

## -- Spencer's Weekly Recipes --



### Grilled Blue Cheese Burgers

- 2 (1 oz.) Country White bread
- 2 tablespoons fat-free milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 pounds lean ground sirloin
- 1/2 cup (2 oz.) crumbled blue cheese
- Cooking spray
- 8 hamburger rolls, halved (or English muffins)

### Preparation

Prepare grill.

Place bread in a food processor; process 30 seconds or until finely ground. Place breadcrumbs in a large bowl. Add milk to breadcrumbs; toss with a fork to moisten. Add salt, pepper, and beef to breadcrumb mixture, stirring just until combined. Divide meat mixture into 16 equal portions, shaping each into a 3 1/2-inch patty. Spoon 1 tablespoon cheese in the center of each of 8 patties; top each with 1 remaining patty, pinching edges to seal.

Place patties on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness. Remove from heat; keep warm.

Lightly coat cut sides of rolls with cooking spray; place cut sides down on grill rack, and grill 30 seconds or until toasted. Serve patties on toasted rolls with desired toppings.

Note: Shape the patties the night before, and chill until you're ready to grill.

<http://www.myrecipes.com/recipe/grilled-blue-cheese-burgers-10000001654674/>

### Cookies 'n Cream Sheet Cake

#### For the Chocolate Sheet Cake:

- 2 cups granulated sugar
- 2 cups all-purpose Gold Medal flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs, lightly beaten
- 1/2 cup buttermilk
- 1 teaspoon pure vanilla extract
- 1 cup unsalted butter
- 1/4 cup cocoa powder
- 1 cup hot water
- 1 cup chopped Oreo cookies

#### For the Cream Cheese Frosting:

- 1 (8 oz.) package cream cheese, at room temperature
- 1/2 cup butter
- 4 cups powdered sugar, sifted
- 1 teaspoon vanilla extract
- Oreo cookies, chopped-for topping the cake



1. To make the sheet cake: Preheat oven 350 °. Grease an 11 x 17" jelly roll pan with cooking spray and set aside.

2. In a large mixing bowl, whisk together sugar, flour, baking soda, and salt. In a separate bowl, whisk together eggs, buttermilk, and vanilla extract. Set aside.

3. In a small sauce pan, melt butter on medium-low heat. Whisk in cocoa powder and hot water. Turn up heat to medium-high and bring mixture to a boil. Add melted butter mixture to dry ingredients and mix until smooth. Stir in egg mixture and mix until ingredients are combined. Stir in chopped Oreo cookies.

4. Pour batter into prepared sheet pan and tap on counter a few times to distribute the batter evenly. Bake cake for 18 min., or until toothpick comes out clean when inserted in the center.

5. While cake is baking, make the cream cheese frosting. In the bowl of a stand mixer, beat the cream cheese, butter, sifted powdered sugar, and vanilla together. Beat with the beater blade until smooth and creamy.

6. When the cake is completely cool, frost cake. Sprinkle cake with chopped up Oreo cookies. Cut into squares and serve. Serves 24.

<http://www.twopeasandtheirpod.com/cookies-n-cream-sheet-cake/>

### Parmesan-Crusted Pork Chops



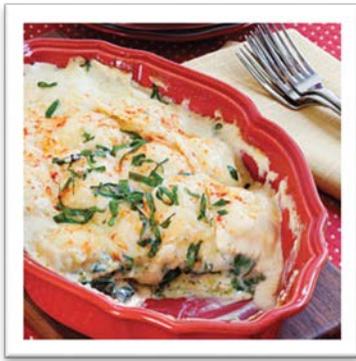
- 2 large eggs
- 1 cup dried Italian-style bread crumbs
- 3/4 cups freshly grated Parmesan
- 4 (1/2 to 3/4-inch thick) center-cut pork loin chops (each about 10 to 12 ounces)
- Salt and freshly ground black pepper
- 6 tablespoons olive oil
- Lemon wedges, for serving

Whisk eggs in a pie plate to blend. Place bread crumbs in another pie plate. Place cheese in a third pie plate. Sprinkle pork chops generously with salt and pepper. Coat the chops completely with the cheese, patting to adhere. Dip the chops into the eggs, then coat completely with the bread crumbs, patting to adhere.

Heat 3 tbsp. of oil in a very large skillet over medium heat. Add pork chops, in batches if necessary, and cook until golden brown and the center reaches 150°, about 6 min. per side. Transfer chops to plates and serve with lemon wedges.

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/parmesan-crusted-pork-chops-recipe.html>





## Spinach-Ravioli Lasagna

A few of the reviews indicated to double the pesto sauce and add shredded chicken to the layers.

If you don't garnish with the fresh basil, reserve a bit of the shredded spinach to toss on top. That and the paprika give it a nice pop of color. This recipe definitely takes a couple of pre-made items and kicks it up a notch.

1 (6-oz.) package fresh baby spinach, thoroughly washed

1/3 cup refrigerated pesto sauce

1 (15-oz.) jar Alfredo sauce

1/4 cup vegetable broth\*

1 (25-oz.) package frozen cheese-filled ravioli (do not thaw)

1 cup (4 oz.) shredded Italian six-cheese blend

Garnishes: chopped fresh basil, paprika

### Preparation

1. Preheat oven to 375°. Chop spinach, and toss with pesto in a medium bowl.

2. Combine Alfredo sauce and vegetable broth. Spoon one-third of Alfredo sauce mixture (about 1/2 cup) into a lightly greased 2.2-qt. or 11- x 7-inch baking dish. Top with half of spinach mixture. Arrange half of ravioli in a single layer over spinach mixture. Repeat layers once. Top with remaining Alfredo sauce.

3. Bake at 375° for 30 minutes. Remove from oven, and sprinkle with shredded cheese. Bake 5 minutes or until hot and bubbly. Garnish, if desired.

\*Chicken broth may be substituted.

<http://www.southernliving.com/food/whats-for-supper/easy-one-dish-dinner-recipes>

## King Ranch Chicken

2 cup(s) low-fat (1 percent) milk

2 tablespoon(s) vegetable oil

1 small (4- to 6- ounce) onion, finely chopped

1 large (8- to 10-ounce) red pepper, finely chopped

1 large (4- to 6-ounce) poblano chile, seeds discarded, finely chopped

1 jalapeño chile, seeds discarded, finely chopped

2 clove(s) garlic, crushed with press

3 tablespoon(s) all-purpose flour

1 cup(s) lower-sodium chicken broth

1 can(s) (14.5-ounce) no-salt-added diced tomatoes, drained

Salt

Pepper



1 1/2 cup baked tortilla chips, crushed

2 cup cooked shredded chicken breast meat

4 oz. pepper Jack or Monterey Jack cheese, shredded (2 cups)

1 green onion, thinly sliced, for garnish

Directions

--Preheat oven to 350°. Grease shallow 3-quart baking dish. Microwave milk on High 2 minutes or until warm.

--Meanwhile, in 12-inch skillet, heat oil on medium-high. Add onion, red pepper, and poblano and jalapeño chiles. Cook 4 min. or until vegetables are just tender, stirring occasionally. Add garlic and cook 1 minute, stirring.

--Add flour to skillet and cook 1 minute, stirring. Continue stirring and add broth, then milk, in steady stream. Heat to boiling while stirring, then cook 3 minutes or until thickened, stirring constantly. Stir in tomatoes, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper.

--Spread thin, even layer of sauce on bottom of prepared dish. Top with half of chips, sauce, chicken, and cheese. Repeat layering once.

--Bake 30 minutes or until bubbling. Garnish with green onions.

<http://www.goodhousekeeping.com/recipes/easy/one-dish-supper-recipes#slide-19>

## Garlic and Lemon Chicken with Red Potatoes and Green Beans



6 tbsp. olive oil

2 lemons - 1 thinly sliced, 1 juiced

4 cloves garlic, minced

1 tsp. salt

1/2 tsp. freshly ground black pepper

3/4 lb. trimmed green beans

8 small red potatoes, quartered

4 chicken breasts

Directions:

1. Pre-heat oven to 400 degrees. Prepare a large baking dish or cast-iron skillet with 1 tsp. of the olive oil. Arrange the lemon slices on the bottom of the dish or skillet.
2. In a large bowl, combine the remaining oil, lemon juice, garlic, salt, black pepper; add the chicken, green beans, and red potatoes and toss to coat. Pour into the pan and arrange evenly.
3. Roast for 50 minutes or until done. Serve and enjoy.

[http://www.tastebook.com/blog/sunday-supper-pinterest-favorite-garlic-lemon-chicken/?utm\\_source=zergnet.com&utm\\_medium=referral&utm\\_campaign=zergnet\\_205919](http://www.tastebook.com/blog/sunday-supper-pinterest-favorite-garlic-lemon-chicken/?utm_source=zergnet.com&utm_medium=referral&utm_campaign=zergnet_205919)