

James & LaMonica Sloan Wilhelmi's

Spicy Queso Sausage Dip

Allow 10 minutes cooking time.



Ingredients

- 2 pounds Neese's Hot Sausage, thawed if frozen
- ½ pound Jimmy Dean Regular Sausage, thawed if frozen
- 2 cans (10 oz. each) Ro-Tel Mild Diced Tomatoes & Green Chilies, undrained
- ½ can (10 oz.) Ro-Tel Hot Diced Tomatoes with Habaneros
- 16 ounces Philadelphia Cream Cheese, cut into pieces
- Tortilla chips, optional

Directions

1. Heat large skillet over medium-high heat. Add sausage; cook 7 minutes or until crumbled and no longer pink, stirring occasionally. Drain.
2. Add undrained tomatoes and cream cheese; stir until cream cheese melts.
3. Serve warm with tortilla chips, if desired.

Rob Rose and Jim Lentz's

Braised Brussel Sprouts with Balsamic Reduction



Preheat oven to 425. Allow 37-42 minutes cooking time. Serves 6.

Ingredients

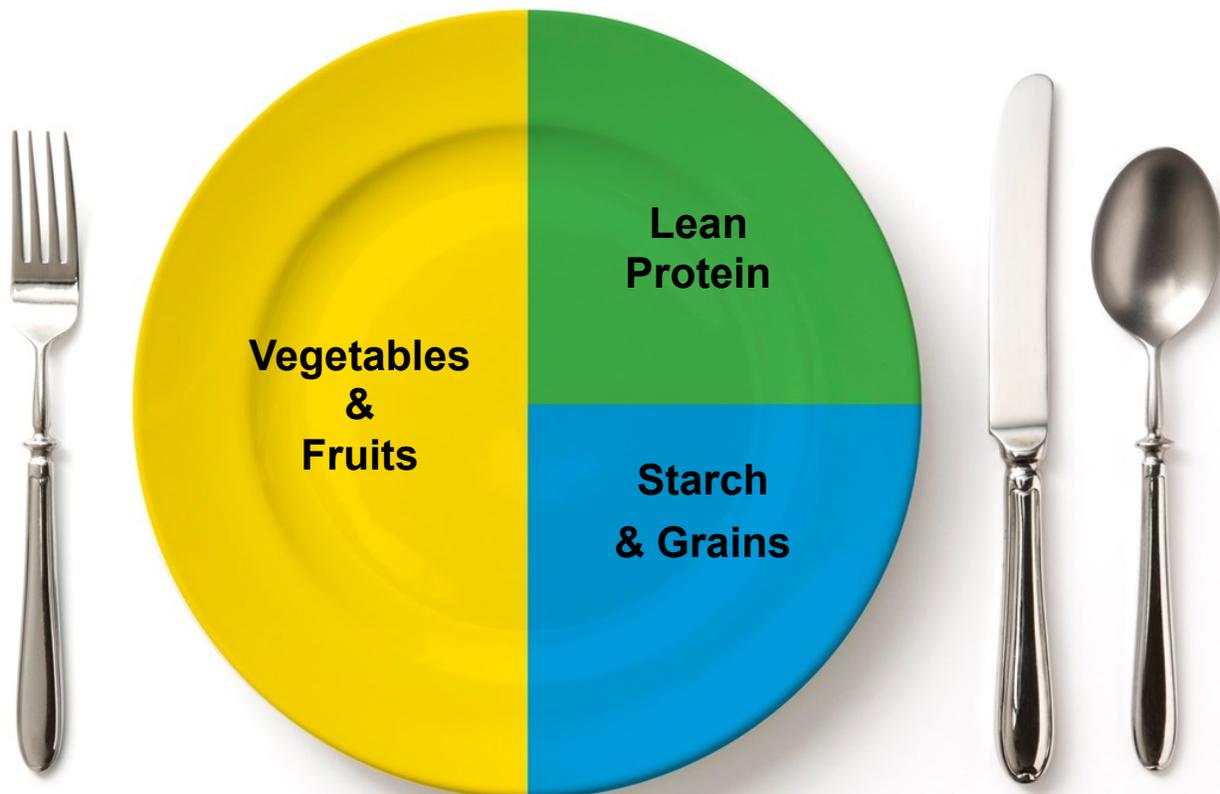
- 2lbs fresh brussels sprouts
- 1 tsp course kosher salt
- 1 tsp ground black pepper
- 1/4 cup virgin olive oil (may need a touch more)
- 1.5 - 2 tbsp capers
- 1/4 pack thick cut bacon (uncooked) & cut in small rectangular pieces
- 3/4 c. Craisins
- 1 fresh lemon
- 1 c. Harris Teeter Orange Poppyseed salad dressing
- 1 bottle Harris Teeter Traders balsamic glaze

Directions

1. Clean and cut sprouts in half (long ways).
2. In a gallon sized ziploc put the sprouts, olive oil, salt, pepper and capers and squeeze lemon juice into the bag. Zip shut and shake, massage and mix content thoroughly. Sprouts should be completely covered in oil and seasoned.
3. Spread mixture on a shallow roasting pan (or baking sheet) so that it makes a single layer. Make sure your pan or sheet has sides about 1/4-1/2 in deep. Lay bacon pieces on top of sprouts and bake on the high middle rack for approximately 40 minutes (or until sprouts are charred and the bacon is thoroughly cooked) shaking the pan every 7-8 minutes. Keep an eye and reduce temperature or the sprouts get a little too done.
4. While sprouts are baking, put craisins in a serving bowl or pan.
5. Once sprouts are done, put them over the craisins, adding in orange poppy seed dressing and lightly tossing.
6. Ready to serve, dish up sprouts and add a heavy drizzle of the balsamic glaze on top of the sprouts.

The Balanced Plate

Aim for the balanced plate at most meals.



Why Use The Balanced Plate?

1. The balanced plate helps us to eat the right amount of food for our bodies.
2. We are able to eat the right balance of protein, fat, and carbohydrates.
3. It helps us eat more fiber through whole grains, fruits, and vegetables...these fill us up!
4. The balanced plate helps us to feel satisfied because it includes 3 to 4 food groups.

Salmon with Fennel, Red Pepper, Onion

Chef³⁻ Michael Lischke, Phil Roethle and Jeff Smith

Original recipe modified from Culinary Institute of America, Hyde Park, New York
March 17, 2018 for SECU Family House “Men Who Cook”

Ingredients:

- 6, 8oz salmon fillets
- Two red peppers, cored and sliced thin
- One fennel bulb, cored and sliced thin
- One sweet onion, sliced thin
- 2 tablespoons olive oil
- 1 tablespoon salt
- 1 tablespoon pepper

Directions:

1. Pre-heat oven to 400 degrees.
2. Over medium-high heat, pour olive oil into fry pan.
3. Sauté onion, fennel bulb and red pepper slices. Sprinkle with salt and pepper.
4. While sautéing, place salmon into a non-stick cooking spray baking dish. Season with salt and pepper.
5. Once vegetables are soft, cover the fish with the vegetables.
6. Place dish into oven for 15-20 minutes—until fish is done.