

-- Spencer's Weekly Recipes --

SPAGHETTI SALAD



14-18 oz. spaghetti noodles
1½ Cups cherry tomatoes, I cut them into halves.
1 diced cucumber
2 diced zucchini
1 diced green bell pepper
1 diced red bell pepper
1 diced red onion.
1 can sliced black olives, drained
1 bottle Italian dressing
1/2 Cup grated parmesan cheese
1 large spoon sesame seeds
1 small spoon paprika
½¼ small spoon celery seed
¼ small spoon garlic powder

DIRECTIONS:

Step 1: I cooked the spaghetti according to package instructions, then I drained and rinsed it under cool water.

Step 2: After that, I combined the dices veggies; zucchini, cherry tomatoes, green and red bell peppers, red onion, cucumber, and black olives in a big mixing bowl.

Step 3: And for the dressing, I whisked together Italian dressing, sesame seeds, grated parmesan cheese, paprika, celery seed, and garlic powder in another mixing bowl.

Step 4: To finish, I tossed the cooked spaghetti with diced vegetables and olives, then I poured the dressing over them and tossed all the ingredients well.

Step 5: Refrigerate in an airtight container for at least 3 hours before serving.

[SPAGHETTI SALAD !!! – bestsimpleidea](#)

Carrot Cake Oatmeal

SERVES 1

1/3 cup Old Fashioned Oats
1 cup Unsweetened Vanilla Almond Milk
1 tsp Chia Seeds
1 oz Walnuts, Chopped
2 tsp Coconut Sugar
1 tsp Cinnamon, Ground
1/4 tsp Nutmeg (Ground)
1/4 tsp Spices, cardamom
1/4 cup Grated Carrots




DIRECTIONS

1 Pour the almond milk, spices and grated carrots into a sauce pan on medium heat. Bring just to a boil, reduce heat to low, and simmer for 3 minutes.

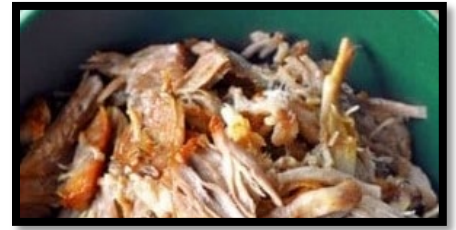
2 Add the oatmeal and simmer, stirring continuously, for 5 minutes (or until the oatmeal takes on your desired texture). Remove from heat.

3 Stir in the coconut sugar and walnuts, then serve immediately.
<https://www.myplateapp.com/recipes/carrot-cake-oatmeal-13/#ixzz7ymoAdK00>



 Jokermotivationofficial

**BE LIKE A DIAMOND,
PRECIOUS AND RARE.
NOT LIKE A STONE,
FOUND EVERYWHERE.**



Instant Pot Kalua Pork

3 bacon slices
5 pounds bone-in pork shoulder roast
1½ tbsp. [Red Alaea Hawaiian Coarse Sea Salt](#) or ~1 tsp. Red Alaea Hawaiian fine sea salt
5 peeled garlic cloves optional
1 cup water
1 cabbage cored, and cut into 6 wedges

INSTRUCTIONS

1. Drape 3 pieces of bacon on the bottom of your Instant Pot. Press the "Sauté" button and in about 1 min., bacon will sizzle.
2. Slice the pork roast into three equal pieces. With a sharp paring knife, stab a few slits in each piece of pork, and tuck in garlic cloves.
3. Carefully measure out the amount of salt you use. For this recipe, follow [Judy Rodger's rule of thumb](#): use ¾ tsp. of medium-coarse salt for every 1 lb. of meat. (Using fine salt? Use about half that amount.)
4. Sprinkle the salt evenly over the pork. Flip bacon slices, and turn off the heat when bacon is browned on both sides.
5. Place the salted pork on top of the bacon, keeping the meat in a single layer.
6. Pour in the water. Check your pressure cooker manual to see what the minimum amount of liquid is for your specific model, and adjust accordingly. Cover and lock lid.
7. Set IP to cook for 90 min. under high pressure.
8. When meat is finished cooking, the Instant Pot will switch automatically to its "Keep Warm" mode. If you're at home, press the "Keep Warm/Cancel" button to turn off the cooker and let the pressure come down naturally quicker.
9. Once the cooker is depressurized, check that pork is fork-tender. If the meat's not yet fall-apart tender, cook pork under pressure for another 5-10 min.
10. Transfer pork to a large bowl, and taste the cooking liquid remaining in the pot. Adjust the seasoning with water or salt if needed.
11. Chop the cabbage head into six wedges and add to the cooking liquid. Replace lid and cook the cabbage under high pressure for 1-5 min. (depending on the size of the wedges and how tender you like the cabbage). When the cabbage is done cooking, QR to release pressure.
12. While the cabbage is cooking, shred the pork with two forks. Once the cabbage is cooked, pile it on the pork and serve. [Instant Pot Kalua Pork - Nom Nom Paleo®](#)

Creamy Italian Dressing Recipe



PREP TIME 5-8 minutes
MAKES 3/4 cup

- 1/4 cup mayonnaise
- 3 tbsp. white wine vinegar
- 6 tbsp. extra-virgin olive oil
- 1 small clove garlic
- 1/3 cup finely grated Parmesan cheese
- 1 tsp. granulated sugar
- 1 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/2 tsp. dried parsley
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. dried thyme

INSTRUCTIONS

1. Place 1/4 cup mayonnaise and 3 tbsp. white wine vinegar in a medium bowl and whisk to combine. While whisking, slowly add 6 tbsp. extra-virgin olive oil and whisk until fully combined.
2. Using a Microplane, grate 1 small garlic clove into the dressing. Add 1/3 cup finely grated Parmesan cheese, 1 tsp. granulated sugar, 1 tsp. dried basil, 1/2 tsp. dried oregano, 1/2 tsp. dried parsley, 1/2 tsp. kosher salt, 1/4 tsp. black pepper, and 1/4 tsp. dried thyme. Stir to combine. Taste and season with more salt and pepper as needed. [Creamy Italian Dressing Recipe \(Quick & Easy\) | Kitchn \(thekitchn.com\)](#)

Raspberry Almond Crumb Cake

1 and 1/3 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup unsalted butter, softened to room temp
3/4 cup granulated sugar
2 large eggs, at room temperature
1/2 cup full-fat sour cream, room temp
1 teaspoon pure vanilla extract
3/4 teaspoon almond extract
TOPPING
1/4 cup all-purpose flour
1/4 cup packed light or dark brown sugar
1/4 teaspoon ground cinnamon
2 Tablespoons unsalted butter, melted
1 heaping cup fresh or frozen raspberries (do not thaw)
3/4 cup sliced almonds
optional: confectioners' sugar for dusting



Instructions

- 1) Preheat oven to 350°F. Grease and lightly flour a 9-inch springform pan.
- 2) **Make the cake:** Whisk flour, baking powder, baking soda, and salt together. Set aside.
- 3) In a large bowl using a hand mixer or stand mixer with a paddle or whisk attachment, beat butter and granulated sugar together on high speed until smooth and creamy, about 2 min. Scrape down sides and bottom of the bowl. Add eggs, sour cream, vanilla & almond extract. Beat on medium-high speed until combined. The mixture may look curdled; that's ok. Scrape down sides & bottom of bowl as needed. With mixer on low speed, mix in dry ingredients until smooth. Do not overmix. Batter will be thick. Spread into prepared pan. Set aside.
- 4) **Make the crumb topping:** With a fork, mix flour, brown sugar, & cinnamon together. Stir in melted butter until crumbs form.
- 5) Dot raspberries all over the top of cake batter. Sprinkle crumbs and sliced almonds on top.
- 6) Bake for 35-40 min. Baking times vary, so keep an eye on yours. Cake is done when a toothpick inserted in the center comes out clean. If the top of the cake is browning too quickly in the oven, loosely cover with aluminum foil.
- 7) Remove cake from oven and set on a wire rack. Allow to slightly cool before slicing. Dust with confectioners' sugar!
- 8) Cover leftover cake tightly and store in refrigerator for up to 5 days. Because of the fresh fruit, this cake is best within the first couple days. [Raspberry Almond Crumb Cake - Sally's Baking Addiction \(sallysbakingaddiction.com\)](#)

Sour Cream Cucumbers

- 1/2 cup sour cream
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- Pepper to taste
- 4 medium cucumbers, peeled, if desired, and thinly sliced
- 1 small sweet onion, thinly sliced and separated into rings



Directions

1. In a large bowl, whisk sour cream, vinegar, sugar, and pepper until blended. Add cucumbers and onion; toss to coat. Refrigerate, covered, at least 4 hours. Serve with a slotted spoon.

Cucumbers with Dill:

Omit first four ingredients. Mix 3/4 cup white vinegar, 1/3 cup snipped fresh dill, 1/3 cup sugar and 3/4 teaspoon pepper. Stir in cucumbers. [Sour Cream Cucumbers Recipe: How to Make It \(tasteofhome.com\)](#)