

Reese's Peanut Butter Cup Pretzel Cookies

- 1 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1/4 tsp baking soda
- 1 stick unsalted butter, at room temperature
- 3/4 cup packed light brown sugar
- 1/2 cup sugar
- 1/4 cup powdered sugar
- 2 large egg yolks
- 1 large egg
- 1 tsp vanilla extract
- 8 oz. Reese's peanut butter cups, coarsely chopped (about 11 full sized ones)
- 1/3 cup coarsely chopped pretzels
- fleur de sel or other flaky sea salt



Directions:

1. Place racks in upper and lower thirds of oven. Preheat oven to 375F. In a large bowl, whisk together flour, baking powder, kosher salt, and baking soda. Set aside.
2. Beat butter with brown sugar, sugar, and powdered sugar for 3-4 minutes, until light and fluffy. Add egg yolks, egg, and vanilla and beat for an additional 4-5 minutes, scraping down the sides as needed.
3. With mixer on low, add dry ingredients, beating just until combined. Use a spatula to fold in pretzels and chopped Reese's peanut butter cups.
4. Spoon rounded tablespoonfuls of cookie dough onto 2 baking sheets lined with parchment paper. Leave 1 inch between cookies. Sprinkle cookies with sea salt.
5. Bake cookies for 10-12 minutes, rotating pans halfway through, just until golden brown on the edges. Allow cookies to cool slightly on baking sheets before transferring to wire racks to cool completely.

- <http://www.thesweetslife.com/2013/02/reeses-peanut-butter-cup-pretzel-cookies.html>



Spinach and Mushroom Smothered Chicken

- 3 cups fresh baby spinach
- 1-3/4 cups sliced fresh mushrooms
- 3 green onions, sliced
- 2 tablespoons chopped pecans
- 1-1/2 teaspoons olive oil
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/2 teaspoon rotisserie chicken seasoning
- 2 slices reduced-fat provolone cheese, halved

Directions

1. In a large skillet, sauté the spinach, mushrooms, onions and pecans in oil until mushrooms are tender. Set aside and keep warm.
 2. Sprinkle chicken with seasoning. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.
 3. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until a meat thermometer reads 170°.
 4. Top with cheese. Cover and grill 2-3 minutes longer or until cheese is melted. To serve, top each chicken breast with reserved spinach mixture.
- Yield: 4 servings.

<https://www.tasteofhome.com/recipes/spinach-and-mushroom-smothered--chicken>

Mushrooms are not technically plants and therefore officially do not contain phytonutrients (plant nutrients.) However, the benefits of **mushrooms** are huge. They have a great deal of nutritional value, are full of micronutrients, and we do consider them among the SuperFoods.

One-Pot Spinach Beef Soup

- 1 pound ground beef
- 3 garlic cloves, minced
- 2 cartons (32 ounces each) reduced-sodium beef broth
- 2 cans (14-1/2 ounces each) diced tomatoes with green pepper, celery and onion, undrained
- 1 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 3 cups uncooked bow tie pasta
- 4 cups fresh spinach, coarsely chopped
- Grated Parmesan cheese



Directions

1. In a 6-qt. stockpot, cook beef and garlic over medium heat 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in broth, tomatoes and seasonings; bring to a boil. Stir in pasta; return to a boil. Cook, uncovered, 7-9 minutes or until pasta is tender.
2. Stir in spinach until wilted. Sprinkle servings with cheese. Yield: 8 servings.

<https://www.tasteofhome.com/recipes/one-pot-spinach-beef-soup>



You don't need a silver fork to eat good food.

Paul Prudhomme

Caramelized Pork Tenderloin

- 1 pork tenderloin (1 pound)
- 1/4 cup packed brown sugar
- 4 garlic cloves, minced
- 1 tablespoon Montreal steak seasoning
- 2 tablespoons butter



Directions

1. Cut pork into four pieces and pound with a meat mallet to 1/4-in. thickness. In a shallow bowl, mix brown sugar, garlic and steak seasoning. Dip pork in brown sugar mixture, patting to help coating adhere.
2. In a large skillet, heat butter over medium-high heat. Add pork; cook 2-3 minutes on each side or until tender. Yield: 4 servings.

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

Store fresh herbs as you would fresh flowers: in a jar of water on your countertop. Pluck off what you need, change the water daily, and they'll last two to three times longer than they would in the fridge. You'll get the most extra mileage from flat-leaf parsley. — *Jenny McGruther, of Nourished Kitchen*



Sweet 'n' Spicy Chicken

- 3 tablespoons taco seasoning
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 to 2 tablespoons canola oil
- 1-2/3 cups chunky salsa
- 1/2 cup peach preserves
- Hot cooked rice

Directions

1. Place taco seasoning in a large re-sealable plastic bag; add chicken and toss to coat.
2. In a large skillet, brown chicken in oil until no longer pink. Combine salsa and preserves; stir into skillet. Bring to a boil. Reduce heat; cover and simmer for 2-3 minutes or until heated through. Serve with rice. Yield: 4 servings.

<https://www.tasteofhome.com/recipes/sweet--n--spicy-chicken>



Nothing- not a conversation, not a handshake or even a hug- establishes friendship so forcefully as eating together.

Jonathan Safran Foer

meetville.com



Easy Beef Taco Skillet

- 1 pound ground beef
- 1 small red onion, chopped
- 1 can (15-1/4 ounces) whole kernel corn, drained
- 10 corn tortillas (6 inches), cut into 1-inch pieces
- 1 bottle (8 ounces) taco sauce
- 1-1/4 cups shredded cheddar cheese, divided
- Hot pepper sauce, optional



Directions

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the corn, tortillas, taco sauce and 1 cup cheese; heat through. Sprinkle with remaining cheese. Serve with pepper sauce if desired. Yield: 6 servings.

<https://www.tasteofhome.com/recipes/easy-beef-taco-skillet>