



Cauliflower Cheeseburger Egg Bake

Ingredients:

- 8 eggs
- 1/4 cup heavy cream
- 1 lb ground beef, seasoned and browned
- 1/2 head of cauliflower
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 1/2 cups grated cheddar cheese

Preparation:

Preheat oven to 350F.

Season and brown ground beef. Combine eggs and heavy cream in a large bowl until well mixed. Add 1 cup of cheese, garlic and onion powders and black pepper to taste into egg mixture. Chop cauliflower into small pieces. Place cauliflower in a greased baking dish. Layer ground beef into dish. Pour egg mixture in to baking dish on to beef and cauliflower. Sprinkle with remaining cheese.

Bake for 40 minutes.

Cheddar Cheese-Stuffed Bacon-Wrapped Beer Brats

As seen on ABC 27 on 10/11/2017

Ingredients:

- 4 (12 ounce) cans beer
- 1 onion, sliced
- 10 bratwurst
- 8 oz. block cheddar cheese
- 10 slices bacon
- Toothpicks
- 10 buns

Preparation:

Prepare grill for medium indirect heat.

Combine beer and onion in large pot. Bring to a boil and add bratwurst. Return to boil, reduce heat to medium and cook 15 minutes. Remove bratwurst and cook onions on low another 10 minutes. Drain onions and set aside.

Slice each bratwurst lengthwise almost all the way through. Cut cheddar in half. Cut each half into 5 strips. Place one strip in each brat. Wrap each brat with a bacon strip, fastening with toothpicks, as needed. Grill brats indirectly, 10 minutes or more until bacon is crisp.

Grill buns, if desired and place brats in buns. Add onions and condiments, if desired.



Roasted Chicken and Root Vegetables

Ingredients:

- 1 PERDUE® OVEN STUFFER® Whole Chicken
- 1/2 cup olive oil
- 1 Tbsp. fresh parsley, finely chopped
- 1 Tbsp. fresh rosemary, finely chopped
- 1 Tbsp. fresh thyme, finely chopped
- 1 lemon, zested and juiced
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 lb. fingerling potatoes, halved
- 1/4 lb. carrots, peeled and halved lengthwise
- 1/4 lb. beets (red or golden)
- 2 large shallots, peeled and halved
- 6 cloves garlic, peeled
- 1/2 cup chicken broth

Preparation:

Preheat oven to 425°F. Combine olive oil, parsley, rosemary, thyme, lemon zest and juice. Brush 2 tablespoons of herb oil over the skin of the chicken. Rub 2 tablespoons of the herb oil inside the cavity. Season chicken, inside and out, with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Place the lemon halves inside the cavity. Tuck the wings under the chicken and tie the legs together with kitchen twine. Place the chicken on a rack in a large roasting pan.

In a large bowl, combine the potatoes, carrots, beets, shallots and garlic cloves. Toss with remaining herb oil mixture. Season the vegetables with remaining salt and pepper. Arrange the vegetables around the chicken in a single layer and then add the broth to the roasting pan.

Roast for 15 minutes, and then reduce the heat to 350°F. Baste the chicken with the pan juices every 20 minutes. Roast until the chicken juices run clear, the legs move easily when wiggled and a meat thermometer inserted into the thickest part of a thigh registers 170°F. This will take about 1 1/4 to 2 hours for a 3- to 4-pound broiler or 2 1/2 to 3 hours for a 5- to 7-pound roaster. Remove the chicken from the oven and let it rest for 10 to 15 minutes before serving.

Pork Loin Chops with Cinnamon Apples

Ingredients:

- 1 tsp. dried rubbed sage
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 4 boneless center-cut loin pork chops
- 1/2 tsp. vegetable oil
- Cooking spray
- 1 tsp. butter
- 4 cups (1/2-inch) slices peeled Granny Smith apples (about 4 medium)
- 1 Tbsp. brown sugar
- 1 tsp. fresh lemon juice
- 1/2 tsp. ground cinnamon
- Dash of salt

Preparation:

Combine first 3 ingredients, and sprinkle over the pork. Heat oil in a large nonstick skillet coated with cooking spray over medium heat. Add pork; cook 3 minutes on each side or until done. Remove the pork from pan. Cover and keep warm. Melt butter in pan over medium heat. Add apples and remaining ingredients, and cook 5 minutes or until tender, stirring frequently. Serve the apples with pork.