



Shirley's Smart Saver Recipes - Great when you're short on time or money!

Lemon Dill Fish - March 25th

- 1/2 cup mayonnaise
- 2 tablespoon fresh lemon juice (from one large lemon)
- 1/2 teaspoon lemon zest (peel with no white)
- 1 teaspoon dill weed (or tarragon if you like)
- 1lb. fresh snapper, cod, flounder, tilapia or fish of your choice

Directions

- Combine mayo, lemon juice, lemon zest and dill weed (or tarragon)
- Place fish on greased grill or broiler rack and brush with half the sauce and grill or broil 5-8 minutes or until the fish flakes -- do not over cook!
- Turn the fish and brush with the remaining sauce and continue to cook for 5-8 minutes more.

Serving Suggestions

- Grill or broil sliced veggies at the same time you're cooking the fish. Brush the veggies with olive oil and garlic and you're all set.
- Boil some pasta and put the veggies on the top with the juices and now you have a complete dinner! Yum!



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Chili Bean Casserole - March 18th

- 1 40 oz. can of your favorite chili with beans
- 1 4 oz. can of Ortega chopped green chilies
- 1 small can of sliced black olives
- A dash or two of hot sauce-- to your taste
- 8 oz. of cheddar cheese-- shredded or half pepper Jack and half cheddar-- your choice
- 2 cups of tortilla chips-- crushed

Directions

- In a bowl combine all ingredients.
- Transfer all to a greased 3 quart casserole dish.
- Baked uncovered at 350 for about 35 minutes, or until bubbly.

Serving Suggestions

- Add a green salad and some garlic bread or French bread, and you are good to go!
- Be creative and add bits of cheese that are in your cheese drawer. Or add corn chips instead of tortilla chips.
- Add leftover ground beef from last night's tacos to the casserole.



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Roasted Asparagus - March 11th

- 1 lb large asparagus
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder (salt and garlic to your taste)
- 2 tablespoons olive oil

Directions

- Heat oven to 400
- Trim ends from asparagus and place on a sheet pan (or cookie pan)
- Rub asparagus with about 2 tablespoons olive oil
- Place the oven rack on the lower space
- Check the asparagus in about 15 minutes and turn over. The tips should be turning darker. Asparagus should be slightly firm when poked with a knife.
- Keep checking asparagus every 5-6 minutes until it is done to your liking.

Serving Suggestions

- Drizzle with your favorite Italian dressing, or balsamic vinegar.
- Add some capers, feta cheese and eat hot or put in the fridge and eat cold -- alone or in a salad.
- If you have any leftovers, the taste just gets better the next day!
- It is Asparagus Season so buy! buy! and enjoy!



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Party Meatballs - March 4th

Mix the following ingredients together in a bowl:

- 1-1/2 ground meat
- 1/chopped onion
- 1 egg
- 2 cloves of minced garlic
- 1/2 t. salt
- 1/4t. black pepper

Sauce

- 1bottle (12 ounces) chili sauce
- 1/2 jar (4ounces) grape jelly
- 1 t. chili powder

Directions

- Mix meatballs and form into tiny balls - about 1/2 ounce each.
- Put on a sheet pan and bake at 350 in the oven.
- Mix sauce ingredients in a sauce pan and cook for 15 min, on med heat until well mixed and heated through.
- Add meat balls and serve with a toothpick in a fondue pot.

Serving Suggestions

- These would be great on a pile of garlic mashed potatoes too!

Bistro Cooking

~Fresh and Simple~



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Easy Baked Beans - February 25th

- 4 16 oz. cans of your favorite baked beans
- 1 12 oz. bottle of Chile sauce
- 1 large onion
- 1/2 pound bacon, cooked and chopped
- 2 cups brown sugar
- 1 cup orange juice

Directions

- If you are using a crock pot, just add all ingredients and cook on low for about 4-5 hours.
- If you are using the oven method just add everything in a Dutch oven and bake for about 1 hour at 350°.
- This dish is freezer-friendly; just make sure that the mixture is cold before you package your servings for the freezer.
- Don't forget, you can use zip-top bags, cottage cheese containers, yogurt cups, etc. They work great!



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Sweet and Savory Brisket - February 18th

- 1 (3-4 lb.) trimmed beef brisket
- 3/4 cup grape or plum jelly
- 1 cup ketchup
- 1 envelope onion soup mix
- 1/4 t. black pepper

Directions

1. Place half brisket in slow cooker.
2. In bowl combine jelly, ketchup, soup mix and pepper.
3. Top with remaining brisket and ketchup mixture.
4. Cover and cook on low for 8-10 hours or until meat is tender.

Serving Suggestions

- Slice and serve with cooking juices on top of buttered noodles or mashed potatoes.
- Add 1/4 cup of vinegar to the sauce to give it that sweet & sour flavor.
- It's even better the next day!

Original Recipe Inspiration: Jones, Barbara C. *Easy Cooking with Five Ingredients*. May 2006.



Smart Saver Tip

Conserve your resources; save and reuse your disposable yogurt, cottage cheese and deli containers. The containers are just the right serving size for an entree!