

I'm not a chef, I'm not a critic, nor am I one of those folks you may see traveling the globe trying to find the next big thing in food. Nope, I'm just one girl with a passion for food, fun, and I barely have to beyond the city limits to discover it! Just by taking a glance in your kitchen cabinet, you'd be surprised by what you can create.

BREAKFAST



Leet's Omurice This my take on the Japanese childhood classic. Typically, I make Omurice in the morning after ordering Chinese food the night before, its a cool way to remix leftovers and saves time from actually preparing fried rice as most traditional recipes call for.

Total Time: 14 mins

Prep Time: 6 mins

Cook Time: 8 mins

3 eggs

3/4 cup leftover fried rice (takeout)

3/4 cup shredded cheese

3/4 cup milk

Directions:

Pre-heat a small skillet and spray with Pam.

Mix eggs, milk, and cheese.

Heat up rice in microwave, if preferred you may add vegetables.

Add egg bater in skillet, cook for at least 3 minutes.

While bater is still wet, place a scoop of fried rice in the center.

Fold and envelop from east to west.

Transfer to plate and then drizzle ketchup on top. Enjoy!

Panbake Galore There is nothing I enjoy more than cooking for a large crowd, but of course there are those days when I'm looking for a quick and easy solution. Imagine, all of four breakfast classics meshed together as the ultimate early day meal on steroids—yum! This lasagna-like dish will have your guest asking for more or pillow so they can sleep off all the carbs.

Total Time: 25 mins

Prep Time: 15 mins

Cook Time: 10 mins

3/4 cup sausage, 6 links
3/4 cup bacon, 6 strips
1 1/2 cups pancake batter
1 cup cheddar cheese

Directions:

Prep baking dish and skillet with Pam.

Mix pancake batter and create 12 quarter dollar cakes.

Once pancakes are completed, line six in baking dish.

Sizzle sausages and bacon, then divide in half.

Mix eggs and milk with cheddar cheese.

Pour egg batter on top of pancakes.

Place cooked meats on top of egg batter.

Line the remaining pancakes on top and place dish in oven at about 400 degrees for 10 minutes.

When cooked, remove from oven then divide using a spatula and serve.

LUNCH

Blue Cheese Burgers Easy to make burgers with a zing! They taste best with toasted onion burger buns.

1 1/2 lbs ground chuck (turkey or beef)
1 tablespoon Lawry's Seasoning Salt
2 tablespoons onions (sliced)
1 tablespoon blue cheese, crumbles
1 teaspoon soy sauce
2 teaspoons Worcestershire sauce
1 egg (whole)
swiss cheese
toasted hamburger bun

Directions:

Place ground chuck in mixing bowl.

Season meat lightly and fold in onions.

Mix in egg, Worcestershire sauce, and blue cheese.

Using an ice cream scooper take a reasonable amount of meat and create a patty that is at least 3/4-inch-thick.

Create an indent in patty with thumb.

Sauté in pan for 5 minutes equally on each side.

Add Swiss cheese on top of patty during the last minute of cooking and cover with foil or cooking pan in order for the Swiss to melt.

Drain patty on a plate with a paper towel on top.

Once drained, transfer to bun and serve.

All-Year Salad No matter
salad brightens any lunch. It's a

Total Time: 30 mins

Prep Time: 25 mins

Cook Time: 5 mins

2 cups romaine lettuce

1 cup apple, slices

1/2 cup black beans, canned

1/4 cup red onion

3/4 cup vegetable noodles

2 dashes salt

1 pinch pepper

2 tablespoons lemon juice



what time of year, this
palette party.

Directions:

Wash/clean lettuce thoroughly and then blot dry with paper towel.

Pre-cut apples slices.

Cut lettuce into bite-sized pieces and dice red onions.

Place lettuce in bowl, salt lightly and toss.

Chill lettuce in refrigerator and begin to boil water.

Once water begins to boil, add noodles following cooking directions.

While noodles are cooking, prepare lemon juice by rolling a whole lemon on your work surface. To roll, firmly squeeze the fruit on the surface and press.

When noodles are cooked, drain and place in bowl. Chill for 10 minutes.

Remove lettuce from fridge and cut lemon in half. Carefully squeeze a generous portion onto the romaine and toss.

Layer a nice portion of black beans on top of the salad and toss.

Follow with the cooked noodles and add a pinch of pepper.

Complete with apple slices and dig-in with your dressing of choice!

DINNER

Spicy Baked Chicken based on an old family recipe, this turn on your ear showstopper will have you dancing for more. Or sing off your tastebuds but it's all good!

Total Time: 24 hrs 45 mins

Prep Time: 24 hrs

Cook Time: 45 mins

1 chicken, whole
2 tablespoons cayenne pepper, powdered
1 tablespoon black pepper
3/4 cup hot sauce
2 teaspoons lemon juice
1 1/2 cups water
1 teaspoon vinegar
1 tablespoon garlic paste
4 dashes salt

Directions:

Clean chicken thoroughly and quarter. (You may substitute with pre-cut chicken from butcher or grocers.) Pat chicken dry with a paper towel.

On a clean surface (preferably covered with paper towels) begin dry seasoning the chicken with salt.

Add water in a large tupperware container, followed by vinegar.

Measuring carefully, add hot sauce, lemon juice, and garlic paste in the water followed by black pepper.

Place chicken in container, seal and refrigerate overnight.

The next day, pre-heat oven to 450 degrees.

Remove chicken from container and place in a pan lined with a basting bag.

Add vegetables and lemon slice in the bag, followed by a half up of the marinade.

Place pan in oven when at the correct temperate and let bake for 45 minutes. Depending on your oven this time may have to be adjusted.

Once time is up, remove from oven, and serve with a side of your choice. Yum and don't forget the water!



Styling Pork Chops A Fall favorite with my family, this precursor to the winter meal will keep you warm and happy.

Total Time: 55 mins

Prep Time: 15 mins

Cook Time: 40 mins

4 pork chops, lean

4 dashes salt

4 dashes pepper

1 egg

2 tablespoons whiskey

1 baguette

1 cup flour

3/4 cup panko breadcrumbs

2 drizzles extra virgin olive oil

1/2 onion

3/4 cup chicken stock

Directions:

Pre-heat oven to 400 degrees.

Pre-heat a cast-iron skillet with oil oil.

Pat chops dry using a paper towel.

Lightly salt and pepper the meat.

In a mixing bowl add flour and panko, then lightly shift.

Crack egg in a small bowl and add a dash of olive oil. Mix nicely.

Dredge your meat in the egg batter and then coat in the dry mixture.

Once skillet is hot and popping, lay in meat and brown on both sides but do not cook until well done!

Add a splash of whiskey and then transfer the skillet to your oven for 10-15 minutes. Watch closely.

While the meat continues to cook, beginning slicing your baguette into squares and place in bowl.

Pour chicken stock on to the squares and mix.

Remove chops from oven and return the skillet to the stovetop.

Take out your chops and place on a plate to rest.

In the skillet add another dash of whiskey and while using a spatula scrape the grizzle that should be remnants of the chops. Lightly spread a tablespoon of flour and stir until you've created a light gravy.

Lay chops on a bed of green beans and pour on nice heaping of gravy. Serve and enjoy!

Remember, you don't have to be a chef to create a good meal, all you need is heart and the right tools. Happy cooking!