

BBQ Ribs in 20 Minutes!

Ribs:

1 2.5-3 lb pork loin back
ribs (baby back ribs)
1 tablespoon salt
1/4 teaspoon ground
black pepper

1/4 cup water

Smoky BBQ Sauce:

1 cup ketchup

1/4 cup packed brown

sugar

2 tablespoons cider

vinegar or white

vinegar

Yield: 4 servings

Wow your guests with
our BBQ Ribs recipe
that will have you
begging for more!! Even
better, they are cooked
in the MICROWAVE!!!
This is a great fall
favorite!



If you were to do this party these are the ingredients you would need to supply. If there is more than one recipe listed you can pick and choose which ones to use at your party. Use the servings yielded number to help in planning for larger crowds.



BBQ Pork Tenderloin

10 Min Tenderloins:
1 pork tenderloin (about 1 lb)
1 tablespoon vegetable oil

in under 10 minutes!

Sandwiches:
1 cup ketchup
1/4 cup packed brown
sugar
2 tablespoons white
vinegar

OR

Jerk Tenderloin Salad:
1 medium pineapple
1 red bell pepper
3 green onions (white and
light green parts only)
2 heads romaine lettuce
1 15oz can black beans
6 slices of bacon
2 limes
1/3 cup fat free
mayonnaise
2 tablespoons pineapple
preserves
Yield: 4-6

Do you want to learn an easy
and quick recipe that wont
heat up your kitchen in the
warm summer months?!

This tasty meal cooks up in
about 10 minutes, AND in the
microwave so it's perfect for
those busy summer nights!

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you would need to supply. If there is more than one
recipe listed you can pick and chose which ones to use
at your party. Use the servings/estimated number to
help in planning for larger crowds.

Comfort Foods

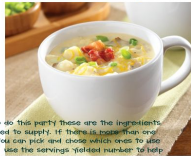
When times get tough we often seek the comforts of home.
And nothing makes you feel more at home than your
favorite foods!

At a Comfort Food show you
will learn homemade favorites
that are ready in less than 30 min and cost around \$2 a serving!

Loaded Baked Potato Chowder:

yield 6 servings.

3 large baking potatoes
3 1/2 cups of milk
4 oz cream cheese
2 tbsps butter
2-3 green onions with tops
4 oz sharp cheddar cheese
1 1/2 tsp salt
1/2 tsp black pepper



If you were to do this party these are the ingredients
you would need to supply. If there is a "recipe card"
recipe listed you can pick and choose which ones to add
at your party. Use the servings/estimated number to help
in planning that larger crowd. If the recipe listed does
not appeal to you ask for additional recipes.

DINNERTIME

in no time...



Zesty Ravioli Skillet

2/3 cup (75 mL) heavy whipping cream
 4 cups (2 L) loosely packed fresh baby spinach
 leaves
 6 oz (175 g) provolone cheese, grated
 1 tbsp (15 mL) olive oil
 1 small jalapeño pepper, seeded
 3 garlic cloves, pressed
 2 cans (14.5 oz) diced tomatoes with onions,
 undrained
 ½ tsp salt
 ½ tsp coarsely ground black pepper
 1 pkg (24 oz) small frozen cheese ravioli
 (about 65)
 Halved grape tomatoes (optional)
 Yields: 8 servings

*Wouldn't you like to
 get ahead of the
 dinner rush and
 spend more time
 enjoying your
 family?*

*I can show you how
 to prepare hearty
 meals
 in less than 30
 minutes
 that your whole
 family
 will love!*

If you were to do this party! These are the
 ingredients you would need to supply. If there
 is more than one recipe listed you can pick and
 choose which ones to use at your party. Use
 the servings listed number to help in planning
 for larger crowds. If the recipe listed does not
 appeal to you ask for additional recipes.

Easy and Impressive APPETIZERS



WHETHER ITS A HOLIDAY PARTY OR
A SIMPLE GET TOGETHER,
DELICIOUS FOOD ALWAYS SEEMS TO
BE THE CENTER OF ATTENTION. AT
THIS SHOW YOU WILL LEARN
SIMPLE-YET-SOPHISTICATED
APPETIZER RECIPES THAT ARE THE
LIFE OF EVERY PARTY.

Doney apple Brie Bites
1 lemon
1 cup coarsely shredded
2 medium acid baking apples
6 cup brie
1 1/4-in round Brie or
Camembert cheese with and
2 1/4-in prepared mini phyllo shells (30
shells total)
Yield: 30 servings
Chili Lime Quesadillas
1/2 cup crumbled cheese and place
2 chip lime juice
4 cup chili red corn paste
2 garlic cloves
1 to 1 1/2 cup ground beef
1/4 plain dried bread crumbs
1 egg
2 green onions sliced
fine anchovy (optional)
Yield: 20 servings

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ingredients you would need to supply. If
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can pick and choose which ones to use at
your party. Use the servings listed
number to help in planning for larger
crowds. If the recipe listed does not apply
to you ask for additional recipes.

Keep it COOL

When the weather is warm no one wants to heat up the kitchen. With a keep it cool show you will learn how to make blockbuster desserts that are quick, easy and COOL!

After Dinner Wine Triangles:

2 packages fudge covered mint cookies
1/2 cup butter
1 1/2 cup semi sweet chocolate chips
10 oz. almond bark broken into squares
1 box pkg cream cheese
1 cup peppermint extract
6 drops green food coloring

Yield: 32 triangles

Double Chocolate Brownie Escape:

1/2 cup semi sweet chocolate chips
1 pkg (5oz) pumpernickel waffle bowls (10 bowls)
1/2 cup white chocolate chips
1 cup milk
1 pkg (3.5oz) white chocolate instant pudding
1 container (8oz.) frozen whipped topping
Mint
1 bag (16oz) almonds, toasted
1 container (5oz.) fresh raspberries

Yield: 10 servings

If you were to do this party there are the ingredients you should need to supply. If there is more than one recipe listed you can pick and choose which ones to use at your party. Use the servings yielded number to help in planning for larger groups. If the recipe listed does not appeal to you ask for additional recipes.





Need some more
ideas for your
football parties this
fall? why not book
a GAME DAY
SHOW!! I will
teach you a simple
recipe that will be
sure to score you a
touchdown!



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1 medium onion
1/4 cup fresh parsley
1.5 lbs ground beef
2 garlic cloves
salt
6 American cheese slices
8 hot dog buns
24 hamburger dill pickle slices

yields: 24 mini servings



*How would you like to
learn how to make
amazing Italian
food without a huge
hassle and possibly in
the **MICROWAVE**?
Well not you can...
look this show and you
will learn the secrets!*

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Red, white and green lasagna
1.25 lbs Italian sausage
1 med. zucchini
1 med. red bell pepper
1.5 cups marinara sauce
6 oz. cream cheese
1/2 cup basil leaves
2 cups Italian cheese blend
2 garlic cloves
1 lb tube prepared polenta

italian *made easy* 

Decadent

Deserts



*flaked coconut
canele oil
pecan halves
sweetened condensed milk
dark food cake mix
sour cream
egg and semi sweet choc. chips*

*Let me wow your guest
with this delicious cake
made in under 5 min
in the
MICROWAVE!!*

*If you want to know
the secret on how to do
this, book this show
today!*

