

# *Poultry and Seafood*



*Megan, Jessica and Grandma*

## *To Grandma from Jessica*

*When I talk with Grandma today all these years later, nearly every conversation includes a trip down memory lane where Grandma reminds me of Megan and my love of McDonalds growing up, as well as how much we loved coming to visit. She usually says, "Do you remember when you used to come to my house and how you didn't want to leave? Oh and how you would cry?" We would cry, even days before we had to leave just anticipating it. It honestly took a day or two to recover after arriving back at our house in Roswell. When I really thought about that, it made perfect sense why we would have such a strong reaction to leaving their house,*

*because it was such a safe and loving place growing up. We knew when we were there that we were going to be loved unconditionally, not judged, accepted for who we were, and also that we could eat all the food we wanted to!*

*In my opinion, the middle bedroom is the best room with the best bed in their whole house. Megan and I love it when we got to sleep in it and still do – mainly because to get a bed there now a days is quite a luxury! Anyway, that bedroom to me was such a safe and comfortable place. I remember thinking not too many years ago when I was going through a tough time, “If I could be anywhere else right now, it would be in the middle bedroom at Grandma and Paw-Paw’s house... safe in the bed.” Unconditional love and safety are so precious. Grandma and Paw-Paw have always been that for me. I am so thankful for their lives and what God has taught me through them. Thank you for always loving me and being that safe place for me.*

*I love you!  
Jessica*

## Poultry and Seafood



*Lindsey, Stacy, Jessica, Krystal and Megan*

### *Crispy Oven-Fried Chicken*

*Stacy Lundy*

3 cups corn flake cereal,  
crushed

$\frac{1}{3}$  cup Parmesan

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$ - $\frac{1}{2}$  tsp. pepper

$\frac{3}{4}$  cup fat-free buttermilk

8 drumsticks or 4 chicken  
breasts

Pam

Combine first 5 ingredients in Ziploc bag; seal and shake well. Pour buttermilk in shallow bowl. Dip chicken in buttermilk and place in bag. Seal and shake.

Place chicken on foil-lined baking sheet coated with Pam. Sprinkle remaining coating on chicken. Lightly coat with Pam. Bake at 425° for 25 to 30 minutes.

## *Buttermilk Oven-Fried Chicken*

*Stephanie Collins*

1 cup low-fat buttermilk	$\frac{1}{3}$ cup cracker meal
4 bone-in chicken breast halves, skinned	$\frac{1}{2}$ tsp. salt
$\frac{1}{3}$ cup all-purpose flour	$\frac{1}{2}$ tsp. pepper
	2 Tbsp. butter

Combine buttermilk and chicken in shallow dish, turning to coat. Combine flour and cracker meal in a shallow dish. Transfer chicken from buttermilk to a work surface. Sprinkle chicken evenly with salt and pepper. Working with one chicken breast half at a time, dredge chicken in flour mixture, shaking off excess; set aside. Repeat procedure with remaining chicken breasts.

Melt butter in large ovenproof skillet over medium-high heat. Add chicken to pan, meat side down; cook 4 minutes or until golden brown. Turn chicken over, and bake at 425° for 32 minutes or until a thermometer registers 165°. *Makes 4 servings.*

## *Easy Baked Chicken Breasts*

*Stephanie Collins*

8 chicken breasts	2-3 Tbsp. butter
8 slices Swiss cheese	$\frac{1}{4}$ cup white wine or white wine Worcestershire (chicken
1 can cream of chicken soup	Worcestershire )
1 cup herb stuffing	$\frac{1}{2}$ cup melted butter

Preheat oven to 350°. Arrange chicken in a lightly greased 12x8x2-inch baking dish. Top with cheese. Combine soup and Worcestershire sauce together and spoon over chicken. Sprinkle with stuffing mix. Drizzle with melted butter. Bake for 45 to 50 minutes and serve over rice.

## *Baked Chicken with Coconut*

*Patricia Cooper*

Chicken breasts	¼ cup breadcrumbs
2 Tbsp. oil	¼ tsp. curry powder
½ tsp. salt	2 Tbsp. margarine
¼ cup grated coconut	

Rub breasts with 1 tablespoon oil. Combine coconut, breadcrumbs, salt, and curry. Dip chicken in mixture, coating well. Melt margarine in baking dish. Add 1 tablespoon oil. Add chicken and bake, covered, at 350° for 30 minutes. Remove cover and bake an additional 15 minutes or until golden brown.

## *Sesame Seed Chicken*

*Stacy Lundy*

½ cup milk	2 tsp. paprika
1 egg	2 Tbsp. sesame seeds
½ cup flour	Chicken
1 Tbsp. baking powder	½ cup butter
1 tsp. salt	

Mix milk and egg. Mix flour, baking powder, salt, paprika, and sesame seeds. Dip chicken in milk first, then in flour. Melt butter and pour over chicken. Bake at 375° for 1 hour.

## *Chicken with Lemon and Capers*

*Traci Horany Bayer*

*This is so good and super easy!*

2 boneless, skinless chicken

breast halves

Salt and pepper

¼ cup flour

1 tsp. olive oil

1 tsp. unsalted butter

### **Sauce:**

¼ cup dry white wine

½ cup chicken broth

2 Tbsp. lemon juice

2 Tbsp. capers

1 Tbsp. minced fresh parsley to  
garnish

Pound chicken breast halves between two pieces of Saran Wrap to about ¼-inch thickness. Salt and pepper each side and dust with flour; set aside.

Heat a heavy 10-inch skillet over medium-high heat and add oil and butter. When bits of butter begin to darken in the pan, add the chicken breast halves and cook, undisturbed, for 5 minutes, then flip them over. They should be nicely browned and crispy. Reduce heat to medium and cook another 4 to 5 minutes on the second side. Remove chicken from the skillet to a warm oven while preparing the sauce.

**Sauce:** Add wine to the hot skillet to deglaze the pan, scraping up any browned bits stuck to the pan. When the wine has almost evaporated, add the chicken broth, bring it to a boil, and reduce by almost half. Add the lemon juice and capers and continue to reduce until the sauce is of a thin glaze consistency. Taste for seasoning and add additional butter if it's too tart.

*I serve this with whole wheat thin spaghetti. Plate the chicken breasts and spoon the sauce over them. Top with minced parsley or chives.*

## *Chicken Piccata*

*Krystal Cooper*

2 split (1 whole) boneless,  
skinless chicken breasts  
Kosher salt and freshly ground  
black pepper  
½ cup all-purpose flour  
1 extra-large egg  
½ Tbsp. water  
¾ cup seasoned dry bread  
crumbs  
Good olive oil

### **Sauce:**

3 Tbsp. unsalted butter, room  
temperature, divided  
⅓ cup freshly squeezed lemon  
juice (2 lemons), lemon  
halves reserved  
½ cup dry white wine  
½ tsp. salt  
¼ tsp. pepper  
Sliced lemon, for serving  
Chopped fresh parsley leaves,  
for serving

Preheat the oven to 400°. Line a sheet pan with parchment paper. Place each chicken breast between 2 sheets of parchment paper or plastic wrap and pound out to ¼ inch thick. Sprinkle both sides with salt and pepper. Mix the flour, ½ teaspoon salt, and ¼ teaspoon of pepper in a shallow plate. In a second plate, beat the egg and water together. Place the bread crumbs on a third plate. Dip each chicken breast first in the flour, shake off the excess, and then dip in the egg mixture, and then in the bread crumbs.

Heat 1 tablespoon of olive oil in a large sauté pan over medium to medium-low heat. Add the chicken breasts and cook for 2 minutes on each side, until browned. Place them on the sheet pan and allow them to bake for 5 to 10 minutes while you make the sauce.

**Sauce:** Wipe out the sauté pan with a dry paper towel. Over medium heat, melt 1 tablespoon of the butter and then add the lemon juice, wine, the reserved lemon halves, ½ teaspoon salt, and ¼ teaspoon pepper. Boil over high heat until reduced in half, about 2 minutes. Take off the heat, add the remaining 2 Tbsp. of butter, and swirl to combine. Discard the lemon halves and serve 1 chicken breast on each plate. Spoon on the sauce and serve with a slice of lemon and a sprinkling of fresh parsley.

## *Barbecued Chicken*

*Traci Horany*

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|------------------------|-----------------------------------|
| 1 cup soy sauce        | 1 whole chicken, cut up in pieces |
| 1 cup grapefruit juice |                                   |
| 1 Tbsp. sugar          | ¼ cup Mazola oil                  |
| ½ tsp. ground ginger   |                                   |

Mix together soy sauce, grapefruit juice, sugar, and ginger in shallow dish. Add cut-up chicken, turning to coat both sides. Cover and marinate in refrigerator several hours or overnight, turning occasionally.

Remove chicken from marinade and brush with oil. Grill or broil about 6 inches from heat – brushing with marinade and turning frequently.

## *Chicken with Artichoke Pepper Sauce*

*Stephanie Collins*

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|--|----------------------------------|
| 1 (6 oz.) jar marinated artichokes             | ½-1 tsp. salt                    |
| ½ cup roasted red peppers, drained and chopped | 6 cloves garlic, minced          |
| 4 chicken breasts                              | ½ cup dry white wine             |
|  | ¼ tsp. pepper (red is preferred) |

Drain artichokes, reserving marinade. Finely chop artichoke hearts and toss with peppers. Sprinkle chicken with salt. Heat 2 tablespoons artichoke marinade in large skillet over medium-high heat. Add chicken and cook 2 to 3 minutes on each side or until golden. Remove and keep warm.

Add garlic to skillet; sauté 30 seconds. Stir in remaining artichoke marinade, roasted pepper mixture, wine, and pepper. Stir to loosen particles on skillet. Slice chicken and return to skillet. Cover and cook 10 minutes or until chicken is done.



## *Dijon Mustard Chicken Fricassee*

*Stephanie Collins*

¼ cup Dijon mustard	¼ tsp. fresh ground black pepper
¼ cup chopped fresh parsley, divided	1 Tbsp. olive oil
1 Tbsp. chopped fresh thyme, divided	1 ½ cup chopped onion
3 lbs. chicken breast or pieces, skinned	3 cloves garlic, minced
¼ tsp. salt	1 cup dry white wine
	1 cup fat-free, less-sodium chicken broth

Combine mustard, 1 tablespoon parsley, 1 ½ teaspoons thyme, and chicken in a large Ziploc bag and toss well to coat. Chill 8 hours or overnight. Remove chicken and discard marinade. Sprinkle chicken with salt and pepper. Heat olive oil in large Dutch oven over medium-high heat. Add chicken to pan, and cook 5 minutes on each side or until browned. Remove from pan.

Add chopped onion to pan and sauté 5 minutes or until tender, stirring frequently. Add garlic to pan and sauté 1 minute, stirring constantly. Stir in wine and chicken broth, scraping pan to loosen browned bits. Stir in 1 tablespoon parsley and remaining 1 ½ teaspoons thyme. Return chicken to pan. Cover, reduce heat, and simmer 25 minutes or until chicken is done. Remove chicken from pan with slotted spoon and keep warm.

Cook sauce, uncovered, over medium heat 4 minutes or until slightly thick. Pour over chicken to serve.



*Patricia, Freddy, Nancy and Mark  
2008*

## *Crescent Chicken Rollups*

*Patricia Cooper*

4 boneless, skinless chicken  
breasts

1 (8 oz.) package cream  
cheese

Lemon pepper, to taste

2 cans crescent rolls

Melted butter

Italian bread crumbs

1 can cream of chicken soup

Boil and cube chicken. Mix cream cheese with chicken and lemon pepper. Unroll crescent rolls and place approximately 1 heaping tablespoon chicken mixture in uncooked roll. Fold or roll over mixture. Brush melted butter on each and place rollups in bowl of bread crumbs, covering completely. Place rollups on baking sheet and bake for 20 minutes at 350°. *Will make about 14, depending on how much mixture you use in each roll.* Heat cream of chicken soup and serve over rollups or use as side dish to dip rollups into. Enjoy!

## *Chicken-Parmesan Bundles*

*Traci Horany*

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|---|--|
| 4 oz. cream cheese, softened                              | 6 small skinless, boneless                   |
| 1 pkg. frozen chopped spinach,<br>thawed and well drained | chicken breast halves                        |
| 1 ½ cups shredded part-skim<br>mozzarella cheese, divided | (about 1 ½ lbs., pounded to<br>¼ inch thick) |
| 6 Tbsp. grated Parmesan<br>cheese, divided                | 1 egg  |
|   | 10 Ritz crackers, crushed                    |
|   | 1 ½ cups spaghetti sauce,<br>heated          |

Mix cream cheese, spinach, 1 cup mozzarella, and 3 tablespoons Parmesan cheese; spread onto chicken. Roll up tightly, starting at short ends. Secure with toothpicks.

Beat egg in pie plate. Mix remaining Parmesan cheese and cracker crumbs in separate pie plate. Dip chicken in egg then in crumb mixture. Place seam sides down in 9x13-inch baking dish sprayed with cooking spray. Bake at 375° for 30 minutes or until chicken is cooked through. Top with spaghetti sauce and remaining mozzarella cheese. Serve with spaghetti noodles.

## *Imperial Chicken*

*Stephanie Collins*

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|-------------------------|-------------------|
| ½ cup + 2 Tbsp. butter  | 1 tsp. salt       |
| 2 cloves garlic, minced | Pepper            |
| ¾ cup breadcrumbs       | 3 chicken breasts |
| ½ cup Parmesan cheese   | Juice of 1 lemon  |
| 1 ½ tsp. parsley        |                   |

Preheat oven to 350°. Combine butter and garlic. Set aside. Combine breadcrumbs, cheese, parsley, salt and pepper. Stir well. Dip each breast in butter mixture and coat with breadcrumbs. Roll tightly, starting at narrow end, and secure tightly with toothpick. Arrange in baking dish and drizzle with remaining butter and lemon. Bake for 45 to 55 minutes.

## *Almond Stuffed Chicken*

*Stacy Lundy*

3 chicken breasts	$\frac{2}{3}$ cup slivered almonds
1 lb. mushrooms, sliced	1 cup dry white wine
$\frac{1}{4}$ cup butter	Salt and pepper
1 clove garlic, minced	Flour
4 Tbsp. chopped parsley	$\frac{2}{3}$ cup slivered almonds,
2 eggs, beaten	ground
2 Tbsp. lemon juice	$\frac{1}{2}$ cup butter, melted

Pound chicken to  $\frac{1}{4}$  inch thick. Marinate in wine overnight.

Sauté mushrooms in butter for 5 minutes. Add garlic, parsley, and lemon juice. Sauté 3 more minutes. Add  $\frac{2}{3}$  cup toasted almonds. Pat chicken breast dry and season with salt and pepper. Place mushroom mixture ( $\frac{1}{3}$  cup) on chicken breast. Fold sides and roll. Secure with toothpick. Chill for 1 hour.

Dredge rolled breast first in flour, then egg, and then ground almond. Place in buttered casserole dish and drizzle with butter. Bake at 425° for 20 to 25 minutes.

## *Curried Chicken*

*Aunt Margaret's Recipe*

6 boneless chicken breasts	2 tsp. curry
3-4 Tbsp. butter	1-2 cans cream of mushroom
1 medium onion, chopped	soup
1 green apple, chopped	1 can milk

Sauté onion and apple in butter. Add 2 teaspoons curry. Remove from fire and add 1 to 2 cans cream of mushroom soup and 1 can milk (can use half-and-half). Arrange 6 chicken breasts in Pyrex dish. Pour sauce over and bake at 375°, uncovered, for 30 minutes; then cover tightly with foil and bake another 30 minutes. Serve over rice.

## *Curried Chicken and Broccoli Casserole*

*Stacy Lundy*

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|--|--|
| 4 chicken breasts, stewed<br>tender and cut into chunks  | 2 cans cream of chicken soup   |
| 2 pkgs. (or 1 large pkg.) frozen<br>chopped broccoli, boiled 5<br>minutes with small amount<br>water | 1 tsp. curry powder<br>1 tsp. lemon juice<br>1 cup mayonnaise<br>Breadcrumbs or Ritz cracker<br>crumbs |

Combine soup, curry, lemon juice, and mayonnaise in bowl. Place layer of chicken in greased 9x11-inch casserole dish and then layer of broccoli. Pour soup mixture over chicken and broccoli. Cover top with breadcrumbs or Ritz cracker crumbs and bake at 350° for 30 minutes.

## *Super Chicken Casserole*

*Connie Horany*

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|---|--|
| 4 chicken breasts, boiled,<br>skinned, and chopped into<br>small pieces | 1 cup wild rice, cooked<br>1 tsp. lemon juice<br>½ tsp. curry powder |
| 1 ½ tsp. Accent   | 1 can cream of chicken soup  |
| ¼ tsp. pepper   | ½ cup real mayonnaise  |
| ½ cup corn oil  | 1 cup shredded cheese  |
| 2 pkgs. frozen broccoli   |  |

Preheat oven to 375°. Sprinkle chicken pieces with Accent and pepper. Sauté in oil until white; drain oil. Cook broccoli; add rice and chicken. Combine rest of ingredients and add to chicken mixture. Place in large casserole dish that has been sprayed with Pam. Top with cheese and cover with foil. Bake 30 minutes.

## *King Ranch Chicken*

*Stacy Lundy*

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|------------------------------|-----------------------------------|
| 3 Tbsp. oil                  | 1 tsp. oregano                    |
| 1 onion, chopped             | Salt and pepper                   |
| 1 green pepper, chopped      | 1 whole chicken, stewed, or       |
| 1 can Ro-Tel                 | 3-4 breasts                       |
| 1 cup chicken broth          | 6 corn tortillas, torn into bite- |
| 1 can cream of mushroom soup | size pieces                       |
| 1 can cream of chicken soup  | 10 oz. Longhorn or Monterey       |
| 1 tsp. chili powder          | Jack cheese                       |
| 1 tsp. cumin                 |                                   |

Sauté onion and bell pepper. Reduce heat; add soups, chicken broth, diced tomatoes, and seasonings. Cook over low heat for 5 minutes. In a buttered 9x13-inch dish, layer ½ of: chicken, tortillas, sauce, and cheese; then repeat. Bake at 350° for 40 to 45 minutes.

## *Chicken Pot Pie*

*Connie Horany*

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|--------------------------------|----------------------------|
| 1 pkg. frozen mixed vegetables | 2-3 cooked chicken breasts |
| 1 can cream of chicken soup    | 2 pie crusts               |
| 1 can cream of mushroom soup   |                            |

Spray pie plate with Pam. Cook frozen vegetables. Place 1 crust in bottom of dish. Combine all ingredients and put in uncooked pit shell. Top with other crust. Seal and bake at 350° for 1 hour.



*Mark, Patricia, Grandma, Nancy, Papa and Grandma*

## *Chicken Enchilada Casserole*

*Grandma's Recipe*

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|---|----------------------------------|
| 1 chicken, boiled and cubed<br>into bite-size pieces (can<br>use 3-4 breasts) | ½ large green pepper,<br>chopped |
| 1 large pkg. taco flavor Doritos<br>(barely crushed)                          | 1 can cream of mushroom soup     |
| 1 onion, chopped  | 1 can cream of chicken soup      |
|   | 1 small can evaporated milk      |
|   | ½ lb. Cheddar cheese, grated     |
|   | 1 can Ro-Tel tomatoes            |

Butter large casserole dish and spread Doritos evenly on bottom. Sauté onion and bell pepper in large skillet. Remove from fire and add all ingredients except chicken. Mix well. Fold in chicken. Pour in casserole dish. Refrigerate overnight. Lightly cover with foil and bake at 350° for 45 minutes.

# *Enchiladas*

*Stephanie Collins*  
*(Paleo friendly)*

2 poblano chiles or 1 small can diced green chiles	½ tsp. salt
12 Roma tomatoes or 6 regular large tomatoes	8 egg whites
1 onion, finely chopped	⅓ cup half-and-half or cream
3 garlic cloves, minced	½ cup grated Monterey Jack cheese
Oil	Optional garnishes: finely chopped scallions, cilantro, avocado, or salsa
2 lbs. chicken breasts	
1 tsp. chili powder	
1 tsp. cumin	

Cut chiles in half lengthwise and discard seeds. Place halves, skin sides up, on a foil-lined baking sheet and broil until blackened, 5 to 10 minutes. Place in a plastic bag, seal. Let stand 15 minutes. This will loosen the skin so it is easier to peel off. After peeling, discard skins and roughly chop the chiles.

Cut an "X" on the top of the tomatoes, just breaking the skin. Under a broiler, roast the whole tomatoes, blackening the skin on all sides, about 20 minutes total. Cool, then peel off the skin and put the whole tomatoes in a food processor or blender with the diced chiles and purée until smooth.

Over medium heat in a deep skillet, sauté onion and garlic in a few tablespoons of oil. Add the chicken, browning lightly each side of the breasts, about 2 to 3 minutes per side. Add the chili powder, cumin and salt; pour in the tomato mixture. Cover with a lid and bring to a simmer for about 20 minutes until chicken is cooked. Remove chicken from the pot and slice thinly. Salt lightly, if needed. Return the sliced chicken to the pan of sauce and mix well to coat.

In a bowl, whisk together egg whites and half-and-half. Heat a 10-inch skillet over medium-low heat, coat lightly with oil and add just enough egg mixture to coat the pan in a very thin layer, about ⅙ of a cup. Cook for one minute, then add a lid and cook for about



25 seconds more. Use a rubber spatula to coax the egg white crepe out of the pan. *This should make about 10 crepes.*

Lightly oil the bottom of a 9x13-inch baking dish. Set an egg white crepe on a plate and fill it with  $\frac{1}{3}$  cup chicken mixture and a light sprinkle of cheese. Roll up and place in the baking dish. Continue until all the crepes are stuffed. If there is leftover chicken mixture and cheese, place on top of enchiladas. Cover the pan lightly with foil and bake for 20 minutes. Garnish, as desired.

*Note: You can use corn tortillas in place of crepes for an easier version. The sauce is delicious and would be great for beef enchiladas as well.*

## *Chicken Enchiladas*

*Stephanie Collins*

4 chicken breasts	8 corn tortillas
4 green onions	1 cup Monterey Jack or Mexican cheese
2 Tbsp. cilantro, finely chopped	Sour cream
1 jalapeño, seeded and chopped	Tomatoes
3 (10 oz.) can green enchilada sauce	

Preheat oven to 350°. Spray 9x13-inch pan with Pam. Cook chicken and chop into cubes.

Spray skillet with Pam and sauté green onions, cilantro, and jalapeño for 2 minutes. Add chicken and 1 can enchilada sauce. Cook about 5 minutes. Heat remaining 2 cans of sauce in microwave until warm. Dip tortillas in sauce and fill with  $\frac{1}{8}$  of chicken mixture. Roll and place seam side down in dish. Pour remaining sauce over enchiladas and top with cheese. Bake for 15 to 20 minutes or until bubbly. Garnish with tomatoes and sour cream.

## *Turkey Burgers*

*Bobby Collins*

1 ½ lbs. ground turkey	2 cloves garlic
6 Tbsp. cilantro	1 tsp. salt
1 medium grated zucchini	1 egg
1 Tbsp. chili powder	Pepper
1 medium carrot, grated	Breadcrumbs
1 tsp. cumin	

In bowl combine all ingredients. Add just enough breadcrumbs for mixture to stick together. Form 5 to 6 patties. Grill on well-oiled grill over medium-high heat 5 to 6 minutes on each side.

## *Pan-Seared Tilapia with Citrus Vinaigrette*

4 (6 oz.) tilapia fillets	2 Tbsp. finely chopped shallots
½ tsp. salt, divided	2 Tbsp. fresh lemon juice
½ tsp. freshly ground black pepper, divided	2 Tbsp. fresh orange juice
	4 tsp. extra-virgin olive oil
½ cup white wine	2 tsp. sherry vinegar

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle fish evenly with ¼ teaspoon salt and ¼ teaspoon pepper. Add 2 fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan; keep warm. Repeat procedure with remaining fillets.

Add white wine to pan; cook 30 seconds or until liquid almost evaporates. Combine shallots and remaining ingredients, stirring well with a whisk; stir in remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Add shallot mixture to pan; sauté 1 minute or until thoroughly heated, stirring frequently. Place 1 fillet on each of 4 plates; top each serving with about 3 tablespoons sauce. *Makes 4 servings.*



Grandma and Joey  
2006

## *Cornmeal-Crusted Tilapia with Tomatilla Salsa*

*Stephanie Collins*

### **Salsa:**

- ½ cup fresh cilantro
- ½ cup chopped onion
- 1 Tbsp. lime juice
- 2 Serrano chiles, seeded and coarsely chopped
- 1 (11 oz.) can tomatillos, drained
- 1 clove garlic

### **Fish:**

- ¼ cup all-purpose flour
- ¼ cup cornmeal
- 1 Tbsp. water
- 1 large egg white
- 4-6 oz. tilapia fillets
- ¾ tsp. salt
- ½ tsp. chili powder
- 1 Tbsp. olive oil

**Salsa:** Combine first 6 ingredients in a blender; process until smooth and set aside.

**Fish:** Combine flour and cornmeal in shallow dish. Combine 1 tablespoon water and egg white in a shallow dish, stirring well.

Sprinkle both sides of fish evenly with salt and chili powder. Heat oil in large skillet over medium-high heat. Dip fish in egg mixture; dredge in flour mixture. Add fish to pan and cook 2 ½ minutes on each side or until fish flakes easily when tested with a fork. Serve with salsa.

*Roasted potatoes go great with this fish.*

## *Parmesan-Crusted Tilapia*

*Nancy Hildebrandt*

3-4 tilapia fillets (depending on size)	1 tsp. garlic powder
¼ cup breadcrumbs or crushed Ritz crackers	1 Tbsp. lemon juice
¼ cup grated Parmesan cheese	Salt
1 Tbsp. Italian seasoning	Pepper
	Garlic powder
	Olive oil

Thaw and wash tilapia fillets if frozen. Pat dry on paper towels. Combine crumbs, Parmesan, Italian seasoning, and garlic powder on a plate, mixing well. On a different plate, pour 1 tablespoon lemon juice.

Working one at a time, place a fillet on the plate in the lemon juice. Sprinkle with desired amount of kosher salt (be careful about how much salt is in your Parmesan, crumbs, and other seasonings), black pepper, and garlic powder. Turn the fillet over in the lemon juice and sprinkle seasoning on the other side.

Dredge fillet in the Parmesan mixture, patting it all over to coat. Place in an oiled baking dish. Repeat with remaining fillets. Sprinkle a little lemon juice over fillets and drizzle or spray them lightly with olive oil.

Bake at 425° for about 20 minutes or until they easily flake with a fork and edges are browning (you can sprinkle some more Parmesan on top if desired). You can also bake these faster at 450°. *Makes 2 servings.*

## *Hot and Crunchy Trout*

*Stephanie Collins*

6 (8 oz.) trout fillets

¼ cup almonds

¼ cup sesame seeds

2 cups corn flakes

¼ cup sugar

1 ½ Tbsp. red chili flakes

1 Tbsp. salt

1 cup milk

2 eggs

1 cup flour

6 Tbsp. clarified butter

### **Sauce:**

½ cup mango jalapeño sauce

*(I use Fischer & Wieser  
Mango Ginger Habanero  
Sauce)*

Juice of 2 lemons

1 bunch cilantro leaves, only  
rough cut

½ cup mayonnaise

2 cloves garlic, minced

½ Tbsp. salt and pepper to  
taste

Toast almonds and sesame seeds in dry skillet until lightly toasted. Set aside and cool. Combine almonds, sesame seeds, cornflakes, sugar, red chili flakes, and salt in food processor until coarse and crunchy but well blended.

Whisk milk and eggs to make egg wash. Dredge trout in flour until dusted, then egg wash and then hot and crunchy mixture, pressing into fillet with hand. Remove and shake off excess and place on cookie sheet.

In large skillet, heat 6 tablespoon butter to 325°. Lay trout, skin side up, in hot pan and sauté approximately 3 minutes on each side or until golden brown. (If you remove the skins on the trout fillet, you need to bread both sides and sauté for about 3 minutes per side, turning only once.) Put in warm oven until all fillets are cooked.

**Sauce:** Combine all ingredients and whisk until well blended. Top fish when served.

## *Sea Bass with Citrus and Soy*

*Bobby Collins*

*From Bon Appétit, March 2002*

½ cup pineapple juice	2 Tbsp. oriental sesame oil
½ cup orange juice	⅛ tsp. cayenne pepper
⅓ cup soy sauce	4 (6 oz.) sea bass fillets
3 Tbsp. finely chopped peeled fresh ginger	Chopped green onions

Mix first 6 ingredients (marinade) in 8x8x2-inch glass baking dish. Add fish; turn to coat. Chill 2 hours, turning fish occasionally.

Place steamer rack in large skillet. Arrange fish on rack. Pour marinade into skillet under rack and bring to boil. Cover skillet and steam fish until just opaque in center, about 8 minutes. Transfer fish to plate. Remove steamer rack from skillet. (Or bake at 400° for 15 to 20 minutes, or cook on foil on outdoor grill.)

Boil marinade until reduced enough to coat spoon, about 6 minutes; spoon over fish. Top with green onions. *Makes 4 servings.*

## *Greek-Style Marinated Mahi Mahi*

*Traci Horany*

1 ½ lbs. mahi mahi fillets (about ¾-1 inch thick)	3 Tbsp. chopped fresh mint
½ cup lemon juice	⅓ tsp. minced garlic
⅓ cup olive oil	1 tsp. finely shredded lemon peel
3 Tbsp. chopped fresh oregano	¼ tsp. salt

Rinse fish and pat dry with paper towels. Cut fish into four serving-size pieces. Place fish in re-sealable plastic bag. Stir together remaining ingredients and pour over fish. Seal bag. Turn to coat with marinade; marinate in refrigerator at least 30 minutes. Drain fish and discard marinade. Coat grill with nonstick spray and preheat to medium. Grill fish, turning once, 8 to 12 minutes or until fish flakes with fork. (You can broil it too!)

## *Sesame Seared Tuna*

*Stephanie Collins*

½ cup white sesame seeds

½ cup black sesame seeds

1 Tbsp. wasabi powder

1 Tbsp. sesame oil

2-8 oz. tuna loin, cut in half

Combine sesame seeds and wasabi powder in a bowl; season with salt and pepper. Heat a large skillet over high heat. Coat pan with cooking spray and then drizzle oil. Salt tuna lightly, then coat with sesame-wasabi mixture. Reduce heat to medium. Sear tuna until lightly browned, about 2 minutes. Flip, then cook 2 minutes more. Remove from heat and let rest a few minutes. Serve with a wasabi-soy sauce and greens.

## *Baked Salmon with Relish*

*Traci Horany*

Salmon fillets

2 Tbsp. soy sauce

½ tsp. sesame oil

1 tsp. minced garlic

Equal parts chopped red

pepper, yellow pepper, red

onion, apple, and mandarin  
oranges.

Fresh lemon juice

Top each salmon fillet with soy sauce, sesame oil, and minced garlic. Combine peppers, onion, apple, and oranges. Squeeze fresh lemon juice over relish

Bake salmon at 375° for about 10 minutes, or until fish is flaky. To serve, top with relish. Great served over whole-wheat spaghetti.



*Austen with Papa*

*Cedar Plank-Grilled Salmon  
with Avocado-Orange Salsa*

*Bobby Collins*

- |   |   |
|---|---|
| 1 (15 x 6½ x ¾-inch) cedar grilling plank     | ¾ cup diced peeled avocado (about 1)      |
| ¼ cup maple syrup                             | ¼ cup fresh orange juice (about 1 orange) |
| 2 Tbsp. Cointreau (orange-flavored liqueur)   | 2 Tbsp. finely chopped red onion          |
| 1 tsp. grated orange rind                     | 2 Tbsp. finely chopped red bell pepper    |
| ½ tsp. salt, divided                          | 1 Tbsp. finely chopped fresh chives       |
| ¼ tsp. freshly ground black pepper, divided   | 1 Tbsp. fresh lime juice                  |
| 6 (6 oz.) salmon fillets (about 1 inch thick) |   |
| 1 cup orange sections (about 2 oranges)       |   |



Immerse and soak the plank in water 1 hour; drain. Prepare grill.

Combine syrup, Cointreau, and rind in small saucepan; bring to a boil. Cook until reduced by  $\frac{1}{4}$  cup, about 3 minutes. Cool 5 minutes. Sprinkle  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon black pepper over fish; brush fish with syrup mixture.

Place plank on grill rack, and grill for 3 minutes or until lightly charred. Carefully turn plank over, and place fish on charred side of plank. Cover and grill for 12 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Combine remaining  $\frac{1}{4}$  teaspoon salt, remaining  $\frac{1}{8}$  teaspoon black pepper, orange sections, avocado, orange juice, onion, bell pepper, chives, and lime juice in a medium bowl; serve with fish.

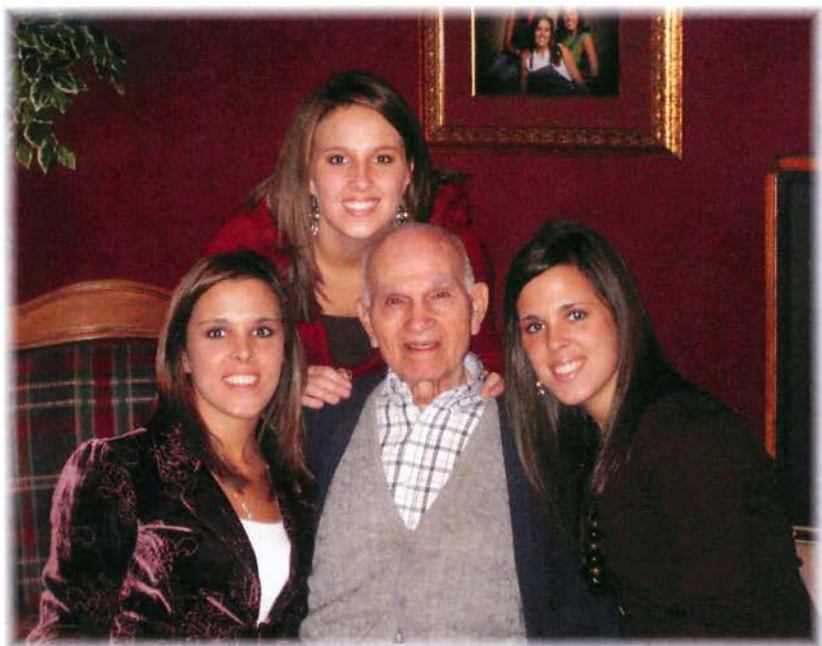
**Wine Note:** Salmon works with many white wines (and even some reds), but when the nutty, woody flavor of a charred cedar plank is factored in, I'd serve a California Chardonnay. It, too, has nutty woody flavors, and a creamy citrusy Chardonnay will also mirror the creaminess of the avocado and the citrusiness of the orange. Try Geyser Peak Winery Chardonnay 2005 from Alexander Valley, California (\$13).—Karen MacNeil

## *Salmon Croquettes*

*Connie Horany*

1 (15 oz.) can salmon (reserve juice)	1 heaping tsp. baking powder
1 egg	$\frac{1}{2}$ cup flour

Drain salmon in cup. Pour flour in salmon and add egg. Add baking powder to  $\frac{1}{4}$  cup salmon juice and beat with fork. Fold into salmon. Drop by tablespoonfuls into hot grease and cook until they float to top of grease.



*Lindsey, Heather, Papa and Traci*

## *Grilled Alaska Salmon*

*Lindsey Pilarczyk*

- |                          |                           |
|--------------------------|---------------------------|
| 8 (4 oz.) salmon fillets | 2 cloves garlic, minced   |
| ½ cup peanut oil         | 1 ½ tsp. ground ginger    |
| 4 Tbsp. soy sauce        | 2 tsp. crushed red pepper |
| 4 Tbsp. balsamic vinegar | 1 tsp. sesame oil         |
| 4 Tbsp. green onions     | ½ tsp. salt               |
| 3 tsp. brown sugar       |                           |

Place salmon fillets in medium glass dish. In a separate medium bowl, combine peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil, and salt. Whisk together well and pour over fish. Cover and marinate in refrigerator for 4 to 6 hours.

Grill fillets 5 inches from coals for 10 minutes per inch of thickness or until fish flakes with a fork. Turn over half way through cooking.

## *Pineapple Teriyaki Salmon*

*Bobby Collins*

2 Tbsp. brown sugar	4 (6 oz.) salmon fillets (about 1 inch thick)
2 Tbsp. low-sodium soy sauce	
1 tsp. finely grated orange zest	¼ tsp. freshly ground black pepper
1 (6 oz.) can pineapple juice	Grated orange rind (optional)
½ tsp. salt, divided	
2 tsp. canola oil	

Combine first 4 ingredients and ¼ teaspoon salt in a small saucepan over high heat, and bring to a boil. Reduce heat and simmer until reduced to ¼ cup, about 15 minutes. Set aside. Preheat oven to 400°.

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of salmon with remaining ¼ teaspoon salt and black pepper. Add fish to pan; cook 3 minutes. Turn fish over and place in oven; bake at 400° for 3 minutes. Remove from oven. Brush 1 tablespoon sauce over each fillet. Return to oven and cook 1 minute or until fish flakes easily when tested with a fork or until desired degree of doneness. Sprinkle with orange rind, if desired.

## *Salmon with Pineapple Salsa*

*Bobby Collins*

- |  |  |
|--|--|
| 2 cups coarsely chopped fresh pineapple  | 1 Tbsp. honey  |
| ½ cup chopped red sweet pepper           | 1 small fresh jalapeño pepper, seeded and finely chopped |
| ¼ cup finely chopped red onion           | 1 (1 lb.) fresh salmon fillet, 1 inch thick              |
| 3 Tbsp. lime juice                       | ¼ tsp. ground cumin                                      |
| 1 Tbsp. snipped fresh cilantro or chives |  |

**Salsa:** In a medium bowl, combine pineapple, sweet pepper, onion, 2 tablespoons of the lime juice, cilantro, honey, and jalapeño pepper. Cover and refrigerate up to 2 hours.

Lightly grease the grill. Preheat grill. Rinse fish; pat dry with paper towels. Brush fish with the remaining lime juice and sprinkle with cumin. Place fish on the grill and cook until fish is flaky on top. Serve the fish with salsa. *Makes 4 servings.*

## *Shrimp with Ginger-Soy-Lime Marinade*

*Patricia Cooper*

- |   |  |
|---|--|
| 2 large shallots, peeled and chopped                | 2 Tbsp. sugar                            |
| 1 (2-inch) piece of fresh ginger, peeled and grated | ¼ cup green onions                       |
| 4 cloves garlic                                     | ¼ cup peanut oil                         |
| ¾ cup soy sauce                                     | ¼ tsp. coarsely ground pepper            |
| ½ tsp. fresh lime juice                             | 2 lbs. large shrimp, shells and tails on |

Place shallots, ginger, garlic, soy, lime juice, and sugar in blender and blend until smooth. Add the green onions and oil, and blend until combined. Season with pepper to taste.

**Shrimp:** Place shrimp in large bowl and pour marinade on top. Let sit at room temperature for 20 minutes. Preheat grill to high. Remove shrimp from marinade and grill for 1 ½ to 2 minutes per side.

## *Lemon-Mint Bulgur Risotto with Garlic Shrimp*

*Traci Horany*

- |  |  |
|--|--|
| 3 cups water                                 | 1 Tbsp. grated lemon rind                      |
| 1 tsp. salt, divided                         | 2 Tbsp. fresh lemon juice                      |
| 2 Tbsp. olive oil, divided                   | 4 cloves garlic, minced                        |
| $\frac{3}{4}$ cup finely chopped green onion | $\frac{1}{4}$ tsp. freshly ground black pepper |
| 1 cup uncooked bulgur                        | 1 lb. medium shrimp, peeled and deveined       |
| 4 cups fresh baby spinach                    |  |
| $\frac{1}{3}$ cup chopped fresh mint         |  |

Combine water and  $\frac{3}{4}$  tsp. salt in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.

Heat 1 tablespoon oil in medium sauté pan over medium heat. Add green onions; cook 1 minute, stirring constantly. Add bulgur; cook 2 minutes, stirring constantly. Add warm salted water  $\frac{1}{2}$  cup at a time, stirring frequently until each portion of warm water is absorbed before adding the next, about 20 minutes total.

Remove from heat. Add spinach, mint, lemon rind, and juice; stir until spinach wilts. Keep warm.

Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat. Add garlic; sauté 30 seconds. Add  $\frac{1}{4}$  teaspoon salt, pepper, and shrimp; sauté for 2 minutes or until shrimp are done. Mix shrimp with risotto mixture and serve. Garnish with lemon wedges. *Makes 4 servings.*

## *Spicy Shrimp and Grits*

*Stephanie Collins*  
(From 300 Best Casseroles)

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|--|--|
| 4 cups chicken broth                               | 1 cup chopped green bell pepper                              |
| $\frac{3}{4}$ tsp. salt, divided                   | $\frac{1}{2}$ cup chopped onion                              |
| 1 cup regular grits                                | 1 can (10 oz.) diced tomatoes and mild green chiles, drained |
| 1 cup shredded pepper-Jack cheese                  | 1 lb. small shrimp, peeled, deveined, and cooked             |
| 1 cup shredded extra-sharp Cheddar cheese, divided | $\frac{1}{4}$ tsp. black pepper                              |
| 2 Tbsp. butter                                     |  |
| 8 green onions, sliced                             |  |
| 2 garlic cloves, minced                            |  |

In a large saucepan, bring broth and  $\frac{1}{2}$  teaspoon of salt to a boil over high heat. Gradually stir in grits. Reduce heat to low; cover and simmer for 15 minutes. (If you can only find instant grits, reduce cook time to 7 to 10 minutes.) Stir in the pepper-Jack and  $\frac{3}{4}$  cup of the Cheddar cheese.

In a large skillet, melt butter over medium heat. Sauté green onions, garlic, green pepper, and onion for 5 to 10 minutes or until tender.

Add onion mixture to grits mixture. Stir in tomatoes and chiles, shrimp, pepper, and the remaining salt.

Spread in greased 9x13-inch baking dish and sprinkle with remaining Cheddar cheese. Bake at 350° for 30 to 45 minutes or until hot and bubbly!

## *Grilled Marinated Shrimp*

*Krystal Cooper*

- |                             |   |
|-----------------------------|---|
| 1 cup olive oil             | 2 tsp. dried oregano  |
| ¼ cup chopped fresh parsley | 1 tsp. salt   |
| 1 lemon, juiced             | 1 tsp. ground black pepper                                      |
| 2 Tbsp. hot pepper sauce    | 2 lbs. large shrimp, peeled and<br>deveined with tails attached |
| 3 garlic cloves             |   |
| 1 Tbsp. tomato paste        |   |

In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.

Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

## *Shrimp Enchiladas*

*Patricia Cooper*

- |   |                             |
|---|-----------------------------|
| 1 ½-2 lbs. cooked shrimp,<br>coarsely chopped | ½ cup sour cream            |
| 1 can cream of shrimp soup                    | 4 green onions              |
| 1 can cream of onion soup                     | 1 small can green chiles    |
| 1 cup picante                                 | 10 flour tortillas          |
| 1 (8 oz.) pkg. cream cheese                   | 1 cups Monterey Jack cheese |

Combine soups and picante, and heat on stove. Pour 1 cup of this sauce in bottom of 9x13-inch pan. Cream sour cream and cream cheese together; then add shrimp, onion, green chiles, and 1 cup cheese, and stir together.

Heat flour tortillas to soften. Add cream cheese mixture to each flour tortilla and roll up. Lay seam side down on top of sauce. Pour remaining sauce over tortillas. Top with remaining cheese. Bake at 350° for 30 minutes.

# *Cajun Jambalaya*

*Lindsey Pilarczyk*

12 medium shrimp, peeled, deveined and chopped	¾ cup rice
4 oz. diced chicken	3 cups chicken stock
1 Tbsp. Creole Seasoning	5 ounces andouille sausage, diced
2 Tbsp. olive oil	Salt and pepper
¼ cup chopped onion	
¼ cup chopped green bell pepper	<b><i>Creole Seasoning:</i></b>
¼ cup chopped celery	2 ½ Tbsp. paprika
2 Tbsp. minced garlic	2 Tbsp. salt
½ cup chopped tomatoes	2 Tbsp. garlic powder
3 bay leaves	1 Tbsp. black pepper
1 tsp. Worcestershire sauce	1 Tbsp. onion powder
1 tsp. hot sauce	1 Tbsp. cayenne pepper
	1 Tbsp. dried oregano
	1 Tbsp. dried thyme

In a bowl, combine shrimp, chicken and Creole Seasoning; work in the seasoning well. In a large saucepan, heat oil over high heat with onion, pepper, and celery for 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire sauce, salt, pepper, and hot sauce. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes. When rice is just tender, add shrimp mixture and sausage. Cook until meat is done, about 10 minutes more. Season to taste with Creole Seasoning and hot sauce.

***Creole Seasoning:*** Combine all ingredients thoroughly.

***Hint:*** I use a precooked Rotisserie chicken and drained canned tomatoes. If you do this, keep raw shrimp and chicken separate. Add the chicken and sausage after the shrimp has had a little time to cook. You can also use 1 head of cauliflower grated in the food processor in place of rice. You would only need to add this about 10 minutes before adding shrimp.



## *Seared Scallops with Warm Tuscan Beans*

*Stephanie Collins*

2 Tbsp. olive oil, divided

1 ½ lbs. sea scallops

¼ tsp. salt

1 cup chopped onion

⅛ tsp. crushed red pepper

2 cloves garlic, minced

¼ cup dry white wine

1 cup fat-free, less-sodium  
chicken broth

1 (19 oz.) can cannellini beans  
or other white beans, rinsed  
and drained

1 (6 oz.) pkg. fresh spinach

2 Tbsp. chopped fresh basil

Heat 1 tablespoon oil in large skillet over medium-high heat. Sprinkle scallops evenly with salt. Add scallops to pan. Cook 2 minutes one each side or until done. Remove scallops from pan and keep warm.

Add remaining 1 tablespoon oil and onion to pan; sauté 2 minutes. Add pepper and garlic; cook 20 seconds, stirring constantly. Stir in wine; cook 1 minute or until most of liquid evaporates. Stir in broth and beans; cook 2 minutes. Add spinach; cook 1 minute or until spinach wilts. Remove from heat and stir in basil. Serve scallops on ¾ cup bean mixture. *Makes about 4 servings.*

## *Pineapple Salsa*

*Bobby Collins*

2 cups crushed pineapple,  
undrained

1 jalapeño, seeded and diced

1 large tomato, diced

2-3 Tbsp. cilantro, chopped

½ yellow onion, diced

2 Tbsp. lemon juice

Salt and pepper to taste

Mix and serve.

## *Scallops in Vermouth Cream*

*Stephanie Collins*

1 lb. fresh scallops	½ cup whipping cream
2 Tbsp. all-purpose flour	¼ tsp. salt
2 Tbsp. butter	⅛ tsp. pepper
¼ cup dry vermouth or other white wine	Parsley, capers, and lemon juice

Toss scallops in flour. Melt butter in large skillet over medium heat. Add scallops and cook 4 to 5 minutes or until scallops turn white throughout and are lightly browned. Remove from skillet. Add vermouth to skillet, stirring to loosen particles from skillet. Bring to a boil and cook 2 minutes or until reduced by ½. Stir in cream, salt, pepper, parsley, capers, and lemon juice. Reduce heat to low and return scallops to pan. Heat thoroughly and enjoy.