

# **FAMILY RECIPES**

## MOM'S FRIED CATFISH



This is a Friday night meal.

Makes 6 servings

Per serving: not provided.

### Ingredients

6 catfish filet from the wharf or local seafood department in grocery store  
1 ziplock bag of cornmeal  
2 tablespoons garlic powder  
1 tablespoon ground black pepper  
2 teaspoons of lemon pepper seasoning  
Old Bay seasoning

### Directions

Mix the ingredients, except for the Old Bay seasoning, into the cornmeal mixture.

Dredge catfish fillets in cornmeal mixture, shaking off excess.

Pour oil to depth of 1 1/2 inches into a large skillet; heat to 350°. Fry fillets, in batches, about 3 to 4 minutes on each side or until golden brown. Drain on wire racks over paper towels.

Sprinkle Old Bay seasoning on top of the filets immediately after taking them out of the grease.

## MOM'S TASTY BREAKFAST OATMEAL



This is a great Sunday morning breakfast when momma has to cook Sunday dinner.

Makes 2 servings

Per serving: not provided.

### Ingredients

1 ½ cups of evaporated milk, plus extra for serving  
1 ½ cups of quick-cooking (not instant) oatmeal (Quaker Oats)  
½ teaspoon of vanilla extract  
1 tablespoon ground cinnamon  
1 tablespoon ground nutmeg  
½ stick unsalted sweet cream butter (or more to taste)  
3 tablespoons brown cane sugar  
Strawberries, banana, raisins, raspberries and/or blueberries

### Directions

Heat the milk plus 2 cups of water in a medium saucepan until it starts to simmer. Add the oatmeal, cinnamon and nutmeg, bring to a boil, then lower the heat and simmer for 4 to 5 minutes, stirring occasionally, until thickened. Off the heat, stir in the sugar and butter. Place the lid on the pot and allow to sit for 2 minutes. Serve hot with brown sugar and extra milk. Top it off with any of the fruit.

## MOM'S THAI RED CURRY WINGS



This is a Saturday treat for friends and family.

Makes 4 servings

Per serving: not provided

### Ingredients

4 pounds chicken wings, each cut into two "drumettes"  
olive oil  
salt and pepper  
1 stick unsalted butter, softened  
1 tablespoon thai red curry paste  
zest and juice of 1 lime  
1 tablespoon honey  
1 tablespoon soy sauce  
1/2 cup chopped cilantro, for garnish

### Directions

Preheat an oven to 425F. Rinse and thoroughly dry the chicken wings, then toss them in a large bowl with enough olive oil to generously coat, along with plenty of salt and pepper. Spread out on a baking sheet (two baking sheets may be required to ensure the wings have plenty of room to caramelize; if that's the case, switch them halfway through cooking) and roast for 25-30 minutes, until they are golden and the skin is crisp. In the meantime, whisk together the remaining ingredients to make the sauce. Taste and season to taste with more curry paste, soy sauce, or lime juice (for heat, salt, and acidity respectively). Remove the wings from the oven and combine them in a large mixing bowl with the sauce. Toss quickly to coat them thoroughly (the butter will begin to melt), then spread out on a platter. Garnish with chopped cilantro and serve immediately.

## MOM'S SATURDAY MORNING HOME FRIED POTATOES & ONIONS



My family eats this for breakfast almost every Saturday morning with cheese eggs, bacon, sausage, fried apples and grits.

Makes 4 servings

Per serving: not provided.

### Ingredients

6 russet potatoes, peeled and sliced  
4 tablespoons of bacon grease  
1 large sweet onion, chopped  
1 teaspoon ground black pepper  
1 teaspoon garlic powder  
1 teaspoon of McCormick's seasoning salt  
Fresh parsley, minced or diced green pepper

### Directions

In a large deep dish skillet or non-stick pan, pour the bacon grease and heat it on medium flame. Add the potatoes and seasonings then cover with a lid. Checking every 5-7 minutes, stir the potatoes until golden brown and soft but not mushy. Remove the lid and add the chopped onion. Continue stirring and browning the potatoes with the lid off. Let the potatoes get a crisp to them. Garnish with fresh parsley or diced green pepper.

## MOM'S AVOCADO SALAD



This is a delicious salad that can be eaten by itself or with and roasted meat such as lamb, pork or chicken.

Makes 8 servings

Per serving: not provided.

### **Ingredients**

3 avocados, peeled, pitted and diced  
2 medium sized tomatoes  
¼ cup of red wine vinegar  
¼ cup of olive oil  
½ cup chopped green onion  
2 cloves garlic, minced  
1 teaspoon black pepper  
1 teaspoon salt or to taste  
1 tablespoon fresh lemon juice

### **Directions**

Mix the red wine vinegar, olive oil, salt, black pepper, green onion, lemon juice and garlic in a deep dish salad bowl. Add the avocado and tomato then stir mixing the ingredients well without crushing the avocado. Place in fridge to chill for 20 minutes then serve.

# **FAVORITE FOOD RECIPES**

## GRILLED HAMBURGER (HOMEMADE)



This is a favorite to have anytime of the year and it has to be grilled with that charcoal taste.

Makes 4-5 servings

Per serving: 220mg sodium, 99mg cholesterol, 28.2g protein, 1.9g carbs, 30g fat, 400-500 calories (estimated)

### Ingredients

- 1lb of lean ground beef or turkey
- 2 teaspoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon black pepper
- 1 teaspoon regular Spike seasoning
- 1 tablespoon of unsalted Spike seasoning
- 1 sweet, chopped

### Directions

Mix all ingredients together. Form patties to your desire to either make 4 or 5 burgers. Place on grill outside. Cook for until well done or the way you like it. Place on bun with choice of toppings/condiments. Get busy eating!



## HOMEMADE FRECH FRIES



This goes with the hamburger on the previous page!

Makes 4-5 servings

Per serving: 27mg sodium, 0mg cholesterol, 5.4g protein, 54.7g carbs, 14.1g fat, 357 calories (estimated)

### Ingredients

6 russet potatoes, peeled and cut into wedges  
1 tablespoon olive oil  
½ teaspoon paprika  
½ teaspoon garlic powder  
½ teaspoon chili powder  
½ teaspoon onion powder

### Directions

Preheat oven to 450 degrees F (230 degrees C). Cut potato into wedges. Mix olive oil, paprika, garlic powder, chili powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking sheet. Bake for 45 minutes in preheated oven.

## LOADED SCRAMBLED EGGS



Another Saturday morning breakfast that we eat all the time!

Makes 4 servings

Per serving: 227mg calcium, 3mg iron, 2g fiber, 4g sugar, 7g carbs, 19g protein, 759mg sodium, 445mg cholesterol, 9g saturated fat, 24g fat, 315 calories

### Ingredients

1 red onion, chopped  
1 bell pepper, chopped  
2 tablespoons olive oil, plus more for serving  
salt and black pepper  
8 large eggs, beaten  
3 ounces Cheddar, grated (about 3/4 cup)  
1 cup halved cherry tomatoes  
1/3 cup finely chopped flat-leaf parsley leaves  
crusty bread, for serving

### Directions

Heat the olive oil in a large nonstick skillet over medium heat. Add the onion, bell pepper, 1 teaspoon salt, and ½ teaspoon pepper. Cook, stirring occasionally, until very tender, 12 to 14 minutes. Add the eggs and cook, stirring frequently, until the eggs are just set, 1 to 2 minutes. Add the Cheddar and cook, stirring, until just melted, 1 to 2 minutes more. Remove from heat and stir in the tomatoes and parsley. Drizzle the bread with oil and serve alongside the eggs.

# **ONE POT MEALS RECIPES**

## Rosemary Chicken and Potato Sheet-Pan Dinner



This five-ingredient sheet-pan dinner is a delicious!

Makes 6 servings

Per serving: not provided.

### Ingredients

- ¼ cup olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons chopped fresh rosemary leaves
- 1 lb baby red potatoes, quartered
- 6 boneless skinless chicken thighs (about 1 1/2 lb)
- 1 bunch asparagus, cut into 2-inch pieces (about 1 lb)

### Directions

Heat oven to 425°F. Spray 18x13-inch rimmed pan with cooking spray. In large bowl, mix 2 tablespoons of the olive oil, 1/2 teaspoon of the teaspoon salt, 1/4 teaspoon of the pepper and 1 tablespoon of the rosemary. Add potatoes; toss to coat. Place potatoes skin side down in single layer on pan. Roast 23 to 25 minutes or until tender when pierced with a fork. Remove from oven; stir. In same large bowl, mix remaining 2 tablespoons olive oil, 1/2 teaspoon salt, 1/4 teaspoon pepper and 1 tablespoon rosemary leaves. Add chicken and asparagus; toss to coat. Arrange in single layer on pan along with potatoes. Roast 16 to 20 minutes longer or until juice of chicken is clear when center of thickest part is cut (at least 165°F) and potatoes are browned.

## SLOW COOKER CREAMY RANCH PORK CHOPS



This meal is only made with four ingredients.

Makes 4 servings

Per serving: not provided.

### Ingredients

4 bone-in pork loin chops (2lb)  
1 package (1oz) ranch dressing and seasoning mix  
1 can (18oz) Progresso Vegetable Classics creamy mushroom soup  
2 tablespoons cornstarch

### Directions

Spray 3 1/2- to 4-quart slow cooker with cooking spray. Sprinkle both sides of pork chops with ranch dressing mix. Place pork chops in slow cooker. Pour soup over pork chops. Cover; cook on Low heat setting 5 to 6 hours or until fork-tender. Remove pork chops from slow cooker, and place on plate; cover to keep warm. In small bowl, stir cornstarch and 2 tablespoons water until well blended; stir into mushroom sauce in slow cooker. Cook on low heat setting for 3 to 5 minutes or until thickened. Serve over jasmine rice.

## One-Pot Ten Minute Beef and Broccoli



This is a super-fast spin on stir fry!

Makes 5 servings

Per serving: not provided.

### Ingredients

1lb lean (at least 80%) ground beef  
1 bag (12 oz) frozen chopped broccoli  
1 bunch chopped green onions, greens and whites separated  
3 cups cold cooked white rice  
1 cup thick teriyaki marinade and sauce

### Directions

In nonstick 5-quart Dutch oven, cook beef with salt to taste over medium-high heat, stirring frequently, until brown. Do not drain. Meanwhile, make broccoli as directed on bag. Add whites of green onions to pan with beef, and cook 1 minute. Stir in rice and teriyaki sauce. Cook and stir about 2 minutes or until rice is heated through. Stir in broccoli. Top with green onion tops.