

Tiffany's Spinach lasagna

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10-12 lasagna noodles
Tiffany's Tomato sauce* (Or your favorite store brand)
24 oz of low fat cottage cheese
8 oz of low fat ricotta
2 eggs
2 cups mozzarella
Parmesan
16 oz. frozen, chopped spinach (defrosted)

Cook noodles just under all dente (appx. 8 minutes). Drain and allow to cool. Ladle enough sauce in a 9 by 11 dish to cover bottom. Mix cottage and ricotta cheese with the eggs. Stir well. Drain spinach and press out extra water. Layer three noodles followed by cheese mixture, spinach, mozzarella., and sauce. Repeat. Top with remaining sauce, mozzarella, and parmesan. Bake uncovered at 350 degrees for 30-45 minutes. Allow to cool for about ten minutes before serving.

Tiffany's Tomato Sauce

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1 large yellow onion, finely chopped
1-2 cloves garlic
24 oz can tomato sauce
8 oz can tomato paste
Olive oil
1 T basil
1 tsp oregano
1 tsp parsley
Salt and pepper to taste

Sauté onion and pressed garlic in olive oil till onions are translucent. Add sauce and paste plus herbs. Allow to

simmer on low for at least an hour.

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Bean and Chicken burritos enchilada style

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10 oz can of chicken breast meat
24 oz can of fat free refried beans
2 cups Sharp cheddar or Mexican blend cheese
1 small yellow onion, finely chopped
24 oz can of enchilada sauce
8-10 ten inch tortillas

Mix together chicken, beans, and onions. Cover bottom of 9 by 11 pan with enough enchilada sauce to just lightly coat. Add appx. 1/3 cup of chicken mixture to a tortilla. Fold in sides and roll. Set them closely side by side in the pan. Top entire dish with enchilada sauce and top with cheese. Bake uncovered at 350 degrees for 30-40 minutes.

~My family likes to garnish these with chopped green onions, black olives, and sour cream

Tiffany's Beef Stew in a Bag

1 lb stew beef
1 T tomato paste
3-4 large potatoes
5-6 large carrots
1 large yellow onion
2 beef bouillon cubes
4 cups boiling water
1 tsp rubbed sage
1 tsp Thyme
2 bay leaves
Salt and pepper to taste
Olive oil

Sear beef on all sides. Set aside. Chop all veggies in large chunks. Add appx. 2 tsp. olive oil to pan from beef. Saute onions and carrots. In a gallon size freezer Ziploc, layer beef, veggies, paste, and herbs. Freeze lying flat.

When ready to cook: Defrost bag in fridge overnight. Add contents of bag plus bouillon cubes and water to crock pot. Cook on low 6 hours.

Crock pot chicken cordon bleu

The amount you prep of this recipe depends on your family size. I like to buy the frozen bags of breast tenderloins. That way I can use what I need. For my family, each person eats 2-3 tenderloins. The components are as follows:

Chicken tenderloins

Thick sliced deli ham

Swiss cheese

Cream of something soup (we like celery for this recipe)

Salt and pepper to taste.

Salt and pepper the tenderloins. Wrap each one in a slice of ham and lay in your freezer Ziploc. Lay slices of cheese on top of wrapped chicken. Freeze flat. When ready to cook, place frozen, wrapped chicken pieces in bottom of lightly sprayed crock pot. Top with cheese slices. Mix can of something with a half can of water. Stir well and pour over top. Cook on low six-8 hours, depending on how large your chicken pieces were. This is really good served with egg noodles.

Chicken lettuce wraps

10-12 chicken tenderloins chopped into small pieces

4-5 cloves pressed garlic

1 small onion finely chopped
1/4 cup reduced sodium soy sauce
1/4 cup white wine (Two buck Chuck, baby. Thank you, Trader Joes)
1/2 tsp ginger
Dash of allspice
2 T Balsamic vinegar

Place all contents in crock pot. Cook on low 6-8 hours. Stir occasionally late in cooking cycle to break up chicken. Add finely chopped water chestnuts just before serving for added crunch. Serve on lettuce leaves. P.F. Changs make a delicious sauce at your table that has soy sauce, chili oil, white vinegar, and chili paste. If you have those ingredients, mix it up and add for supreme yumminess.

Please note: Only the recipes with my name in the title are my own. All others are from friends, family, or Pinterest (which is both friend and family, am I right?).

Tip for the month: When making soups, cream based being the exception, always add a couple bay leaves. You will be amazed how much depth of flavor those little buggars add. Make sure to remove them before serving. Your soups will never be the same. They took mine from "Two more bites and you can be excused" to "Sorry, hon. There's not enough left for your lunch tomorrow"