

Appetizers 101

Discover the Art of the Appetizer

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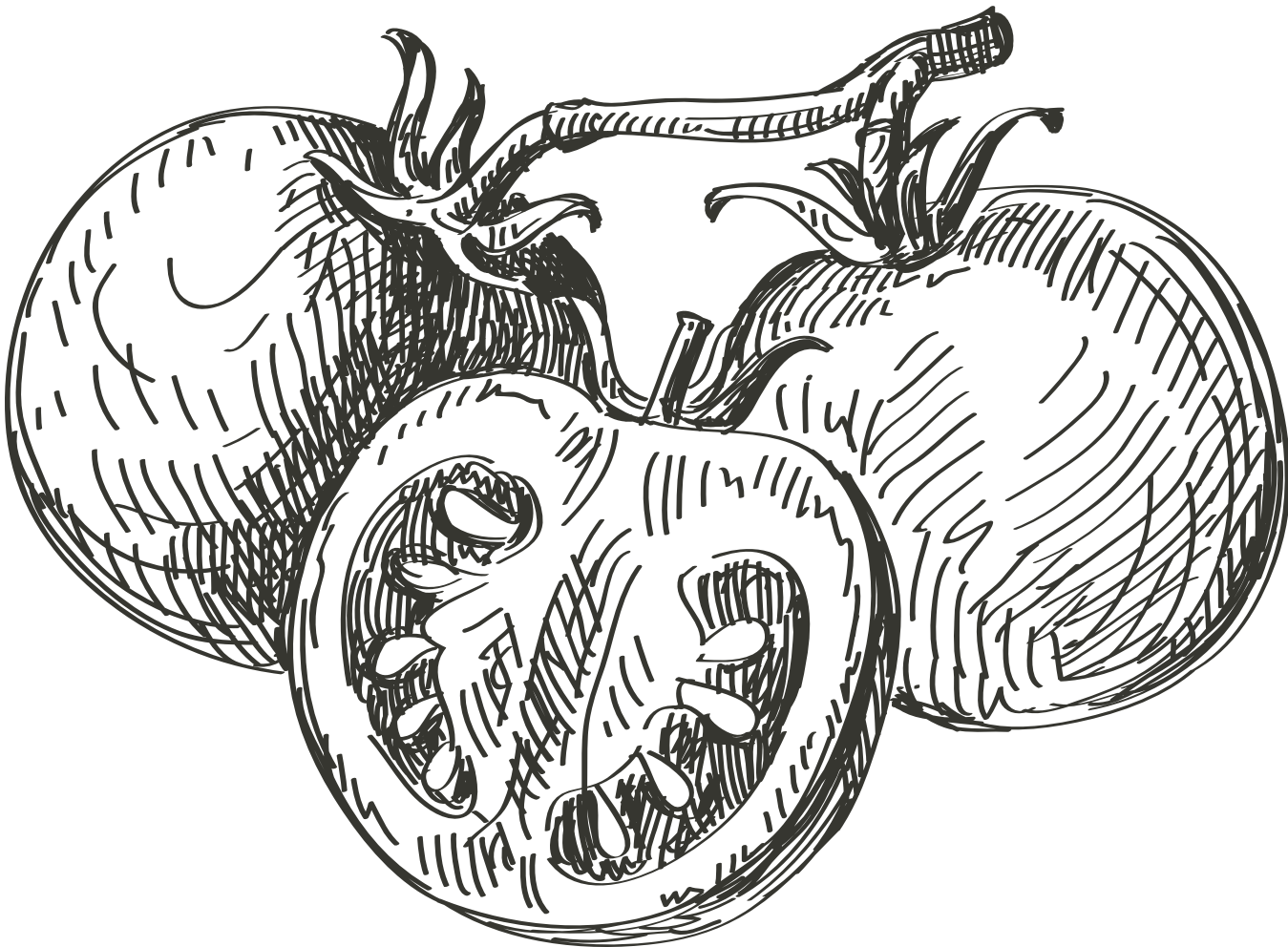


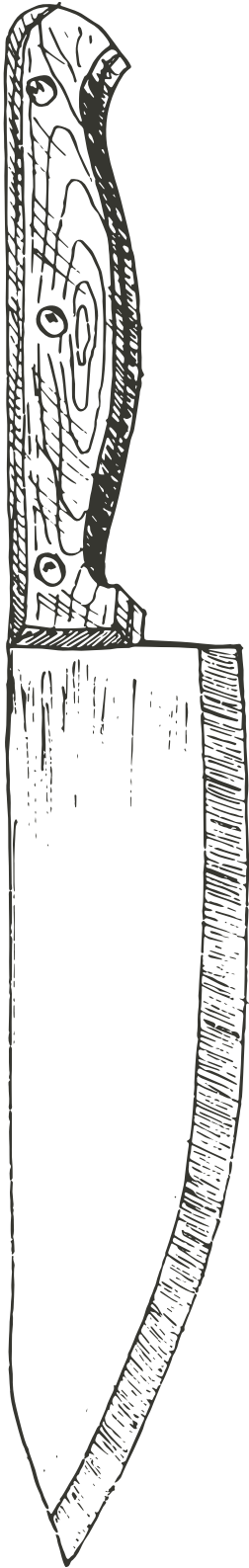


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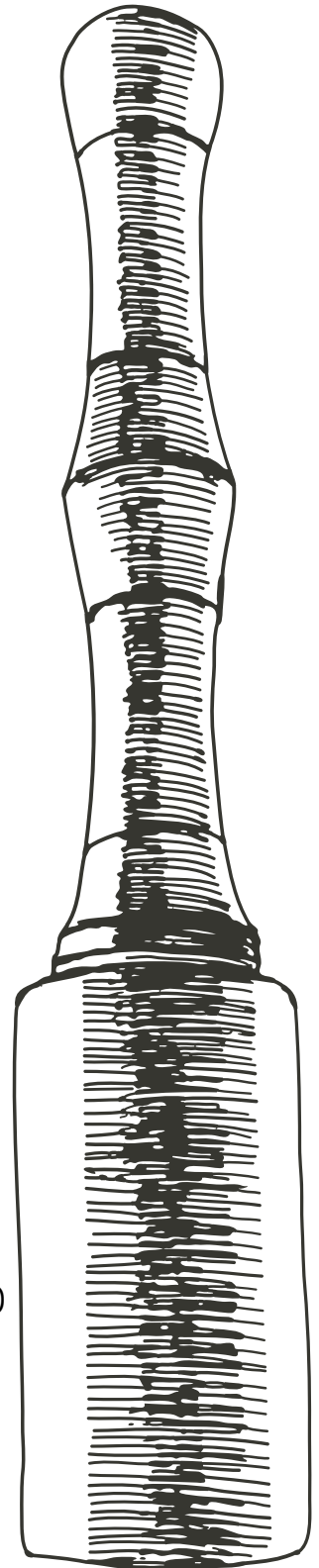
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Southeast Asian Spring Rolls



Prep Time: 45 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 15

Calories 168 kcal

Fat 10.5 g

Carbohydrates 11g

Protein 7 g

Cholesterol 23 mg

Sodium 288 mg

Ingredients

- 1 tbsp vegetable oil
- 1 lb ground beef
- 2 cloves garlic, crushed
- 1/2 C. chopped onion
- 1/2 C. minced carrots
- 1/2 C. chopped green onions
- 1/2 C. thinly sliced green cabbage
- 1 tsp ground black pepper
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp soy sauce
- 30 wonton wrappers
- 2 C. vegetable oil for frying

Directions

1. Stir fry your beef until it is fully done then place the meat to the side and remove the excess drippings but leave about a tbsp.
2. Begin to stir fry your onion and garlic in the drippings for 3 mins then add in the cabbage, beef, green onions, and carrots.
3. Stir the mix then add in the soy sauce, pepper, garlic powder, and salt.
4. Stir the mix again to work in the spices then shut the heat and let the mix cool.
5. Lay out some wrappers and layer 3 tbsps of the mix in the middle of each.
6. Shape the wrappers into dumplings then crimp and seal the edges with a bit of water.
7. Get half an inch of oil hot in a pan then begin to fry your dumplings for 3 mins in batches of 5.
8. Remove any excess oils by placing everything on some paper towels.
9. Enjoy.





HONEY

Horseradish Steak



Prep Time: 15 mins



Total Time: 8 hrs 25 mins

Servings per Recipe: 5

Calories 110 kcal

Fat 6.3 g

Carbohydrates 8.2g

Protein 5.6 g

Cholesterol 12 mg

Sodium 997 mg

Ingredients

1 (1/2 lb) trimmed beef skirt steak,
flattened with a mallet

2 tsps salt, divided

1 tsp ground black pepper, divided

2 tbsps honey, or to taste - divided

2 tbsps prepared horseradish

2 tbsps mayonnaise

1/2 tsp Worcestershire sauce

Directions

1. Place your steak on a piece of parchment paper that is double the size of the steak.
2. Coat one side of the steak with half a tsp pepper, 1 tsp salt, and 1 tbsps honey.
3. Fold the paper over the steak and flip everything.
4. Now coat the other side with the same amount of each ingredient.
5. Wrap the steak completely in the paper and place everything in a plastic sealable bag.
6. Put the steak in the fridge overnight.
7. Get your grill hot and coat the grate with oil.
8. Grill the steak for 60 secs then flip and cook it for 60 more secs.
9. Continue flipping and grilling the steak every 60 secs 6 more times.
10. Place the steak on some foil and wrap it.
11. Leave the meat to sit for 7 mins then julienne the steak.
12. Get a bowl, combine: Worcestershire, horseradish, and mayo.
13. Use the topping or dip for your steak when serving it.
14. Enjoy.

Healthy Veggie Bites



Prep Time: 20 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 10

Calories 463 kcal

Fat 40.3 g

Carbohydrates 18.6g

Protein 8.3 g

Cholesterol 125 mg

Sodium 651 mg

Ingredients

20 thin slices sandwich bread, crusts removed, flattened with a rolling pin
3/4 lb butter
4 oz. blue cheese, at room temperature
1 (8 oz.) package cream cheese, at room temperature

1 egg, beaten
20 fresh asparagus spears

Directions

1. Get a bowl, combine: egg, blue cheese, and cream cheese.
2. Stir the mix until it is creamy then coat each piece of bread with the mix.
3. Lay one asparagus on each piece of bread and roll everything together.
4. Then stake a toothpick through each.
5. Melt your butter and coat the wraps with the butter equally.
6. Place everything on a cookie sheet or casserole dish and put everything in the freezer for 60 mins.
7. Take out the toothpicks and slice each piece in half.
8. Now set your oven to 400 degrees before doing anything else.
9. Cook the wraps in the oven for 30 mins.
10. Enjoy.

TANGY

Cheese Appetizer



Prep Time: 30 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 373 kcal

Fat 34.1 g

Carbohydrates 7.5g

Protein 13 g

Cholesterol 94 mg

Sodium 391 mg

Ingredients

6 tbsps butter
2 lbs medium fresh mushrooms, stems removed
1 (8 oz.) package Neufchatel cheese
1 (4 oz.) package goat cheese crumbles
2 tbsps finely chopped onion
1/2 C. mushroom stems, chopped
1/4 C. butter
1 tbsp finely chopped garlic

Directions

1. Place 3 tbsps of butter in two frying pans and begin to fry half of your mushrooms in each one for 7 mins then place the mushrooms to the side.
2. Get a bowl, combine: goat cheese, cream cheese, mushroom stems, and onions.
3. Stir the mix evenly then stuff your mushroom caps with the mix.
4. Place everything in a broiler pan.
5. Get 1/4 C. of butter melted then add in the garlic and cook everything for 60 secs then top the mushrooms with the garlic butter.
6. Put everything in the broiler for 7 mins. Enjoy.

Mediterranean Appetizer



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 36

Calories 59 kcal

Fat 4.2 g

Carbohydrates 2g

Protein < 3.5 g

Cholesterol 31 mg

Sodium 125 mg

Ingredients

2 (6 oz.) jars marinated artichoke hearts, divided
1 small onion, finely chopped
1 1/2 cloves garlic, minced
4 large eggs, beaten
1/4 C. dry bread crumbs
1/4 tsp salt
1/8 tsp ground black pepper
1/4 tsp dried oregano

1/2 tsp hot pepper sauce (such as Tabasco(R))
3/4 lb sharp Cheddar cheese, shredded
2 tbsps minced fresh parsley
1 tsp grated Parmesan cheese

Directions

1. Coat a casserole dish with oil then set your oven to 325 degrees before doing anything else.
2. Pour the liquid from 1 jar of the artichokes in a frying pan then place the pieces of artichokes and everything from the second jar into the bowl of a food processor.
3. Process the mix until it is chopped then place everything to the side.
4. Begin to stir fry your garlic and onions for 8 mins, in the artichoke liquid, then place everything in a bowl.
5. Get a 2nd bowl, combine: hot sauce, onion mix, oregano, eggs, black pepper, bread crumbs, and salt.
6. Add in the processed artichokes, cheddar, parmesan, and parsley.
7. Place everything into the casserole dish and cook it all in the oven for 27 mins.
8. Slice the dish into serving pieces.
9. Enjoy.

UPSTATE

Maine Appetizer



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 3

Calories 214 kcal

Fat 12 g

Carbohydrates 10.5g

Protein 5.3 g

Cholesterol 42 mg

Sodium 371 mg

Ingredients

3/4 C. white wine	1 lb mussels, cleaned and de-bearded
3/4 C. tomato and clam juice cocktail	3 tbsps butter
3 cloves garlic - peeled and sliced	
1/2 tsp crushed red pepper flakes	

Directions

1. Get the following boiling in a large pan: pepper flakes, wine, garlic, and juice cocktail.
2. Once the mix is boiling place a lid on the pot, and let everything cook for 7 mins. At this point all the mussels should no longer be closed.
3. Any mussel that are closed should be thrown away.
4. Place the opened mussels to the side then keep about 1 C. of the liquid and begin to boil it until about 25% of it has evaporated.
5. Combine in the butter and let the mix get thicker.
6. Top your mussels with the sauce.
7. Enjoy.

Mexican Style Festive Cheesecakes



Prep Time: 20 mins



Total Time: 5 hrs 50 mins

Servings per Recipe: 20

Calories 274 kcal

Fat 23.3 g

Carbohydrates 7.8g

Protein 8.9 g

Cholesterol 94 mg

Sodium 384 mg

Ingredients

- 2 C. crushed tortilla chips
- 2 tbsps butter, melted
- 3 (8 oz.) packages cream cheese, softened
- 1 1/4 C. shredded Colby cheese
- 8 oz. cottage cheese
- 4 eggs
- 4 oz. chopped green chile peppers
- 8 oz. jalapeno cheese dip
- 8 oz. sour cream
- 1 tomato, chopped
- 4 oz. sour cream
- 2 (2 oz.) cans sliced black olives
- 2 bunches green onions, chopped

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: melted butter and tortilla chips. Place everything into a spring form pan.
3. Get a 2nd bowl, combine: chili pepper, cream cheese, eggs, Colby jack, and cottage cheese.
4. Layer this mix over the chips in the spring form pan.
5. Cook everything for 60 mins.
6. Get a 3rd bowl, combine: sour cream and jalapeno dip. Then place this over the cottage cheese mix in the oven.
7. Continue cooking everything for 12 more mins.
8. Now let the dish sit for 5 hrs then add some sour cream on top and lay the green onions, black olives, and tomatoes around the dish.
9. Enjoy.

GOUDA and Shrimp Cake



Prep Time: 45 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 701 kcal

Fat 56.3 g

Carbohydrates 22.7g

Protein 26.8 g

Cholesterol 248 mg

Sodium 1075 mg

Ingredients

1 tbsp olive oil

1 onion

6 tsps minced garlic

1 lb fresh shrimp, peeled and deveined

12 shells puff pastry, baked

4 tsps butter or margarine

3 (8 oz.) packages cream cheese,
softened

4 eggs

1/2 C. heavy cream



16 oz. smoked Gouda, grated

2 tsps salt

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Begin to stir fry your garlic and onions until the onions are see-through then place them to the side.
3. Place 12 pieces of shrimp to the side and dice the rest into half inch pieces.
4. Fry the shrimp for 5 mins.
5. Get a bowl and begin to whisk your cream cheese until it is fluffy then add in your eggs 1 by one.
6. Once the eggs are mixed in combine in the salt, cream, shrimp, Gouda, and onions.
7. Enter this mix into your pastry shells and cook everything in the oven for 30 mins.
8. Top the dish with some chives and the whole shrimp.
9. Enjoy.

Mozzarella, Tomatoes, and Basil Appetizer

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 10

Calories 104 kcal

Fat 7.3 g

Carbohydrates 2.4g

Protein < 7.2 g

Cholesterol 18 mg

Sodium 179 mg

Ingredients

20 grape tomatoes
10 oz. mozzarella cheese, cubed
2 tbsps extra virgin olive oil
2 tbsps fresh basil leaves, chopped
1 pinch salt

1 pinch ground black pepper
20 toothpicks

Directions

1. Get a bowl, combine: pepper, tomatoes, salt, mozzarella, basil, and olive oil.
2. Stake your toothpicks with a piece of mozzarella and tomato.
3. Enjoy.

SUMMER

Soiree Shrimp



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 28

Calories 56 kcal

Fat 3.4 g

Carbohydrates 2.3g

Protein < 4 g

Cholesterol 31 mg

Sodium 159 mg

Ingredients



1 (8 oz.) package cream cheese, softened
2 tps Worcestershire sauce
1 tsp hot pepper sauce
1 (8 oz.) jar cocktail sauce
2 (6 oz.) containers shrimp, rinsed and drained

2 chopped green onions
1 tomato, chopped
1/2 C. shredded mozzarella cheese

Directions

1. Get a bowl, combine: hot sauce, Worcestershire, and cream cheese.
2. Layer the mix on a dish for serving then layer your shrimp and cocktail sauce over everything before adding your mozzarella, tomato, and green onions.
3. Enjoy.

Jalapeno Jelly Sausage

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 6

Calories	373 kcal
Fat	21.5 g
Carbohydrates	35.6 g
Protein	10.4 g
Cholesterol	50 mg
Sodium	945 mg

Ingredients

1 lb kielbasa, cut into 1/4-inch slices
1 onion, chopped
1/2 C. mustard

1 (10 oz.) jar prepared jalapeno pepper jelly

Directions

1. Add the following to the crock of a slow cooker: jalapeno jelly, kielbasa, mustard, and onions.
2. Stir the mix then place a lid on the crock pot.
3. Set the heat to high and let the mix cook for 40 mins.
4. Enjoy.





PEPPER

Tomatoes and Eggplant



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 48

Calories 43 kcal

Fat 2.4 g

Carbohydrates 5.4g

Protein 0.8 g

Cholesterol 0 mg

Sodium 148 mg

Ingredients



5 eggplants, peeled and cubed
5 green bell peppers, seeded and chopped
5 tomatoes, chopped
5 onions, chopped
1 1/2 tbsps white sugar
1 tbsp salt

1/2 C. vegetable oil
1/2 C. red wine vinegar
1/2 C. water

Directions

1. Add the following to a saucepan: onion, eggplant, tomato, and bell peppers.
2. Get a bowl, combine: water, sugar, vinegar, salt, and oil.
3. Stir the mix until it is smooth then add it to the saucepan as well.
4. Get everything boiling then set the heat to a medium level and let the mix cook for 40 mins.
5. Enjoy.

Bacon and Chestnuts

 Prep Time: 10 mins
 Total Time: 1 hr

Servings per Recipe: 15

Calories	230 kcal
Fat	13.9 g
Carbohydrates	20.5g
Protein	6 g
Cholesterol	21 mg
Sodium	2179 mg

Ingredients

1 (10 oz.) can whole chestnuts, drained	1 lb bacon
2 C. soy sauce	
1 C. brown sugar	

Directions

1. Get a bowl, mix: soy sauce and chestnuts.
2. Place a covering of plastic on the bowl and put everything in the fridge for 40 mins.
3. Cover a casserole dish with foil.
4. Coat it with nonstick spray then set your oven to 450 degrees before doing anything else.
5. Cut your pieces of bacon into three pieces.
6. Get a bowl for your brown sugar then dredge your chestnuts in the sugar and cover each chestnut with a piece of bacon.
7. Place a tooth through each and put everything in the casserole dish.
8. Cook the chestnuts in the oven until the bacon is fully done.
9. Enjoy.

BREAD

for Celebrations



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 510 kcal

Fat 36.8 g

Carbohydrates 31.1g

Protein 13.2 g

Cholesterol 24 mg

Sodium 721 mg

Ingredients

- 1 (1 lb) loaf unsliced white bread
- 1 C. freshly grated Parmesan cheese
- 1 C. grated Romano cheese
- 6 cloves garlic, crushed
- 1/2 C. chopped fresh parsley
- 1 C. extra virgin olive oil
- 2 tbsps dried red chile peppers

Directions

1. Set your oven to 300 degrees before doing anything else.
2. Get a casserole dish and lay your pieces of bread in the dish.
3. Cut out 8 slices only halfway down the piece of bread.
4. Coat the bread with half of the olive oil, parmesan, parsley, Romano, and garlic.
5. Layer your chili peppers around the bread and cook everything for 20 mins in the oven.
6. Top the bread with the rest of the olive oil.
7. Enjoy.

2 Cheese Spinach Bake



Prep Time: 20 mins



Total Time: 2 hrs 40 mins

Servings per Recipe: 16

Calories 143 kcal

Fat 4.4 g

Carbohydrates 20.3g

Protein 5.7 g

Cholesterol 42 mg

Sodium 469 mg

Ingredients

1 (10 oz.) package frozen chopped spinach, thawed and drained	1/2 onion, chopped
2 C. dry bread stuffing mix	2 tbsps melted butter
3 eggs, beaten	1/4 C. shredded Cheddar cheese
1/4 C. grated Parmesan cheese	

Directions

1. Get a bowl, combine: cheddar, spinach, butter, stuffing mix, onion, eggs, and parmesan.
2. Place a covering on the bowl and put everything in the fridge for 40 mins.
3. Get a casserole dish and drop large dollops of the mix into the dish.
4. Place everything in the freezer for 2 hrs.
5. Now set your oven to 350 degrees before doing anything else and let the mix sit for 30 mins as the oven gets hot.
6. Once the oven is hot cook the dollops for 30 mins.
7. Enjoy.

ZUCCHINI and Romano Roast



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 40

Calories 46 kcal

Fat 3.7 g

Carbohydrates 2.3g

Protein < 1 g

Cholesterol 6 mg

Sodium 73 mg

Ingredients

- 1 C. baking mix
- 1/2 C. vegetable oil
- 2 tbsps dried parsley
- 1 pinch ground black pepper
- 2 cloves garlic, chopped
- 1 egg
- 1/2 C. grated Romano cheese
- 1/4 tsp salt
- 3 C. sliced zucchini

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: zucchini, baking mix, salt, veggie oil, Romano, parsley, egg, garlic, and pepper.
3. Then place the mix into a casserole dish that has been coated with oil and cook everything in the oven for 25 mins.
4. Slice the contents into serving pieces.
5. Enjoy.

Scallops for the Banquet



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 215 kcal

Fat 15.9 g

Carbohydrates 6.5g

Protein 9.5 g

Cholesterol 19 mg

Sodium 369 mg

Ingredients

1 lb scallops, rinsed and patted dry, larger pieces cut in 4
1 C. French dressing

1/2 clove garlic, crushed

Directions

1. Get a pot of water and salt boiling.
2. Cook your scallops in it for 7 mins then remove all the liquids and add the scallops to a mason jar immediately.
3. Now add in the garlic and French dressing.
4. Place the lid on the jar tightly and shake everything.
5. Place the scallops in the fridge until they are cold then layer everything onto a serving dish and stake a toothpick through each one.
6. Enjoy.

SWEET Beef Cocktails



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 48

Calories 24 kcal

Fat 1.7 g

Carbohydrates 0.7g

Protein < 1.3 g

Cholesterol 5 mg

Sodium 58 mg

Ingredients

1/4 C. milk	2 tsps white sugar
2 tsps dried bread crumbs	1/2 clove crushed garlic
1 tbsp minced onion	1/4 tsp ground ginger
1/2 lb lean ground beef	
2 tsps water	
2 tsps soy sauce	
1 tbsp vegetable oil	

Directions

1. Get a bowl, combine: ground beef, milk, chopped onions, and bread crumbs.
2. Combine everything evenly then form the mix into 36 balls and layer them in a single casserole dish if they can fit or into two dishes.
3. Get a 2nd bowl, combine: ginger, water, garlic, soy sauce, sugar, and veggie oil.
4. Top your beef with the mix and leave everything for an hour covered in the fridge.
5. Stir the mix then set your oven to 350 degrees before continuing.
6. Cook everything in the oven for 30 mins.
7. Enjoy.

Apricot and Brie Puff Pastry



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 286 kcal

Fat 19.5 g

Carbohydrates 19.1g

Protein 8.6 g

Cholesterol 28 mg

Sodium 264 mg

Ingredients

1 (8 oz.) wheel Brie cheese

3 tbsps apricot preserves

1/2 (17.5 oz.) package frozen puff pastry,
thawed

1 egg white

Directions

1. Coat a casserole dish with oil then set your oven to 350 degrees before doing anything else.
2. Cut your brie into two circular pieces then coat each with the preserves.
3. Form the pieces into a sandwich and cover the sandwich with some puff pastry.
4. Place the pastry onto a cookie sheet and top everything with egg whites.
5. Cook the pastry for 35 mins in the oven.
6. Enjoy.

MEXICAN Appetizer



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 77 kcal

Fat 0.8 g

Carbohydrates 17.3g

Protein 1.7 g

Cholesterol 0 mg

Sodium 47 mg

Ingredients

1 jicama, peeled and cut into bite-sized pieces



2 tbsps fresh lime juice

2 tbsps chili powder

Directions

1. Lay out your jicama on a serving dish then top it with the chili powder and lime juice.
2. Enjoy.

Chinese Dumplings

 Prep Time: 15 mins
 Total Time: 35 mins

Servings per Recipe: 60

Calories 91 kcal

Fat 6.7 g

Carbohydrates 4.7g

Protein 2.7 g

Cholesterol 11 mg

Sodium 166 mg

Ingredients

1 (16 oz.) package wonton wrappers
1 lb beef sausage
1 C. shredded Monterey Jack cheese
1 C. shredded Cheddar cheese

1/2 C. chopped black olives, drained
1 C. Ranch-style salad dressing

Directions

1. Coat a muffin tin with nonstick spray then set your oven to 350 degrees before doing anything else.
2. Place your wonton wrappers in each section of the tin and cook them in the oven for 7 mins then place everything outside the oven to lose its heat.
3. Get a bowl, combine: dressing, sausage, olives, cheddar, and Monterey.
4. Divide the mix between the wrappers and cook everything for 13 more mins until the sausage is fully done.
5. Enjoy.





EASY

Devils on Horseback



Prep Time: 30 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 560 kcal

Fat 43.7 g

Carbohydrates 32.2g

Protein 13.7 g

Cholesterol 51 mg

Sodium 631 mg



Ingredients

- 1 (8 oz.) package pitted dates
- 4 oz. almonds
- 1 lb sliced bacon

Directions

1. Cut your dates in half then put an almond in each.
2. Cover the dates with the bacon and stake a toothpick through each one.
3. Place everything onto a broiler pan and cook the appetizers under the broiler for 12 mins.
4. Enjoy.

Spicy Chicken Wings

 Prep Time: 15 mins
 Total Time: 2 hrs

Servings per Recipe: 5

Calories	364 kcal
Fat	32.4 g
Carbohydrates	10.7g
Protein	7.9 g
Cholesterol	44 mg
Sodium	497 mg

Ingredients

1/2 C. all-purpose flour	1/4 C. butter
1/4 tsp paprika	1/4 C. hot sauce
1/4 tsp cayenne pepper	1 dash ground black pepper
1/4 tsp salt	1 dash garlic powder
10 chicken wings	
oil for deep frying	

Directions

1. Get a bowl, combine: salt, flour, cayenne, and paprika.
2. Add in the chicken wings and evenly coat them.
3. Place the wings in a separate bowl and place a covering of plastic on the bowl.
4. Put everything in the fridge for 1.5 hours.
5. Get your oil hot for frying in a deep pan.
6. You want the wings to be fully submerged.
7. Once the oil is hot fry the wings for 13 mins until golden and fully done then place the wings in a bowl and top everything with the hot sauce.
8. Enjoy.

SPICY

Cheese Appetizer



Prep Time: 2 mins



Total Time: 2 mins

Servings per Recipe: 6

Calories 197 kcal

Fat 13 g

Carbohydrates 18.5g

Protein 2.9 g

Cholesterol 41 mg

Sodium 118 mg

Ingredients

1 (8 oz.) package cream cheese,
softened

1/2 C. mild pepper jelly

Directions

1. Simply coat your cream cheese with the jelly and place everything on a serving platter.
2. Slice the block of cheese into a strips and place toothpicks in each one.
3. Enjoy.

Festive Bruschetta Appetizer



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 12

Calories 215 kcal

Fat 8.9 g

Carbohydrates 24.8g

Protein 9.6 g

Cholesterol 12 mg

Sodium 426 mg

Ingredients

- 6 roma (plum) tomatoes, chopped
- 1/2 C. sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 C. olive oil
- 2 tbsps balsamic vinegar
- 1/4 C. fresh basil, stems removed
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 French baguette
- 2 C. shredded mozzarella cheese

Directions

1. Get your oven's broiler hot.
2. Get a bowl, combine: pepper, roma tomatoes, salt, sun dried tomatoes, basil, garlic, vinegar, and olive oil.
3. Stir the mix then leave it for 15 mins.
4. Slice your bread into 1 inch pieces then place everything on a cookie sheet.
5. Cook the pieces in the oven for 3 mins then equally top the pieces of bread with the tomato mix and a piece of mozzarella.
6. Place the pieces of bread back in the broiler for 6 more mins.
7. Enjoy.

SPRINGTIME Party Shrimp



Prep Time: 15 mins

Total Time: 55 mins

Servings per Recipe: 6

Calories 273 kcal

Fat 14.7 g

Carbohydrates 2.8g

Protein < 31 g

Cholesterol 230 mg

Sodium 472 mg

Ingredients

3 cloves garlic, minced

1/3 C. olive oil

1/4 C. tomato sauce

2 tbsps red wine vinegar

2 tbsps chopped fresh basil

1/2 tsp salt



1/4 tsp cayenne pepper

2 lbs fresh shrimp, peeled and deveined
skewers

Directions

1. Get a bowl, combine: wine vinegar, garlic, tomato sauce, and olive oil.
2. Combine in the cayenne, salt, and basil.
3. Stir the mix then add in the shrimp and stir everything again.
4. Place a covering of plastic on the bowl and put everything in the fridge for 60 mins.
5. Now get a grill hot and coat the grate with oil.
6. Place the shrimp on some skewers and grill everything for 4 mins each side.
7. Enjoy.

Cute Little Sweet Sausages

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 12

Calories	356 kcal
Fat	27.2 g
Carbohydrates	18.9g
Protein	9 g
Cholesterol	49 mg
Sodium	696 mg

Ingredients

1 lb sliced bacon, each piece cut into 3 pieces
1 (16 oz.) package little beef sausages

1 C. brown sugar, or to taste

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Cover each sausage with a piece of bacon then top everything with the sugar.
3. Place each piece on a skewer and then on a cookie sheet.
4. Cook the appetizers in the oven until the bacon is fully done.
5. Enjoy.

RUSTIC

Cheddar and Onion Baguette



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 12

Calories 338 kcal

Fat 23.1 g

Carbohydrates 23.8g

Protein 9.5 g

Cholesterol 20 mg

Sodium 488 mg

Ingredients



1 C. mayonnaise
1 C. shredded aged Cheddar cheese
3/4 C. finely chopped slivered almonds
6 slices crisply cooked bacon, crumbled
2 green onions, finely chopped, or more
to taste
2 tsps Worcestershire sauce

1 loaf baguette, cut into 1- to 2-inch
slices

Directions

1. Set your oven to 375 degrees before doing anything else.
2. Get a bowl, combine: Worcestershire, mayo, green onions, cheddar, bacon, and almonds.
3. Divide the mix between your pieces of bread and place everything on a cookie sheet.
4. Cook everything in the oven for 9 mins.
5. Enjoy.

Parmesan Rolls

 Prep Time: 20 mins
 Total Time: 35 mins

Servings per Recipe: 16

Calories	170 kcal
Fat	11.5 g
Carbohydrates	12.2g
Protein	4.4 g
Cholesterol	20 mg
Sodium	353 mg

Ingredients

1 (8 oz.) package Cream Cheese, softened
8 slices Bacon, cooked, crumbled
1/3 C. Grated Parmesan Cheese
1/4 C. finely chopped onions
2 tbsps chopped fresh parsley
1 tbsp milk

2 (8 oz.) packages refrigerated crescent dinner rolls

Directions

1. Get a bowl, combine: cream cheese, bacon, parmesan, onion, parsley, and milk.
2. Combine the mix until it is smooth.
3. Break your pieces of dough into eight triangles then cut each piece in half.
4. Top each piece with 1 tsp of mix and roll it up.
5. Lay everything onto a cookie sheet and cook it all in the oven for 14 mins.
6. Enjoy.

APPLES and Beef



Prep Time: 10 mins



Total Time: 55 mins

Servings per Recipe: 8

Calories 501 kcal

Fat 35.6 g

Carbohydrates 28.6g

Protein 16.4 g

Cholesterol 86 mg

Sodium 837 mg

Ingredients

2 lbs beef sausage

1 onion, chopped



3/4 C. packed brown sugar

1 C. chunky applesauce

Directions

1. Set your oven to 325 degrees before doing anything else.
2. Begin to fry your sausage until it is fully done then cut it into pieces.
3. Get a baking dish then stir the following in it: onion, sausage, applesauce, and brown sugar.
4. Cook everything in the oven for 50 mins.
5. Enjoy.

Caprese Sandwiches

 Prep Time: 20 mins
 Total Time: 20 mins

Servings per Recipe: 6

Calories	312 kcal
Fat	22.6 g
Carbohydrates	10.2g
Protein	19.8 g
Cholesterol	63 mg
Sodium	683 mg

Ingredients

24 long cocktail toothpicks	24 fresh basil leaves
48 cherry or grape tomatoes, rinsed and dried	1/4 C. Italian salad dressing
6 thin slices prosciutto, each cut into quarters, folded into squares	
24 bite-size marinated mozzarella balls*	

Directions

1. Stake the following on each toothpick: piece of folded prosciutto, piece of folded basil, one tomato, one mozzarella piece, and another tomato.
2. Place everything on a dish and top it with dressing.
3. Enjoy.





BACON Wrapper



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 24

Calories 83 kcal

Fat 7.1 g

Carbohydrates 0.1g

Protein < 4.3 g

Cholesterol 65 mg

Sodium 203 mg

Ingredients

12 fresh chicken livers, halved



1 tsp garlic salt

12 slices bacon, cut in half

Directions

1. Get your oven's broiler hot.
2. Coat each piece of liver with garlic salt then cover each with a piece of bacon.
3. Stake a toothpick through each and layer everything into a broiler dish.
4. Cook the livers under the broiler for 6 mins then flip the pieces and continue to broil them for 6 more mins.
5. Enjoy.

Festive Sandwich

 Prep Time: 15 mins
 Total Time: 30 mins

Servings per Recipe: 12

Calories	416 kcal
Fat	27.2 g
Carbohydrates	31.4g
Protein	12.1 g
Cholesterol	63 mg
Sodium	748 mg

Ingredients

1 C. butter, softened
3 tbsps poppy seeds
1 onion, grated
1 tbsp Worcestershire sauce
2 tbsps prepared Dijon-style mustard
2 (12 oz.) packages white party rolls

1/2 lb chopped cooked turkey ham
5 oz. shredded Swiss cheese

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: Dijon, butter, Worcestershire, poppy seeds, and onions.
3. Cut your bread into 2 pieces then coat each piece with the mix.
4. Place a piece of cheese and some ham equally then place everything into a casserole dish.
5. Cook the rolls in the oven for 13 mins.
6. Enjoy.

COUNTRYSIDE

Sausage Appetizer



Prep Time: 15 mins

Total Time: 40 mins

Servings per Recipe: 10

Calories 468 kcal

Fat 31.6 g

Carbohydrates 23.9g

Protein 21.9 g

Cholesterol 78 mg

Sodium 1206 mg

Ingredients

3 C. biscuit baking mix

1 lb bulk pork sausage

4 C. shredded Cheddar cheese

1/2 C. grated Parmesan cheese



1/2 C. milk

1 1/2 tsps dried parsley

Directions

1. Coat a broiler pan with oil then set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: parsley, sausage, milk, baking mix, parmesan, and cheddar.
3. Work the mix evenly with your hands then shape everything into balls.
4. Place the meat into the pan and cook them under the broiler for 30 mins.
5. Check to make sure nothing burns and turn the balls at least twice as they cook.
6. Enjoy.

Chinese Party Wontons

 Prep Time: 30 mins
 Total Time: 1 hr

Servings per Recipe: 6

Calories	752 kcal
Fat	28.8 g
Carbohydrates	81.1g
Protein	39.2 g
Cholesterol	129 mg
Sodium	1449 mg

Ingredients

100 (3.5 inch square) wonton wrappers	3 tbsps sesame oil
1 3/4 lbs ground beef	1 egg, beaten
1 tbsp minced fresh ginger root	5 C. finely shredded Chinese cabbage
4 cloves garlic, minced	
2 tbsps thinly sliced green onion	
4 tbsps soy sauce	

Directions

1. Get a bowl, combine: cabbage, beef, egg, ginger, sesame oil, garlic, soy sauce, and green onions.
2. Lay out your wonton wrappers and add 1 tsp of mix to each.
3. Form each wrapper into a dumpling then steam the dumpling with a steamer insert over 2 inches of boiling water or a steamer basket.
4. Let the dumplings steam for 25 mins until the meat is fully done.
5. Enjoy.

CREAMY

Salmon and Tomatoes



Prep Time: 35 mins

Total Time: 35 mins

Servings per Recipe: 25

Calories 46 kcal

Fat 3.9 g

Carbohydrates 1.9g

Protein < 1.4 g

Cholesterol 12 mg

Sodium 48 mg

Ingredients

50 cherry tomatoes, cleaned, dried, tops and bottoms removed

1 (8 oz.) package cream cheese, softened

2 oz. smoked salmon, finely chopped

2 1/2 tbsps heavy cream

3 drops lemon juice

ground black pepper to taste

Directions

1. Take out the insides of your tomatoes and put the tomato insides in a bowl.
2. Get a 2nd bowl, combine: black pepper, cream cheese, lemon juice, salmon, and cream.
3. Use a mixer for 3 mins then add the mix to a cookie press.
4. Place the mix into the tomatoes.
5. Enjoy.

Appetizers for March



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 138 kcal

Fat 8.7 g

Carbohydrates 6.2g

Protein 8.7 g

Cholesterol 196 mg

Sodium 278 mg

Ingredients

4 eggs
2 tbsps cream cheese
2 tbsps chopped onion
2 tbsps minced cooked turkey ham

1/4 C. seasoned bread crumbs

Directions

1. Set your oven to 400 degrees before doing anything else.
2. Get your eggs boiling in water.
3. Once the eggs are boiling, place a lid on the pot, shut the heat, and leave the eggs for 15 mins.
4. Drain out the water and remove the shells of the eggs.
5. Slice them in half and take out the yolks.
6. Get a bowl, mix: ham, onion, and cream cheese.
7. Enter the mix into the eggs and layer them in a casserole dish.
8. Cook the eggs in the oven for 7 mins.
9. Enjoy.

CRESCENTS and Cheese



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 159 kcal

Fat 13.3 g

Carbohydrates 6.4g

Protein 3.5 g

Cholesterol 56 mg

Sodium 194 mg

Ingredients

1/2 (8 oz.) package refrigerated
crescent rolls

1 (8 oz.) package cream cheese



1/2 tsp dried dill weed

1 egg yolk, beaten

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Lay out your dough on a cutting board coated with flour.
3. Take your cream cheese and coat one side of it with half of the dill weeds then lay the dill side of the cheese facing downwards on the dough and top the other side with the rest of the dill.
4. Lay the dough over the cheese and crimp the edge to form a seal.
5. Coat a baking sheet with oil and place the dough on the sheet and cook everything in the oven for 17 mins.
6. Enjoy.

Basil Zucchini Bites

 Prep Time: 5 mins
 Total Time: 55 mins

Servings per Recipe: 10

Calories	359 kcal
Fat	30.2 g
Carbohydrates	7.3g
Protein	16 g
Cholesterol	151 mg
Sodium	460 mg

Ingredients

8 tbsps grated Parmesan cheese
1/2 C. vegetable oil
1/2 C. sesame seeds
1 onion, chopped
1 clove garlic, minced
2 1/2 C. grated zucchini
6 eggs, beaten
1/3 C. dried bread crumbs

1/2 tsp salt
1/2 tsp dried basil
1/2 tsp dried oregano
1/4 tsp ground black pepper
3 C. shredded Cheddar cheese

Directions

1. Coat a casserole dish with oil and with 3 tbsp of parmesan.
2. Then set your oven to 325 degrees before doing anything else.
3. Begin to toast your sesame seeds in half a tsp of veggie oil.
4. Get a bowl, combine: cheddar, veggie oil, pepper, onion, oregano, garlic, basil, zucchini, salt, eggs, and bread crumbs.
5. Combine the mix until it is even then layer everything into the casserole dish.
6. Top the mix with the sesame seeds and parmesan.
7. Cook the dish in the oven for 35 mins.
8. Then cut it into servings once it has cooled off.
9. Enjoy.

SWEET Peas



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 184 kcal

Fat 12.9 g

Carbohydrates 12.3g

Protein 4.4 g

Cholesterol 0 mg

Sodium 532 mg

Ingredients



1 lb sugar snap peas, trimmed
3 tbsps garlic flavored olive oil
1/4 C. low sodium soy sauce
1/4 tsp sesame oil

2 drops chili oil
1/4 tsp packed brown sugar
2 tbsps toasted sesame seeds

Directions

1. Get your oven's broiler hot.
2. Get a broiler pan and lay your snap peas in it then top them with the olive oil.
3. Cook the peas under the broiler for 7 mins.
4. At the same time get a bowl, combine: sesame seeds, soy sauce, brown sugar, sesame oil, and chili oil.
5. Top your peas evenly with the oil mix when they are finish cooking.
6. Enjoy.

New York Style Pizza Bites

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 8

Calories	306 kcal
Fat	19.5 g
Carbohydrates	22.7 g
Protein	10.3 g
Cholesterol	30 mg
Sodium	439 mg

Ingredients

- | | |
|---|------------------------------|
| 1 C. prepared spinach dip | 1/3 C. chopped green onions |
| 1 (10 oz.) package prepared pizza crust | 1 tomato, seeded and chopped |
| 1 C. chopped broccoli | |
| 1 C. cooked and cubed chicken | |

Directions

1. Coat your pizza crust with the spinach dip mix then layer your tomato, broccoli, green onions, and chicken over it.
2. Slice the pizza into slices then place them on a serving dish.
3. Enjoy.





LITTLE

Japanese Meatballs



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 12

Calories 185 kcal

Fat 9.7 g

Carbohydrates 6.7g

Protein 16.5 g

Cholesterol 52 mg

Sodium 382 mg

Ingredients

2 tbsps minced onion

1/4 C. Kikkoman Teriyaki Marinade & Sauce

2 lbs lean ground beef



1 C. Kikkoman Panko Bread Crumbs

Kikkoman Teriyaki Baste & Glaze

Directions

1. Set your oven to 325 degrees before doing anything else.
2. Get a bowl, combine: ground beef, onion, panko, and teriyaki.
3. Work the mix with your hands then form everything into little meatballs.
4. Lay the appetizers on a cookie sheet and cook them in the oven for 25 mins.
5. Enjoy.

Pimentos and Blue Cheese

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 10

Calories	190 kcal
Fat	8.7 g
Carbohydrates	23.1g
Protein	5.3 g
Cholesterol	11 mg
Sodium	507 mg

Ingredients

1 large cucumber	15 pimento-stuffed green olives, chopped
1 (3 oz.) package cream cheese, softened	
1/4 C. blue cheese salad dressing	
1 (1 lb) loaf cocktail rye bread	

Directions

1. Perforate your cucumber with a fork then cut it into slices.
2. Get a bowl, combine: blue cheese and cream cheese.
3. Top your pieces of bread with the cheese mix then equally with the cucumber and some olives.
4. Enjoy.

AUTHENTIC Guacamole



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 262 kcal

Fat 22.2 g

Carbohydrates 18g

Protein 3.7 g

Cholesterol 0 mg

Sodium 596 mg

Ingredients

3 avocados - peeled, pitted, and mashed

1 lime, juiced

1 tsp salt

1/2 C. minced onion

3 tbsps chopped fresh cilantro

2 roma (plum) tomatoes, minced



1 tsp minced garlic

1 pinch ground cayenne pepper (optional)

Directions

1. Get a bowl, combine: salt, avocados, and lime juice.
2. Mash everything together evenly then combine in: the garlic, onions, tomatoes, and cilantro.
3. Stir the mix again then combine in the cayenne.
4. Place a covering of plastic on the bowl and put everything in the fridge for 65 mins.
5. Enjoy.

Buffalo Wings I

 Prep Time: 10 mins
 Total Time: 50 mins

Servings per Recipe: 3

Calories	710 kcal
Fat	46.9 g
Carbohydrates	43.7g
Protein	28 g
Cholesterol	136 mg
Sodium	2334 mg

Ingredients

oil for deep frying
1 C. unbleached all-purpose flour
2 tsps salt
1/2 tsp ground black pepper
1/2 tsp cayenne pepper
1/4 tsp garlic powder
1/2 tsp paprika
1 egg

1 C. milk
3 skinless, boneless chicken breasts, cut into
1/2-inch strips
1/4 C. hot pepper sauce
1 tbsp butter

Directions

1. Get your oil hot for frying.
2. At the same time get a bowl, combine: paprika, flour, garlic powder, salt, cayenne, and black pepper.
3. Get a 2nd bowl, combine: milk and eggs.
4. Coat your chicken first with the egg mix then dredge them in the flour mix.
5. Place the chicken back in the egg mix and again in the flour mix.
6. Place everything in a bowl and place a covering of plastic on the bowl.
7. Put the chicken in the fridge for 30 mins then begin to fry the chicken, in batches, for 8 mins.
8. Once all the chicken is done get a 3rd bowl and combine your butter and hot sauce.
9. Place the mix in the microwave for 1 min with a high level of heat then top the chicken with the mix.
10. Enjoy..

BUFFALO Chicken Sandwich



Prep Time: 20 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 588 kcal

Fat 32.6 g

Carbohydrates 39.8g

Protein 30.4 g

Cholesterol 83 mg

Sodium 1208 mg

Ingredients

1 tbsp vegetable oil
1 tbsp butter
1 lb skinless, boneless chicken breasts,
cut into bite-size pieces
1/4 C. hot sauce

4 (10 inch) flour tortillas
2 C. shredded lettuce
1 celery stalk, diced
1/2 C. blue cheese dressing

Directions

1. Fry your chicken in veggie oil for 12 mins until it is fully done then place the meat to the side in a bowl.
2. Add in the hot sauce to the bowl and stir everything to evenly coat the meat.
3. Now place your tortillas on a working surface and place your chicken on each equally.
4. Layer your dressing, celery, and lettuce over everything then form the contents into burritos.
5. Enjoy.

Buffalo Pizza



Prep Time: 30 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 785 kcal

Fat 40.7 g

Carbohydrates 66.6g

Protein 37.1 g

Cholesterol 83 mg

Sodium 1840 mg

Ingredients

3 skinless, boneless chicken breast halves,
cooked and cubed

2 tbsps butter, melted

1 (2 oz.) bottle hot sauce

1 (8 oz.) bottle blue cheese salad dressing

1 (16 inch) prepared pizza crust

1 (8 oz.) package shredded mozzarella cheese

Directions

1. Set your oven to 425 degrees before doing anything else.
2. Get a bowl, combine: hot sauce, butter, and chicken. Stir the mix until the chicken is evenly coated.
3. Now lay out your pizza crust on a cookie sheet and coat it evenly with the ranch dressing.
4. Add the chicken over the dressing, then add the cheese.
5. Cook everything into the oven for 12 mins.
6. Enjoy.

BUFFALO

Sandwich II (French Onions)



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 236 kcal

Fat 4.2 g

Carbohydrates 20.5g

Protein 27.8 g

Cholesterol 67 mg

Sodium 1561 mg

Ingredients

4 skinless, boneless chicken breast halves

1 (2 oz.) bottle hot pepper sauce

1 (5 oz.) bottle green hot pepper sauce

2 tsps paprika, divided

1 red onion, sliced in rings

4 slices tomato

4 leaves lettuce

4 thick slices French baguette, halved

Directions

1. Get your oven's broiler hot then place your chicken in a pan for broiling.
2. Top the chicken with paprika and both hot sauces.
3. Layer your onions over everything. Then cook the chicken until it is fully done under the broiler for about 17 mins.
4. Now layer your chicken on the bread and top everything with the lettuce and tomato.
5. Enjoy.

Buffalo Fries



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 526 kcal

Fat 26.6 g

Carbohydrates 66.1g

Protein 8.1 g

Cholesterol 35 mg

Sodium 1765 mg

Ingredients

cooking spray
4 large potatoes, sliced into wedges
2 tbsps olive oil, or to taste
salt and ground black pepper to taste
1 C. Buffalo-style hot pepper sauce

1/4 C. melted butter, or to taste

1/4 C. ranch salad dressing, or to taste

Directions

1. Coat a casserole dish with nonstick spray then set your oven to 400 degrees before doing anything else.
2. Layer your potatoes into the dish and top them with some pepper, salt, and the olive oil.
3. Cook the spuds in the oven for 35 mins then get a bowl and combine the melted butter and hot sauce.
4. Stir the mix until it is smooth then add your potatoes to the mix.
5. Stir everything to evenly coat the wedges then place the potatoes back into the dish.
6. Top the potatoes with the ranch dressing.
7. Enjoy.

BUFFALO Chicken I



Prep Time: 15 mins



Total Time: 48 mins

Servings per Recipe: 4

Calories 257.6

Cholesterol 114.5mg

Sodium 591.4mg

Carbohydrates 0.4g

Protein 27.2g

Ingredients



8 small boneless skinless chicken thighs
1 1/2 tsps vegetable oil
1/4 C. hot sauce
3 tbsps margarine, melted
2 tbsps water
1 tbsp white vinegar

1/8 tsp pepper
cooking spray
blue cheese or ranch dressing, for dip

Directions

1. Get a pan hot with oil after coating it with some nonstick spray.
2. Set your oven to 400 degrees before doing anything else.
3. Fry your chicken for 6 mins. Flip the chicken and fry it for 6 more mins.
4. Place the meat into a casserole dish that has been sprayed with nonstick spray as well.
5. Get a bowl, combine: hot sauce, margarine, vinegar, and pepper.
6. Stir the mix until it is smooth then top your chicken with the mix.
7. Cook the chicken in the oven for 30 mins then top the pieces with the blue cheese.
8. Enjoy.

Buffalo Spinach Sandwich

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 4

Calories	374 kcal
Fat	15.3 g
Carbohydrates	48.7g
Protein	22.5 g
Cholesterol	26 mg
Sodium	2261 mg

Ingredients

cooking spray
1 (12 fluid oz.) bottle Buffalo wing sauce
1 (12 oz.) package extra-firm tofu, cut into cubes
4 slices Swiss cheese
4 honey-wheat tortillas

5 Campari tomatoes, sliced
1 C. fresh spinach, or to taste

Directions

1. Coat a casserole dish with nonstick spray then set your oven to 400 degrees before doing anything else.
2. Get a bowl, combine: tofu and buffalo sauce.
3. Let the mix sit as the oven heats.
4. Layer your tofu into the casserole dish and pour the sauce over them.
5. Cook the tofu for 12 mins then turn the cubes and cook them for 12 more mins.
6. Lay out your tortillas and top each with 1 piece of cheese. Place the tortillas in the microwave for 1 min or until the cheese melts.
7. Place your tomatoes over the cheese then evenly divide your spinach and tofu between them.
8. Shape the tortillas into burritos.
9. Enjoy.





BUFFALO

Wings II (Asian Style)



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 15

Calories 181 kcal

Fat 14.1 g

Carbohydrates 7.2g

Protein 6.5 g

Cholesterol 27 mg

Sodium 205 mg

Ingredients

15 chicken wings

1/2 C. all-purpose flour

oil for deep frying

1/4 C. butter

1/4 C. hot pepper sauce

1 tbsp chili-garlic sauce

1/2 tsp Thai red chili paste

2 tbsps Asian sweet chili sauce


2 tbsps honey

Directions

1. Get a bowl, combine: chicken wings and flour.
2. Get the wings covered in the flour evenly then place some plastic on the bowl and put everything in the fridge for 1.5 hrs.
3. Get your oil hot for frying.
4. At the same time with a low level of heat, begin to stir and heat the following for 7 mins: honey, butter, sweet chili sauce, hot sauce, chili paste, regular chili sauce.
5. Cook your chicken in the oil for 13 mins until they are fully done then place the wings in a clean bowl.
6. Add the sauce to the bowl and toss everything to evenly coat the wings.
7. Enjoy.

Buffalo Vegetarian Wraps

 Prep Time: 5 mins

 Total Time: 15 mins

Servings per Recipe: 1

Calories 368.8

Cholesterol 39.5mg

Sodium 533.3mg

Carbohydrates 9.0g

Protein 18.9g

Ingredients

1 whole wheat sandwich wrap
1/2 C. tomatoes, slices
1 C. chopped lettuce
1/2 C. extra firm tofu
2 tbsps ranch dressing
1/4 C. shredded cheddar cheese

2 tbsps buffalo, sauce
2 tbsps hot sauce

Directions

1. Cube your tofu then stir fry them until browned all over.
2. Pour in the buffalo and hot sauce and stir everything for 2 mins.
3. Now lay your wraps and coat each one with the ranch.
4. Lay your tomato and lettuce over the sauce then top everything with the tofu.
5. Top the tofu with the cheese and some more hot sauce.
6. Shape the wrap into a burrito.
7. Enjoy.

BUFFALO Russets



Prep Time: 10 mins

Total Time: 35 mins

Servings per Recipe: 15

Calories 300.1

Cholesterol 40.6mg

Sodium 531.6mg

Carbohydrates 37.3g

Protein 4.4g

Ingredients

1/3 C. melted butter
1 tsp cider vinegar
3 tsps hot sauce
1/2 tsp salt

4 russet potatoes, unpeeled, cut into wedges

Directions

1. Get an outdoor grill hot.
2. Get a bowl, combine: salt, butter, hot sauce, and vinegar.
3. Stir the mix until the salt has dissolved then place the potatoes in the mix.
4. Stir everything again to evenly coat the potatoes then place the potatoes on the grill.
5. Place a lid on the grill and cook the potatoes for 30 mins while coating them with the hot sauce mix.
6. Enjoy.

Buffalo Pretzels



Prep Time: 5 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 10

Calories 161 kcal

Fat 16.5 g

Carbohydrates 3.4g

Protein 0.3 g

Cholesterol < 0 mg

Sodium 553 mg

Ingredients

1 tsp ground cayenne pepper
1 tsp lemon pepper
1 1/2 tsps garlic salt
1 (1 oz.) Ranch-style dressing mix

3/4 C. vegetable oil
1 1/2 (15 oz.) packages mini pretzels

Directions

1. Get a bowl, combine: veggie oil, cayenne, ranch, lemon pepper, and garlic salt.
2. Stir the mix until it is smooth then add in pretzels and stir everything again.
3. Place a covering of plastic on the bowl and let the pretzels sit for 3 hrs in the mix then stir everything again.
4. Enjoy.

BUFFALO Scones



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 12

Calories 174 kcal

Fat 6.1 g

Carbohydrates 27.5g

Protein 3.8 g

Cholesterol 17 mg

Sodium 331 mg

Ingredients

1 C. all-purpose flour	1/2 C. currants
1 C. whole wheat flour	1 egg
1/4 C. white sugar	2/3 C. milk
4 tsp baking powder	2 tbsps milk
1 1/2 tsp ground cinnamon	2 tbsps white sugar
1/2 tsp ground nutmeg	
1/2 tsp salt	
1/4 tsp chili powder	
1/3 C. margarine, chilled	

Directions

1. Coat a cookie sheet with oil then set your oven to 425 degrees before doing anything else.
2. Get a bowl, combine: salt, flour, chili powder, nutmeg, wheat flour, cinnamon, sugar, and baking powder.
3. Stir the mix slowly then add the butter in pieces and keep mixing everything until the mix is crumbly then add in the raisins and mix everything again.
4. Get a 2nd bowl for your eggs and whisk them. Combine the eggs with the flour mix and form a dough.
5. Knead the dough for 5 mins then form the dough into 12 pieces.
6. Flatten each piece and coat everything with sugar and milk.
7. Cut an incision into each and place everything in the oven for 20 mins.
8. Top the scones with some butter when eating them.
9. Enjoy.

Buffalo Burgers



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 232 kcal

Fat 16.4 g

Carbohydrates 1.1g

Protein < 19.1 g

Cholesterol 70 mg

Sodium 67 mg

Ingredients

- 2 lbs ground beef
- 2 tsps diced garlic
- 2 fresh jalapeno peppers, seeded and diced
- 1 small fresh poblano chili pepper, seeded and diced
- 1 fresh habanero pepper, seeded and diced
- 1 tsp crushed red pepper flakes
- 2 tbsps chopped fresh cilantro
- 1 tsp ground cumin

Directions

1. Get a bowl, combine: cumin, beef, cilantro, garlic, pepper flakes, jalapenos, habanero, and poblano.
2. Shape the meat into balls. Then flatten each ball.
3. Get an outdoor grill hot then coat the grate with oil.
4. Grill your burgers for 6 mins each side.
5. Enjoy.

BUFFALO Kebabs



Prep Time: 15 mins



Total Time: 6 hrs 15 mins

Servings per Recipe: 15

Calories 310 kcal

Fat 21.9 g

Carbohydrates 2.3g

Protein < 24.9 g

Cholesterol 91 mg

Sodium 2681 mg

Ingredients

- 4 lbs ground beef
- 1 lb spicy beef sausage
- 2 1/2 tsps mustard seed
- 2 1/2 tsps liquid smoke flavoring
- 1 tbsp Worcestershire sauce
- 1 tbsp garlic powder
- 5 tsps sugar - based curing mixture
- 1 tbsp cracked black pepper
- 1 tbsp caraway seed
- 2 tsps cayenne pepper
- 2 tsps paprika
- 2 tsps chili powder
- 2 tsps red pepper flakes

Directions

1. Get a bowl, combine: pepper flakes, beef, chili powder, paprika, cayenne, beef, caraway, mustard seed, black pepper, liquid smoke, curing salt, garlic powder, and Worcestershire.
2. Place a covering of plastic on the bowl and put everything in the fridge for 8 hrs.
3. Shape the meat into 6 cylinders then cover each with foil.
4. Perforate the foil with a fork. Then set your oven to 200 degrees before doing anything else.
5. Place the beef in a jelly roll pan and cook them in the oven for 6 hrs.
6. Then shut the oven and let the meat sit for 4 more mins.
7. Slice the cylinders into coins.
8. Enjoy.

Cajun Burger



Prep Time: 25 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 714 kcal

Fat 49.1 g

Carbohydrates 28.5g

Protein 38.3 g

Cholesterol 132 mg

Sodium 1140 mg

Ingredients

- 1/2 C. mayonnaise
- 1 tsp Cajun seasoning
- 1 1/3 lbs ground beef sirloin
- 1 jalapeno pepper, seeded and chopped
- 1/2 C. diced white onion
- 1 clove garlic, diced
- 1 tbsp Cajun seasoning
- 1 tsp Worcestershire sauce
- 4 slices pepperjack cheese
- 4 hamburger buns, split
- 4 leaves lettuce
- 4 slices tomato

Directions

1. Get your outdoor grill hot and coat the grate with oil.
2. Get a bowl, combine: 1 tsp Cajun seasoning and mayo.
3. Stir the mix until it is smooth.
4. Get a 2nd bowl, combine: Worcestershire, sirloin, 1 tbsp Cajun spice, jalapeno, garlic, and the onions.
5. Combine the mix with your hands then shape everything into 4 burgers.
6. Grill the burgers for 6 mins each side.
7. Lay a piece of pepper jack on each patty and let the cheese melt. Then place the burgers to the side.
8. Coat your bread with the mayo mix then lay your patties, some tomato, and lettuce, on each one.
9. Enjoy.

CAJUN Burger II



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 414 kcal

Fat 27.4 g

Carbohydrates 11.9g

Protein 28.7 g

Cholesterol 147 mg

Sodium 989 mg

Ingredients

1 lb ground beef
3 tbsps dry bread crumbs
1 egg
3 green onions, chopped
1 tbsp Cajun seasoning
1 tbsp prepared mustard


1/4 C. barbeque sauce
1 tsp Cajun seasoning
4 slices Cheddar cheese

Directions

1. Get a bowl, combine: mustard, beef, 1 tbsp Cajun spice, bread crumbs, green onions, and egg.
2. Shape the mix into 4 burgers.
3. Get a 2nd bowl, combine: 1 tsp Cajun spice and bbq sauce.
4. Get your grill hot and coat the grate with oil.
5. Cook the burgers for 6 mins each side then lay a piece of cheese over the patties.
6. Let the cheese melt then top your burgers with the bbq sauce.
7. Enjoy.

Louisiana Popcorn

 Prep Time: 15 mins

 Total Time: 30 mins

Servings per Recipe: 20

Calories 107 kcal

Fat 9.4 g

Carbohydrates 5.3g

Protein 0.9 g

Cholesterol 12 mg

Sodium 312 mg

Ingredients

20 C. popped popcorn

1/2 C. butter or margarine, melted

2 tsps paprika

2 tsps lemon pepper

1 tsp salt

1 tsp garlic powder

1 tsp onion powder

1/4 tsp cayenne pepper

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine cayenne, melted butter, onion powder, paprika, garlic powder, salt, and lemon pepper.
3. Stir the mix until it is smooth then add your popcorn to a casserole dish.
4. Top the popcorn with the butter mix and toss everything.
5. Cook the popcorn for 20 mins in the oven and toss the kernels 4 times as they cook.
6. Enjoy.





CAJUN Seeds



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 5

Calories 80 kcal

Fat 4.9 g

Carbohydrates 7.3g

Protein 2.5 g

Cholesterol 6 mg

Sodium 169 mg

Ingredients

1 C. raw whole pumpkin seeds, washed and dried
1 tsp paprika (optional)
3/4 tsp Cajun seasoning, or to taste
salt to taste
2 dashes Worcestershire sauce
1 tbsp butter, melted

Directions

1. Set your oven to 300 degrees before doing anything else.
2. Get a bowl, combine: salt, pumpkin seeds, Cajun spice, and paprika.
3. Get a 2nd bowl, combine: melted butter and Worcestershire sauce.
4. Stir everything until it is smooth then coat your pumpkin seeds with the mix.
5. Lay your seeds into a casserole dish and cook them in the oven for 50 mins.
6. Flip the seeds at least twice as they cook.
7. Enjoy.

Perfect Party Wontons



Prep Time: 20 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 16

Calories 219 kcal

Fat 15 g

Carbohydrates 12.7g

Protein 8.2 g

Cholesterol 46 mg

Sodium 402 mg

Ingredients

- 1/2 C. butter
- 1/2 C. hot pepper sauce
- 2 tsp distilled white vinegar
- 2 C. shredded cooked chicken
- 1 (8 oz.) package cream cheese, softened
- 1 (12 oz.) package wonton wrappers
- 1 egg white
- 2 C. oil for frying

Directions

1. In a small pan, melt the butter on medium - high heat and immediately, remove everything from the heat.
2. Add the vinegar and hot pepper sauce and beat the mix until it is smooth.
3. Keep it aside for about 1 hour.
4. After 1 hour, stir in the chicken and keep it aside for about 15 minutes.
5. Arrange the wonton wrappers onto a smooth surface.
6. Place about 1/2 tsp of the chicken mixture, followed by 1/2 tsp of the cream cheese in the center of each wonton wrapper.
7. Coat the edges of the wrappers with egg white and fold them over the filling in a triangle shape.
8. With your fingers, press the edges to seal them completely.
9. In a large skillet, heat the oil to 375 degrees F on medium - high heat.
10. Add the wontons in batches and cook them for about 2 minutes, flipping occasionally.

KID'S

Favorite Wontons



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 40

Calories 195 kcal

Fat 17.9 g

Carbohydrates 8.6g

Protein 1 g

Cholesterol 1 mg

Sodium 49 mg

Ingredients

1 (12 oz.) package wonton wrappers
1 C. milk chocolate chips
10 strawberries, quartered

3 C. vegetable oil for frying
1/4 C. confectioners' sugar for dusting

Directions

1. Arrange the wonton wrappers onto a smooth surface.
2. Place about 1/2 tsp of the chocolate chips, followed by 1 strawberry piece in the center of each wonton wrapper.
3. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
4. With your fingers, press the edges to seal them completely.
5. In a large skillet, heat the oil to 350 degrees F.
6. Add the wontons in batches and cook them for about 45 seconds.
7. Flip the side and cook them for about 30 seconds.
8. Transfer the wrappers onto a paper towel lined plate to drain.
9. Serve everything with a sprinkling of the confectioners' sugar.

Asian Chicken Wontons



Prep Time: 50 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 434 kcal

Fat 10.8 g

Carbohydrates 58.7g

Protein 23.3 g

Cholesterol 86 mg

Sodium 1099 mg

Ingredients

2 skinless, boneless chicken breast halves, minced
1 egg
1 green onion, minced
1 1/2 tbsp soy sauce
1 tbsp Asian (toasted) sesame oil
1 tbsp vegetable oil
1/4 tsp salt
50 wonton wrappers
2 C. cold water

Directions

1. In a bowl, mix together all the ingredients except the wrappers and cold water.
2. Place about 1 tsp of the chicken mixture in the center of each wonton wrapper.
3. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
4. With your fingers, press the edges to seal them completely.
5. In a large pan of boiling water, place the wontons.
6. Add 1/2 C. of the cold water and bring to a boil.
7. Repeat this method by adding 1/2 C. more of the cold water.
8. Cook the wontons for about 5 minutes.
9. Drain well.

HOMEMADE Wonton Wrappers



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 72

Calories 14 kcal

Fat 0.1 g

Carbohydrates 2.7g

Protein 0.4 g

Cholesterol 3 mg

Sodium 17 mg

Ingredients

1 egg
1/3 C. water
2 C. all-purpose flour

1/2 tsp salt

Directions

1. In a bowl, add the water and egg and beat well.
2. In another bowl, mix together the flour and salt.
3. Make a well in the center of the flour mixture.
4. Gradually, add the egg mixture in the well and mix till well combined.
5. Place the dough onto a lightly floured surface and knead the dough till elastic.
6. Divide the dough in 2 portions and cover both portions with a damp cloth for about 10 minutes.
7. Cut each portion into 4 equal pieces and roll each piece into 10 1/2x10 1/2-inch squares.
8. Cut each square into 3 1/2x3 1/2-inch squares.

Game-Day Favorite Wontons



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 16

Calories 196 kcal

Fat 11.6 g

Carbohydrates 12.6g

Protein 9.9 g

Cholesterol 33 mg

Sodium 245 mg

Ingredients

1 lb. ground beef
1 (8 oz.) package shredded Colby-
Monterey Jack cheese
1 (12 oz.) package wonton wrappers

water, or as needed

2 C. vegetable oil, or as needed

Directions

1. Heat a large skillet on medium-high heat and cook the beef for about 5-7 minutes.
2. Discard the grease.
3. Place about 1/2 tsp of the cooked beef, followed by 1/2 tsp of the Colby-Monterey Jack cheese in the center of each wonton wrapper.
4. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
5. With your fingers, press the edges to seal them completely.
6. In a large skillet heat the oil to 350 degrees F on medium-high heat.
7. Add the wontons in batches and cook them for about 2-3 minutes on both sides.
8. Transfer the wrappers onto a paper towel lined plate to drain.

CHEESY WONTONS

Mexican Style



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 13

Calories 240 kcal

Fat 13.4 g

Carbohydrates 18.7g

Protein 10.4 g

Cholesterol 40 mg

Sodium 385 mg

Ingredients

1 lb. pepper - jack cheese, finely shredded

1 (14 oz.) package won ton wrappers


1 C. vegetable oil for deep frying

Directions

1. Place about 1-2 tsp of the cheese in the center of each wonton wrapper.
2. Fold the top and bottom corners in toward each other and roll it up like a little egg roll.
3. With your fingers, press the edges to seal them completely.
4. In a large skillet heat the oil to 365 degrees F on medium - high heat.
5. Add the wontons in batches and cook till golden brown.
6. Transfer the wrappers onto a paper towel lined plate to drain.

Asian Style Rhubarb Wontons

 Prep Time: 30 mins

 Total Time: 1 hr

Servings per Recipe: 20

Calories 154 kcal

Fat 4.7 g

Carbohydrates 25.9g

Protein 2.2 g

Cholesterol 1 mg

Sodium 92 mg

Ingredients

5 stalks rhubarb, chopped
3/4 C. all-purpose flour
1 1/4 C. white sugar

40 (3.5 inch square) wonton wrappers
1 quart oil for frying

Directions

1. In a food processor, add the rhubarb and pulse till liquefied.
2. Transfer the rhubarb into a large bowl, with the flour and sugar and mix well.
3. Place a spoonful of the rhubarb mixture in the center of each wonton wrapper.
4. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
5. With your fingers, press the edges to seal them completely.
6. In a large skillet heat the oil to 375 degrees F.
7. Add the wontons in batches and cook them for about 5 minutes, flipping occasionally.
8. Transfer the wrappers onto a paper towel lined plate to drain.

HAWAIIAN STYLE Wontons



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 30

Calories 168 kcal

Fat 8.6 g

Carbohydrates 18g

Protein 4.7 g

Cholesterol 21 mg

Sodium 349 mg

Ingredients

- 1 quart oil for deep frying
- 2 (8 oz.) packages cream cheese, softened
- 2 tbsp soy sauce
- 1 (12 oz.) package imitation crabmeat, flaked
- 1 (5 oz.) can water chestnuts, drained and chopped
- 5 green onions, chopped
- 2 (14 oz.) packages wonton wrappers

Directions

1. In a large bowl, mix together the all ingredients except the wrappers and oil.
2. Place about 1 tsp of the crabmeat mixture in the center of each wonton wrapper.
3. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
4. With your fingers, press the edges to seal them completely.
5. In a large skillet heat the oil to 375 degrees F.
6. Add the wontons in batches and cook them for about 3-4 minutes, flipping occasionally.
7. Transfer the wrappers onto a paper towel lined plate to drain.

Summertime Wonton Salad



Prep Time: 20 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 6

Calories 886 kcal

Fat 63 g

Carbohydrates 50.7g

Protein 32.6 g

Cholesterol 68 mg

Sodium 1107 mg

Ingredients

4 (6 oz.) skinless, boneless chicken breast halves
teriyaki marinade
8 green onions, chopped
1 tsp salt
1 tsp pepper
1/2 C. sugar
3/4 C. rice vinegar
1 C. olive oil
1/2 (14 oz.) package wonton wrappers
oil for frying
1 head iceberg lettuce, chilled, and torn into bite-size pieces
1 (4 oz.) can sliced water chestnuts, drained
1/4 C. toasted sesame seeds
1/2 C. toasted sliced almonds
1 (10 oz.) can mandarin orange segments, drained

Directions

1. In a bowl mix together the chicken and teriyaki sauce and refrigerate, covered for about 1 hour.
2. Set your outdoor grill for direct heat and grease the grill grate.
3. For the dressing, in a blender, add the green onions, vinegar, oil, salt and black pepper and pulse till smooth.
4. Transfer the mix into a bowl and refrigerate, covered before serving.
5. Cook the chicken on the grill till fully done.
6. Transfer the chicken onto a cutting board and cut it into the desired size slices.
7. Meanwhile in a large skillet, heat the oil on medium-high heat.
8. Cut the wonton wrappers into strips and cook in the hot oil till crisp.
9. Transfer the strips onto a paper towel lined plate to drain.
10. In a large bowl, mix together the remaining ingredients.
11. Add the dressing and toss to coat well.
12. Serve everything with a topping of chicken slices and wonton strips.





FLAVORFUL Wontons



Prep Time: 25 mins



Total Time: 35 mins

Servings per Recipe: 40

Calories 102 kcal

Fat 6.1 g

Carbohydrates 7.8g

Protein 4.1 g

Cholesterol 10 mg

Sodium 207 mg



Ingredients

- 1 C. mayonnaise
- 1 C. grated Parmesan cheese
- 2 C. shredded mozzarella cheese
- 1 (14 oz.) can artichoke hearts, drained and chopped
- 1/2 (10 oz.) package frozen chopped spinach, thawed and drained
- 1/2 (6 oz.) can crabmeat
- 1 clove garlic, minced
- 1/2 tsp onion powder
- 1/4 tsp ground black pepper
- 1/4 tsp ground white pepper
- 1 (16 oz.) package wonton wrappers
- 1/2 C. diced green onion

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly grease mini muffin pans.
2. Arrange the wrappers into prepared muffin cups and cook everything in the oven for about 5 minutes.
3. Remove everything from the oven.
4. In a bowl, mix together the all ingredients except the green onion.
5. Fill each wonton cup with the crab mixture and cook everything in the oven for about 5 minutes.
6. Serve everything with a garnishing of green onion.

Crowd Pleasing Wontons

 Prep Time: 30 mins
 Total Time: 40 mins

Servings per Recipe: 5

Calories	295 kcal
Fat	18.7 g
Carbohydrates	18.9g
Protein	12.3 g
Cholesterol	38 mg
Sodium	346 mg

Ingredients

vegetable oil for frying
1 C. shredded cooked chicken
1/4 C. shredded Cheddar cheese
2 tbsp ranch dressing
1 tbsp butter, melted

1 1/2 tsp hot pepper sauce, or more to taste
20 wonton wrappers

Directions

1. In a bowl, mix together the all ingredients except the wrappers and oil.
2. Place about 1 tbsp of the chicken mixture in the center of each wonton wrapper.
3. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
4. With your fingers, press the edges to seal them completely.
5. In a baking sheet, place the wontons and freeze for about 5-10 minutes.
6. In a large skillet heat the oil to 350 degrees F.
7. Add the wontons in batches and cook them for about 2-3 minutes, flipping occasionally.
8. Transfer the wrappers onto a paper towel lined plate to drain.

IMPRESSIVE Wontons



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 60

Calories 91 kcal

Fat 6.7 g

Carbohydrates 4.7g

Protein 2.7 g

Cholesterol 11 mg

Sodium 166 mg

Ingredients

1 (16 oz.) package wonton wrappers
1 lb. sausage
1 C. shredded Monterey Jack cheese
1 C. shredded Cheddar cheese
1/2 C. chopped green olives, drained

2 tablespoons scallion, chopped
1 C. Ranch-style salad dressing

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly grease mini muffin pans.
2. Arrange the wrappers into prepared muffin cups and cook everything in the oven for about 5 minutes.
3. Remove from the oven.
4. In a bowl, mix together the remaining ingredients.
5. Fill each wonton cup with the sausage mixture and cook everything in the oven for about 10-15 minutes.

Thanksgiving Special Wontons



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 10

Calories 330 kcal

Fat 14.1 g

Carbohydrates 39.6g

Protein 11.7 g

Cholesterol 32 mg

Sodium 427 mg

Ingredients

- 3/4 C. lemon juice
- 1 C. dried cranberries
- 1 1/2 C. shredded cooked turkey
- 1 C. prepared stuffing
- 4 oz. cream cheese, softened
- 1/4 C. thick turkey gravy
- 1 (14 oz.) package wonton wrappers
- salt to taste
- 3 C. canola oil for frying
- 2 tbsp minced onion
- 1 tbsp lime juice
- 1 tsp seeded and minced jalapeno pepper - or to taste
- 1 tsp minced garlic
- 1 tsp water

Directions

1. In a bowl, mix together the dried cranberries and lemon juice and keep aside.
2. In a bowl, mix together the turkey gravy, turkey, cream cheese and stuffing.
3. Place about 1 tbsp of the peach mixture in the center of each wonton wrapper.
4. Coat the edges of the wrappers with the egg white mixture and fold them over the filling in a triangle shape.
5. With your fingers, press the edges to seal them completely and sprinkle with the salt.
6. In a large skillet heat the oil on medium - high heat.
7. Add the wontons in batches and cook them for about 2 minutes on both sides.
8. Transfer the wrappers onto a paper towel lined plate to drain.
9. Drain the cranberries completely and place them into a food processor, then pulse till chopped finely.
10. In a bowl, transfer the chopped cranberries with the remaining ingredients and mix well.
11. Serve the wontons alongside the cranberry salsa.

ASIAN INSPIRED

Wontons



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 5

Calories 451 kcal

Fat 34.1 g

Carbohydrates 31.1g

Protein 6.7 g

Cholesterol 52 mg

Sodium 960 mg

Ingredients

1 (8 oz.) package cream cheese,
softened

1 (4 oz.) can diced jalapeño peppers
20 (3.5 inch square) wonton wrappers

1/2 C. sweet chili sauce
oil for deep frying

Directions

1. In a bowl, mix together the jalapeño peppers and cream cheese.
2. Place about 1 tsp of the jalapeño mixture in the center of each wonton wrapper.
3. Coat the edges of the wrappers with wet fingers and fold them over the filling in a triangle shape.
4. With your fingers, press the edges to seal them completely.
5. In a large skillet heat the oil to 375 degrees F.
6. Add the wontons in batches and cook them for about 2 minutes, flipping occasionally.
7. Transfer the wrappers onto a paper towel lined plate to drain.
8. Serve alongside the sweet chili sauce.

Rosemary Olive Tapas



Prep Time: 10 mins



Total Time: 12 hrs 10 mins

Servings per Recipe: 4

Calories 201.7

Fat 20.5g

Cholesterol 0.0mg

Sodium 1156.0mg

Carbohydrates 6.6g

Protein 1.2g

Ingredients

1 pint good green olives (or both mixed)
or 1 pint black olives (or both mixed)
1/4 tsp kosher salt
1/2 tsp black peppercorns
3 bay leaves
3 sprigs fresh rosemary or 3 sprigs fresh
thyme
1/2 tsp fennel seed, lightly crushed

4 -5 garlic cloves, cut in half lengthwise
1 pinch dried red pepper flakes (optional)
2 medium lemons, zested
3 tbsp extra virgin olive oil

Directions

1. In a bowl, add all the ingredients and mix till well combined.
2. Transfer into an airtight jar and refrigerate for about 12- 24 hours.

NUTTY BRIE and Bread



Prep Time: 20 mins



Total Time: 25 mins

Servings per Recipe: 10

Calories 533.2

Fat 23.1g

Cholesterol 25.0mg

Sodium 683.4mg

Carbohydrates 64.7g

Protein 18.4g

Ingredients

1 baguette bread, cut into 20 slices

20 tsp olive oil

½ lb brie cheese

10 tsp honey

20 walnuts

Directions

1. Set your oven to 300 degrees F before doing anything else.
2. Cut each bread slice with oil evenly.
3. Place 1 Brie cheese slice over each bread slice.
4. Spread honey over each slice evenly and top with walnut halves.
5. Cook in the oven for about 4 minutes

Spicy Sherry Mushrooms (Champinones Al Ajillo)

 Prep Time: 5 mins

 Total Time: 10 mins

Servings per Recipe: 2

Calories 230.9

Fat 20.7g

Cholesterol 0.0mg

Sodium 9.5mg

Carbohydrates 7.5g

Protein 4.1g

Ingredients

3 tbsp extra virgin olive oil (Spanish preferred)
1/2 lb medium mushroom, stemmed, quartered
4 -6 garlic cloves, peeled and thinly sliced
2 - 3 tsp fresh lemon juice
2 tbsp dry sherry
1/4 C. vegetable broth
1/2 tsp Spanish paprika

1/4 tsp crushed red pepper flakes
salt, to taste
fresh ground black pepper, to taste
1 tbsp fresh flat leaf parsley
2 lemon slices

Directions

1. In a large skillet, heat the oil and sauté the mushrooms for about 1 minute.
2. Add the garlic and sauté for about 1 -2 minutes.
3. Add the remaining ingredients except the parsley and lemon slices and simmer for about 2 minutes.
4. Serve with a garnishing of the parsley alongside the lemon slices.

BARCELONA STYLE

Almonds



Prep Time: 15 mins

Total Time: 25 mins

Servings per Recipe: 6

Calories 472.4

Fat 41.8g

Cholesterol 0.0mg

Sodium 1420.4mg

Carbohydrates 16.2g

Protein 16.0g

Ingredients

1 tbsp coarse salt

1/2 tsp paprika (Spanish smoked)

1 lb almonds, blanched


1 - 3 tbsp olive oil

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a mortar and pestle or a coffee grinder, grind the salt and paprika till fine.
3. In a cookie sheet, place the almonds and cook in the oven for about 5-10 minutes.
4. Transfer the almonds in a bowl with oil and seasoning and toss to coat.

Sausage Empanada

 Prep Time: 20 mins

 Total Time: 1 hr

Servings per Recipe: 1

Calories 83.0

Fat 5.1g

Cholesterol 7.5mg

Sodium 101.1mg

Carbohydrates 8.1g

Protein 0.9g

Ingredients

- 1/2 C. chopped onion
- 1 garlic clove, minced
- 1/2 link hot linguica sausage, removed the casings and chopped
- 1/4 C. chopped bell pepper
- 3/4 tsp smoked paprika
- 1 small yellow wax chili pepper, seeded and minced
- 1 small tomatoes, seeded and chopped
- 1 (15 oz.) packages refrigerated pie crusts
- 1 egg, beaten

Directions

1. Set your oven to 400 degrees F before doing anything else and line 2 baking sheets with the parchment papers.
2. In a large skillet, heat the oil on medium heat and sauté the onion and garlic for about 10 minutes.
3. Add the remaining ingredients except the egg and pie crust and increase the heat to medium - high heat.
4. Cook for about 5 minutes.
5. Unroll the pie crust and with a 3-inch cutter, cut into circles.
6. Combine the scraps and roll and cut into circles on a lightly floured board.
7. Place about spoonful of meat mixture onto half of each dough circle.
8. With wet fingers, fold over to enclose filling and pinch edges to seal.
9. Arrange onto prepared baking sheets and coat with the beaten egg.
10. Cook in the oven for about 20 - 25 minutes.





GARLIC Potatoes



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 184.1

Fat 9.9g

Cholesterol 7.6mg

Sodium 215.4mg

Carbohydrates 22.7g

Protein 2.1g

Ingredients

3/4 lb salad potatoes

1/2 C. mayonnaise

3 garlic cloves, mashed to a paste or put through a garlic press

2 tbsp parsley, minced

salt

Directions

1. In a pan of salted water, cook the potato till tender and then drain them.
2. Peel the potatoes and cut into 3/4-inch chunks.
3. In a bowl, mix together the mayonnaise, parsley, garlic and salt.
4. Fold in the potato chunks and serve.

Fish and Chips in Spain



Prep Time: 13 hrs



Total Time: 13 hrs 45 mins

Servings per Recipe: 1

Calories 41.4

Fat 0.4g

Cholesterol 23.6mg

Sodium 669.7mg

Carbohydrates 2.3g

Protein 6.5g

Ingredients

- 1 1/4 lbs salt cod fish
- 5 C. unsalted potatoes (riced or finely mashed)
- 1/2 C. finely chopped onion
- 1/3 C. finely chopped fresh parsley
- 4 tsp lemon juice
- 1/4 tsp nutmeg
- 1/4 tsp pepper
- 3 eggs, beaten
- oil (for deep frying)

Directions

1. Rinse and soak the cod for about 12 hours or overnight in several changes of cold water, then drain well
2. In a pan of water, add the cod and bring to a boil.
3. Simmer for about 15 minutes and drain well, then keep aside to cool completely.
4. Discard the skin and bones.
5. In a food processor, add the cod and pulse till shredded finely.
6. In a bowl, add the shredded cod and remaining ingredients except the oil and mix till well combined.
7. With a dessert spoon, place a heaping spoon full of cod mixture.
8. With a second dessert spoon place the mixture over the first press and form a rounded oval allowing excess to fall back into the bowl.
9. Arrange onto a large tray and repeat with the remaining mixture.
10. Serve alongside the lemon and olives.

CLASSICAL

Spanish Tomato Tapas



Prep Time: 10 mins



Total Time: 12 mins

Servings per Recipe: 4

Calories 196.0

Fat 1.2g

Cholesterol 0.0mg

Sodium 331.4mg

Carbohydrates 38.5g

Protein 8.0g

Ingredients

4 slices French bread
2 ripe tomatoes, halved
1 garlic clove, finely chopped
2 tbsp Spanish olive oil

Directions

1. Set the broiler of your oven.
2. Cook the bread slices under the broiler till golden brown from both sides.
3. Rub each halved tomato over 1 bread slice evenly.
4. Sprinkle with the garlic evenly and serve with a drizzling of the oil.

Classic Dijon Potato Tapas



Prep Time: 10 mins



Total Time: 1 hr 40 mins

Servings per Recipe: 8

Calories 173.5

Fat 3.5g

Cholesterol 2.5mg

Sodium 101.5mg

Carbohydrates 32.9g

Protein 3.7g

Ingredients

3 lbs potatoes, peeled and cut into 1 inch cubes

1 tbsp Dijon mustard

1/3 C. mayonnaise

2 garlic cloves, finely chopped

1 tbsp fresh thyme, finely chopped

1 tsp black pepper (freshly ground)

1/4 C. green onion, finely chopped

Directions

1. In a pan of water, cook the potatoes till done completely and drain.
2. Keep aside to cool completely.
3. In a bowl, mix together the remaining ingredients except the green onion.
4. Fold in the potatoes and green onion.
5. Refrigerate for about 1 hour.

PRAWN TAPAS

Spanish Style



Prep Time: 5 mins

Total Time: 13 mins

Servings per Recipe: 6

Calories 285.0

Fat 11.6g

Cholesterol 228.0mg

Sodium 230.4mg

Carbohydrates 3.7g

Protein 30.7g

Ingredients

2 lb raw king prawns, peeled and butterflied

3 tbsp parsley, chopped

1 tsp chili flakes

4 tbsp olive oil

4 -6 garlic cloves, thinly sliced

4 -6 tbsp dry sherry

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. Carefully, slit the prawns lengthwise but don't go all the way through and remove the vein.
3. In 6 small oven proof dishes, divide the prawns, garlic, chili flakes, sherry and olive oil.
4. Cook in the oven for about 8-12 minutes.
5. Serve with a sprinkle of the parsley alongside the crusty bread & lemon wedges.

Flame Broiled Chicken



Prep Time: 30 mins



Total Time: 40 mins

Servings per Recipe: 1

Calories 123.4

Fat 7.5g

Cholesterol 29.3mg

Sodium 183.6mg

Carbohydrates 5.4g

Protein 8.3g

Ingredients

1 lb boneless skinless chicken breast, cut
into 1/2 inch pieces

1 C. mayonnaise

1 medium red pepper, finely chopped

1 clove garlic

1 tsp red pepper flakes

Directions

1. Soak 12 (8-inch) wooden skewers in water for about 30 minutes.
2. Thread the chicken pieces onto presoaked skewers and in shallow baking dish.
3. In a bowl, mix together the remaining ingredients and place over the skewers.
4. Coat the chicken pieces with the marinade and refrigerate for about 30 minutes.
5. Set the oven to broiler and arrange oven rack about 4-6-inches from heating element.
6. Remove skewers from the refrigerator and discard the marinade.
7. Arrange the skewers on the rack of a broiler pan.
8. Cook under the broiler for about 10 minutes, flipping occasionally..

TRADITIONAL

Tomato Tapas (Tomates Rellenos)



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 53.3

Fat 2.6g

Cholesterol 105.7mg

Sodium 39.9mg

Carbohydrates 3.8g

Protein 3.9g

Ingredients

6 small tomatoes

3 eggs, hard-boiled, mashed

4 tbsp aioli

salt, pepper

1 tbsp parsley, chopped

olive oil

Directions

1. Cut the tops off the tomatoes.
2. Remove the core and seeds of the tomatoes with a spoon.
3. In a bowl, mix together the parsley, eggs, aioli, salt and black pepper.
4. Stuff the tomatoes with the parsley mixture and cover with the top slice.
5. Drizzle with some olive oil and sprinkle with the black pepper.

Real Spanish Tapas



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 16

Calories 90.9

Fat 4.5g

Cholesterol 79.3mg

Sodium 30.0mg

Carbohydrates 9.5g

Protein 3.5g

Ingredients

3 tbsp olive oil
1 large onion, thinly sliced
3 medium potatoes, peeled and thinly sliced
2 garlic cloves, crushed
2 large red peppers, quartered, seeded and thinly sliced

6 large eggs, lightly beaten
1/2 tsp dried crushed red pepper flakes
1/4 C. flat leaf parsley, chopped

Directions

1. Set your oven to degrees 400 F before doing anything else.
2. In a large skillet, heat 2 tbsp of the oil on medium heat and cook the potatoes and onion for about 15 minutes, stirring occasionally.
3. Add peppers and garlic and cook for about 5 minutes.
4. Transfer the mixture into a bowl and keep aside for about 5 minutes.
5. Stir in the eggs, parsley and chili flakes and keep aside for about 5 minutes.
6. Place a 20cm square tin in the oven to heat for about 5 minutes.
7. Remove the tin from the oven and coat with the oil.
8. Place the egg mixture in the oven and cook in the oven for about 15-20 minutes.
9. Remove from the oven and keep aside for about 5 minutes.
10. Cut into desired sized squares and serve..

SEVILLA



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 6

Calories 59.2

Fat 4.7g

Cholesterol 0.0mg

Sodium 174.8mg

Carbohydrates 4.3g

Protein 0.9g

Ingredients

1 lb plum tomato, cored seeded and cut into small dice (ripe)

1/2 red onion, diced

1/4 C. capers, drained (tiny)

2 tbsp extra virgin olive oil



1/4 tsp black pepper, coarsely ground

2 tbsp flat leaf parsley, chopped

Directions

1. In a bowl, mix together all the ingredients.
2. Keep aside for about 1 hour before serving.

Cilantro Shrimp Tapas

 Prep Time: 10 mins
 Total Time: 15 mins

Servings per Recipe: 4

Calories	935.4
Fat	19.3g
Cholesterol	119.5mg
Sodium	2126.8mg
Carbohydrates	147.0g
Protein	43.3g

Ingredients

1/4 C. extra virgin olive oil	1/2 tsp paprika
3 canned jalapeno peppers, minced	salt
3 garlic cloves, chopped	16 slices baguette
8 oz. fresh cooked shrimp, coarsely chopped	
3 tbsp cilantro, chopped	

Directions

1. In a large skillet, heat the oil and sauté the garlic and jalapeño for about 1 minute.
2. Add the shrimp and cook for about 2 minutes.
3. Stir in the cilantro, paprika and salt and cook till heated through.





HONEY MUSTARD

Chicken Breast

Girona Style

Tapas



Prep Time: 20 mins

Total Time: 40 mins

Servings per Recipe: 8

Calories 261.0

Fat 15.3g

Cholesterol 104.5mg

Sodium 125.0mg

Carbohydrates 17.7g

Protein 13.9g

Ingredients

3 chicken breasts, cut in to bite sized pieces
3 eggs
flour, sufficient to coat the chicken pieces
5 tbsp olive oil
salt & freshly ground black pepper



HONEY MUSTARD SAUCE:

1/2 C. honey
1 tbsp Dijon mustard
1 tsp soy sauce

Directions

1. In a bowl, mix together the chicken and eggs.
2. Add the flour and mix till well combined.
3. In a large skillet, heat the oil and fry the chicken till golden from all the sides.
4. Remove from the heat and season with the salt and black pepper.
5. For sauce in a bowl, mix together all the ingredients.
6. Pour the sauce over the chicken and serve.

Yummiest Potato Tapas

 Prep Time: 1 hr
 Total Time: 1 hr

Servings per Recipe: 8

Calories	190.8
Fat	12.1g
Cholesterol	139.5mg
Sodium	81.3mg
Carbohydrates	14.5g
Protein	6.3g

Ingredients

2 large onions, chopped finely	6 large eggs
5 tbsp olive oil	1/2 C. thinly sliced scallion top
3 baking potatoes, like russets, peeled and cut into 1/4-inch cubes	salt & freshly ground black pepper
1/4 tsp saffron thread	
1/4 C. chicken broth	

Directions

1. In a large nonstick skillet, heat 2 tbsp of the oil on medium heat and sauté the onion for about 20 minutes.
2. Remove from the heat and keep aside to cool completely.
3. In a pan of salted boiling water, cook the potatoes for about 8 minutes.
4. Drain well and keep aside to cool, then place into the bowl of the onion.
5. In a small bowl, crumble the saffron threads. In a small pan heat the broth till hot.
6. Pour the hot broth over the saffron and keep aside for about 5 minutes.
7. In a large bowl, add the eggs, scallion greens, saffron mixture, salt and pepper and beat well. Fold in the onion and potato mixture.
8. In skillet, heat remaining 3 tbsp of the oil on medium-high heat and add the egg mixture, spreading potatoes evenly.
9. Reduce the heat to medium and cook the omelet for about 1 minute, stirring occasionally.
10. Shift the skillet so that 1/4 of omelet is directly over center of burner and cook for about 1 minute.
11. Shift the skillet 3 more times, cooking remaining fourths in the same way.
12. Center the skillet and cook omelet over low heat for about 4 minutes more.
13. Carefully, invert the omelet into the skillet. and cook for about 4 minutes.

JALAPENO Bites



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 32

Calories 110 kcal

Fat 11.1 g

Carbohydrates 1g

Protein < 2.1 g

Cholesterol 20 mg

Sodium 189 mg

Ingredients

2 (8 oz.) packages cream cheese,
softened

1 C. mayonnaise

1 (4 oz.) can chopped green chilies,
drained

2 oz. canned minced jalapeno peppers,
drained

1 C. grated Parmesan cheese

Directions

1. Get a bowl, combine: mayo and cream cheese.
2. Combine in the jalapeno pepper and green chilies.
3. Combine the mix until it is smooth then add in the parmesan.
4. Place everything in the microwave for 4 mins with the highest level of heat.
5. Enjoy.

Toasted Party Pecans



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 12

Calories 328 kcal

Fat 27.2 g

Carbohydrates 22g

Protein 3.8 g

Cholesterol 0 mg

Sodium 150 mg

Ingredients

- 1 egg white
- 1 tbsp water
- 1 lb pecan halves
- 1 C. white sugar
- 3/4 tsp salt
- 1/2 tsp ground cinnamon

Directions

1. Coat one cookie sheet with nonstick spray then set your oven to 250 degrees before doing anything else.
2. Get a bowl, combine: water and egg whites.
3. Whisk the mix until it is frothy.
4. Then add in the pecans and whisk the mix again.
5. Get a 2nd bowl, combine: cinnamon, sugar, and salt.
6. Place the pecans in the sugar mix then place everything onto the cookie sheet.
7. Cook the pecans for 65 mins and stir the nuts at least 3 times as they cook.
8. Enjoy.

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