



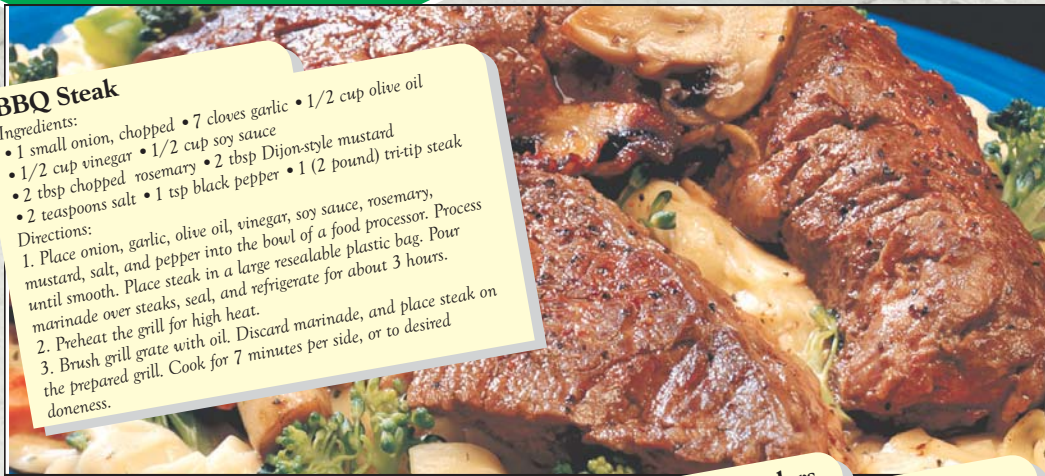
## BBQ Steak

**Ingredients:**

- 1 small onion, chopped
- 7 cloves garlic
- 1/2 cup olive oil
- 1/2 cup vinegar
- 1/2 cup soy sauce
- 2 tbsp chopped rosemary
- 2 tbsp Dijon-style mustard
- 2 teaspoons salt
- 1 tsp black pepper
- 1 (2 pound) tri-tip steak

**Directions:**

1. Place onion, garlic, olive oil, vinegar, soy sauce, rosemary, mustard, salt, and pepper into the bowl of a food processor. Process until smooth. Place steak in a large resealable plastic bag. Pour marinade over steaks, seal, and refrigerate for about 3 hours.
2. Preheat the grill with oil. Discard marinade, and place steak on the prepared grill. Cook for 7 minutes per side, or to desired doneness.



## Buffalo Chicken Tenders

**Ingredients:**

- 1 pound chicken tenders
- 1/2 stick of butter
- 1 cup flour
- 1/4 cup hot sauce
- vegetable oil

**Directions:**

1. Place the flour and chicken tenders into the plastic container and shake to coat thoroughly.
2. Place skillet over medium-high heat and add just enough oil to come up the sides by a quarter of an inch.
3. Once the oil has come up to frying temperature, carefully add the chicken tenders to the skillet. Cook until golden brown on both sides and cooked through.
4. Place butter in bowl, melt in the microwave and add hot sauce.
5. Use tongs to dip each chicken tender into the hot sauce mixture and place on a cookie sheet.
6. Bake at 350 degrees for 10 minutes and remove them from the oven to cool.

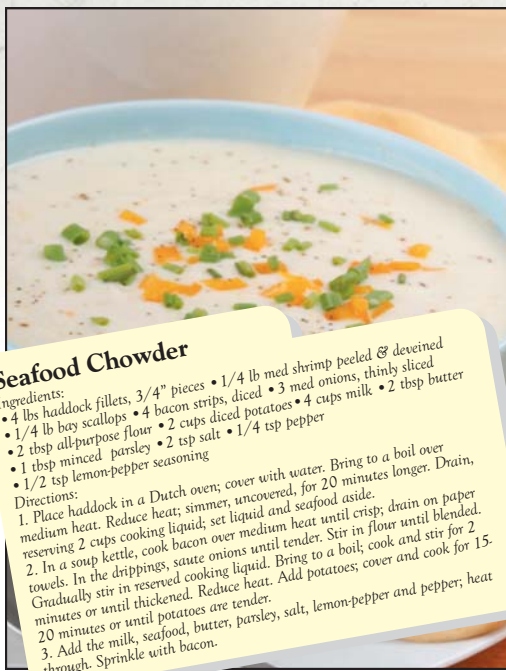
## Seafood Chowder

**Ingredients:**

- 4 lbs haddock filets, 3/4" pieces
- 1/4 lb med shrimp peeled & deveined
- 1/4 lb bay scallops
- 4 bacon strips, diced
- 3 med onions, thinly sliced
- 2 tbsp all-purpose flour
- 2 cups diced potatoes
- 4 cups milk
- 2 tsp butter
- 1 tsp minced parsley
- 2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp lemon-pepper seasoning

**Directions:**

1. Place haddock in a Dutch oven; cover with water. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 20 minutes longer. Drain, reserving 2 cups cooking liquid; set liquid and seafood aside.
2. In a soup kettle, cook bacon over medium heat until crisp; drain on paper towels. In the drippings, saute onions until tender. Stir in flour until blended. Gradually stir in reserved cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add potatoes; cover and cook for 15-20 minutes or until potatoes are tender.
3. Add the milk, seafood, butter, parsley, salt, lemon-pepper and pepper; heat through. Sprinkle with bacon.



## Grilled Chicken

**Ingredients:**

- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons mayonnaise
- 1 teaspoon steak sauce
- 4 skinless, boneless chicken breast halves

**Directions:**

1. Preheat the grill for medium heat.
2. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.
3. Lightly oil the grill grate. Grill chicken over indirect heat for 18-20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!



## Fresh Fruit Salad

**Ingredients:**

- 6 peaches, peeled & chopped
- 1 lb strawberries, sliced
- 1/2 lb seedless green grapes
- 1/2 lb seedless red grapes
- 3 bananas, sliced
- 1/2 cup granulated sugar

**Dressing:**

- juice of one lime
- 1/2 cup pineapple juice
- 1 tsp ground ginger

**Preparation:**

Combine chopped and sliced fruits in a large serving bowl; toss gently. Sprinkle with sugar. Whisk together remaining ingredients in a small bowl or 1 cup measure. Pour dressing mixture over fruit and toss gently to combine. Cover and chill the fruit salad thoroughly before serving.

This fruit salad recipe makes enough to serve about 10 to 12 people.

