



Cheesy Asparagus and Potato Casserole

2/3 cup small curd cottage cheese,
 1/4 cup half and half,
 1 cup medium cheddar cheese-divided
 1/2 teaspoon kosher salt,
 1/4 teaspoon garlic powder,
 freshly ground black pepper,
 1 large baking potato-peeled and diced
 into 1/2" cubes
 1 pound asparagus-trimmed and cut into
 1" pieces
 paprika,

1. Preheat oven to 375 ° F. Spray square baking pan with cooking spray.
2. In a medium bowl, stir together cottage cheese, half and half, 3/4 c. cheddar cheese, salt, garlic powder, and pepper. Add asparagus and potatoes, and stir to coat. Pour mixture into prepared baking dish. Bake uncovered for 40 min. in preheated oven. Sprinkle remaining cheese and paprika over top, and bake an additional 10-15 min., until cheese is melted and bubbly. Allow to stand 5 min. before serving.

<https://wearychef.com/cheesy-asparagus-and-potato-bake/>

Use Salt to Clean Your Cast-Iron Pans

Cleaning a cast-iron pan with salt. It's a fast and easy way to soak up the oils that could go rancid in the pan without using soap that will break down your seasoning and make your pan rusty. It will also help dry out any stuck-on bits for easier removal."

Spicy Mongolian Beef and Pineapple

1/2 cup + 1 1/2 tbsp. cornstarch, divided
 1 tsp. baking soda (optional)
 1/4 tsp. salt
 1/4 tsp. black pepper
 2 tsp. oil
 1 1/2 pounds flank steak, cut across the grain into thin strips
 1/2 cup low sodium soy sauce
 2/3 cup low sodium beef broth
 1/3 cup brown sugar, lightly packed
 2 tbsp. hoisin sauce
 1 tbsp. Thai sweet red chili sauce
 1/4-1/2 tsp. red pepper chili flakes, to taste
 2 garlic cloves, minced
 1 tsp. fresh ginger, minced
 2 tbsp. cool water
 1/2 cup shredded carrots
 1 cup pineapple chunks (fresh or canned)
 1/4 cup pineapple juice
 cooked rice, for serving
 2 green onions, sliced thinly, for garnish (optional)
 sesame seeds, for garnish (optional)



Directions

1. In a large zip-top bag, toss together 1/2 cup cornstarch, baking soda, salt and black pepper. Add beef to the bag and give a shake until well coated.
2. In a large skillet, heat oil over medium-high heat. Sear beef in batches for about 1 to 2 min. on each side and add to slow cooker.
3. In a medium bowl, whisk together soy sauce, beef broth, brown sugar, hoisin sauce, chili sauce, chili flakes, garlic and ginger and pour over the beef. Cover with the lid and cook on low for about 3 to 4 hours.
4. About 30 min. prior to serving, whisk together the remaining 1 1/2 tbsp. cornstarch with water in a small bowl and stir into slow cooker along with the carrots, pineapples and pineapple juice. Cover with lid, then turn the heat to high and allow the sauce to cook and thicken up for about 20 to 30 min.
5. Serve over cooked rice and garnish with green onions and sesame seeds, if desired.
6. <https://bake-eat-repeat.com/spicy-mongolian-beef-pineapple-recipe/>



Strawberry Angel Trifle

1 pkg. (16 oz.) angel food cake mix
 2 pkg. (3 oz. each) strawberry gelatin
 3/4 cup plus 1/3 cup sugar, divided
 2 cups boiling water
 5 cups fresh or frozen unsweetened strawberries, thawed and drained
 2 cups heavy whipping cream
Directions

1. Prepare and bake cake mix according to package directions; cool completely. In a large bowl, dissolve gelatin and 3/4 cup sugar in boiling water. Mash half of the strawberries; add to gelatin mixture. Refrigerate until slightly thickened, about 1 hour. Slice remaining strawberries; stir into the gelatin.



2. Cut cake into 1-in. cubes. Place half in a 3-qt. trifle or glass bowl. Top with half of the gelatin mixture. Repeat. Cover and refrigerate until set, about 4 hours. In a bowl, beat cream until soft peaks form. Gradually add remaining sugar, beating until stiff peaks form. Spoon over gelatin. **Yield: 12-16 servings.**

<https://www.tasteofhome.com/recipes/strawberry-angel-trifle>

Sundried Tomato and Gorgonzola Burgers

For Burgers

- 2 pounds ground beef
- 2 large eggs
- ¾ cup gorgonzola cheese, crumbled
- ½ cup sundried tomatoes (packed in oil), finely chopped
- ½ cup bread crumbs
- ¼ cup chives, finely chopped
- 1 Tbsp. Worcestershire sauce
- 2 tsp garlic, minced
- 2 tsp black pepper
- 1 tsp salt

For Serving

- 4 Buns
- ¾ cup gorgonzola cheese, crumbled
- 2 tomatoes, sliced
- ½ of a small red onion, sliced
- 1 cup arugula

Instructions

1. Preheat grill to medium-high heat.
2. Using a medium bowl, combine all burger ingredients (ground beef, egg, gorgonzola cheese, sundried tomatoes, bread crumbs, chives, Worcestershire sauce, garlic, pepper and salt); mix until well combined.
3. Shape mixture into 4 patties. (Tip: Make the patties slightly thinner in the center. This will give the burger a better shape once cooked.)
4. Place burgers on grill over medium-high heat. Grill burgers until cooked, flipping once halfway through.
5. Place the buns on the grill for 1-2 minutes (optional).
6. Assemble the burgers on buns and top with additional gorgonzola, sliced tomatoes, red onions and arugula.

<https://spicedblog.com/sundried-tomato-gorgonzola-burgers.html>

Easy Baked Chicken Parmesan



- 6 boneless skinless chicken breasts
- 1 (16 oz.) bottle light Italian dressing
- 1/2 cup light ranch salad dressing
- 2 tbsp. olive oil
- 5 tbsp. minced garlic, divided
- 2 1/4 cups shredded parmesan cheese, divided
- 1 tbsp. dried parsley
- 3 tbsp. dried basil, divided
- 3 tbsp. dried oregano, divided
- Olive oil cooking spray
- 1/3 cup finely chopped white onion
- 1 (8 oz.) can tomato sauce
- 1 (6 oz.) can tomato paste
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 bay leaf
- 1 1/2 cups mozzarella cheese, grated

Instructions

1. Combine Italian & ranch dressing and 3 tbsp. minced garlic and olive oil in a large Ziploc bag. Squish the bag to combine all ingredients. Add chicken breasts to bag, close and squish until well coated in the dressing mixture. Place in refrigerator to marinate overnight.
2. When ready to cook, Preheat oven to 400°F. In a shallow bowl, mix 2 cups parmesan cheese, with parsley, 1 1/2 tbsp. of the basil and oregano (each).
3. Spray large baking dish with cooking spray. Use tongs, remove chicken from bag one by one and dig in the cheese and spice mixture, until thoroughly coated in cheese mixture. Then place chicken in a single layer in the dish.
4. Insert the baking dish in the oven and bake for 20 min.
5. In the meantime, make the sauce. Continued on next column...

Continued from previous column.

6. In a medium nonstick saucepan, spray with cooking spray (or use 1 tbsp. olive oil). Over medium-high heat, sauté onions and remaining garlic until tender and onions are translucent.
7. Add tomato paste and tomato sauce to the pan. Stir until smooth. Then add remaining, oregano and basil, salt, pepper and the bay leaf. (At this point, if sauce looks too thick for your liking, add 1 tomato sauce can of chicken broth or water.)
8. Reduce heat to low, allow to simmer for the remainder of the baking time until you need it.
9. When chicken has baked 20 min., remove from oven. Pour sauce over chicken, top with 1/4 cup of mozzarella cheese, put baking dish back into the oven for 10 more min. or until cheese is bubbly and the internal temperature of the chicken reaches to 165°F.
10. Remove from oven and sprinkle with the remaining parmesan cheese.
11. Serve over your preferred vegetables or pasta. Enjoy!
<https://www.streetsmarkitchen.com/easy-baked-chicken-parmesan-gluten-free/>

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~Tricia

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