

In the Kitchen – Tasty and Good – by Marcy Lytle

These are just a few things we made and enjoyed over the last few weeks, and I thought I'd share them. Pretty on the plate, tasty in the mouth, and good for you – of course – eaten in moderation. Hope you enjoy them!

Burritos

The most simplest of recipes I have, yet so good for the family, to take to others, to eat for lunch, or whatever!

- Large tortillas
- 1 can refried beans
- 1 jar salsa
- 1lb ground meat
- Shredded cheddar

Brown the meat in a skillet completely, and drain. Add the refried beans and the jar of salsa and stir together until all is warmed. Place in the center of the tortilla, with grated cheese, and roll up. These taste even better the next day!

Cauliflower Steak

I did not make this but the presentation and the flavors were amazing, and I think it would be so easy to recreate. I had it in a restaurant, and this was what it was:

- Cauliflower (sliced an inch thick like a steak)
- Chickpeas (drained)
- Chimichurri (can buy this premade)

The chickpeas were roasted and crisp, and the cauliflower steak was also roasted.

On the plate the crispy chickpeas were on the bottom, the steak on top, and the chimichurri poured over. Perfection.

Corn and Tomato Fettucine

We had this recently and it hit all the receptors – such a pretty and tasty dish for spring!

- 8 oz uncooked fettucine
- 2 med ears of corn husked
- 2 tsp plus 2 T olive oil, divided
- ½ c chopped red pepper
- 4 green onions, chopped
- 2 med tomatoes, chopped
- ½ tsp salt
- ½ tsp pepper

- 1 c crumbled feta (or your choice) cheese
- 2 T minced fresh parsley

In a Dutch oven, cook fettucine according to directions and add corn in the last 8 minutes of cooking time. Meanwhile, in a small skillet, heat 2 tsp oil over med-hi heat and add pepper and onions, cook til tender.

Drain pasta and corn. Transfer to a large bowl. Cool corn a bit and then cut from cob and add to pasta. Add tomatoes, salt and pepper, remaining 2 T oil and the pepper mix, toss to combine.

Sprinkle with cheese and parsley.

Pine Nut and Basil Guacamole

This is a twist on your basic guacamole and so tasty!

- 3 medium avocados peeled and cubed
- 2-3 T fresh lime juice
- ½ to 1 tsp kosher salt
- ½ c fresh basil leaves thinly sliced
- ¼ cup toasted pine nuts

In a bowl, mash avocados until almost smooth. Stir in the lime juice and ½ tsp salt. Let stand 10 minutes. Adjust with lime juice and salt if desired. Top with fresh basil and pine nuts. SO GOOD.

Italian Chopped Salad

I may have shared this one before but its worth sharing again and again. It's easy, it's pretty and it tastes amazing.

- 1 head romaine lettuce
- 4 slices provolone cheese
- 6 thinly sliced hard salami
- ¼ of a large red onion
- 6 oz cherry tomatoes
- 3 oz mild pepperoncini
- 2 T chopped fresh parsley

Dressing:

- 3 T extra virgin olive oil
- 2 T red wine vinegar
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp pepper

- ½ tsp garlic powder

Rinse veggies and chop romaine into thin ribbons. Stack alternating provolone and salami on top of each other in two stacks, roll them in tubes and slice into rounds.

Slice red onion into thin slices, cut cherry tomatoes into cubes and slice pepperoncini into thin slices.

Whisk salad dressing ingredients together til combined.

Place all in a bowl on the lettuce with the fresh parsley.

Orange Pecan Bread

This is a quick bread and super tasty with all the orange flavors mixed in. A true fave...

- 3 c all purpose flour
- 1 c granulated sugar
- 3 tsp baking powder
- ¾ t salt
- ¼ c fresh orange juice
- 1 t orange extract
- 1 ¼ c milk
- 3 eggs beaten
- 4 T butter melted
- 1 T orange zest
- 1 cup chopped pecans

Preheat oven to 350. Sift together flour, baking powder, sugar and salt in large bowl. In separate bowl, mix eggs, milk, orange juice, and extracts. Mix into dry ingredients. Fold in zest and pecans.

Line greased loaf pan with greased wax paper. Pour in mixture and bake for 50 minutes. Turn out onto rack and cool. Serve thin slices, slightly buttered, or with cream cheese.