

-- Spencer's Weekly Recipes --

Hawaiian Steak Sheet Pan Dinner



- 2 cloves garlic , minced
- 1 Tbsp. fresh ginger, grated
- 1/4 cup rice wine vinegar
- 6 tbsp. soy sauce
- 1/4 cup light brown sugar
- 1 pinch red pepper flakes
- 8 oz. pineapple juice , divided
- 1 tbsp. cornstarch
- black pepper to taste
- 1.25 lb. New York Strip Steak (about 1.5 inches thick)
- 2 large bell peppers , cubed
- 2 cups fresh pineapple, cubed
- 1 large onion, cut into thick wedges
- cilantro or chives

Hawaiian Sauce

- In a saucepan or skillet, combine garlic, ginger, rice wine vinegar, soy sauce, brown sugar, pepper flakes and 6 oz. pineapple juice.
- Bring to a simmer and cook until sauce begins to thicken, about 10-15 min.
- In a small bowl, stir the cornstarch and remaining pineapple juice and add to pan while stirring constantly.
- Bring to a gentle boil, cooking until the sauce is thick.
- Season with pepper to taste.

Sheet Pan Dinner

- Preheat oven to 375F
- Lightly oil a sheet pan and place the steak in the middle.
- Place veggies and pineapple around steak and baste everything with Hawaiian sauce.
- Bake in the top of the oven until steak reaches 130F, about 20-25 min.
- Place steak on a cutting board and cover with foil.
- Return veggies to oven and bake another 10 min.
- After veggies are done, thinly slice steak, garnish with herbs and serve with rice.

<https://vintagekitty.com/hawaiian-steak-sheet-pan-dinner/>

Pineapple 7-UP Cake

For the Cake:

- 1 box yellow cake mix
- 1 3.5 oz. vanilla instant pudding
- 4 large eggs
- 3/4 cup vegetable oil
- 1 1/4 cups 7UP soda

Pineapple Topping:

- 1 1/2 cups sugar
- 2 tbsp. all-purpose flour
- 2 large eggs (beaten)
- 1/2 cup butter

- 20 oz. crushed pineapple (with juice)
- 1/2 cup shredded coconut



1. Preheat the oven to 350°. Spray a 9x13 baking pan with cooking spray.
2. In a large bowl, combine the cake mix, pudding mix, eggs and oil. Beat until light and fluffy. Add the 7up and beat well.
3. Pour batter into prepared 9x13 pan.
4. Bake for 30-35 min. or until center of the cake springs back when you touch it.
5. While cake is baking, make topping.
6. Combine sugar and flour in a saucepan.
7. Stir in eggs, butter and pineapple. Cook over low heat, stirring constantly, until thickened.
8. Remove from heat and stir in coconut. Spread topping over warm cake.
9. Place cake on a wire rack to cool completely. Serve with whipped cream.
10. Store in an airtight container in the refrigerator.

<https://thebestcakerecipes.com/pineapple-7up-cake>

Mexican Lasagna



- 2 pounds ground beef
- 1 can (16 oz.) refried beans
- 1 can (4 oz.) chopped green chilies
- 1 envelope taco seasoning
- 2 tbsp. hot salsa
- 12 oz. uncooked lasagna noodles
- 4 cups shredded Colby-Monterey Jack cheese, divided
- 1 jar (16 oz.) mild salsa
- 2 cups water
- 2 cups sour cream
- 1 can (2-1/4 oz.) sliced ripe olives, drained
- 3 green onions, chopped
- 1 medium tomato, chopped, optional

Directions

- Preheat oven to 350°. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in beans, chilies, taco seasoning and hot salsa.
- In a greased 13x9-in. baking dish, layer a third of the noodles and meat mixture. Sprinkle with 1 cup of cheese. Repeat layers twice.
- Combine mild salsa and water; pour over top. Cover and bake 1 hour or until heated through.
- Top with sour cream, olives, onions, tomatoes if desired and remaining cheese. Bake, uncovered, 5 min. Let stand 10-15 min. before cutting.

<https://www.tasteofhome.com/recipes/mexican-lasagna/>

Oatmeal Raisin Cookie

- 1/2 cup unsalted butter softened
- 2/3 cup light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 1/2 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 1/2 cups old fashioned oats
- 3/4 cup raisins



1. Preheat oven to 350°F. Line a large baking sheet with parchment paper or a Silpat baking mat. Set aside.
2. In a small bowl add raisins and cover with water. Let them sit for five minutes. This will help plump them up. Drain well and let them dry out on paper towel.
3. In a large bowl, cream together butter, brown sugar, egg and vanilla until smooth and creamy. In a separate small bowl, whisk together the flour, baking soda, cinnamon, nutmeg, and salt. Add dry ingredients to butter/sugar mixture. Blend until combined. Stir in oats and raisins.
4. Spoon about a tablespoon of dough into a round ball and place on prepared baking sheet, leaving about 2-inches between each cookie. Bake 10-12 min. Remove when golden at the edges but still a little under baked in the middle. Let sit on hot baking sheet for 5 min, then to cooling rack.
https://www.twopeasandtheirpod.com/wprm_print/39945

Cheesy Bruschetta



Spread

- 1 pkg. (8 oz.) cream cheese, softened
- 1/2 cup prepared pesto
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups grape tomatoes
- 1 carton (8 oz.) fresh mozzarella cheese pearls, drained
- Minced fresh basil, optional
- French bread slices (1/2 inch thick), toasted

Directions

- In a small bowl, mix cream cheese, pesto, salt and pepper until combined. Transfer to a greased 3-qt. slow cooker. Top with tomatoes and mozzarella cheese. Cook, covered, on low until heated through and cheese begins to melt, 1-1/2-2 hours. If desired, sprinkle with basil. Serve with toasted bread.

<https://www.tasteofhome.com/recipes/cheesy-bruschetta-spread/>

Low-Carb Garlic Chicken

- 2 oz. butter
- 2 lbs. chicken drumsticks
- salt and pepper
- 1 lemon, the juice
- 2 tbsp. olive oil
- 7 garlic cloves, sliced
- 1/2 cup fresh parsley, finely chopped



1. Preheat the oven to 450°F.
2. Place the chicken pieces in a butter-greased baking pan. Salt and pepper generously.
3. Drizzle the lemon juice and olive oil over the chicken pieces. Sprinkle the garlic and parsley on top.
4. Bake the chicken until golden and the garlic slices have turned brown and roasted, about 30–40 min. The baking time may be longer, if your drumsticks are on the larger size. Lower the temperature a little towards the end.

<https://www.dietdoctor.com/recipes/low-carb-garlic-chicken>