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*Nevada Breeze,*  
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*~ Queen of Cooks ~*  
*Quicky Recipes & fun throw togethers*  
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*hit tha spot!*

*tha-NB-protein-sandwich*

U will need: Farmer John liverwurst, King's Hawaiian sweet rolls, Sea Salt Kettle Chips, avocado (if desired) & hot mustard if U're feeling kinda "spicy"!

1st U will need to cut open your liverwurst package and slice enough meat 4 your sandwich. Next U will need to open your Hawaiian rolls and cut a roll in half. After that, U will want to apply that hot mustard on 1 half of your sweet roll (if desired) before applying 1 - 2 slices of the liverwurst. Next, U will want 2 put some Kettle chips right smack N the middle of that protein sandwich B4 closing it up and make sure U save some of those chips 4 the outside of that sandwich too!... This is an addictive sandwich that will surely "hit tha spot" so if U do not like liverwurst, don't try this 1 at home.



*pickles-N-A-blank-ke*

U will need: your favorite sandwich meat, long quarter sliced pickles, spreadings (i.e. cheese, hot mustard, regular mustard, onions, spinach, etc.) & toothpicks. I personally like the pickle, turkey hot mustard only.

roll that pickle up in your favorite sandwich meat with your preferred spreadings & seal it with a toothpick. That toothpick will come N handy 2 clear any excessive meat from NB-tween your teeth once UR done,

*NB-baked-chick-ken-and-avocado*

U will need: 1 already prepared baked chicken from the hot section, a couple of avocados, some tortilla chips that have "the scoop" N them & some hot sauce or salsa (if desired)

This meal is "quick-EZ-breeze-Z" & perfect if U just don't have the time 2 cook. This meal is practically done once U buy it. Your only real job will B 2 slice up the avocado. This 1 is A "no-brainer"... simply pull the chicken off the bone & place in the tortilla chip scoop.... then add avocado & A dash of your favorite topper sauce, if any. Quick, EZ & yum yum good!

## having A party?

### *NB-pesto-dip*

U will need: tortilla chips, baby tomatoes, basil pesto (refrigerated-chopped-up) & bleu cheese crumbs.

chop-up 1/2 baby tomatoes, mix N 1/2 basil pesto and then a little less than 1/4 bleu cheese crumbs depending on your taste buds. Keep N mind that the bleu cheese crumbs will give off more flavor over a time period so don't put too much. This dip is pretty addictive and sure 2B A winner!

### *NB-onion-dip*

U will need:

your choice of a potato chip, chopped clams or strained tuna, sour cream & lipton onion dry soup mix



N A bowl mix all ingredients together. 1 small qrt of sour cream, 1 package of lipton onion dry soup mix, 1 can of strained tuna or 2 small cans of chopped clams. I personally like the chopped clam version. Put the package of lipton onion soup mix N slowly while tasting as U may not require all of it. I was raised on this onion dip and boy does it hit the spot!

### *NB-english-muffins-hors-d'oeuvres (the-best-ever)*

U will need: Thomas English muffins, olive oil & Balsamic Vinegar

cover a cookie sheet with foil, spread 6 - 8 english muffins on the foil. pour 1/2 of the english muffin with olive oil and the other half with Balsamic Vinegar. B lighter with the vinegar and try not to over saturate the muffin 4 the best results. Put in the oven on broil until lightly brown (5-8 minutes). Once done, remove from oven and cut each muffin N2 A pie 4. Put on a napkin & serve. This is A tasty treat especially with alcohol beverages.

### *NB's-Sweet-Nuts*

U will need: Smokehouse Almonds & sun-dried Cranberries...

I like 2 shake off a little of the Smokehouse seasoning in a dry paper towel B4 I just mix & put N a dish... The perfect table-snack & whN UR red-D 2 take things 2 the next level, just get some Milk Chocolate "Haagen-Dazs Vanilla Almond bars" & mix & mingle "all 3", to truly get A true "treat"!

## Breezy T's

### *red-wine-T*

U will need: your favorite red wine "Cabernet Sauvignon" or "Merlot"... I personally like the "Cabernet Sauvignon" and for this Tea mix, thats all U will need. Simply boil your hot water or dispense it from your Keurig brewer without a pod and top it off with your favorite red wine. The perfect mix 4 a cold "breezy" night!

### *NB-hot-tot-T's (whisk-T)*

U will need: your favorite tea & Fire Ball Cinnamon Whisky. I personally like "black" or "lemon-ginger" tea with this mix... Make your tea X-tra hot & mix N the whisky immediately after the tea is done... serve hot.

## family favorites

### *NB-Quick-Beefy-Stroganoff (under 10 minutes)*

when U R short 4 time while try-N 2 make A gr8 impression, U should prepare this one. It's my "trusty" meal because it always works!

U will need: Shredded Parmesan Cheese (for topping, if desired), Hormel Beef Roast AU JUS & pre-made store-brand Beef Stroganoff Soup.



1st take the paper-cover off the Beef Roast and put the Beef Roast container in the microwave for 4 ½ minutes. When ready, drain the broth (I like 2 keep the broth to pour some over my dogs food to spice it up some). To cut down on creating pot/dishes to cleanup, I use the Beef Roast container as my primary preparation dish by adding the Beef Stroganoff after draining out the broth. Stir up both contents until completely mixed. Now, wait until 5 before serving time and place the mixed Beef Roast container back in the microwave for approximately 6 minutes or until heated upon your desired temperature. Sprinkle on some Shredded Parmesan 4 topping and serve. Everyone will truly believe that they R eating A real "home cooked meal" 4-sure!

### *NB-fame-us-chick-ken-ta-kos*

when cooking chicken 4 yourself or dog, it is healthier 2 boil the chicken so that U can cook off all the fat. Now every time I make these ta-kos people come from every where 2 get a taste. The trick is N the preparation of the chicken.

U will need: a pot with lid big enough to boil the chicken N, a whole chicken if U don't mind picking out the bone or your favorite boneless pieces, corn or flour tortillas, Lowry's seasoning salt, onions, shredded cheese, avocado, hot sauce if preferred by some, sour cream & diced tomatoes.

on the stove top start with a pot 1/2 full of water, the chicken, chopped up onions & a little seasoning salt. Let the chicken come 2 A boil then cut the fire down 2 A lower cooking temperture and let it cook 4 approximately 45 minutes. During this time your house will smell like christmas and everybody will follow their nose. I usually get paper bowls and put all the toppings in each bowl so that everybody can come and help themselves. Once the chicken water has cooked down half way, I take out all the bones and mix the chicken and onions up to look like a shredded meat mix with some onions. If U R trying 2 get someones attention N the house, cook up some chicken "NB-fame-us-chick-ken-ta-kos" and U will C Y they're so famous!

### *NB-hash-brown-omelette (the ultimate breakfast all-N-1)*

U will need: a skillet, mixing bowl, eggs, bacon, hash-browns, shredded cheese onions (if desired) & Lowry's' seasoning salt.

oil the bottom of the skillet & put the hash-brown potatoes down 1st. 1 of the key tricks 2 this breakfast is 2 "cook it slow" 4 the best results so please B cautious of that fact. Next U will want 2 add some diced onions if preferred. The next ingredient should be already mixed up in a separate bowl which R your eggs with your choice of cheese along with a little seasoning salt. Prepare your egg mix b4 U put your hash-browns down on the skillet. Cook on low heat 4 about 20-25 minutes. Little holes on the top will surface once done. I usually cook my bacon separately on a cookie sheet N the oven and then tare it up N little pieces 4 the finishing topping. Once done, I add more cheese directly on top and then I add the cooked bacon bits. I do not remove this dish from the pot unless Im making a plate. I cut it N squares & it

stays good all day. It taste like some "down-home-style-quiche" with a real breakfast bang. This hash-brown omelette is all U need N 1 breakfast that has everything!

### *NB-baked-apples (healthy-sweet)*

U will need: fresh apples (red or green) I personally like the green ones. butter, sugar, cinnamon & vanilla ice cream (if desired)

This is a fun make with "the kids". 1st U dig out the cores & seeds of each apple which will create a narrow half-way hole in the apple... big enough 2 pack N some butter & then your sugar/cinnamon mix. Pack these two ingredients N each apple alternately (starting with the butter 1st) until U have packed N the entire hole of each apple. Put foil on A cookie sheet and spread approximately 6 -8 apples per cookie sheet. bake at 300 4 25 - 30 minutes. let the apple cool & then serve with ice-cream if so desired. This dessert is fun 2 make and gives your home that "apple pie" aroma. A "real" treat!

### *NB-watermelon-cup (A-treat-4-couples)*

U will need: Watermelon & salt (if preferred)

cut the ends off of an oval watermelon or cut a circle watermelon N half. Spoon out the watermelon N sizable chunks so that U will B left with an empty watermelon bowl. add a little salt & chill. This is a fun treat 2 serve on a hot night 4 couples because its just so cute! although simple, very impressive & sure 2 please!!!

### *NB-saint-ivory-colon-cleanse (the best tasting colon cleanse ever!)*

U will need: aloe vera juice, unfiltered apple juice, psyllium husk (fiber), chlorophyll (dark green liquid deodorant), & cascara bark (natural mild laxative N a capsule). U should B able 2 buy most of these ingredients at A vitamin shop.

2 completely cleanse your body so that U can begin 2 absorb 100% nutrients of the foods U eat while making sure your intestinal tracts R clear, U should take this cleanse daily 4 the number of months that R equivalent 2 the years of your age. So if U R 30 years of age, U should take this cleanse 4 a total of 30 months B4 your body is cleansed enough 2 absorb 100% nutrients of the vitamins U take and the food U eat.

start with a glass and fill it 1/2 with aloe vera juice and the other 1/2 with unfiltered apple juice. Then put in a tablespoon of chlorophyll. lastly, mix N 2 tablespoons of psyllium husk. Make sure U do this last B-cause psyllium husk is a fiber and once U put it N, it will B-gin 2 stiffen (almost like jello) and U would rather have this liquid stiffen N-side your body as oppose 2 outside of your body 4 the best results. This is Y U put N the fiber last and then drink it quick. Once U have taken the entire glass of this colon cleanse, U then take 1 cascara bark capsule/pill with 1 glass of water and that completes this colon cleanse process.

If U R trying to loss and/or maintain your weight, this colon cleanse "works great" N keeping U regular & your intestines running clear... this will allow your metabolism 2 work properly and is a lot safer then diet supplements. "try it" & I believe it will B your best option 2 maintain and/or lose weight while maintaing exceptional health.

## *Pet favorites*

### *NB-tuna-mix (alternative-dog-food)*

U will need: cans of tuna

mix your dogs favorite dog food or cat food with tuna. I get the tuna N light oil so keep fresh longer. I 1st drain the oil or water out the can & then I mix N the tuna with the hard food. Its cheaper then your average selections of wet dog/cat foods and your dog/cat is most likely 2 eat it more than your average selections of dog/cat foods. This alternative mix-N is gr8 for getting your dogs/cats 2 eat "the rest" of their food & good 4 their coat, as well!

Additionally, if U have the option, feeding your pet(s) N-side is much better than out-side. The weather & environment plays a gr8 role N this decision. When the food is out side, flies & slugs create many contaminations that can affect your pets health. Due 2 these factors, feeding your pet(s) N-side regularly is strongly advised.

### *NB's-chicken-and-rice (dogs' favorite)*

U will need: a whole chicken & long-grain rice.

boil the chicken on medium heat in water for approximately 1 hour. Prepare the rice normally. I personally like to get frozen brown rice because I can heat it up in my microwave quickly. I basically pull some chicken off of the bone once its fully cooked and add it to approximately 2 scoops of dry dog food then I add some rice & mix. If you are trying 2 get your dog 2 eat for any reason, you might wish to try this without the dry dog food. In order 4 your dog 2 really enjoy this special dish, U must not get N2 the habit of preparing it everyday or else it will not B a "favorite"!