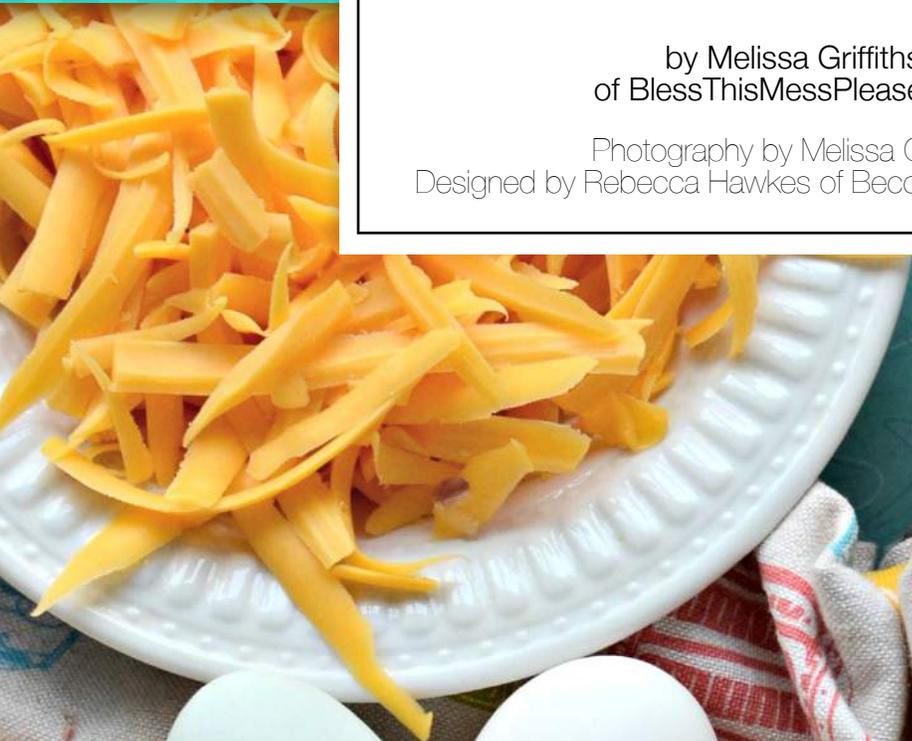


Baker's Dozen

by Melissa Griffiths
of BlessThisMessPlease.com

Photography by Melissa Griffiths
Designed by Rebecca Hawkes of BeccaMarieDesigns.com



Farm Stand One Pot Wonder

From Melissa at Bless this Mess - Serves 4-6



Ingredients

- 1 to 1/2 pound fresh green beans, trimmed and broke
- 2 pounds new potatoes cut into 1-2 inch chunks (peel left on)
- 1-2 pounds cooked ham, cut into 1 inch cubes
- 4 cups broth (chicken or vegetable are both good)
- 1 medium onion, sliced thin
- 1 teaspoon salt
- 4-6 ears corn

In a large pot add the potatoes, green beans, ham, broth, onion, and salt. Put a tight fitting lid on the pot and put it over medium heat. Bring the mixture to a low boil/simmer and allow it to cook for 25 minutes, stirring occasionally. Take the lid off the pot and carefully place the corn on top of the mixture in the pot, replace the lid and allow the dish to cook for an additional 15-25 minutes until the potatoes and green beans are cooked through.

Remove from the heat, remove the corn and place it on a serving dish. Add more salt and pepper to the pot, to taste, serve hot with corn on the side.

If you are using small new potatoes, you can just throw the whole potatoes in. This recipe is very flexible when it comes to ingredients and measurements... just use what you have on hand!

The Best Baked Chicken Legs

From Melissa at Bless this Mess - Serves 6



Ingredients

2 1/2 pounds chicken legs

3/4 cup honey

1/2 cup soy sauce

1/4 cup ketchup

2/3 cloves garlic, minced

salt and pepper

Preheat the oven to 350 degrees. Lay the chicken legs out and give them a good sprinkling of salt and pepper on both sides. Put them in a foil-lined baking dish with high sides (the foil is to make clean up easier and is not essential). A high sided sheet pan is the best option because the sides keep everything in and it is big enough that the chicken isn't drowning in the sauce. It will caramelize best if half of the chicken is poking out of the sauce while cooking.

In a glass measuring cup measure out the honey, soy sauce, and ketchup, add the minced garlic and stir. If the mixture doesn't combine well microwave it on high for thirty seconds and stir again. Pour the honey mixture over the chicken legs.

Put the chicken legs in the oven and bake for 45 minutes. Take the chicken out of the oven and rotate it so that the bottom that was in the sauce is now on the top out of the sauce. Put the legs back in the oven. Raise the heat to 425 degrees and bake until the sauce is bubbly and starts to caramelize on the chicken legs. This should take about 15 minutes. Remove the chicken from the oven and allow to rest for 5 minutes before serving.

Don't forget the napkins because this is a finger lickin' kind of meal!

Healthy Chicken and Broccoli Tetrazzini

From Melissa at Bless this Mess - Serves 8



Ingredients

- 1 pound whole wheat thin spaghetti,
broken in half and then cooked al dente
- 1 package frozen broccoli
- 2 cups cooked and cubed chicken or turkey
- 2 tablespoons butter
- 7 tablespoons whole wheat flour
- 1 teaspoon salt
- 2 cups chicken broth
- 1 cup milk
- 1/2 cup Parmesan cheese
- 1 cup mozzarella

Preheat the oven to 400 degrees. In a large saucepan melt the butter over medium heat. Add the flour and salt and stir to combine. Cook the butter and flour mixture for 1 to 2 minutes. Gradually whisk in the chicken broth to the butter mixture. Stirring constantly, slowly bring the mixture up to a boil, then turn down the heat and then simmer for an additional 2 minutes until the mixture thickens. Remove from the heat and stir in the milk and Parmesan until the cheese melts.

When the noodles are done cooking, put the frozen broccoli in the bottom of the colander before you drain the water. Pour the hot water and noodles over the top of the broccoli and stir to combine.

Spread the cooked spaghetti and broccoli mixture in the bottom of a greased 9 by 13-inch baking dish and then pour half of the sauce over it. Top with the chicken or turkey pieces and then drizzle the remaining sauce over the top. Top with mozzarella.

Cover with foil and bake until hot and bubbly, about 25 minutes. Remove the foil and bake for an additional 5 minutes until the cheese is slightly browned. Let the tetrazzini cool in the pan for 10 minutes before serving.

Grilled Honey Lime Chicken Breast

From Melissa at Bless this Mess - Serves 4-6



Ingredients

Juice and zest from 2 limes
1/2 cup honey
2 tablespoons Worcestershire sauce
1 teaspoon sea salt
1/2 teaspoon fresh black pepper
1/2 teaspoon cumin
4 large or 6 medium boneless,
skinless chicken breasts

Add all of the ingredients to a large zipper-top plastic bag, close the top and turn it over in your hands until the marinade is well-blended and all of the chicken is evenly covered. Lay the bag in the bottom of a rectangular baking dish and put it in your fridge. Let the chicken marinate in the fridge anywhere between 4 hours to overnight.

When you are ready to cook the chicken, preheat the grill to medium for 10 minutes. Drop the temperature down to medium-low and place chicken on grill and cook, with lid closed, for 5-8 minutes per side, until internal temperature reaches 160 degrees. Remove from the grill and let the chicken rest for 5 minutes before serving.

I'm sure grilling is easy for some, but it has taken me a few months to get the hang of it. A few things that I've learned is that slow and low is always better than hot. Keeping the grill lid shut while cooking at a lower temperature is a must and don't keep flipping the meat. Plan on flipping once while cooking and leave it alone in between. I HIGHLY recommend using a meat thermometer too because numbers don't lie. I overcook my meat a lot less when I get it up to the right temperature and just take it off. No need to keep cooking because you want to be on the safe side when you know what's happening inside that piece of meat!

Baked Denver Omelet

From Melissa at Bless this Mess - Yields 6



Ingredients

- 1 cup chopped sweet bell peppers
(chop veggies small)
- 1/3 cup chopped onion
- 2 teaspoons olive oil
- 1 cup (heaping) chopped cooked ham
- 8 large eggs
- 1/3 cup milk
- Salt and freshly ground black pepper
- 1/2 to 1 cup shredded
sharp cheddar cheese
- Sliced avocado for serving

Preheat the oven to 400 degrees and spray a 9x9 inch or 7x11 inch baking dish with cooking spray.

In a small skillet over medium high heat, sauté the sweet bell peppers and onion in the olive oil until tender crisp, about 5 minutes.

Add the chopped ham to the bottom of the dish. Layer the cooked veggies on top of the ham. Sprinkle the cheese over the cooked veggies.

In a medium bowl beat the eggs, milk, and salt and pepper together until well combined. Pour the egg mixture over everything else in the pan. Bake until the center is no longer giggly, 25 to 30 minutes. (The type of pan you use will change the baking time, so just keep an eye on it!).

Once cooked allow the eggs to rest for 5 minutes before serving with sliced avocado and hot sauce if you'd like.

Steak Carnita Meat in the Crockpot

From Melissa at Bless this Mess - Serves 6-8



For the spice rub

- 1 tablespoon chili powder
- 1 1/2 teaspoon cumin or smoked cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper, or more to taste
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 lbs flank steak
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 1 jalapeño, seeded and chopped

Serving Options

- Corn tortillas
- Shredded lettuce
- Grated cheese
- Tomato
- Sour cream
- Salsa

Mix all of the spices together in a small bowl for the spice rub. Rub the spices into each side of the steak, using all of the mixture. Place the spice-rubbed steak in the bottom of the crock pot. Place the chopped onion, bell pepper, and jalapeño on top of the steak. Cook for on low for 7 to 8 hours. After the cooking time has lapsed, remove the steak from the crock pot and shred with two forks. Serve immediately, or return to the crock pot for a few hours until you are ready to eat. Serve on corn tortillas with your favorite topping.

Flank steak is generally a tougher, and therefore cheaper piece of meat. It's a great candidate for the crock pot. I actually used elk steaks and loved them in this recipe. All of the flavors really helped to disguise the wild game taste. Use what you have on hand or what's on sale - if it's a leaner cut of meat you may need to add a bit of beef stock at the end to make sure it doesn't dry out before cooking.

Homemade Subway Bread Recipe

From Melissa at Bless this Mess - Yields 4 9-inch sub buns



Ingredients

- 1 cup warm water (110 degrees F)
- 1 1/2 tablespoons yeast
- 1 tablespoon sugar
- 1 1/2 teaspoon salt
- 4 tablepoons olive oil
- 3 to 3 1/2 cups all-purpose flour

In the bowl of your stand mixer add the water, yeast, sugar, salt, and olive oil. Let the mixture stand for 5 minutes. Add 1 cup of flour and mix with the dough hook for 3 to 5 minutes. Add an additional cup of flour and mix until well combine. Continue adding the flour, 1/4 cup at a time, until a soft dough is formed. The dough should still stick to the bottom of of the bowl, but pull away from the sides. Let the dough mix for around 8 minutes total.

When the dough has come together but is still sticking a bit to the bottom of the bowl, turn it out onto a lightly floured surface and knead until smooth. The dough should be very soft. Shape the dough into a ball and return it to the bowl. Cover the bowl with plastic wrap and allow the dough to rise for a half hour.

After the dough has risen, turn it out onto a clean surface and divide it evenly into 4. Roll each piece of dough into a long skinny loaf that is about 9 to 10 inches long. Place the rolled loaves onto a baking sheet lined with parchment or a baking mat. Repeat with the rest of the dough. Allow at least 2 inches in between each loaf on the pan. Cover the loaves with a greased piece of plastic wrap and allow the loaves to rise until doubled, about an hour.

Towards the end of the rising time preheat the oven to 350 degrees. When the loaves are ready, bake them in the preheated oven for 25 minutes.

When the loaves come out of the oven rub the tops with a stick of butter and cover them with a dish towel to cool. Let the loaves cool for at least 30 minutes before cutting down the middle and topping with your favorite sandwich fixings.

Rubbing the loaves with butter and covering them with a towel to cool are part of what keeps them very soft, so be sure not to miss those steps.

Healthy No-Bake Snack Bars

From Melissa at Bless this Mess



Ingredients

- 2 cups pitted dates
- 3/4 cup raw cashews
- 1/4 cup nut butter (I used natural peanut butter)
- 1/2 cup unsweetened shredded coconut
- 2 tablespoons cocoa powder
- 1 pinch salt

Toss everything into a food processor and process until the mixture starts to go smooth and clump into a ball. The dates will be all chopped up but you'll still have bits of nut.

Turn the mixture out into an 8- or 9-inch square dish lined with parchment paper. Use your hands to firmly press the mixture into the bottom of the dish. Cover and refrigerate for 30 minutes.

Remove the bars from the pan and cut into pieces using a sharp knife. Enjoy these bars cold or frozen. Store in an air-tight container in the fridge or freezer.

I think a high power blender could be used to make these, but I haven't tried it myself.

Healthy Fruit Dip

From Melissa at Bless this Mess - Serves 2



Ingredients

2/3 cup plain greek yogurt

3 tablespoons peanut butter

3 tablespoons honey

Add all the ingredient to a bowl and stir well to combine. Dip in your favorite fruit (pretzels sticks are good in it too).

Refrigerate any leftovers.

Healthy Chocolate Peanut Butter Protein Smoothie (no weird powder needed)

From Melissa at Bless this Mess - Serves 1



Ingredients

- 1 banana, peeled and sliced and then frozen
- 2-3 tablespoons unsweetened cocoa powder
(I like the Dutch Processed kind)
- 1 tablespoon peanut butter
- 1/2 cup plain or vanilla greek yogurt
- 1 tablespoon sweetener such as
honey or maple syrup (optional)
- 1/2 to 3/4 cup milk (almond or cow's milk
both work well)

Add everything to the jar of your Blendtec and blend until smooth. Add more milk as needed to process until smooth. Enjoy right away.

If you are using vanilla Greek yogurt it already comes sweetened, so you probably won't need to add the additional honey or maple syrup.

I like the full 3 tablespoons of cocoa powder but my kids prefer 2 tablespoons. Try it and see what you like!

White Cloud Icing

From Melissa at Bless this Mess



Ingredients

2 egg whites, at room temperature

1/4 teaspoon salt

1/4 cup sugar

3/4 cup light corn syrup

1 teaspoon pure vanilla extract

Use a stand mixer. It will change your life. You can make this using a hand mixer, but it just takes time. In a clean bowl (any grease on your bowl or utensils will ruin the icing, egg whites hate grease!) beat the egg whites and salt on high speed until foamy. While the mixer is running, slowly add the sugar. Beat mixture until soft peaks form (when you pull the mixer out of the white mixture you should get a little point that bends over).

Bring the corn syrup to a boil over medium heat in a small saucepan. When the corn syrup comes to a boil, remove from heat. Slowly pour the hot corn syrup into the egg mixture while your mixer is mixing on high. Beat the mixture until stiff peaks form, about 5 minutes. Add the vanilla and mix to combine.

Use the frosting right away and eat any leftovers, it doesn't store well. You can leave a cake that has been iced with this uncovered... any type of plastic wrap on it will be a mess. Add the sprinkles as soon as you are done icing, a thin crust forms and then the sprinkles won't stick if you wait too long.

Makes enough to decorate a double layer 9-inch circle cake, or 12-18 cupcakes.

The Best Caramel Dip

From Melissa at Bless this Mess



Ingredients

- 1/2 cup salted butter
- 1 1/2 cups brown sugar (light or dark)
- 3/4 cup light corn syrup
- 1 can (14 ounces) sweetened condensed milk
- 1 teaspoon vanilla

In a medium saucepan, melt butter over medium heat. Add the brown sugar, corn syrup, and sweetened condensed milk, stirring to combine. Stir constantly until mixture comes to a light bubbly boil. Remove from heat right away and add the vanilla. Stir to combine. Serve warm or at room temperature with apple slices and pretzels or drizzle over ice cream.

Don't let the caramel come to a full, rolling boil. Just let it get nice and bubbly and then take it off the heat. It will get too hard and thick to scoop if you cook it too long.

Fresh Peach Ice Cream

From Melissa at Bless this Mess - Makes 6 cups



Ingredients

- 3-4 medium peaches,
peeled and pitted
- 1 cup whole milk
- 1 cup granulated sugar
- Pinch of salt
- 1 1/2 cups heavy cream
- 1 tablespoon vanilla extract

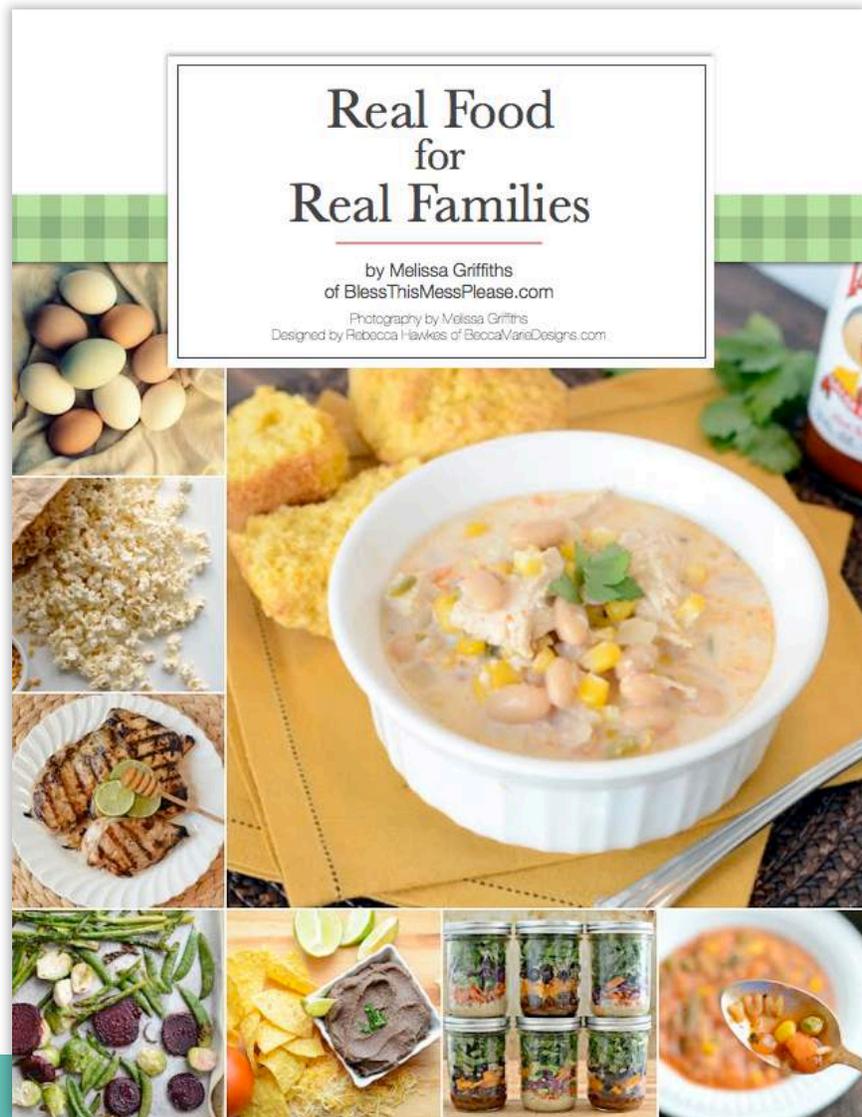
Add the peeled and pitted peaches to a blender or food processor and blend until smooth. In a medium bowl mix the peach puree, milk, sugar, salt, heavy cream, and vanilla extract together until the sugar dissolves. Add the ice cream mixture to your ice cream maker and process according to manufacturer's directions.

If the peaches don't want to blend up try adding part of the milk called for to help things move around. If you like more chunks in your ice cream, blend up 1/2 the peaches and dice the other half. Add the diced peaches to the ice cream just before serving.

I use a Cuisinart Ice Cream Maker that you just freeze the canister the ice cream is made in. It takes about 15 minutes to make ice cream with no salt and ice to mess with. I love it!

If you like a harder ice cream, put the ice cream in a freezer container and cover. Let it freeze for at least 2 hours and then let it sit for 10 minutes on the counter before serving. The ice cream straight out of the maker is just like soft-serve. Out of the freezer it is like store-bought.

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