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NACOGDOCHES COUNTY - ANGELINA COUNTY
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March 2025

Warm Up With These Two Colorful and Delicious Soups This Month

CABBAGE BARLEY SOUP

Ingredients:

1 cup dried brown lentils, rinsed
1/2 cup medium pearl barley
3 medium carrots, chopped
2 celery ribs, chopped
1/2 teaspoon poultry seasoning
1/4 teaspoon pepper
1 bottle (46 ounces) V8 juice
4 cups water
8 cups shredded cabbage (about 16 ounces)
1/2 pound sliced fresh mushrooms
3/4 teaspoon salt

Directions:

Place first 8 ingredients in a 5- or 6-qt. slow cooker. Add cabbage. Cook, covered, on low until lentils are tender, 6-8 hours.

Stir in mushrooms and salt. Cook, covered, on low until mushrooms are tender, 15-20 minutes.

Nutrition Facts

1½ cups: 197 calories, 1g fat (0 saturated fat), 0 cholesterol, 678mg sodium, 39g carbohydrate (7g sugars, 9g fiber), 11g protein. **Diabetic Exchanges:** 2-1/2 starch, 1 lean meat.



Photo by Taste of Home

SIMPLE TACO SOUP

Ingredients:

2 pounds ground beef
1 envelope taco seasoning
1½ cups water
1 can (16 ounces) mild chili beans, undrained
1 can (15-1/4 ounces) whole kernel corn, drained
1 can (15 ounces) pinto beans, rinsed and drained
1 can (14-1/2 ounces) stewed tomatoes
1 can (10 ounces) diced tomato with green chiles
1 can (4 ounces) chopped green chiles, optional
1 envelope ranch salad dressing mix
Optional: Sour cream and green onions

Directions:

In a Dutch oven, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Add taco seasoning and mix well. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally. If desired, garnish with sour cream and green onion.

Nutrition Facts

1 cup: 370 calories, 14g fat (5g saturated fat), 70mg cholesterol, 1369mg sodium, 35g carbohydrate (7g sugars, 7g fiber), 27g protein.



Photo by Taste of Home

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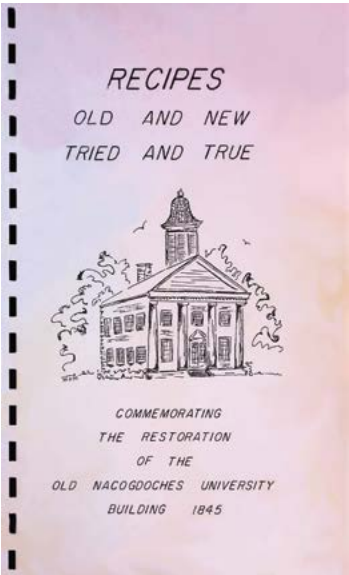
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From Recipes Old and New Tried and True



This book was published in 1962 by the Nacogdoches Federation of Women’s Clubs as a fundraiser for the maintenance and upkeep of The Old Nacogdoches University Building.

It features recipes from local residents, most of whom are no longer with us. We hope that you enjoy this monthly feature and that you may remember many of the people who shared their recipes.

The preface reads:

“Nacogdoches has always been famous for gracious East Texas hospitality and good cooking. This collection of old family recipes has been tried and proven many times and comes from our very best cooks. We hope they will add to your cooking pleasure.”

STRAWBERRY SALAD #1
(Mrs. Leroy Kennedy)
and
AVOCADO LIME JELL-O SALAD
(Mrs. L. H. Stripling)

Strawberry Salad #1

2 packages Strawberry jello dissolved in 2 cups boiling water. Add 1 1/3 cups cold water and one package frozen Strawberries (thawed). Pour in square pan and put in the refrigerator. Mix 1 small pkg. Cream Cheese, 3 tbsp crushed pineapple. Form a small ball using 1/2 cup mixture - roll in finely chopped nuts. Place one on each serving, after the jello has begun to set. When firm, cut in squares and serve on lettuce leaf.

This is a good dressing for any congealed fruit salad, especially Bing Cherry salad.

Mrs. Leroy Kennedy

Avocado Lime Jell-o Salad

1 package lime Jell-o
2 cups boiling water
1/2 cup cream or top milk
1/2 cup mayonnaise
1 avocado mashed, or diced tomato
1 tablespoon diced onion
1/4 cup celery diced

Mold in refrigerator and serve on lettuce leaf. Makes 8 or 10 servings.

Mrs. L. H. Stripling

-36-

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Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. **RECIPES** publishes these recipes as they are submitted, as a service to our readers. It is advised that the reader study the recipe in advance of creating a desired dish and assure that all necessary ingredients are included in the recipe and the reader understands the process for completing the recipe. **RECIPES** does not necessarily approve or have prior knowledge of the individual recipes published in this publication.

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Submitted by *Around the Town* Publisher, David Stallings

Precious Memories Recipes from Jean Stallings

My beautiful wife, Jean, passed away on July 4, 2020. She was an amazing wife, mother, and teacher. She was also a wonderful cook who loved preparing special meals for our family and friends.

Jean left us hundreds of her great recipes and I will share one of our favorites here each month. I hope that you'll enjoy them as much as we always did!



STRAWBERRY & SOUR CREAM SALAD

INGREDIENTS:

- 1 package strawberry Jello
- 1 cup boiling water
- 2 boxes frozen strawberries
- 1 small can crushed pineapple, drained
- 1 cup sour cream
- 1/2 cup pecans
- 2 bananas, sliced

DIRECTIONS:

Thaw strawberries; dissolve jello in boiling water, then add strawberries. Mix rest of the ingredients. Pour half of mixture into mold and congeal. Then spread sour cream. Pour rest of mixture on top of sour cream and place in refrigerator until entire mixture congeals. Yield: 4-6 servings.

CORNFLAKE-CRUSTED CHICKEN TENDERS

Ingredients:

- 1 cup all-purpose flour
- 2 Tablespoons onion powder, divided
- 2 teaspoon paprika, divided
- Kosher salt
- Freshly ground black pepper
- 2 large eggs
- 1 Tablespoon pure maple syrup or honey
- 2 cups cornflakes
- 1½ lb. boneless, skinless chicken tenders
- Cooking spray
- Honey mustard, for serving

Directions:

Preheat oven to 400°. Line a large baking sheet with parchment. In a shallow bowl, whisk flour, 1 Tablespoon onion powder, and 1 teaspoon paprika; season with salt and pepper. In another shallow bowl, beat eggs to blend with syrup. In a third shallow bowl, toss cornflakes with remaining 1 Tablespoon onion powder and 1 teaspoon paprika; season with salt and pepper.

Dredge chicken in flour mixture, shaking off excess. Dip into egg, letting excess drip off, then coat in cornflakes, lightly pressing to adhere. Transfer chicken to prepared sheet, then spray with cooking spray.

Bake chicken until cooked through and coating is crispy and golden brown, about 25 minutes.

Transfer chicken to a platter. Serve with honey mustard alongside.



Photo by Rocky Luten

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PLEASE SEND US YOUR RECIPES!
We'd love to share your favorites with our readers. If possible, please include a brief story behind the recipe. "My mom's," "My friend's," etc. Your photo and a photo of the completed recipe would be great, but not required.
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“Areeda’s Southern Cooking, A Collection of Old-Fashioned Recipes”

by Areeda Schneider-Stampley



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CHICKEN WITH PENNE PASTA

- 6 dried tomatoes
- 1/2 cup hot water
- 1 pound fresh asparagus
- 3 chicken breasts, skinned, boned and cut in strips
- 1/2 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1 teaspoon olive oil
- 1 pound fresh mushrooms, sliced
- 1/4 cup lite soy sauce
- 1/3 cup water
- 2 Tablespoons cornstarch
- 2 Tablespoons lime juice
- 1 Tablespoon red wine vinegar
- 8 ounces penne pasta, cooked

Soak dried tomatoes in 1/2 cup hot water for 30 minutes. Drain well; cut into thin strips. Set tomatoes aside.

Snap off tough ends of asparagus; remove scale with a vegetable peeler, if desired. Cut spears into 3” pieces; set aside.

Sprinkle chicken with 1/4 teaspoon and a 1/4 teaspoon pepper. Cook in hot oil in a large nonstick skillet over medium-high heat 5-7 minutes or until browned. Remove from skillet, reserving drippings in pan.

Sauté asparagus and mushrooms in skillet 5 minutes or until crisp-tender. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.

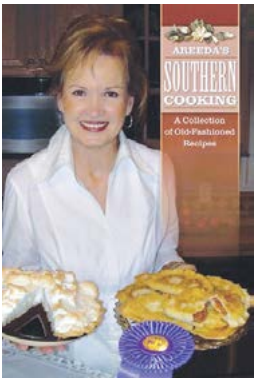
Stir together soy sauce, water, cornstarch, vinegar and lime juice. Add tomato, chicken, soy sauce mixture, and pasta to skillet; cook over medium-high heat, stirring constantly, 1-2 minutes or until thickened.



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From 1989 Cookin’ with the Dragon Band



This book was published in 1989 and sponsored by the Nacogdoches High School Band Boosters Club Boosters. “Cookin’ with the Dragon Band is a collection of favorite recipes from the families of NHS Band Students with additional contributions by community leaders and local restaurants.” Maybe it will bring back ome memories or maybe you’ll see one of your own recipes some day.

DORITO CASSEROLE

Submitted by Jimmy Partin,
Superintendent NISD

1/4 cup soy sauce

1/4 cup pineapple juice

1/4 cup brown sugar

4 Tablespoons olive oil

1/2 teaspoon ground ginger

1/4 teaspoon cracked pepper

2 cloves garlic, minced

4 chicken breasts, boned & skinned

4 pineapple slices

Combine all ingredients except pineapple. Marinate chicken breasts 2-4 hours. Broil on charcoal grill 5-8 minutes per side. Top with pineapple slices while grilling. Baste with remainder of marinade, if desired.

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DAVID'S "TEXAS RED" CHILI RECIPE



This is a combination of my grandfather's recipe from his East Texas restaurants back in the 1930s and the recipe used at Nacogdoches schools when I was growing up. A friend taught me to boil the meat, rather than brown it. It's much easier, just as good and doesn't fill your kitchen with smoke and the heavy grease odor that results from "frying."

Ingredients

5 lbs. ground chuck (80%-20%)
12 tablespoons Mexene Chili Powder - If your store doesn't have it, Amazon does!
2 tablespoons ground cumin
2 tablespoons ground oregano
2 tablespoons garlic powder
1 teaspoon salt
1 teaspoon cayenne pepper - Not for sissies! Add more if you're a Texan and don't use it if you're not!
2 large yellow or white onions, chopped
3 - 14 ounce cans beef broth
1 - 29 ounce can tomato sauce

Directions

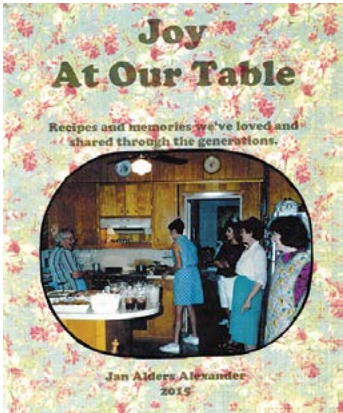
In a large pot, cover meat and chopped onion with water and boil until meat is grey colored - You will need to constantly break up the meat while boiling so that you won't have large "clumps." - I use a wooden spatula.

After boiling, pour off all of the water. Add beef broth, tomato sauce and all dry ingredients. I put all of the dry ingredients into a bowl and mix them before adding to the meat. Stir thoroughly and often while simmering at medium-low temperature for at least two hours - Longer if you have time. The longer you simmer, the more tender the meat and better the flavor. It's soooooo goooooood!

DAVID STALLINGS - NACOGDOCHES, TEXAS - DavidStallings@mail.com

Submitted by Jan Alders Alexander of Nacogdoches

This is another delicious favorite, especially in the fall. Daughter Amy brought this recipe from Tennessee.



APPLE BERRY SALSA

To make salsa:
Peel, core, chop and slice 2 medium apples, 1 cup of strawberries, 1 kiwi. Zest and juice 1 small orange, and save pulp also. Add 2 Tablespoons brown sugar and 2 Tablespoons apple jelly to fruit and mix gently.

INSTRUCTIONS:

Preheat oven to 400°. Dip tortillas in water after cutting into 8 wedges. Combine 1 Tablespoon sugar and 1/2 teaspoon cinnamon and sprinkle on tortillas. Place on cookie sheet (on parchment paper). Bake 8-10 minutes until crisp. Cool completely. Serve with chips.

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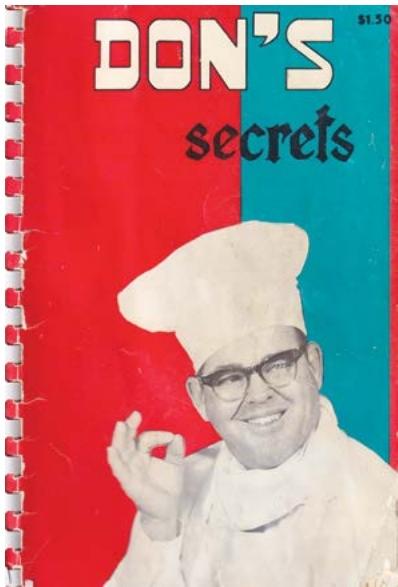
Submitted by David Stallings - Around the Town Publisher

The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



SHRIMP A LA CREOLE

1½ lbs. peeled and deveined shrimp
1 cup onions, chopped
1/2 cup bell pepper, chopped
4 cloves garlic, minced
1/2 cup oil or 1/4 lb. oleo
1 4-6 oz. can tomato sauce
1 6-oz. can tomato paste
1 teaspoon sugar
1 cup green onion tops and parsley
1 cup celery, chopped
3 cups of water
Salt, black pepper and Cayenne (red pepper), to taste



Split shrimp and season with salt, black pepper and Cayenne. Set aside. Heat oil or oleo in heavy pot over medium heat; cook onions and celery in it until onions are wilted. Add tomato paste and fry another 5 minutes, stirring constantly. Add tomato sauce and 2 cups of water. Cook about 40 minutes or until oil comes to top, stirring occasionally. Use more water if sauce gets too thick. Add shrimp, bell pepper, garlic, sugar, salt, black pepper and Cayenne. Cook 30 minutes or until shrimp are tender. Serve over cooked rice. Sprinkle with chopped onion tops and parsley. Serves 4.




Photo by Dotdash Meredith Food Studios

Bubba’s Original Sophiscated Southern Redneck Cookbook

“A Redneck’s take on sophisticated food!”

by Ken Stonecipher

Ken Stonecipher is a book editor and ghost writer living in Nashville, Tennessee. Among his many writing accomplishments are two cookbooks, “Bubba’s Original Sophiscated Southern Redneck Cookbook” and “Bubba’s Original Full-Fledged Southern Redneck Cookbook.”

Another cookbook in the writing stage is “All Things Cheesecake.” Originally from Magnolia, Arkansas, Ken is a multi-talented entertainer as well, performing on stage and behind a piano. A consummate writer, he has collections of short stories, novels, commissioned songwriting and even two musicals to his credit.



BAKED QUAIL WITH MUSHROOM RED PLUM SAUCE

Janice Johnson wanted to prove to her daddy that she wuz jus as good a shot as her seven brothers and so took the shotgun down off the wall and headed out early on mornin’ to git the turkey for Thansgivin’ dinner. She’d scarcely gone a half mile back into the woods when a squirrel jumped on her head, causin’ her to trip and fall backwards over a fallen tree. Her shotgun fired somehow and hit a covey of quail, takin’ out ‘bout nine of the little thangs. Here, she’d been successful and hadn’t even taken aim. She gathered ‘em all up and marched home and into the kitchen where she announced she’d not only gotten a turkey but nine of ‘em. Today, Janice sells insurance, buys her turkey at the A&P and the only gun she fires is the water pistol she uses to wake up her kids.

- | | |
|--------------------------------------|--------------------------------|
| 8 quail, cleaned and split down back | dash of salt and pepper |
| 3/4 cup all-purpose flour | 8 slices Frinch bread, toasted |
| 1 teaspoon salt | 1 jar red plum jam |
| 1/2 teaspoon pepper | Grated rind of one lemon |
| 1/2 cup butter, divided | Grated rind of 1 orange |
| 1/2 cup chopped onion | 3 Tablespoons lemon juice |
| 1/3 cup chopped mushrooms | 1/2 cup orange juice |
| 1/2 cup dry white wine | 1 Tablespoon cornstarch |
| 1/2 cup dry red wine | |

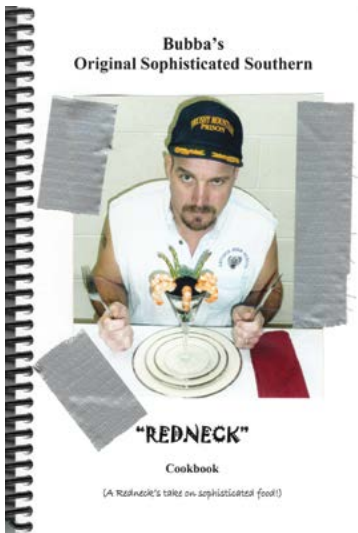
Spread quail open and pat dry with paper towels. Combine flour, salt and pepper, dredge quail in mixture and set aside. Melt butter in a skillet; add onion and mushrooms, sauté 4 minutes. Remove mixture from skillet and set aside. Melt 1/2 cup butter in skillet and brown quail on both sides. Remove to a 9x13 pan and add wine to drippin’s in skillet; bring to boil, scrapin’ sides and bottom. Pour over quail. Bake at 350° for 3 minutes. Spread onion mixture on toasted bread and broil 6 inches from heat until bubbly. Place quail on each toast and serve with plum sauce. Combine last 6 ingredients, cook over medium heat, stirrin’ constantly. Bring to a boil and boil 1 minute. Serve over quail!

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From Julia Jones of Nacogdoches

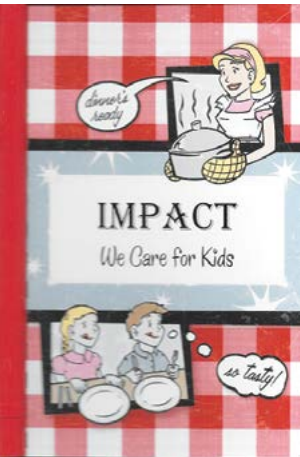
For many years Julia ran IMPACT, a non-profit ministry in downtown Nacogdoches, that served the families of Nacogdoches thanks to the generosity of friends and family. She, along with a bevy of volunteers worked tirelessly to serve foster children and foster families in the Nacogdoches area.



STUFFED JUMBO SHELLS

- 24 shells, cooked until tender
- 1 lb. ground beef
- 1 chopped onion
- 2 cans diced tomato
- 1 cup beef broth
- 15-oz. ricotta cheese
- 2 cups mozzarella cheese for stuffing shells, plus 1 cup for topping
- 1/2 cup Parmesan cheese
- 1 egg

Cook beef, onion and tomato in broth. Mix cheeses and egg and stuff into cooked shells. Put into 9 x 13 pan and cover with the meat mixture. Bake 30 minutes at 350°. May sprinkle on another cup of mozzarella cheese and bake an additional 5 minutes until melted.



IMPACT Cookbook available for purchase at IMPACT, 720 E. Main St., Nacogdoches, TX, 936.205.5921. Proceeds benefit foster children in the area.

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From Angela Bradford

After years of dedicating my life to the bustling world of the restaurant business, I had finally decided to hang up my apron and embrace the quiet life of retirement. However, as I navigated through a challenging period of health issues, I found myself yearning for the clatter of dishes, the chatter of patrons, and the warmth of the kitchen. The cafe wasn't just a part of my career; it was a part of me. As I began to recover, the thought of returning to Appleby Sand Cafe filled me with a renewed sense of purpose and excitement. I missed the aroma of fresh coffee in the morning and the satisfaction of serving a well-loved dish. My journey back to the cafe has been a gradual one, with my health and well-being guiding the pace. It's been heartwarming to see the community rally around us, showing their support on our Facebook page and filling the cafe with friendly faces when we opened our doors for limited hours. Now, as I continue to heal, we're delighted to welcome patrons on Thursdays and Fridays for lunch between 11 a.m. and 2 p.m., and on select Friday evenings. Each day back in the cafe is a reminder of the joy and connection that food can bring. For updates on our hours and special events, I invite everyone to stay connected through the Appleby Sand Cafe's Facebook page. It's a testament to the strength of community and the enduring love for a place that feels like home, not just to me, but to all who walk through its doors.



COCONUT PIE

- 1 cup sweetened flaked coconut

3 cups half-and-half

2 eggs, beaten

3/4 cup white sugar

1/2 cup all-purpose flour
- 1/4 teaspoon salt

1 teaspoon vanilla extract

1 (9-inch) pie shell, baked

Meringue

Preheat oven to 350°F. Spread the coconut on a baking sheet and bake it, stirring occasionally, until golden brown, about 5 minutes. In a medium saucepan, combine the half-and-half, eggs, sugar, flour and salt and mix well. Bring to a boil over low heat, stirring constantly. Remove the pan from the heat and stir in 3/4 cup of the toasted coconut and the vanilla extract. Reserve the remaining coconut to top the pie. Pour the filling into the baked pie shell and chill until firm, about 4 hours. Top with Meringue and with the reserved coconut.



- Meringue:**
- 1/2 cup water

2 Tablespoons sugar

1 Tablespoon cornstarch

3 egg whites
- 1/4 teaspoon cream of tartar

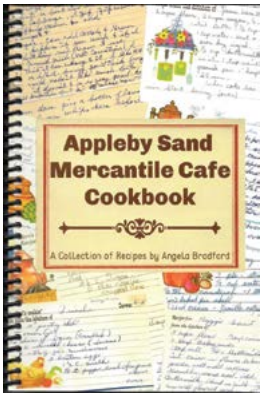
1 pinch salt

1/2 teaspoon vanilla extract

6 Tablespoons sugar

In a small sauce pan combine water, 2 Tablespoons sugar and cornstarch. Cook over low heat until clear, stirring constantly; remove from heat. In a large glass or metal bowl, beat egg whites, cream of tartar and salt until mixture is foamy. Mix in vanilla, then gradually add the 6 Tablespoons sugar, beating constantly until meringue forms soft peaks. Gradually pour in cornstarch mixture, beating until stiff. Spread over top of pie and seal to the crust. Brown in oven if desired.

Printed with permission from Angela Bradford.
Purchase your copy of the cookbook by
contacting her at 936.559.5151



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Happy
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LEMON-GARLIC SHRIMP AND GRITS

- 3/4 cup instant grits
- Kosher salt and freshly ground black pepper
- 1/4 cup grated Parmesan cheese
- 3 Tablespoons unsalted butter
- 1¼ pounds medium shrimp, peeled and deveined, tails intact
- 2 large cloves garlic, minced
- Pinch of cayenne pepper (optional)
- Juice of 1/2 lemon, plus wedges for serving
- 2 Tablespoons roughly chopped fresh parsley

Bring 3 cups of water to a boil in a medium saucepan over high heat, covered. Uncover and slowly whisk in the grits, 1 teaspoon salt and 1/2 teaspoon pepper. Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 5 minutes. Stir in the Parmesan and 1 Tablespoon butter. Remove from the heat and season with salt and pepper. Cover to keep warm.

Meanwhile, season the shrimp with salt and pepper. Melt the remaining 2 Tablespoons butter in a large skillet over medium-high heat. Add the shrimp, garlic and cayenne, if using, and cook, tossing, until the shrimp are pink, 3 to 4 minutes. Remove from the heat and add 2 Tablespoons water, the lemon juice and parsley; stir to coat the shrimp with the sauce and season with salt and pepper.

Divide the grits among shallow bowls and top with the shrimp and sauce. Serve with lemon wedges.



Photo by Antonis Achilleos

CHICKEN BREASTS IN CAPER CREAM SAUCE

- Ingredients:**
- 4 boneless, skinless chicken breasts
 - 1 teaspoon lemon pepper
 - 1 teaspoon salt
 - 1 teaspoon dried dill weed
 - 1 teaspoon garlic powder
 - 3 Tablespoons unsalted butter
 - ½ cup whipping cream
 - 2 Tablespoons capers, drained and rinsed

Directions:

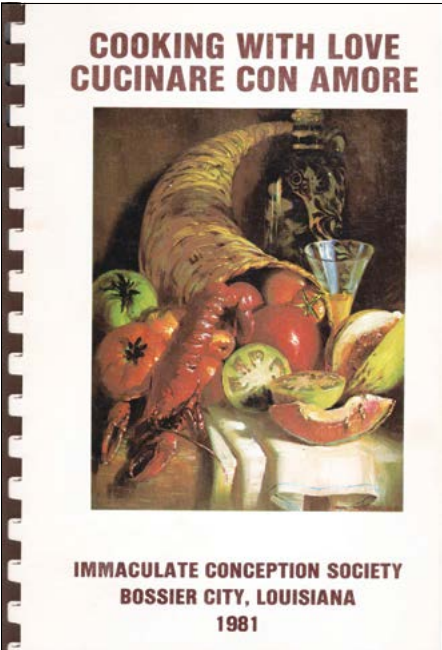
Season chicken breasts with lemon pepper, salt, dill weed, and garlic powder.

Melt butter in a large skillet over medium heat. Add breasts and increase heat to medium-high; flip frequently, until brown, about 5 minutes. Reduce heat to medium; cook until cooked through, 5 to 7 minutes. Transfer breasts to a warm serving platter; cover with foil.

Increase heat to high. Whisk whipping cream into skillet, whisking continuously, until reduced to sauce consistency, about 3 minutes. Off heat, stir in capers; pour over breasts and serve.



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This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941. The authors have dedicated it to their forefathers who came to North Louisiana from Sicily. It is dedicated to preserving the tradition and heritage handed down from that generation of the 1870s. Most of them came from Cefalu, Sicily, situated 40 miles east of Palermo, on the beautiful Adriatic Sea. The descendants of these people have remained a close knit community in Shreveport and Bossier City, Louisiana.

To preserve their heritage—with its art of Sicilian cooking—for future generations, this cookbook was created.

ZUCCHINI ITALIAN SAUSAGE QUICHE (Sarah Cascio)

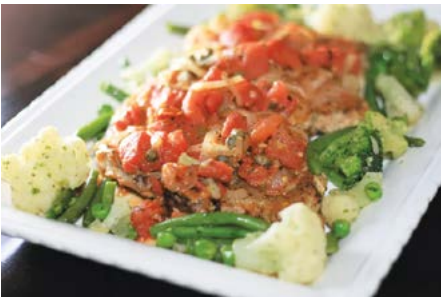
- 1 (9 or 10 inch) unbaked pastry shell
- 2 Tablespoons chopped onion
- 2 cups shredded zucchini
- 1/4 cup butter
- 1/2 lb. Italian sausage
- 1 cup shredded Swiss cheese
- 4 eggs
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg



Bake pastry shell at 450° for 8 minutes. Cool slightly. Sauté onion in 2 Tablespoons butter and remove from pan. Add more butter and sauté zucchini 5 minutes. Remove zucchini and drain. Cook sausage in remaining butter. Drain and crumble. Spread zucchini and onion on bottom of pastry shell. Sprinkle sausage and Swiss cheese over zucchini. Beat eggs lightly. Add cream, Parmesan cheese, salt and pepper. Pour into pastry shell and sprinkle with nutmeg. Bake at 450° for 15 minutes. Reduce to 350° and bake 10 minutes, or until center is firm. Let stand 10 minutes before serving. Serves 6.

STEWED TOMATO PORK CHOPS

- Ingredients:**
- 4 large pork chops
 - Salt and ground black pepper to taste
 - 1 large onion, halved and sliced
 - 8 large garlic, minced
 - 2 (14.5 ounce) cans whole tomatoes
 - 3 Tablespoons capers, with liquid
 - 1 Tablespoon dried rosemary
 - 2 teaspoons red pepper flakes
 - ½ Tablespoon dried oregano
 - ½ Tablespoon dried basil



Directions:

Heat a large, heavy skillet over medium-high heat. Season pork chops with salt and pepper on both sides and add to the hot skillet. Cook pork chops until browned, about 4 minutes per side. Transfer to a plate and cover with aluminum foil. Add onions and garlic to the hot skillet. Cook and stir until softened but still crisp, about 5 minutes. Add tomatoes, capers and liquid, rosemary, red pepper flakes, oregano, and basil. Bring sauce to a simmer and cook until flavors meld, about 5 minutes. Pour any accumulated pork juices from the plate into the skillet and stir. Add cooked pork chops and cover with sauce. Simmer until warmed through, about 5 minutes.

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Everything barbecue; from grilling to sauces, recipes to grills and smokers, rubs to meats and veggies.

Spring Into Barbecuing

Cajun Grilled Shrimp

The kicked-up marinade on these shrimp makes this a flavor-packed dish. Serve over rice, and make sure to squeeze those charred lemons over top—that makes them taste extra bright and delicious.

Ingredients:

- 3 green onions, finely chopped
- 2 Tablespoons lemon juice
- 1 Tablespoon olive oil
- 3 garlic cloves, minced
- 2 teaspoons paprika
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2 pounds uncooked medium shrimp, peeled and deveined with tails on
- 4 medium lemons, each cut into 8 wedges

Instructions:

In a large shallow dish, combine the first 8 ingredients. Add shrimp and turn to coat. Cover; refrigerate for 15 minutes.

Drain shrimp, discarding marinade. On 12 metal or soaked wooden skewers, thread shrimp and lemon wedges.

Grill, covered, over medium heat or broil 4 inches from the heat until shrimp turn pink, turning once, 6-8 minutes.



Photo by Taste of Home

Nutrition Facts

2 skewers: 168 calories, 5g fat (1g saturated fat), 184mg cholesterol, 575mg sodium, 7g carbohydrate (1g sugars, 2g fiber), 25g protein.

Diabetic exchanges: 3 lean meat, 1/2 fruit, 1/2 fat.

Maple-Balsamic Salmon

Ingredients:

- 1/4 cup ruby red grapefruit juice
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons maple syrup
- 2 garlic cloves, minced
- 2 teaspoons olive oil
- 4 salmon fillets (4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Fresh thyme sprigs, optional



Photo by Taste of Home

Chicken Skewers

Nothing says summertime like a grill full of chicken skewers. Our grilled chicken kabob recipe uses a garlicky, lemony marinade to ensure the chicken turns out juicy, tender and flavorful.

Ingredients:

- 1/4 cup olive oil
- 3 Tablespoons lemon juice
- 1 Tablespoon white wine vinegar
- 2 garlic cloves, minced
- 2 teaspoons grated lemon zest
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1-1/2 pounds boneless skinless chicken breasts, cut into 1½-inch pieces

Instructions:

In a large bowl, combine the first 9 ingredients; set aside 1/4 cup for basting. Pour half into a large bowl. Add chicken; turn to coat. Pour the remaining marinade into another large bowl. Add the zucchini, onions and tomatoes; turn to coat. Cover; refrigerate chicken and vegetables for up to 4 hours or overnight.

Drain chicken and vegetables, discarding marinade. Alternately thread chicken and vegetables onto metal or soaked wooden skewers. Grill, covered, over medium heat for 6 minutes on each side or until chicken juices run clear, basting occasionally with reserved marinade.



Photo by Taste of Home

Nutrition Facts

1 skewer: 244 calories, 11g fat (2g saturated fat), 63mg cholesterol, 421mg sodium, 11g carbohydrate (6g sugars, 2g fiber), 25g protein.

Diabetic Exchanges: 3 lean meat, 2 vegetable.

Flavorful Grilled Pork Tenderloin

This moist pork tenderloin has loads of flavor thanks to its special spice blend, and it doesn't get much easier to make.

Ingredients:

- 3/4 teaspoon salt
- 3/4 teaspoon seasoned salt
- 3/4 teaspoon poultry seasoning
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder
- 3/4 teaspoon chili powder
- 1/8 teaspoon cayenne pepper
- 2 pork tenderloins (1 pound each)

Instructions:

Mix seasonings; sprinkle over tenderloins. Grill, covered, over medium heat until a thermometer reads 145°, 20-25 minutes, turning occasionally. Let stand 5 minutes before slicing.



Photo by Taste of Home

Nutrition Facts

3 ounces cooked pork: 135 calories, 4g fat (1g saturated fat), 64mg cholesterol, 416mg sodium, 1g carbohydrate (0 sugars, 0 fiber), 23g protein.

Diabetic Exchanges: 3 lean meat.

Instructions:

In a small saucepan, bring the grapefruit juice, balsamic vinegar, maple syrup and minced garlic to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Transfer 2 Tablespoons to a small bowl; add oil. Set remaining glaze aside.

Sprinkle salmon with salt and pepper; place skin side down on an oiled grill rack. Grill, covered, over medium heat or broil 4-6 in. from the heat until fish flakes easily with a fork, 10-12 minutes, basting occasionally with maple-oil mixture. Serve drizzled with reserved glaze. If desired, garnish with fresh thyme sprigs.

Nutrition Facts

1 fillet: 266 calories, 15g fat (3g saturated fat), 67mg cholesterol, 218mg sodium, 10g carbohydrate (9g sugars, 0 fiber), 23g protein.

Diabetic Exchanges: 3 lean meat, 1/2 starch, 1/2 fat.

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