

Sheet Pan Sausage and Vegetables

averiecooks.com

MAKES: 4 servings

PREP TIME: 5 mins

COOK TIME: 45 mins

This sheet pan sausage dinner can be made with your pre-cooked sausage of choice and is done in under an hour. Plus, this recipe is super customizable!

INGREDIENTS

12 ounces precooked sausage or kielbasa, sliced into 1/2-inch rounds
1 large yellow bell pepper, diced into bite sized pieces
1 large zucchini, trimmed and sliced into bite sized pieces
1 cup cherry tomatoes,
3 tablespoons olive oil
1 tablespoon dried onion flakes
1 tablespoon smoked paprika,
1 tablespoon dried parsley
1 tablespoon dried oregano
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
freshly grated Parmesan cheese, for garnishing

DIRECTIONS

1. Preheat oven to 400F. Line a baking sheet with aluminum foil for easier cleanup, and add the sausage, bell peppers, zucchini, tomatoes, and evenly drizzle with olive oil.
2. Evenly sprinkle with the onion flakes, smoked paprika, parsley, oregano, salt, pepper, and toss with your hands to evenly coat and distribute seasonings. Scatter vegetables in a flat layer and not piled on top of each other.
3. Bake for about 45 minutes, or until vegetables are tender and have as much color as desired; toss halfway through baking to ensure even cooking. Start checking at 30 minutes for doneness since all ovens, veggies, etc. vary.
4. Optionally sprinkle with Parmesan and serve immediately. Dish is best warm and fresh but extra will keep airtight in the fridge for up to 5 days.



Protein Cookie Dough

The Nutritionist Reviews



INGREDIENTS

- 1/2 CUP
NAKED NUTRITION
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ESSENTIALS
VANILLA
NUTRITION
SHAKE
- 1/3 CUP OAT
FLOUR
- 1/2 CUP PEANUT BUTTER OR CASHEW BUTTER
- 1/4 CUP MAPLE SYRUP OR HONEY
- 2-4 TABLESPOONS MILK OF CHOICE
- 2 TEASPOONS VANILLA EXTRACT
- 1/4 CUP CHOCOLATE CHIPS



INSTRUCTIONS

1. In a large bowl, mix together all of the ingredients well until a dough forms and all ingredients are well mixed. Add in more milk as needed.
2. Enjoy right away or store covered in the fridge to up to 5 days.

Enjoy!



Bruschetta with Peppers and Gorgonzola



Recipe courtesy of Ina Garten

Show: Barefoot Contessa Episode: Flavors and Flowers From: Barefoot Contessa Back to Basics



Level: Easy

Total: 20 min

Prep: 10 min

Cook: 10 min

Yield: 18 bruschetta servings

Ingredients:

Good olive oil

1 red bell pepper, seeded and sliced into thin strips

1 yellow bell pepper, seeded and sliced into thin strips

1/2 teaspoon sugar

1 tablespoon capers, drained

2 tablespoons julienned fresh basil leaves

Kosher salt

Freshly ground black pepper

Baguette

3 ounces creamy Gorgonzola or other blue cheese, at room temperature

Directions:

- 1 Preheat the oven to 375 degrees F.
- 2 Heat 2 tablespoons of olive oil in a medium saute pan over medium-high heat. Add the peppers and cook until soft, about 12 to 15 minutes. Sprinkle with the sugar and continue cooking for 2 more minutes. Stir in the capers and basil, and season, to taste, with salt and pepper. Set aside.
- 3 Slice the baguette crosswise into 18 thin round slices. Brush the bread rounds lightly with olive oil on 1 side. Arrange them in rows, oil side up, on a sheet pan lined with parchment paper and toast in the oven until lightly browned, about 7 to 10 minutes.
- 4 Top each toast round with a teaspoonful of the pepper mixture. Place 2 small pieces of Gorgonzola on top. Return the toast to the oven for 1 to 2 minutes and warm through. Serve immediately.



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Classic Italian Bruschetta Recipe



Authentic Italian Bruschetta! Learn how to make a crowd-pleasing tomato bruschetta. The crisp parmesan toasts take these over the top and you will love the drizzle of balsamic glaze.

Author: Natasha Kravchuk **Servings:** 24 bruschetta toasts **Calories:** 62

Prep Time: 15 mins **Cook Time:** 7 mins **Marinating Time:** 15 mins **Total Time:** 37 mins

Ingredients

INGREDIENTS FOR TOMATO BRUSCHETTA:

- 6 Roma tomatoes, 1 1/2 lbs, diced
- 1/3 cup basil leaves, chopped
- 5 garlic cloves, divided
- 1 Tbsp balsamic vinegar
- 2 Tbsp extra virgin olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- balsamic glaze, (optional)

INGREDIENTS FOR TOASTS:

- 1 baguette
- 3 Tbsp extra virgin olive oil
- 1/3 cup shredded parmesan cheese



Instructions

Make the Tomato Topping:

1. Core and dice tomatoes (or use a food chopper). Drain any excess juice and transfer tomatoes to a medium bowl.
2. Stack basil leaves and roll them into a tube. Using a sharp knife, thinly slice the basil into ribbons and transfer to the bowl with tomatoes.
3. Finely mince 5 garlic cloves. Mix 1 tsp of minced garlic into 3 Tbsp olive oil and set aside. Add remaining minced garlic to the mixing bowl with tomatoes.
4. Season tomatoes with 2 Tbsp olive oil, 1 Tbsp balsamic, 1/2 tsp salt and 1/4 tsp black pepper. Stir gently to combine and set aside to marinate for 15-30 minutes. Serve with bruschetta toasts and a drizzle of extra virgin olive oil or balsamic glaze.

Make the Bruschetta Toasts:

1. Preheat oven to 400°F with a rack in the center of the oven. Place toasts on a parchment-lined baking sheet. Cut toasts into 1/2" thick slices, slicing diagonally.
2. Arrange toasts on the prepared baking sheet and brush the garlic infused olive oil on both sides of toasts. Sprinkle tops with parmesan cheese and bake at 400°F for 5 minutes then broil on high heat for 1 to 2 minutes or until the edges are golden brown.

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Strawberry Ricotta Bruschetta



Recipe courtesy of Katie Lee Biegel

Show: The Kitchen Episodes: Summer Upgrades and Summer Sides Shindig



Level: Easy

Total: 15 min

Active: 15 min

Yield: 12 crostini

Ingredients:

1 cup finely diced strawberries

1 tablespoon chopped fresh mint

2 teaspoons extra-virgin olive oil

Flakey sea salt

12 toasted baguette slices

1 cup ricotta cheese

Balsamic vinegar (use an aged balsamic that is thick and syrupy), for garnish

Directions:

In a small bowl, toss the strawberries with the mint, olive oil and a pinch of flakey sea salt. Spread each slice of baguette with ricotta cheese. Top with a spoonful of strawberries, drizzle with balsamic and sprinkle with more flakey sea salt.



Arugula, Watermelon and Feta Salad



Recipe courtesy of Ina Garten

Show: Barefoot Contessa: Modern Comfort Food

Episode: Surprise Surprise

Yield: 4 servings

Ingredients:

For the vinaigrette:

- 1/4 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup minced shallots (1 large)
- 1 tablespoon honey
- 1/2 cup good olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 6 cups baby arugula, washed and spun dry
- 1/8th seedless watermelon, rind removed, and cut in 1-inch cubes
- 12 ounces good feta cheese, 1/2-inch diced
- 1 cup (4 ounces) whole fresh mint leaves, julienned

Directions:

- 1** Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.
- 2** Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.



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Zucchini Parmesan Muffins

from basicsmarket.com

Prep Time: 15 min **Cook Time:** 20 min **Serves:** 18 muffins



Ingredients

2 Gwendolyn's™ Organic eggs

2/3 cup neutral oil

3/4 cup Lulubelle's™ Creamery whole milk

1/4 cup sugar

2 1/2 cups all-purpose flour

1 teaspoon coarse salt

1 tablespoon baking powder

2 cups shredded zucchini

1/4 cup fresh basil leaves (sliced into ribbons)

1/2 cup freshly grated Parmesan cheese (plus 2 tablespoons for topping)

1/2 teaspoon black pepper (freshly ground)

Preparation Steps

1. Preheat oven to 425°F.
2. Grease or line two 12-count muffin pans with cupcake liners. Set aside.
3. In a medium bowl beat the eggs and add the oil and milk and whisk to combine.
4. In a large bowl whisk the sugar, flour, salt, and baking powder together. Gently fold the egg mixture into the flour, careful not to over mix.
5. Fold in the zucchini, basil and ½ cup parmesan cheese. Divide batter into muffin tins, about 1/3 cup in each muffin. Sprinkle a pinch of cheese over the tops using the remaining 2 tablespoons parmesan cheese. Sprinkle or grind a pinch of black pepper on top of each muffin.
6. Bake for 15 to 20 minutes until a toothpick, when inserted, comes away clean.

Grandma's Blackberry Cake

from Taste of Home

Prep Time: 15 min **Cook Time:** 45 min **Serves:** 9 servings.



Ingredients

1 cup fresh blackberries

2 cups all-purpose flour, *divided*

1/2 cup butter, softened

1 cup sugar

2 large eggs, *room temperature*

1 teaspoon baking soda

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1/2 teaspoon salt

1/4 teaspoon ground cloves

1/4 teaspoon ground allspice

3/4 cup buttermilk

Optional: Whipped cream and confectioners' sugar

Preparation Steps

1. Preheat oven to 350°. Toss blackberries with 1/4 cup flour; set aside. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Beat in eggs. Combine baking soda, cinnamon, nutmeg, salt, cloves, allspice and remaining 1-3/4 cups flour; add to creamed mixture alternately with buttermilk, beating well after each addition. Fold in blackberries. , Pour into a greased and floured 9-in. square baking pan. Bake until a toothpick inserted in center comes out clean, 45-50 minutes. Cool on a wire rack. If desired, serve with whipped cream and top with confectioners' sugar and additional fresh blackberries.

Notes

A lightly seasoned spice cake lets the wonderful flavor of blackberries shine through in this delectable blackberry cake recipe. —Diana Martin, Moundsville, West Virginia

Nutrition

Calories: 312 calories

Fat: 12g fat (7g saturated fat)

Cholesterol: 75mg cholesterol

Sodium: 410mg sodium

Carbohydrates: 47g carbohydrate (34g sugars)

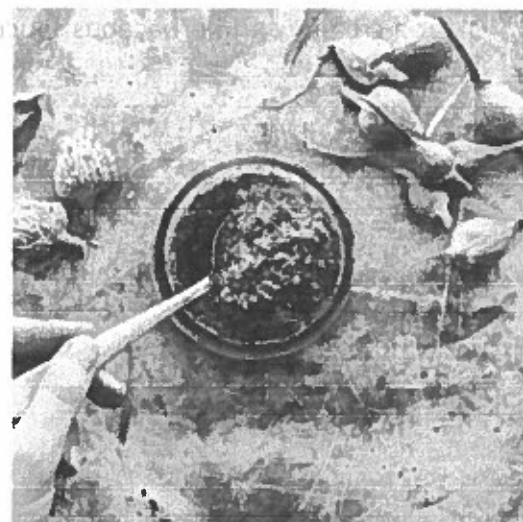
Garlic Scape Pesto

This garlicky and herbaceous pesto puts garlic scapes to great use. Slather this stuff on pizzas and sandwiches, or pair it with meats, veggies, or pasta!

☐	☐	☐
Prep Time	Cook Time	Total Time
5 mins	3 mins	8 mins

Course: Condiment, Sauce Cuisine: American

SERVINGS: 0.5 cup Author: Dana Sandonato



☆☆☆☆☆ No ratings yet

Ingredients

- 1/3 cup raw sunflower seeds *lightly toasted*
- 1/2 cup roughly chopped garlic scapes *bulbs discarded*
- 1 cup fresh basil *roughly chopped*
- Juice and zest of 1/2 a lemon
- 1/2 tsp kosher salt
- Cracked black pepper to taste
- 1/4 cup grated parmesan cheese *plus more, if desired*
- 1/2 cup extra virgin olive oil

Instructions

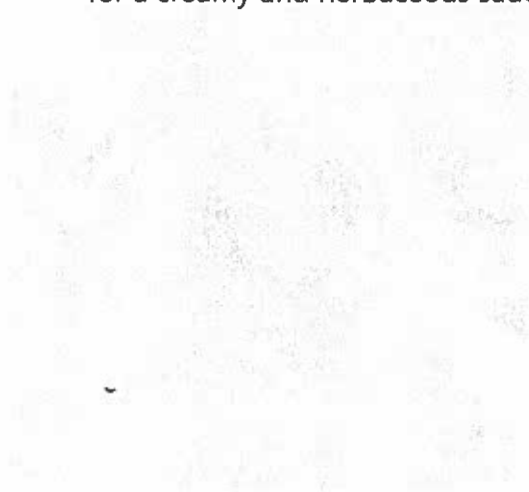
Toasting your sunflower seeds.

1. Position a small dry pan over very low heat. Add the sunflower seeds and lightly toast them, stirring often, until they begin to turn a golden color — about 2-3 minutes. Remove from the heat and set aside to cool.

Garlic Scape Pesto.

1. Place the sunflower seeds, garlic scapes, basil, lemon juice and zest, salt, and pepper in a food processor or blender (if using a high-powered blender, take it slow and make sure you don't completely puree the ingredients). Pulse a few times and then, with the processor running on low, gradually add the olive oil. Continue until the mixture is thoroughly blended but still had some texture to it.
2. Taste, and adjust salt/pepper to your preference, if necessary.
3. Transfer the pesto to a jar or container. Add the grated parmesan and stir until completely mixed in.
4. If you want a looser consistency, you can add a bit more olive oil.

5. Seal and refrigerate for up to a week, or freeze for up to three months.
6. Slather it over your fave pizzas, sandwiches, meats, or add to pasta long with a bit of starchy pasta water for a creamy and herbaceous sauce! Or, of course, grab a cracker and just dig in :)



Garlic Scape Pesto

Garlic Scape Pesto



Summer Garden Casserole



There's plenty of opportunity to customize this dish, depending on what's in your garden and any spices you may want to use. Vegetables like carrots and broccoli do not work in this recipe unless you like them very crunchy. I don't cook eggplant, so I don't know how they would turn out.

I usually use tomatoes, zucchini, yellow squash, and onions. Grate a good Parmesan or Parm Reggiano cheese on the top of each layer. Some people add garlic, garlic powder, or other spices to taste. It's a chance to be creative.

This dish looks sort of like a trifle if you put it in a glass casserole that can accommodate two layers or more.

Preheat the oven to 350 degrees.

Steps

1. Layer your vegetables in a casserole dish in the order you wish. Grate a good Parmesan or Parm Reggiano cheese on the top of each layer except the top one. Salt and pepper each layer to taste.
2. Cover the casserole and bake in the regular oven for 30 minutes or until bubbly. Adjust the cook time if you'd like it crisper or softer.
3. Add more grated cheese and cook uncovered for a few more minutes until the cheese melts.

I think this tastes better when cooked in the regular oven, though I'm sure you can microwave it.

from Barbara Groves