

## -- Spencer's Weekly Recipes --

### Stuffed Hash Browns



- 1 pkg. (20 oz.) refrigerated shredded hash brown potatoes
- 1/4 cup finely chopped onion
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 4 tbsp. olive oil, divided
- 1/2 cup pepper jack cheese
- 1/2 cup crumbled cooked bacon
- 1/2 cup sour cream
- 2 green onions, thinly sliced

#### Directions

1. In a large bowl, toss potatoes with onions, salt and pepper. In a small cast-iron or other heavy skillet, heat 2 tsp. oil over medium heat. Add 1 cup potato mixture, pressing down to flatten with spatula. Cook, without stirring, until bottom is golden brown, 4-5 min. Drizzle with 1 teaspoon oil; flip. Cook until bottom is golden brown, 4-5 min., sprinkling with 2 tbsp. cheese and 2 tbsp. bacon during the last min. of cooking.
2. Fold hash browns in half; slide onto plate and keep warm. Repeat with remaining ingredients. Top with sour cream and green onions.

<https://www.tasteofhome.com/recipes/stuffed-hash-browns/>

### Pesto Corn Salad with Shrimp

- 4 medium ears sweet corn, husked
- 1/2 cup packed fresh basil leaves
- 1/4 cup olive oil
- 1/2 tsp. salt, divided
- 1-1/2 cups cherry tomatoes, halved
- 1/8 tsp. pepper
- 1 medium ripe avocado, peeled and chopped
- 1 lb. uncooked shrimp (31-40 per pound), peeled and deveined



#### Directions

1. In a pot of boiling water, cook corn until tender, about 5 minutes. Drain; cool slightly. Meanwhile, in a food processor, pulse basil, oil and 1/4 teaspoon salt until blended.
2. Cut corn from cob and place in a bowl. Stir in tomatoes, pepper and remaining salt. Add avocado and 2 tablespoons basil mixture; toss gently to combine.
3. Thread shrimp onto metal or soaked wooden skewers; brush with remaining basil mixture. Grill, covered, over medium heat until shrimp turn pink, 2-4 min. per side. Remove shrimp from skewers; serve with corn mixture.

<https://www.tasteofhome.com/recipes/pesto-corn-salad-with-shrimp/>

### Chorizo & Grits Breakfast Bowls



- 2 tsp. olive oil
- 1 pkg. (12 oz.) fully cooked chorizo chicken sausages *or* flavor of choice, sliced
- 1 large zucchini, chopped
- 3 cups water
- 3/4 cup quick-cooking grits
- 1 can (15 oz.) black beans, rinsed and drained
- 1/2 cup shredded cheddar cheese
- 6 large eggs
- Optional: Pico de Gallo and chopped fresh cilantro

1. In a large skillet, heat oil over medium heat. Add sausage; cook and stir until lightly browned, 2-3 mins. Add zucchini; cook and stir until tender, 4-5 min longer. Remove from pan; keep warm.
2. Meanwhile, in a large saucepan, bring water to a boil. Slowly stir in grits. Reduce heat to medium-low; cook, covered, until thickened, stirring occasionally, about 5 min. Stir in beans and cheese until blended. Remove from heat.
3. Wipe skillet clean; coat with cooking spray and place over medium heat. In batches, break 1 egg at a time into pan. Immediately reduce heat to low; cook until whites are completely set and yolks begin to thicken but are not hard, about 5 min.

4. To serve, divide grits mixture among 6 bowls. Top with chorizo mixture, eggs and, if desired, Pico de Gallo and cilantro.

<https://www.tasteofhome.com/recipes/chorizo-grits-breakfast-bowls/>

## Flourless Lemon Almond



### Cake

- 4 eggs (large), separated into 4 egg yolks and 4 egg whites, room temperature
  - 2 Tbsp. lemon zest, packed
  - 1/2 cup white sugar, divided
  - 1 1/2 cup lightly scooped finely ground blanched almond flour
  - 1 tsp. baking powder (make sure your baking powder is fresh!)
  - 1/4 tsp. ground cardamom
  - 1 tsp. white or cider vinegar
  - Pinch of salt
- Powdered sugar for sprinkling

### METHOD

1. Preheat oven to 350°F. Place a round of parchment paper on the bottom of a 8 or 9-inch springform pan, and grease it and the sides of the pan with butter or cooking spray.
2. In a large bowl, beat together with a wooden spoon the egg yolks, lemon zest, and 1/4 cup sugar until smooth.
3. In a separate bowl, whisk together the almond flour, ground cardamom, and baking powder. Add the flour mixture to the egg yolk mixture and beat until well combined. The mixture should resemble a thick paste.
4. With an electric mixer with a very clean bowl and clean whisk attachment, beat the egg whites, starting on low speed and gradually increasing the speed. When bubbles start to form, add a pinch of salt and the teaspoon of vinegar (both the salt and the vinegar will help the beaten egg whites maintain better structure, as will the sugar in the next step). As the egg whites begin to increase in volume, sprinkle in the remaining 1/4 cup of sugar, a little at a time, as you continue to beat the egg whites. Beat until soft peaks form.
5. Stir a third to a half of the beaten egg whites into the almond mixture to loosen it and make it lighter. Then gently fold the remaining whipped egg whites into the batter, a large scoopful at a time.
6. Gently scoop the batter into the prepared springform pan and place in the oven. Bake at 350°F for 30 min. Remove from the oven and let cool. Run a sharp knife around the edge of the cake helping it to separate from the side of the pan. Release the springform pan sides, and gently move the cake (on parchment) to a cake serving plate. Sprinkle with a little powdered sugar before serving.

<https://www.simplyrecipes.com/recipes/flourless-lemon-almond-cake/>

## Spinach Quesadillas

- 3 oz. fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tbsp. lemon juice
- 1 tsp. ground cumin
- 1/4 tsp. garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend
- 1/4 cup reduced-fat ricotta cheese
- 6 flour tortillas (6 inches)
- Reduced-fat sour cream, optional



- In a large nonstick skillet, cook and stir first 6 ingredients until spinach is wilted. Remove from heat; stir in cheeses.
  - Top half of each tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream.
  - **Health Tip:** Use whole wheat tortillas and get almost twice the fiber per serving.
- <https://www.tasteofhome.com/recipes/spinach-quesadillas/>

## Limoncello Dessert

- 1 pint lemon sorbet
- 1 pint vanilla ice cream
- 4 jiggers limoncello, Italian lemon liqueur available at any large liqueur store, any lemon liqueur may be substituted
- 1 lemon, zested
- Wafer cookies, for garnish



## Directions

1. Place 1 scoop of lemon sorbet alongside 1 scoop of vanilla ice cream in each dessert cup. Top each serving with 1 jigger of the lemon liqueur. Grate the zest of 1 lemon on each bowl of sorbet and ice cream. Garnish cups with wafer cookies sticking out of the ice cream, then serve.

<https://www.foodnetwork.com/recipes/rachael-ray/limoncello-dessert-recipe-1941026>

For me, whether it's in a book or on T.V., a recipe has to be simple. I have a short attention span, so to open a cookbook and see a recipe that goes on for three to four pages, well, I've lost interest.

Al Roker

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