

-- Spencer's Weekly Recipes --

Zucchini Pizza



Casserole

- 4 cups shredded unpeeled zucchini
- 1/2 tsp. salt
- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 1 cup shredded cheddar cheese, divided
- 1 lb. ground beef
- 1/2 cup chopped onion
- 1 can (15 oz.) Italian tomato sauce
- 1 medium green or sweet red pepper, chopped

Directions

- Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 min., then squeeze out moisture.
- Combine zucchini with eggs, Parmesan and half of mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 min.
- Meanwhile, in a large saucepan, cook beef and onion over medium heat, crumbling beef, until meat is no longer pink; drain. Add tomato sauce; spoon over zucchini mixture. Sprinkle with remaining cheeses; add red pepper. Bake until heated through, about 20 min. longer.
- <https://www.tasteofhome.com/recipes/zucchini-pizza-casserole/>

Instant Pot Spaghetti

- The easiest spaghetti recipe ever!
- 1 lb. Lean Ground Beef
 - 1/2 Tsp. EACH Salt, Garlic Powder, Onion Powder, Italian Seasoning
 - 1 lb. Spaghetti Noodles
 - 1 (24 Oz.) Jar Spaghetti Sauce
 - 36 Oz. Water, 1 1/2 Jars
 - 1 (14.5 Oz.) Can Diced Tomatoes



1. Set the Instant Pot to sauté and add ground beef. Add salt, garlic powder, onion powder, and Italian seasonings. Cook meat and seasonings, breaking meat up until it's completely browned. Turn Instant Pot off. Drain any excess grease from meat if necessary.
2. Break spaghetti in half and place on top of meat in Instant Pot. Pour the spaghetti sauce over, diced tomato, and water. Push the spaghetti down with a spoon if necessary to make sure it is completely covered in liquid.
3. Seal instant pot and set it to manual mode, high pressure, 8 min. cooking time. When time is up, use manual quick release to open Instant Pot. Stir spaghetti well. Serve immediately.

<https://thesaltymarshmallow.com/instant-pot-spaghetti/>

NOTE: Some people have had an issue with noodles "clumping" together. Try crisscrossing the noodles when you add them to the instant pot, instead of adding them in one big chunk. Some clumping is normal, simply use a fork to pull any noodles apart.

Cheesy Ham & Potato



Chowder

- 10 Bacon Strips (diced)
- 1 Large Onion (chopped)
- 1 Cup of Carrots (diced)
- 3 Tbsp. of All-Purpose Flour
- 3 Cups of Whole Milk
- 1 1/2 Cups of Water
- 2 1/2 Cups of Potatoes (cubed)
- 1 Can of Corn (drained)
- 2 Tsp. of Chicken Bouillon Granules
- Salt & Pepper (for taste)
- 3 Cups of Cheddar Cheese
- 2 Cups of Cooked Ham (cubed)

Directions

- Cook the bacon over a medium heat until crisp. Remove the bacon and place on a paper towel.
- In the drippings from the bacon, sauté onion and carrots until tender. Stir in flour until blended.
- Gradually begin adding milk and water. Bring to a boil and cook for 2 minutes while stirring.
- Add the potatoes, corn, bouillon, and pepper. Reduce the heat and allow for chowder to simmer, uncovered for 20 minutes (or until the potatoes are tender).
- Add cheese and ham; heat until cheese has melted. Stir in bacon and serve!

<https://www.foodlion.com/recipes/ham-potato-chowder/>

Not every place you fit in is
where you belong.

- Bea C Pilotin -
- Via (The Mind Journal)



Sp

Pecan Crusted Salmon & Maple Glaze

1 Tbsp. Mayonnaise
3 Tbsp. Maple Syrup
1/8 Tsp. Garlic Powder
1/4 Tsp. Onion Powder
1 Tsp. Smoked Paprika
4 (4 oz.) Salmon Fillets
3/4 Cup Finely Chopped Pecans
2 Tbsp. Panko Breadcrumbs
Salt & Pepper



1. Season salmon fillets with salt & pepper.
2. In a small bowl, combine the mayonnaise and the maple syrup.
3. In another bowl, combine garlic powder, onion powder, smoked paprika, pecans, and breadcrumbs.
4. Place the fillets on a lined baking sheet. Thoroughly coat the top side of each one with about 1 tablespoon of the maple syrup mixture and thoroughly coat the same side with the pecan mixture.
5. Bake in a 425-degree oven for 10 to 12 min. until the salmon flakes easily with a fork.

<https://www.foodlion.com/recipes/pecan-crust-salmon-maple-glaze/>

DO GOOD
FOR OTHERS.

IT WILL COME BACK TO YOU IN
UNEXPECTED WAYS.



Pork Tenderloin Fajitas

1/4 cup minced fresh cilantro
1/2 tsp. garlic powder
1/2 tsp. chili powder
1/2 tsp. ground cumin
1 pork tenderloin (1 lb.), thinly sliced
1 tbsp. canola oil
1 small onion, sliced and separated into rings
1 medium green pepper, julienned
4 flour tortillas (8 inches), warmed
Shredded cheddar cheese and sour cream, optional

Directions

1. In a small bowl, combine cilantro, garlic powder, chili powder and cumin; set aside. In a large skillet, sauté pork in oil until no longer pink. Add onion and green pepper; cook until crisp-tender.
2. Sprinkle with seasoning mixture; toss to coat. Spoon onto tortillas; serve with cheese and sour cream if desired.

<https://www.tasteofhome.com/recipes/pork-tenderloin-fajitas/>

Amish Sugar Cookies

1 cup butter, softened
1 cup vegetable oil
1 cup sugar
1 cup confectioners' sugar
2 large eggs
1 tsp vanilla extract
4-1/2 cups all-purpose flour
1 tsp salt
1 tsp baking soda
1 tsp cream of tartar



- In a large bowl, beat butter, oil and sugars. Beat in eggs until well blended. Beat in vanilla. Combine the flour, salt, baking soda and cream of tartar; gradually add to creamed mixture.
- Drop by small teaspoonfuls onto ungreased baking sheets. Bake at 375° until lightly browned, 8-10 min. Remove to wire racks to cool.

<https://www.tasteofhome.com/recipes/amish-sugar-cookies/>

Test Kitchen Tips

- Salted butter and a splash of extract (try almond!) make these extra flavorful.
- If you like your treats on the sweeter end of the spectrum, add a pinch of coarse sugar to the tops of these light and airy cookies.
- Why cream of tartar? Baking soda needs an acidic ingredient to create the gas bubbles that make baked goods rise and lighten. Cream of tartar (aka tartaric acid) provides that in this recipe. Yay, chemistry!