

Ken's Mini Taco Bowls



The original recipe was from a "My Food and Family" recipe. Of course, I had to put the Croy twist on it.

RECIPE INGREDIENTS:

Always be Low-Sodium selective with your ingredients.

8 lows-fat - Flour Tortillas

1lb. - Ground Beef, extra lean

1 cup - Mild Salsa

TOPPING INGREDIENTS:

2 cups - Lettuce, chopped

1 - Medium Tomato, chopped

1/4 cup - low-fat Ranch Dressing

1/2 cup - low-fat Shredded Cheddar Cheese

DIRECTIONS:

1.) Heat oven to 350°F.

2.) Microwave Tortillas on HIGH 30 sec. In an 8-cup oven muffin pan, line each cup with 1 Tortilla. Carefully fold back edges of tortillas, leaving opening in centers for filling. Bake for 10 minutes

3.) Meanwhile, brown meat in large skillet; drain. Stir in salsa, bring to boil, simmer on medium-low heat 10 min.

4.) Spoon meat mixture into baked Tortilla Bowls, top with Topping Ingredients.

Ken's Slow Cooker White Pizza Dip



Prep: 5 Min **Total:** 2 Hr. 5 Min **Servings:** 12

INGREDIENTS:

16oz Sour Cream

1 cup Ricotta Cheese

1 1/2 cups shredded Mozzarella Cheese (6 oz)

2/3 cup diced Pepperoni

1/4 cup grated Parmesan Cheese

1 tablespoon Italian Seasoning

4 cloves Garlic, finely chopped

DIRECTIONS:

1.) In large bowl, mix Sour Cream, Ricotta Cheese, 1 cup of the Mozzarella cheese, the Pepperoni, Parmesan Cheese, Italian Seasoning and Garlic until well combined.

2.) Pour mixture into 3- to 4- quart slow cooker. Top with the remaining 1/2 cup Mozzarella Cheese. Cover; cook on Low heat setting 2 hours.

3.) Stir until smooth and well combined.

Nutrition:

180 Calories, 15g Total Fat, 8g Protein, 4g Total Carbohydrate, 2g Sugars

Pot Stickers with Sweet Soy Dipping Sauce



INGREDIENTS, Pot Stickers:

- 1/2 lb - lean Ground Pork
- 1/2 cup - chopped Green Onions (8 medium)
- 1 tablespoon - grated Gingerroot
- 24- Wonton Skins (about 3 1/4-inch square)
- 3 tablespoons - Vegetable Oil

INGREDIENTS, Sauce:

- 1 tablespoons - Reduced-Sodium Soy Sauce
- 2 tablespoons rice vinegar *** 2 tablespoons water
- 1/2 teaspoon sesame oil (optional) 1/8 to 1/4 teaspoon crushed Red Pepper Flakes

DIRECTIONS:

- 1.) Line cookie sheet with cooking parchment paper. In a small bowl, mix Pork, Onions, and Gingerroot.
- 2.) Working with 1 Wonton Skin at a time, place 1 heaping teaspoon Pork Mixture on center of each Wonton Skin. Moisten edges of Wonton Skin with water; fold in half over filling to form triangle and seal sides. Bring 2 ends together to form a "hat" shape (see photo). Place pot stickers on cookie sheet; cover with damp towel to keep from drying out.
- 3.) In Dutch oven, heat 3 quarts water to boiling. Add half of the pot stickers; boil about 5 minutes or until edges of wonton skins are clear. Using slotted spoon, remove pot stickers from water; drain thoroughly on paper towels. Repeat with remaining pot stickers. Meanwhile, in small bowl, mix sauce ingredients until sugar is dissolved; set aside.
- 5.) In a 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat. Add half of the pot stickers; cook 2 to 3 minutes or until crisp and golden brown on bottom, turn cook 2 to 3 minutes longer or until browned and crisp. Using pancake turner, remove pot stickers from oil; place on serving platter. Repeat with the remaining tablespoon oil and remaining pot stickers. Serve warm with sauce.

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Ken's Filipino Lumpia



My version of Romey, Mattherw's father-in-law and Mattherw's recipe.

INGREDIENTS:

- 1 (12oz.) package - Lumpia Wrappers
- 1 lb. - Ground Beef *** 1/2 lb. - Ground Pork
- 1/3 cup - Onion (finely chopped)
- 1/3 cup - Green Bell Pepper (finely chopped)
- 1/3 cup - Carrot (finely chopped) *** 1qt. - Oil for frying

DIRECTIONS:

- 1.) Make sure the lumpia wrappers are completely thawed. Lay several out on a clean dry surface and cover with a damp towel. The wrappers are very thin, and the edges will dry out quickly.
- 2.) In a medium bowl, blend the ground beef and pork, onion, green pepper, and carrot. Place about 2 tablespoons of the meat mixture along the center of the wrapper. The filling should be no bigger around than your thumb or the wrapper will burn before the meat is cooked. Fold one edge of the wrapper over to the other. Fold the outer edges slightly, then continue to roll into a cylinder. Wet your finger in a bowl of water and moisten the edge to seal. Repeat with the remaining wrappers and filling, keeping finished lumpias covered to prevent drying.
- 3.) Heat oil in a 9-inch skillet at medium-to-medium high heat until oil is 365° to 375° F (170° to 175° C) Fry 3-4 lumpia at a time. It should only take about 2-3 minutes for each side. The lumpia will be nicely browned when done. Drain on paper towels.

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