

Spicy Grilled New York Steak



Spicy Grilled NEW YORK STEAK Steak seasoned with rosemary, garlic, chili powder, paprika, soy sauce, salt, and pepper. An easy grilled meat recipe that costs half the price but tastes as good restaurant steaks.

Course	Main
Cuisine	American
Prep Time	2 hours
Cook Time	18 minutes
Total Time	2 hours 18 minutes
Servings	3 - 4 people
Calories	731kcal
Author	<u>Imma</u>

Ingredients

- 2-3 pounds steak
- ¼ cup minced fresh rosemary
- 3 garlic cloves
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper
- 1 tablespoon soy sauce
- 2 tablespoons canola oil or any cooking oil
- salt and pepper

Instructions

1. In a food processor, blend rosemary, garlic, paprika, cayenne, soy sauce, and oil.
2. Marinate the steak with the herb mixture for at least 2 hours. Let it rest for 20 minutes before grilling.
3. Grill the steaks on high heat for about 8-10 minutes on each side for medium or when internal temperature reads 135 degrees F.
4. Finish cooking in the oven for medium-well for an additional 3 minutes or 150 degrees F.
5. To cook this steak in the oven follow the instructions above in the Q & A part.
6. When the steaks are done to your liking, take them off the grill and let them rest for about 10 minutes.

Notes

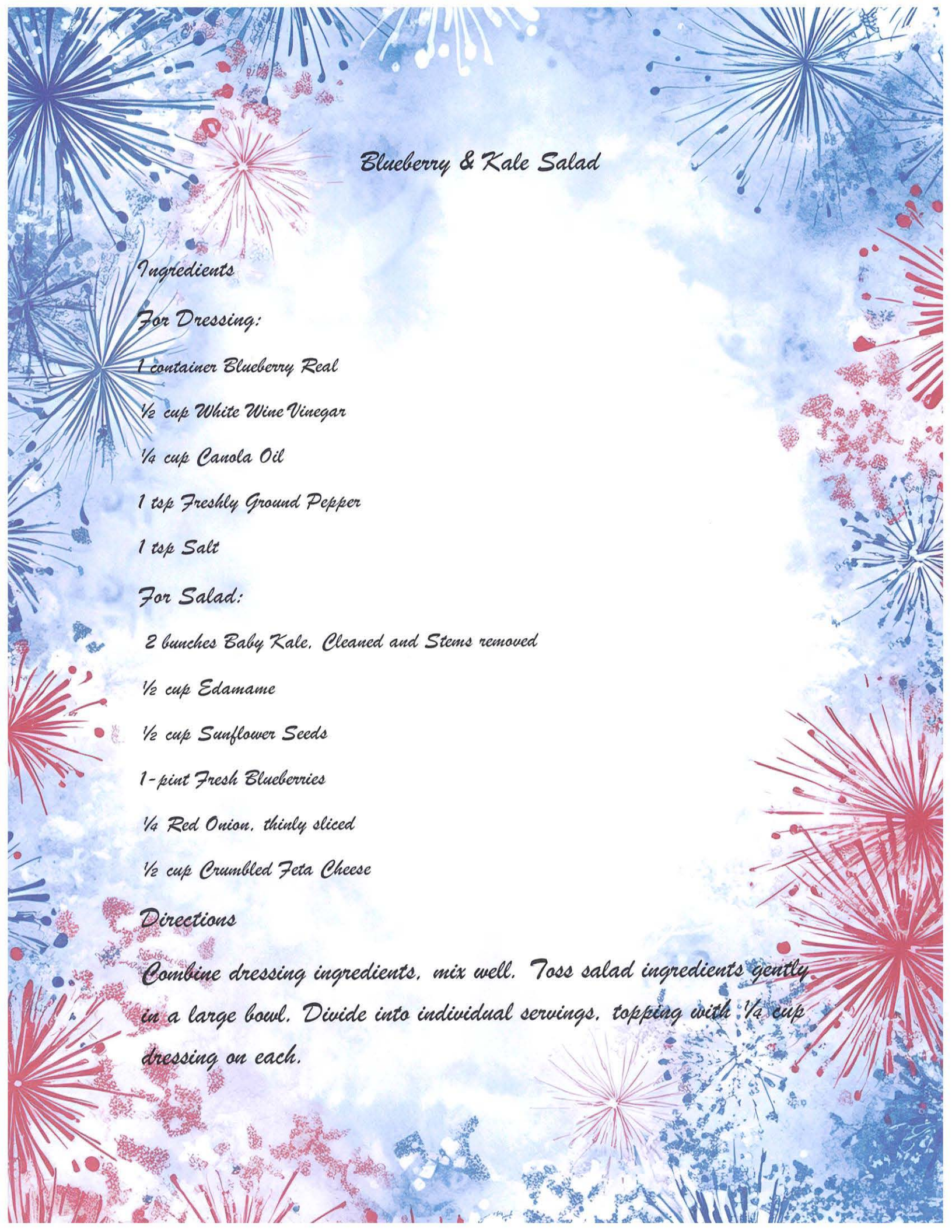
1. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Nutrition



Calories: 731kcal | Carbohydrates: 3g | Protein: 62g | Fat: 52g | Saturated Fat: 19g | Cholesterol: 184mg | Sodium: 495mg | Potassium: 916mg | Fiber: 1g | Vitamin A: 1540IU | Vitamin C: 1.9mg | Calcium: 39mg | Iron: 6mg





Blueberry & Kale Salad

Ingredients

For Dressing:

1 container Blueberry Real

½ cup White Wine Vinegar

¼ cup Canola Oil

1 tsp Freshly Ground Pepper

1 tsp Salt

For Salad:

2 bunches Baby Kale. Cleaned and Stems removed

½ cup Edamame

½ cup Sunflower Seeds

1-pint Fresh Blueberries

¼ Red Onion, thinly sliced

½ cup Crumbled Feta Cheese

Directions

Combine dressing ingredients, mix well. Toss salad ingredients gently in a large bowl. Divide into individual servings, topping with ¼ cup dressing on each.

Southern Potato Salad



Flawlessly creamy with just the perfect amount of tang and a dash of heat, this recipe is my absolute favorite for potlucks and family get-togethers. A few pantry staples come together to deliver the most classic (and most delicious) Southern potato dishes out there. Let's just say my bowl always comes home empty.

Course	Salad, Side Dish
Cuisine	American, Southern
Diet	Gluten Free
Prep Time	10 minutes
Cook Time	10 minutes
Total Time	20 minutes
Servings	6
Calories	357kcal
Author	Imma

Ingredients

- 4 large russet potatoes
- 4 hard-boiled eggs
- ¼ cup (25g) diced green onions
- ½ cup (55g) chopped celery
- ¼ cup (60g) sweet pickle relish
- 1 tablespoon (15g) minced garlic
- 2 tablespoons (33g) Dijon mustard
- ½ cup (113g) [mayonnaise](#)
- 1 teaspoon (4g) [Creole seasoning](#)
- salt and pepper to taste

Instructions

1. Peel and cut the potatoes into chunks, then put them into a medium saucepan. Water should cover the potatoes by at least an inch. Salt potatoes and cook until tender and soft (about 10 minutes). Drain off the water and let them cool.
2. Once cool, add to a large bowl together with chopped boiled eggs, green onion, and celery.
3. In a medium bowl, mix the sweet relish, garlic, mustard, mayonnaise, Creole seasoning, salt, and pepper.
4. Add the dressing to the potato mixture and mix gently but thoroughly—season with salt and pepper to taste.
5. Cover with plastic wrap and refrigerate until ready to serve.

Notes



- I like to peel and cut my potatoes before boiling, but you can totally toss them in whole and then peel and chop after they are cooked and cooled. A lot of people feel like this method saves time.
- Leftover baked potatoes are amazing in potato salad.
- Truth be told, potato salad always tastes better on the second day. So make it ahead if you can!
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 1cup | Calories: 357kcal | Carbohydrates: 51g | Protein: 6g | Fat: 15g | Saturated Fat: 2g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 4g | Trans Fat: 0.04g | Cholesterol: 11mg | Sodium: 1066mg | Potassium: 1146mg | Fiber: 4g | Sugar: 5g | Vitamin A: 671IU | Vitamin C: 18mg | Calcium: 58mg | Iron: 3mg



Peach Cobbler With Canned Peaches

★★★★★

Warm, juicy peaches nestled beneath a golden, buttery topping – there's nothing quite like a homemade peach cobbler. This dessert merges the natural sweetness of juicy, ripe peaches with a hint of cinnamon and a touch of vanilla, creating a cozy treat perfect for any occasion.

Course	Dessert
Cuisine	American
Prep Time	15 minutes
Cook Time	30 minutes
Total Time	45 minutes
Servings	6
Calories	585kcal
Author	Imma

Ingredients

Peach Mixture

- 3 15-ounce cans peaches, drained (reserve $\frac{1}{4}$ cup of the syrup)
- $\frac{1}{3}$ cup (66-67g) granulated sugar
- $\frac{1}{3}$ cup (70g) brown sugar
- 1 tablespoon (15ml) lemon juice
- 1 teaspoon (3g) ground cinnamon
- $\frac{1}{2}$ teaspoon (1-2g) nutmeg
- $\frac{1}{4}$ teaspoon (1g) allspice
- 2 tablespoons (18g) cornstarch
- 1-2 tablespoons (14-28g) unsalted butter

Cobbler Mixture

- $1\frac{1}{4}$ cups (150g) all-purpose flour, spooned into measuring cup
- $\frac{1}{2}$ cup (100g) granulated sugar
- $1\frac{1}{2}$ teaspoons (7g) baking powder
- $\frac{1}{2}$ teaspoon (2-3g) salt
- 1 cup (236ml) [buttermilk](#)
- 1 teaspoon (5ml) [vanilla extract](#)
- $\frac{1}{2}$ cup (113g) unsalted butter, melted
- 2 tablespoons (20-25g) brown sugar (optional for garnish)

Instructions

1. Preheat your oven to 375°F (190°C).
2. In a medium-sized pan over medium heat, cook the drained peaches, $\frac{1}{4}$ cup reserved juice, granulated and brown sugar, spices, lemon juice, and cornstarch until the sugar dissolves. Stir occasionally until it thickens.

3. Then, remove it from the heat and add 1-2 tablespoons of butter. Set aside.
4. In a separate bowl, mix the flour, sugar, baking powder, and salt.
5. Stir in the buttermilk, vanilla, and butter into the dry ingredients until just combined.
6. Spoon the hot peaches and syrup into the baking dish. Scoop the batter evenly over the peaches. Do not stir.
7. Sprinkle optional brown sugar over the batter. Bake for 30-35 minutes or until the crust turns golden brown.
8. Allow the cobbler to cool slightly; it's best served warm. It's comfort food at its finest with a scoop of vanilla ice cream or dollop of whipped cream.

Notes

- To adjust sweetness: If your peaches are especially sweet or you prefer less sugar, halve the amount of sugar. If you like it extra sweet, add ¼ cup each of brown and granulated sugar.
- Chill the dough for a fluffier topping. Optionally, you can chill the dough for 15-20 minutes before baking. Cold dough puffs up better in the oven, resulting in a fluffier topping.
- Always let it rest. Give the cobbler 10-15 minutes to cool before serving. That allows the filling to set, making it easier to scoop and enhancing the flavors.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 1slice | Calories: 585kcal | Carbohydrates: 96g | Protein: 7g | Fat: 20g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 52mg | Sodium: 341mg | Potassium: 148mg | Fiber: 2g | Sugar: 53g | Vitamin A: 626IU | Vitamin C: 1mg | Calcium: 157mg | Iron: 3mg

Pineapple Lemonade



It's sweet, it's fruity, and it makes a refreshing drink with an extra somethin' somethin'. You'll want more than one glass of this perfect summertime chiller.

Makes about 4 cups

Course	Drinks
Cuisine	Fusion
Diet	Gluten Free
Prep Time	10 minutes
Cook Time	5 minutes
Total Time	15 minutes
Servings	4
Calories	206kcal
Author	Imma

Ingredients

Simple Syrup

- $\frac{3}{4}$ cup (150g) sugar, replace with honey or preferred sweetener
- 2 cups (475ml) water
- mint leaves (optional)

Pineapple Lemonade

- 2 cups (450g) chopped pineapple
- $\frac{1}{2}$ cup (120ml) lemon juice, freshly squeezed
- 2 tablespoons (30ml) lime juice freshly squeezed
- cold water as needed
- ice cubes
- Moscato (optional)

Instructions

Simple Syrup

1. Mix the sugar and water in a medium saucepan and bring to a boil. Stir and simmer until the sugar dissolves (5-7 minutes). Throw in a little mint if desired. Then let it cool.

Pineapple Lemonade

1. Puree the chopped pineapple in a blender.
2. Pour pureed pineapple into a large pitcher, followed by the lemon and lime juice. Then, add simple syrup to taste. Stir well.
3. Add the optional sweet sparkling wine, and adjust the strength with cold water if needed.
4. Chill or pour over ice cubes.



Notes

- You can use fresh pineapples, grab fresh-cut pineapples from the supermarket, and frozen will work as well. Then puree it in the blender.
- If are pressed for time, you can sub with 100% pineapple juice.
- You can use other sweeteners to replace the simple syrup.
- To soften the lemons in a jiff, pop them in the microwave for about 20 seconds. Let cool before juicing. Or soak them in a bowl of hot tap water for about 15 minutes until the skin softens.
- For instantly cold lemonade, store the pineapple in the fridge before blending it. You can store it whole or chopped.
- No time to chill the lemonade? Reduce the water a bit and add lots of ice. Or add ice to the glasses instead of the pitcher so you don't water down the delectable pineapple flavor.
- If you make pineapple lemonade ahead, give it a quick stir to distribute the juices evenly before drinking.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 1cup | Calories: 206kcal | Carbohydrates: 49g | Protein: 1g | Fat: 0.3g | Saturated Fat: 0.03g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.02g | Sodium: 8mg | Potassium: 174mg | Fiber: 2g | Sugar: 42g | Vitamin A: 117IU | Vitamin C: 71mg | Calcium: 24mg | Iron: 0.4mg

