

FOOD

Steak Marinade

- Ingredients**
- 1 bottle Wish Bone Italian dressing
 - 2 tbsp. honey
 - 2 tbsp. mustard
 - 4 tbsp. Worcestershire sauce
 - 1 tsp. garlic salt

Directions
Marinate your favorite steaks overnight.



Mustard-Marinated Steak

- Ingredients**
- 2 lbs. of your favorite steak
 - 2 tbsp. lemon juice
 - 2 tbsp. oil
 - 1 tbsp. Dijon mustard
 - 1/4 tsp. pepper
 - 2 tbsp. water

- Directions**
1. Pierce beef on both sides with fork. Place beef in glass or plastic dish.
 2. Mix lemon juice, oil, mustard and pepper; pour over beef. Cover and refrigerate, turning occasionally, at least 4 hours.
 3. Place beef or rack in broiler pan; reserve marinade. Set oven to broil or 550 degrees.
 4. Broil beef with top about 3" from heat until medium doneness, about 10 minutes on each side.
 5. Heat reserved marinade and water to boiling in 1 quart saucepan, stirring occasionally; pour over beef.



Parmesan Baked Alaska Cod

- Ingredients**
- 3 tbsp. each flour and corn meal
 - 1/4 tsp. onion powder
 - 1/8 tsp. pepper
 - 1/8 tsp. garlic salt
 - 2 tbsp. butter or margarine
 - 1 lb. Alaska cod fillets, thawed if necessary
 - 1/4 cup grated Parmesan cheese

- Directions**
1. Combine flour, corn meal, half of the Parmesan cheese and seasonings.
 2. Melt butter in shallow baking dish. Dredge cod in flour mixture; place in dish.
 3. Turn cod to coat with butter; sprinkle with the rest of the Parmesan cheese.
 4. Bake at 450 F 8 to 10 minutes or until cod flakes easily when tested with a fork
- NOTE:** Recipe can be used with seafood or chicken

Smothered Green Beans

- Ingredients**
- 6 thick slices bacon, chopped
 - 1/2 cup onions, minced
 - 1 teaspoon minced garlic
 - 1 pound fresh green beans, trimmed
 - 1 cup water
 - 1/8 teaspoon salt
 - 1 pinch ground black pepper



- Directions**
1. Place bacon in a large, deep skillet. Cook over medium high heat until the fat begins to render.
 2. Stir in onions and garlic; let cook for 1 minute. Stir in beans and water.
 3. Let the beans cook until the water has evaporated and the beans are tender.
 4. If the beans are not tender once the water has evaporated, add a small amount more water and let them cook until tender.
 5. Season with salt and pepper (to taste) and serve.

Ice Cream Sandwiches

- Ingredients**
- 1 (18.25 ounce) package chocolate cake mix *or* use your favorite cookie dough prepared as directed
 - 1 quart of your favorite ice cream, softened



- Directions**
1. Preheat oven to 350 degrees F (175 degrees C).
 2. Grease a cookie sheet. Mix cake mix according to package directions, omitting the eggs.
 3. Drop by large spoonfuls onto cookie sheet, mixture should be about the consistency of brownie batter.
 4. Bake 15 minutes in the preheated oven, or until cookies spring back when touched lightly in center. Cool completely.
 5. To assemble, put a scoop of softened ice cream in the center of a cookie.
 6. Top with a similarly-sized cookie, wrap in plastic wrap, and gently press down to flatten out ice cream scoop. Freeze until serving.

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