



Steve's Feel Better New Year Recipes

SAVORY

Mama Leek Lasagna

Recipe will make 1 large (9x13/11x13 pan) lasagna. You can use a regular roasting pan but they are shallow. If you want a thick/deep lasagna you can buy deeper foil pans at the grocery. If you are making more than one lasagna, just increase the recipe to the correct quantities

Ingredients:

- 1 box Lasagna noodles – boiling noodles, not the oven ready type
- Spaghetti Sauce – can use plain, cheese or meat sauce. If jars you will need at least 4 large jars
- 2 1-quart tubs of Ricotta Cheese (get low moisture ricotta if possible)
- 4 eggs
- Garlic powder
- Salt and pepper
- Parsley or Basil flakes (use basil flakes if you want more flavor)
- Mozzarella cheese – I buy the bulk bag or 4 smaller 12-16oz bags

Directions:

Boil noodles until limp but still undercooked (al dente).¹ After draining them coat them lightly in olive oil to keep them from sticking together.

Warm sauce to make it easier to spread around, but not boiling hot

Ricotta mixture – mix ricotta, 4 eggs, ¼ tsp salt, 1tsp garlic powder and pepper, and 1 tbs parsley or basil. Mix together completely

Put a layer of sauce in the bottom of the pan

Layer your noodles completely across the pan touching or slightly overlapping. You can cut noodles with kitchen scissors for a perfect fit

Spread a layer of ricotta mixture on the noodles.²

Spread a layer of sauce on the ricotta and completely cover the ricotta.

Sprinkle a good layer of mozzarella on the whole surface

Begin your next layer of noodles, spread ricotta, sauce, cheese and repeat in this order for each layer until you get to the top of the pan.

Leave ½ inch at the top of the pan so it doesn't bubble over when you cook it.

Add extra mozzarella to the top layer and cover.³

When ready to bake – 375 degrees for 1 hour if refrigerated, 2-2 ½ hours if frozen. Push a butter knife in the center and if it feels cold, cook longer. Let the lasagna rest for about 30 minutes before cutting.

Notes:

¹ Don't overcook or they will fall apart

² It is easiest to spread with a spatula

³ I use non-stick foil so the cheese doesn't pull off



Rasta Pasta

Ingredients:

- 1 lb. penne pasta
- 3 boneless skinless chicken breasts (about 1 1/2 lb.)
- 2 tbsp. jerk seasoning, divided
- Kosher salt
- 2 tbsp. extra-virgin olive oil, divided
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 orange bell pepper, sliced
- 1/3 cup sliced green onions, plus more for garnish
- 3 cloves garlic, minced
- 1/2 cup low-sodium chicken broth
- 3/4 cup heavy cream
- 1/2 cup freshly grated Parmesan, plus more for garnish



Directions:

Cook pasta according to package instructions to al dente. Drain and set aside. Season chicken breasts all over with 1 tablespoon jerk seasoning and salt. In a large skillet over medium heat, heat 1 tablespoon oil. Cook chicken until golden and no longer pink, 8 minutes per side. Remove from pan and set aside to rest.

Add remaining oil and cook peppers until mostly tender, 3 to 4 minutes. Add green onions and garlic and cook until fragrant, 1 minute. Season with remaining jerk seasoning.

Add chicken broth and heavy cream and let simmer until thickened, 5 minutes. Slice chicken. Add Parmesan and stir until melted, then add pasta and chicken and toss until completely combined.

Garnish with green onions and more Parmesan and serve.

Green Bean Casserole

Ingredients:

- 1/4 cup butter
- 1/4 cup all-purpose flour
- 2 cups sour cream
- 2 cups shredded Swiss cheese
- 4 (14.5 ounce) cans French-style green beans, drained
- 2 cups fried onions or cornflakes
- 1/4 cup butter, melted



Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart casserole dish.

Melt 1/4 cup of butter in a large skillet. Stir flour into the butter to make a paste.

Blend sour cream into the flour paste, stirring constantly.

When the mixture is hot and bubbly, remove from heat, and stir in Swiss cheese.

When the cheese has melted, add the green beans, stirring until they are coated.

Pour the entire mixture into the prepared casserole dish.

In a small bowl, mix together the cornflakes and melted butter. Sprinkle over the top of the green beans. Bake uncovered for 30 minutes in the preheated oven, or until bubbly and golden brown.

Sausage Popper Rolls

Ingredients:

- 3 medium eggs (free-range if possible; divided)
- Ground black pepper (to taste)
- Salt (to taste)
- 1/8 cup flour (for rolling out pastry)
- 25 ounces puff pastry (or shortcrust pastry)

Directions:

Gather the ingredients.

Preheat the oven to 400 F.

In a frying pan, heat the vegetable oil on medium heat and add the onion to cook for approximately 7 minutes, or until it starts to lightly brown.

In a large mixing bowl, add the sausage meat, cooked onion, and 2 of the eggs. Season with a couple of pinches of black pepper and a good sprinkling of salt. Mix well until all the ingredients are thoroughly and evenly combined.

On a lightly floured surface, roll out the pastry into two 8- by 10-inch rectangles. Cut each rectangle into 2 long strips (4 total) and rest them in the fridge for at least 10 minutes.

Place the cold pastry onto 2 lightly greased baking pans. In the center of each pastry, form the sausage meat into a long sausage the length of the pastry strip. Beat the remaining egg in a small bowl and lightly brush the edges of the pastry.

Fold the pastry over the meat filling to form long rolls. Flip the sausage roll over so the seam is underneath. Lightly brush the top surface with egg.

Cut the rolls into 1 1/2-inch lengths. Or vary the length to the style of roll you want.

Cook in the preheated oven for 20 minutes or until golden brown.

Leave them to cool before packing them into your picnic basket or lunch box, or simply eat them right away. Enjoy.



Easy Bacon, Cheese & Spinach Quiche

Ingredients:

- Refrigerated store-bought pie crust
- 1 cup milk or half and half
- 5 eggs, slightly beaten
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices bacon, cooked and crumbled (or go meatless)
- 1 cup shredded cheese (cheddar, swiss, asiago, etc.)
- 1/4 cup grated Parmesan cheese
- 1 cup fresh baby spinach leaves, chopped (see notes for frozen spinach)
- 2-3 scallions, with green parts, sliced thinly

Directions:

Preheat oven to 425°F. Line a 9-inch pie plate with store bought pie crust and crimp the edges.

In a medium bowl, whisk milk, eggs, salt, and pepper.

Set aside.

Layer cooked bacon, cheeses, spinach and scallions in the crust-lined pie plate.

Pour the egg mixture over the top.

Bake 15 minutes in the oven at 425 degrees.

Reduce the oven temperature to 325 degrees and continue to bake for another 20 to 25 minutes, or until a knife inserted in the middle comes out clean.

Cool 10 minutes before cutting into wedges.



Tortellini, White Bean and Spinach Soup

Ingredients:

- 1 tsp olive oil
- 2 cups chopped onion
- 1/2 cup chopped red pepper
- 1 tsp dried Italian seasoning
- 3 chopped garlic cloves
- 2 cups coarsely chopped spinach
- 2/3 cups water
- 16 oz white beans, drained
- 14.5 oz vegetable broth
- 14.5 oz tomatoes, undrained and chopped
- 9 oz uncooked fresh cheese filled tortellini
- 1/4 cup grated fresh parmesan cheese



Directions:

Heat oil in large Dutch oven over medium high heat.

Add onion, pepper, Italian seasoning, and garlic. Sauté for five minutes or until tender.

Add spinach, water, beans, broth, and tomatoes.

Bring to a boil.

Reduce heat and simmer two minutes.

Add tortellini and cook until thoroughly heated.

Serve and sprinkle with cheese.

Grilled Marinated Chicken

Ingredients:

- Chicken Breasts or Boneless Chicken Thighs
- Equal parts Mayo and Italian dressing (not Miracle Whip)
- Maybe 1 tsp garlic powder per 1 cup of Mayo/Italian dressing mixture



Directions:

I like to cut breasts in half horizontally before marinating so they cook quickly and evenly on the grill.

Garlic powder (I usually just eye-ball this depending on how much I'm making).

Combine marinade ingredients, whisking until smooth. Add chicken and marinate for at least a few hours, best to do for 24 hours. This chicken is the best! :)

Best Chili Ever

Ingredients:

- 2 lbs ground beef
- 1 large onion
- 4 celery sticks
- 28 oz can crushed tomatoes
- 1 14 oz can kidney beans
- 2 cans mild chili beans
- 1 can hot chili beans
- 2 cans tomato soup
- 1 envelope chili seasoning
- 1 tbsp salt
- 1 tbsp pepper
- ¼ tsp cinnamon



Directions:

Brown ground beef, drain grease.

Add onions and celery and cook a few minutes.

Add the rest of the ingredients and simmer for approximately 45 minutes.

Makes a large amount.

Latkes

(potato pancakes)

Ingredients:

- 6 medium russet potatoes
- 1 small onion
- 2 eggs
- 1/2 cup flour or potato starch
- 1/2 tsp salt
- Canola oil for frying



Directions:

Clean potatoes.

Grate potatoes and onions on a box grater (if you're old-school) or in a food processor.

Add eggs, flour/starch, and salt and combine thoroughly.

Heat oil to medium heat in a non-stick fry pan.

Drop the batter from a large spoon to form flat rounds or oval.

Let fry until crisp at the edges and on the underside before turning.

Remove latkes as soon as they are brown on both sides and drain on a paper towel-lined cookie sheet or cooling rack.

Serve warm/hot with apple sauce or sour cream.

Notes:

*Bonus tip for lazy people – buy the Trader Joes' potato latkes (sold in the freezer section year-round) and make as-directed, or in an air fryer for crispy goodness without the mess or the smell.

Butternut Squash Bisque

Ingredients:

- 2lbs peeled/seeded/cubed butternut squash
- one onion cubed
- 6 cloves garlic
- 2 apples, peeled/cored/cubed
- 48 oz broth
- 1 tsp Rosemary
- 2 tsp Thyme
- Cayenne (to taste)
- Salt (to taste)
- Pepper (to taste)
- 1/2 cup half and half

Directions:

Sauté onion until soft.

Add squash, apples, and broth.

Bring to a boil.

Add rosemary, thyme, salt, pepper, cayenne.

Simmer for 25 minutes or until squash is soft.

Puree (with blender, food processor or immersion blender).

Mix in the half and half.



Shepherd's Pie

Ingredients:

- 3 pounds ground beef or ground turkey
- 8 medium white potatoes
- 1 bag of frozen corn or 2 cans of whole can corn drained
- 1-16 oz bag of shredded cheddar cheese
- 1 can of cream of mushroom soup
- 1 green bell pepper
- 1 onion

Directions:

Peel and dice potatoes. Rinse and put in pot with water. Drain, add butter and milk. Whip together make mashed potatoes.

In a skillet add ground beef, cut up onion and green bell pepper. Lightly season and cook until done.

Drain and cook corn if from bag. Drain if using canned corn.

After ground beef is done drain grease off and return to skillet.

Add cream of mushroom soup to ground beef and add a little water.

Stir. You want it to make a gravy over meat do not add to much water.

In glass dish or pan add the ground beef in bottom of pan evenly.

Spread mashed potatoes on top of ground beef mixture spreading evenly.

Add corn on top to cover the mashed potatoes.

Cover with shredded cheese.

Cook in 350 degree oven until cheese melts on top.

Remove from oven let cool for a few minutes.

Great with a salad and garlic bread.



No Carbs Baked Brie with Caramelized Onions

Ingredients:

- Brie Cheese
- Onion
- Carrot sticks

Directions:

Heat oven to 350 degrees.

Remove the top skin of the Brie and place in an ovenproof dish

In a skillet, slowly caramelize the onions (not burned).

Once caramelized, pour over the brie.

Cover the dish with foil and bake for 10 minutes.

Remove from oven and serve with carrots sticks.



Fried Asparagus

Ingredients:

- 1 or 2 frozen bags of asparagus (the steam-able option works the best)
- Progressive Italian seasoning bread crumbs
- Eggs
- Oil (not olive oil)

Directions:

Steam bag of asparagus in the microwave following the directions on the bag.

Drain juice and lay asparagus on a paper towel to cool
Start to heat oil in a frying pan.

Beat some eggs and pour into a flat dish.

Pour bread crumbs into a flat dish.

Dip asparagus into the egg and then coat with bread crumbs.

Once oil in the frying pan is hot, place coated asparagus in oil and cook until brown.



Not Yo' Mama's Banana Pudding

Ingredients:

- 1 (12-oz) container frozen whipped topping, thawed, or equal amount sweetened whipped cream
- 1 (14-oz) can sweetened condensed milk
- 1 (8-oz) package cream cheese, softened
- 2 cups milk
- 1 (5-oz) box instant French vanilla pudding mix
- 6 to 8 bananas, sliced (Michelle suggests with or without bananas)
- 2 bags chessmen cookies

Directions:

Line the bottom of a 13x9x2-inch dish with 1 bag of cookies and layer bananas on top.

In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.

Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.

Fold the whipped topping into the cream cheese mixture.

Add the cream cheese mixture to the pudding mixture and stir until well blended.

Pour the mixture over the cookies and bananas and cover with the remaining cookies.

Refrigerate until ready to serve



SWEET

Peppakokker

(Swedish Gingerbread)

Ingredients:

- 1 cup butter
- 1 1/2 cups sugar
- 1 egg
- 2 tablespoons Dark Karo syrup
- 2 teaspoons baking soda dissolved in 1 tablespoon of warm water
- 3 cups of flour
- 2 teaspoons of cinnamon
- 1 teaspoon of ginger
- 1 1/2 teaspoons of cloves



Directions:

Cream butter and sugar together until light and fluffy.

Add the rest of the wet ingredients and mix well.

In a bowl sift the dry ingredients together.

Then add slowly to the wet ingredients.

Place the mixed dough in a zip lock or waxed paper and refrigerate overnight.

Next day, cut off a small portion of the dough and knead on a floured surface until smooth.

Roll out to 1/2 inch thick and then cut out with cookies cutters.

Bake on a cookie sheet for 8-10 minutes at 350.

If you like thicker cookies that are softer then roll out to 1/2 inch and bake

Noodle Kugel

Ingredients:

- 3/4 stick of butter
- 4 oz of cream cheese
- 3/4 cup sugar
- 3 eggs mixed well
- 8 oz wide noodles (cook first)
- 1 1/2 cup apricot nectar
- 1/2 cup milk



Directions:

3 cups of corn flake crumbs mixed with 1 stick of melted butter, 1/2 cup sugar and 1 teaspoon cinnamon

Bake at 350 degrees 1 and 1/2 hour uncovered. If you are reheating then cut cooking time by 20 minutes and cover when reheated and take off cover near the end.

Leave cream cheese and butter out of refrigerator to soften before trying to mix together. Once it is softened mix butter, cream cheese together until blended and add sugar and mixed eggs well (may be lumpy).

Add in noodles then nectar and then milk. Mix together. Will be very loose liquid. (I made 1 1/2 recipes so that it fills a 9 x 13 pan).

Also, for topping, once kugel is in the 9 x 13 pan sprinkle topping all over. Don't be afraid to use a lot but recipe may make too much.

Roll and Cut Cookies

Ingredients:

- 1 cup salted butter, softened (if you use unsalted butter, just add a pinch of salt to the ingredients)
- 1 cup granulated sugar
- 1 large egg
- 2 tbsp heavy whipping cream (or whole milk)
- 2 tsp pure vanilla extract
- 1 tsp almond extract
- 3 cups all-purpose flour
- 1/2 tsp baking powder

Directions:

Combine butter and sugar. Just mix until smooth and no butter lumps.

In a small bowl, mix egg, whipping cream and extracts. Add this mixture all at once to the butter/sugar. Mix just until the egg is broken. The mixture will “curdle” but that’s not a problem.

Add the flour and baking powder (and a pinch of salt if needed). Mix to form a dough.

Preheat oven to 325 degrees. Line 2 baking sheets with parchment paper. The beauty of this dough is that it does not need to chill before using it.

Simply flour a work surface. Knead the dough a few times to smooth it out and with a rolling pin, roll dough.

Cut into desired shapes with cookie cutters. The dough scraps can be used several times.

Bake for 8-10 minutes. The key to cookies for me is to take them out when they don’t look quite done.

Let them sit on the cookie sheet for a few minutes, then cool on a cooling rack.



Red Velvet Cake

Ingredients:

- 2 1/4 cups cake flour
- 1 teaspoon baking soda
- 1 pinch of salt (optional)
- 1/4 cup cocoa powder (Hersheys)
- 1 1/2 cups sugar
- 1 1/2 cups vegetable oil
- 2 eggs
- 1-1ounce bottle red food coloring
- 1 tea vanilla extract
- 1 tea distilled white vinegar
- 1 cup buttermilk

Cream Cheese Frosting

- 8oz package of Philadelphia cream cheese
- 1 stick of unsalted butter
- 1 pound confectioners sugar
- 1 tea vanilla extract, milk if needed

Directions:

Preheat oven to 350 degrees. Prepare two 9 inch round cake pans grease and flour lightly.

In a mixing bowl combine flour, baking soda, salt and cocoa powder. Set aside.

In large mixing bowl with a hand held mixer on low speed, beat the sugar and oil until well blended.

Add eggs one at a time blending well.

Blend in food coloring, vanilla, and vinegar. Alternately, blend in the flour mixture and the buttermilk a little at a time until well blended. Do not overbeat or use mixer on high this will toughen cake.

Pour mixture into cake pans evenly bake for 25 to 30 min. Check by inserting toothpick in the center. Cake is done when toothpick comes out clean. Let the cake cool in pan for 5 min. Remove and let it finish cooling on racks.

Cream Cheese Frosting

In mixing bowl, beat the cream cheese ¹ until smooth.

Add the butter continue to beat and blend until soft and smooth.

Add confectioners sugar a little at a time then add vanilla.

If icing is too thick to spread you can add 1 teaspoon of milk at a time until it is of spreading consistency.

Notes:

¹Best if you let it sit out for a while ahead of time to soften



Cranberry Nummies

Ingredients:

- 4 small boxes raspberry jello
- 2 packages of cream cheese
- 3/4 cup chopped walnuts
- 1/4 cup sugar
- 1 can crushed pineapple
- 1 can WHOLE berry cranberry sauce

Directions:

Bottom layer:

Make 2 packages of raspberry jello adding in only the boiling water (don't add cold).

Mix in 1 can of whole berry cranberry sauce.

Pour into a baking dish, refrigerate until set.

Layer 2:

Mix 2 packages of cream cheese with 1/4 cup sugar.

Whip until smooth.

Fold in 3/4 cups chopped walnuts. Spread over set jello.

Top Layer:

Drain 1 can of crushed pineapple.

Mix 2 packages of raspberry jello adding in only the boiling water.

Add well drained pineapple and mix together.

Pour over cream cheese mixture and ¹refrigerate until set.

Notes:

¹Needs to stay refrigerated, if keeping out you need to mix in 1 envelope of knox gelatin to both the top and bottom jello layers



Monkey Bread

Ingredients:

- 1 1/4 cups of sugar
- 1 tablespoon of cinnamon
- 1 cup of melted butter
- 2 cans of Southern Style Buttermilk Biscuits (16 biscuits)

Directions:

Cut biscuits into quarters.

Coat each piece of biscuit with cinnamon-sugar.

Place all of the coated biscuits into a well-greased bundt pan.

Melt together butter and brown sugar.

Pour brown sugar mixture generously over the coated biscuits in the bundt pan.

Bake and Enjoy!



Pineapple Fluff

Ingredients:

- Pineapple tidbits
- Mini marshmallows
- Cool-whip

Directions:

You can use as much of each ingredient to your liking.

Mix together.

It needs to be refrigerated for a few hours.

You can also put your own twist on it with your favorites.



Pineapple Dream Dessert

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Ingredients:

Crust:

- 2 1/2 cups Graham Crumbs
- 1 1/2 cups unsalted butter

Layers:

- 2 cups powdered sugar (sifted)
- 1/2 cup unsalted butter (softened)
- 4 oz. cream cheese (softened)
- 8 oz. cool whip (fat free)
- 20 oz. crushed pineapple (drained)

Directions:

Preheat oven to 300 degrees.

Melt 1/2 cup butter in the microwave and let it cool.

Combine the crumbs and butter together then press 2 cups of crumb mixture firmly into a 9x9 square pan.

Bake for 8-10 min and then take out to cool.

Beat the cream cheese and 1/2 cup butter until creamy.

Turn the mixer down low and add the powdered sugar (a cup at a time) and then turn the mixer up.

Add a big tablespoon of the spread of cream cheese over the crust, followed by the pineapple and then top with cool whip.

Sprinkle the remaining graham cracker crumb on top of mixture.

Refrigerate for at least 4 hours or overnight.

Enjoy!



DRINKS

Mamamosas

Ingredients:

- 2 Granny Smith apples, chopped
- 1 c. whole fresh cranberries
- 1 c. green grapes, halved
- 1 c. pomegranate seeds
- 1 c. sparkling grape juice
- 1 (750-ml.) bottle of Champagne, Prosecco, or Cava

Directions:

You can use as much of each ingredient to your liking.

In a large pitcher or punch bowl, combine apples, cranberries, grapes, and pomegranate seeds.

Pour over sparkling grape juice and Champagne and stir well to serve



Coquito

Ingredients:

- 1 (12 oz) can evaporated milk
- 1 (14 oz) can sweetened condensed milk
- 2 cups (1 15 oz can) cream of coconut
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1 tsp vanilla
- 1 1/2 cup white Don Q rum
- Cinnamon sticks for garnish

Directions:

Mix all ingredients in a blender at high speed.

Refrigerate for a minimum of 1 hour and shake well before serving.

Garnish with cinnamon stick.



Moscow Mule

Ingredients:

- 3-4 rosemary sprigs
- Small pinch of fresh thyme
- 2oz vodka
- 2oz cranberry juice
- 4oz ginger beer
- Cranberries
- Fresh herbs, for garnish

Directions:

In a cocktail shaker, lightly muddle together herbs and sugar. Top with vodka and cranberry juice and shake with ice.

Strain into a copper cocktail mug and fill with ice and ginger beer. Garnish with cranberries dusted with sugar and fresh herbs.



Fireball on Ice

Ingredients:

- Favorite holiday glass
- 2 ice cubes
- 4 shots of Fireball Whiskey

Directions:

Mix and enjoy!



Happy New Year