

Aussie Chicken

- 4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness
- 2 teaspoons seasoning Salt
- 6 slices bacon, cut in half
- 1/2 cup prepared yellow mustard
- 1/2 cup honey
- 1/4 cup light corn syrup
- 1/4 cup mayonnaise
- 1 tsp. dried onion flakes
- 1 tbsp. vegetable oil
- 1 cup sliced fresh mushrooms
- 2 cups shredded Colby-Monterey Jack cheese
- 2 tbsp. chopped fresh parsley



1. Rub the chicken breasts with the seasoning salt, cover and refrigerate for 30 min.
2. Preheat oven to 350°. Place bacon in a large, deep skillet. Cook over medium high heat until crisp. Set aside.
3. In medium bowl, combine mustard, honey, corn syrup, mayo and dried onion flakes. Remove half sauce, cover and refrigerate to serve later.
4. Heat oil in a large skillet over medium heat. Place the breasts in the skillet and sauté for 3 to 5 min. per side, or until browned. Remove from skillet and place the breasts into a 9x13 inch baking dish. Apply the honey mustard sauce to each breast, then layer each breast with mushrooms and bacon. Sprinkle top with shredded cheese.
5. Bake in preheated oven for 15 min., or until cheese is melted and chicken juices run clear. Garnish with parsley and serve with the reserved honey mustard sauce.

<https://www.allrecipes.com/recipe/18775/aussie-chicken/>



GRILLED PORK TENDERLOIN

- 1 pound pork tenderloin , fat trimmed and cut into 1 in. squares
- 1 tsp Kosher salt , (it using untreated pork)

GLAZE

- 3 tbsp. light brown sugar
- 1 1/2 tbsp. Sriracha hot sauce
- 1 tsp. cornstarch

INSTRUCTIONS

1. Coat pork with 1 tsp Kosher salt in a bowl, 30 min., (if your meat is minimally processed)
2. Mix glaze in a small bowl
3. Pour glaze on the meat and turn to coat fully
4. Slide meat onto metal skewers, leaving about 1/4 in. space
5. Spray meat and grill with cooking spray.
6. Place on hot grill, 2 to 2 1/2 minutes per side until meat reaches 140 degrees.
7. Remove and cover with foil for 5 minutes.
8. Garnish with chopped cilantro if desired.

<https://www.joeshealthymeals.com/2015/04/21/grilled-pork-tenderloin/>



Aloha Chicken

- 4 boneless skinless chicken breast halves (4 oz. each)
- 1 tbsp. all-purpose flour
- 1 tbsp. vegetable oil
- 1 can (16 oz.) pineapple chunks
- 1.5 tsp. cornstarch
- 1 Tbsp. honey
- 2 Tbsp. soy sauce, teriyaki sauce, or coconut amino
- 1/2 tsp. pepper
- 2-3 cups cooked rice



1. Follow cooking instructions for rice to prepare while you are making the chicken.
2. Cut chicken into strips. Put flour into a gallon bag and add the chicken. Shake to coat.
3. Brown chicken with the oil over medium heat in a skillet. Cook for 3-5 min. each side or until cooked through and juices are clear. Set the chicken aside.
4. While the chicken is cooking, drain pineapple juice and reserve 1/4 cup. (You can discard the remaining juice or save it for another use.)
5. Combine cornstarch and 1/4 cup pineapple juice in a small bowl. Add to skillet after you've removed chicken. Add honey, soy sauce, and pepper; stir well.
6. Increase heat to med-high and cook and stir. Bring to a boil; cook and stir another 30-60 seconds or until juice mixture is thickened.
7. Reduce the heat to medium and add the pineapple and chicken, heating through. Serve over rice.

<https://livingwellmom.com/chicago-cutlery-designpro-knives-recipe-aloha-chicken/>

Rosemary Pork Loin

- 1 garlic clove, minced
- 3/4 tsp. salt
- 1 tbsp. olive oil
- 2 tsp. minced fresh rosemary
- 1/4 tsp. pepper
- 1 lb. pork tenderloin



Directions

--Place garlic on a cutting board; sprinkle with salt. Using the flat side of a knife, mash garlic. Continue to mash until it reaches a paste consistency. Transfer to a small bowl. Stir in the oil, rosemary and pepper; brush over pork. Let stand for 20 min.

--Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Grill pork, covered, over medium heat or broil 4 in. from the heat for 9-11 min. on each side or until a thermometer reads 145°. Let stand for 5 min. before slicing.

- <https://www.tasteofhome.com/recipes/rosemary-pork-loin/>

Tater Tot Side Dish



- 1 (16 oz.) bag tater tots
- 2 cups of shredded cheese
- 5 pieces bacon, cooked and crumbled
- 1/4 cup chives
- 1 (8 oz.) container sour cream

DIRECTIONS

1. Cook tots in oven as directed. Don't turn off oven.
2. Take off cookie sheet and place in a casserole dish. Sprinkle cheese on top of tots. Crumble bacon on top of cheese.
3. Place uncovered back into preheated oven 10-15 minutes, or until cheese is nicely melted. Sprinkle chives over the top. Serve with sour cream on the side for dipping, also ketchup works well for the kids.

<https://www.geniuskitchen.com/recipe/tater-tot-side-dish-118069?oc=linkback&>



Easy Monster Cookie Bars

- 1 16 1/2 - ounce roll refrigerated peanut butter cookie dough
- 3/4 cup rolled oats
- 1 cup candy-coated milk chocolate pieces
- 1/2 cup semisweet chocolate pieces
- 1/2 cup chopped peanuts (optional)



Directions

1. Preheat oven to 350 degrees F. Line a 9x9x2-inch baking pan with foil, extending foil over edges of pan. Lightly grease foil; set aside. Break up cookie dough into a large bowl. Stir in oats until combined. Stir in milk chocolate pieces, semisweet chocolate pieces, and, if desired, nuts.
2. Pat mixture into prepared baking pan. Bake in the preheated oven for 20 min. or until light brown. Cool in pan on a wire rack. Use the foil to lift uncut bars out of pan. Cut into bars.

<http://www.midwestliving.com/recipe/easy-monster-cookie-bars/>