

WonkyWonderful.com

TOP 10 RECIPES

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The 10 Most Popular recipes from WonkyWonderful in one handy book! Indulgent, Healthy, Savory and Sweet . . . it's all about balance.

Thank you for supporting WonkyWonderful. From my kitchen to yours. Enjoy!



One-Pot Taco Casserole

One pot. 30 minutes. Dinner is served.



Ingredients:

- 1 pound Lean Ground Beef
- 1 Package Low Sodium Taco Seasoning
- 2 Cups Water
- 1 (15oz) Can Low Sodium Diced Tomatoes
- 1 (15oz) Can Low Sodium Tomato Sauce
- 1 Cup Frozen Whole Kernel Corn
- 2 Cups Uncooked Elbow Macaroni
- 1 Cup Shredded Colby Jack Cheese

Instructions:

Brown beef in 3.5 quart pot over medium/high heat. Drain fat and return beef to pot.

Add taco seasoning, water, tomatoes, tomato sauce and corn. Bring to a boil.

Add uncooked macaroni then reduce heat to low. Cover and simmer 10-15 minutes (until pasta is cooked through). Occasionally stir.

Remove from heat, sprinkle cheese on top and cover. Serve once cheese has melted.

Oven Baked Hot Italian Sandwiches

Perfect for feeding a hungry crowd!



Ingredients

- 6 Hoagie Rolls
- 1 (4oz) package Sliced Salami
- 1 (4oz) package Sliced Pepperoni
- 1 (9oz) package Deli Smoked Ham
- Thin Sliced Mozzarella (24 slices)
- Giardiniera Mix (optional)
- 1/2 stick Butter - softened
- 1 teaspoon Dry Italian Seasoning

Instructions

Preheat oven to 350°

Mix butter and Italian season. Evenly spread butter on inside of hoagie rolls.

Layer 2 slices of mozzarella, 2 slices salami, 2 slices pepperoni and 2 slices ham. Top with giardiniera mix and 2 more slices of mozzarella.

Once sandwiches are assembled, place into a large baking dish. Make sure they are tightly pressed together sideways with the open side facing up.

Bake for 10 minutes for a hot melty sandwich. (bake longer if you prefer a toasted sandwich)

Apple Fritter Breakfast Casserole

Great for Breakfast, Brunch or . . . Dessert.



Ingredients

Apple Mixture

4-5 Fuji Apples - peeled and chopped (5 cups)

6 Tablespoons Butter

1 packed Cup Brown Sugar

1 teaspoon Corn Starch

2 Tablespoons Warm Water

Casserole

5 Large Croissants (about 12 ounces) - sliced in half across the middle

1/2 Cup Heavy Cream

1/2 Cup Musselman's Apple Butter

3 Lightly Beaten Eggs

1/8 teaspoon Ground Cinnamon

Glaze

3/4 Cup Powdered Sugar

4 Tablespoons Heavy Cream

Instructions >>>

Instructions

Apple Mixture

Melt butter in a large sauté pan, over medium heat. Add brown sugar and stir until completely incorporated. Transfer chopped apples to pan and stir until coated with sugar mixture. Cook for 5 minutes while stirring frequently. In a small bowl, stir together the corn starch and warm water. Add the corn starch mixture to apples and continue to cook/stir for 5 more minutes. Remove from heat and set aside while prepping the other ingredients. The apples should be soft and the liquid will be a syrup consistency.

Casserole

Preheat oven to 375°F

Whisk together the heavy cream, Musselman's Apple Butter, eggs and cinnamon. Spray 9x11 casserole dish with non-stick. Place the bottom halves of the croissants in an even layer. Pour half of the apple butter/cream mixture over the croissants. Top with half of the caramelized apple mixture. Arrange the croissant tops in an even layer. Top with the remaining cream mixture and apples. Pour all of the syrupy apple mixture over the casserole. Gently press down on the top with a wooden spoon or spatula. Bake at 375° for 25 minutes. Once lightly browned on top; remove from oven, glaze and serve.

Glaze

Mix powdered sugar and heavy cream together with a fork until smooth. Drizzle over the Apple Fritter Casserole. (These measurements yield 1/2 cup of glaze.)

Lemon Garlic Pasta

No Frills. No Fuss. Just Flavor.



Ingredients

1 Head of Garlic (10-15 cloves)

1/4 Cup Extra Virgin Olive Oil

4-5 Tb Fresh Lemon Juice (1 large or 2 small lemons)

Lemon Zest

Pinch of Salt

1/8 tsp Red Pepper Flakes (or more if you like spicy)

1/2 lb Angel Hair Pasta - cooked

Fresh Grated Parmesan

Instructions

Place peeled garlic cloves in an oven safe dish, drizzle with olive oil and cover with foil. Oven roast at 400° for 30-40 minutes (until lightly golden browned). Let cool for 2-3 minutes, then chop.

Cook pasta according to package directions. Feel free to use a different type of pasta if you prefer.

In a large sauté pan over medium/low heat - heat the olive oil and chopped garlic for 4-5 minutes while stirring.

Add the lemon juice and continue cooking for 2-3 minutes.

Reduce heat to low - add the salt and red pepper flakes.

Add the cooked pasta and toss with the lemon garlic sauce until fully coated.

Transfer to serving dishes and top with a drizzle of olive oil, lemon zest, fresh grated parmesan cheese and red pepper flakes (optional).

Artichoke & Roasted Garlic Dip

A cheesy dip that will become a family favorite.



Ingredients

2 heads of Roasted Garlic*

6 oz Frozen Artichoke Hearts

4 oz Cream Cheese

1/2 cup Plain Greek Yogurt

1/4 cup Mayonnaise

1/2 tsp Cracked Pepper

1½ cups Shredded Cheese Blend**

(I used a Parmesan, Asiago, Fontina & Mild Provolone cheese blend)

Instructions >>>

Instructions

Place peeled garlic cloves in an oven safe dish, drizzle with olive oil and cover with foil. Oven roast at 400° for 30-40 minutes (until lightly golden browned). Let cool for 2-3 minutes.

Preheat oven to 350°

Mash roasted garlic cloves with a fork until it becomes a thick paste.

Thaw and drain the frozen artichoke hearts.

Make sure you remove as much liquid as possible then chop artichokes into small pieces.

Reserve 1/2 cup of the shredded cheese blend, put to the side.

Mix all other ingredients together thoroughly and place into the desired baking dish.

Top with the remaining 1/2 cup of shredded cheese.

I also added a little more cracked pepper and an artichoke heart to garnish.

Bake at 350 degrees for 25-30 minutes then broil for 3-5 minutes until the top is bubbly and brown.

Notes

*If you are timid about garlic, use only one head of roasted garlic.

**You don't need this exact cheese blend but something similar with melty cheeses.

This recipe makes approximately 3 cups of dip.

If you are preparing this for a large group I suggest doubling the recipe.

{Egg-Free} Chocolate Mousse

This easier version of Chocolate Mousse is oh so indulgent.



Ingredients

16 oz Cold Heavy Cream

2 Tb Powdered Sugar

1½ Cups Milk Chocolate Chips

Instructions

Melt chocolate chips in the microwave while stopping every 30 seconds to stir.

Once the chocolate is melted, set aside to cool slightly.

Next, whip the heavy cream in your stand mixer using the whisk attachment. Whip until it thickens and peaks appear.

Add the powdered sugar and melted chocolate (as quickly as possible!). Whip for another 30 seconds or until the mousse is thick and fully blended.

Transfer to serving dishes, top with whipped cream and chocolate garnish. Serve.

Chocolate Mousse can also be refrigerated and served later.

Quinoa Pizza Bites

These gluten-free bites are a healthier way to cure a pizza craving!



Ingredients

- 1 Cup Cooked White Quinoa
- 3 Large Eggs
- 1 Cup Shredded Mozzarella
- 1/3 Cup Pepperoni - cut into small pieces
- 1/4 teaspoon Salt

Instructions

Preheat oven to 350°F

Spray 18 mini muffin tins with nonstick spray. Set aside.

Combine all ingredients and transfer to mini muffin tins.

Bake for 25-30 minutes or until browned.

Immediately transfer to cooling rack.

Serve with pizza sauce.

Vintage Buttermilk Vanilla Cake

A simple and delicious cake just like Grandma used to make.



Ingredients

Cake

1/2 Cup Unsalted Butter

1 Cup Sugar

2 Large Eggs

2 Cups Unbleached Cake Flour

3 teaspoons Baking Powder

1 teaspoon Sea Salt

1¼ Cup Buttermilk

2 teaspoons Pure Vanilla Extract

Frosting

1½ Cups Unsalted Butter - softened

6 Cups Powdered Sugar

1 teaspoon Pure Vanilla Extract

2 teaspoons Buttermilk

Instructions >>>

Instructions

Cake

Preheat oven to 375°F

Cream butter and sugar. Add eggs.

Mix flour, baking powder and salt.

Gradually add dry ingredients to wet while alternately adding buttermilk.

Mix in vanilla.

Divide batter between 2 (8") round cake pans that have been generously greased with butter or shortening.

Bake 25 minutes or until edges are light golden brown.

Allow cakes to cool in pans for 10 minutes. Transfer cakes to cooling racks. Allow to cool completely before frosting.

Frosting

In a stand mixer fitted with the whisk attachment, whip the butter for 1 minute.

Add the powdered sugar 1 cup at a time. Scrape the sides in between each addition. Mix for 30 seconds between each sugar addition.

Add vanilla and buttermilk.

Mix on medium/high speed for 4-5 minutes. Frosting will be light and creamy.

Chill in the refrigerator for 30 minutes before frosting your cake. Whip once more before frosting cake.

One-Pot Stuffed Cabbage Casserole

All the flavors of stuffed cabbage in just 30 minutes!



Ingredients

- 1 pound Ground Turkey
- 2 Tablespoons Olive Oil
- 1/2 White Onion - chopped
- 1 teaspoon Garlic Powder
- 1/2 teaspoon Onion Powder
- 1/4 teaspoon Dried Thyme
- 1/4 teaspoon Ground Pepper
- 1/2 teaspoon Sea Salt
- 14 ounce Can Diced Tomatoes (low sodium)
- 1/2 Head Small Green Cabbage - chopped
- 1½ Cups Water
- 1 Cup Quick Cook Rice or Rice Blend (I used 10 minute cook rice & grain medley)
- 1 Cup Shredded Cheddar Jack Cheese
- Chopped Parsley
- Salt/Pepper To Taste

Instructions >>>

Instructions

In large dutch oven over medium high heat, brown turkey with olive oil and onions.

Reduce heat to medium; add garlic powder, onion powder, thyme, salt and pepper. Stir.

Add diced tomatoes, water and rice to pot. Bring to a boil.

Add cabbage, cover and reduce heat to medium low. Cook 10 minutes or until rice is tender. Add salt and pepper to taste.

Top with cheese and cover 1-2 minutes to melt.

Remove from heat and sprinkle with fresh chopped parsley.

Hot Chocolate Fudge

Microwave Fudge!?!? Yes.



Ingredients

2 Cups Dark Chocolate Chips

14 ounces Sweetened Condensed Milk - divided

1 Cup White Chocolate Chips

1½ Cups Mallow Bits (mini hot chocolate marshmallows)

Instructions

In a microwave safe bowl; combine white chocolate chips with 3 Tablespoons sweetened condensed milk.

In a separate bowl; combine dark chocolate chips with remaining sweetened condensed milk.

Line a square 9x9 pan with foil and generously grease with butter or shortening.

Microwave dark chocolate 30 seconds, stir. Microwave 15 seconds then stir vigorously until chocolate is smooth. Transfer mixture into prepared pan and spread into an even layer.

Microwave white chocolate 30 seconds. Stir until smooth. Spread mixture on top of dark chocolate layer.

Top with mini marshmallows then gently press down.

Refrigerate at least 4 hours to set.

Remove fudge and foil from pan. Carefully peel all foil from fudge.

Cut fudge into bite sized pieces and serve.