

## -- Spencer's Weekly Recipes --

### Creamy Green Bean Casserole from Scratch

#### Baked "Fried" Onions

1 large onion  
1/2 cup all-purpose flour  
3/4 cup Panko breadcrumbs  
1/2 tsp. salt  
1/4 tsp. ground black pepper  
1 large egg  
1 tsp. milk



#### Green Bean Casserole

1 Tbsp. + 1 tsp. salt, divided  
1 lb. fresh green beans, rinsed, trimmed, and halved  
2 Tbsp. unsalted butter  
8 oz. mushrooms, sliced into halves or quarters  
1/2 tsp. ground black pepper  
2 cloves garlic, minced (roasted garlic is great here)  
2 Tbsp. all-purpose flour  
3/4 cup chicken or vegetable broth  
1 and 1/4 cups half-and-half

#### Instructions

1. Preheat the oven to 475°. Line a large baking sheet with parchment paper. Set aside.
2. For onions: (while the onions bake, blanch green beans.) Thinly slice onion, and separate slices. Pour flour in one small bowl, Panko+salt+pepper into a medium bowl, and whisk egg and milk together in another small bowl. To bread onion slices, use one hand for dry and one hand for wet. First, dip a few slices into flour. Then into egg mixture. And finally, dunk into Panko and coat well. Place onto baking sheet. Repeat with remaining onions. Bake onions until golden brown, about 25 min. Flip twice during this time. Set aside.
3. Reduce oven to 400°.
4. Bring a gallon of water and 1 Tbsp. salt to a boil in a large saucepan. Add the beans and blanch for 5 min. Drain and immediately place into a large bowl filled with ice water to stop the cooking process. Drain again and set aside.
5. For the casserole: Over medium-high heat, melt butter in a large 10-12-inch ovenproof skillet. Add mushrooms, 1 tsp. salt, and pepper. Cook, stirring occasionally, until mushrooms begin to give off some of their moisture—about 5 min. Add garlic, stir, and cook for another 2 min. Sprinkle flour on top and stir until combined. The flour will soak up all the moisture. Add the chicken broth and simmer for 3 min. Decrease heat to medium-low and add half-and-half. Stirring occasionally, cook until the mixture is thick—about 10 min. more for a thicker sauce.
6. Remove from heat and add 1/4 of the onions and all the green beans. Mix to combine. Top with remaining onions and bake until bubbly, about 10-15 min. Remove from the oven and serve warm. Leftovers keep in an airtight container in the refrigerator up to 4 days. Serves 8.

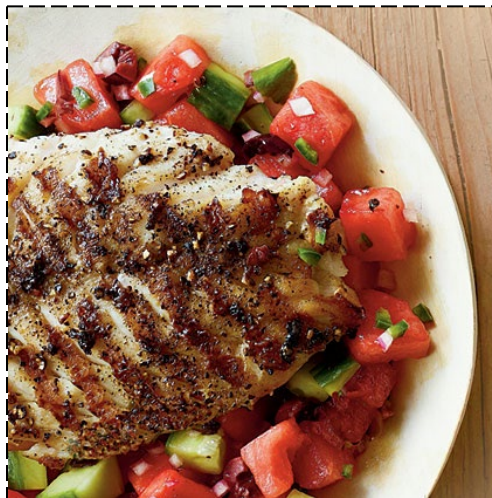
[Creamy Green Bean Casserole from Scratch - Sally's Baking Addiction \(sallysbakingaddiction.com\)](http://www.sallysbakingaddiction.com)

### GRILLED GROUPEL WITH WATERMELON SALSA

"Watermelon is one of the best fruits to enjoy during the summer. We've got a great recipe for watermelon salsa and grilled grouper that you've got to try. It's delicious, and the best part is, it only takes 30 minutes to prepare."

Also try this salsa with grilled chicken or cod fillets.

Yield: Makes 4 servings  
Total Time: 21 Minutes



#### INGREDIENTS

4 (4-oz.) grouper fillets  
1 teaspoon freshly ground pepper  
1 teaspoon salt, divided  
3 tablespoons olive oil, divided  
2 cups chopped seedless watermelon  
1/4 cup chopped pitted kalamata olives  
1/2 English cucumber, chopped  
1 small jalapeño pepper, seeded and minced  
2 tablespoons minced red onion  
2 tablespoons white balsamic vinegar

#### DIRECTIONS

Preheat grill to 350° to 400° (medium-high) heat. Sprinkle grouper with pepper and 1/2 tsp. salt. Drizzle with 2 Tbsp. olive oil.

Grill fish, covered with grill lid, 3 to 4 minutes on each side or just until fish begins to flake when poked with the tip of a sharp knife and is opaque in center.

Combine chopped watermelon, next 5 ingredients, and remaining 1/2 tsp. salt and 1 Tbsp. olive oil. Serve with grilled fish.

<https://www.friedmansideasandinnovations.com/grilled-grouper-watermelon-salsa/>

### Cinnamon Doughnut Muffins



Prep: 15 min. Bake: 20 min  
Yield: 12 cupcakes or 10 muffins

#### Muffins

1-3/4 cups all-purpose flour  
1-1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. ground nutmeg  
1/4 tsp. ground cinnamon  
3/4 cups sugar  
1/3 cup canola oil  
1 large egg, room temperature, lightly beaten  
3/4 cup 2% milk  
12 tsp. strawberry or other jam

#### Topping

1/4 cup butter, melted  
1/3 cup sugar  
1 teaspoon ground cinnamon

#### Instructions

Preheat oven to 350°. In a large bowl, combine flour, baking powder, salt, nutmeg and cinnamon. In a small bowl, combine sugar, oil, egg and milk; stir into dry ingredients just until moistened.

Fill greased cupcake/muffin cups half full; place 1 teaspoon jam on top. Cover jam with enough batter to fill muffin cups three-fourths full. Bake until a toothpick comes out clean, 20-25 minutes.

For topping: Place melted butter in a small bowl; combine sugar and cinnamon in another bowl. Immediately after removing muffins from the oven, dip tops in butter, then in cinnamon sugar. Serve warm.

<https://www.tasteofhome.com/recipes/cinnamon-doughnut-muffins/>

## Slow Cooker Refried Beans

PREO TIME: 10 mins / COOK TIME: 8-12 hrs



1 lb. Dried Pinto Beans  
1 Onion, Peeled And Shredded  
4 cloves Garlic, Minced  
1 tbsp. Ground Cumin  
2 tsp. Sea Salt  
1/2 tsp. Cayenne Pepper  
Optional Add-ins, Such As Ham Bone Or Bacon Strips  
7 c. Water  
Salt And Pepper, to taste  
Optional Toppings for Serving (as Desired):  
shredded cheese, sliced jalapenos, chopped green onions, sour cream, and cayenne pepper.

### Directions

Pour dried beans in the slow cooker. Add shredded onion, garlic, cumin, salt and cayenne pepper. For a richer flavor, add a ham bone or a couple of bacon strips to the crock.

Pour the water over the top of the beans and cover tightly. Turn slow cooker on high and cook for 8–10 hours. You can also cook on low for 12 hours or longer.

Once beans are very tender, remove the ham bone or bacon if necessary. Depending on your slow cooker, you may have excess liquid in the crock. Scoop 1 ½ cups of the bean liquid out of the crock and reserve.

Use an immersion blender or a potato masher to smash the beans into a relatively smooth texture. Add some of the bean liquid back in if needed to reach the right consistency. Salt and pepper to taste.

Serve as-is, in a burrito, with nachos or sprinkle with your favorite toppings. Serve warm.

<https://www.thepioneerwoman.com/food-cooking/recipes/a79219/how-to-make-slow-cooker-refried-beans/>

## Citrus Garlic Shrimp

Prep/Total Time: 25 min.

Makes 6 servings

1 package (16 oz.) linguine (or angel hair pasta)

1/2 cup olive oil

1/2 cup orange juice

1/3 cup lemon juice

3 to 4 garlic cloves, minced

5 teaspoons grated lemon zest

4 teaspoons grated orange zest

1 teaspoon salt

1/4 teaspoon pepper

1 pound uncooked medium shrimp, peeled and deveined

Shredded Parmesan cheese and minced fresh parsley, optional



1. Cook pasta according to package directions. Meanwhile, in a blender, combine the next eight ingredients; cover and process until blended. Pour into a large skillet; bring to boil. Reduce heat, stir in the shrimp; simmer, uncovered for 3-4 minutes or until shrimp turn pink.
2. Drain linguine; toss with shrimp mixture. Sprinkle with cheese and parsley if desired.

<https://www.tasteofhome.com/recipes/citrus-garlic-shrimp/>

## THE BEST EVER WAFFLES

Ready In: 20mins



1 1/3 cups flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
2 tablespoons sugar  
2 eggs, separated  
1/2 cup butter, melted  
1 3/4 cups milk

### Directions

1. In a large mixing bowl, whisk together all dry ingredients.
2. Separate the eggs, adding the yolks to the dry ingredient mixture, and placing the whites in a small mixing bowl.
3. Beat whites until moderately stiff; set aside.
4. Add milk and melted butter to dry ingredient mixture and blend.
5. Fold stiff egg whites into mixture.
6. Ladle mixture into hot waffle iron and bake.

Serve warm with your favorite syrup or toppings.

<https://www.food.com/recipe/the-best-ever-waffles-31750>

*Waffles are like  
pancakes with syrup  
traps.*

