

**Tomato, Onion, and Cucumber Salad**

5 – 10 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced

1 ½ red onion, peeled, halved lengthwise, and thinly sliced

1 Kirby cucumber, halved lengthwise and thinly sliced

4 tablespoons of extra-virgin olive oil (drizzle)

5-6 splashes of red wine vinegar

Coarse salt and black pepper

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt and pepper. Let stand while you prepare dinner, about 20 – 30 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

**Grilled Vegetables**

Toss: 1 cup Italian dressing with ½ lb. each corn, sliced carrots, onions, bell peppers, squash, eggplant, or potatoes cut into chunks or wedges. Put into 18x20 heavy-duty foil. Wrap loosely. Grill pouch turning occasionally for 30 minutes or until tender.

**Grilled Chicken**

Pour 1/4 cup of Italian dressing over 4 boneless skinless chicken breast halves. Grill until done.

**Marinated Grilled Catfish**

½ cup soy sauce

½ cup lemon juice

12 small catfish fillets

1 cup water

Mix soy sauce, lemon juice, and water. Marinate fillets in mixture for 24 hours. Remove from marinade and grill in basket until done about 1 to 2 minutes.

**Oven baked Fish Fillets**

1 lb fish fillets

Dash of pepper

2 T Olive Oil

½ C cornflake crumbs (crush very finely)

2 ounces of hot or soy sauce

Wash and dry fillets. Dip in oil and roll in cornflake crumbs that have been seasoned with pepper and hot or soy sauce. Place in baking dish in single layer. Bake at 350 degrees for 15 minutes.

**Barbecued Spareribs**

6lbs pork spareribs (2 slabs)

Salt and pepper

1 bottle of barbecue sauce

Have fire ready for indirect cooking. Season ribs with salt and pepper on both sides. Place on grill in heavy aluminum foil. Cook for 50 minutes, turning once. Brush the tops of the ribs with barbecue sauce, cook 15 minutes more. Turnover, brush again and cook for a final 15 minutes. Cut into single-rib pieces.

**Walshtown “Whatever “ Cakes**

Rich and easy to prepare. Use canned tuna, chicken, salmon, crabs or “whatever melts your Butter”

Makes 10 – 12 patties

3 cans (6 ozs) can of “whatever”

¼ cup of fine Italian seasoned bread crumbs or cornflakes

5 T of mayonnaise or 2 eggs

2 T of seasoning (more to your liking)

3 dashes of pepper

1 teaspoon of garlic powder

4-5 dashes of Worcestershire sauce

2 – 3 drops of hot sauce

½ onion (yellow, white or red) – cut up fine

5 -6 tablespoons of cooking oil

Taste mixture for right seasoning to your liking

Put patties in freezer for 30 minutes

Heat skillet with oil. When skillet and oil is hot, take patties out and place in frying pan. Fry 3 minutes on each side. Have with salad, rice, or “whatever” you enjoy.

**Slow Cooker Rotisserie Chicken**

1 whole chicken

Season salt

Olive oil cooking spray

Clean Chicken inside and out. Spray crockpot with cooking spray. Sprinkle season salt inside and out. Grease interior of slow cooker with cooking spray. (Do not put any water into the slow cooker). Roll several balls of foil (about the size of an egg) and place into the bottom of the slow cooker. Place the chicken, back side down, on the foil balls. Cook on high for 4 to 6 hours.

**Crock Pot Apple Pie**

4 apples – sliced/tart (winter granny, winsap or York)

½ cup brown sugar

2 teaspoon salt

1 teaspoon of cinnamon

2 instant packs of oatmeal (regular or apple cinnamon)

3 cups of milk

3 cups water

Spray crockpot. Place apples, brown sugar, cinnamon and salt in the bottom of the crock pot. Pour oatmeal, milk, and water. Do not stir. Cook overnight for 8 – 9 hours on low.

**ENJOY**



