

Cajun Shrimp Boil



Fun, delicious, and super simple one-pot meal that brings families together. This Southern tradition is traditional for social events because you can feed a lot of people with less effort.

Course	Entree
Cuisine	Southern
Diet	Gluten Free
Prep Time	5 minutes
Cook Time	15 minutes
Baking time	15 minutes
Total Time	35 minutes
Servings	6
Calories	411kcal
Author	Imma

Ingredients

- water for boiling
- salt to taste
- 2 sprigs thyme
- 1 pound (453g) small red potatoes, quartered
- 4 ears corn, cut into chunks
- 1/3 cup (76g) butter
- 1 tablespoon (12g) [Creole Seasoning](#)
- 2 teaspoon (6g) [minced garlic](#)
- 1 teaspoon (1g) thyme
- 1/2 [onion](#), sliced (optional)
- 1 pound (453 g) shrimp, peeled and deveined
- 12 ounces (340g) Andouille sausage
- salt and pepper, to taste
- 2 lemons, cut into wedges
- chopped cilantro for garnishing

Instructions

1. Preheat oven to 400°F (205°C). Spray a sheet pan with a nonstick spray and set aside.
2. Fill a large pot with water, season with salt and thyme sprigs, then add the potatoes. Cover, bring to a boil, reduce to a simmer, and cook for 8-10 minutes or until the potatoes are tender yet still firm. Add the corn and cook for 3-5 more minutes. Drain water.
3. Combine butter, Creole seasoning, garlic, thyme, and onions (if using) in a small pan. Saute on medium-low heat for 30-60 seconds, then remove from heat.

4. Pour the Creole butter sauce over the shrimp, potatoes, and corn and give it a stir until everything is evenly coated.
5. Line all the ingredients in a single layer on a baking sheet and add the Andouille sausage. Sprinkle with salt, pepper, and Creole seasoning.
6. Bake for 12-15 minutes or until shrimp is pink and cooked through.
7. Garnish with lemon wedges and chopped cilantro, and serve with Creole butter sauce on the side.

Grilling Packets

1. Divide between 3-4 packets of aluminum foil. Fold the edges of the foil up around the food to close the packet for heat and liquid retention.
2. Place on a preheated grill over medium-high heat for about 8 minutes per side.
3. Serve immediately, garnished with lemon wedges.

Notes

- Large shrimp work best for boils.
- Fresh sweet corn is the best, but frozen corn on the cob is good, too.
- Cut larger red potatoes into bite-sized chunks if you don't have the small new potatoes.
- Be careful not to overcook the shrimp so they don't turn rubbery and tasteless.
- Replace Creole seasoning with Old Bay seasoning for a flavor twist.
- Please remember that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 200g | Calories: 411kcal | Carbohydrates: 20g | Protein: 23g | Fat: 28g | Saturated Fat: 12g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 9g | Trans Fat: 1g | Cholesterol: 172mg | Sodium: 1184mg | Potassium: 754mg | Fiber: 3g | Sugar: 3g | Vitamin A: 1583IU | Vitamin C: 31mg | Calcium: 80mg | Iron: 2mg

Kale Salad



Green, lush, and healthy KALE SALAD with broccoli, cabbage, Brussel sprouts, dried cranberries, and pumpkin seeds tossed in a creamy homemade Poppy Seed Dressing. A bowl of superfood you'll enjoy even if you're not a vegan. Healthy, delicious, and a quick fix for lunch or even dinner!

Course	Salad
Cuisine	American
Prep Time	20 minutes
Total Time	20 minutes
Servings	4 - 5
Calories	258kcal
Author	Imma

Equipment

- Large mixing or salad bowl
- Knife
- Wooden laddle
- Plastic wrap

Ingredients

- 4 cups firmly packed shredded kale , finely chopped
- 1 cup cups cabbage , thinly sliced
- 1 cup purple cabbage , sliced
- 2 cups broccoli slaw
- 2 cups shredded Brussels sprouts
- ½ cup dried cranberries
- ¼ cup shelled pumpkin seeds (pepitas)
- [Poppy Seed Dressing](#)

Instructions

1. Identify the tough stems on the kale. then pull the kale leaves from the stems. Alternatively, you can also perform this task by folding each leaf in half with topside of the green folded inward. Cut along the stem and discard the stem. Then thinly slice kale into small pieces.
2. If using tough kale, place the leaves into a large mixing or salad bowl, then add a tablespoon of olive oil, a squeeze of lemon juice and a pinch of sea salt. Mix the kale gently with your hands to soften them or until the leaves are dark.
3. Add cabbage, brussels sprouts, broccoli slaw, cranberries, and pumpkin seeds.
4. Pour [poppy seed dressing](#) over salad and toss to fully combine salad with dressing.
5. Cover with plastic wrap and let it rest in the refrigerator, until ready to be served.

Notes

1. If you plan on making a day ahead you can still keep it fresh. Just keep it in a cold dry area in your fridge covered with a plastic wrap. Any leftover Kale Salad would in your fridge for 2-3 days although a little more wilted than ideal.
2. Want to make it a full meal on its own? Add cooked proteins like chicken and shrimp.
3. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Nutrition

Calories: 258kcal | Carbohydrates: 42g | Protein: 8g | Fat: 10g | Saturated Fat: 1g | Cholesterol: 8mg | Sodium: 600mg | Potassium: 817mg | Fiber: 4g | Sugar: 25g | Vitamin A: 7517IU | Vitamin C: 190mg | Calcium: 175mg | Iron: 3mg

Apple Galette



Easy, scrumptious, and crusty APPLE GALETTE makes the fall season even cozier with just a few simple ingredients. You'll definitely FALL in love with the flaky crust filled with REAL APPLES! This fancy centerpiece is a total head-turner, especially when served with a caramel sauce or tasty vanilla ice cream.

Course	Dessert, Snack
Cuisine	French
Prep Time	1 hour 20 minutes
Cook Time	30 minutes
Total Time	1 hour 50 minutes
Servings	8 slices
Calories	397kcal
Author	Imma

Ingredients

- 1 ½ cups (187.5g) all-purpose flour , spooned and leveled
- ½ teaspoon (2.5g) salt
- 3 tablespoons (37.5g) granulated sugar
- 6 ounces (170.1g) cold unsalted butter , cut into cubes
- 4-5 tablespoons (60ml-75ml) ice water

Apple Filling

- 4 medium apples , peeled, sliced
- 5-6 tablespoons (62.5g-75g) brown sugar
- 1 teaspoon (4.2g) vanilla extract
- 1 tablespoon (15ml) lemon juice
- 2 teaspoons (5.2g) cinnamon
- ¼ teaspoon (0.5g) nutmeg
- 2 tablespoons (20g) all-purpose flour
- 2 tablespoons (13.76g) ground almond (optional)
- 3 tablespoons (42g) unsalted butter

Topping

- 1 egg , beaten (for the egg wash, optional)
- coarse sugar for sprinkling (optional)

Instructions

Apple Galette Crust

1. In a medium mixing bowl, sift together flour, salt, and sugar.

2. Add butter into the bowl of flour. Quickly cut butter with a pastry blender until the mixture resembles coarse crumbs or just use your hands. This might take about 2-3 minutes. Your flour should be crumbly with pea-size chunks.
3. Add ice water a tablespoon at a time, until all is moistened. Remove and place on a lightly floured board; knead about 3-4 times; just enough for it to come together. Do not overmix. Place in the fridge while you prepare the filling.

Apple Filling

1. In a medium bowl, mix together apples, brown sugar, vanilla extract, lemon juice, cinnamon, nutmeg, and flour, until fully combined. Set aside.

Assembly

1. Remove the dough from the fridge and place on a floured board. Roll out the dough to about 12-14-inch circle. They do not need to be concise.
2. Place parchment paper or slip mat on a baking sheet. Transfer the rolled out dough onto the baking sheet, you may use a rolling pin.
3. Mix butter and ground almond (ground almond is optional). Then spread the almond butter mixture all over the crust pastry.
4. Place the apple mixture into the pastry in a decorative concentric circle, leaving about a 2-inch border.
5. Gently fold edges of the pastry dough over filling to partially enclose the apple filling. Refer to the photos for guidance.
6. Brush the edges of pastry dough with beaten egg. Sprinkle with coarse sugar over the edges of the galette and chopped pecans (optional) on top of the filling.
7. Bake at 400F for about 30-40 minutes or until the apples are tender and the crust is golden brown and cooked through.
8. Remove from the oven and let it cool for about 10 - 15 minutes.
9. Cut and serve then top with vanilla ice-cream and drizzled with a caramel sauce for ultimate indulgence.

Notes

1. Make sure the butter and water are cold. This helps the crust hold its shape.
2. You may use any variety of apple, but granny smith, fuji, pink lady, and honey crisp are best for galettes.
3. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Nutrition

Serving: 1slice | Calories: 397kcal | Carbohydrates: 45g | Protein: 4g | Fat: 23g | Saturated Fat: 14g | Cholesterol: 77mg | Sodium: 160mg | Potassium: 145mg | Fiber: 3g | Sugar: 22g | Vitamin A: 741IU | Vitamin C: 5mg | Calcium: 33mg | Iron: 2mg

Peach Tea (Sweet)



This **Peach Tea** combines the sweetness of peaches with the refreshment of a good iced tea. Not only that, if you make it at home, it is full of vitamins and antioxidants. And now, you can make it just as good, or even better, at home than you can buy at a fancy restaurant or the store.

Course	beverages, Drink
Cuisine	Southern
Prep Time	10 minutes
Cook Time	35 minutes
Total Time	45 minutes
Servings	8
Calories	58kcal
Author	Imma

Ingredients

- 4 medium peaches pitted and cut into wedges
- 7½ cups (1.77 L) cold water divided
- ¼ cup (59.14 mL) fresh lemon juice
- 2 cups (400 g) granulated sugar
- 10 black tea bags

Instructions

Peach Simple Syrup

1. Wash and cut the peaches in half. Remove the pits, then cut peaches into wedges.
2. Place the peaches in a medium saucepan set over medium-high heat with 1½ cups of water and lemon juice. Add the sugar on top, but do not stir. Bring to a simmer, then reduce heat to medium-low, cover, and cook for 30 minutes without stirring. Remove from the heat.
3. Strain through a fine-mesh sieve into a medium bowl. Discard the solids (or save for jam). Allow to completely cool, then cover and refrigerate until ready to use.
4. When ready to make tea, pour the peach syrup into a pitcher and set it aside.

The Tea

1. Bring 6 cups of water to a boil in a medium saucepan. Remove from heat, add the tea bags, and steep for 3-5 minutes. Once brewed, remove the tea bags and transfer the tea to the pitcher. Stir to combine and refrigerate until cool.
2. Once cool, stir before adding ice cubes and peach slices and serve.

Notes

- **Don't Boil the Tea** - Make sure to remove the water from the heat before adding the tea leaves or bags. Boiling tea is a bad idea because it makes it bitter.

- **Use Good Peaches** - if you can't smell an incredible peachy aroma when you pick them up, put the peaches back down and go to the freezer section. Only good peaches make good peach tea.
- **Hot Tea** - Let's face it! A cold day doesn't usually create a desire for a cold drink. Some like hot, some like it not. Making a cup of hot tea, then adding a dash of the peach simple syrup gives you comfort in a cup on a cold rainy day.
- **Make It Ahead** - One of the many cool things about this peach tea is that you can make the syrup ahead of time, it will be fine for a week in the fridge, and everyone can add the amount they want. Or you can make it in a big batch for a party without stressing on the day of.
- Nutritional information is provided as a courtesy only. Please keep in mind that it is a rough estimate rather than a guarantee. Ingredients can vary greatly based on the products used.

Nutrition

Serving: 1cup | Calories: 58kcal | Carbohydrates: 15g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 2mg | Potassium: 2mg | Fiber: 1g | Sugar: 15g | Vitamin A: 1IU | Vitamin C: 1mg | Calcium: 1mg | Iron: 1mg