

# California Cookbook

Healthy and Delicious California Recipes  
Straight from the Golden State

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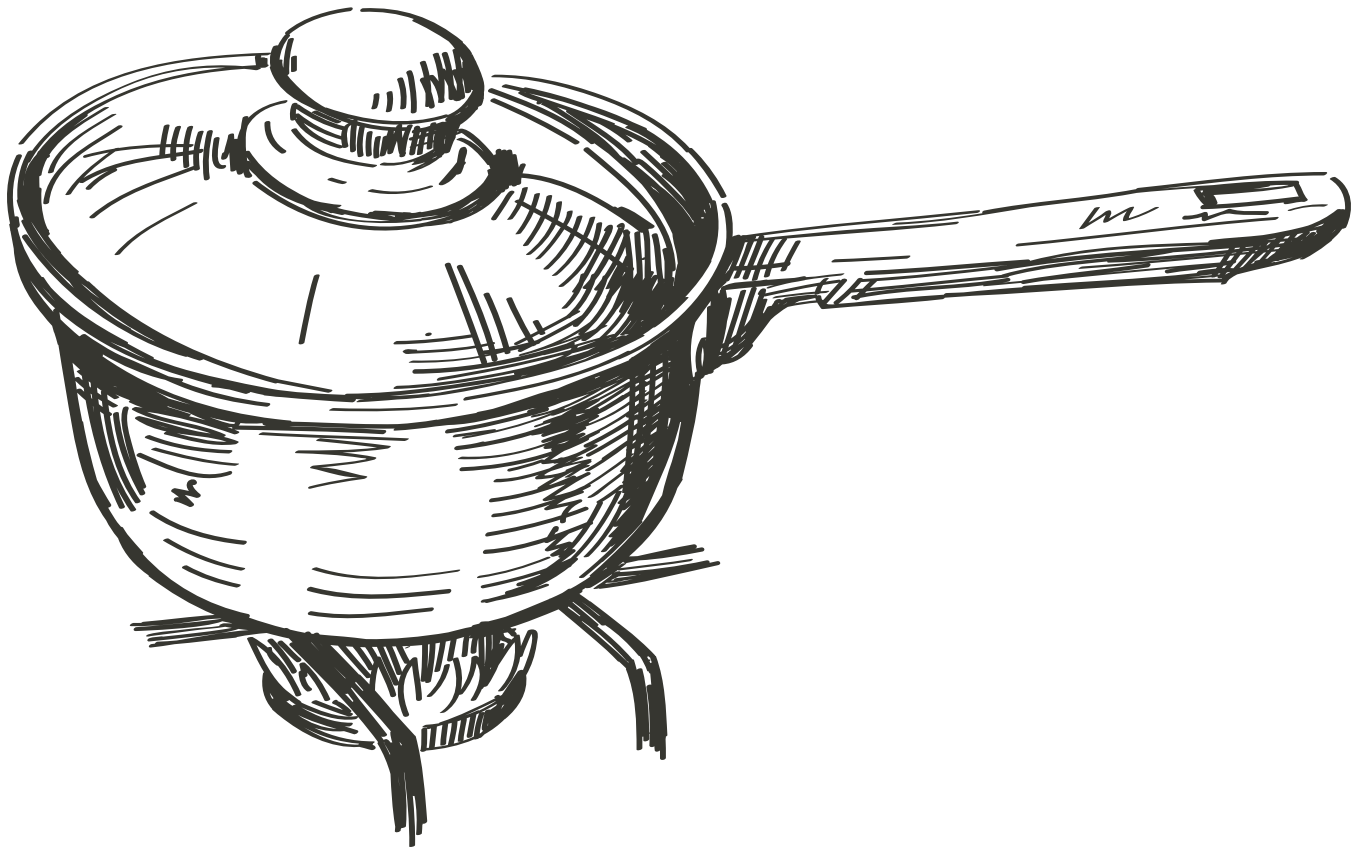


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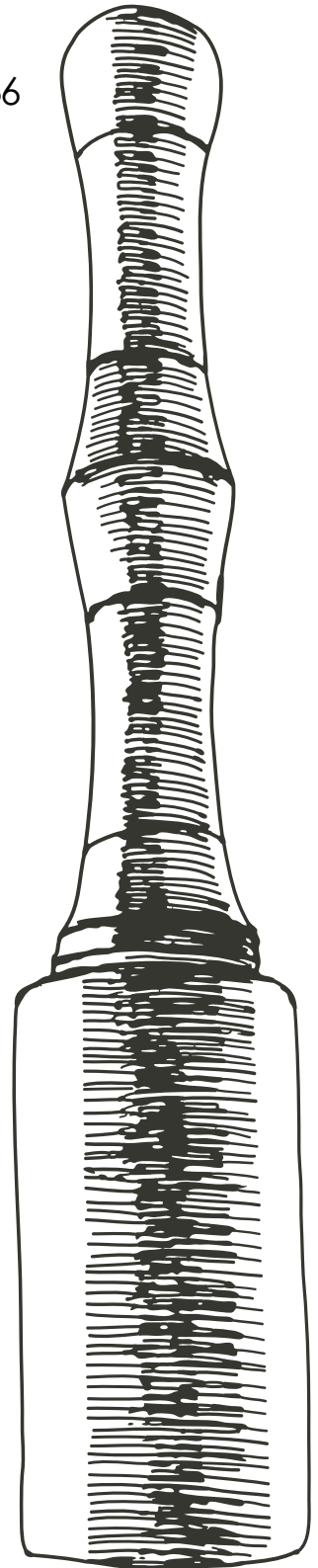




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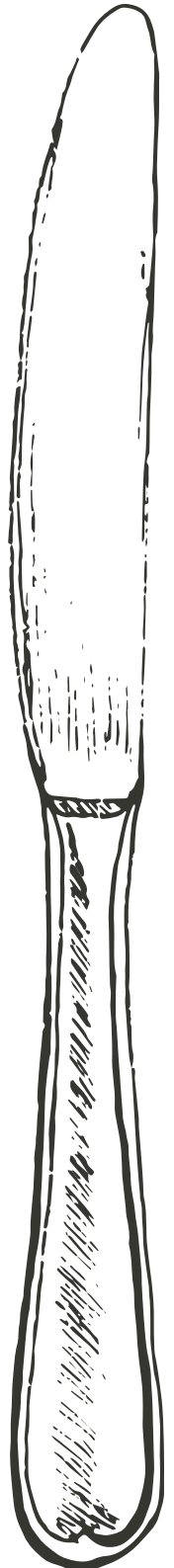
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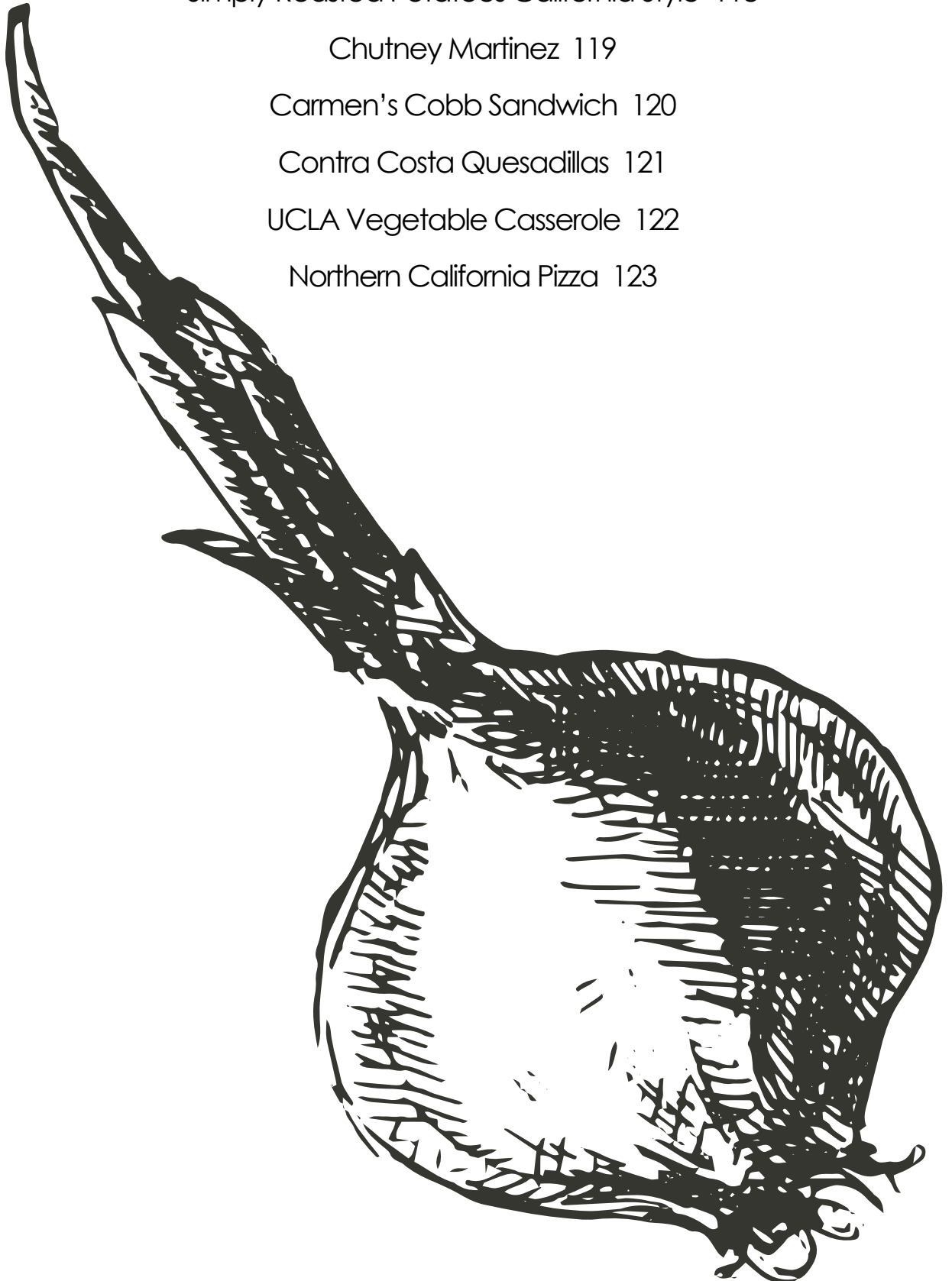
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# California Style BBQ Sauce



Prep Time: 10 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 87 kcal

Fat 0.2 g

Carbohydrates < 20.2g

Protein 0.3 g

Cholesterol < 0 mg

Sodium 142 mg

## Ingredients

- 2 C. apple cider vinegar
- 1/4 C. ketchup
- 2 tbsps finely diced onion
- 1 clove garlic, peeled and minced
- 1 tsp dry mustard
- 1 tsp chili powder
- 1 tsp seasoning salt
- 1 tsp cayenne pepper
- 1 C. brown sugar

## Directions

1. Get your apple cider boiling in a large pot.
2. Once the cider is boiling add in: cayenne, ketchup, season salt, onion, chili powder, garlic, dry mustard, and brown sugar.
3. Stir the mix and simmer everything for 13 mins. Try to stir the mix every 3 mins.
4. Now set the heat to low and cook the sauce for 50 mins.
5. Enjoy.







# CALIFORNIA Tortellini Soup



Prep Time: 15 mins

Total Time: 1 hr

Servings per Recipe: 8

Calories 176 kcal

Fat 4.9 g

Carbohydrates 20g

Protein 13.2 g

Cholesterol 36 mg

Sodium 1156 mg

## Ingredients

- 1 (48 fluid oz.) can chicken broth
- 3 C. water
- 2 frozen skinless, boneless chicken breast halves - diced
- 1 small onion, diced
- 1 C. thinly sliced carrots
- 1 tsp lemon pepper
- 1 tsp dried oregano
- 1 dash garlic salt
- 2 C. fresh broccoli florets
- 1 (9 oz.) package frozen cheese tortellini
- 1/4 C. grated Parmesan cheese

## Directions

1. Get your water and broth boiling.
2. Once the mix is boiling add in carrots, onions, chicken, garlic salt, lemon pepper, and oregano.
3. Now set the heat to low and let the mix cook for 30 mins.
4. At this point the chicken should be fully done. Add in the broccoli and continue simmering the veggies for 12 mins before adding the pasta and cooking the mix for 12 more mins.
5. Garnish the dish with your parmesan and serve.
6. Enjoy.

# California Salad



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 321 kcal

Fat 28.7 g

Carbohydrates 13.5g

Protein 4.9 g

Cholesterol 16 mg

Sodium 419 mg

## Ingredients

- 1 avocado, peeled and pitted
- 1 tbsp lemon juice
- 1/2 C. mayonnaise
- 1/4 tsp hot pepper sauce
- 1/4 C. olive oil
- 1 clove garlic, peeled and minced
- 1/2 tsp salt
- 1 head romaine lettuce- rinsed, dried and torn into bite sized pieces
- 3 oz. Cheddar cheese, shredded
- 2 tomatoes, diced
- 2 green onions, diced
- 1/4 (2.25 oz.) can pitted green olives
- 1 C. coarsely crushed corn chips

## Directions

1. Puree the following with a blender: salt, avocado, garlic, lemon juice, mayo, olive oil, and hot sauce.
2. Now get a bowl, combine: chips, lettuce, olives, cheddar, onions, and tomatoes.
3. Add the puree and toss the contents.
4. Enjoy.

# THE BEST

# Guacamole



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 40

Calories 51 kcal

Fat 4.1 g

Carbohydrates 2.5g

Protein < 1.6 g

Cholesterol 3 mg

Sodium 68 mg

## Ingredients

4 ripe avocados - peeled, pitted, and mashed

4 slices bacon, cooked until crisp, drained and crumbled

1 large tomato, seeded and finely diced

1 onion, finely diced

1 clove garlic, minced



salt and pepper to taste

1 dash hot pepper sauce to taste

## Directions

1. Get a bowl, combine: garlic, bacon, onion, and tomatoes.
2. Stir the mix then add some pepper and salt before adding in some hot sauce.
3. Enjoy.

# Cilantro Peach Salsa

 Prep Time: 5 mins  
 Total Time: 5 mins

Servings per Recipe: 4

Calories	103 kcal
Fat	0.4 g
Carbohydrates	< 27.1g
Protein	1.5 g
Cholesterol	0 mg
Sodium	32 mg

## Ingredients

2 (15 oz.) cans peaches, drained and diced	2 tsps garlic chili paste
2 green onions with tops, thinly sliced	1/8 tsp white pepper
2 tsps diced fresh cilantro	
2 tbsps lime juice	
1/4 tsp Asian five-spice powder	

## Directions

1. Get a bowl, combine: lime juice, peaches, cilantro, and green onions.
2. Stir the mix then add in: white pepper, five spice, and chili paste.
3. Stir the mix again then place a covering of plastic on the bowl and put everything in the fridge until chilled.
4. Enjoy.



# CALIFORNIA

## Zucchini Chicken



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 301 kcal

Fat 7.8 g

Carbohydrates 26.5g

Protein 30.6 g

Cholesterol 72 mg

Sodium 894 mg

### Ingredients

4 skinless, boneless chicken breast halves  
1/4 C. all-purpose flour  
1 tsp salt  
1 tsp ground black pepper  
1 tbsp olive oil  
1/2 C. cooking sherry

1/2 C. chicken broth  
1 clove garlic, minced  
1/2 lemon  
4 carrots  
4 zucchini squashes, julienned

### Directions

1. Get a bowl, combine: pepper, salt, and flour.
2. Dredge your chicken in the mix then sear the chicken for 6 mins per side in hot oil. Then remove the chicken from the pan.
3. Now add the following to the same pan: squeezed lemon juice, sherry, garlic, and broth.
4. Get everything boiling then add the chicken back in.
5. Get the mix boiling again, set the heat to low, and let the chicken cook for 17 mins until it is fully done.
6. At the same time begin to stir fry your zucchini and carrots, in a separate pan, in oil, until they are soft.
7. Once the veggies are soft add them to the chicken and get everything hot.
8. Enjoy.



# California Chowder



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 454 kcal

Fat 24.5 g

Carbohydrates 26.4g

Protein 31.1 g

Cholesterol 127 mg

Sodium 845 mg

## Ingredients

6 slices bacon, or more to taste  
2 C. diced red potatoes, or more to taste  
1 C. diced celery  
1 C. minced yellow onion  
1 tsp salt  
1/2 tsp seafood seasoning (such as Old Bay(R))  
1/2 tsp garlic salt  
1/2 tsp onion powder  
1/2 tsp thyme  
white pepper to taste  
1/2 C. butter  
1/2 C. cornstarch  
2 C. half - and - half  
2 C. 2% milk  
4 (6.5 oz.) cans minced clams, undrained, or more to taste  
1 1/2 tbsps red wine vinegar

## Directions

1. Fry your bacon for 10 mins until it's crispy then place them to the side.
2. Stir fry your onions, celery and potatoes in the bacon fat for 13 mins.
3. Remove any excess oils then add: white pepper, seafood spice, thyme, garlic salt, and onion powder. Stir the veggies to distribute the spices.
4. Begin to heat and stir butter and flour in another large pan for 3 mins. Then add in the milk and half and half to the mix. Get everything simmering for 6 mins until it is thick.
5. Add the juices from the clams to the milk mix then add the potato mix as well.
6. Stir everything and let the soup simmer for 6 mins.
7. Now add the clams and continue to simmer until everything is hot for about 6 more mins.
8. Crumble your bacon over the soup and add the wine vinegar as well.
9. Enjoy.

# DREAM Bars



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 16

Calories 221 kcal

Fat 12.4 g

Carbohydrates 25.5g

Protein 3 g

Cholesterol 23 mg

Sodium 139 mg

## Ingredients

1/2 C. brown sugar	1/4 tsp salt
1 C. all-purpose flour	2 eggs
1/2 C. margarine, melted	1 tsp vanilla extract
1 tsp vanilla extract	1 C. diced walnuts
1 C. brown sugar	1 C. flaked coconut
2 tbsps all-purpose flour	1/4 C. confectioners' sugar for dusting
1/2 tsp baking powder	

## Directions

1. Coat an 8 in. square baking dish with oil then set your oven to 375 degrees before doing anything else.
2. Get a bowl, combine: 1 C. flour and 1/2 C. brown sugar. Stir the mix then add in the vanilla and melted margarine. Spread this mix on the bottom of your dish.
3. Bake the crust for 17 mins in the oven.
4. At the same time get a bowl and whisk your eggs until they are foamy.
5. Now add: salt, brown sugar, baking powder, and flour.
6. Stir the mix again then add the walnuts and coconuts.
7. Enter this mix into the crust after it has finished baking and cook everything for 17 more mins.
8. Top the mix with some confectioners'.
9. Enjoy.

# California Peach Pie



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 441 kcal

Fat 12.6 g

Carbohydrates 79.2g

Protein 4.1 g

Cholesterol 34 mg

Sodium 111 mg

## Ingredients

8 large fresh yellow peaches - peeled,  
pitted, and sliced

1 1/2 C. white sugar, divided

1/2 C. water

1/2 C. butter

1 1/2 C. all-purpose flour

1 1/2 C. 2% milk

1/2 C. brown sugar

1 pinch ground cinnamon, or more to taste

## Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get the following boiling in a large pot: water, peaches, 1 C. white sugar.
3. Once the mix is boiling set the heat to low and cook everything for 12 mins.
4. Lay your butter in a baking dish then put the dish in the oven until the butter melts for 4 mins.
5. Now get a bowl, combine: 1/2 C. white sugar, flour, brown sugar, and milk.
6. Once the mix is smooth add it to the dish with the butter.
7. Layer the peach mix over everything and top the dish with cinnamon.
8. Cook the contents in the oven or 50 mins.
9. Enjoy.

# CIOPPINO II

## (San Francisco Fish Stew)



Prep Time: 45 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 8

Calories 309 kcal

Fat 6.1 g

Carbohydrates 12.7g

Protein 43.4 g

Cholesterol 170 mg

Sodium 1343 mg



### Ingredients

2 tbsps olive oil	1/2 tsp cracked black pepper
1 large onion, diced	1 bay leaf
3 cloves garlic, crushed or to taste	1 lb scallops
2 (28 oz.) cans diced tomatoes with juice	24 littleneck clams
1/2 C. dry white wine	1 1/2 lbs crab legs
1/4 C. diced fresh parsley	1 lb unpeeled, large fresh shrimp
1/2 tsp dried basil	
2 tsps salt	

### Directions

1. Stir fry your garlic and onions in olive oil until tender. Then add: bay leaf, tomatoes, pepper, white wine, salt, parsley, and basil.
2. Set your heat to low and let the mix simmer for 65 mins.
3. Now add in the shrimp, clams, crab legs, and scallops.
4. Place a lid on the pot and let the mix cook until the clams open.
5. Enjoy.

# Mexican Pizzas

 Prep Time: 10 mins  
 Total Time: 25 mins

Servings per Recipe: 2

Calories	230 kcal
Fat	11.4 g
Carbohydrates	22.2g
Protein	10.4 g
Cholesterol	18 mg
Sodium	346 mg

## Ingredients

2 tsps canola oil	1/8 tsp garlic powder
1/2 C. diced onion	1 tomato, sliced
1/2 C. diced green bell pepper	1/2 C. shredded mozzarella cheese
2 (6 inch) flour tortillas	
1/4 tsp dried oregano	

## Directions

1. Set your oven to 400 degrees before doing anything else.
2. Begin to stir fry your peppers and onions in oil for 7 mins.
3. Layer your tortillas on a cookie sheet and then layer: mozzarella, oregano, tomatoes, garlic powder, onion mix, and oregano.
4. Place everything in the oven for 9 mins.
5. Enjoy.







# FLAMING Beef Roast I



Prep Time: 20 mins

Total Time: 5 hrs 15 mins

Servings per Recipe: 6

Calories 452 kcal

Fat 24.1 g

Carbohydrates 3.6g

Protein 52.5 g

Cholesterol 1166 mg

Sodium 855 mg

## Ingredients



- 2 tsps salt
- 2 tsps freshly ground black pepper
- 2 tsps garlic powder
- 1 1/2 tsps paprika
- 1 tsp onion powder
- 1 tsp dried rosemary
- 1/4 tsp cayenne pepper
- 1 (2 1/2 lb) beef tri-tip roast
- 1/3 C. red wine vinegar
- 1/3 C. vegetable oil
- 4 cloves crushed garlic
- 1/2 tsp Dijon mustard

## Directions

1. Get a bowl, combine: cayenne, salt, rosemary, black pepper, onion powder, garlic powder, and paprika.
2. Now lay your beef into a casserole dish and top the meat with the spices.
3. Place a covering of plastic on the dish and put everything in the fridge for 5 hrs.
4. Get a bowl, combine: Dijon, vinegar, crushed garlic, and veggie oil.
5. Stir the mix until everything is even.
6. Now leave your beef to stand for 40 mins outside of the fridge.
7. Begin to get your grill hot and coat the grate with the veggie oil mix.
8. Grill the beef for 5 mins per side and baste it continually until the meat is done.
9. This should take about 25 mins of basting and grilling.
10. Enjoy.



# Crab Salad

 Prep Time: 15 mins  
 Total Time: 15 mins

Servings per Recipe: 4

Calories	581 kcal
Fat	43.2 g
Carbohydrates	19g
Protein	34.3 g
Cholesterol	352 mg
Sodium	1701 mg

## Ingredients

4 eggs  
1 head iceberg lettuce, shredded  
1/4 cucumber, thinly sliced  
1/2 lb crabmeat  
8 oz. cooked shrimp  
1 avocado - peeled, pitted and sliced  
8 cherry tomatoes, halved  
2/3 C. mayonnaise  
1/3 C. hot chili sauce

2 tbsps sweet pickle relish  
salt and pepper to taste  
1 tbsp diced fresh parsley  
1 lemon - cut into wedges, for garnish

## Directions

1. Get your eggs boiling in water.
2. Once the water is boiling place a lid on the pot, shut the heat, and let the eggs sit in the water for 15 mins.
3. Now remove the shells and chop the eggs.
4. Get a bowl, combine: eggs, lettuce, tomatoes, cucumbers, avocado, crab, and shrimp.
5. Get a 2nd bowl, combine: pepper, mayo, salt, chili sauce, and relish.
6. Combine both bowls and toss the ingredients to evenly distribute the dressing.
7. Garnish your servings with lemon and parsley.
8. Enjoy.

# CALIFORNIA

## Breakfast Drink



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 1

Calories 281 kcal

Fat 0.9 g

Carbohydrates 57.4g

Protein 12.9 g

Cholesterol 4 mg

Sodium 155 mg

### Ingredients

7 large strawberries

1 (8 oz.) container lemon yogurt

1/3 C. orange juice

### Directions

1. Get a bowl and place your strawberries in it. Put everything in the freezer for 2 hours.
2. Once the strawberries are frozen grab your blender and combine: orange juice, yogurt, and the strawberries.
3. Continue pulsing the mix until it's smooth then serve.
4. Enjoy.

# Avocado Mediterranean Sauce



Prep Time: 5 mins



Total Time: 2 hrs 5 mins

Servings per Recipe: 8

Calories 78 kcal

Fat 6.8 g

Carbohydrates 5.5g

Protein 1.2 g

Cholesterol 3 mg

Sodium 7 mg

## Ingredients

1 large avocado, peeled and pitted  
2 cloves garlic, minced  
1 lemons, juiced  
1/4 C. sour cream (optional)  
1/2 C. diced seeded cucumber  
1/2 tsp red pepper flakes, or to taste

1 tbsp diced fresh cilantro  
1 tbsp diced fresh mint  
salt and pepper to taste

## Directions

1. Get a bowl, combine: cucumber, avocado, sour cream, lemon juice, and garlic.
2. Mash everything together then add: pepper, pepper flakes, salt, cilantro, and mint.
3. Place a covering of plastic on the bowl and put everything in the fridge for 2 hrs.
4. Enjoy.

# CALIFORNIA

## Beans



Prep Time: 20 mins



Total Time: 10 hrs 35 mins

Servings per Recipe: 6

Calories 344 kcal

Fat 4.7 g

Carbohydrates 56.4g

Protein 20.2 g

Cholesterol 10 mg

Sodium 839 mg

### Ingredients

1 lb dry pink beans	1 tsp dry mustard
cold water to cover	1 tsp paprika
2 slices peppered bacon, diced	1 tsp chili powder
1/2 C. diced smoked ham	1 tsp salt
2 cloves garlic, minced	1/2 tsp chipotle chili powder (optional)
1 (14.5 oz.) can diced tomatoes	1 pinch dried oregano
1/2 C. water	
1/4 C. ketchup	
1 tbsp sugar	

### Directions

1. Let your beans sit submerged in water overnight.
2. Now remove the liquids and begin to boil the beans covered in fresh water. Let the beans cook with a medium level of heat for 2 hrs.
3. At the same time begin to fry your bacon for 6 mins then add in the ham and cook everything for 3 more mins.
4. Add the garlic and continue cooking the mix for 2 more mins then add: oregano, tomatoes, chipotle chili powder, 1/2 C. water, salt, ketchup, chili powder, sugar, paprika, and dry mustard.
5. Get everything boiling, then set the heat to low.
6. Let the mix gently cook for 35 mins.
7. Now keep 1 C. of the liquid from the beans and discard the rest.
8. Add the beans and the 1 C. of liquid to the tomato mix and continue simmering everything for 35 more mins.
9. Enjoy.

# California Casserole II



Prep Time: 15 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 8

Calories 434 kcal

Fat 23.9 g

Carbohydrates 30g

Protein 25.2 g

Cholesterol 70 mg

Sodium 1428 mg

## Ingredients

- 1 1/2 C. water
- 1/4 C. margarine
- 1 (6 oz.) package stuffing mix
- 3 C. cubed cooked chicken
- 1 (16 oz.) package frozen California - blend vegetables (broccoli, carrot, cauliflower)
- 12 slices American cheese
- 2 (10.75 oz.) cans light cream of mushroom soup
- 1 tsp garlic powder
- 1/2 tsp dried marjoram leaves
- 1/2 tsp dried thyme leaves
- 1/2 tsp ground sage

## Directions

1. Coat a casserole dish with oil then set your oven to 350 degrees before doing anything else.
2. Get your margarine boiling in water then add the stuffing.
3. Place a lid on the pot, shut the heat, and let the stuffing sit for 7 mins, then stir everything.
4. Layer your chicken at the bottom of the casserole dish and top the chicken with the frozen veggies.
5. Now add your cheese over the veggies.
6. Get a bowl, combine: sage, mushroom soup, thyme, garlic powder, and marjoram.
7. Layer this mix over the cheese then top everything with the stuffing.
8. Cook the contents in the oven for 65 mins.
9. Enjoy.

# WALNUT Zucchini Dessert



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 40

Calories 138 kcal

Fat 6.9 g

Carbohydrates 17.7g

Protein 1.7 g

Cholesterol 14 mg

Sodium 133 mg

## Ingredients

3 C. all-purpose flour

1 tsp salt

1/2 tsp baking powder

2 tsps baking soda

2 tsps ground cinnamon

2 C. white sugar

1 C. vegetable oil

3 eggs

2 tsps vanilla extract



1/2 C. diced walnuts

2 C. grated zucchini

## Directions

1. Coat four bread pans with oil and flour then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: cinnamon, flour, baking soda, baking powder, and salt.
3. Get a 2nd bowl, combine: vanilla, sugar, eggs, and oil.
4. Now set your oven to 350 degrees before doing anything else.
5. Begin to combine both bowls and mix everything until it's smooth then add the zucchini and walnuts.
6. Evenly divide the mix between your bread pans cook them in the oven for 65 mins.
7. Enjoy.

# French Eggplant

 Prep Time: 20 mins  
 Total Time: 30 mins

Servings per Recipe: 2

Calories	802 kcal
Fat	39.5 g
Carbohydrates	91.3g
Protein	23.8 g
Cholesterol	44 mg
Sodium	1460 mg

## Ingredients

1 small eggplant, halved and sliced	1/2 C. crumbled feta cheese
1 tbsp olive oil, or as needed	1/4 C. diced fresh basil leaves
1/4 C. mayonnaise	
2 cloves garlic, minced	
2 (6 inch) French sandwich rolls	
1 small tomato, sliced	

## Directions

1. Get your broiler hot before doing anything else.
2. Coat your pieces of eggplant with olive oil then broil them for 12 mins.
3. Cut your French rolls in half lengthwise, toast them under the broiler, then coat the bread with a mix of garlic and mayo.
4. Lay your feta, eggplants, basil, and tomatoes on the bread.
5. Enjoy.

# MAGGIE'S

## Favorite Minestrone



Prep Time: 35 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 8

Calories 227 kcal

Fat 8.3 g

Carbohydrates 30g

Protein 8.6 g

Cholesterol 1 mg

Sodium < 1142 mg

### Ingredients

3 tbsps olive oil  
3 cloves garlic, diced  
2 onions, diced  
2 C. diced celery  
5 carrots, sliced  
2 C. chicken broth  
2 C. water  
4 C. tomato sauce  
1/2 C. red wine (optional)  
1 C. canned kidney beans, drained  
1 (15 oz.) can green beans  
2 C. baby spinach, rinsed  
3 zucchinis, quartered and sliced  
1 tbsp diced fresh oregano  
2 tbsps diced fresh basil  
salt and pepper to taste  
1/2 C. seashell pasta  
2 tbsps grated Parmesan cheese for  
topping  
1 tbsp olive oil

### Directions

1. Stir fry your garlic for 4 mins in olive oil, in a big pot.
2. Now combine in the onions and cook them for 6 mins before adding the carrots and celery.
3. Continue stirring for 3 more mins then pour in the broth, tomato sauce, and water.
4. Get everything boiling, while stirring, then add the red wine.
5. Set the heat to low and combine: pepper, kidney beans, salt, green beans, basil, spinach, oregano, and zucchini.
6. Let the mix cook for 35 mins with a gentle boil.
7. Now boil your pasta in water and salt for 9 mins then add the pasta to the soup and stir everything a few times.
8. When serving the soup garnish the servings with some olive oil and parmesan.
9. Enjoy.



# Southern California Cod



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 356 kcal

Fat 11.3 g

Carbohydrates 33.7g

Protein 29.8 g

Cholesterol 77 mg

Sodium 618 mg

## Ingredients

2 tbsps butter  
2 C. diced onion  
4 fresh mushrooms, sliced  
1 stalk celery, diced  
4 C. chicken stock  
4 C. diced potatoes  
2 lbs cod, diced into 1/2 inch cubes  
1/8 tsp fish seasoning  
salt to taste

ground black pepper to taste  
1 C. clam juice  
1/2 C. all-purpose flour  
2 (12 fluid oz.) cans evaporated milk

## Directions

1. Begin to stir fry your celery, mushrooms, and onions in 2 tbsps of butter until the veggies are soft.
2. Pour in the stock then add the potatoes.
3. Get everything boiling, then set the heat to low, and cook everything for 12 mins.
4. Now add the fish and continue cooking the mix for 12 more mins.
5. Add some pepper, salt, and fish seasoning.
6. Get a bowl, combine: flour and clam juice.
7. Add this mix to the soup and stir everything until it is all smooth.
8. Shut the heat, add the milk, and stir it in.
9. Enjoy.







# CALIFORNIA STYLE

# Chocolate

# Cookies



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 48

Calories 146 kcal

Fat 7.8 g

Carbohydrates 18.4g

Protein 1.8 g

Cholesterol 19 mg

Sodium 95 mg

## Ingredients

- 1 C. butter
- 1 C. brown sugar
- 1 C. white sugar
- 2 eggs
- 1 tsp vanilla extract
- 2 1/2 C. all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 2/3 C. white chocolate chips
- 2/3 C. milk chocolate chips
- 2/3 C. semisweet chocolate chips
- 1/3 C. diced walnuts
- 1/3 C. diced pecans
- 1/3 C. diced almonds

## Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: white sugar, butter, and brown sugar.
3. Stir the mix until it's smooth then add in the vanilla and eggs.
4. Get a 2nd bowl, combine: salt, flour, baking powder, and baking soda.
5. Combine both bowls then stir everything.
6. Now add the almonds, milk, pecans, chocolate chips, and walnuts.
7. With a tbsp add dollops of the mix to a baking sheet.
8. Cook the cookies in the oven for 12 mins.
9. Enjoy.

# Honey Cheese Figs



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 197 kcal

Fat 7.9 g

Carbohydrates 28.2g

Protein 5.9 g

Cholesterol 21 mg

Sodium 283 mg

## Ingredients

8 figs, cut in half

1/4 C. crumbled goat cheese, or as needed

3 slices prosciutto, trimmed of all fat and  
cut into strips

2 tbsps honey, or to taste

## Directions

1. Get your oven's broiler hot.
2. Lay out your figs with the fruit side facing upwards on a cookie sheet.
3. Place some goat cheese and prosciutto on each.
4. Cook the fruits in the oven for 4 mins. Then top everything with honey.
5. Enjoy.

# MINT Curry



Prep Time: 1 hr



Total Time: 3 hrs 45 mins

Servings per Recipe: 8

Calories 552 kcal

Fat 38.4 g

Carbohydrates 28.9g

Protein 28.9 g

Cholesterol 59 mg

Sodium 612 mg

## Ingredients

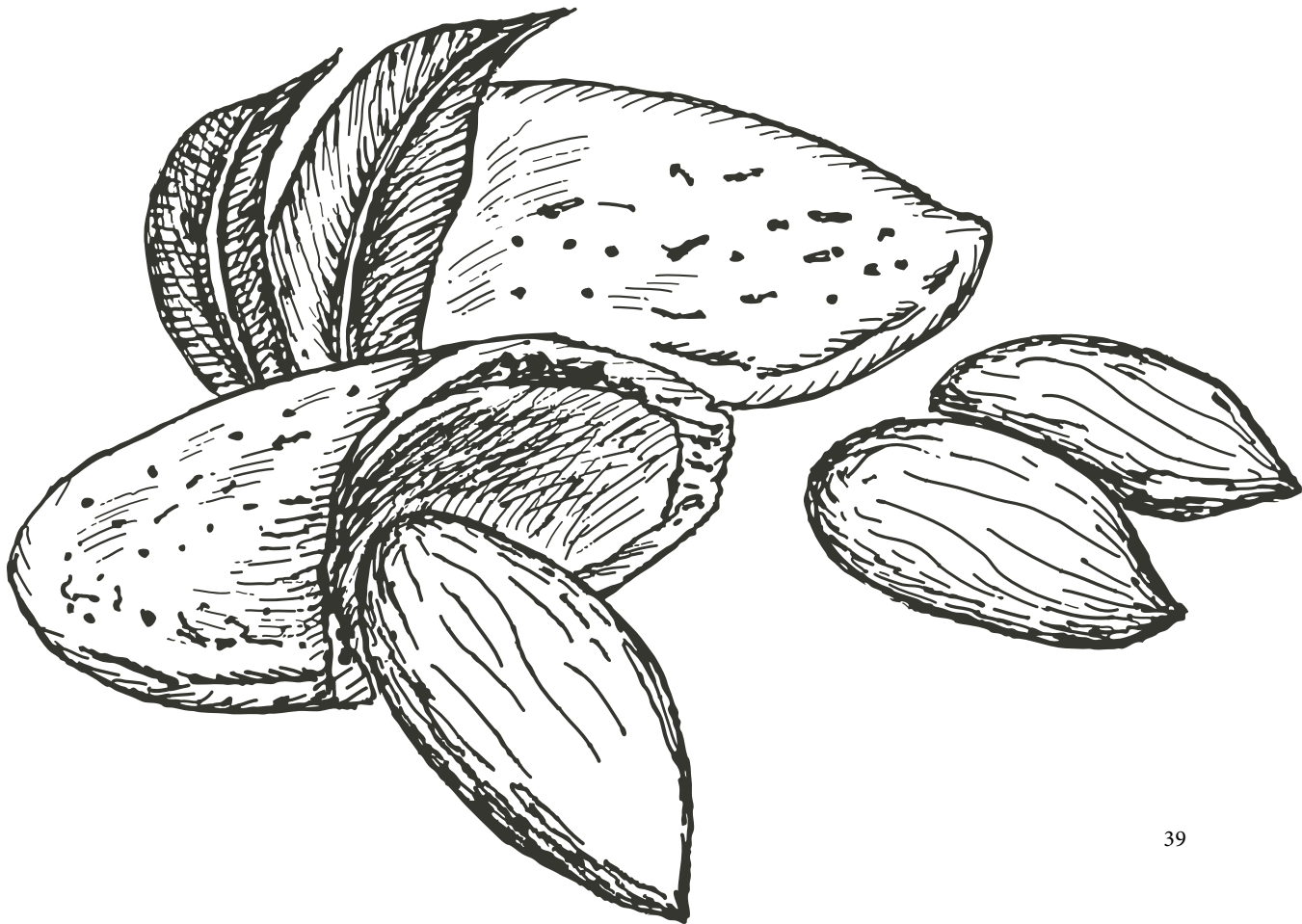
1/2 C. dried red chili peppers, stems and seeds removed  
1/2 C. boiling water  
2 C. grated fresh coconut  
2 tbsps ground coriander  
2 tbsps ground cumin  
2 tbsps fennel seeds  
1/4 C. peanut oil, divided  
1/3 C. sliced almonds  
5 stalks lemon grass, trimmed and thinly sliced  
1 whole head garlic, cloves peeled and crushed  
5 shallots, peeled and roughly diced  
1/2 C. peeled and diced fresh ginger root  
3 (1 1/2 inch) pieces fresh turmeric root, peeled and roughly diced

water, or as needed  
3 tbsps whole star anise pods  
2 (2 inch) sticks cinnamon  
2 tbsps whole cloves  
2 tbsps whole cardamom pods  
1/2 C. diced fresh mint, stems reserved  
1/2 C. water  
2 lbs boneless, skinless chicken breast halves, cubed  
2 tsp kosher salt  
1 (14 oz.) can coconut milk  
1 lime, juiced  
1 pinch kosher salt to taste

## Directions

1. Let your chilies sit in boiling water (1/2 C.) for 40 mins. Then remove the liquids.
2. Begin to toast your coconut for 6 mins while stirring then place the coconut in a bowl.
3. Toast your fennel seeds, cumin, and coriander for 2 mins then place the toasted spices to the side.
4. Get your food processor and puree the following: fennel seeds, 2 tbsp peanut oil, cumin, toasted coconut, and coriander.

5. Once the mix is smooth add: turmeric, chili, ginger, almonds, shallots, garlic, and lemon grass.
6. Continue to puree everything to form a paste. Then add a tbsp of water or 2 if you would like to make the mix smoother.
7. Now add the rest of the peanut oil (2 tbsp) to a frying pan and bring to get it hot. Add the mint stems, star anise, cardamom pods, cinnamon sticks and cloves to the oil.
8. Let the spice fry for 3 mins.
9. Now remove all the spices and throw them away.
10. Add the puree to the seasoned oil and cook the mix for 4 mins then add: 2 tsps kosher salt, 1/2 C. water, and the chicken.
11. Cook the chicken for about 12 mins until it is fully done then add in the coconut milk.
12. Get everything boiling and once the mix is boiling, set the heat to low, and let the mix gently cook for 75 mins.
13. Now add the lime juice, mint leaves, and some more salt.
14. Cook everything for 3 more mins.
15. Enjoy.



# MEXICAN STYLE Spicy Tacos



Prep Time: 30

Total Time: 9 hrs 25 mins

Servings per Recipe: 16

Calories 250 kcal

Fat 14.7 g

Carbohydrates 14.7g

Protein 22.5 g

Cholesterol 57 mg

Sodium 478 mg

## Ingredients

3 dried guajillo chilies, seeds discarded  
2 dried pasilla chilis, seeds discarded  
1 C. boiling water, or as needed to cover  
2 pork tenderloins, membranes (silver skin) removed  
3/4 C. pineapple juice  
1 tbsp white vinegar  
4 cloves garlic  
1 tsp ground dried chipotle pepper  
1 tsp ground cinnamon  
1 pinch cayenne pepper, or to taste (optional)  
1 pinch ground cumin, or to taste  
1 pinch dried oregano, or to taste  
1 tbsp vegetable oil, or as needed  
1/2 tsp salt, or to taste  
16 low-carb tortillas (such as La Tortilla Factory Smart & Delicious(R))

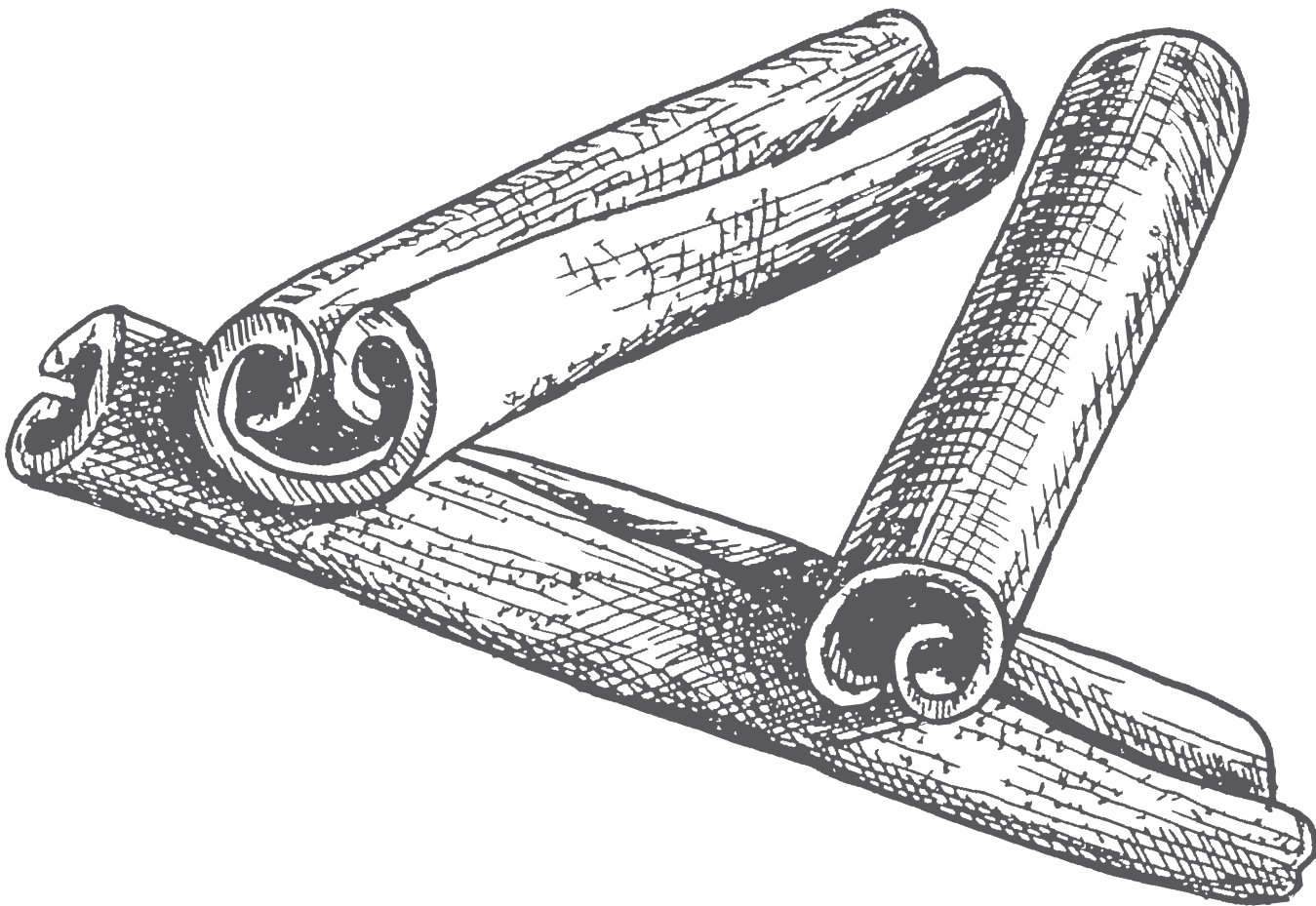
16 slices Monterey Jack cheese, divided  
1 tsp vegetable oil  
2 C. shredded cabbage, divided  
1/2 C. roasted tomato salsa, divided  
1 large jalapeno pepper, thinly sliced - or to taste

## Directions

1. Let your pasilla and guajillo chilies sit submerged in water for 40 mins.
2. Now slice your pork into eight strips.
3. Remove the liquid from the soaked chilies and add in oregano, garlic pieces, cumin, chipotle pepper, cayenne, cinnamon, vinegar and pineapple juice.
4. Puree this mix with a food processor. Then add everything to a bowl and place the pork in it.



5. Stir the mix and place a covering of plastic around the bowl.
6. Put everything in the fridge for 8 hrs.
7. Now get your grill hot and coat the grate with oil.
8. Place your pork on a plate and top the meat with 1 tbsp of veggie oil and some salt.
9. Grill your meat for 9 mins per side. Place the meat to the side.
10. Now add some veggie oil (1 tsp) to a frying pan and being to toast a tortilla.
11. Layer one piece of Monterey on the tortilla and toast everything for 3 more mins.
12. Continue this process for all the tortillas and cheese.
13. Now cut your pork into thinner smaller strips then divide them between the tortillas.
14. Top each with tortilla with some jalapeno, cabbage, and 1 tbsp tomato salsa.
15. Form the tortilla into a taco and serve.
16. Enjoy.



# CATALINA'S

## Mexican Rice



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 164 kcal

Carbohydrates 26.8 g

Cholesterol 1 mg

Fat 4.9 g

Protein 2.7 g

Sodium 845 mg

### Ingredients

2 tbsps olive oil

1 cup rice

1/2 large onion, diced

1/2 tbsp salt

1/8 tsp ground cumin

1/8 tsp ground black pepper

2 1/2 cups water

1/3 cup tomato sauce

1 tbsp chicken bouillon

1 whole serrano chili pepper (optional)

### Directions

1. Cook onion and rice in hot oil at medium heat for about 5 minutes or until golden brown and add pepper, salt and cumin.
2. Now pour in some water over this mixture before adding chicken bouillon and tomato sauce.
3. Bring this to a boil over medium heat after covering.
4. Now add some chili pepper and cook for another 10 minutes.
5. Now turn the heat down to low and cook for another 20 minutes.
6. Let cool. Serve and enjoy.

# Mango Salsa Steak Fajitas



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories	391 kcal
Carbohydrates	46.5 g
Cholesterol	31 mg
Fat	13.9 g
Protein	21.6 g
Sodium	1068 mg

## Ingredients

Tacos:

- 1 tbsp vegetable oil
- 1 (1 oz.) package taco seasoning mix
- 1 (1 1/4 pound) flank steak, trimmed of excess fat
- 8 (6 inch) flour tortillas for soft tacos & fajitas

Mango Salsa:

- 2 ripe medium mangoes, seed removed, peeled and diced

Juice of 1 medium lime

- 1 jalapeno chili, seeded, chopped
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh cilantro leaves

## Directions

1. Preheat your oven to 400 degrees F before doing anything else.
2. Cook flank steak after putting taco seasoning and mix over it on high heat until golden brown and place this in the preheated oven until tender.
3. Let it cool down for about 10 minutes and in this time, combine all the salsa ingredients thoroughly.
4. Cut down the prepared steak into small pieces and fold tortillas in three pieces with some salsa.
5. Serve.

# AMAZING Wet Burritos



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 1191 kcal

Fat 59.3 g

Carbohydrates 103.9g

Protein 59.1 g

Cholesterol 179 mg

Sodium 2551 mg

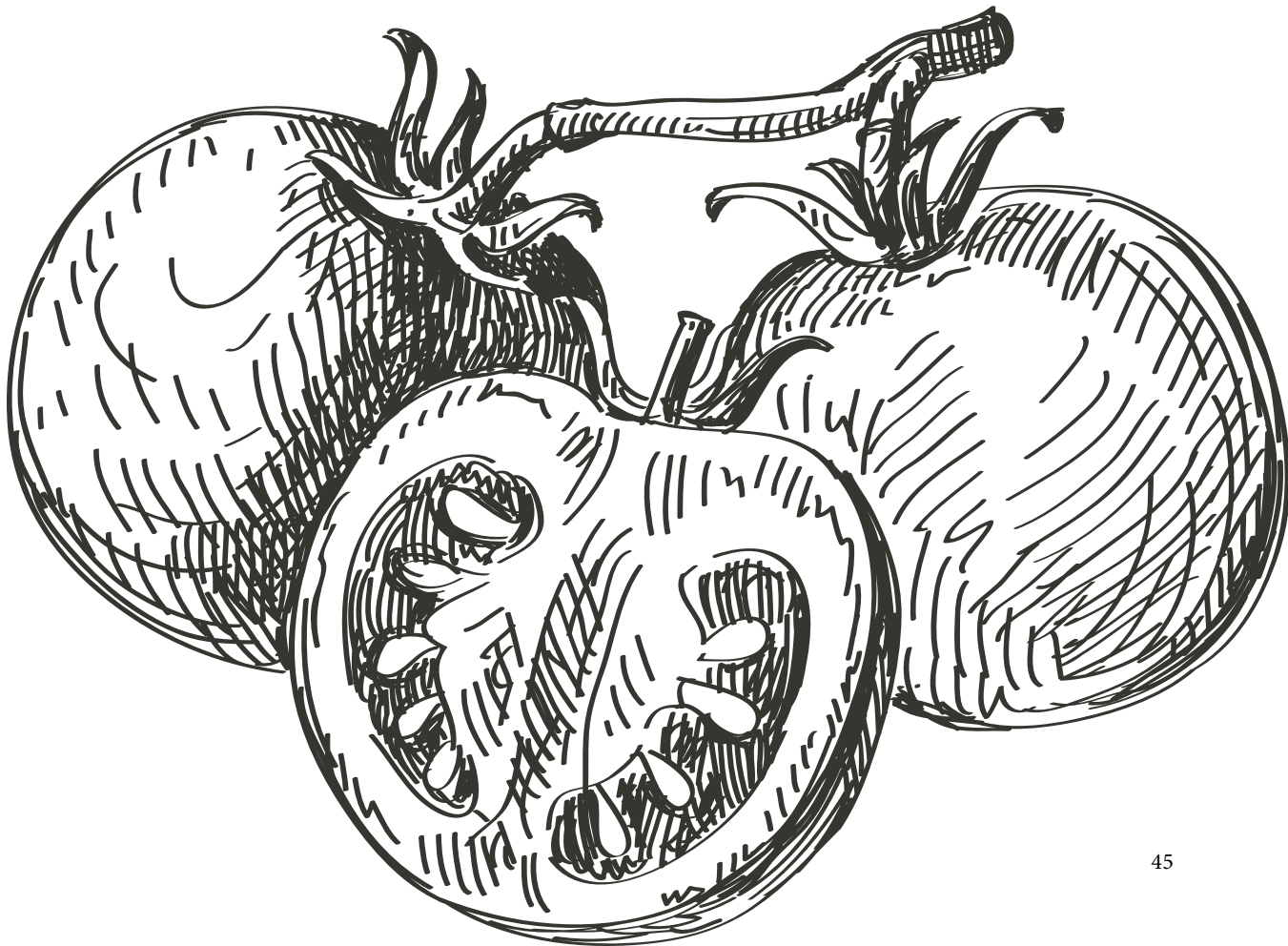
## Ingredients

- 1 lb lean ground beef
- 1/2 C. chopped onion
- 2 cloves garlic, minced
- 1 (14.5 oz.) can diced tomatoes with juice, divided
- 1 tbsp Worcestershire sauce
- 1 1/2 tsps chili powder
- 1 tsp paprika
- 1 tsp dried oregano
- 3/4 tsp ground cumin
- 1/2 tsp ground black pepper
- 2 C. refried beans
- 1/4 tsp ground cumin
- 1 (18 oz.) jar beef gravy
- 1 (10 oz.) can enchilada sauce
- 4 large flour tortillas
- 2 C. shredded Cheddar cheese, divided
- 1 C. sour cream, divided
- 1/4 C. chopped onion, divided
- 1/4 C. chopped tomatoes, divided
- 1 C. chopped lettuce, divided

## Directions

1. Set your oven to 375 degrees before doing anything else.
2. Fry your garlic, half a C. of onions, and beef in hot oil, in a frying pan for 9 mins, until the beef is fully done then crumble it. Remove oil excesses from the meat.
3. Add the following to your beef, let it boil for 5 mins: black pepper, 1/2 can diced tomatoes, 3/4 tsp cumin, Worcestershire sauce, oregano, paprika, and chili powder.
4. Get a saucepan and warm up your refried beans and 1/4 tsp of cumin.
5. Get a 2nd saucepan and boil the following: enchilada sauce, half of your diced tomatoes, and beef gravy.
6. Simultaneously heat the tortillas in the microwave for 30 secs.
7. Make four burritos with the following layers in each tortilla: a fourth of the beef mix, a fourth of the refried beans, and a fourth of the cheddar.
8. Fold everything into burritos and layer them with the seam downwards in a casserole dish.

9. Before baking coat the burritos with some gravy and one C. of cheddar. Cook in the oven for 20 mins.
10. Garnish each burrito with some sauce from the casserole dish, a fourth of a C. of lettuce, a fourth of a C. of sour cream and a fourth of a C. of chopped onion and tomato.
11. Enjoy.











# MEATBALLS

## Stew



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 477.1

Fat 25.3g

Cholesterol 101.2mg

Sodium 288.5mg

Carbohydrates 36.0g

Protein 25.5g

### Ingredients



1 lb. ground meat  
1 onion, peeled and minced  
1 C. tomatoes  
2 green bell peppers, seeded and chopped  
1 quart water  
1 potato, peeled and diced  
salt  
4 slices toast

### Directions

1. Make marble-sized balls from the ground meat.
2. In a skillet, add the peppers, onion, tomatoes and water and bring to a boil.
3. Carefully, stir in the meatballs and simmer for about 30 minutes.
4. Add potatoes and salt and cook for about 10 minutes.
5. Serve stew alongside toast.



# Blackberry & Orange Pie

 Prep Time: 20 mins  
 Total Time: 55 mins

Servings per Recipe: 6  
Calories 478.4  
Fat 20.5g  
Cholesterol 0.0mg  
Sodium 330.0mg  
Carbohydrates 70.1g  
Protein 6.0g

## Ingredients

5 C. blackberries  
1/2 C. sugar  
1/4 C. water  
1/4 C. orange marmalade  
3 tbsp cornstarch  
4 drops blackberry flavoring  
2 (9 inch) pie crusts, unbaked but frozen

1 egg white, beaten  
1 tbsp sugar

## Directions

1. Set your oven to 375 degrees F before doing anything else and arrange a rack in the center of oven.
2. In a medium pan, add the sugar, marmalade and 1/4 C. of the water over medium heat and bring to a boil.
3. Remove from the heat and stir in half of the berries.
4. Add the cornstarch mixture and stir until well combined.
5. Return to heat and cook until thickened, stirring continuously.
6. Stir in the remaining berries and the blackberry flavoring and remove from the heat.
7. Place the hot berry mixture into the frozen pie shell.
8. Cut the pieces from another pie shell for the top.
9. Arrange the pieces over the top of the pie, leaving spaces in between for venting.
10. Coat the top with egg white and sprinkle with sugar.
11. Cook in the oven for about 35 minutes.
12. Remove from the oven and keep aside to cool before serving.

# MARIA'S Pico De Gallo



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 17.9

Fat 0.1g

Cholesterol 0.0mg

Sodium 4.1mg

Carbohydrates 3.9g

Protein 0.6g

## Ingredients

2 C. tomatoes, diced

1 C. yellow onion, diced

1 C. cilantro, chopped

1 tsp celery seed

## Directions

1. In a bowl, add all the ingredients and mix well.
2. Serve immediately.

# California Burgers



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 624.6

Fat 36.2g

Cholesterol 122.4mg

Sodium 674.5mg

Carbohydrates 40.2g

Protein 33.4g

## Ingredients

3 tbsp unsalted butter  
2 C. yellow onions, sliced  
1 lb. ground beef  
2 tsp Worcestershire sauce  
salt and pepper

8 slices rye bread  
4 oz. goat cheese  
mustard, your choice

## Directions

1. In a medium skillet, melt the butter over medium heat and stir in the onion.
2. Reduce the heat to low and cook, covered for about 15 minutes, stirring occasionally.
3. Uncover and cook for about 45 minutes, stirring frequently.
4. Set the broiler of your oven and grease a broiler pan.
5. In a large bowl, mix together the ground beef, Worcestershire sauce, salt and pepper.
6. Make 8 equal sized patties from the mixture.
7. Cut the cheese into 4 pieces a little smaller than the patties.
8. Place a piece of cheese on 4 of the patties, cover with the remaining patties, and press edges together to seal.
9. Arrange the patties onto prepared broiler pan.
10. Cook under the broiler for about 4 minutes per side.
11. During the last few minutes of cooking, place the bread slices on the outer edges of the broiler pan to toast.
12. Top 4 slices of the bread with the patties and caramelized onion.
13. Cover with the remaining bread slices and serve.

# HOW TO

## Make Shortbread



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 24

Calories 97.4

Fat 7.1g

Cholesterol 11.2mg

Sodium 69.0mg

Carbohydrates 7.2g

Protein 1.6g

### Ingredients

3/4 C. flour

1/2 C. cornstarch

1/4 C. icing sugar

1/2 tsp salt

1/2 C. ground walnut

1/2 C. unsalted butter, softened

1/4 C. blue cheese

1/2 tsp grated lemon zest

24 walnut halves

### Directions

1. Set your oven to 275 degrees F before doing anything else and line a baking sheet with the parchment paper.
2. In a bowl, mix together the flour, cornstarch, icing sugar, ground walnuts and salt.
3. Add butter, blue cheese and lemon zest and with your hands, knead until a soft dough ball is formed.
4. Using a small scoop, shape the dough into half-spheres and then press a walnut half into the top of each cookie.
5. Arrange cookies onto prepared baking sheet.
6. Cook in the oven for about 27-30 minutes.
7. Remove from the oven and keep onto the wire rack to cool in the pan for about 5 minutes.
8. Carefully, invert the cookies onto the wire rack to cool completely.

# Deep Fudge Cake



Prep Time: 20 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 24

Calories 392.7

Fat 19.4g

Cholesterol 69.5mg

Sodium 135.4mg

Carbohydrates 54.2g

Protein 6.1g

## Ingredients

3/4 C. butter  
2 1/2 C. sugar  
6 eggs  
6 oz. unsweetened chocolate, melted  
1 1/2 tsp vanilla  
1 C. milk  
3 C. flour  
1 tbsp baking powder

1/4 tsp salt  
3 C. dates, chopped and tossed  
1 1/2 tbsp flour  
2 1/2 C. chopped coarsely pecans

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease and flour a 13x9 - inch baking dish.
2. In a very large bowl, add the sugar and butter and beat until creamy.
3. Add eggs and beat until well combined.
4. Add the chocolate, vanilla and milk and beat until well combined.
5. In another bowl, mix together the flour, baking powder and salt.
6. Add the flour mixture into chocolate mixture and mix until just combined.
7. Fold in the dates and pecans.
8. Place the mixture into the prepared baking dish evenly.
9. Cook in the oven for about 80 minutes or till a toothpick inserted in the center comes out clean.
10. Remove from the oven and keep onto the wire rack to cool in the pan for about 10 minutes.
11. Carefully, invert the cake onto the wire rack to cool completely before serving.

# BANANA & Blueberry Split



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 1021.3

Fat 18.7g

Cholesterol 60.5mg

Sodium 189.3mg

Carbohydrates 212.1g

Protein 5.7g

## Ingredients

3/4 C. blueberry jam

1 C. whipped cream

1 banana, ripe and split in half lengthwise

1/3 C. chocolate ice cream

shredded coconut

## Directions

1. In a small bowl, add the blueberry jam and enough water to thin and mix well.
2. In a banana split dish, spread whipped cream and drizzle with blueberry sauce.
3. Place banana halves on top of blueberry sauce, followed by the chocolate ice cream and shredded coconut.
4. Serve with a dollop of whipped cream.



# Sun-Dried Mushroom Pie



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 444.9

Fat 29.0g

Cholesterol 171.3mg

Sodium 744.6mg

Carbohydrates 27.1g

Protein 19.6g

## Ingredients

18 inches pie crusts

1 (6 oz.) jars marinated artichoke hearts,  
chopped

1/2 lb. mushroom, chopped

2 garlic cloves, minced

1 tbsp sun-dried tomato, minced

4 eggs

2 C. provolone cheese, shredded

1/8 tsp cayenne

## Directions

1. Set your oven to 400 degrees F before doing anything else.
2. Reserve 1 unbaked pie shell.
3. Place the second crust onto a lightly floured surface and roll into 11-inch circle.
4. In a large frying pan, add the marinated artichoke hearts, mushrooms and garlic over medium heat and cook for about 2-3 minutes.
5. Stir in sun dried tomatoes and remove from the heat.
6. In a large bowl, add the eggs and beat lightly.
7. Stir in the cheese, cayenne and artichoke mixture.
8. Place the mixture into reserved pie shell.
9. Cover with rolled shell and crimp edges to seal the filling.
10. With a sharp knife, make four slits in the center of the top shell.
11. Cook in the oven for about 40-45 minutes.







# VENTURA

## Vegetarian Pate



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 382.1

Fat 33.8g

Cholesterol 243.6mg

Sodium 119.9mg

Carbohydrates 12.4g

Protein 10.4g

### Ingredients

2 large ripe avocados  
1 tbsp chopped green onion  
4 hard-boiled eggs  
of fresh mint  
chopped ground pepper  
2 tbsp lemon juice  
salt

1 1/4 C. sour cream  
2 garlic cloves, crushed  
2 tsp chopped olives  
1 1/8 tsp sweet parsley  
paprika

### Directions

1. Cut the avocados in half and remove the seeds
2. Carefully, scoop out flesh and transfer into a bowl.
3. Reserve the avocado skins for serving.
4. In the bowl of avocado flesh, add the remaining ingredients and mash well.
5. Place the mixture into shells and serve.

# California Omelet



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 256.4

Fat 18.9g

Cholesterol 374.4mg

Sodium 332.5mg

Carbohydrates 8.0g

Protein 15.3g

## Ingredients

1 lb. asparagus, trimmed  
salt  
2 tbsp Italian parsley, chopped  
2 tbsp water  
1/4 tsp ground black pepper  
10 eggs, beaten  
1/4 lb. feta cheese, crumbled  
1/2 red bell pepper, julienned

2 tbsp olive oil  
1 tbsp unsalted butter, cut  
1/2 C. onion, chopped  
6 lemon wedges  
6 sprigs Italian parsley

## Directions



1. Set your oven to 350 degrees F before doing anything else and arrange a rack in the middle of oven.
2. For the asparagus: in a large pan, add about 3-inch of water and 1 tbsp of salt and bring to a boil.
3. Add the asparagus and cook for about 3 minutes.
4. Drain well and with paper towels, pat dry.
5. Keep aside to cool.
6. After cooling, cut the asparagus into 1-inch pieces, reserving 1 spear for garnishing.
7. For the egg mixture: in a bowl, add the eggs, water, parsley, 1/4 tsp of the salt and pepper and beat until well combined.
8. Stir in the cheese and keep aside.
9. In a heavy oven-proof, 12-inch frying pan, heat the oil and sauté the bell pepper for about 5 minutes.
10. Stir in butter, onion and asparagus pieces and sauté for about 1 minute.
11. Pour egg mixture and quickly stir gently to mix with vegetables.
12. Cover the pan and transfer into the oven.

13. Cook in the oven for about 10 minutes.
14. Uncover and cook in the oven for about 10 minutes.
15. Remove from the oven and keep aside for about 5 minutes before serving.
16. Cut frittata into wedges and serve with a garnishing of reserved asparagus pieces, lemon wedges and parsley.





# Honey Cheese Spread

 Prep Time: 5 mins  
 Total Time: 5 mins

Servings per Recipe: 2

Calories	297.6
Fat	24.9g
Cholesterol	64.5mg
Sodium	176.0mg
Carbohydrates	13.3g
Protein	6.7g

## Ingredients

4 oz. cream cheese  
2 tbsp milk  
3 tsp honey  
3/4 tsp vanilla  
1/16 tsp nutmeg  
1/16 tsp cinnamon

3 tsp lemon juice  
2 tbsp diced toasted almonds

## Directions

1. In a bowl, add all the ingredients except almonds and mix until well combined.
2. Refrigerate to chill before serving.
3. Serve with a topping of the almonds.

# GOLDEN STATE Jell-O



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 8

Calories 442.5

Fat 31.4g

Cholesterol 111.1mg

Sodium 297.6mg

Carbohydrates 32.3g

Protein 10.2g

## Ingredients

- 2 (3 oz.) packaged lemon gelatin
- 1 (20 oz.) cans crushed pineapple
- 2 C. shredded cheddar cheese
- 1 pint heavy whipping cream

## Directions

1. In a bowl, dissolve the Jell-O in 1 3/4 C. boiling water.
2. Add 15 ice cubes and stir until dissolved.
3. Refrigerate until "soft set".
4. Strain the pineapple partially and place into the bowl of Jell-O.
5. Add the Cheddar Cheese and stir to combine.
6. In another bowl, add the whipping cream and beat until soft peaks form.
7. Fold the whipped cream into Jell-O mixture.
8. Refrigerate for about 2 hours before serving.

# Sonoma Potato Salad



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 422.4

Fat 26.9g

Cholesterol 25.1mg

Sodium 553.3mg

Carbohydrates 35.6g

Protein 11.5g

## Ingredients

- 2 1/2 lb. red potatoes
- 1/2 C. olive oil
- 1/4 C. white wine vinegar
- 1 tsp salt
- 1/4 tsp ground pepper
- 1/2 C. sliced roasted peeled red pepper
- 1/3 C. chopped green onion
- 3 tbsp chopped tarragon
- 1 1/2 C. finely diced California Monterey jack cheese

## Directions

1. Arrange a steamer basket over a pan of boiling water and steam potatoes, covered for about 35-40 minutes.
2. Remove potatoes from pan and keep aside to cool for about 30 minutes.
3. Meanwhile, for dressing: in a large bowl, add the vinegar, olive oil, salt and pepper and beat until smooth.
4. Add the roasted red peppers, green onion and tarragon and stir to combine.
5. Cut the potatoes in half lengthwise, then cut them cut into 1/2-inch thick slices crosswise.
6. In the bowl of dressing, add the potato slices and cheese and gently, toss to coat.
7. Serve immediately.

# MOOR PARK

## Seafood Au Gratin Dip



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 1

Calories 514.8

Fat 32.9g

Cholesterol 131.8mg

Sodium 1886.2mg

Carbohydrates 20.5g

Protein 29.2g



### Ingredients

2 tbsp butter  
1 tsp butter, melted  
3 tbsp all-purpose flour  
1/2 tsp salt  
1/8 tsp paprika  
1/2 C. half-and-half cream  
1/2 C. milk  
1/4 C. white wine  
1 (6 oz.) cans crab meat, flaked and cartilage removed  
1 (4 oz.) cans mushroom stems and pieces, chopped  
1 1/2 tsp snipped chives  
1/2 C. shredded cheddar cheese  
1 tbsp dry breadcrumbs  
assorted cracker

### Directions

1. Set your oven to 400 degrees F before doing anything else and grease a shallow 1-quart baking dish.
2. In a pan, melt 2 tbsp of the butter.
3. Add the flour, salt and paprika and stir until smooth.
4. Slowly, add the milk, cream and wine and bring to a boil, stirring continuously.
5. Cook for about 1-2 minutes, stirring continuously.
6. Stir in the crab, mushrooms and chives and cook until heated completely.
7. Add the cheese and stir until just melted.
8. Transfer the mixture into prepared baking dish.
9. In a bowl, mix together remaining melted butter and breadcrumbs and toss to coat well.
10. Sprinkle breadcrumb mixture over crab mixture evenly.
11. Cook in the oven for about 10-15 minutes.
12. Remove from oven and keep aside for about 5 minutes before serving.
13. Serve alongside the crackers.

# American Ground Beef Casserole

 Prep Time: 15 mins  
 Total Time: 1 hr

Servings per Recipe: 6

Calories	348.9
Fat	18.6g
Cholesterol	83.9mg
Sodium	700.9mg
Carbohydrates	19.9g
Protein	25.3g

## Ingredients

1 lb. lean ground beef	2 C. fine egg noodles, crushed
1/2 lb. sliced American cheese	1 (1 lb.) can tomato with juice
2 C. chopped celery	
1/2 C. chopped onion	
1 (2 1/4 oz.) cans sliced ripe olives	

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. Heat a skillet over medium heat and cook the ground beef until browned and mixture is crumbly.
3. Cut the canned tomatoes into small chunks, reserving juice.
4. Transfer the browned meat into a 2-quart shallow baking dish and top with cheese slices evenly, followed by celery, onion, olives, crushed noodles and tomato chunks.
5. Pour the reserved tomato juice on top evenly.
6. Cover the baking dish and cook in the oven for about 45 minutes.

# PASTA SALAD

## California



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 268.9

Fat 7.8g

Cholesterol 3.2mg

Sodium 163.5mg

Carbohydrates 40.2g

Protein 10.2g

### Ingredients

3 C. shelled pasta, uncooked

3 C. frozen broccoli

1/2 C. chopped yellow sweet pepper

3 tbsp margarine

5 garlic cloves, sliced

1/4 tsp crushed dried red pepper flakes

1/3 C. grated Parmigiano-Reggiano  
cheese

### Directions

1. In a pan of salted boiling water, cook pasta according to package's directions.
2. In the last 2 minutes of cooking, stir in broccoli and sweet pepper.
3. Drain pasta and vegetables.
4. In a non-stick skillet, melt margarine over medium heat and sauté the garlic and dried red pepper flakes for about 1 minute.
5. In a large bowl, add pasta, vegetables, garlic mixture and salt and toss to coat well.
6. Serve with a sprinkling of the cheese.



# Los Angeles Monterey Quiche



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 332.1

Fat 24.9g

Cholesterol 145.8mg

Sodium 340.2mg

Carbohydrates 14.7g

Protein 12.5g

## Ingredients

- 1 ready-made pie crust
- 1 tbsp cooking oil
- 1/4 C. onion, chopped
- 1 clove garlic, crushed
- 1/2 C. red bell pepper, chopped
- 1/2 C. green bell pepper, chopped
- 1 1/2 C. Monterey jack cheese
- 3 large eggs
- 1 C. half-and-half milk
- 1/2 tsp dried basil

## Directions

1. Set your oven to 425 degrees F before doing anything else.
2. Place a pie crust into 9-inch pie plate and gently, press to fit.
3. Cook in the oven for about 8 minutes.
4. For the filling: in a 10-inch skillet, heat oil and sauté the onion and garlic for about 1 minute.
5. Add the peppers and cook for about 2-3 minutes.
6. Place the peppers mixture over cooked pie crust and sprinkle with cheese.
7. In a small bowl, add half-and-half, eggs and basil and beat until well combined.
8. Carefully pour egg mixture over pepper mixture evenly.
9. Cook in the oven for about 15 minutes.
10. Now, set the oven to 350 degrees F and cook the quiche for about 20 minutes.







## NORTH

# Cali Dinner (Pasta with Chicken)



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 8

Calories 594.4

Fat 32.0g

Cholesterol 117.5mg

Sodium 747.3mg

Carbohydrates 39.6g

Protein 33.4g

### Ingredients

3 lb. chicken, cut up	1/2 C. chopped onion
1/2 C. evaporated milk	1 garlic clove, minced
1 C. biscuit mix	1/2 tsp oregano
8 oz. spaghetti	1/2 tsp salt
1 lb. stewed tomatoes	1/4 tsp pepper
1 C. sour cream	8 oz. mozzarella cheese, sliced
1/2 C. white wine	oil
3 oz. chopped mushrooms	

### Directions

1. Set your oven to 375 degrees F before doing anything else and grease a baking dish. In 2 different shallow bowls, place the milk and biscuit mix respectively.
2. Coat the chicken pieces with the milk and then with the biscuit mix evenly. In a heavy-bottomed skillet, add 1/4-inch of the oil over medium heat and cook until heated through.
3. Add the chicken and fry until browned completely.
4. In a pan of the salted boiling water, cook the spaghetti as suggested on the package. Drain the spaghetti well and transfer into a bowl.
5. Add the onions, mushrooms, garlic, tomatoes, wine, sour cream, oregano, salt and pepper and mix until well combined.
6. In the prepared baking dish, place the mixture and top with the chicken, followed by the cheese. Cook in the oven for about 1 hour. Enjoy hot

# Loaded Spinach



Prep Time: 12 mins



Total Time: 22 mins

Servings per Recipe: 6

Calories 106.2

Fat 6.1g

Cholesterol 18.3mg

Sodium 316.2mg

Carbohydrates 8.3g

Protein 6.1g

## Ingredients

2 (10 oz.) packages frozen chopped spinach  
0.5 (1 oz.) packet dry onion soup mix  
1 C. light sour cream  
1/2 C. dry herb stuffing mix

1/4 C. shredded cheddar cheese

## Directions

1. In a microwave-safe dish, place both spinach packages and microwave on high for about 9 - 10 minutes.
2. Remove the spinach from the packaging and drain the liquid completely.
3. Place spinach in the same baking dish with the sour cream and soup mix and mix well.
4. With the back of a spoon, smooth the top surface.
5. Spread the stuffing mix on top, followed by the cheese and microwave on High for about 6 - 8 minutes.
6. Enjoy hot.

## CALIFORNIA

# Chimichurri Rib-Eye



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 404.3

Fat 41.7g

Cholesterol 13.2mg

Sodium 168.0mg

Carbohydrates 3.2g

Protein 6.7g

### Ingredients

2 rib eye steaks

1/4 C. pesto sauce

2 tbsp shredded Parmesan cheese

1 tbsp olive oil

Pesto

2 C. basil leaves, packed

1/2 C. grated Romano cheese

1/2 C. extra virgin olive oil

1/3 C. pine nuts



3 medium sized garlic cloves, minced  
salt & ground black pepper

### Directions

1. Set your grill for medium heat and lightly, grease the grill grate.
2. For the pesto: in a blender, add the pine nuts, basil and garlic and pulse until chopped finely.
3. While motor is running, slowly add the oil and pulse until well combined. Add the Romano cheese, a pinch of salt and black pepper and pulse until well combined.
4. Transfer the pesto into a bowl.
5. Add the Parmesan cheese and mix well.
6. With a sharp knife, make a horizontal cut inside of each beef steak to create a pocket. Place the pesto mixture inside the pocket of each steak evenly and with your fingers, press pockets to close.
7. Drizzle each pocket with oil evenly.
8. Arrange the steak pockets on the grill about 4-5-inch from heating element. Cover and cook on the grill for about 6-7 minutes per side.
9. Remove the steaks from grill and place onto a cutting board.
10. Cut each into thick strips and enjoy.



# Baja Taco Bowls

 Prep Time: 15 mins  
 Total Time: 15 mins

Servings per Recipe: 6

Calories	369.5
Fat	22.8g
Cholesterol	38.2mg
Sodium	196.6mg
Carbohydrates	25.8g
Protein	18.5g

## Ingredients

1 head romaine lettuce, chopped  
1 (15 oz.) cans black beans, drained  
1/2 C. shredded cheddar cheese  
1 avocado, diced  
1 mangoes, diced  
1/2 C. sliced black olives, drained  
1/2 lb. cooked chicken, seasoned with salt  
and chili powder

1 tbsp lime juice  
1/2 C. vinaigrette dressing  
1 C. broken tortilla chips  
light sour cream  
mild salsa

## Directions

1. In a bowl, add the chicken, beans, cheese, mango, avocado, olives and lettuce and mix well.
2. Add the lime juice and dressing and toss to coat well.
3. Serve with a garnishing of the tortilla chips, salsa and sour cream. Enjoy.

# AUTHENTIC California Chili



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 327.2

Fat 5.9g

Cholesterol 0.0mg

Sodium 366.1mg

Carbohydrates 51.5g

Protein 16.6g

## Ingredients

### Chili

- 2 tbsp olive oil
- 1 C. chopped onion
- 1 green bell pepper, chopped
- 1/2 C. red wine
- 1 (14 1/2 oz.) cans diced tomatoes
- 1 (15 oz.) cans black beans, drained and rinsed
- 1 (15 oz.) cans red kidney beans, drained and rinsed
- 1 (15 oz.) cans great northern beans, drained and rinsed

### Spice Mix

- 4 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp dried basil leaves
- 2 tsp sugar
- 1/2 tsp salt
- 1/2 tsp seasoned pepper

## Directions

1. For spice blend: in a bowl, add all the ingredients and mix well.
2. In a pot, add the oil over medium-high heat and cook until heated through.
3. Add the green pepper and onion and stir fry for about 4-5 minutes.
4. Stir in the remaining ingredients and spice blend and cook until boiling.
5. Set the heat to low and cook for about 18-20 minutes, mixing often.
6. Enjoy hot.

# Honey Raisin Granola



Prep Time: 5 mins



Total Time: 13 mins

Servings per Recipe: 1

Calories 455.1

Fat 22.4g

Cholesterol 1.5mg

Sodium 239.2mg

Carbohydrates 56.1g

Protein 11.9g

## Ingredients

2 1/4 C. Quaker Oats, uncooked	1/2 C. margarine
1/2 C. nonfat dry milk powder	1/4 C. honey
1/2 C. sunflower seeds	1/2 C. raisins
1/2 C. nuts, chopped	
1/2 C. wheat germ	
1/2 C. packed brown sugar	

## Directions

1. Set your oven to 325 degrees F before doing anything else.
2. In a bowl, add all the ingredients except the raisins and mix until well combined.
3. Transfer the mixture into an ungreased 15x10-inch baking dish evenly.
4. Cook in the oven for about 45-50 minutes, mixing often.
5. Remove from the oven and immediately, mix the raisins.
6. Keep aside to cool completely.
7. Enjoy with milk and topping of your choice.
8. You can store this granola in fridge by placing into an airtight container.

# 2-INGREDIENTS

## Dip



Prep Time: 2 mins



Total Time: 2 mins

Servings per Recipe: 10

Calories 89.9

Fat 7.8g

Cholesterol 24.9mg

Sodium 345.0mg

Carbohydrates 3.7g

Protein 2.0g



### Ingredients

- 1 (8 oz.) packages cream cheese
- 1 (16 oz.) jars of your favorite salsa

### Directions

1. In a serving bowl, place the cream cheese and top with the salsa.
2. Keep aside until mixture comes to room temperature.
3. Enjoy.

# Country Chicken with Mushrooms

 Prep Time: 5 mins  
 Total Time: 25 mins

Servings per Recipe: 2

Calories	336.3
Fat	19.3g
Cholesterol	114.5mg
Sodium	351.8mg
Carbohydrates	10.5g
Protein	30.1g

## Ingredients

4 boneless skinless chicken thighs	seasoned salt
2 tbsp olive oil	garlic salt
1 C. sliced leek	pepper
1 C. sliced mushrooms	
2 tbsp tomato paste	
1/4 C. chicken broth	

## Directions

1. Season the chicken with the garlic salt, seasoned salt and pepper.
2. In a non-stick skillet, add the oil and cook until heated through.
3. Add the chicken and sear until browned completely.
4. Add the mushrooms, leeks, tomato paste and broth and cook until boiling.
5. Set the heat to low and cook, covered for about 18-20 minutes.
6. Remove from the heat and enjoy hot.

# CHINESE

## Cold Noodle Salad



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 457.2

Fat 16.7g

Cholesterol 0.0mg

Sodium 281.0mg

Carbohydrates 61.0g

Protein 18.9g

### Ingredients



- 8 oz. dried capellini
- 1 C. frozen shelled edamame
- 1 -2 tbsp canola oil
- 6 oz. shiitake mushrooms, stems removed, sliced
- 1 tbsp toasted sesame oil
- 1 tbsp soy sauce
- 2 tbsp rice vinegar
- 1/2 C. julienned carrot
- 1/2 C. sliced red cabbage
- 2/3 C. sliced green onion
- 1/4 C. sesame seeds, lightly toasted
- crushed red pepper flakes

### Directions

1. In the pan of salted boiling water, cook the pasta and edamame until desired doneness
2. Drain well and keep aside.
3. In a skillet, add the oil over low heat and cook until heated through.
4. Add the mushroom slices and cook until cooked through.
5. Remove from the heat and stir in the vinegar, sesame oil and soy sauce.
6. In a bowl, add the cooked mushroom mixture, noodles mixture, cabbage, carrots and green onions and toss to coat well.
7. Enjoy with a topping of the sesame seeds and red pepper flakes.



# Napa Consommé with Avocado Slices

 Prep Time: 15 mins  
 Total Time: 15 mins

Servings per Recipe: 6

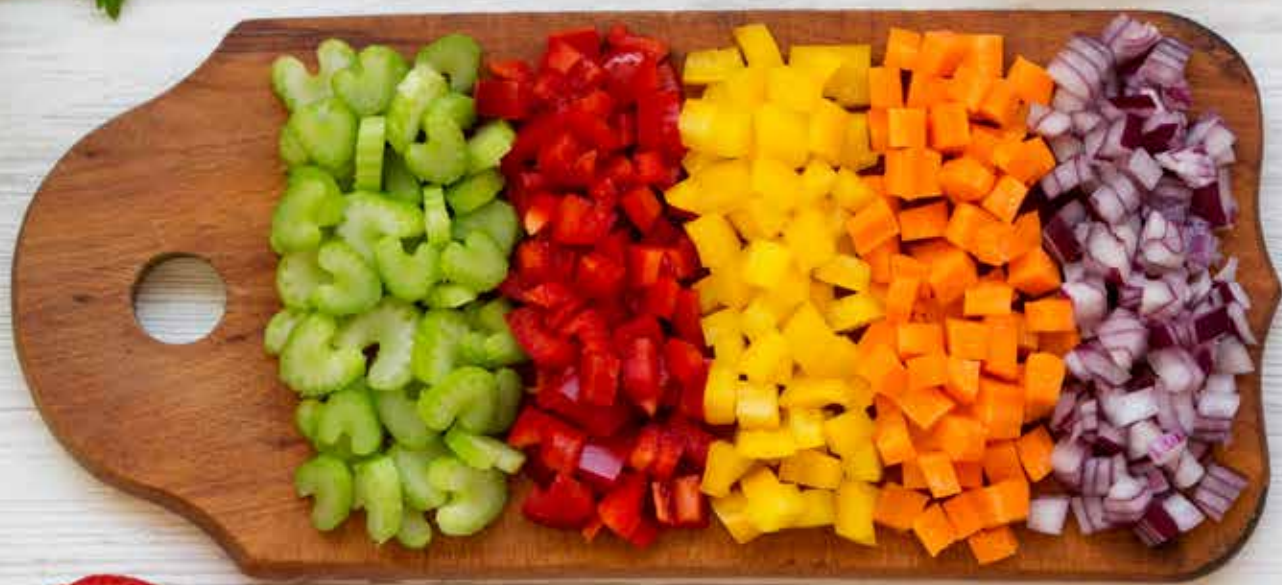
Calories	229.5
Fat	11.7g
Cholesterol	0.0mg
Sodium	1029.8mg
Carbohydrates	13.1g
Protein	8.4g

## Ingredients

8 C. chicken broth	6 -8 tbsp sherry wine
2 ripe avocados, pitted, peeled and sliced	1/2 C. parsley, chopped
2 lemons, sliced	

## Directions

1. In a pot, add the broth and cook until boiling.
2. In a serving bowls, place the avocado slices evenly and top each with the lemon slices.
3. Add the broth and sherry into each bowl.
4. Enjoy with a garnishing of the parsley.







# LOS ANGELES

## Texas Dip



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 598.7

Fat 51.6g

Cholesterol 106.6mg

Sodium 2452.5mg

Carbohydrates 27.4g

Protein 9.7g

### Ingredients

1 (16 oz.) containers sour cream

1 tbsp dill

1 (2 oz.) packet onion soup mix

1/2-1 tsp hot sauce

### Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Cover the bowl and place in the fridge for about 3 hours.
3. Enjoy chilled.

# Curry Honey Shrimp Salad



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 551.8

Fat 16.9g

Cholesterol 239.1mg

Sodium 1241.3mg

Carbohydrates 73.0g

Protein 35.1g

## Ingredients

1 lb. cooked baby shrimp, peeled  
1 lb. green seedless grape, halved  
3 stalks celery, diced  
4 oz. sliced almonds  
4 oz. canned water chestnuts, drained, sliced  
8 oz. canned lychees, drained  
1 small pineapple, peeled, cored and cut into chunks

## Honey Aioli

1 1/2 C. mayonnaise  
1 tbsp honey  
1 tbsp reduced sodium soy sauce  
2 tbsp mild curry powder  
1/2 lime, juice  
lettuce leaf

## Directions

1. In a bowl, add the shrimp, almonds, grapes, lychees, water chestnuts and celery and mix
2. Gently, fold in the pineapple chunks.
3. In another bowl, add the dressing ingredients and beat until well combined.
4. Arrange lettuce onto 4 salad plates evenly and top with the shrimp salad.
5. Drizzle each plate with some dressing.
6. Enjoy alongside the remaining dressing.

# CALIFORNI

## Shrimp Frittata



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 168.7

Fat 5.1g

Cholesterol 91.6mg

Sodium 310.4mg

Carbohydrates 1.3g

Protein 27.1g

### Ingredients

2 oz. California pink shrimp  
1/2 C. egg substitute  
2 tsp cold water  
cracked black pepper  
1/4 tsp dried dill

1 tbsp soft fresh goat cheese  
1 tsp chopped chives  
nonstick cooking spray

### Directions

1. In a bowl, add the egg substitute, dill, water and black pepper and beat until well combined.
2. Grease a nonstick skillet with the cooking spray and heat over medium heat.
3. Add the egg mixture and cook until the mixture begins to set.
4. Place the shrimp and goat cheese on half of the egg mixture and fold the other half over the filling.
5. Enjoy hot with a garnishing of the chives.



# West Coast Torte



Prep Time: 15 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 10

Calories 247.4

Fat 23.6g

Cholesterol 71.2mg

Sodium 466.5mg

Carbohydrates 2.5g

Protein 6.9g

## Ingredients

- 2 (8 oz.) packages cream cheese
- 2 cloves garlic, minced
- 8 oz. feta cheese
- 2 tsp thyme
- 2 tbsp olive oil
- 3 tbsp pesto sauce
- 1/3 C. roasted red pepper, drained and chopped
- additional red pepper, strips

## Directions

1. Arrange a plastic sheet in a dish.
2. In a blender, add the cream cheese, feta and garlic and pulse until well combined.
3. Add the thyme and oil and pulse until well combined.
4. In the bottom of the prepared dish, place about 1/3 of the cheese mixture evenly and top with the pesto, followed by another 1/3 of the cheese mixture over, red peppers and remaining cheese mixture.
5. Cover the dish and place in the fridge for about 3 hours.
6. Enjoy with a garnishing of the extra red pepper strips.

# SALMA'S Potato Soup



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 8

Calories 223.6

Fat 14.5g

Cholesterol 37.1mg

Sodium 640.5mg

Carbohydrates 20.3g

Protein 4.2g

## Ingredients

3/4 lb. leek, roots, dark green tops and tough outer leaves removed  
1 lb. baking potato, peeled and cut into chunks  
2 tsp kosher salt  
3/4 tsp dried oregano  
3/4 tsp dried thyme  
1/4 tsp ground black pepper  
1 bay leaf

2 tbsp extra virgin olive oil  
1 tsp soy sauce  
1 1/3 C. chicken broth  
1 1/2 C. half - and - half  
1/2 C. whipping cream  
2 tbsp green onions, sliced, green part only

## Directions

1. Cut each leek in half lengthwise and then into 1/4-inch slices crosswise.
2. Rinse the leeks completely.
3. In a pot, add half of leeks, potatoes, oregano, thyme, bay leaf, salt, black pepper and 3 C. of the water over high heat and cook until boiling.
4. Set the heat to low and cook, covered for about 4-5 minutes. Discard the bay leaf.
5. Meanwhile, in a non-stick skillet, add the oil over medium heat and cook until heated through.
6. Add the remaining leeks and cook for about 11-12 minutes, mixing frequently.
7. Stir in the soy sauce and cook for about 1-2 minutes, mixing all the time.
8. Remove from the heat and place the leek mixture into the simmering potato mixture.
9. Stir in the broth and remove from the heat Keep aside to cool slightly.
10. In a blender, add the soup in batches and pulse until smooth.
11. Place the pureed soup into the same pan and stir in the heavy cream and half - and - half.
12. Place the pan over low heat and cook until heated completely, mixing often.
13. Enjoy hot with a garnishing of the green onion slices.

# California Artichoke Hot Pot



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 181.5

Fat 7.5g

Cholesterol 0.0mg

Sodium 119.6mg

Carbohydrates 27.2g

Protein 6.2g

## Ingredients

1 (14 oz.) cans water - packed artichoke hearts, drained and rinsed	1/4 tsp cayenne
1 (14 oz.) cans vegetable broth	1/4 tsp ground thyme
1 tbsp olive oil	1/4 tsp garlic powder
1 tbsp flour	

## Directions

1. In a food processor, add the broth and artichokes and pulse until smooth.
2. In a pot, add the oil over medium - high heat and cook until heated.
3. Stir in the flour and cook until just golden brown, mixing all the time.
4. Slowly, add the artichoke puree, mixing all the time.
5. Stir in the spices and cook for about 4-5 minutes.
6. Enjoy hot.

# NICOISE Salad



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 507.0

Fat 47.5g

Cholesterol 144.9mg

Sodium 696.5mg

Carbohydrates 13.3g

Protein 10.0g

## Ingredients

### Salad

- 1 head butter lettuce
- 3 C. green beans, cooked and chilled
- 4 tomatoes, quartered
- 2 C. canned solid albacore tuna, chilled
- 1/2 C. kalamata olive, pitted
- 3 hard-boiled eggs, peeled and quartered
- 6 anchovy fillets
- 1 tbsp tarragon, minced
- 1 tbsp chives, minced
- 1 tbsp basil, minced

### Vinaigrette

- 1/4 C. red wine vinegar
- 1 tbsp water
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/8 tsp black pepper
- 1/4 tsp dry mustard
- 1/4 tsp dried basil
- 3/4 C. extra virgin olive oil

## Directions

1. In a bowl, add the vinegar, oil, water, mustard, basil, garlic powder, salt and pepper, mustard and basil and beat until well combined.
2. In the bottom of a shallow dish, arrange the large outer leaves of the lettuce. Tear the remaining lettuce leaves.
3. In a bowl, add the torn lettuce and 2 tbsp of the dressing and toss to coat well. Place the torn lettuce over lettuce leaves in the dish.
4. In another bowl, add the tuna, beans, tomatoes and some of the dressing and toss to coat well. Arrange tuna mixture over lettuce and top with the olives, followed by the eggs and anchovies.
5. Place the remaining dressing on top.
6. Enjoy with a garnishing of the fresh herbs.

# Cynthia's Caesar Salad



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 268.8

Fat 24.3g

Cholesterol 121.8mg

Sodium 634.5mg

Carbohydrates 3.7g

Protein 9.6g

## Ingredients

1 (2 oz.) cans anchovy fillets, drained  
1/4 C. Worcestershire sauce  
1/4 C. red wine vinegar  
3 tsp minced garlic  
2 tsp paprika  
1/2 tsp dried oregano  
1 tbsp grated Parmesan cheese  
1/2 C. vegetable oil  
salt and pepper

romaine lettuce, washed and chopped  
3 eggs, hard-boiled, peeled and chopped  
1/2 C. grated Parmesan cheese  
crouton  
lemon juice  
shredded mozzarella cheese

## Directions

1. In a food processor, add the anchovy fillets, 1 tbsp of the Parmesan cheese, garlic, vinegar, Worcestershire sauce, oregano and paprika and pulse on high speed until well combined.
2. While the motor is running, add the oil and black pepper and pulse until well combined.
3. In a bowl, place the eggs, romaine lettuce, 1/2 C. of the Parmesan cheese and croutons and toss to coat.
4. Place the lemon juice and dressing and toss to coat well.
5. Enjoy with a topping of the mozzarella.

# CALIFORNIA

## Shrimp Skillet



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 209.2

Fat 3.7g

Cholesterol 223.5mg

Sodium 265.7mg

Carbohydrates 19.6g

Protein 25.5g

### Ingredients

- 1 lb. cooked shrimp
- 1 C. red sweet pepper, stemmed, seeded and cut into strips
- 1 C. yellow sweet pepper, stemmed, seeded and cut into strips
- 1 C. green sweet pepper, stemmed, seeded and cut into strips
- 1 C. yellow onion, cut into strips
- 3 jalapeño chile, stemmed, seeded and minced
- 2 limes, juice
- 1 C. mango, peeled, pitted and sliced
- 1/3 C. mango juice
- 1 tsp butter
- 1 tsp olive oil
- ground black pepper

### Directions

1. In a non-stick wok, add the oil and butter over medium heat and cook until heated through.
2. Add the sweet peppers and onion and cook for about 4-5 minutes.
3. Stir in the shrimp, chilies, mango slices, mango juice, lime juice and black pepper and cook until heated completely, tossing often.
4. Enjoy hot.



# California Mixed Veggies



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 308.7

Fat 27.0g

Cholesterol 83.1mg

Sodium 264.8mg

Carbohydrates 8.8g

Protein 8.4g

## Ingredients

1/4 C. butter, melted

1/4 C. flour

2 C. milk

8 oz. cream cheese, diced

2 (16 oz.) packages frozen broccoli carrots

cauliflower mix

1/2 C. cheddar cheese, grated

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a baking dish.
2. In a pan of the boiling water, cook the frozen vegetables until desired doneness.
3. Drain the vegetables well.
4. For the sauce: in a pot, add the butter until melted.
5. Add the flour and cook until just golden, mixing continuously.
6. Slowly, add the milk, mixing continuously until smooth.
7. Gradually, add the cream cheese, mixing continuously until smooth.
8. In the bottom of the prepared baking dish, arrange the boiled vegetables and top with the sauce evenly, followed by the cheddar cheese.
9. Cook in the oven for about 30 minutes.
10. Enjoy hot.







# MORELOS

## Meringues with Topping



Prep Time: 1 hr

Total Time: 1 hr 12 mins

Servings per Recipe: 8

Calories 154.9

Fat 9.4g

Cholesterol 0.0mg

Sodium 26.6mg

Carbohydrates 17.3g

Protein 1.0g

### Ingredients

- |                            |                             |
|----------------------------|-----------------------------|
| 1 1/8 oz. walnuts          | 1/4 C. coconut oil          |
| 1 3/4 oz. icing sugar      | 1/2 C. icing sugar          |
| 1 egg white                | 2 tbsp limoncello, optional |
| 1 tsp meringue powder      | 1 tsp lemon extract         |
| 2 tbsp sugar               | 1 lemon, zest               |
| 1 pinch salt               | 1 dash yellow food coloring |
| 1 tsp pure vanilla extract |                             |
| 2 tsp green food coloring  |                             |

### Directions

1. For the filling: in a bowl, add the icing sugar, lemon zest, coconut oil, Limoncello, lemon extract and coloring and beat until creamy.
2. Place in the fridge for about 1 1/2 hours.
3. Set your oven to 375 degrees F and line a baking sheet with the parchment paper. In a blender, add the icing sugar and walnuts and pulse until finely ground. Sift the walnut mixture into a bowl and keep aside.
4. In a glass bowl, add the egg white, sugar, meringue powder and salt and with an electric beater, beat until stiff peaks form. Add the vanilla extract and coloring and beat until well combined.
5. Gently, fold in the walnut mixture. Now, place the mixture into a piping bag and pipe 3/4-inch rounds onto the prepared baking sheet. Gently, tap the baking sheet onto a counter to release any air bubbles. Keep aside for about 15 minutes.
6. Arrange the baking sheet in the oven and immediately set the oven to 350 degrees F. Cook in the oven for about 10-12 minutes.
7. Remove from the oven and keep onto a wire rack to cool completely. Fill each macron with chilled filling mixture and Enjoy.

# California Roasted Pineapple



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 495.8

Fat 30.5g

Cholesterol 75.1mg

Sodium 506.2mg

Carbohydrates 44.5g

Protein 13.5g

## Ingredients

1 (20 oz.) cans unsweetened pineapple  
chunks  
3 tbsp sugar  
4 tbsp butter

3 tbsp flour  
6 oz. shredded cheddar cheese  
25 buttery round crackers, crushed

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 1 1/2 quart baking dish.
2. Drain the pineapple chunks, reserving 4 tbsp of the juice in a bowl.
3. In a bowl, add the butter, cheese, pineapple, reserved juice and flour and mix well.
4. In the bottom of the prepared baking dish, place the pineapple mixture and top with the crackers.
5. Cook in the oven for about 30 minutes.
6. Enjoy warm.

# APPLE SALAD

## with Apple Vinegar Vinaigrette



Prep Time: 10 mins



Total Time: 3 hrs 30 mins

Servings per Recipe: 6

Calories 180.8

Fat 17.1g

Cholesterol 11.0mg

Sodium 153.7mg

Carbohydrates 4.9g

Protein 2.3g

### Ingredients

1 C. granny smith apples, diced, cored  
1/4 C. fresh mushrooms, sliced  
1/4 C. green onion, sliced, including tops  
1 1/2 C. Bibb lettuce, torn  
1 1/2 C. fresh spinach, torn  
6 slices turkey bacon, cooked crisp and crumbled  
1/4 C. feta, crumbled  
Vinaigrette  
1/4 C. apple cider vinegar



1/3 C. vegetable oil  
1 tsp Worcestershire sauce  
1 clove garlic, minced  
1/2 tsp sugar  
1/4 tsp dried oregano  
1 dash pepper

### Directions

1. For the dressing:
2. In a bowl, add all the ingredients and beat until well combined.
3. Place in the fridge for about 2-3 hours.
4. For the salad:
5. In a bowl, add all the ingredients and dressing and gently, toss to coat well.
6. Enjoy with a topping of the cheese.



# California Potato Praline

 Prep Time: 30 mins  
 Total Time: 1 hr

Servings per Recipe: 12  
Calories 380.9  
Fat 20.2g  
Cholesterol 69.1mg  
Sodium 133.6mg  
Carbohydrates 48.6g  
Protein 3.2g

## Ingredients

4 large sweet potatoes, peeled, cooked and mashed	Garnish
1/2 C. butter	1/2 C. flour
2 eggs	1/3 C. butter
1 C. sugar	1 C. brown sugar
1 tbsp vanilla	1 C. chopped pecans
pumpkin pie spice	

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add the sweet potatoes, eggs, butter, vanilla extract and pumpkin pie spice and mix until well combined.
3. In another bowl, add the flour, pecans, butter and brown sugar and mix until a crumbly mixture is formed.
4. Place the sweet potato mixture into a 9x13-inch baking dish evenly and top with the crumbly mixture.
5. Cook in the oven for about 30 minutes.
6. Enjoy warm.

# BAJA

## Brine Marinade



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 184.3

Fat 13.7g

Cholesterol 0.0mg

Sodium 1252.1mg

Carbohydrates 15.0g

Protein 1.9g

### Ingredients

1/4 C. oil

1/4 C. lemon juice

2 tbsp Worcestershire sauce

1 - 3 dash Tabasco sauce

2 tbsp apple cider vinegar

2 tsp salt



2 tsp sugar

2 cloves of crushed garlic

### Directions

1. In a food processor, add all the ingredients and pulse until well combined.
2. This marinade is great for the grilling of the chicken and vegetables as well.

# Rosarita's Croissants

 Prep Time: 5 mins  
 Total Time: 5 mins

Servings per Recipe: 1

Calories	784.4
Fat	48.9g
Cholesterol	174.3mg
Sodium	2224.7mg
Carbohydrates	36.6g
Protein	49.6g

## Ingredients

4 oz. smoked turkey breast	2 lettuce leaves
2 slices Swiss cheese	1 croissant, split
2 slices tomatoes	
2 slices red onions	
2 slices crispy turkey bacon	
2 tbsp guacamole	
1 bunch alfalfa sprout	

## Directions

1. Place the smoked turkey on bottom half of the croissant, followed by the cheese, tomato, red onion bacon, lettuce and alfalfa sprouts.
2. Place the guacamole on the top half of croissant evenly.
3. Cover with the top half of the croissant and enjoy.

# ALAMEDA

## Fruit Cake



Prep Time: 30 mins



Total Time: 2 hrs 30 mins

Servings per Recipe: 30

Calories 260.3

Fat 15.0g

Cholesterol 51.5mg

Sodium 63.8mg

Carbohydrates 28.7g

Protein 3.5g

### Ingredients

2 C. California dried figs, chopped

1/2 C. golden raisin

1/2 C. dates, chopped

1/2 C. dried pears, chopped

1/2 C. dried pineapple, chopped

1/2 C. dried apricot, chopped

1/4 C. sherry wine

1/2 C. apricot nectar

1 C. butter, softened

1 C. granulated sugar

5 large eggs

1 3/4 C. all-purpose flour, divided

1/2 tsp baking powder

1 tsp cinnamon

2 tsp vanilla

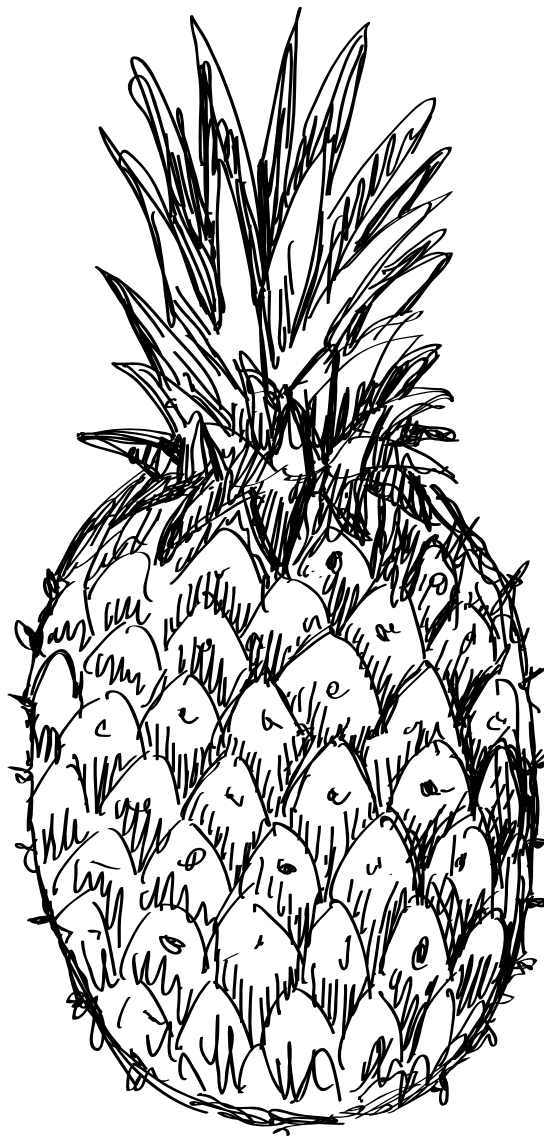
1 tbsp lemon extract

3 C. pecans, chopped & lightly toasted

### Directions

1. In a bowl, add the dates, raisins, pineapple, pears, figs and sherry and mix well.
2. With a plastic sheet, cover the bowl and keep aside overnight.
3. The next day, in a pot, add the apricots with nectar and cook for about 10 minutes.
4. Remove from the heat and keep aside to cool completely.
5. Drain the marinated fruit mixture, reserving sherry.
6. Add the apricots in the bowl with the fruit and mix.
7. In another bowl, add the drained sherry and nectar and mix.
8. Grease and line the bottom of 5 (5 5/8x3 1/4x1 7/8-inch) loaf pans with the greased brown paper.
9. In a bowl, add 1 1/2 C. of the flour, baking powder and cinnamon and mix well.
10. Now, sift the flour mixture into another bowl.
11. In a glass bowl, add the sugar and butter and beat until light and fluffy.
12. Add the eggs, one at a time, beating well after each addition.
13. Add the vanilla and lemon extract and mix well.

14. Add the flour mixture and mix until just combined.
15. Add the remaining 1/4 C. of flour into the bowl of the fruit mixture and toss to coat well.
16. Add the fruit mixture into the cake mixture and mix well.
17. In the prepared loaf pans, place the mixture evenly.
18. Arrange the loaf pans in the cold oven over the middle rack.
19. Place a pan of the cold water in the bottom of oven and set your oven to 250 degrees F.
20. Cook in the oven for about 2 hours.
21. Remove from the oven and keep onto the wire racks to cool in the pans for about 10 minutes.
22. Carefully, remove the brown papers from the warm cakes.
23. Dip 5 cheesecloth pieces into sherry mixture.
24. Wrap each fruitcake with 1 moistened cheesecloth and then with a piece of the foil.
25. Place in the fridge for about 3-4 weeks, moistening each cheese-cloth with sherry when they become dry.



# RODEO

## Mixed Green Salad



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 99.2

Fat 7.5g

Cholesterol 0.0mg

Sodium 25.6mg

Carbohydrates 8.0g

Protein 2.3g

### Ingredients

1 (7 1/2 oz.) mayonnaise

1 large tomatoes, cut into wedges

1 avocado, pitted, peeled and cut into wedges



1 (10 oz.) bags mixed salad greens

### Directions

1. Cook the pasta salad as suggested on the package.
2. In a salad bowl, add the pasta salad and remaining ingredients and mix well.
3. Place in the fridge for about 1 1/2 hours.
4. Enjoy chilled.



# Pedro's Plum Crisp

 Prep Time: 20 mins  
 Total Time: 50 mins

Servings per Recipe: 6

Calories	311.3
Fat	8.0g
Cholesterol	0.0mg
Sodium	107.0mg
Carbohydrates	61.9g
Protein	2.0g

## Ingredients

4 C. sliced plums	1/2 C. chopped nuts
1/2 C. honey	1/2 tsp cinnamon
1/4 C. sugar	
3 tbsp lemon juice	
1/2 C. flour	
1/4 C. soy margarine	
1/4 C. packed brown sugar	

## Directions

1. Set your oven to 375 degrees F before doing anything else.
2. In a bowl, add the plums, sugar, honey and lemon juice and toss to coat well.
3. In another bowl, add the flour, nuts, brown sugar, cinnamon and margarine and with your hands, mix until a crumbly mixture is formed.
4. Divide the plum mixture into 6 ramekins evenly and sprinkle with crumbly mixture.
5. Cook in the oven for about 30 minutes.
6. Enjoy warm.





# SONOMA

## Breakfast Spread for Toast



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 24

Calories 79.1

Fat 6.8g

Cholesterol 11.2mg

Sodium 139.8mg

Carbohydrates 1.4g

Protein 3.5g

### Ingredients

12 oz. goat cheese, softened

1/2 C. sun-dried tomato packed in oil,  
drained and chopped

1/4 C. black olives, pitted and chopped

1/2 C. pine nuts, lightly toasted

2 tbsp sweet onions, chopped

1 tbsp basil, chopped

1 tsp thyme, chopped

1 tsp extra virgin olive oil

1/2 tsp garlic, minced

1/2 tsp salt

### Directions

1. In a bowl, add the goat cheese and with a rubber spatula, stir until creamy.
2. Add the remaining ingredients and mix until well combined.
3. Enjoy.

# How to Make a Pot Roast in Oakland



Prep Time: 15 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 6

Calories 706.9

Fat 48.8g

Cholesterol 154.2mg

Sodium 745.9mg

Carbohydrates 14.3g

Protein 44.0g

## Ingredients

- 3 tbsp salad oil
- 3 lb. pot roast
- 2 tsp seasoning salt
- 1 (30 oz.) cans whole tomatoes
- 3/4 C. chopped onion
- 3/4 C. chopped celery
- 3/4 C. chopped bell pepper
- 1 C. Burgundy wine
- 1 package spaghetti sauce mix
- Italian seasoning
- 4 potatoes
- 5 carrots

## Directions

1. In a Dutch oven, add the salad oil and cook until heated through.
2. Add the meat until browned completely.
3. Stir in the remaining ingredients and cook, covered for about 3-4 hours.
4. Enjoy hot.



# BAJA

## Fruit Salad



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories	662.1
Fat	44.6g
Cholesterol	15.9mg
Sodium	308.2mg
Carbohydrates	67.1g
Protein	11.0g

### Ingredients



5 oz. romaine-iceberg mixed salad greens	1/4 avocado, diced
1 1/2 oz. mandarin orange, sectioned	3/4 oz. dried cranberries
1 1/2 oz. pecans, brittle	1/8 oz. green onion, sliced
1 1/2 pippin apples, diced	3/4 oz. blue cheese, crumbled
3/4 oz. raisins	2 oz. Citrus Dressing

### Directions

1. In a large bowl, add all the ingredients except the dressing and toss to coat well.
2. Place in the fridge to chill completely.
3. Enjoy chilled with a topping of the citrus dressing.



# Gravy in California

 Prep Time: 15 mins  
 Total Time: 1 hr

Servings per Recipe: 12

Calories	152.4
Fat	11.7g
Cholesterol	0.0mg
Sodium	314.2mg
Carbohydrates	9.7g
Protein	4.0g

## Ingredients

1 tbsp oil	2 tbsp flour
1 onion, chopped	2 tbsp soy sauce
2 C. raw cashews	salt and pepper
3 garlic cloves, crushed	

## Directions

1. In a skillet, add the oil and cook until heated.
2. Add the raw cashews and onion and stir fry for about 4-5 minutes.
3. Add the garlic and stir fry for about 1 minute.
4. Stir in the flour and cook for about 1 minute, mixing all the time.
5. Slowly, add 1-2 C. of the water, mixing continuously until well combined.
6. Stir in more 1-2 C. of the water, soy sauce, salt and pepper and cook for about 28-30 minutes.
7. Remove from the heat and keep aside to cool slightly.
8. In a blender, add the mixture in batches and pulse until smooth.
9. Enjoy hot.

# TURKEY

## Burgers II



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 438.8

Fat 28.2g

Cholesterol 192.3mg

Sodium 823.7mg

Carbohydrates 8.2g

Protein 36.6g

### Ingredients

1 lb. ground turkey  
1/2 C. cilantro, chopped  
1/3 C. breadcrumbs  
3 tbsp yellow mustard  
1 egg, beaten  
1/2 tsp salt

1/4 tsp black pepper  
8 slices Monterey jack cheese  
1/2 red bell pepper, seeded and cut in rings

### Directions

1. Set your grill for high heat and lightly, grease the grill grate.
2. In a large bowl, add the ground turkey, cilantro, breadcrumbs, mustard, egg, salt and black pepper and mix until well combined.
3. Make 4 equal sized patties from the turkey mixture.
4. Cook the patties on the grill for about 15 minutes.
5. In the last few minutes of the cooking, top each patty with 1 cheese slice.
6. Cook the pepper rings on the grill for about 2 minutes.
7. Enjoy the burgers alongside the pepper rings.

# Maiz Casserole

 Prep Time: 5 mins

 Total Time: 50 mins

Servings per Recipe: 6

Calories 584.4

Fat 29.9g

Cholesterol 110.0mg

Sodium 1477.1mg

Carbohydrates 70.3g

Protein 18.5g

## Ingredients

- 2 (2 lb.) cans creamed corn
- 3/4 C. yellow cornmeal
- 1/3 C. salad oil
- 2 large eggs, beaten
- 1 (3 7/8 oz.) cans of sliced black olives, drained
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1 (4 oz.) cans of diced Ortega green chilies
- 2 C. of grated mild cheddar cheese

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In the bottom of a casserole dish, add all the ingredients and mix until well combined.
3. Cook in the oven for about 45 minutes.
4. Serve hot.

# CALIFORNIA

## Shepherd's Pie



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 383.1

Fat 18.8g

Cholesterol 0.0mg

Sodium 1087.8mg

Carbohydrates 43.7g

Protein 13.9g

### Ingredients

- 1 lb. firm tofu, pressed and cut
- 4 large potatoes, peeled and cut
- 3 tbsp margarine
- 1/2 C. soy milk
- salt
- 1 large onion, chopped
- 2 tbsp vegetable oil
- 1/4 tsp ground thyme
- 1/2 tsp ground coriander
- pepper
- 1/2 C. walnuts, toasted and chopped
- 1/2 lemon juice
- 2 tbsp tamari soy sauce
- 2 tbsp vegetable oil
- 1 lb. mushroom, sliced
- 6 tbsp tamari soy sauce
- pepper
- 3 C. hot water
- 4 tbsp cornstarch, dissolved in 1/2 c. water

### Directions

1. For the potato layer:
2. In a pan, add the potatoes and enough water to cover and cook until boiling.
3. Set the heat to low and cook for about 19 - 20 minutes.
4. Drain the potatoes, reserving the cooking liquid.
5. In a bowl, add the potatoes, soy milk, margarine and salt and with a potato masher, mash completely.
6. For the tofu layer:
7. In a wok, add 2 tbsp of the oil until heated.
8. Add the onion, coriander, thyme and pepper and cook for about 4-5 minutes.
9. Add the tofu and walnuts and cook until heated completely.
10. Stir in the tamari and lemon juice and remove from the heat.
11. For the mushroom gravy:
12. In a skillet, add 2 tbsp of the oil until heated completely.

13. Add the mushrooms, tamari and black pepper and cook for about 6 - 7 minutes.
14. Add the reserved cooking liquid and cook until boiling.
15. Slowly, add the cornstarch mixture, mixing constantly and cook until just boiling.
16. Cook until desired thickness of the gravy, mixing constantly.
17. Set your oven to 400 degrees F.
18. In the bottom of a casserole dish, place the tofu mixture evenly and top with the half of the mushroom gravy mixture, followed by the mashed potatoes.
19. Cook in the oven for about 15-20 minutes.
20. Enjoy hot with a topping of the remaining mushroom gravy.



# LOS ANGELES Style Rice



Prep Time: 2 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 662.0

Fat 29.7g

Cholesterol 74.0mg

Sodium 280.1mg

Carbohydrates 79.6g

Protein 17.6g

## Ingredients

4 C. cooked white rice

4 oz. canned diced green chilies

10 -12 oz. Monterey jack cheese, grated

1 pint sour cream

4 tbsp butter, melted

salt and pepper

## Directions

1. Set your oven to 325 degrees F before doing anything else and grease a casserole dish.
2. In a bowl, add all the ingredients and mix until well combined.
3. Transfer the mixture into the prepared casserole dish evenly.
4. Cook in the oven for about 25 minutes.
5. Enjoy hot.



# California Lunch Box Wrap



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 281.0

Fat 23.3g

Cholesterol 50.6mg

Sodium 560.6mg

Carbohydrates 5.5g

Protein 12.3g

## Ingredients

- |   |  |
|---|--|
| 1 large low-carb flour tortillas  | 2 slices turkey bacon, crisp cooked in oil |
| 1 - 2 tbsp vegan mayonnaise   | 3 slices tomatoes                          |
| 1 - 2 tbsp guacamole  | 1 - 2 slice onion                          |
| 1 - 3 oz vegetarian / vegan. chicken strips,<br>sautéed in oil to brown | 4 - 5 black olives, halved                 |
| 1 - 2 leaf red leaf lettuce, ribs removed,<br>washed well and dried     |  |

## Directions

1. Place the guacamole onto the tortilla evenly and top with the lettuce, followed by the tomato, onion, olives, bacon and chicken.
2. Drizzle with the mayo and carefully, roll like a burrito.
3. Cut in half and enjoy.





## SIMPLY

# Roasted Potatoes California Style



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 87.2

Fat 0.1g

Cholesterol 0.0mg

Sodium 7.7mg

Carbohydrates 19.7g

Protein 2.4g

## Ingredients

3 cold baked Idaho potatoes, cut into spears

1/2 C. Kraft free fat-free Catalina dressing



1 tbsp garlic powder

1 tbsp parsley flakes

## Directions

1. Set your oven to 375 degrees F before doing anything else.
2. In a bowl, add the potato spears, dressing, garlic powder and parsley and toss to coat well.
3. Transfer the mixture onto a baking sheet.
4. Cook in the oven for about 20 minutes.
5. Enjoy hot.

# Chutney Martinez

 Prep Time: 15 mins  
 Total Time: 1 hr

Servings per Recipe: 1

Calories	386.3
Fat	0.7g
Cholesterol	0.0mg
Sodium	608.8mg
Carbohydrates	96.4g
Protein	2.4g

## Ingredients

5 medium peaches, peeled, seeded and sliced	1 C. cider vinegar
1/2 C. dates, pitted and chopped	1 tsp salt
1/2 C. chopped dried figs	1/2 tsp ground nutmeg
1/4 C. chopped crystallized ginger	1/2 tsp ground allspice
1 small onion, chopped	1/8 tsp dried red pepper flakes
1 C. packed brown sugar	

## Directions

1. In a pot, add all the ingredients and cook until boiling.
2. Set the heat to low and cook for about 28-30 minutes, mixing frequently.
3. Transfer the hot chutney into the 5 (1/2-pint) hot sterilized jars, leaving about 1/4-inch space from the top. Run a knife around the insides of the jars to remove any air bubbles.
4. With a moist paper towel, wipe the rims of the jars to remove any food residue.
5. Top each jar with the lids and screw on the rings.
6. Arrange a rack at the bottom of a pot.
7. Fill the pot halfway with the water over high heat and cook until boiling.
8. Carefully with a holder, lower the jars into the pot, leaving about a 2-inch space between the jars.
9. If needed, add more boiling water to reach 1-inch level above the tops of the jars.
10. Cook until boiling and then process, covered for about 10 minutes.
11. Remove the jars from the pot and place onto a wooden surface, several inches apart to cool completely.
12. After cooling, with your finger, press the top of each lid to ensure that the seal is tight.
13. Place these jars in a cool, dark place to store.
14. The opened jars can be preserved in refrigerator for up to 1 year.

# CARMEN'S Cobb Sandwich



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories	694.5
Fat	48.9g
Cholesterol	55.9mg
Sodium	1527.7mg
Carbohydrates	41.8g
Protein	26.5g

## Ingredients

2 slices of good bread, toasted  
1/2 of avocado, peeled, pitted and  
chopped  
3 oz. smoked turkey breast, sliced  
1 strip crispy turkey bacon, crumbled  
1 tbsp crumbled blue cheese  
1 - 2 tbsp mayonnaise  
1/2 tsp vinaigrette dressing

fresh ground black pepper  
1 - 2 sliced red onion  
romaine lettuce  
1 - 2 sliced tomatoes

## Directions

1. Spread mayonnaise on both bread slices.
2. Place the blue cheese on 1 slice, followed by the avocado, turkey, bacon, vinaigrette, onion, lettuce and tomato.
3. Season with the black pepper and cover with the remaining slice.
4. Enjoy.



# Contra Costa Quesadillas



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 500.3

Fat 26.4g

Cholesterol 56.1mg

Sodium 1395.3mg

Carbohydrates 50.1g

Protein 17.2g

## Ingredients

8 flour tortillas

1 (10 oz.) packages imitation crab meat, shredded

1 (8 oz.) packages low-fat cream cheese, softened

1/2 English cucumber, sliced

1 avocado, sliced

1/2 C. low-fat mayonnaise

1 tsp sesame oil

2 tsp soy sauce

1 tbsp Sriracha chili sauce

## Directions

1. For the spicy mayo: in a small bowl, add the mayonnaise, soy sauce, chili sauce, sesame oil and mix until well combined.
2. Place the cream cheese onto each tortilla evenly, leaving space 1/2-inch around the edge.
3. Arrange 4 tortillas onto a smooth surface.
4. Top each tortilla with the crab meat, followed by the cucumber and avocado.
5. Cover with the remaining 4 tortillas.
6. Heat an ungreased skillet and cook the quesadillas for about 3 minutes, flipping once half way through.
7. Remove from the heat and cut each quesadilla into wedges.
8. Enjoy with a topping of the spicy mayo.

# UCLA

## Vegetable Casserole



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 189.5

Fat 16.6g

Cholesterol 41.1mg

Sodium 550.1mg

Carbohydrates 4.4g

Protein 5.9g

### Ingredients

2 (16 oz.) packages blend frozen vegetables

8 oz. processed cheese



6 tbsp butter, divided

1/2 C. crushed butter flavored cracker

### Directions

1. Cook the vegetables as suggested on the package.
2. Drain them vegetables well.
3. In a small pan, add 4 tbsp of the butter and cheese over low heat and cook until melted, mixing all the time.
4. In the bottom of an ungreased 11x7-inch baking dish, arrange half of the vegetables and top with half of the butter mixture.
5. Repeat the layers.
6. In a microwave-safe bowl, add the remaining butter and microwave until melted completely.
7. Add the cracker crumbs and mix until well combined.
8. Top the casserole with the cracker mixture evenly.
9. Cook in the oven for about 20-25 minutes.
10. Enjoy hot.

# Northern California Pizza

 Prep Time: 10 mins  
 Total Time: 55 mins

Servings per Recipe: 2

Calories	381.8
Fat	21.5g
Cholesterol	36.1mg
Sodium	1749.0mg
Carbohydrates	36.1g
Protein	16.7g

## Ingredients

1 - 2 eggplant, sliced	1/2 tsp oregano
1 - 3 tbsp olive oil	1 (16 oz.) jar tomato sauce
3 garlic cloves, chopped	1 C. cheese
1/2 tsp basil	

## Directions

1. Set your oven to 375 degrees F before doing anything else and lightly, grease a baking dish.
2. In a bowl, add the garlic, basil, oregano and oil and mix well.
3. In the bottom of the prepared baking dish, arrange the eggplant slices evenly and top with the oil mixture.
4. Cook in the oven for about 25-35 minutes.
5. Remove from the oven and change the side of eggplant slice.
6. Top with the cheese evenly, followed by the tomato sauce.
7. Cook in the oven for about 15-20 minutes.
8. Enjoy hot.

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