

FOOD

Recipes by
Summerrecipes.net

Apple Carrot Quencher

Ingredients:

- 2 cups carrot juice
- 1/2 cups apple juice
- 6 ounces non-fat vanilla or plain yogurt, frozen
- 1 banana



Directions:

- Put all ingredients into blender. Blend until smoothie consistency is reached

Butter Barbecued Salmon

Ingredients:

- 6-8 lb whole salmon, cleaned
- Salt and pepper, to taste
- 2 cups chopped mushrooms
- 1 cup chopped green onions
- 2 tbs minced parsley
- 1/2 cup grated Parmesan cheese
- Grated peel and juice of 1 lemon
- 1/2 cup (1 stick) butter or margarine, melted
- 4-5 lemon slices

Butter Sauce Ingredients:

- 1/2 cup butter or margarine
- 1 cup sour cream
- 1/4 tsp seasoned or onion salt
- 1 tsp chopped chives

Chili-Cheese Sauce Ingredients:

- 1/2 cup butter or margarine
- 1/2 cup chili sauce
- 1/3 cup crumbled blue cheese

Tartar Sauce Ingredients:

- 1/2 cup butter or margarine
- 1 envelope tartar sauce mix
- 1 cup sour cream
- 2 tbs sweet pickle relish



Directions:

1. Remove head from salmon, if desired.
2. Place salmon on double thickness of wide foil, making sure foil is three to four inches longer than fish at each end.
3. Sprinkle fish inside and out with salt and pepper to taste.
4. Combine mushrooms, onion, parsley, cheese, lemon peel, and juice.
5. Spoon mixture into fish cavity.
6. Pour butter over fish and top with lemon slices.
7. Cover with another thickness of foil and carefully seal all sides completely.
8. Place on grill four to six inches from glowing coals.
9. Turn after 30 minutes and cook 20 to 30 minutes longer.
10. If cooking on smoke-type grill, open foil during last ten minutes and close grill cover so smoke flavor penetrates fish.
11. Serve with choice of sauces.

Makes 10 to 12 servings.

Butter Sauce Directions:

1. Melt butter in small saucepan over low heat.
2. Stir in sour cream, seasoned salt, and chives.
3. Warm, but do not boil.

Chili-Cheese Sauce Directions:

1. Combine butter and chili sauce in small saucepan.
2. Heat slowly until butter melts.
3. Add cheese and keep warm until ready to serve.

Tartar Sauce Directions:

1. Melt butter in small saucepan over low heat.
2. Add sour cream, tartar sauce mix, and pickle relish.
3. Warm, but do not boil

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