastes the food. So, taste the sauce once it's had a chance to cook for a few minutes (but not if the beef is still raw).
If it's too sweet, add a squirt or two of mustard. That always helps tame down sweetness in sauces.
9. Once the beef is tender and the sauce has thickened, you can add the chopped green bell pepper. This is also a good time to start the rice because the two will take about the same time to cook (20 minutes).

And there you have it!
A delicious one-pot dinner: Pepper Steak with Rice

Mmmm good!

Broiled Wild Salmon

Salmon is a great piece of fish that has a wonderful meaty texture. Wild salmon is so much tastier and healthier, too. (For more information on wild vs farm-raised salmon, [click here](#).)

The Salmon Recipe Step-by-Step:

Note: Not everyone removes the skin and if you prefer to leave it on, that's fine.

To remove the skin, you'll need a sharp knife so you don't destroy the tender flesh of the salmon. Lay the filet skin down and with the knife peel a piece of the skin from the meat and flip it over.

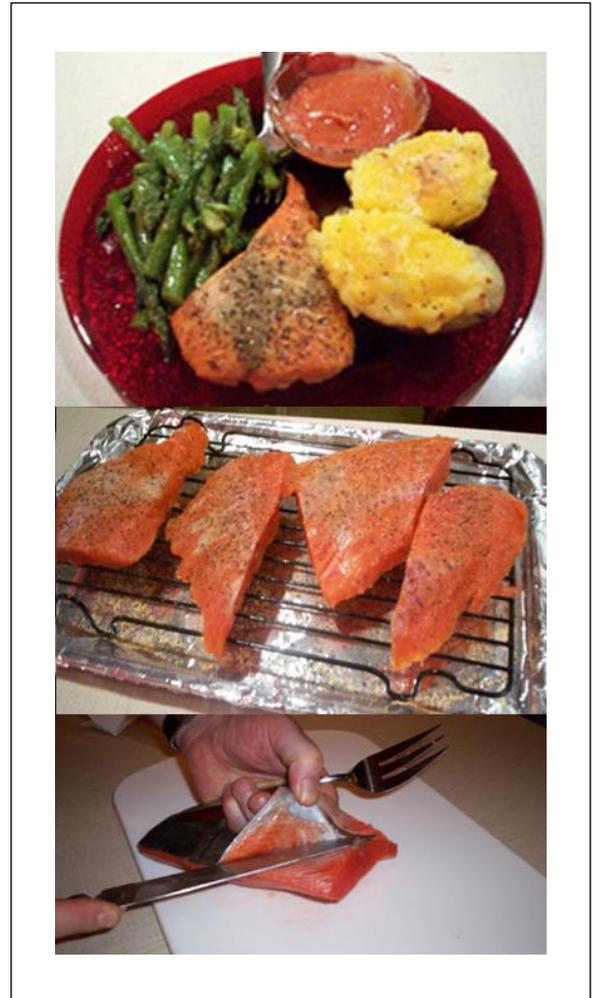
Then slowly lift the skin as you use the knife to finish peeling it off. Don't be concerned if there is still a little bit of grey left on the meat when you've finished. It's no big deal, and won't affect your finished product in any way.

Cover a tray or broiler pan with foil to help keep cleanup to a minimum, and placed a small cooling rack on the foil. Spray with non-stick oil. This will keep the salmon from sticking and allow it to cook faster.

Season the salmon with whatever you like, such as a small amount of Lawry's Season salt, a light sprinkling of garlic powder, and some coarse ground black pepper. You could use lemon pepper, or some other type of seasoning, and squeeze some fresh lemon juice on, if you wish. Keep seasoning to a minimum so you don't overpower the flavor of the salmon.

Depending on the thickness of your filets, cooking time will vary a bit. Salmon filets will take about 5-7 minutes on one side, flip, and give them another 3-5 minutes.

Suggestion: Serve with asparagus, which goes wonderfully with salmon and twice-baked potatoes (recipe on page 20). Additionally, you can make a sauce by simply mixing some ketchup and horseradish sauce together.



Filet Mignon

Filet Mignon grilled to perfection and served with a fantastic salad with tons of different veggies is an all-time favorite. However, many cooks simply aren't sure how to cook a beautiful filet mignon to perfection. **Here's how it's done.**

Tips and Hints for Cooking Filet Mignon

- The Filet Mignon is so tender that it should never be over-cooked. Rare to medium-rare is best. Longer cooking renders it less tender and dry.
- Use a dry, high heat method such as broiling, roasting, pan-frying or grilling for this tender cut.
- Don't cut into the Filet Mignon to check doneness because it lets precious juice escape. Use the touch method. Press the meat. If it feels soft and mushy and leaves an imprint, it is rare. If it is soft, but slightly resilient, it is medium-rare. The minute it begins to feel firm, it is overdone.
- Since the tenderloin has no surrounding fat tissue, it is often wrapped in a layer of fat (called barding), such as bacon, to keep it from drying out. The barding adds flavor but it also adds fat!
- To ensure even cooking when roasting the whole tenderloin, the small end should be tucked up and tied or trimmed for other use.



Also called the tenderloin, this is the tenderest cut of beef and is also arguably the most desirable, which makes it the most expensive. The average steer or heifer provides no more than 1.8-2.8 kg (4-6 pounds) of it. Because the muscle is not weight-bearing, it contains less connective tissue, which makes it so tender.

Suggestion: Serve with an abundant salad or baked potatoes and a vegetable of choice also makes this an incredible meal. Hopefully this wonderful steak will be served for more than just “special occasions!”

Pork Chops and Fried Apples

Have you ever had fried apples? They are so good and pair so incredibly well with pork chops. This is a top recommended recipe you really must try!

First thing to remember when making this for dinner is that you need to prepare the apples because this will take time and cooking both will take roughly the same amount of time.

Ingredients:

- Apples (two apples per person plus one or more for good measure depending on the number of people being served)
- Brown Sugar
- Cinnamon
- Butter
- Pork Chops (one each should suffice but if someone has a bigger appetite, figure that in for safe measure)

Directions:

The Fried Apples:

1. After washing your apples, core them, and use a paring knife to remove the hard center piece that is left behind. Leave the skins on the apples – the vast majority of the nutrients are just under the skin and the skin itself is great fiber. However, if you prefer, you can peel the apples, though it won't be quite the same.
2. Put the apple slices in a skillet with 1 Tbsp of butter per 2 apples and set the burner to medium heat. When the ingredients start to bubble in the pan, turn them down to low heat and simmer. Cover with a lid and while they cook for about 15 minutes or until tender but still firm -- **Here's where you need to start the pork chops.**



3. After the apples soften, add about 1 Tbsp of brown sugar and ¼ tsp of cinnamon per apple (or to taste) and stir.
4. Cover a while longer, 5-7 minutes and stir several times.

At this point you should have started the pork chops. You will want to be sure they are very close to being done also. If not, put your apples to the side and don't let them continue cooking.

5. When ready, remove the lid from your apples and cook the liquid down until it caramelizes on the apples.

The Pork Chops

1. When making pork chops, put about a Tbsp of olive oil into the pan and let it heat up on medium-low.
2. Season the chops with some of your favorite seasoning, such as a bit of salt and coarse ground black pepper, maybe some garlic powder and place the pork chops in the pan

Tip: Pork chops are fairly mellow in flavor, so be sure not to season them too much... be gentle, or it will end up overwhelming.

3. Depending on the thickness and whether or not they are bone in, cooking time can vary. It's important to cook them thoroughly but not overcooked. 20-30 minutes will suffice. If in doubt, cut one open and see if the pink is gone. Pork chops should be light colored, not red or pink.

Just about any veggie on the side will work. While you may not think that canned vegetables are a healthy choice, they are a good substitute when fresh vegetables are not available. Canned vegetables are processed very quickly once picked and still retain an amazing amount of nutrients. Most quality canned varieties do not use preservatives or heavy seasoning.

Corn on the cob goes wonderfully with fried apples and pork chops but canned corn will do out of season.

Pork Chops and Fried Apples, an old recipe brought back to the table!

Good Stuff!

Chicken Parmesan

The Easy Way

This recipe is a much simpler version of Chicken Parmesan. Normally the chicken is breaded and fried. Not breading the chicken makes this dish easier to make but just as delicious!

Ingredients:

- Chicken tenderloins or breasts
- Tomatoes 1-14.5 oz canned (stewed, diced – preferably Italian style)
- Spaghetti sauce (Ragu type works well or make it from scratch)
- Spaghetti Noodles
- Seasonings: Salt, pepper, Italian blend, finely chopped garlic clove or garlic powder
- Veggies: Bell pepper, celery, onion (or your favorite such as zucchini, spinach, etc)
- Parmesan cheese (shredded)

Directions:

1. Start by chopping the veggies
2. Sauté the veggies in butter and/or olive oil (2 Tbsp or 1 Tbsp each should suffice)
3. Add your spaghetti sauce and seasonings. Go light on the seasonings if you're using prepared sauce, A little will go a long way. 1 tsp of each, except garlic, is good. Stir and simmer on low, covered.



Note: For the garlic, use one clove or 1/8 to 1/4 tsp powder, depending on your taste. Stir.

4. Once your sauce is simmering nicely, start cooking the chicken. Add 1 Tbsp of butter and 1 Tbsp of Olive Oil in the bottom of the pan. Add a light sprinkling of salt and pepper. If you like pepper, use more. Cook over medium-low until both sides are “white” then turn the heat to medium to cook off the juices and slightly brown the chicken on both sides. Remove from heat and set aside on a broiler proof tray.

5. Put your spaghetti noodles on now.

Note: Follow the package instructions or here’s a tip... Bring the water to a boil and add the noodles, stir, remove from heat, cover and let them set undisturbed for 18 minutes (set your timer). Your noodles will cook perfectly!

Another tip: to measure spaghetti, consider that a bunch the size of your thumb is approximately one serving though you may want to add an extra serving just in case.

6. Preheat your broiler on low
7. Back to your sauce. Add the canned or chopped tomatoes and stir. Leave the sauce uncovered now to let it thicken a bit. If you need it thicker, add a little more sauce but its best when it’s a bit thinner than usual.
8. While you’re waiting on the noodles, make a salad. It goes wonderfully with this meal. In addition, you might want to make some garlic, cheesy bread.
9. With your chicken on your broiler sheet, top each one with a small mound of parmesan cheese.
10. When your noodles are nearly ready – about 5 minutes before – put your chicken in the oven. You’ll need to watch it carefully.
11. Drain your noodles but do not rinse them.
12. Check your chicken!
13. Put the noodles directly on the plates and sprinkle a good amount of parmesan cheese over the (see picture). Top with the sauce and add a bit more cheese...
14. To brown the top of your chicken quickly, turn the broiler on high for about a minute or two, then pull the chicken and add to your plate.

That’s all there is to it! Easy peasy chicken parmesan. **Scrumptious!**

“City Chicken”

But its Veal

This recipe, even though it’s called City Chicken, is made with thinly sliced veal. So tender and delicious! Served with a baked potato and veggie of your choice, it makes a delightful dinner.

Note: You can skewer them with wooden sticks.

Ingredients:

- Veal, thinly sliced
- Bread crumbs (pre-made)
- Milk
- Egg

Directions:

1. Roll each of the strips of veal
2. Dip in milk and egg mixture all the way around (¼ Cup milk to 1 each egg.)
3. Roll in bread crumbs
4. Preheat oven to 350 degrees
5. Fry the veal rolls on medium heat in 2Tbsp of Olive Oil, turning as they brown until they are a nice color on the outside.
Note: you are not cooking them all the way
6. Place the veal rolls on a baking sheet and put them in the oven to continue cooking for about 15 – 18 minutes.

Come and get it!



Bonus Recipe!

Twice Baked Potatoes

Twice baked potatoes are a terrific alternative to baked potatoes. In fact, if you're planning on serving potatoes twice in one week, bake extras for even quicker preparation for another meal.

If you're not using leftover or prebaked potatoes, scrub your spuds, wrap them in foil, and put them in the oven to bake at 350 for about an hour. If your potatoes are large, cook them 15 minutes longer and check again. The potatoes should slightly "squish" when pinched with a hot pad. Don't burn your fingers!

When done, remove them from the oven, let them cool, take off the foil, and cut them in half lengthwise.

Next, take a spoon and scoop out the majority of the potato inside. Put all of the potato scoops into a mixing bowl. You will end up with potato skins.

TIP: These are even better if you season the inside with sea salt and pepper and broil until slightly browned before filling.

In your mixing bowl of potato filling, add about four heaping Tbsp of sour cream, two Tbsp of butter, and a cup of freshly grated cheddar cheese, mash and mix together. (For creamier potato filling you can use a mixer.)

After mixed well, scoop it into the potato skins and add some of the cheese on top. Broil until the cheese is nice and bubbly and slightly brown. Tip: Use a cake decorating tip for fancy filling!

Yummy!

