

Lu's Kitchen Hand Selected Recipes



Greetings! Thank you for signing up to our email list. Rest assured that we will not bother you with needless emails, only the occasional offer/coupon. You may also unsubscribe at any time. As a thank you for joining, please enjoy the recipes that I hand-picked. This list includes a simple and quick breakfast, a couple of delicious and savory appetizers, a variety of deliciously healthy meals, and, of course, a desert. Some of the items that are listed in these recipes could also be made easier with products that we sell at Lu's Kitchen.

Mini Pancakes

(From <https://dinnerthendessert.com/mini-pancakes-silver-dollar/>)



Ingredients:

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 4 teaspoons white sugar
- 1 1/4 cups milk
- 1 egg
- 4 tablespoons butter , melted

Directions:

- You can add the dry ingredients and whisk together, then add the wet and combine fully.
- I tend to just put everything in a bowl and whisk, these pancakes are really fuss free.
- Heat a pan or griddle on medium-low heat and coat with a small layer of butter.
- Using a tablespoon measure use about 3/4 of a tablespoon of batter (just scoop with the tablespoon measure but don't scrape out the entire amount, a quick pour will leave enough behind).
- Cook the pancakes on both sides until lightly browned, about 45 seconds on each side.
- Enjoy with your favorite toppings or mix-ins.

Toppings:

- Chocolate Chips
- Fruit or Fruit Jelly
- Lemon and Poppy Seeds
- Peanut Butter
- Nutella

Bacon Wrapped Jalapeno Poppers

(From <http://www.inspiredtaste.net/14284/ridiculously-easy-jalapeno-poppers/>)



Ingredients:

- 6 jalapeno peppers
- 4 ounces cream cheese, softened
- 2 tablespoons chopped chives or green onion
- 4 slices thin-cut bacon
- 12 wooden toothpicks, soaked

Directions:

Prepare Peppers

- Slice each pepper in half, lengthwise. Use a spoon to scrape out the seeds and white membrane. (Seeds and the white membrane are where most of the heat comes from).
- Stir the cream cheese and chives (or green onion) together. Fill pepper halves with the cream cheese mixture.
- Slice bacon into twelve 1 1/2-inch pieces. Wrap one piece of bacon around each filled pepper-half. Secure the bacon with a toothpick.

Baked Poppers

- Heat oven to 375 degrees F. Line a baking sheet with aluminum foil or parchment paper. Arrange the peppers, filling side facing up, onto the baking sheet. Bake until the bacon is crispy and the peppers are tender; 20 to 25 minutes.

Grilled Poppers

- Heat grill to medium-high heat. Place a grill basket or aluminum foil on the grill. This prevents the poppers from falling through the grates. Arrange the peppers, filling side facing up, in the basket or on foil. Grill until the bacon is crispy and the peppers are tender; 15 to 20 minutes.

Savory Party Bread Recipe

(From <https://www.tasteofhome.com/recipes/savory-party-bread>)



Ingredients

- 1 unsliced round loaf sourdough bread (1 pound)
- 1 pound Monterey Jack cheese
- 1/2 cup butter, melted
- 1/2 cup chopped green onions
- 2 to 3 teaspoons poppy seeds

Directions:

- Preheat oven to 350°. Cut bread widthwise into 1-in. slices to within 1/2 in. of bottom of loaf. Repeat cuts in opposite direction. Cut cheese into 1/4-in. slices; cut slices into small pieces. Place cheese in cuts.
- In a small bowl, mix butter, green onions and poppy seeds; drizzle over bread. Wrap in foil; place on a baking sheet. Bake 15 minutes. Unwrap; bake 10 minutes longer or until cheese is melted. Yield: 8 servings.

Shrimp Florentine with Zucchini Noodles

(from <http://allrecipes.com/recipe/244715/shrimp-florentine-with-zucchini-noodles>)



Ingredients:

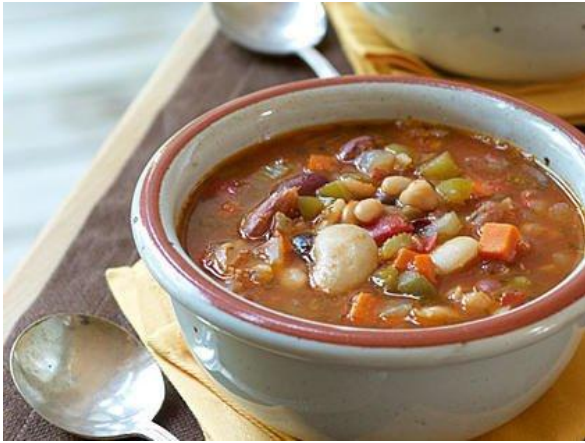
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 zucchini, cut into noodle-shape strands
- 1/2 large yellow onion, minced
- 1 tablespoon chopped garlic
- 1/2 teaspoon kosher salt
- 2 tablespoons butter
- 1 pound large shrimp, peeled and deveined
- 1 teaspoon minced garlic
- 1 (6 ounce) bag baby spinach
- 1 tablespoon fresh lemon juice
- 1 teaspoon red pepper flakes
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions:

- Heat 1 tablespoon butter and olive oil together in a large skillet over medium heat; cook and stir zucchini noodles, onion, chopped garlic, and 1/2 teaspoon salt until zucchini noodles are tender and onion is translucent, about 5 minutes. Transfer zucchini noodle mixture to a bowl.
- Heat 2 tablespoons butter in the same skillet; cook and stir shrimp and minced garlic until shrimp are just pink, 3 to 4 minutes. Add spinach, lemon juice, red pepper flakes, 1/2 teaspoon salt, and pepper; cook and stir until spinach begins to wilt, 3 to 4 minutes. Add zucchini noodle mixture; cook and stir until heated through, 2 to 3 minutes.

Ham and Bean Soup

(from <http://www.myrecipes.com/recipe/ham-bean-soup>)



Ingredients:

- 1 (12-ounce) package variety dried seven-bean mix
- Cooking spray
- 1 cup chopped onion (1 medium)
- 4 cups fat-free, less-sodium chicken broth
- 3 garlic cloves, minced
- 1 cup chopped carrot (about 2)
- 1 cup chopped celery (3 ribs)
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1/4 cup chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh thyme
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 smoked ham hock (about 4 ounces)
- 1 (14-ounce) can crushed tomatoes, undrained
- 1 bay leaf
- 1 tablespoon fresh lemon juice

Directions:

- Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain beans.
- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion and garlic to pan; sauté 3 minutes. Add beans, broth, and remaining ingredients except juice; bring to a boil. Cover, reduce heat,

and simmer 2 1/2 hours. Remove ham hock from pan; cool slightly. Remove ham from bones; finely chop and return meat to pan. Discard bones, skin, and fat. Discard bay leaf. Stir in juice.

Lemon and Herb Couscous Salad

(From <http://www.inspiredtaste.net/12689/lemon-and-herb-couscous-salad-recipe/>)



Ingredients:

- 1 1/2 cups dried Israeli couscous, also called pearl couscous
- Salt
- 1/4 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh squeezed lemon juice
- 1/2 of a medium English cucumber, diced (about 1 cup)
- 1 large tomato, diced
- 1/2 cup coarsely chopped fresh herbs; use any combination of fresh parsley, cilantro, basil, dill, or mint
- 1/4 cup raisins
- 1/4 cup chopped walnuts, toasted
- Fresh ground black pepper

Directions:

- Bring a large saucepan of salted water to a boil. Add couscous and cook until tender, 8-10 minutes. Drain.
- While the couscous cooks, in a large bowl, mix the oil, mustard, honey, lemon zest, lemon juice, 1/2 teaspoon of salt, and 1/4 teaspoon pepper. Add the drained couscous to the dressing and mix well.
- Stir in the cucumber, tomato, herbs, raisins and walnuts. Taste for seasoning and adjust with salt and/or pepper as needed. Enjoy warm or cover then refrigerate until cool, about 1 hour.

Noodle-Free Tofu Pad Thai

(From <https://minimalistbaker.com/noodle-free-tofu-pad-thai/>)



Ingredients

For the Dressing

- 1 Tbsp tamarind sauce
- 1 Tbsp low sodium soy sauce
- juice of 1 lime
- 1 tsp Asian chili garlic sauce
- 1/2 tsp fresh grated ginger or 1/4 tsp ginger powder
- 1 Tbsp agave or maple syrup (or honey if not vegan)

For Pad Thai

- 5 carrots, washed and ribboned with vegetable peeler
- 1 zucchini, washed and ribboned with vegetable peeler
- 1/4 cup firm tofu, drained, pressed and cubed
- Toppings: peanut sauce, sriracha, crushed peanuts, cilantro

Instructions

- Whisk dressing ingredients together and taste to adjust seasonings.
- Add carrots and zucchini and toss to combine. Let marinade for 5 minutes. Then add tofu and toss again.
- Divide between two serving plates and top with peanut sauce, fresh cilantro, sriracha, and crushed peanuts.

Chili-Lime Chicken Kabobs

(From <http://allrecipes.com/recipe/19934/chili-lime-chicken-kabobs/>)



Ingredients:

- 3 tablespoons olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 lime, juiced
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- cayenne pepper to taste
- salt and freshly ground black pepper to taste
- 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
- skewers

Directions:

- In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour.
- Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade.
- Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

Cheesy Cheddar Broccoli Casserole Recipe

(From <https://www.tasteofhome.com/recipes/cheesy-cheddar-broccoli-casserole>)



Ingredients:

- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup (8 ounces) sour cream
- 1-1/2 cups shredded sharp cheddar cheese, divided
- 1 can (6 ounces) french-fried onions, divided
- 2 packages (16 ounces each) frozen broccoli florets, thawed

Directions:

- Preheat oven to 325°. In a large saucepan, combine soup, sour cream, 1 cup cheese and 1-1/4 cups onions; heat through over medium heat, stirring until blended, 4-5 minutes. Stir in broccoli. Transfer to a greased 2-qt. baking dish.
- Bake, uncovered, until bubbly, 25-30 minutes. Sprinkle with the remaining cheese and onions. Bake until cheese is melted, 10-15 minutes. Yield: 8 servings.

Apple Pie

(From <https://www.tasteofhome.com/recipes/apple-pie>)



Ingredients:

- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 6 to 7 cups thinly sliced peeled tart apples
- 1 tablespoon lemon juice
- Pastry for double-crust pie (9 inches)
- 1 tablespoon butter
- 1 large egg white
- Additional sugar

Directions:

- In a small bowl, combine the sugars, flour and spices; set aside. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat.
- Line a 9-in. pie plate with bottom crust; trim pastry even with edge. Fill with apple mixture; dot with butter. Roll out remaining pastry to fit top of pie. Place over filling. Trim, seal and flute edges. Cut slits in pastry.
- Beat egg white until foamy; brush over pastry. Sprinkle with sugar. Cover edges loosely with foil.
- Bake at 375° for 25 minutes. Remove foil and bake 20-25 minutes longer or until crust is golden brown and filling is bubbly. Cool on a wire rack.