

Easy 5 Minute Recipes

APPS, MAIN COURSES, BREAKFASTS, DRINKS & MORE!



BY BECKY HARDIN
THE *cookie* ROOKIE

At The Cookie Rookie and Easy Chicken Recipes, we are all about the SIMPLE recipes that anyone can make, and everyone will love. I especially love recipes with less than 5 ingredients, because odds are you already have what you need to get cooking! In this 5 Ingredient Recipes Ebook, you'll find everything from appetizers to mains to drinks; and everything is just as easy as you'd expect from meals with only a handful of ingredients. These recipes contain less than 5 ingredients, not including salt, pepper, and water. The perfect quick and delicious ideas for busy families on the go. Enjoy!

xo-

Becky



APPETIZERS, 5

MAIN COURSES, 39

BREAKFAST, 73

SIDE DISHES, 83

DESSERTS, 111

DRINKS, 133





Appetizers

[Baked Chicken Wings, 6](#)

[Bacon Wrapped Pineapple, 8](#)

[Best Guacamole, 10](#)

[Bacon Wrapped Dates with Goat Cheese, 12](#)

[Homemade Nacho Cheese, 14](#)

[Bacon Wrapped Shrimp, 16](#)

[Dutch Oven Bread, 18](#)

[Buffalo Chicken Dip, 20](#)

[Mini Margherita Pizzas, 22](#)

[Layered Taco Dip, 24](#)

[Bacon Wrapped Scallops, 26](#)

[Baked Blooming Onion, 28](#)

[Mexican Spiced Cheese Crackers, 30](#)

[Stuffed Pepperoni Pizza Rolls, 32](#)

[Microwave Apple Chips, 34](#)

[Tequila Lime Tortilla Chips, 36](#)



Baked Chicken Wings

PREP TIME 5 MIN COOK TIME 45 MIN SERVINGS 4 CALORIES 393

INGREDIENTS

1/3 cup flour
2 tablespoons paprika
1 teaspoon garlic powder
1 teaspoon black pepper
1 teaspoon salt
3 tablespoons butter
10 chicken wingettes just means tips removed, thawed

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Line a baking sheet with foil. Dot the foil with the butter, there is no need to melt it ahead of time but you can if you would like.
3. In a medium sized bowl, combine flour, paprika, garlic powder, and salt and pepper.
4. Coat both sides of each wing fully in the flour mixture and place on the baking sheet. Make sure the butter pieces are evenly spaced out among the wings.
5. Bake wings for 30 minutes.
6. Turn wings over and bake for an additional 15 more minutes or until crispy and fully cooked.
7. Serve with your favorite dipping sauce and sprinkle with fresh parsley if desired.
8. Enjoy!

Be sure to watch this recipe video on [The Cookie Rookie](#).



Bacon Wrapped Pineapple

PREP TIME 5 MIN COOK TIME 25 MIN SERVINGS 6 CALORIES 222

INGREDIENTS

12 slices bacon cut in half
24 chunks pineapple
1/4 cup dark brown sugar
1 tablespoon low sodium soy sauce

INSTRUCTIONS

1. Preheat oven to 400F
2. Wrap each chunk pineapple in 1/2 slice bacon and secure with a toothpick. Place on a bakings sheet fitted with a baking rack.
3. In a small bowl, stir together the brown sugar and soy sauce.
4. Brush each bacon wrapped pineapple in the brown sugar mixture.
5. Bake for 25 minutes or until the bacon is crispy.
6. Serve hot or cold.
7. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Best Guacamole

PREP TIME 10 MIN COOK TIME 5 MIN SERVINGS 6 CALORIES 245

INGREDIENTS

¼ cup chopped fresh cilantro divided
3 tablespoons white onion minced
½-¾ teaspoon kosher salt, not table salt or fine grain salt
1 fresh jalapeno pepper; stem seeds and membranes removed, diced
2 pounds avocados about 4 small halved and pitted & cubed.
2-3 tablespoons freshly squeezed lime juice
Tortilla chips for serving
Chopped fresh tomatoes for garnish optional

INSTRUCTIONS

1. Mash 2 tablespoons cilantro, minced onion, ½ teaspoon salt and jalapeno into a paste using a mortar and pestle. (SEE NOTE)
2. If the mortar is large enough, add the avocado and lime juice to the cilantro paste and lightly mash together to desired consistency. (If the mortar is too small, transfer all ingredients to a bowl to mix.) Gently mix in reserved cilantro.
3. Season to taste with more salt and/or lime juice.
4. Garnish with chopped tomatoes, if desired, and serve with chips.
5. Enjoy!

NOTE: This is a well-balanced guacamole with mild heat. If more heat is desired, add another jalapeno.

This recipe calls for a Mortar and Pestle. If you don't have one, you can use the bottom of a sturdy glass and a cutting board...or anything that could easily mash/crush ingredients together.

See this full recipe on [The Cookie Rookie](#).



Bacon Wrapped Dates with Goat Cheese

PREP TIME 20 MIN COOK TIME 10 MIN SERVINGS 10 CALORIES 270

INGREDIENTS

9 slices bacon halved
18 medjool dates pitted
4 ounces goat cheese
18 pecan halves
¼ cup dark brown sugar

INSTRUCTIONS

1. Heat oven to 375°F and set the oven rack to middle position. Line a rimmed baking sheet with foil and spray the foil with nonstick cooking spray.
2. Open the dates lengthwise where they have been opened to remove the pits. If a date isn't easy to open, slice it lengthwise but not all the way through.
3. With a small spoon, partially fill the cavity of both sides of the date with goat cheese.
4. For each date, place a pecan half in the middle of one side and press the sides together to close the date.
5. Wrap each date with ½ half slice of bacon (*see note) and secure with a toothpick.
6. With the toothpick, dip each prepared date in brown sugar and press the brown sugar all around the date.
7. Place the date on the prepared baking sheet and repeat until all dates have been filled.
8. Bake the dates at 375°F for 10 minutes. Remove from the oven and turn the dates over. Bake an additional 8 minutes. To caramelize the brown sugar on the dates, set the oven to broil and broil the dates about 1 minute per side. Watch the dates closely once the dates are under the broiler.
9. Remove the pan to a cooling rack and set the dates on a plate to cool to touch.
10. The dates can be served as is or, if a smaller bite is desired, cut each date into 3-4 slices and serve as "pinwheels".
11. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Homemade Nacho Cheese

PREP TIME 5 MIN COOK TIME 5 MIN SERVINGS 8 CALORIES 230

INGREDIENTS

8 ounces extra sharp Cheddar cheese
4 ounces Pepper Jack cheese
1½ tablespoons cornstarch
12 ounces evaporated milk
2 teaspoons hot sauce such as Frank's

INSTRUCTIONS

1. In a medium, heavy-bottom saucepan set over low heat, combine cheese and cornstarch. Toss to combine.
2. Add evaporated milk and hot sauce and whisk constantly until cheese is melted. Continue whisking about 5 minutes or until the cheese is bubbly and has thickened.
3. If cheese has thickened too much, add additional evaporated milk.
4. Serve immediately.

See this full recipe on [The Cookie Rookie](#).



Bacon Wrapped Shrimp

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 10 CALORIES 171

INGREDIENTS

1 lb shrimp about 20 cleaned, peeled, and deveined
7 thick pieces of bacon cut into thirds
4 tablespoons salted butter melted
1/4 cup brown sugar
1/2 tablespoon chipotle powder more if desired

INSTRUCTIONS

1. Line a baking sheet with foil. Preheat oven to 400F.
2. Wrap each piece of shrimp with 1/3 slice of bacon and secure with a toothpick. Place on the baking sheet.
3. Mix together the melted butter, brown sugar, and chipotle powder.
4. Brush each shrimp liberally with the butter mixture, using about 2/3 of it. Save the leftover butter mixture and set aside.
5. Bake for 15 minutes. Take the shrimp out of the oven and switch to broil.
6. Brush each shrimp one more time with the remaining butter mixture (stir before brushing).
7. Broil for 1-2 minutes or until bubbly.
8. Serve and enjoy!

See this full recipe on [The Cookie Rookie](#).



Dutch Oven Bread

PREP TIME 20 MIN COOK TIME 50 MIN SERVINGS 8 CALORIES 171

INGREDIENTS

3 cups all purpose flour
1 3/4 tsp sea salt
1/2 tsp active dry yeast
1 1/2 cups room temperature water
3/4 cup chopped fresh rosemary

INSTRUCTIONS

1. In a large bowl mix flour, sea salt, rosemary and yeast together. Mix in the water and use a spatula to blend until well combined.
2. Cover the bowl and allow to sit on the counter overnight, at least 12 hours. (patience is a virtue!)
3. Preheat oven to 450 F degrees. While oven is heating, place your Dutch Oven in the oven to allow it to preheat as well.
4. Remove pot from oven and remove the lid from it.
5. Flour your work surface as well as hands. Remove your dough from the bowl and form into a ball. This is a no knead recipe, but you may have to fold it a couple times to get it to form the shape you want. Place the dough into the bottom of your Dutch Oven (be careful not to burn your hands, the cast iron will be HOT!)
6. Bake for 30 minutes with the lid on, then remove the lid and bake another 15-20 minutes until the bread is golden brown.
7. Remove from the oven and allow to cool. Cut and serve! Perfect compliment for soups!

See this full recipe on [The Cookie Rookie](#).



Buffalo Chicken Dip

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 8 CALORIES 389

INGREDIENTS

2 pkgs cream cheese or light cream cheese
3-4 cups shredded chicken (leftover roast chicken or use rotisserie)
1 cup mexican blend cheese
1 cup light ranch
1 bottle franks red hot buffalo sauce or original

INSTRUCTIONS

1. Mix all of the ingredients together...mixing thoroughly
2. Pour mixture into a non-stick or sprayed baking dish
3. Bake at 350F for 20-30 minutes, depending on thickness of dish.

NOTES

1. Use a rotisserie chicken to make things super simple and easy
2. You can use regular cheddar instead of a Mexican blend
3. make sure to grate your own cheese as pre-grated as added starch and will change the texture and flavor of this dip
4. Use a good quality cream cheese for best results (cheaper brands can be too runny)
5. I used a light ranch dressing but you can use regular if you don't have it
6. Don't sub the ranch dressing for dry ranch seasoning (important)
7. Go for low fat and lighter versions of cheese, cream cheese and ranch if you'd like to make this whole dip lighter

See the full recipe on [The Cookie Rookie](#).



Mini Margherita Pizzas

PREP TIME 10 MIN COOK TIME 12 MIN SERVINGS 12 CALORIES 111

INGREDIENTS

2 large wheat tortillas burrito size
6 tablespoons marinara sauce divided
1/2 can diced tomatoes
12 slices whole milk mozzarella
1/4 cup fresh basil chopped

INSTRUCTIONS

1. Preheat oven to 450F
2. Using the bottom of the tomato can, press down on the tortilla to make a circle cut-out. Do this 12 times, making 12 small circles (or pizza crusts)
3. Spray a cupcake tin with non-stick spray. Place each tortilla in the bottom of each cupcake tin.
4. Place 1/2 tablespoon marinara sauce onto each tortilla, then place one slice mozzarella on each tortilla.
5. Top each with a spoonful of tomatoes and then sprinkle with chopped basil.
6. Cook for 10-12 minutes or until cheese is fully melted and tortilla crust is crispy.
7. Serve immediately if desired, but we also love these cold!
8. Enjoy!

See the full recipe on [The Cookie Rookie](#).



Layered Taco Dip

PREP TIME 10 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 310

INGREDIENTS

1 pkg. Cream Cheese - room temp.
1/4 c. Salsa
1/4-1/2 head Iceberg Lettuce - chopped or shredded I like the crispiness of Iceberg in this recipe.
1 c. Cheddar Cheese - shredded
1 c. Tomatoes - chopped
Taco Sauce opt.

INSTRUCTIONS

1. Using a mixer, mix the Cream Cheese and Salsa until well combined.
2. Spread the Cream Cheese mixture over the bottom of a small casserole dish.
3. Layer with Lettuce, Cheese, Tomatoes
4. Top with a little Taco sauce.
5. Serve with Tostitos or your favorite crackers.

NOTES

1. You can easily make this taco dip in advance and store it in the fridge for up to 1 day in advance before serving.
2. I don't recommend freezing this dip.
3. Serve with whatever chips and veggies you like.
4. Feel free to add extra layers with your favorite dips, veggies, avocado etc.
5. Leftovers will store well in the fridge for 2-3 days.
6. If you're feeding a large crowd I recommend doubling the recipe!

See the full recipe on [The Cookie Rookie](#).



Bacon Wrapped Scallops

PREP TIME 20 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 515

INGREDIENTS

1 pound bacon 16 slices
16 large sea scallops
Kosher salt
10 ounces hot pepper jelly

INSTRUCTIONS

1. Adjust oven rack to upper-middle position and set oven to broil.
2. Line a rimmed baking sheet with foil. Spray the foil with nonstick cooking spray.
3. Remove the side muscle attached to each scallop and, if necessary, cut the scallops to the same size. Pat the scallops with a paper towel.
4. To ensure the bacon crisps and cooks throughout during broiling, it is necessary to parcook the bacon before wrapping the scallops. The most proficient way is to line a microwave-safe plate with 4 layers of paper towels and spread 8 bacon slices on top. Cover the bacon with 2 more layers of paper towels and microwave on high 1½-2 minutes or until the bacon fat begins to melt but is still pliable. Transfer the first 8 slices to the counter and repeat with the remaining 8 slices of bacon.
5. Place the scallops on a plate and season with kosher salt.
6. Cut one slice of bacon (width and length) to fit around one scallop with just enough overlapping to secure with a toothpick. Place the scallop on the prepared baking sheet and repeat the process until all scallops are wrapped.
7. Top each scallop with 1-teaspoon pepper jelly.
8. Broil the scallops 3-4 minutes, spinning around the baking tray after 2 minutes. The scallops are done when the edges of bacon have browned, the scallops are opaque and bounce back slightly when touched.
9. Transfer scallops to a serving tray and serve immediately.
10. Enjoy!

See the full recipe on [The Cookie Rookie](#).



Baked Blooming Onion

PREP TIME 30 MIN COOK TIME 15 MIN SERVINGS 2 CALORIES 127

INGREDIENTS

1 large yellow onion
2/3 cup Panko breadcrumbs
1 tablespoon Cajun seasoning
1/2 teaspoon paprika
1/4 teaspoon sea salt
2 egg whites

INSTRUCTIONS

1. Preheat oven to 400 degrees. Use a large knife to cut off the top about 1/4-inch of the onion until a few of the inside layers are exposed. Be careful to cut the top side, not the root side. Peel the outermost layer of the onion down to the root, leaving the root as is.
2. Lay the onion cut side down on the cutting board. Then use a knife to section the onion into 16ths, beginning with your knife 1/8-inch away from the root and cutting straight down. You can cut more sections if you have an especially large onion. Once all cuts are complete, turn the onion over and set on a piece of parchment paper on a baking sheet. The onion will fall open, but you'll also want to use your fingers to separate the onion petals and open it completely.
3. In a small bowl, combine panko, paprika, Cajun seasoning, and salt. Whisk the egg whites together in a separate bowl.
4. To coat the onion, I started in sections. I would coat each onion petal with egg whites and then sprinkle liberally with the panko mixture. I worked from the bottom to the top in each section, and then turned the onion to work on the next section. I brushed the entire onion with one more layer of egg white and sprinkled the mixture over the entire onion once done with the sections.
5. Bake covered with aluminum foil for 5 minutes, then uncovered for an additional 10-15 minutes, or until the onion is tender and the edges are browned.
6. This recipe was adapted from one of my favorite blogs, Gimme Some Oven. She also includes an awesome sauce that tastes great with this onion!

See the full recipe on [The Cookie Rookie](#).



Mexican Spiced Cheese Crackers

PREP TIME 5 MIN COOK TIME 20 MIN SERVINGS 4 CALORIES 590

INGREDIENTS

1 13.7 ounce box White Cheddar Cheese-its
(I used reduced fat)
1/4 cup canola oil
1 1 ounce package taco seasoning (I always
use Old El Paso!)
2 tablespoons chopped cilantro dried or
fresh

INSTRUCTIONS

1. Preheat oven to 250F.
2. In a large bowl, use your hands to mix oil and crackers, coating the crackers completely. Add the taco seasoning and cilantro and mix until well combined. Take care not to break the crackers as you mix with your hands.
3. Spread crackers on a large baking tray. Cook for 20 minutes. Allow to cool before serving.
4. Store in an air-tight container or resealable bag.

See this full recipe on [The Cookie Rookie](#).



Stuffed Pepperoni Pizza Rolls

PREP TIME 20 MIN COOK TIME 20 MIN SERVINGS 8 CALORIES 251

INGREDIENTS

1 roll puff pastry dough thawed
1 1/2 cups shredded mozzarella cheese
1/4 cup marinara sauce
1/4 cup mini pepperonis or regular size
grated parmesan cheese and chopped
basil for garnish

INSTRUCTIONS

1. Preheat oven to 350F
2. Roll out dough on a piece of foil.
3. Pinch together any seams of the dough that are coming apart. You want one sheet of dough. (This is a drawback to using puff pastry dough. I tried this recipe with pizza dough and it did not work nearly as well, the rolls grew apart. I recommend using the puff pastry dough and just pinching together any seams that are open)
4. Spread marinara sauce over the dough, leaving about 1/2 inch on each side.
5. Cover marinara with cheese and pepperonis. Don't feel like you need to over-do the toppings. Less is more once you roll the dough.
6. Roll the dough length-wise (the long edge), creating one long roll. Fold the foil around the tube of dough and place in freezer for 20-40 minutes. This is optional but will help the roll keep its shape as you cut it later.
7. Take the dough out of the freezer and cut into 3/4 inch rolls. I used a bread knife and that worked well.
8. Place cut rolls onto a cookie sheet sprayed with non-stick spray.
9. Bake for 20 minutes until bubbly and golden brown.
10. Sprinkle with parmesan cheese and basil if desired.
11. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Microwave Apple Chips

PREP TIME 5 MIN COOK TIME 7 MIN SERVINGS 4 CALORIES 79

INGREDIENTS

3-4 apples thinly sliced I used a mandoline slicer, but you can use a knife, just be careful!

1/2 tablespoons cinnamon

1/2 tablespoons sugar

INSTRUCTIONS

1. Sprinkle the apple slices with cinnamon and sugar to taste. A little goes a long way!
2. Place the apples in a single layer on parchment paper and place in your microwave. You will need to work in batches depending on how big your microwave is.
3. Cook for 5 minutes on high, or until the edges curl.
4. Flip each apple slice and cook for another 1.5 minutes.
5. Allow to cool and dry for at least 2 minutes before serving.
6. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Tequila Lime Tortilla Chips

PREP TIME 10 MIN COOK TIME 18 MIN SERVINGS 4 CALORIES 90

INGREDIENTS

4 flour tortillas cut into wedges
olive oil spray
Garlic Salt
Shredded Parmesan cheese

INSTRUCTIONS

1. Preheat oven to 425F. Spray a large baking sheet with nonstick spray.
2. Add the flour tortillas in a single layer to the baking sheet. Spray liberally with nonstick spray.
3. Sprinkle liberally with parmesan cheese and then a dash of garlic salt per chip.
4. Bake for 10-15 minutes or until the chips are crispy. Broil for another 2-3 minutes to make them extra crispy (optional)
5. Serve with your favorite salsa and enjoy!

See the full recipe on [The Cookie Rookie](#).



Main Courses

[Caesar Chicken, 40](#)

[Swiss Chicken Bake, 42](#)

[Restaurant Style Steak, 44](#)

[Grilled Pork Chops, 46](#)

[Garlic Butter Salmon, 48](#)

[Broiled Hamburgers, 50](#)

[Bacon Cheeseburger Sloppy Joes, 52](#)

[French Onion Chicken Nuggets, 54](#)

[Ranch Baked Chicken with Bacon, 56](#)

[Orange Cranberry Pork Loin, 58](#)

[Best Prime Rib Roast, 60](#)

[Pesto Shrimp, 62](#)

[Creamy Baked Ziti, 64](#)

[Crock Pot Buffalo Chicken Sandwiches, 66](#)

[Bang Bang Shrimp, 68](#)

[Skillet French Onion Chicken, 70](#)



Caeser Chicken

PREP TIME 5 MIN COOK TIME 30 MIN SERVINGS 4 CALORIES 649

INGREDIENTS

4 chicken breasts boneless, skinless
1 cup Caesar salad dressing ([click for homemade recipe](#))
½ cup sour cream (optional)
1-1½ cup Parmesan cheese grated

INSTRUCTIONS

1. Heat oven to 375F and spray the inside of an 8" x 11" baking dish with cooking spray.
2. If the breasts are uneven thickness, pound them (placed in a Ziploc bag and on a flat surface) to an even ¾"-1" thickness using a meat pounder. Sprinkle the breasts (both sides) with grated Parmesan cheese & freshly ground black pepper, and place them in the prepared baking dish.
3. Whisk together Caesar dressing and sour cream in a small bowl. Pour the Caesar/sour cream mixture over each breasts then sprinkle grated Parmesan cheese on top.
4. Place the prepared chicken in the oven and bake at 375F for 30 minutes or until a meat thermometer inserted in the thickest part of one of the middle breasts reads 150°F.
5. Turn the oven to broil and broil the breasts an additional 2-4 minutes or until the chicken turns golden brown. It can burn quickly, so watch it closely. When done, a meat thermometer should register 165F when stuck into the thickest part of one of the middle breasts. Remove from the oven, cover loosely with foil and allow chicken to rest 5-10 minutes before serving.
6. If desired, garnish with chopped parsley.

NOTE: Do NOT salt the chicken.

See the full recipe on [The Cookie Rookie](#).



Swiss Chicken Bake

PREP TIME 10 MIN COOK TIME 60 MIN SERVINGS 4 CALORIES 507

INGREDIENTS

6 large boneless skinless chicken breasts
6 slices good quality swiss cheese
1 10 3/4 ounce can Cream of Chicken Soup
1 cup chardonnay
1 1/2 cups boxed Herbed Stuffing Mix

INSTRUCTIONS

1. Preheat oven to 350F.
2. Spray a 9x13 inch baking dish with nonstick spray and place chicken at the bottom. Place one slice of cheese on each piece of chicken.
3. In a small bowl, whisk together the cream of chicken soup and the wine until smooth.
4. Pour wine mixture over the chicken.
5. Top with the dry stuffing mix.
6. Bake covered for 40 minutes. Remove cover and cook for another 20 minutes; or until stuffing is toasted and chicken is cooked through. Chicken can be tricky, so be sure to check doneness before eating.
7. Serve; spooning the extra wine/stuffing mix from the dish over the chicken. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Restaurant Style Steak

PREP TIME 20 MIN COOK TIME 20 MIN SERVINGS 2 CALORIES 701

INGREDIENTS

2 8 ounce filet mignons worth the splurge!
4 teaspoons salt
4 teaspoons pepper
1 stick unsalted butter
2 cloves minced garlic prepared
1 tablespoon olive oil
2 tablespoons fresh cilantro chopped

INSTRUCTIONS

1. Mix 1/2 stick softened butter with the garlic and cilantro. Roll into a log on plastic wrap and refrigerate.
2. Preheat your oven to 400F.
3. Season each filet on both sides with salt and pepper. You want about 1 teaspoon of seasoning per side. It may seem like a lot, but just trust me :)
4. Heat the remaining 1/2 stick of butter and the olive oil in a skillet (cast iron works best but isn't required) to a screaming hot temperature. Sear the filets in a screaming hot pan for about 2-3 minutes per side, or until a nice brown crust has formed.
5. While the steak is searing, spoon the butter and oil over each filet to give it a butter bath as it cooks. (yum)
6. Once both sides are seared, transfer the steaks to a baking sheet and cook for 6-8 minutes in the center of your oven.
7. Your steak will be medium rare when it is approximately 135 degrees in the center, or when you push lightly on the top center of the steak and it gently and slowly bounces back. I think this is the BEST way to eat your steak. You get the most flavor if it isn't over cooked. If you prefer a more well-done steak, you can cook a few minutes longer.
8. Place a slice of cilantro butter on top of your steak prior to serving, while it's still hot. The butter will melt and make the steak extra delicious!
9. Enjoy!

See the full recipe on [The Cookie Rookie](#).



Grilled Pork Chops

PREP TIME 15 MIN COOK TIME 15 MIN SERVINGS 4 CALORIES 289

INGREDIENTS

4 bone in pork chops 1½” thick,
center-cut, 8 ounces each
Kosher salt
Freshly ground black pepper
Dry Rub Seasoning for Pork optional

NOTE: Be sure to start with 1½-inch thick-cut, bone-in pork chops. Use a dry brine to help retain juices as they cook.

INSTRUCTIONS

1. Line a rimmed sheet pan with aluminum foil.
2. Liberally sprinkle pork chops with kosher salt (and dry rub seasoning, if using), and refrigerate the pork chops 1-24 hours.
3. When ready to cook the chops, remove them from the fridge 30 minutes before grilling.
4. Sprinkle the pork chops lightly with freshly ground black pepper and kosher salt.
5. Heat coals until all charcoal is covered with ash and push the coals to cover one half of the grill. Set the grate in place and cover the grill for 5 minutes. This will allow the grill to preheat.
6. Clean and oil the grilling grate.
7. Place the pork chops over the hot side of the grill and cook 3-5 minutes or until golden brown on the bottom side. Flip the chops over and grill another 3-5 minutes or until browned on the other side.
8. Transfer chops to the cool side of the grill with the bone side facing the fire. Cover, cook and flip the chops in one-minute intervals until meat registers 135°F on an instant-read meat thermometer at the thickest part of the pork chop. Remove the chops from the grill. After allowing the meat to rest 10 minutes after cooking, the internal temperature should raise to 145°F (the perfect temperature for juicy pork chops).
9. Enjoy!



Garlic Butter Salmon

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 249

INGREDIENTS

1 tablespoon minced garlic about 2 cloves
1/2 lemon juiced (about 1 tablespoon)
1 tablespoon finely minced fresh rosemary
1 teaspoon coarse sea salt
1/2 teaspoon pepper
I Can't Believe It's Not Butter! Original Spray
4 salmon filets 6 ounces each
Grilled Lemon Butter Asparagus for Serving optional, [click for recipe](#)

INSTRUCTIONS

1. Preheat Grill and spray a grill pan liberally with I Can't Believe It's Not Butter! Original Spray.
2. In a small bowl or mortar and pestle, combine the garlic, lemon juice, rosemary, salt and pepper. Use the pestle or the end of a small glass to crush the garlic and rosemary into the lemon juice, creating a paste.
3. Spread the garlic paste over each piece of salmon, using it all. Allow to cool in the fridge for 20 minutes with the paste over the salmon.
4. Remove salmon from the fridge and spray each piece of salmon 4 times with the I Can't Believe It's Not Butter! Original Spray.
5. Flip the salmon over so it's skin side up on the grill pan and spray the bottom of each piece with the I Can't Believe It's Not Butter! Original Spray spray.
6. Grill, covered, for 4-5 minutes, then flip each salmon filet. Spray again with I Can't Believe It's Not Butter! Original Spray (about 2 sprays per filet) and cover again, cooking for an additional 6-8 minutes.
7. Once salmon is fully cooked through (it will be flakey and have an internal temp of at least 145F), remove from the grill and serve.
8. We love this dish served with our Lemon Butter Asparagus, linked above.
9. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Broiled Hamburgers

PREP TIME 10 MIN COOK TIME 5 MIN SERVINGS 4 CALORIES 520

INGREDIENTS

1 pound ground beef I use 80/20, lean/fat ratio
2 tablespoons butter
1 medium yellow onion diced
1 green bell pepper stems & seed removed, diced
½ pound brown mushrooms minced
1 tablespoon cornstarch
1 cup beef broth
1 teaspoon [cider vinegar](#)
2 tablespoons ketchup
2 tablespoons Worcestershire Sauce
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¼ teaspoon red pepper flakes optional
2-4 tablespoons Velveeta
4-8 slices Provolone cheese depending how cheesy you want
6 ciabatta rolls

INSTRUCTIONS

1. In a large cast iron skillet, place the ground beef and cook, over medium-high heat, until the crust is seared to a dark brown. Stir the beef and continue cooking it until about 50% of the beef is seared. Place a strainer over a large heat-resistant bowl and strain the beef. Set the beef aside.
2. Add two tablespoons of the beef fat and butter to the skillet. Add the chopped onions, green pepper and mushrooms. Cook, over medium heat, for 1-2 minutes then stir. Cook another 2 minutes until vegetables are just tender.
3. Add the beef to the vegetables and stir.
4. In a small mixing bowl, whisk together the cornstarch and beef broth.
5. Add the beef broth mixture, cider vinegar, ketchup, Worcestershire Sauce, salt, pepper and red pepper flakes to the beef/vegetable mixture.
6. Bring to a boil, over medium-high heat. Reduce heat to low and simmer until the mixture has thickened, 5-10 minutes.
7. Heat oven to broil and while the mixture thickens; butter and toast the insides of the buns. Place the buns, buttered side up, on a foil-lined cooking sheet and broil the insides of buns until golden brown. Transfer the buns to a cooling rack.
8. When the beef mixture has thickened, remove from the heat add the processed cheese. Mix until the cheese has incorporated. Season to taste, if needed.
9. Remove the top buns from the cooking sheet.
10. Place a large scoop of the meat mixture on top of each bottom bun and cover with 1-2 slices of Provolone cheese. Broil the sloppy Joes just until the cheese melts and transfer the tray to a cooling rack.
11. Replace the top buns and serve.
12. Enjoy!



Bacon Cheeseburger Sloppy Joes

PREP TIME 10 MIN COOK TIME 2 HRS SERVINGS 6 CALORIES 502

INGREDIENTS

1 1/2 pounds lean ground beef
1 tablespoon minced garlic
1 small package 8 ounces velveeta (or similar product), cut into 1 inch cubes
1/2 cup diced onion
1 cup cooked bacon crumbles
salt and pepper to taste
6 sandwich buns
Lettuce tomato, sliced cheese, and pickles as garnish (optional)

INSTRUCTIONS

1. Cook beef and garlic over medium/high heat in a 12 inch skillet, approximately 8-10 minutes. It will continue to cook in the slow cooker, so it's okay to cook it medium/medium well instead of all the way well done. Crumble the beef while you cook to your liking. Drain the skillet of the oil.
2. Add the cooked beef to a non-stick sprayed slow cooker. Add in the cubed cheese, onion, bacon crumbles, and salt and pepper. Stir to combine as much as possible.
3. Cook on low for 5-6 hours, or on high for 2 hours, stirring occasionally.
4. When ready to serve, fill buns with the beef mixture and top with desired garnishes.
5. Enjoy!

See the full recipe on [The Cookie Rookie](#).



French Onion Chicken Nuggets

PREP TIME 5 MIN COOK TIME 15 MIN SERVINGS 4 CALORIES 276

INGREDIENTS

2 lbs boneless skinless chicken breasts cubed (makes approximately 36 chicken nuggets)
1 egg
2 tablespoons skim milk
1 bag SunChips French Onion Chips crushed into tiny pieces
olive oil spray

INSTRUCTIONS

1. Preheat oven to 350F.
2. Place crushed SunChips in a shallow bowl and set aside (they may all not fit in one bowl, you may need to work in batches)
3. Whisk together egg and milk in a separate shallow bowl, set aside.
4. Spray a large baking sheet with nonstick spray.
5. Dip each cube of chicken into the egg mixture and then immediately into the chips. Use your fingers to press the chicken into the chips, coating completely on all sides. Set on the baking sheet. Repeat with the rest of the chicken, leaving space between each nugget on the baking sheet.
6. Lightly spray the nuggets with olive oil spray.
7. Bake for 15-18 minutes or until cooked through and golden brown.
8. Serve with your favorite dipping sauces and enjoy!
9. ****Note:** Nuggets can be frozen in an airtight container or freezer bag for up to one month. Heat in the microwave or oven when ready to serve.

See this full recipe on [The Cookie Rookie](#).



Ranch Baked Chicken with Bacon

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 4 CALORIES 943

INGREDIENTS

4 boneless skinless chicken breasts
1½ cups Ranch dressing
½ cup sour cream
1-1½ cup grated Parmesan cheese divided
Kosher salt
Freshly grated black pepper
¼ cup cooked bacon crumbles
Garnish: diced fresh parsley

INSTRUCTIONS

1. Heat oven to 375°F and spray an 8 x 11-inch baking dish with cooking spray.
2. If the breasts are uneven in thickness, pound them to an even 1" thickness using a meat pounder.
3. Sprinkle both sides of meat with half the grated Parmesan cheese, salt and freshly ground black pepper. Place the chicken in the prepared baking dish.
4. In a medium bowl, whisk together Ranch dressing and sour cream. Pour the mixture over the chicken breasts and sprinkle with remaining Parmesan cheese.
5. Bake at 375°F for 20-30 minutes or until a meat thermometer inserted in the thickest part of the breast reads 150°F.
6. Set oven to broil and broil the breast an additional 2-4 minutes or until the chicken turns golden. It will burn quickly so watch closely.
7. The chicken is cooked through when the thermometer reads 160°F when inserted in the thickest part of the middle breast.
8. Remove from the oven and sprinkle with cooked bacon crumbles. Allow the chicken to rest a few minutes before serving.
9. Garnish with diced parsley, if desired.
10. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Orange Cranberry Pork Loin

PREP TIME 15 MIN COOK TIME 1 HR SERVINGS 6 CALORIES 315

INGREDIENTS

[Copper Chef Wonder Cooker \(optional\)](#)

(Use Code WC20M and Click for 20% off)

3 lbs boneless pork loin roast

olive oil

salt and pepper to taste

3/4 cup orange juice divided

1/4 cup apple cider vinegar

1/2 jar 8 ounces sweet orange marmalade

1/2 can 7 ounces whole cranberry sauce

INSTRUCTIONS

1. Preheat oven to 375F.
2. Place pork in a shallow roasting pan or grill pan and pat dry with a paper towel.
3. Rub all sides with olive oil.
4. Season with salt and pepper on all sides.
5. Sear each side over high heat for 2 minutes per side, 10 minutes total.
6. While searing, make your sauce. In a medium bowl, stir together the 1/2 cup orange juice, vinegar, marmalade, and cranberry sauce.
7. Place seared pork in a large roasting pan and pour sauce over the pork.
8. Cook for 60-80 minutes or until internal temperature reaching 140-145 in the most central part of the pork. Baste every 20 minutes in orange juice mixture.
9. Remove from oven and place pork on a foil tented plate to cool/rest for 10 minutes.
10. While pork is resting, add remaining 1/4 cup orange juice to the juices left over from cooking. If your roasting pan is stovetop safe you can just keep all the sauces in the pan or if not, add to a saucepan.
11. Bring sauce to a boil and then reduce to a simmer while pork rests.
12. Slice and serve pork, drizzled with more sauce and garnished with orange slices and fresh cranberries.
13. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Best Prime Rib Roast

PREP TIME 20 MIN COOK TIME 3 HR SERVINGS 10 CALORIES 946

INGREDIENTS

7 lbs Prime Rib Roast 3-4 ribs or 6-7 pounds
Kosher salt
Freshly ground black pepper
Garlic powder
Smoky Paprika
Brandy Peppercorn Sauce for serving, see note. ([click for recipe](#))

INSTRUCTIONS

1. The roast is best if prepared 8-48 hours ahead.
2. When ready to cook the roast, heat oven to 200°F.
3. Spray a V-rack (that will fit in a large roasting pan) or a wire rack (that will fit in or across a rimmed baking sheet) with nonstick cooking spray.
4. Leave the twine in place and score (cut slits across) the fat-cap with a sharp knife.
5. Generously season roast with kosher salt and pepper and place the roast, fat-cap up, on the prepared V-rack or wire rack.
6. If time allows, place the prepared roast, uncovered, in the refrigerator overnight or up to 48 hours before roasting. This will allow the salt to penetrate the meat more thoroughly and will improve browning.
7. When ready to cook the roast, remove it from the refrigerator 1 hour before cooking.
8. Sprinkle with more kosher salt & freshly ground black pepper, garlic powder and smoky paprika.
9. Place the roast in the oven and cook until the center of roast registers 115°F. Begin checking the internal temperature at 3 hours and then every 15 minutes, thereafter, until it reaches the desired temperature.
10. Turn off the heat and leave the roast in the oven until it reaches 125°F (rare) on an instant-read thermometer, 130°F (medium-rare), 135°F (medium).
11. Remove roast from the oven and tent loosely with foil. Allow it to rest 15-30 minutes.
12. Meanwhile, set the oven to 500°F.
13. About 10 minutes before serving, remove the foil, sprinkle the roast with freshly ground black pepper and place the roast back in the oven. Cook until it is beautifully browned and a little crisp on the outside.
14. Transfer the roast from the oven, cut the twine holding it together and remove the bones.
15. Serve immediately Homemade Horseradish Sauce or Brandy Peppercorn Sauce (see note for link)
16. Enjoy!

NOTE: Carve one slice of roast per guest and leave the rest of the roast intact until needed more servings. This will keep the roast warm and help to retain its flavorful juices.

See this full recipe on [The Cookie Rookie](#).



Pesto Shrimp

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 149

INGREDIENTS

1 cup fresh cilantro chopped
Juice from 1/2 a lime
1/4 cup olive oil
1/4 cup parmesan cheese grated
3 cloves of garlic minced
1 teaspoon fine sea salt
1 teaspoon pepper

INSTRUCTIONS

1. Place the cilantro, lime juice, olive oil, parmesan cheese, garlic, salt and pepper in a strong blender or food processor. Pulse until full combined. Set aside.
2. Place 5 shrimp on each skewer.
3. Brush each side of the shrimp on each skewer with the pesto.
4. Grill each side for approximately 4 minutes, brushing with more pesto as you flip. If the shrimp aren't fully cooked (they will get smaller and become pink/white), cook for an additional 2 minutes on each side.
5. Serve immediately. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Creamy Baked Ziti

PREP TIME 15 MIN COOK TIME 50 MIN SERVINGS 8 CALORIES 531

INGREDIENTS

1 pound uncooked ziti
1 32 ounce jar Marinara sauce
1 8 ounce package cream cheese, softened
16 ounces shredded mozzarella
½ cup grated Parmesan cheese
¼ cup chopped fresh basil

INSTRUCTIONS

1. Heat oven to 375°F and spray an 11x9-inch casserole dish with nonstick cooking spray.
2. In a large saucepan, cook the pasta according to package (al dente/no salt) directions, drain.
3. In the same large saucepan set over medium heat, cook the marinara sauce and cream cheese together until the cheese melts. Stir often.
4. Add the pasta to the marinara/cheese sauce and mix well.
5. Pour half the marinara/cheese/ziti sauce in the prepared baking dish and sprinkle with half the mozzarella and half the Parmesan cheeses.
6. Sprinkle the cheeses with 2 tablespoons chopped fresh basil.
7. Layer the remaining marinara/cheese/ziti sauce over the cheese and top with the remaining mozzarella and Parmesan.
8. Cover and bake at 375° for 30 minutes.
9. Remove the cover and bake an additional 15-20 minutes or until the baked ziti is bubbly and cheese is golden.
10. Garnish with the remaining chopped basil and serve with toasted baguette.
11. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Crock Pot Buffalo Chicken Sandwiches

PREP TIME 10 MIN COOK TIME 7 HRS SERVINGS 6 CALORIES 327

INGREDIENTS

5 boneless skinless chicken breasts frozen
1 12 ounce bottle of your favorite hot sauce
(I love Franks), divided
1 ounce packet dry ranch seasoning
1 1/2 tablespoons butter
6 Toasted Onion Rolls/Hamburger Buns
4 slices cheese I used Gouda and also
love Cheddar on it! optional
Blue Cheese Dressing optional for garnish
Ranch Fried Pickles optional for garnish

INSTRUCTIONS

1. Place chicken breasts along with 3/4 of the bottle hot sauce and ranch seasoning into a non-stick sprayed slow cooker.
2. Allow to cook on low for 6-7 hours or on high for 3 1/2-4 hours.
3. Add the butter and the remaining hot sauce, and shred chicken with forks. Stir to combine.
4. To assemble sandwiches, place cheese and chicken on toasted bun. top with blue cheese dressing and Ranch Fried Pickles ([recipe here](#)) if desired.
5. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Bang Bang Shrimp

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 6 CALORIES 97

INGREDIENTS

1 lb shrimp 26-30, peeled & deveined
6 bamboo skewers optional
1/2 cup Bang Bang Sauce ([click for recipe](#))
2 tablespoons chopped green onions
sliced at an angle, divided

INSTRUCTIONS

1. If using skewers, place them in a shallow baking dish and cover them with water and soak them 10 minutes prior to using.
2. Pour half the sauce in a smaller bowl to use as a dipping sauce. Set aside.
3. If using skewers, thread 4-5 shrimp on each and brush the remaining sauce over the shrimp.
4. Heat a skillet or griddle over medium heat. Drizzle 2 tablespoons oil onto the skillet or griddle and place the shrimp in the skillet.
5. Cook the shrimp 1-2 minutes per side, or until shrimp is opaque. (Adjust the cooking time if using different size shrimp.)
6. Transfer shrimp to a serving dish and brush lightly with the reserved sauce. Garnish with extra chopped green onions.
7. Serve immediately, with a dollop of dipping sauce, on the side.
8. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Skillet French Onion Chicken

PREP TIME 5 MIN COOK TIME 25 SERVINGS 4 CALORIES 356

INGREDIENTS

4 boneless skinless chicken breasts
1 10.5 ounce can French Onion Soup
1 cup croutons
2 tablespoons olive oil
4 slices swiss cheese

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium high heat.
2. Add chicken and cook each side for 3-4 minutes until browned.
3. Add the french onion soup to the skillet and allow chicken to continue to cook for another 4-5 minutes on each side, adding the croutons to the mixture after you flip the chicken. Cook the chicken until it's white all the way through.
4. When chicken is fully cooked, add a slice of swiss cheese to the top of each chicken breast. Turn off heat and allow swiss to melt over the chicken.
5. Serve with rice or vegetables. Enjoy!

See this full recipe on [The Cookie Rookie](#).





Breakfast

[Pimento Cheese Grits, 74](#)

[Cheesy Sausage and Potatoes Casserole, 76](#)

[Fried Apples, 78](#)

[Candied Bacon, 80](#)



Pimento Cheese Grits

PREP TIME 5 MIN COOK TIME 5 MIN SERVINGS 4 CALORIES 327

INGREDIENTS

2 cups chicken broth unsalted
1 cup water
2 tablespoons butter unsalted
1 cup quick-cooking yellow grits
½ cup pimento cheese purchased or [click for recipe](#)
¼ teaspoon kosher salt
Serve with our Sweet Tea Pork Tenderloin!
[Click for Recipe](#)

INSTRUCTIONS

1. Bring chicken broth and water to a rolling boil over medium-high heat. Reduce heat to low and mix in the butter. Cook the grits, stirring continuously, until grits are tender, 1-2 minutes. Mix in the pimento cheese and kosher salt.
2. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Cheesy Sausage and Potatoes Casserole

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 8 CALORIES 441

INGREDIENTS

3 pounds Yukon Gold potatoes peeled and cut into ¼-inch slices
¼ cup unsalted butter melted
1 pound bulk hot pork sausage
1 medium yellow onion chopped
2 cups shredded cheese; cheddar Gruyere, Swiss or a mixture
2 tablespoons chopped fresh parsley for garnish

INSTRUCTIONS

1. Heat oven to 350°F and spray 13x9-inch baking dish with nonstick cooking spray.
2. Place potatoes in a large saucepan, over medium-high heat, and cover them with cold water. Bring the water to a boil and reduce the heat to low. Cook, uncovered 8-10 minutes or until the potatoes are just fork tender. Drain the potatoes and place them in the prepared baking dish.
3. Pour the melted butter over the potatoes.
4. While the potatoes cook, crumble the sausage in a large skillet set over medium heat. Add the chopped onion and cook until the onion is translucent and the sausage is cooked through. Transfer the sausage/onion mixture to a paper towel-lined plate and dab the top of the mixture with another paper towel.
5. Spread the sausage/onion mixture over the potatoes and gently toss the mixture together.
6. Top with cheese and bake, uncovered, at 350°F for 7-10 minutes or until the cheese is melted.
7. Garnish with chopped parsley, if desired, and serve.
8. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Fried Apples

PREP TIME 10 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 245

INGREDIENTS

4 tablespoons unsalted butter
6 cups sliced Jonathan apples peeled
2 tablespoons granulated sugar
2 tablespoons packed light brown sugar
Juice of ½ lemon
¼ teaspoon kosher salt
1 teaspoon ground cinnamon optional

INSTRUCTIONS

1. In a large heavy skillet, melt the butter over medium-low heat. Add all other ingredients and cook, uncovered, 8-10 minutes. Carefully turn the apples, with a spatula, every 2 minutes. The apples should be tender, but still have a slight bite and hold their shape.
2. Enjoy!

See the full recipe on [The Cookie Rookie](#).



Candied Bacon

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 6 CALORIES 573

INGREDIENTS

12 strips of Wright Brand Bacon
1 cup whiskey or bourbon
1 1/4 cup dark brown sugar divided
1/2 teaspoon cayenne pepper

INSTRUCTIONS

1. Preheat oven to 350F
2. Mix together your whiskey with 1 cup brown sugar and cayenne pepper in a small saucepan over medium/high heat. Stir to combine. Bring to a boil and then reduce to a simmer for 10 minutes. Remove from heat and set aside.
3. Place each strip of bacon directly on a baking sheet, allowing a bit of space between strips. Brush the bacon with the whiskey reduction and then sprinkle with remaining 1/4 cup brown sugar.
4. Place bacon in the oven and cook for 20 minutes, checking after 12 minutes. Ovens vary, so you want to make sure they don't burn. Mine took the full 20 minutes.
5. Take bacon out of the oven and allow to sit on a paper towel to cool/drain.
6. Serve and enjoy!

See the full recipe on [The Cookie Rookie](#).



Side Dishes

[Crispy Baked Zucchini, 84](#)

[Caprese Salad, 86](#)

[Garlic Butter Mashed Potatoes, 88](#)

[Crispy Garlic Roasted Asparagus, 90](#)

[Grilled Lemon Butter Asparagus, 92](#)

[Easy Cucumber Salad, 94](#)

[Green Beans with Molasses, 96](#)

[Baked Sweet Potatoes, 98](#)

[Cheesy Baked Tomatoes, 100](#)

[Herb Roasted Potatoes, 102](#)

[Lemon Parmesan Roasted Broccoli, 104](#)

[Smashed Potatoes, 106](#)

[Honey Balsamic Roasted Carrots, 108](#)



Crispy Baked Zucchini

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 131

INGREDIENTS

2 zucchinis sliced into 1/4-1/2" slices
2 tablespoons olive oil
1/4 teaspoon salt
1/2 teaspoon pepper
1 teaspoon Italian Seasoning ([click for homemade recipe!](#))
1/4 cup panko breadcrumbs
1/3 cup grated parmesan cheese

INSTRUCTIONS

1. Preheat oven to 425F
2. Add zucchini slices to a large bowl.
3. In a medium bowl, combine olive oil, salt, pepper, Italian Seasoning, panko, and parmesan. Stir to fully combine.
4. Add the parmesan mixture to the bowl with the zucchini and toss to fully coat the zucchini. You might add a bit more olive oil if needed.
5. Place coated zucchini on a large baking sheet.
6. Bake for 4-5 minutes, then switch oven to broil.
7. Broil for 3-4 minutes or until bread crumbs are toasted and cheese is melty.
8. Enjoy!

See the full recipe on [The Cookie Rookie](#).



Caprese Salad

PREP TIME 5 MIN COOK TIME 5 MIN SERVINGS 2 CALORIES 427

INGREDIENTS

2½ cups lightly packed fresh basil leaves rough chopped
1½ teaspoons kosher salt
½ cup extra-virgin olive oil
6 slices fresh Mozzarella cheese whole-milk
6 slices summer tomatoes
Flake sea salt and freshly ground black pepper to season
Fresh basil leaves for garnish

INSTRUCTIONS

1. Place the basil and kosher salt in the bowl of a food processor and push the process button. While the basil is processing, slowly add the olive oil and continue processing until the basil/oil/salt mixture looks like a thin pesto sauce.
2. Slice the mozzarella into 6 (1/4") slices and slice the tomatoes into 6 (1/4") slices.
3. Alternate the cheese and tomato slices on a plate and drizzle with the basil-oil. Season lightly with flaked sea salt and freshly ground black pepper. Garnish with fresh basil leaves. Refrigerate, lightly covered, up to 1 hour or serve immediately.
4. Enjoy!

NOTE: This recipe only make a small Caprese Salad, but makes enough basil oil for two-three large Caprese Salads. Keep the oil refrigerated in an airtight jar, up to 2-3 days. If desired, the basil-oil can be frozen in ice cube trays and then transferred to a zip-lock bag for longer storage. Thaw in the refrigerator one day before using.



Garlic Butter Mashed Potatoes

PREP TIME 10 MIN COOK TIME 4 HRS SERVINGS 4 CALORIES 309

INGREDIENTS

3 pounds Yukon Gold potatoes peeled & chopped

1-2 bulbs garlic the top ¼ cut off

¼ cup chicken broth

1 teaspoon salt

¼ teaspoon freshly ground black pepper
optional

4 tablespoons butter unsalted

¼-½ cup milk

Garnish: fresh chopped chives or parsley
extra butter

INSTRUCTIONS

1. Spray a slow-cooker with cooking spray and set it to HIGH heat.
2. Peel and cut the potatoes into 1-inch cubes. Rinse the potatoes under cold water (this removes some of the starch). Transfer the potatoes to the slow-cooker and nestle the garlic on top of the potatoes. Drizzle the chicken broth on top and sprinkle the potatoes with salt and pepper.
3. Cook on HIGH 2-3 hours or on LOW 3-4 hours or until potatoes are tender.
4. Remove and mash the garlic. Add the garlic and butter to the potatoes and mash the potatoes until smooth. Try not to over mix the potatoes or they will turn gummy. Mix in the milk to the desired consistency.
5. Garnish with chopped chives or parsley and pats of butter.
6. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Crispy Garlic Roasted Asparagus

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 4 CALORIES 85

INGREDIENTS

1 tablespoons olive oil
2 cloves garlic minced
½ teaspoon salt
¼ teaspoon freshly ground black pepper
2 tablespoons Parmesan cheese
2 tablespoons panko breadcrumbs
1 lb (one bunch) asparagus trimmed of
2-inches of the woody stalk ends
Garlic Aioli for serving, [click for recipe](#)

INSTRUCTIONS

1. Heat oven to 400°F and line a baking sheet with parchment or aluminum foil. Spray the parchment or foil with cooking spray.
2. Place all ingredients except the asparagus in a resealable plastic zipper bag and shake to mix.
3. Add the asparagus and massage the ingredients to evenly coat the asparagus spears.
4. Empty the bag onto the prepared baking sheet and separate the asparagus out so the spears are not touching one another.
5. Bake 15-20 minutes or until the asparagus is tender and the panko is golden brown.
6. Serve with Roasted Garlic Aioli and...
7. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Grilled Lemon Butter Asparagus

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 76

INGREDIENTS

1 pound fresh asparagus washed with the ends cut off
2 tablespoons unsalted butter melted
1/4 cup freshly squeezed lemon juice
salt and pepper to taste

INSTRUCTIONS

1. Mix together the melted butter and lemon juice. Pour into a large ziplock bag and add in the asparagus. Make sure all of the asparagus is coated in the butter mixture.
2. Place in the fridge for about 30 minutes before grilling.
3. When ready to grill, heat grill to medium high (about 400-450 degrees F) and brush with canola oil.
4. Add the asparagus directly to the grill and grill for 7-10 minutes, flipping once.
5. When fully cooked, remove from the grill and season with salt and pepper to taste.
6. Serve hot. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Easy Cucumber Salad

PREP TIME 10 MIN COOK TIME 0 MIN SERVINGS 8 CALORIES 23

INGREDIENTS

2 large cucumbers
1 red onion sliced
1/3 cup apple cider vinegar
1/4 cup water
1 tablespoon sugar
1 teaspoon fine sea salt
1 teaspoon black pepper

INSTRUCTIONS

1. Slice each cucumber in 1/4 inch slices and add to a large bowl.
2. Add in the sliced red onion (sliced into half moon and toss to combine.
3. In a mason jar or small bowl whisk together the apple cider vinegar, water, sugar, salt, and pepper.
4. Pour the dressing mixture over the cucumber and onion and toss to fully coat/combine.
5. Keep in the fridge until ready to serve.
6. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Green Beans with Molasses

PREP TIME 5 MIN COOK TIME 5 MIN SERVINGS 4 CALORIES 119

INGREDIENTS

2 tablespoons butter unsalted
1 pound green beans trimmed & blanched
1 tablespoons molasses
1 tablespoon honey
1 tablespoon Worcestershire Sauce
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper

INSTRUCTIONS

1. To blanch the beans: Prepare a large bowl of ice water and set aside. Bring 2 quarts water to a rolling boil, and add the beans. Cook 2 minutes until beans turn bright green and then immediately transfer the beans to the ice water, being sure all the beans are submerged.
2. In a large skillet, over medium heat, melt 2 tablespoons butter. Add green beans and cook until crisp-tender.
3. Add molasses, honey, Worcestershire Sauce, salt and pepper; stir until beans are glazed.
4. Serve immediately.
5. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Baked Sweet Potatoes

PREP TIME 5 MIN COOK TIME 1 HR SERVINGS 6 CALORIES 210

INGREDIENTS

6 large sweet potatoes scrubbed and rinsed
olive oil
kosher salt optional, see note
3 tablespoons salted butter melted
6 tablespoons dark brown sugar
1 tablespoon ground cinnamon

INSTRUCTIONS

1. Preheat oven to 350F.
2. Prick each sweet potato all over with a fork.
3. Place on a baking sheet and drizzle with olive oil. Rub the olive oil over each potato to coat.
4. Sprinkle lightly with salt.
5. Bake for 45-60 minutes or until fully cooked (TIP: The potatoes are done when there is zero resistance when pressed).
6. Remove from the oven and slice each sweet potato from end to end, squeezing the ends together to open the potatoes a bit more.
7. Drizzle each with the melted butter and then top with 1 tablespoon brown sugar and a pinch of cinnamon per potato.
8. Serve and enjoy!

NOTE: I love salty and sweet, so a bit of salt on the outside and salted butter tasted great to me. If you prefer these to be JUST sweet, skip the salt when baking and use unsalted butter.



Cheesy Baked Tomatoes

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 193

INGREDIENTS

4 roma tomatoes sliced
1 cup shredded mozzarella cheese
1 cup shredded parmesan cheese
1/2 cup fresh basil chopped
olive oil

INSTRUCTIONS

1. Preheat oven to 400F
2. Place tomato slices on a parchment lined baking sheet
3. Top each tomato with a layer of parmesan and then a layer of mozzarella
4. Sprinkle the chopped basil on top of each tomato
5. Drizzle lightly with olive oil
6. Bake for 8-10 minutes or until cheese is melted and bubbly
7. Turn off oven and broil for 2-3 minutes to brown the cheese
8. Serve immediately. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Herb Roasted Potatoes

PREP TIME 15 MIN COOK TIME 45 MIN SERVINGS 4 CALORIES 272

INGREDIENTS

6 Yukon Gold potatoes – medium sized washed and cut in half lengthwise
4 tablespoons olive oil divided
1 teaspoon Kosher salt
1 teaspoon black pepper
½ teaspoon favorite dried herb or herb mix. I love blends or rosemary & garlic; with or without lemon peel chili powder, thyme (possibly Herbes de Provence or Bouquet Garni. These can ordered from Penzeys or found in the spice aisle)

INSTRUCTIONS

1. Preheat oven to 400 degrees F. Cover a baking sheet with aluminum foil and brush the foil with oil.
2. With paper towels, pat dry the potato halves.
3. Place all ingredients in a large bowl. Gently mix until the potatoes are evenly coated.
4. Place potatoes, 1-2" apart, flat-side down, on the prepared baking sheet. Place potatoes in the preheated oven and cook at 400F for 35-45 minutes or until golden on the bottom side and soft inside.
5. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Lemon Parmesan Roasted Broccoli

PREP TIME 5 MIN COOK TIME 15 MIN SERVINGS 4 CALORIES 191

INGREDIENTS

24 ounces broccoli florets
2-3 tablespoons olive oil
2 cloves garlic minced
1/2 cup grated parmesan divided
Juice of 1 lemon
2 lemons cut into wedges

INSTRUCTIONS

1. Preheat oven to 425F
2. Spray a baking sheet with non-stick spray and set aside.
3. In a large bowl, combine broccoli, olive oil, salt and pepper, garlic, juice from lemon, and half of the parmesan. Toss to combine all the flavors.
4. Arrange broccoli in a single layer on the baking sheet and place lemon wedges around as you see fit.
5. Bake for 12-14 minutes, or until tender
6. Remove from oven and sprinkle with the rest of the parmesan. Squeeze lemon wedges over broccoli if desired.
7. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Smashed Potatoes

PREP TIME 10 MIN COOK TIME 20 MIN SERVINGS 4 CALORIES 173

INGREDIENTS

12 Baby Yukon Gold Potatoes I love the tiny potatoes for this recipe.

Olive Oil

Salt & Pepper

Opt. - favorite herbs Rosemary, Dill, Parisien

INSTRUCTIONS

1. Preheat the oven to 450 degrees.
2. Steam or boil the potatoes until tender. (steaming is my preference)
3. Spray a foil-lined baking sheet with cooking spray.
4. Drizzle the sheet pan with olive oil.
5. Place the cooked and dried potatoes on the baking sheet and leave 2 inches between potatoes.
6. Use a potato masher and press gently but firmly on each potato until flattened.
7. Drizzle olive oil over the potatoes.
8. Sprinkle with salt & pepper to taste.
9. Sprinkle with favorite herbs like Thyme, Rosemary or Parisien.
10. Bake at 450 degrees for 20-25 minutes until golden and crispy on the bottom.

See this full recipe on [The Cookie Rookie](#).



Honey Balsamic Roasted Carrots

PREP TIME 5 MIN COOK TIME 40 MIN SERVINGS 6 CALORIES 96

INGREDIENTS

1.5 lbs baby carrots rinsed
2 tablespoons good quality balsamic vinegar
1 tablespoon honey plus more for garnish
2 tablespoons olive oil
salt pepper, and fresh parsley to taste

INSTRUCTIONS

1. Preheat oven to 400F. Spray a small/medium baking dish with nonstick spray.
2. In a medium sized bowl, whisk together the honey, balsamic vinegar, and olive oil.
3. Toss the carrots in the balsamic mixture and coat well.
4. Place carrots in baking dish and pour any remaining sauce over the carrots.
5. Bake for 40 minutes, stirring once, until tender and caramelized.
6. Remove from oven and drizzle with more honey.
7. Garnish with salt, pepper, and parsley to taste

See this full recipe on [The Cookie Rookie](#).



Desserts

- [Strawberries Foster, 112](#)
- [PB Chocolate Chip Cookie Bark, 114](#)
- [Saltine Cracker Toffee, 116](#)
- [Pumpkin Pie Brownies, 118](#)
- [Apple Dumplings, 120](#)
- [No Bake Pumpkin Cheesecake, 122](#)
- [Peanut Butter Ice Cream Pie, 124](#)
- [Salted Caramel Puppy Chow, 126](#)
- [Twix Cookie Cups, 128](#)
- [Strawberries and Cream Popsicles, 130](#)



Strawberries Foster

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 4 CALORIES 470

INGREDIENTS

2 tablespoons salted butter
1/2 cup dark-brown sugar
1/4 cup good quality dark rum
16 ounces strawberries hulled and sliced in half
1 pint Vanilla Bean Ice Cream for serving

INSTRUCTIONS

1. Heat butter, sugar, and rum in a medium skillet over medium low heat. Cook for 4-6 minutes, stirring while you cook. If the mixture catches on fire, turn off the heat until flame subsides and then continue cooking.
2. Add strawberries, stirring to make sure they are all coated, until warmed through, 2-3 minutes.
3. Serve over ice cream. Enjoy!

See this full recipe on [The Cookie Rookie](#).



PB Chocolate Chip Cookie Bark

PREP TIME 5 MIN COOK TIME 5 MIN SERVINGS 12 CALORIES 281

INGREDIENTS

16 ounces good quality milk chocolate melted
4 ounces creamy peanut butter warmed until pourable
3 Otis Spunkmeyer Chocolate Chunk Cookies crumbled
1/4 cup Semi Sweet Chocolate Chunks

INSTRUCTIONS

1. Prepare a baking sheet with wax paper.
2. Pour the chocolate onto the wax paper and use a spatula or spoon to spread out the chocolate into a thin layer.
3. Pour the peanut butter over the chocolate and lightly swirl.
4. Place the cookie crumbles onto the chocolate mixture and lightly press down to adhere. Do the same with the chocolate chunks.
5. Place the baking sheet into the fridge or freezer until fully hardened, about 2 hours.
6. Break into pieces and store in an airtight container in the fridge until ready to serve.
7. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Saltine Cracker Toffee

PREP TIME 5 MIN COOK TIME 10 MIN SERVINGS 24 CALORIES 191

INGREDIENTS

1 - 1 1/2 sleeves saltine crackers
2 sticks butter (1 cup)
1 cup dark brown sugar
6 oz. semi-sweet chocolate chips
6 oz. milk chocolate chips

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Line a cookie sheet with heavy-duty aluminum foil and spray with cooking spray.
3. Lay the crackers (salt-side down) in a single layer until the sheet is covered.
4. Melt the butter in a non-stick stove-top pan.
5. Add the brown sugar and bring to a rolling boil.
6. Boil for 4-5 minutes until lighter in color of bubbly.
7. Pour carefully over the crackers.
8. Bake at 400 for 5 minutes.
9. Cool the crackers for 1-2 minutes then sprinkle the chocolate chips on top.
10. Let sit for a few minutes until the chocolate melts (you might need to put the pan in the oven for 30 seconds or so to warm the chocolate chips).
11. Carefully spread the chocolate over the crackers until smooth and covers every cracker.
12. Let cool to room temperature, then cool in the refrigerator until cold.
13. Break the crackers apart and...ENJOY!!

NOTE: These keep in the refrigerator for at least 2-3 weeks. Keep in an airtight container in the fridge for best taste.

See this full recipe on [The Cookie Rookie](#).



Pumpkin Pie Brownies

PREP TIME 10 MIN COOK TIME 35 MIN SERVINGS 12 CALORIES 104

INGREDIENTS

Brownie mix of your choice
1/2 can pumpkin NOT pumpkin pie filling
6 oz cream cheese
3 tablespoons Sugar
1 tablespoon pumpkin pie spice
1/2 cup milk chocolate chips

INSTRUCTIONS

1. Preheat your oven to whatever instructions are on the brownie mix box. 350F works well.
2. Make the brownie mix in a separate bowl. Follow the directions on the box. Add the chocolate chips to the brownie mix. Stir them in and set the bowl and set to the side.
3. Mix the pumpkin, cream cheese (softened), sugar, and pumpkin pie spice in another bowl. Mix until very smooth.
4. Spray your pan with cooking spray before starting. Pour half of the brownie mix into the pan and spread out so the entire bottom of the pan is covered.
5. Next add the pumpkin. You can either spoon the pumpkin filling onto the brownie in chunks or spread it out evenly. Cover the pumpkin with the rest of the brownie batter and smooth out the top.
6. Now you're ready to bake! I added 10 minutes to the directions on the box (cooked for 35 minutes for my pan size). Since you're adding quite a bit of depth with the pumpkin mix...you'll need to cook longer. To check if brownies are done...dip a fork into the middle of the brownies. If the fork comes out clean...they're done!
7. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Apple Dumplings

PREP TIME 20 MIN COOK TIME 30 MIN SERVINGS 8 CALORIES 302

INGREDIENTS

- 4 small Baking Apples
- 2 packages pkgs - Pillsbury Pie Crust Dough or Puff Pastry
- 1/2 Cup Sugar
- 2 Tablespoons Cinnamon
- 4 Tablespoons cold Butter not margarine

INSTRUCTIONS

1. Preheat the oven to 400 degrees
2. Roll out the pastry to 1/8" thickness and cut into 8 x 8 squares.
3. Cut out leaf shapes with a sharp knife and press leaf veins into the leaves with the back of the knife.
4. Keep the pastry cold until ready to use.
5. Peel each apple and core down to the bottom, but not all the way through. Make sure to get all seeds and as much core out as possible. Cut each apple in half lengthwise.
6. Cut the cold butter into small cubes.
7. Mix together the sugar and cinnamon. (a little Apple Pie Spice is a nice extra ingredient)
8. Drop butter cubes and cinnamon-sugar into the middle of each apple filling the space where the core was.
9. Working with one apple at a time...Bring the edges of the pastry up to the top of the apple until the apple is covered.
10. Crimp the edges together and pinch the dough together to seal firmly. If needed, use a little egg wash or water to moisten the edges so the pastry will stick together.
11. Dip the ends of each leaf into water and press into the top of the apple. You can add a little stem if desired.
12. Place the apples on parchment paper-lined cookie sheet and chill until ready to bake.
13. When all apples are prepared, brush with an egg wash (1 egg mixed with 1 T. water).
14. Bake 15 minutes at 400 degrees and take out of the oven.
15. Glaze the apples with the egg wash again and sprinkle with cinnamon-sugar if desired.
16. Bake another 10-15 minutes until golden brown and beautiful. NOTE: *If the apples are browning too quickly, reduce the heat to 375 degrees for the last 10-15 minutes.
17. This recipe is delicious, beautiful and simple. Serve with ice cream and a little caramel sauce. ENJOY!!

See this full recipe on [The Cookie Rookie](#).



No-Bake Pumpkin Cheesecake

PREP TIME 20 MIN COOLING TIME 8 HRS SERVINGS 8 CALORIES 101

INGREDIENTS

Graham Cracker Pie Crust [click for recipe](#)

FOR THE CHEESECAKE:

3 8 ounce packages cream cheese,
softened

1 cup powdered sugar confectioner's sugar

1 15 ounce can 100% pure pumpkin (purée)

2 teaspoons pumpkin pie spice

½ teaspoon kosher salt

1 cup heavy whipping cream

Pumpkin Spice Whipping Cream [click for
recipe](#)

INSTRUCTIONS

1. Prepare the crust per recipe directions.
2. Combine cream cheese and powdered sugar in a mixing bowl and beat on low speed for 15 seconds. Set the mixer to high speed and beat until the sugar and cream cheese incorporate fully, about 2 minutes.
3. Add the pumpkin purée, pumpkin pie spice and salt and beat an additional minute.
4. Add the whipping cream and mix on low speed to combine. Increase the mixer speed to high and beat until stiff peaks form, 3-5 minutes more.
5. Pour into the prepared crust.
6. Spray a piece of plastic wrap with nonstick spray, cover the cheesecake with the plastic wrap (sprayed side down) and place it in the refrigerator to set – between 6-8 hours (or overnight).
7. When ready to serve:
8. Make the Pumpkin Pie Whipping Cream per recipe directions.
9. Remove the cheesecake from the springform pan, remove the plastic wrap and cut the cheesecake into thin wedges.
10. Serve each slice with a dollop of Pumpkin Pie Whipping Cream and a dash of pumpkin pie spice.
11. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Peanut Butter Ice Cream Pie

PREP TIME 10 MIN COOLING TIME 8 HRS SERVINGS 8 CALORIES 149

INGREDIENTS

1/2 tub low fat or lite cool whip
1/4 quart peanut butter cup ice cream you could also substitute peanut butter ice cream or chocolate ice cream...whatever you love!
1 premade oreo pie crust I have also made it with chocolate pie crust
1 snack-size bag mini peanut butter cups cut in half (or regular peanut butter cups, chopped)
1/2 cup hot fudge ice cream topping

INSTRUCTIONS

1. Microwave hot fudge according to instructions on jar and set aside. Allow to cool for 3-4 minutes (but not until completely hard. It should still be stirrable)
2. In a large bowl, mix together the ice cream and cool whip using an electric mixer, until smooth
3. Pour mixture into premade pie crust (you may have a bit extra. Leave a bit of room at the top of the crust)
4. Pour hot fudge over ice cream and swirl using a knife
5. Top with peanut butter cup pieces
6. Freeze for 6-8 hours
7. Slice and serve! Enjoy!

See this full recipe on [The Cookie Rookie](#).



Salted Caramel Puppy Chow

PREP TIME 10 MIN COOK TIME 10 MIN SERVINGS 6 CALORIES 345

INGREDIENTS

1 box corn Chex cereal
1 jar Smuckers Simple Delights Salted Caramel Ice Cream Topping (or any salted caramel that you love)
8 ounces Milk Chocolate chips
1/2 cup Toll House Delightfuls Caramel and/or chocolate chips optional
1-2 cups powdered sugar

INSTRUCTIONS

1. Melt chocolate in microwave, stirring every 30 seconds until melted. Set aside.
2. Melt Caramel topping for 45 seconds-1 minute in the microwave. Combine with the chocolate.
3. In a large bowl, pour caramel chocolate mixture over cereal and stir until all of the cereal is coated in the mixture.
4. Place the cereal into two large Ziploc bags. Pour half of the powdered sugar into each bag and seal the bags. Toss the cereal in the powdered sugar until fully coated. Pour the coated cereal into a large bowl and stir in the Delightfuls chips as an added bonus.

See this full recipe on [The Cookie Rookie](#).



Twix Cookie Cups

PREP TIME 20 MIN COOK TIME 12 MIN SERVINGS 12 CALORIES 196

INGREDIENTS

1 package premade sugar cookie dough
2 cups caramel bits or caramels
1-2 tablespoons water
2 cups milk chocolate chips
sea salt

INSTRUCTIONS

1. Preheat oven to 350F
2. Grease or spray a muffin pan
3. Slice about 1/2 inch of dough. Using your fingers, take each slice and push it into the bottom and up the sides of each muffin mold. You'll want to press firmly to make sure its adhered to all sides.
4. Bake for 10-12 minutes or until cookies are slightly golden. Depending on your oven, it could take more or less, so watch carefully to make sure they don't burn.
5. Take out of oven and create a cup by pushing the end of shot glass into each muffin cup (you could also use the bottom of a spice jar or wooden spoon. you just need to push the middle of each cookie back down to create a "cup")
6. Allow to cool slightly and then using a butter knife, carefully take each cookie out of the muffin tin.
7. Heat the caramel with the water in a microwave. (use more or less water depending on the consistency of the caramel) Heat in intervals of 30 seconds, stirring between heating. It should take 2-3 times to be fully melted and creamy. Fill each cookie cup 2/3 full with caramel.
8. Place cookies in the fridge for about 20 minutes to set the caramel. While caramel is setting, melt chocolate in the microwave, again in intervals of 30 seconds.
9. Take cookies out of fridge and pour chocolate to the top of each cookie. Sprinkle each cookie with a pinch of sea salt.
10. Cool cookies in the fridge to set chocolate and then store in an airtight container.
11. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Strawberries and Cream Popsicles

PREP TIME 5 MIN COOK TIME 4 HRS SERVINGS 2 CALORIES 295

INGREDIENTS

2 cups Strawberry Yulu Yogurt or your favorite strawberry yogurt
2 cups frozen strawberry slices I chose the kind already in sugar, you can do plain strawberries if that's what you prefer. They can also be fresh strawberries. If you want to add a bit of sweetness, just add 1 tablespoon sugar to the mix

INSTRUCTIONS

1. Place strawberry slices in a blender or food processor and blend until pureed. If you're using frozen strawberries, the end result will look like a sorbet.
2. Fill your popsicle molds 3/4 full with yogurt. Top each mold with the puree mixture.
3. Freeze for 4-6 hours or until completely frozen
4. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Drinks

[Frozen Peach Margaritas, 134](#)

[Detox Lemonade, 136](#)

[Cherry Limeade, 138](#)

[Bulletproof Coffee, 140](#)

[Peach Frose, 142](#)

[Apple Pie Punch, 144](#)

[Slow Cooker Peppermint Hot Chocolate, 146](#)



Frozen Peach Margaritas

PREP TIME 5 MIN SERVINGS 4 CALORIES 133

INGREDIENTS

16 ounces frozen peaches
½ cup Exotico Resposado Tequila
¼ cup fresh lime juice
1 ½ cup Mountain Vally Peach Sparkling Water
1 tablespoon light agave nectar
2 cups crushed ice
salt lime wedges, and peach slices for garnish

INSTRUCTIONS

1. Add the peaches, tequila, lime juice, sparkling water, agave nectar, and ice to a high powered blender.
2. Blend on high (or use the smoothie setting) until fully combined and smooth. If too thick, add more sparkling water. If too thin, add more ice.
3. Serve in cups rimmed with salt (SEE NOTE) and garnish with lime and peach slices.
4. Enjoy!

NOTE: I prefer a salt rim, but you could also do a sugar rim! I like salty and sweet, but its great both ways.



Detox Lemonade

PREP TIME 5 MIN SERVINGS 1 CALORIES 184

INGREDIENTS

1 cup lemon juice

2 tablespoons honey

1/4 teaspoon cayenne pepper

1/4 teaspoon ground ginger

4 cups hot water

***TO MAKE JUST ONE MUG you can do

1/4 cup lemon juice, 1/2 tablespoon honey,
pinch cayenne and ground ginger, and 1

cup hot water***

INSTRUCTIONS

1. In a mug, combine the lemon juice, honey, and spices. Stir well to combine as much as possible.
2. Pour hot water into four separate glasses, about 1 cup each.
3. Top each with 1/4 of the lemon mixture, making 4 drinks total. See ingredient list above if just making one drink.
4. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Cherry Limeade

PREP TIME 10 MIN SERVINGS 6 CALORIES 163

INGREDIENTS

3 cups cherries pitted
2 limes sliced (you can leave the peel on)
¾ cup sugar
6 cups water divided
1 cup lemon lime soda
½ cup good quality vodka optional
Ice for serving
Garnish: Cherries and lime slices

INSTRUCTIONS

1. Place cherries, limes, and sugar in a high powered blender with 2 cups water. Blend until fully combined and smooth.
2. Strain the liquid fully and then pour into a large pitcher and stir in the remaining 4 cups water and 1 cup lemon lime soda. Stir in the vodka if adding.
3. Serve over ice garnished with cherries and limes. Enjoy!

See this full recipe on [The Cookie Rookie](#).



Bulletproof Coffee

PREP TIME 10 MIN SERVINGS 1 CALORIES 268

INGREDIENTS

12 ounces Bulletproof Brewed Coffee hot,

[click to find out more](#)

2 tablespoons Ghee [click to find out more](#)

1 tablespoon MCT oil [click to find out more](#)

pinch pink salt optional

1/2 teaspoon ground cinnamon optional

INSTRUCTIONS

1. Place all ingredients in a blender and blend until fully combined and smooth.
2. Serve immediately. Enjoy!

NOTE: Other optional ingredients include stevia, unsweetened cocoa powder, protein powders, sugar free syrups, collagen peptides, and more!

See this full recipe on [The Cookie Rookie](#).



Peach Frose

PREP TIME 5 MIN SERVINGS 4 CALORIES 262

INGREDIENTS

16 ounces 1 bag Frozen Sliced Peaches
750 ml 1 bottle Rosé Wine
¼ cup honey
Peach Slices and Fresh Rosemary for
Garnish

INSTRUCTIONS

1. Fill a high powered blender with the frozen peaches, Rosé, and honey.
2. Blend on high until fully combined and smooth.
3. Garnish with peach slices and fresh rosemary.
4. Serve immediately. Enjoy!

NOTE: If you prefer your Slushies to be more frozen, add 1-2 cups ice.

See this full recipe on [The Cookie Rookie](#).



Apple Pie Punch

PREP TIME 5 MIN SERVINGS 8 CALORIES 132

INGREDIENTS

1 apple chopped or sliced
1 quart apple cider
2 cups pear nectar
24 ounces ginger ale
Apple Pie Vodka if you can't find apple pie vodka, you can use caramel vodka!

INSTRUCTIONS

1. Combine apple cider, pear nectar, vodka and ginger ale. Stir well. Place apple slices inside pitcher.
2. Pour over ice and serve! If you're wanting to serve it warm, heat all of the liquid ingredients in a pot over a stove on low heat. Simmer for a few minutes until warm, place apple slices in the pot, and serve in mugs.
3. **If you're craving an alcoholic drink, add one shot (1.5 ounces) apple pie vodka to each individual drink, or 1 - 1 1/2 cup to entire pitcher

NOTE: You can use any fresh apple to put in this cocktail (avoid cooking apples)

If you're in a pinch and can't find apple pie vodka you can use regular apple vodka which should be easier to find

If you have more time try making your own Apple Pie Vodka it's super easy and can be used in so many different cocktails

You can easily prep this cocktail in advance just make sure to add the ice right before serving so it doesn't melt and water down the drink

See this full recipe on [The Cookie Rookie](#).



Slow Cooker Peppermint Hot Chocolate

PREP TIME 5 MIN COOK TIME 2 HRS SERVINGS 10 CALORIES 391

INGREDIENTS

2 cups heavy cream
5 1/2 cups skim milk
1 14 oz can sweetened condensed milk
1 teaspoon peppermint extract
2 cups good quality milk chocolate chips
marshmallows and mini candy canes for
garnish optional

INSTRUCTIONS

1. Combine all ingredients (except garnish) in a slow cooker set to low heat. Let cook for 2 hours, stirring occasionally. When chocolate is fully melted and the drink is hot to taste, it's done!
2. Top with marshmallows and mini candy canes for some extra fun.
3. Enjoy!

See this full recipe on [The Cookie Rookie](#).