



Food Made with Amor

Recipe Book

*Traditional Recipes With
A Contemporary Touch*

Events by
Judy



Balsamic Poppy Seed Dressing

½ cup balsamic vinegar
1 tsp dry mustard powder
¼ cup chopped red onion
½ tsp sea salt
1 tbsp poppy seeds
½ cup sugar
½ cup olive oil
½ cup canola oil

Directions

Add balsamic vinegar, mustard powder, red onion, sea salt, poppy seeds, sugar, and oils to a blender; blend until smooth. Refrigerate leftovers.

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Balsamic Vinaigrette

- 2 tbsp honey
- 1/2 tsp fine sea salt
- 1/2 tsp freshly crushed black pepper finely ground
- 1 large garlic clove minced
- 1/4 cup balsamic vinegar
- 3/4 cup extra virgin olive oil

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Bloody Mary Burger

By Rian Handler

For burger patty

1 lb. ground beef
1 tbsp. hot sauce
1 tbsp. Worcestershire sauce
Kosher salt
Freshly ground black pepper
2 tbsp. vegetable oil

For Mayo

1/3 c. mayonnaise
2 tbsp. Bloody Mary mix
1 tsp. Worcestershire sauce
1 tbsp. Vodka
1 tbsp. hot sauce
Juice of 1/2 lemon
4 burger buns
Butterhead lettuce
Sliced tomato
Pickle chips
Olives
Cherry tomatoes
Pepperoncini
Cornichon
Cooked bacon

Directions

COOK BURGERS

In a large bowl, combine ground beef with 1 tablespoon hot sauce and Worcestershire. Season with salt and lots of pepper and stir well to combine. Form the mixture into 4 equally-sized patties. In a large skillet over medium-high heat, heat oil. Place patties in skillet and cook to your liking, about 4 minutes per side for medium.

MAKE BLOODY MARY MAYO

In a small bowl, mix together mayonnaise, Bloody Mary mix, Worcestershire, juice of 1/2 lemon, vodka, and hot sauce until well incorporated, then season with more salt and pepper.

ASSEMBLE BURGERS

Spread spicy mayo on each bottom burger bun, and then add burgers and top with lettuce, tomato, pickles, more sauce, and top buns. Onto a toothpick, add an olive, cornichon, cherry tomato, and pepperoncini. Stick into each burger, along with a skewered piece of bacon.

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Ceviche

1 1/4 lbs. medium shrimp, peeled, deveined and tails removed
1/3 cup fresh lime juice
2 medium roma tomatoes, diced (1 cup)
3/4 cup chopped red onion
1/2 cup chopped cilantro
1 medium jalapeno pepper,* seeded if preferred for less heat, diced
Salt and pepper, to taste
1/2 medium cucumber, peeled and diced (about 1 cup)
1 medium avocado, diced(optional)

Instructions

Bring a pot of water to a boil. Meanwhile, fill up a medium bowl with ice water, set aside. Add shrimp to boiling water and let cook just until pink and opaque, about 1 minute.

Drain shrimp in a colander then transfer to ice water to cool for a few minutes. Drain well then chop shrimp into small pieces (about 1/2-inch).

In a medium non-reactive bowl (you can use the same bowl that was previously filled with ice water) combine shrimp, lime juice, lemon juice, tomatoes, onion, cilantro, jalapeno pepper and season with salt and pepper to taste.

Transfer to refrigerator and let rest 30 minutes to 1 hour. Toss in cucumber and avocado and serve (if desired you can strain off some of the juices). It's delicious with tortilla chips or over tostada shells.

Notes

Use fish: Lean white fish cut into small chunks (such as cod, talapia, mahi mahi, snapper, bass, halibut) can be used instead of shrimp. Simmer in water until just barely cooked through, or let marinate in 2/3 cup lemon juice and 2/3 cup lime juice until it no longer looks raw when broken open which can take up to 7 hours. Raw version is not recommended for food safety.

Make it spicier: Add Mexican hot sauce (Tapatio, Cholula, Valentina) to the dip (1 Tbsp or more to taste).

Add garlic: If you have a hard time leaving garlic out of anything feel free to add 1 minced clove here.

Add some richness: Add 3 Tbsp olive oil for a hint of rich flavor.

Replace cucumber: Try diced radishes, jicama, corn, poblano or bell pepper.

How Long Does it Last?

It should keep well for 1 day in the fridge. You can add avocado and cucumber to portion serving then wait to add to remainder until the following day for best quality.

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Chicken Salad with Grapes Recipe

By Robyn Stone

1 cup chopped celery
1 cup red seedless grapes halved
1/2 cup dried cranberries
1/2 cup roasted pecans chopped
1 cup mayonnaise or Greek Yogurt
1/2 teaspoon salt
1/2 teaspoon ground black pepper
Celery leaves chopped (optional)

Instructions

Add chopped chicken to a large bowl along with celery, grapes, dried cranberries, chopped pecans, mayonnaise, salt and pepper. If using chopped celery leaves, add these as well. Stir together until just combined.

Notes: Lighten Up!

To lighten up the recipe, you can use Greek yogurt in place of the mayonnaise.

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Coquito Coconut Eggnog

1 Can GOYA® Evaporated Milk
1/2 Can Coco GOYA or Coco Lopez® Cream of Coconut
1 Can GOYA® Coconut Milk
½ cup GOYA® Sweetened Condensed Milk
1 teaspoon vanilla extract
½ teaspoon ground cinnamon, plus more for garnish, if desired
1 Cinnamon sticks
1/4 teaspoon grated nutmeg

Directions

Step 1: In bowl of blender, add evaporated milk, cream of coconut, coconut milk, sweetened condensed milk, nutmeg, vanilla extract and ground cinnamon. Blend on high until mixture is well combined, 1-2 minutes.

Step 2: Pour coconut mixture into glass bottles; cover. Transfer to refrigerator. Chill until cold.

Step 3: To serve, stir or shake bottle well to combine. Pour coquito into small serving glasses. Garnish with ground cinnamon and cinnamon sticks, if desired.

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Deep-Fried Shrimp with Bacon

1 pound large shrimp
12 strips bacon
Salt & pepper to taste
oil for deep-frying
4-Oz All-purpose flour
1Tbsp od Dry Adobo (amor)
lemon wedges

Directions

1. Shell, devein and butterfly shrimp, leaving the tail segments intact.
2. Cut bacon strips in two and wrap each half around a shrimp. Sprinkle lightly with salt & pepper.
3. Mix the flour with dry adobo. Dredge shrimp in flour mixture, shake off excess.
4. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Cook the bacon-wrapped shrimps in the hot oil in batches until the bacon is crispy and golden brown for 2 to 3 minutes. Drain the deep-fried shrimp on a paper towel to remove extra oil before serving. Serve hot, accompanied by lemon wedges

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Empanaditas

by Clara Gonzalez

For the dough

2 egg whites (divided)

2 cups of all-purpose flour (plus extra for working the dough)

1 tsp of salt

1 tsp of baking powder

2 cups of oil or frying, divided, plus two tablespoons for the dough

Procedures:

Mixing egg white and water

Mix egg white: Combine 1 egg white and 2 tbsp of cold water. Set aside

Mixing dry ingredients with wire whisk

Mix dry ingredients: Combine flour, baking powder, and salt.

Combining wet and dry ingredients with spatula

Combine: Pour in the egg white + water mix into the flour.

Add water by tablespoons until the mix is still a bit on the dry side.

Working dough with the hands

Work dough: Mix everything with your hands on a lightly floured surface until everything is well mixed, but just squeezing without folding (like playdoh).

Add some flour to the dough if it is too sticky, or a bit of water if it is too dry.

Once the dough has the consistency of playdoh (One to two minutes) cover and let the dough rest for ten minutes.

Rolling dough with rolling pin

Rolling out: Separate a small, golf-ball-sized piece of dough.

On a lightly floured surface roll out the dough forming a small circle.

How to make empanadas: Hands holding empanada. Cut out circles 4" [10 cm] in diameter. Paint the inside with egg white, place a tablespoon of the chicken filling in the center of each circle, double over in a semi-circle and seal the border pressing it with a fork.

Frying: Heat oil over medium heat in a 1 qt [1lt] pot. Deep fry the empanaditas until they are golden brown on each side. Rest on a paper towel to drain excess oil before serving.

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Guacamole

1/4 cup chopped fresh cilantro
3 tablespoons finely diced red onion
Few tablespoons canola oil, optional
3 ripe Hass avocado, peeled, pitted and diced
Juice of 2 limes
1 or 2 jalapenos, finely diced
Salt and freshly ground black pepper

Directions

Mash the cilantro, onions, canola oil (if using), avocados, lime juice and jalapenos together in a bowl, using a fork; guacamole should be chunky. Season with salt and pepper.

Try topping your guacamole with fresh cilantro, shredded cotija cheese and pico de gallo to represent the green, white and red colors of the Mexican flag.

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Shrimp Kabobs

Author: Imma from Immaculate bites

- 2 pounds large shrimp peeled deveined
- 2 tsp fresh thyme
- 1-2 tsp fresh oregano or ½ teaspoon dried
- 1 tsp freshly ground black pepper
- 1 tsp cumin spice
- 1 tbsp minced garlic (about 3 medium cloves)
- 1 tsp pepper flakes
- ½ tsp dried Italian seasoning
- 3-4 tbsp olive oil
- 3-4 tbsp lemon juice
- Salt to taste

Optional

- Bell pepper , large chunks
- Red onion , large slice
- Zucchini , large slice
- Squash , large slice

Instructions

1. Soak skewers for at least 20 minutes totally submerged in water before using it to prevent burns.
2. Heat the gas grill to medium-high heat. If using grill pan lightly spray or oil to prevent the shrimp from sticking to the pan
3. In a medium bowl, combine, thyme, oregano, black pepper, cumin, garlic, pepper flakes, Italian seasoning, olive oil, and lemon juice. Set aside.
4. Add shrimp in a large bowl, season with salt, then marinade shrimp with the spicy mixture.
5. Use some of the marinade to rub on the vegetables, then salt to taste.
6. Thread the shrimp onto the skewers, alternating between the shrimp and vegetables. Making sure the front of the skewer is fully covered with vegetable or shrimp.
7. Place skewers on grill pan or gas grill.
8. Grill for about 2-3 minutes per side until vegetables are fully cooked through.
9. Serve warm with salad, rice, or creamy orzo.

How to Cook Shrimp Kabobs in the Oven

If you don't have an outdoor grill, are out of fuel, or the weather isn't cooperating, you can easily cook shrimp kabobs in your oven instead.

Preheat the oven to 450 degrees F. Lightly coat a baking sheet with nonstick spray. Place the threaded skewers onto the baking sheet. Place into oven and roast just until pink, firm and cooked through, about 5 to 7 minutes.





Mediterranean Bean Salad

By therecipewell.com

Condiments

2 tsp. Dijon mustard	1 tsp Black pepper, freshly ground	3 tbsp. Red wine vinegar
1/2 cup Kalamata olives	1/2 tsp. Sea salt	3/4 cup Feta cheese
3 tbsp. Lemon juice, freshly squeezed	1/3 cup Olive oil	

For the Dressing

Olive oil	Dijon mustard	Salt and pepper
Lemon juice	Garlic	
Red wine vinegar	Oregano	

For the salad

Cannellini beans, also called white kidney beans, one 19-ounce can
Kidney beans, one 19-ounce can, Chickpeas, one 15-ounce can
English cucumber – you could use regular cucumber as well, but if you do, I recommend removing the seeds.

Cherry tomatoes – sliced in half or in three, depending on the size.

Bell pepper – I used orange, but yellow and red would be great too!

Kalamata olives – I like to slice them to spread out the saltiness.

Fresh parsley.

Red onion – diced small, so you don't get too much onion in one bite!

Fresh basil – I used 20 medium-sized leaves.

Feta cheese – optional; leave it out if you want to keep the salad vegan!

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Moktails

Pineapple Cobbler

1 oz strawberry juice
.5 oz lime juice
3 oz pineapple juice
Club soda

Instructions: In a mixing tin, combine the lime and pineapple juice. Shake well. Strain the contents into a highball glass over clean ice. Top with club soda and float the strawberry juice on top. Garnish with a strawberry and serve.

Coconut, Cucumber, Lime, and Mint Cooler

4 cups of coconut water
2 cucumbers sliced very thinly
1/2 cup of lime juice
1/4 cup of sugar (optional)
1/4 cup of chopped mint leaves

Instructions: Combine coconut water, cucumbers, lime juice, sugar and mint leaves. Let chill for 1 to 2 hours. Serve as cooler mocktails



Virgin Passion Fruit Mojito

8-10 Fresh mint leaves divided
4 oz Club soda/soda water divided, (8 tbsp)
4 oz Fresh passion fruit juice divided, (8 tbsp)
1/2 cup Ice divided
2 tbsp Brown sugar divided
1/2 Lime divided, (cut into 4 chunks)

Instructions: In two separate cups, add 1 tbsp of the brown sugar to each glass followed by the mint leaves and the lime wedges. Using a muddler, bar spoon or anything with a flat point gently crush the mint, lime and sugar down. Add the ice into each glass followed by the club soda and passion fruit juice. Stir everything together quickly and enjoy.

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Moktails

Cranberry Smash Mocktail

- ¼ cup fresh cranberries (approximately 8)
- 5 fresh mint leaves
- 1 lime wedge (lime cut into 6 pieces)
- 1 teaspoon brown sugar
- 5 ounces ginger ale
- Additional mint leaves for garnish (optional)

Instructions: Place cranberries, mint, lime, and sugar into a cocktail shaker. Using a muddling stick (or the back of a tablespoon), muddle the mixture until the cranberries are slightly crushed and the mint is bruised. Add ice and shake for approximately 10 seconds. Place the mixture into a rocks glass with ice and add ginger ale. You can add fresh mint leaves as a garnish.



Virgin Red Sangria

- 4 cups grape juice
- 2 tbsp lemon juice
- 1 tbsp lime juice
- 1 12-ounce can of frozen apple juice concentrate, thawed
- 1 orange, sliced
- 1 lime, sliced
- 1 apple, cored and chopped
- 1 cup sliced strawberries
- 3 – 4 cups club soda

Instructions: In a large pitcher, stir the grape, lemon and lime juices with the apple juice concentrate. Add the fruit pieces and allow them to soak in the juice until to serve. Stir in the club soda just before serving.

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Pastelón

Puerto Rican Plantain "Lasagna"

by Marta Rivera

- 4 ripe plantains, about 3 to 3 1/4 pounds
- 1/2 cup vegetable oil
- 1 pound ground beef (preferably ground round) or ground turkey
- 1 tsp adobo seasoning blend
- 1 1/2 tsp sazón flavoring blend, store-bought or homemade, optional
- 1 small white onion, minced (about 1 cup)
- 1 green bell pepper, minced (about 1 cup)
- 1 tbsp recaito flavoring base (store-bought or homemade), or 2 tbsp chopped cilantro
- 6 pimento-stuffed green olives, sliced
- 1 tsp capers
- 1 tsp dried oregano
- 1 cup tomato sauce
- 2 cups Monterey jack, cheddar, or mozzarella cheese, divided
- 2 large eggs
- 1/2 tsp baking soda

Method:

1. Preheat the oven to 350°F: Lightly grease a 10x10 casserole dish (for a thicker pastelón) or 9x13 casserole dish (for a thinner pastelón) with nonstick cooking spray or butter.
2. Prepare the plantains: Cut off both ends from the plantain, then use the tip of your knife to cut a slit down the back. Using your two thumbs, remove the peel from the plantain and discard the peel. Once you've peeled all the plantains, slice each one in half down the length. Separate the two halves and flip them onto their flat sides to create a stable base. Place your palm flat on top of the plantain, and use a sharp knife to slice parallel to the cutting board and cut the plantains into very thin slices (about 1/4-inch thick). Set aside. (Alternatively, you can use a mandolin to slice the plantains thinly, but be careful because the plantains are soft and the mandoline is sharp!)
3. Fry the plantains: In a large skillet, heat the vegetable oil to 300°F over medium heat (check the temperature with a candy thermometer or instant-read thermometer). Line a plate with paper towels to drain the plantains after frying, and set next to the stove. Place four or five slices of plantains into the oil and fry for about 1 1/2 minutes on each side, or until the plantains have a browned slightly. Remove from the skillet to the paper-lined plate to drain. Continue frying the remaining plantains.



4. Cook the beef: Drain all but 1 tablespoon of oil from the pan you used to fry the plantains. Return the pan to the stove and heat over medium-high heat. Add the ground beef and season with the adobo and sazón. Continue to cook the meat, breaking it up into crumbles, for 6 minutes or until browned. Drain the meat by pouring it into a colander, but leave a bit of the grease in the pan to cook the vegetables.
5. Cook the vegetables: Return the empty pan to the heat and cook the onions, bell pepper, and recaíto for 3 minutes or until glossy. Add the olives, capers, and dried oregano, and cook for 2 more minutes.
6. Finish the filling: Return the ground beef to the pan with the vegetables, along with the tomato sauce, and then stir to combine. Bring the mixture to a simmer, then remove the pan from the heat.
7. Assemble the pastelón: Cover the bottom of the casserole dish with a single layer of the fried plantain strips. Spoon a 1-inch layer of the ground beef mixture onto the plantains. Top with 1/2 cup of shredded cheese. Repeat with another layer of plantains, meat, and cheese (reserve the remaining 1 cup of cheese). Top with a final layer of plantains.
8. Add the egg layer: In a small bowl, whisk together the eggs and baking soda until frothy. Pour this mixture over the plantains.
9. Bake the pastelón, uncovered, for 25 minutes: Remove from the oven and top with the remaining cup of cheese. Return the dish to the oven and cook for an additional five minutes, until the cheese has melted.
10. Cool and serve: Remove the pastelón from the oven. Allow it to cool for at least fifteen minutes before slicing and serving, which helps it maintain its shape when sliced. Leftovers can be stored, covered, in the refrigerator for up to three days. To reheat, cut a portion and place either in the microwave or the oven until warmed through.

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Russian Salad

Ensalada Rusa Recipe ("Russian" Potato Salad): a Dominican's favorite.
It is usually served on special occasions and at Christmas dinner for 6 serving.

- 1 pound Idaho potatoes
- 2 large carrots
- 3 eggs
- 2 tsp salt, or to taste
- 1 medium beetroot, (optional)
- 1 apple, (any variety)
- 1 medium red onion
- 2 tbsp vinegar
- ½ cup sweet corn, (optional)
- ½ cup green peas, blanched or canned (optional)
- ½ cup mayonnaise

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Air Fryer Salmon

1 (6 ounce) salmon fillet
½ tsp salt
½ tsp dry adobo (amor)
¼ tsp olive oil
1 pinch lemon

Directions

Step 1: Preheat the air fryer to 370 degrees F (190 degrees C) for 5 minutes.

Step 2: Meanwhile, season salmon fillet

Step 3: Line the inner basket of the air fryer with a perforated parchment round. Place salmon onto the parchment, skin side down.

Step 4: Air fry salmon until salmon is cooked through, about 15 minutes.

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Sancocho Dominicano

Chef Zee

1 ½ lbs Beef Ribs	1 Head of Garlic
1 ½ lbs Chuck Steak	4 Sprigs of Thyme
1 ½ lbs Chicken	2 tbs DR Orégano
1 lbs Smoked Pork Chops	Black Pepper to Taste
1 ½ lbs Pork Chops	3 ½ tbs Sopita- Chicken Bouillon Cube
1 Yautia Blanca	1 cup Sour Oranges
1 Yautia Amarilla	Olive Oil
1 Ñame	2 tbs Sopita- Chicken Bouillon Cube
2 Yuca	2 Onions
2 Platanos	1 Green Pepper
2 ½ lbs Auyama	½ Orange Pepper *optional
1 Onion	1 Cup Recao
1 Green Pepper	6 Sprigs of Fresh Thyme

Instructions

- 1- Cut meat (Steak, Pork chops, and smoked pork chops) into thick slices and chunks
- 2- Place all of the meats- steak, pork chops, smoked pork chops, chicken, and ribs into a large mixing. Then add lemon juice, vinegar, and cold water
- 3- Massage meat making sure to clean thoroughly
- 4- Leave meat in lemon, vinegar, and water for 20-30mins then drain and rinse once more with cold water
- 5- While meat is sitting in wash/brine, feel free to start preparing the marinade. In a blender, add white onion, green pepper, 1 head of garlic, 3 tbs of chicken bouillon cube/sopita, 4 sprigs of fresh thyme, 2tbs of Dominican Oregano, 1 cup Sour Orange Juice, and Olive Oil

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- 6- Blend together until mixture is nice and smooth
- 7- Now add marinade to meat and massage into the meat until well combined.
- 8- Marinate meat for 3-4 hours, overnight, or two days max
- 9- In a very large heated pot or caldero, add olive oil
- 10- Add meat and marinade. Mix together
- 11- After 5 minutes, cover pot and continue to cook for 15-20 minutes
- 12- After 15-20 minutes, remove chicken and set aside
- 13- Now add water to pot. Add enough water to cover meats completely
- 14- Now add 1 red onion, 1 white onion, orange pepper *optional, green pepper, 2 tbs Chicken Bouillon Cube, Recao (Cilantro/Culantro), and Fresh Thyme.
- 15- Mix together and simmer for 1 hour and 30 minutes
- 16- While Sancocho is stewing, prepare viveres (root vegetables) Peel root vegetables and place
- 17- Them into cold water. Add salt. This will prevent them from oxidizing and help them retain their color once you place them into the stew
- 18- After an 1 hour 30 mins, remove peppers, cilantro, onions, bones, and any excess oil that may have collected on the top
- 19- Add 1/2 of the auyama (kaboucha squash) and boil until auyama dissolves which usually takes about 20 mins
- 20- Next, add the chicken back into the Sancocho
- 21- Then add yautia, name, yuca, and more water. Boil for an additional 20-30 mins
- 22- Now add the rest of the viveres- the 2nd of the auyama and the green plantains
- 23- Boil for another 15-20 mins until the plantains have cooked through

NOTES: Enjoy sancocho with white rice, avocado, fresh lime, and hot sauce!

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Shrimp Scampi

½ cup butter
4 cloves minced garlic
1 pound shrimp, peeled and deveined
1 cup dry white wine
¼ tsp ground black pepper
¼ cup grated Parmesan cheese
1 tbsp chopped fresh parsley

Directions

Step 1: Melt butter in a large saucepan over medium heat. Stir in garlic and shrimp. Cook, stirring constantly, for 3 to 5 minutes.

Step 2: Stir in wine and pepper. Bring to a boil and cook for 30 seconds while stirring constantly.

Step 3: Mix shrimp with drained pasta in a serving bowl. Sprinkle with cheese and parsley. Serve immediately.

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Spinach Strawberry Salad with Balsamic Poppy Seed Dressing

Key Salad Ingredients:

Spinach. Spinach and strawberries are classic together and an excellent choice. For a peppery twist, try using a blend of half arugula, half spinach.

Strawberries. Buy the juiciest, ripest fruit you can find. To change it up, try mixing in any combination of blueberries, raspberries, dried cranberries, or mandarin oranges.

Toasted Pecans. The necessary crunchy element that no good salad should be without. Not into pecans? Try swapping slivered almonds or chopped walnuts. Whatever nuts you choose, be absolutely sure to toast them first—it makes them crisp and 1,000x more flavorful. Working around a nut allergy? Try toasted sunflower seeds.

Feta. The key to a truly satisfying, not-salad salad is to add a touch of creaminess, and cheese was born for it. In addition to mild feta, I adore spinach strawberry salad with goat cheese or a mild blue cheese like gorgonzola. It's extra decadent and tangy.

Red Onion. To give this healthy strawberry spinach salad a friendly bite and keep it from being too sweet. **RED ONION TIP:** When you are using red onions raw like in this spinach strawberry salad recipe, soak them in water first. This preserves the onions' flavor but removes the harsh (and stubbornly lingering) aftertaste.

Let's Talk Poppy Seed Dressing

The poppy seeds feel cheery and add micro pops of texture too! Rather than a creamy dressing, this spinach strawberry salad calls for a poppy seed vinaigrette made with balsamic vinegar and honey for a few reasons: Balsamic and strawberry are divine together & the acidity of the dressing adds a nice balance.

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Directions

1-Toast the pecans, then chop them. My preferred toasting method is in the oven.

2-Place the sliced onions in a bowl of water. While they hang out, whisk the dressing ingredients together.

3-Add the spinach, strawberries, and onions to a serving bowl.

4-Drizzle some dressing over the top and toss. Start conservatively—you can always add more later, but you can't take back any excess.

5-Add the cheese and nuts. Toss and add more dressing if you so desire. ENJOY!

What to Serve with Strawberry Salad

As the recipe is written, this salad is perfect for a bright side or starter, but here are a few ideas to make it a main dish:

- Chicken. If you'd like to make this a strawberry spinach salad with chicken, try adding grilled chicken or shredded chicken.
- Grains. Stir in some cooked quinoa, pasta, or farro (like in my Strawberry Farro Salad) for added protein.
- Bread. Of course, you can't go wrong by serving a side of delicious, crusty bread with this salad.

Make Ahead and Storage Tips

To Make Ahead. Dress the salad as shortly before serving as you can. If you don't plan to eat it all right away, dress only what you plan to eat right away.

To Store. Store leftover, undressed salad in the refrigerator for up to 4 days. Refrigerate any leftover dressing in an airtight container (a jar is perfect) for up to 5 days, then shake before serving.

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The BEST Stuffing

9 tbsp butter reserve 1 tablespoon for preparing the baking dish
2 cups celery chopped (about 4-5 ribs)
2 cups yellow onion chopped (1 large)
1 cup of shredded carrots
1/2 tsp kosher salt
1/2 tsp freshly ground black pepper
10 cups dried bread cubes 1 pound package dried
2 tsp dried poultry seasoning
1 1/2 cups chicken broth or use homemade turkey or chicken stock

Instructions

1- Melt 8 tablespoons of the butter over medium heat in a large, high sided skillet or Dutch oven. Add the chopped onion and celery and cook, stirring occasionally, until soft, about 6-7 minutes. Season with the kosher salt and black pepper and remove from the heat.

2- Add the dried bread cubes to a large mixing bowl with the sautéed onion and celery. Sprinkle with the dried poultry seasoning and drizzle with the chicken broth. Gently toss until the ingredients until mixed.

3- To bake outside the bird, prepare a 9x13-inch baking dish with the 1 tbsp reserved butter and spoon the stuffing in the dish. Drizzle with an additional 1/4 cup of chicken broth and dot with an additional 2 tbsp of butter to keep moist, cover with foil and bake at 400°F for 20-25 minutes. Remove the foil and bake for an additional 10-15 minutes or until golden brown.

4- To bake inside the bird, spoon 3-5 cups of the stuffing into the bird's cavity, stuffing it loosely but not overfilling, then follow your bird's cooking directions. Be sure the internal temperature of the stuffing comes to 165°F on an instant read meat or food thermometer before serving.

Notes: Do ahead: You can make this stuffing a day ahead of time, cover, and refrigerate. Just know you may need to add an extra 10 minutes to the bake time. You can reheat leftover stuffing in a 350°F oven or in a skillet on the stove. Whichever method you choose, you'll want to drizzle a little chicken broth over the stuffing before reheating it to prevent it from drying out.

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Superfood Salad with Lemon Vinaigrette

- 1/2 cup dry quinoa
- 1/3 cup red onion, chopped
- 1 orange, peeled then segmented
- 1 avocado, chopped
- 1 cup canned black beans, rinsed and drained
- 1 cup pomegranate seeds (about 1 pomegranate worth)
- 1 cup frozen corn, thawed
- 1/3 cup chopped fresh cilantro
- salt and pepper
- For the Lemon Vinaigrette:
 - 1/4 cup fresh lemon juice (about 2 lemons worth)
 - 2 garlic cloves finely minced
 - 1 tsp agave nectar or honey
 - Salt and pepper
 - 6 tbsp extra virgin olive oil

Directions

Cook quinoa according to package directions then set aside to cool.

For the Lemon Vinaigrette: combine all ingredients in a jar with a tight fitting lid or bowl then shake or whisk to combine.

Combine cooled quinoa with red onion, orange segments, avocado, beans, pomegranate arils, corn, cilantro, salt and pepper in a large bowl. Pour Lemon Vinaigrette over salad then stir to combine. Serve cold or at room temperature.

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Tostones (Twice-Fried Plantains)

By: Clara Gonzalez

2 unripe plantains 1 tsp salt (or more, to taste)
2 tbsp olive oil 1 tsp garlic powder (optional)

Instructions

1-Cut the plantains: Cut the unpeeled plantain into a little under $\frac{1}{2}$ inch [1 cm] thick slices (about 8 slices per plantain). This step is if you are going to boil them, if you are going to microwave them, do not cut or peel them.

2-Precook the plantains (boiled): Place the plantain into a pot and cover with water (plus about an extra inch over it). Boil over medium-high heat for about 20-25 minutes, starting counting from the time it breaks the boil. The plantain slices should be cooked completely, but still firm, if they are even a little raw in the center they will break when crushed. Carefully peel and crush one, if it flattens but not breaks, it's cooked (it will be soft and flexible, that's fine). Once cooked through, remove from the water and pat with a paper towel to whisk away excess moisture. Peel the slices using a tong to avoid burning yourself. Proceed to step 4.

3-Precook the plantains (microwave): Place the plantain, unpeeled, in the microwave, and cook for 3.5-5 minutes (try with 3 $\frac{1}{2}$ minutes, check for doneness and cook more if needed). The peel will break, and you can remove it with tongs to avoid burning yourself. Cut into a little under $\frac{1}{2}$. Proceed to step 4.

4-Flatten: If you have a tostonera flatten the slices between two pieces of parchment or wax paper, so the plantain doesn't stick to the tostonera (you may grease the paper with a bit of oil for extra precaution). If you don't have a tostonera, flatten using the bottom of a glass jar, putting the plantain slices between two pieces of paper as described above. In either case, it's best if the slices are very thin (around 3 mm $\frac{1}{8}$ "+).

5-Season: Brush the flattened slices with olive oil. Sprinkle with salt and garlic powder.

6-How to cook tostones in air fryer: Preheat the air fryer to 400 °F [200°C]. Place the slices of plantain in the air fryer bowl, making sure they are not piled up and return bowl to the air fryer. Cook for 15 minutes or until they turn a light golden color and are crispy around the edges.

7-How to cook tostones in the oven: Preheat the oven to 400 °F [200 °C]. Place the slices of plantain on a wire rack, making sure they are not piled. Cook for 15 to 20 minutes or until they turn a light golden color and are crispy around the edges.

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Tuna and Tomato Spaghetti

½ Red Pepper
½ Green Pepper
½ Green Pepper
1 Small Onion
1 Can of Corn
1 Can of Tuna
10 ounces of Spaghetti
½ of Tomato
1 Small bunch of cilantro
1 Small Can of Tomato sauce or 8 ounces of marinara sauce
3 tbsp Olive Oil
1 Cup of Water to cover pasta
Coarse salt and ground pepper, to taste

Procedures

- 1- Add all ingredients in a pan
- 2- Cook for 5 minutes and stir
- 3- Continue cooking for 10 minutes
- 4- Add tuna and stir
- 5- Add Shredded mozzarella and cover pasta until melt
- 6- Taste and enjoy!!

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Vodka Sauce

½ cup butter
1 onion, diced
1 cup vodka
2 (28 ounce) cans crushed tomatoes
1 pint heavy cream
¼ tsp dried oregano,
1 tbsp chopped fresh basil

DIRECTIONS

Step 1

In a skillet over medium heat, sauté onion in butter until slightly brown and soft. Pour in vodka and let cook for 10 minutes. Mix in crushed tomatoes and cook for 30 minutes. Pour in heavy cream & herbs and cook for another 30 minutes.

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Tornasol Style Chimichurri Sauce

- 4 Cloves garlic, whole or chopped
- 4 Dientes de ajo grandes cortado pequeño
- 2 Tablespoons chopped red onion
- 2 Cucharadas de cebolla roja cortada pequeña
- 2 Cups flat leaf parsley firmly packed
- 2 Tazas de perejil italiano cortado pequeño
- 1 Cup fresh cilantro chopped
- 1 Taza de cilantro fresco cortado pequeño
- ¼ Cup of lime juice or to taste
- ¼ de taza de jugo de limón fresco o al gusto
- 2 Tablespoons red wine vinegar or to taste
- 2 Cucharadas de vinagre de vino rojo o al gusto
- ¼ Cup extra virgin olive oil
- ½ Taza de aceite de oliva extra virgen

Kosher salt to taste / Sal al gusto
Red pepper flakes to taste /
Semillas de pimientos rojos al gusto

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Vinagreta Balsámica

½ Taza de vinagre balsámico

½ Taza de aceite de oliva

2 Cucharadas de ajo molido

1 Cucharada de miel

Sal y pimienta al gusto

Preparación

Mezcla vinagre balsámico, aceite de oliva, ajo molido, sal y pimienta en un tazón hasta incorporar bien.

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Vinagreta de Guayaba

- ¼ Taza de néctar de guayaba
- 1 Cucharada de jugo de limón (1/2 limón)
- ½ Cucharadita de mostaza Dijon
- ¼ Taza de aceite de oliva virgen extra
- Sal y pimienta recién molida.

Preparación

En un tazón mediano, mezcle el néctar de guayaba, el jugo de limón y la mostaza.

Condimentar con sal y pimienta.
Incorpora lentamente el aceite de oliva.

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Watermelon and Spinach Salad

¼ Cup rice vinegar or white wine vinegar
1 Tablespoon grated lime zest
2 Tablespoons lime juice
2 Tablespoons canola oil
4 Teaspoons minced fresh gingerroot
2 Garlic cloves, minced
½ Teaspoon salt
¼ Teaspoon sugar
¼ Teaspoon pepper

SALAD:

4 Cups fresh baby spinach or arugula
3 Cups cubed seedless watermelon
2 Cups cubed cantaloupe
2 Cups cubed English cucumber
½ Cup chopped fresh cilantro
2 Green onions, chopped
Portions: 8 servings

Directions

In a small bowl, whisk the first nine ingredients. In a large bowl, combine salad ingredients. Drizzle with dressing and toss to coat; serve immediately.

Test Kitchen Tips:

- Try adding a touch of honey to the dressing if your melon isn't super sweet. It will wake it right up!
- English cucumbers are firmer and less watery than regular cucumbers.
- To aid your preparation of this salad, halve a regular cucumber lengthwise and use a spoon to scoop out the seeds before cubing.

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Chicken Bacon Avocado Sandwich

Sandwich Ingredients for 4 small or two medium sandwiches

6oz Chicken breast from a rotisserie chicken, hand pulled
4 Strips cooked bacon, 2 slices provolone cheese
2 Large lettuce leaves, 4-6 slices tomato
¼ Small thinly sliced red onion, Salt & pepper
1 Avocado, peeled, pitted and sliced
1 Large Wrap

Directions

½ Cup fresh cilantro cut in small pieces , 1 tsp lemon juice
1 Jalapeño, seedless and cut up in small dices
1 Small clove garlic, ½ cup light mayonnaise
Cilantro, jalapeño, garlic, mayonnaise, and lemon juice until smooth.
Season with salt and pepper to taste.

How to Assemble the Chicken Wrap Sandwich:

Cilantro Jalapeño Mayo, provolone cheese, chicken, bacon, lettuce, tomato, red onion, avocado, salt & pepper. and top it with the second piece of spread bed with sauce.

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Monstrous Wraps

Make these monstrous wraps come to life with sliced Cheddar, olives, and cornichon pickles! Use your favorite sandwich filling.

Large spinach wraps

Favorite sandwich filling

Sliced Cheddar cheese and/or nori (seaweed wraps), for hair and mouth

Sliced pimiento-stuffed olives, for eyes

Whole olives, for bolts

Cornichon pickles, whole for bolts, halved for eyebrows and nose

Directions

- Fill each wrap with desired sandwich filling and roll up like a burrito.
- Cut cheese slices and/or nori in half and cut triangle shapes for hair.
- Place on 1 half of wrap. Cut remaining half into long strips for mouth.
- Cut smallest cornichons in half lengthwise for eyebrows.
- Cut a thin slice for nose. Place olive slices for eyes.
- Use toothpicks to secure 2 olives or cornichons to sides of wrap for Frankenstein's bolts.

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Vinagreta de Mandarina

½ Taza de jugo de mandarina

¼ Taza de Agave o miel

½ Taza de aceite de maíz

2 Cucharadas de vinagre de arroz

⅛ Cucharadita de sal

⅛ Cucharadita de pimienta recién molida

1 Cucharadita de semillas de amapola (poppy seeds)

Preparación

Mezcla los primeros 6 ingredientes con una licuadora inmersión (licuadora de mano) Una vez lista tu vinagreta agrega las semillas de amapola.

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Ceviche de Camarones

- 1 Libra de camarones fresco y limpios
- 2 Cebollas rojas grandes picadas pequeños
- 2 Ajíes (1 rojo & 1 verde) picados pequeños
- 1 Manojito de Cilantro fresco picado pequeño
- 10 Limones verdes grandes, el jugo
- ¼ de cucharada de Ajo fresco
- 1 Pizca de azúcar
- 1 Taza de aceite de oliva extra virgen
- Sal & Pimienta al gusto

Preparación

Comienza cortando la cebolla roja, pimientos, cilantro bien pequeños. Hervir por diez minutos 4 tazas de agua, y media taza de leche 1 / 2 cebolla, 1 rama de apio , 1 / 2 zanahoria, sal y pimienta al gusto. Hervir camarones por dos minutos. Cortar los camarones pequeños. Agregar la cebolla, pimientos, cilantro ya cortados y aceite de oliva. Exprime aproximadamente 10 limones verdes, hasta que el zumo cubra por completo la mezcla. Remueve con suavidad y mete a la nevera durante 20 a 30 minutos, dependiendo del punto de cocción que prefieras.

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Ensalada de Quinoa y Remolacha

- 4 Tazas de quinoa
- 8 Tazas de agua
- 2 Remolachas horneadas
- 1 Cebolla roja
- 2 Cucharadas de zumo de jengibre fresco
- 6 Cucharadas de aceite de oliva extra vírgen
- 2 Cucharadas de vinagre balsámico
- 1 Pizca de azúcar
- 1 Taza de cranberry seco
- Sal & pimienta al gusto

Preparación

Lavar la quinoa bien bajo la llave.
En una cazuela poner la quinoa y el agua a hervir durante 15 minutos a fuego medio y dejarlo reposar 5 minutos más.
Picar la cebolla bien pequeña, la remolacha en dados y cortar los cranberry pequeños.

En un envase agregar el aceite, el vinagre , y zumo de jengibre.
Emulsionar batiendo suavemente con unas varillas,
agregar el azúcar y mezclar.
Mezclar los ingredientes y agregar sal y pimienta al gusto.

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Salmón al Grill con Pico de Gallo de Mango Y Piña

- ½ Chile habanero o jalapeño
- ½ Mango
- ½ Taza de Piña fresca
- ¼ de taza de cilantro fresco
- 1 Cucharada de aceite de oliva
- 1 Cucharada de aceite de coco
- 1 Pimiento (½ verde & ½ rojo), cortado en cubos pequeños
- 2 Limones amarillos, el jugo
- 1 Pizca de pimienta
- 1 Pizca de sal
- ¼ de taza de cebolla morada, finamente picada

Preparación

Cocinar salmón como de costumbre.
Mezclar todos los demás ingredientes en un envase con sal y Pimienta al gusto.

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Chickpea Quinoa Roasted Veggie Salad

A simple, delicious and refreshing salad. It's made of red quinoa, chickpeas, roasted carrots, roasted mushrooms, peas, red onion, tomatoes and greens. Served with simple lime vinaigrette.

- 1 ½ cups cooked chickpeas drained and rinsed (about 1 can)
 - 1 Cup sliced mushroom
 - 1 Cup sliced carrots
 - 1 Cup of corn
 - 1 Large red onion
 - 1 Red pepper seeded and diced
 - 2 Tablespoons Amor (dry adobo)
 - 2 Tablespoons lime juice
 - 1 ½ cups cooked quinoa (Cooked according to package instructions)
 - 1 Large tomato seeded and diced
 - 1 Jalapeño seeded and diced (optional)
 - 2 Tablespoons cilantro chopped fine dressing
 - 2 Tablespoons lime juice
 - 1 Teaspoon agave nectar or maple syrup
- Combine lime juice, olive oil and agave nectar in a small bowl, salt and pepper

Instructions

Preheat oven to 400 degrees. Line a rimmed baking sheet with parchment paper. In bowl combine chickpeas, corn, red pepper, carrots, mushrooms, Amor seasoning, fresh crushed garlic, salt and pepper.

Toss until well combined. Roast for 35 to 45 minutes, stirring often to prevent the vegetables from burning.

In a large bowl combine cooked quinoa, tomatoes, jalapeno, cilantro and roasted vegetables. Toss with lime juice and serve warm or at room temperature.

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Sweet Plantain Salad

By Chef Mercedes Castillo from Events by Yudy

Boiled plantains are very common in Caribbean cuisine. Eaten at all stages of ripening from green and starchy to ripe and sweet. This recipe uses ripe, but firm plantains which hold their shape, giving a nice contrast with the fresh vegetables. Boiling the plantains in their skin deepens the flavor and may preserve some nutrients.

1 Ripe, firm plantains
1 Tablespoon of small diced peppers
1 Tablespoons minced cilantro
Fine sea salt & pepper
½ Small red onions
1 Squeezed fresh lime juice
½ Cups diced plum tomatoes
2 tablespoons olive oil
½ Cucumbers- diced

Dressing: Combine lime juice, olive oil in a small bowl, salt and pepper to taste

Instructions

Trim off both ends of the plantains, and then make a slit along the length of it. Don't peel or remove the skin—the slit will make it easier to remove once cooked. Cut into 3 or 4 pieces. Place the plantains in a medium saucepan with enough water to cover with 1/2 teaspoon of the salt. Bring to a boil and simmer covered for about 10 to 15 minutes or until plantains are soft enough to allow a fork or tip of a sharp knife pass through with ease. Once cooked, drain the plantains and set aside to cool. Make the dressing by whisking the oil, lime juice, salt and pepper together or shake together in a jar. Taste and adjust.

Once the plantains are cool, remove the skins and seeds. Slice each piece in half lengthways and slice each half again so you have four slices in total. Finally, cut across to make the dice. Combine with the cucumber, onions, cilantro and peppers, then pour the dressing on top. Stir well and let rest for half an hour at room temperature so the flavors marry together.

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Mango Pineapple Salsa

By Chef Mercedes Castillo from Events by Yudy

This salsa is perfect on a hot day when you want just a little bit of a spicy kick, but could use fresh fruit to cool you down. Its perfect in tacos, over hamburgers, over fajitas, or just as a dip!

1 Cup chopped peeled mango
1 Cup pineapple tidbits
½ cup diced sweet red pepper
1 Plum tomato, seeded and chopped
3 Tablespoons minced fresh cilantro
2 Green onions, sliced
2 Tablespoons lime juice
1 Tablespoon lemon juice
1 Jalapeno pepper, finely chopped
Tortilla chips

In a large bowl, combine the first nine ingredients. Cover and refrigerate for 1 hour or until chilled so the flavors marry together. Serve with tortilla chips, and enjoy!
Tips: Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

TIPS TO PERFECT PINEAPPLE MANGO SALSA

Dice it! Make sure to dice your pineapple and mangos finely small bits are the easiest to scoop, and will help the fruit release more flavor into the salsa. Let it come together. While this salsa is fresh and delicious, it does benefit from a couple hours of “marinating”; time to help the flavors really come together. Store in an airtight container in the fridge until ready to serve. Salt makes sweet. A dash of salt can really pull out the sweetness from the pineapple and mangos in this delicious fresh fruit salsa so don’t fear adding a touch as you toss the salsa!

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Green Pigeon Pea and Orzo Salad

From: A Taste of Puerto Rico

By Yvonne Ortiz

Orzo (rice-shaped pasta) combined with gandules (green pigeon peas) makes a pretty variation of the rice and gandules dish. Yellow peppers add a perfect touch.

1 Cup orzo, cooked according to package instructions
1 16-ounce can gandules (green pigeon peas) drained
1 Medium yellow bell pepper, seed and diced
1 Medium red onion, sliced
¼ Cup red wine vinegar
1 Cup sunflower or extra virgin olive oil
2 Teaspoons salt
1 Teaspoon black pepper
3 Tablespoons chopped cilantro

Instructions

- Combine the orzo, gandules (pigeon peas), yellow pepper & onion in a large bowl.
- In another bowl, whisk the oil into the vinegar and add the salt and pepper.
- Pour the dressing over the salad.
- Add the cilantro and toss well.
- Refrigerate for at least 30 minutes before serving

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