

Mr. Food
TEST KITCHEN

Plate Scrapin' Favorites

3 Quick and Easy Dinner Menus



"OOH IT'S SO GOOD!!®"

A Free eCookbook from the Mr. Food Test Kitchen



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Copyright 2015 by Ginsburg Enterprises Incorporated, unless otherwise noted

Published April 2015

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews.

Trademarks are property of their respective holders. When used, trademarks are for the benefit of the trademark owner only.

Mr. Food Test Kitchen, OOH IT'S SO GOOD!!, and Everyday Diabetic Recipes are trademarks of Ginsburg Enterprises Incorporated.

Published by Prime Publishing LLC, 3400 Dundee Road,
Northbrook, IL 60062 – www.primecp.com



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com



Dear Friend,

There's nothing more inviting than great food on a welcoming table, which is why we've designed a unique line of flatware to complement your every meal. Of course, you have to have a reason to set out the flatware to begin with, which is why we've put together three quick and easy dinner collections to showcase each of our flatware collections! *Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus* is sure to become one of your favorite go-to cookbooks. It's full of tasty ideas that everyone in your gang will love!

Of course, to get your dinner from the fridge to your plate, you're going to need a few kitchen tools, which is why we developed the Kitchen Cutlery Center, an all-in-one set that includes six essential knives, as well as a 60-minute timer, a built-in knife sharpener, an instant read thermometer, and a set of measuring spoons. Plus, it even includes a slide-out cookbook/tablet holder, which means you don't have to struggle to read your recipes as you're cooking! The Kitchen Cutlery Center offers you the convenience of keeping your tools all in one place at your fingertips.

Our Everyday Collection is perfect for anyone who is looking for a basic flatware set that they can use to enjoy their everyday meals. This flatware collection has a classic design that's durable, easy to clean, and sturdy enough to withstand everyday use. This flatware collection reminds us of traditional American favorites, like **One Pot Vegetable Soup** (page 1) and **Grilled Porterhouse Steaks** (page 2). No American tradition would be complete without dessert, so we knew we had to include a dessert-favorite like **Classic Strawberry Shortcake** (page 4), too.

Our Art Deco Collection is elegant with a bit of an artistic flair. This flatware collection features a beautiful design on the handle that makes it perfect for setting out when you've got company coming over, or for pairing with your decorated plates and cups. This flatware makes us think of the kinds of dishes you'd see at your favorite restaurant, which is why we came up with tasty recipes like **Quick Chicken Marsala** (page 10) and **Chocolate Crème Caramel** (page 12). Present your guests with this winning combination of decorative flatware and company-fancy dishes, and they'll think they've stepped into a 5-star restaurant!

Our Studio Collection is all about simple elegance. This flatware collection has a striking modern look thanks to clean lines and a thinner handle. Since this flatware has a lighter look and feel to it, we think a light and citrusy **Mandarin Spinach Salad** (page 17) would pair perfectly with its design. Since this flatware is all about simplicity redesigned to have a bold and modern look, we looked for simple dinner favorites that are kicked up just a notch with some tasty spices and flavors, like our **Spicy Mustard Pork Chops** (page 18) and **Steamin Vegetable Medley** (page 19).

So, whether it's a weekday family dinner or a special occasion we know our quick and easy dinners and unique flatware collections will have you saying...

"OOH IT'S SO GOOD!!®"

*Patty Howard
Kelly*



P.S. Enjoy this eCookbook filled with quick and easy dinner recipes. Remember our *Plate Scrapin' Favorites* eCookbook is available FREE, with many others also available on www.mrfood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Table of Contents



Everyday Dinner Collection

- One Pot Vegetable Soup - 1
- Grilled Porterhouse Steaks- 2
- Stuffed Baked Potatoes - 3
- Classic Strawberry Shortcake - 4



Art Deco Dinner Collection

- Easy Caesar Salad - 5
- Quick Chicken Marsala - 10
- Roasted Asparagus with Thyme - 11
- Chocolate Crème Caramel - 12



Studio Dinner Collection

- Mandarin Spinach Salad - 17
- Spicy Mustard Pork Chops - 18
- Steamin' Vegetable Medley - 19
- Bourbon-Pecan Rice Pudding - 20



Kitchen Cutlery Center



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

How to Set a Table

Formal Table Setting



Informal Table Setting



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

One Pot Vegetable Soup

Grab a soup spoon, your favorite bowl, and a comfy spot at the table 'cause you're going to want to slurp up every last bit of this One-Pot Vegetable Soup. There's tasty comfort in every spoonful of this veggie soup!

Serves: 6

Cook Time: 40 Min

What You'll Need:

- 1 tablespoon vegetable oil
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 7 cups chicken broth
- 1 (14-1/2-ounce) can diced tomatoes, undrained
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup small shell pasta



What To Do:

1. In a soup pot over medium heat, heat oil. Add celery, onions, and garlic; cook 5 minutes, stirring occasionally. Add broth, diced tomatoes with liquid, Italian seasoning, salt, and pepper; bring to a boil.
2. Reduce heat to low and simmer 15 minutes. Add pasta and cook 8 to 10 more minutes, or until pasta is tender.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Grilled Porterhouse Steaks

Juicy, easy, and so, so, SO delicious, you can't go wrong with these Grilled Porterhouse Steaks! You might want to double this recipe because it's likely you'll want to keep it all to yourself.

What You'll Need:

1/4 cup olive oil
2 tablespoons minced fresh basil
4 cloves garlic, crushed
2 (2-pound) porterhouse steaks
2 teaspoons seasoned salt
2 teaspoons freshly ground black pepper

Serves: 4

Cook Time: 20 Min



What To Do:

1. Preheat grill to medium-high heat.
2. In a small bowl, combine oil, basil, and garlic. Rub mixture on both sides of steaks; sprinkle evenly with seasoned salt and pepper.
3. Grill, covered, 6 to 8 minutes per side, or to desired doneness. Serve immediately.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Stuffed Baked Potatoes

Want to turn plain baked potatoes into company fancy baked potatoes? This mouthwatering and easy recipe for Stuffed Baked Potatoes is loaded with rich creaminess and good taste!

What You'll Need:

6 large baking potatoes
2 eggs
1 cup sour cream
1/2 cup (1-stick) butter, softened
1/2 teaspoon onion powder
1/2 teaspoon salt
1/4 teaspoon black pepper
Paprika for sprinkling

Serves: 6

Cook Time: 1 Hr 25 Min



What To Do:

1. Preheat oven to 400 degrees F.
2. Scrub potatoes and pierce them several times with a fork. Bake 1 hour, or until fork-tender; leave oven on.
3. Slice about 1/2 inch off top of each potato and scoop out pulp, leaving about a 1/4-inch-thick potato shell; place pulp in a medium bowl.
4. Add eggs, sour cream, butter, onion powder, salt, and pepper; beat until smooth. Spoon mixture into potato shells and sprinkle tops lightly with paprika.
5. Bake 25 to 30 minutes, or until potatoes begin to brown on top. Serve immediately.

Classic Strawberry Shortcake

Satisfy your sweet tooth with a dessert that's full of simple, summery tastes.

Our recipe for Classic Strawberry Shortcake is a favorite that can be enjoyed any time of the year!

Serves: 8

Chill Time: 20 Min | **Cook Time:** 15 Min

What You'll Need:

- 4 cups sliced fresh or frozen strawberries (thaw if frozen)
- 1/2 cup plus 2 tablespoons sugar, divided
- 2 cups pancake and baking mix
- 2/3 cup half-and-half
- 1/4 cup (1/2 stick) butter, melted
- 1 large egg, lightly beaten
- 1 (8-ounce) container frozen whipped topping, thawed



What To Do:

1. Preheat oven to 425 degrees F. Coat an 8-inch round cake pan with cooking spray.
2. In a small bowl, combine strawberries and 1/2 cup sugar, stirring gently. Cover and chill at least 20 minutes.
3. Meanwhile, in a large bowl, combine pancake and baking mix, half-and-half, butter, egg, and 1 tablespoon sugar; beat at high speed with an electric mixer 30 seconds. Spoon batter into cake pan; sprinkle with remaining sugar.
4. Bake 15 to 20 minutes, or until golden. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on wire rack.
5. Split shortcake in half horizontally. Place bottom half cut side up on a serving plate. Spoon half each of whipped topping and strawberry mixture over shortcake. Top with remaining shortcake. Spoon remaining whipped topping and strawberry mixture on top.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Easy Caesar Salad

Why use bottled Caesar salad dressing when it's so easy to make your own? Our recipe for Easy Caesar Salad is totally homemade and tastes just like the ones you're served at fancy restaurants.

What You'll Need:

- 1 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 4 anchovies
- 2 tablespoons fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1 clove garlic
- 1/4 teaspoon black pepper
- 1 large head romaine lettuce, torn into bite-sized pieces

Serves: 6
Prep Time: 5 Min



What To Do:

1. In a blender, combine all ingredients except lettuce: blend 1 to 2 minutes, or until smooth and creamy.
2. Place lettuce in a large bowl and toss with the dressing. Serve immediately.

Notes:

- To complete the Caesar salad, toss with croutons and sprinkle with additional Parmesan cheese.
- For easy-to-make croutons, cube a few slices of Italian bread and toast in a skillet with 1 to 2 tablespoons of butter and 1/2 teaspoon garlic powder.
- If you have a smaller head of lettuce or would rather use less dressing, store any remaining dressing in an airtight container in the refrigerator for up to 2 weeks.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Quick Chicken Marsala

You don't need hours to put together a dinner dish that looks and tastes fancy.

With this recipe for Quick Chicken Marsala you can dress up your dinner plate and impress your taste buds too!

Serves: 6

Cook Time: 20 Min

What You'll Need:

1/2 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon black pepper
6 boneless, skinless chicken breast halves (1-1/2 to 2 pounds total), pounded to 1/4-inch thickness
3 tablespoons butter
3 tablespoons olive oil
1/2 pound fresh mushrooms, sliced
3/4 cup Marsala wine



What To Do:

1. In a shallow dish, combine flour, salt, and pepper. Coat chicken with flour mixture; set aside.
2. In a large skillet over medium heat, heat butter and oil. Cook chicken 5 to 7 minutes, or until browned, turning halfway through cooking. Remove cooked chicken to a platter and keep warm. (Cook chicken in batches, if necessary.)
3. Add mushrooms to skillet and sauté 4 to 5 minutes, or until tender. Return chicken to skillet, add wine, and reduce heat to low. Cook 4 to 5 minutes, or until sauce thickens and chicken is heated through.

Note:

You're probably wondering why you need to sauté in both olive oil and butter. Well, butter won't burn if it's mixed with oil, so that's how we can still enjoy its great flavor.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Roasted Asparagus with Thyme

Forget the main course 'cause when you're making a side dish as delicious as Roasted Asparagus with Thyme, everyone's going to forget all about the main dish! This is one side dish that takes center stage!

What You'll Need:

1-1/2 pounds fresh asparagus, trimmed
1 clove garlic, minced
2 teaspoons olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon dried thyme

Serves: 4

Cook Time: 20 Min



What To Do:

1. Preheat oven to 400 degrees F.
2. Place asparagus and garlic in a 9- x 13-inch baking dish. Drizzle with olive oil, then sprinkle with salt, pepper, and thyme; toss gently to coat.
3. Bake 20 minutes, stirring once.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Chocolate Crème Caramel

The cocoa powder in this custard dessert puts this traditional favorite into a class all of its own! You're going to love digging your spoon into the soft chocolate caramel layers of this Chocolate Crème Caramel.

Serves: 8

Chill Time: 1 Hr | **Cook Time:** 45 Min

What You'll Need:

3/4 cup sugar, divided
4 eggs
1 teaspoon vanilla extract
1/4 cup sweetened cocoa powder or hot chocolate mix
2 cups milk



What To Do:

1. Preheat oven to 350 degrees F. In a small nonstick skillet over medium heat, stir 1/2 cup sugar about 6 minutes, or until completely melted and caramel-colored. Immediately pour melted sugar into a 9-inch glass pie plate, completely coating bottom of pie plate. Be careful when working with the heated sugar; it is very hot.
2. In a medium bowl with an electric mixer on medium speed, beat eggs and vanilla.
3. In a small bowl, combine cocoa and remaining sugar; mix well with a spoon. Stir in milk, then beat into egg mixture. Pour over caramelized sugar, then place pie plate into a pan of hot water, with just enough water to go about halfway up the sides of the pie plate, being careful not to pour water into the pie plate.
4. Bake 45 to 50 minutes. or until a knife inserted in the center comes out clean. Carefully remove pie plate from water and let cool 20 minutes, then cover and chill at least 1 hour before serving. Just before serving, run a table knife around the inside edge of the pie plate to loosen the custard. Carefully invert onto a 10- to 12-inch rimmed serving plate, so that the caramel sauce doesn't run off the plate (see Note). Serve each wedge with some of the caramel sauce.

Note:

The best way to remove the crème caramel from the pie plate: place the serving plate upside down over the top of the pie plate and, holding the two together tightly, turn them over quickly, then slowly remove the pie plate.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com

Mandarin Spinach Salad

We bet you've seen this salad at a restaurant before, but you've never tried making it at home. Well, now's your chance 'cause this Mandarin Spinach Salad is a green salad recipe that tastes better when it's homemade.

What You'll Need:

- 1 (10-ounce) package fresh spinach, rinsed, dried, and stems removed
- 1 (11-ounce) can mandarin orange segments, undrained
- 1/4 cup white vinegar
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- 1 teaspoon dried Italian seasoning
- 4 oranges, peeled and sectioned

Serves: 4
Prep Time: 5 Min



What To Do:

1. Place spinach in a large bowl; set aside.
2. In a blender, combine mandarin oranges with liquid, vinegar, oil, lemon juice, and sugar. Blend until smooth.
3. Combine Italian seasoning with mandarin dressing; mix well. Pour dressing over spinach and toss until evenly coated. Top with fresh orange sections and serve immediately.

Spicy Mustard Pork Chops

These Spicy Mustard Pork Chops are worth heating up the skillet for. We coat these pork chops with spicy brown mustard before adding a simple seasoning mixture that gives it that final "oomph!" of deliciousness.

Serves: 6

Cook Time: 10 Min

What You'll Need:

1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup all-purpose flour
1/2 cup spicy brown mustard
6 (1/2-inch thick) boneless pork chops
1/4 cup vegetable oil



What To Do:

1. In a small bowl, combine garlic powder, salt, and pepper. Place flour in a shallow dish.
2. Spread mustard evenly on both sides of pork chops. Sprinkle with seasoning mixture, then dredge in flour.
3. In a large skillet over medium-high heat, heat oil. Cook pork chops 3 to 5 minutes per side, or until golden. Remove to a paper towel-lined plate, and serve immediately.

Steamin' Vegetable Medley

Showcase the bright colors and flavors of tasty veggies with our recipe for Steamin' Vegetable Medley. They're simply seasoned and cooked, so you can enjoy their unique flavors without having to do too much work.

Serves: 6

Cook Time: 15 Min

What You'll Need:

- 1/2 cup water
- 3 carrots, peeled and cut into 1/4-inch slices
- 2 zucchini, cut into 1/4-inch slices
- 2 yellow squash, cut into 1/4-inch slices
- 2 tablespoons butter
- 1 teaspoon dried dillweed
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt



What To Do:

1. In a large skillet over medium-high heat, bring water to a boil. Add carrots, cover, and cook 3 to 4 minutes.
2. Add zucchini and yellow squash and cook, uncovered, 5 minutes, or until water has evaporated.
3. Reduce heat to low and add remaining ingredients; stir until well combined.
4. Cook 5 to 8 minutes, or until vegetables are tender. Serve immediately.

Bourbon-Pecan Rice Pudding

This rice pudding recipe is full of fall flavors. Our slow-cooked Bourbon-Pecan Rice Pudding is loaded with fall favorites like, dried cranberries, pumpkin pie spice, pecans, and more. Adults will love this dessert!

Serves: 6

Cook Time: 3 Hr

What You'll Need:

- 3 cups cooked long-grain rice
- 1/2 cup raisins or dried cranberries
- 1 teaspoon vanilla extract
- 1 (14-ounce) can sweetened condensed milk
- 1 (12-ounce) can evaporated milk
- 1/4 cup bourbon
- 2 tablespoons light brown sugar
- 1 teaspoon pumpkin pie spice
- 1 cup chopped pecans, toasted



What To Do:

1. Coat a 3- to 3-1/2-quart slow cooker with cooking spray.
2. Place all ingredients, except pecans, in slow cooker.
3. Cover and cook on LOW 3 hours, or until liquid is mostly absorbed. Stir before serving, and sprinkle with pecans. Serve warm or chilled.

Note:

Be sure to use only cooked, long-grain, white rice in this recipe. Cooked instant rice will break down during the long cooking time, causing a mushy texture.



Plate Scrapin' Favorites: 3 Quick and Easy Dinner Menus

Find thousands of Mr. Food Test Kitchen recipes, cooking videos, and entertaining ideas, plus sign up for the free Mr. Food Test Kitchen Newsletter at www.mrfood.com