



A Cool Salad for Hot Summer Days:

Taco Salad

Ground Meat

Fry with

$\frac{1}{3}$ of small envelope of Lawry's Taco Seasoning Mix

1 lb. ground beef or ground turkey

When cool, toss with

Salad Fixings

Cut up or
tear into bite-sized pieces

1 head iceberg lettuce (or more)
2-3 tomatoes

Toss with

1 can kidney beans, rinsed and drained
1 can corn, drained
1 can black olives, sliced or whole
1 sweet onion, minced

Cheese, please!

Grate and add

2 cups Cheddar cheese

Dressing

Mix together

$\frac{1}{2}$ cup Mayonnaise (or more)
remaining $\frac{2}{3}$ Lawry's Taco Seasoning
1 tsp Worcestershire Sauce
 $\frac{1}{3}$ cup Catsup

Crunchies, please!

Toss it all with

4 cups Tortilla Chips

Serve with plenty of Tortilla Chips to munch.

PSSST!!

I keep the Tortilla Chips separate and let everyone mix in their own. Then, they will not get soggy if there is left-over salad.

Recipe courtesy of Dr. Elisabeth Johnson-Kallos
www.ToThePointEditing.com





Oven-BBQed Spareribs

(Best served with Greens—stay tuned
for the Greens!)

Meat

Into oblong glass pan place a layer of small, meaty spareribs
Cover with a layer of sliced onions

BBQ Sauce

Mix together $\frac{1}{2}$ cup catsup
 $1 \frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp Tabasco sauce
 $\frac{1}{8}$ tsp chili powder
1 cup water
 $\frac{1}{2}$ tsp mustard
1 TBLSP brown sugar

Pour BBQ Sauce over the meat
and if your pan is small repeat the layers of meat, onion, sauce

**Cover with aluminum foil
and bake** 325° — until meat is tender
(2 to $2\frac{1}{2}$ hours)

Uncover during last $\frac{1}{2}$ hour ... Serve hot with mashed potatoes and
Greens, such as Kale or Mustard Greens*

* Recipe for Cauliflower and Greens follows

Recipe courtesy of Dr. Elisabeth Johnson-Kallos
www.ToThePointEditing.com





Cauliflower and Mustard Greens

**In a small bowl whisk together
and set aside**

- 2 TBLSP peanut butter
- 1 TBLSP rice wine vinegar
- 2 tsp soy sauce
- 3 TBLSP water

Vegetables

Wash & separate into small florets ...

3 cups Cauliflower
(about 1/2 a small head ... or more)

Wash and coarsely chop

8 cups firmly packed Mustard Greens,
including stems (about 1 lb.)

Cooking it up

In large skillet or Dutch oven, heat,
over medium heat, until very hot ...

2 tsp olive oil

Add & stir until golden brown (about
30 seconds)

3 cloves garlic, chopped

Add

Cauliflower florets and
1/2 cup vegetable stock or water
until Cauliflower is almost tender
(about 5 minutes)

Bring to a boil & simmer, covered ...

until tender (about 5 minutes)

Add Greens & simmer, covered

Overcooked Greens lose their vibrant
color and taste yucky.

Careful now: Don't overcook!!

and cook, uncovered, for 2 minutes

Add the Peanut Sauce

Salt and Pepper

Season with

2 TBLSP chopped Peanuts

Garnish with

Recipe courtesy of Dr. Elisabeth Johnson-
Kallós www.ToThePointEditing.com

