

## Tequila-Lime Grilled Shrimp

Culinarycafe.com

We usually BBQ this shrimp, but I'm sure it would be tasty broiled. I use the frozen uncooked shrimp with the tails on. Thaw them quickly by placing in a colander and running cool water over them.

2 pounds shrimp  
¼ cup freshly squeezed lime juice  
¼ cup tequila  
2 garlic cloves, minced  
2 medium shallots, finely chopped  
2 t cumin  
salt and pepper  
½ cup olive oil  
skewers

1. Mix lime juice, tequila, garlic, shallots, cumin, salt and pepper. Slowly add the olive oil, whisking until combined. Add to the shrimp and marinate in the refrigerator for at least 30 minutes or up to 4 hours. If using bamboo skewers, soak them in water for 30 minutes or so to keep them from burning on the grill.
2. Skewer the shrimp. To keep the shrimp from spinning around the skewers, skewer the shrimp so it looks like this: ☺
3. BBQ shrimp for about 4 minutes each side or to desired doneness.

## Grilled Salmon with Rosemary

The South Beach Diet book, serves 4  
Buy fresh salmon or Costco also sells individually wrapped portions in their frozen food section. I love serving this with cauliflower-mashed potatoes.

1-pound salmon  
2 t extra virgin olive oil  
2 t fresh lemon juice  
¼ t salt  
pinch of freshly ground pepper  
2 cloves of garlic, minced  
2 t of fresh rosemary leaves chopped

1. Cut the fish into 4 equal sized portions. Combine the ingredients and brush the mixture onto one side of the fish. Refrigerate for 30 minutes, if you have time.
2. To grill the fish, my husband likes to put the fish on lightly greased tin foil on the gas grill. Cook until the fish flakes easily, the recipe says 4-6 minutes per ½" of thickness.  
  
To broil the fish, spray the rack of a broiler pan with cooking spray and arrange the fish on it. Broil 4" from the heat for 4-6 minutes per ½" of thickness. If the fish is more than 1" thick, gently turn it halfway through broiling.

## Surprise South Beach Mashed "Potatoes"

The South Beach Diet book, serves 4

My kids love these "potatoes." Cooking the cauliflower the right amount is the trick. To save time, use the ready cut florets you can cook in a bag.

2 bags of cauliflower florets or  
cut a head of cauliflower  
butter  
milk  
salt and pepper

1. Snip the corner of the bags and cook each bag separately for 3 ½ minutes on high.
2. Place cooked cauliflower in the bowl of a food processor and mash the cauliflower until it's in small chunks. Add a generous pat of butter and maybe start with ¼ c milk, a pinch of salt and some pepper. Continue to process until smooth. Just like making real mashed potatoes, I don't really have definite amounts. Just keep tasting and adding until the texture and taste are appealing to you.



# Let's Eat!

Easy, Appetizing, Timely Meals

Volume 2, No. 1

Monday

Grilled Salmon  
with Rosemary and  
Surprise Mashed  
"Potatoes"

Tuesday

Mom's Chili

Wednesday

Pesto Pasta

Thursday

Tequila-Lime  
Grilled Shrimp

Friday

House Salad  
Dressing and  
Homemade  
Croutons

Additional Meal Idea:

- Plum Sauce Marinade  
Buy Koon Chun Plum Sauce  
available at the Asian market.  
(I've tried a different brand  
that was not as good.)  
Toss the sauce in a ziploc  
with chicken, beef or pork and  
marinate overnight. Skewer  
the meat and grill.

## Who Am I?

I am a wife (to Cade for 10 years), a mother, (to Eli, Abraham and Esther), and a woman who loves to eat and cook. This is our first year at SLOCA. I heard that "Let's Eat" wasn't going to continue and since I love cooking and sharing recipes, I thought that Jenny and I could continue this fun publication. I am not formally trained in the kitchen, although I have two wonderful mentors and am a huge fan of Martha Stewart. The recipes I plan on sharing are things I make regularly for my family and although my children might not be crazy about everything, I do believe it is good to expose them to more than just pasta.

A few kitchen staples I consider essential—Kosher salt (it has a cleaner flavor and all of the chefs on the cooking channel use it), pepper in a grinder so it can be freshly ground, olive oil, good balsamic vinegar like the Kirkland brand, onions, garlic and parmesan cheese (not the kind in the can.) When cooking, I don't always measure seasonings and spices, but I do taste before serving and I think this is key. I know this approach may be frustrating for some, so I will apologize ahead of time. It's funny because when I'm baking, I always measure everything—well, everything but chocolate and nuts. Whether you measure everything, or just throw things in a pan, I hope you enjoy the recipes and have fun in the kitchen. Bon Appétit!

Joy Newman

[53eggplant@charter.net](mailto:53eggplant@charter.net)

## Mom's Chili

This is a modified recipe of how my own mother made chili. Use any kind of bean that you like, use turkey instead of beef—I think chili is one of those dishes that allow a lot of freedom. If you like it spicy, add more chili powder. Anyway you make it, I think corn bread makes a delicious side. My friend also serves her chili over Fritos corn chips and sprinkles cheese on top.

1-pound ground beef	chili powder
1 small onion, chopped	1 can of diced tomatoes
1 can tomato soup	3 cans of black beans, rinsed and drained
½ can of water	

1. Brown the ground beef adding some salt and pepper while cooking.
2. Add the soup and water into a pot or a crock-pot and mix. Add the onions, drained tomatoes, and rinsed beans. Stir well. Add chili powder—I like to make a pass over the whole top. Mix well and let simmer or cook in a crock-pot for at least an hour. You want the onions to cook and also allow time for the flavors to mix. I put mine in a crock-pot and just let it cook on low most of the day. Check the chili while cooking and if it seems too thick, add more water.
3. If you like, add some grated cheese, sour cream, olives or cilantro on top.

## Salad Dressing

This is our standard house salad dressing. Once you start using homemade vinaigrette, you won't miss buying it. I like the Kirkland brand of balsamic as it's sweeter than most. If you have another brand and the dressing has too much bite, just add a little sugar or honey.

2/3 cup extra virgin olive oil  
1/3 cup plus a little extra Kirkland  
balsamic vinegar

Place ingredients in a jar and shake well. Store in the refrigerator or at room temperature. For a flavor boost, add some chopped basil and thyme.

## Homemade Croutons

Martha Stewart's Caesar Salad recipe

I love croutons! They just seem to make salad taste extra special and homemade croutons are so easy yet so delicious. Most of the time, half of them don't even make it onto the salad.

2 T unsalted butter, melted  
2 T extra virgin olive oil  
1 loaf of rustic Italian bread cut  
into cubes  
1 t salt  
½ t ground black pepper  
¼ t cayenne pepper (optional)

1. Preheat oven to 450 degrees. Combine butter and olive oil in large bowl. Add bread cubes and toss until coated. Sprinkle salt, cayenne, and black pepper. Toss until evenly coated.
2. Spread bread cubes on baking sheet in a single layer and bake until golden, about 10 minutes. Let this time amount be a guide to you. If you like softer croutons, take them out sooner; if you like them really crunchy leave them in longer.
3. Allow the croutons to cool and sprinkle over salad or enjoy straight from the pan.

## Pesto Pasta

My husband makes an amazing pesto and he has agreed to let me share this. It's fast, delicious and my children devour this "green cheese" pasta. This recipe makes enough for at least one pound of pasta. Make a double batch and freeze the extra. I like to serve this over whole wheat pasta or it's wonderful as a pizza sauce or served over salmon. A little bit goes a long way—use less than you think you might need and go from there.

8 cloves garlic  
8 oz. grated Parmesan cheese  
¼ cup Italian seasoned breadcrumbs  
(or plain works, too)  
1 T salt  
1 T pepper  
½ cup toasted pine nuts  
10 oz. basil  
1 ¼ cup olive oil (may need more)

1. Toast the pine nuts until golden brown. Let cool slightly.
2. Place the garlic and Parmesan cheese into a food processor. (I've never used a blender for making this, but it would probably work. Just be sure and stir the ingredients well.)
3. Add the Italian breadcrumbs, the pine nuts, salt and pepper. Process everything until well mixed. Remove from food processor and set aside.
4. Grind the basil. Add the dry ingredients and blend again. With the food processor running, add the olive oil in a slow and steady stream until it becomes incorporated into the pesto. Taste and adjust seasonings to taste. Each batch is different—perhaps the garlic isn't strong or it's stronger than usual. Be sure to taste and add whatever you think is needed—salt, pepper, cheese, more basil, etc. We usually keep the pesto pretty thick, but if you prefer a thinner sauce, just add more olive oil. Mix with hot pasta and enjoy.