



America's Most Wanted Recipes



The Secret Recipes for Your Favorite Dishes



PREFACE

This cookbook is a compilation of 101 of the most beloved restaurant dishes in America based on our research and consumer surveys. These are the "secret recipes" which are generating billions of dollars for the restaurant industry every year. Now you can prepare them in your own kitchen!

Everyone enjoys eating out but there's nothing like a home cooked meal made from scratch. Why not have the best of both worlds? Enjoy these dishes made fresh from home and save money in the process.

How much can you save?

The amount you'll save depends on how many times you substitute preparing these recipes at home instead of eating out. Here's an example of the potential savings:

Fettuccini Alfredo from the Olive Garden®

Retail Price: \$10.25

Home Version: \$4.28

You Save: \$5.97

When you consider that the home version recipe serves 6, you are actually saving \$35.82. Over time, saving money this way really adds up.

How did we get these recipes?

No, we didn't sneak into the kitchens of America's favorite restaurants and run off with their secret cookbooks (although it may have been easier that way).

The recipe collection in this cookbook was researched and compiled with the help of our RecipeSecrets.net community of over 70,000 subscribers. Each recipe has been tested and tweaked to taste just like the original. Due to copyright laws, we can only claim to offer "clones" of these famous dishes, however, we're confident that you won't be able to tell the difference.

We encourage you to put the book to good use and make these famous dishes yourself. Once you've tried the recipes, you'll see what makes them so special and why we have so many satisfied customers.

You can also get hundreds of additional recipes and interact with our online community through our Free Customer Forum at: www.recipesecrets.net/forum.

I hope this cookbook brings enjoyment for you, your family and friends for years to come.

Ron Douglas

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This document is a compilation of recipes and cooking tips based on personal interpretation of the foods listed. Through trial and error, each recipe was created to taste the same as, or similar to, their restaurant/brand counterpart, but they are not the actual recipes used by the manufacturer or creator.

The brand or restaurant names for the recipes have only been included as an aid in cataloging the recipes and do not imply authenticity or endorsement by the manufacturer or creator. All restaurant and company names are trademarks of their respective owners. Please see our Trademarks section towards the end of this cookbook for details on recipe trademark ownership.

All information provided through this cookbook is intended to be accurate. However, there may be inaccuracies at times, which we will make every attempt to correct when found. Some of the information provided may be intended to assist you in making decisions but does not eliminate the need to discuss your particular circumstances with a qualified professional.

For the actual and authentic version of the food products listed in this compilation, please patronize the individual restaurant or manufacturer.

Printed in the United States of America.

Published and distributed by Verity Associates, LLC - Kew Garden Hills, NY.

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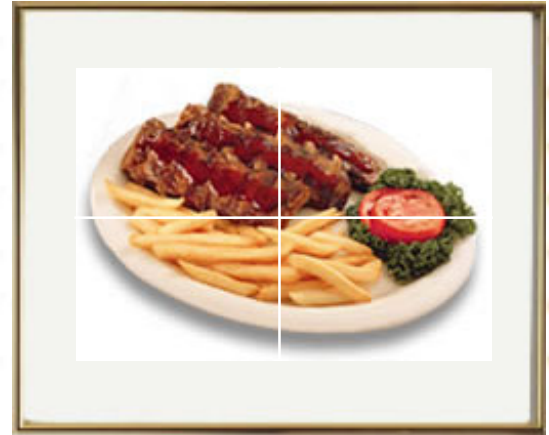
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*Applebee's Baby Back Ribs

Baby back ribs basted in a sweet BBQ sauce. You'll be licking your fingers once you taste this delicious dish. Typically served with baked beans, fries and cole slaw.

- (3) 1 lb. racks pork baby back ribs cut in half
- 1 cup ketchup
- 1/4 cup apple cider vinegar
- 3 tablespoon dark brown sugar
- 3 tablespoon Worcestershire sauce
- 1 teaspoon liquid smoke
- 1/2 teaspoon salt



1. Place ribs in a large pot and fill pot with enough water to cover ribs.
2. Bring water to a boil, reduce heat, cover and simmer for 1 hour, or until ribs are fork tender.
3. While ribs are boiling, combine remaining ingredients in a medium saucepan and bring to a boil.
4. Reduce heat and simmer, uncovered, stirring often, for 30 minutes, or until slightly thickened.
5. Place boiled ribs, meat side down, on a broiler pan.
6. Brush with half the sauce mixture and broil 4" to 5" from heat for 6-7 minutes.
7. Turn ribs over, brush with remaining sauce, and broil additional 6-7 minutes, or until edges are slightly charred.

Serves 3.

Recipe Secrets.net tip: If you like your ribs falling off the bone, add 1 cup of apple cider vinegar to water before placing ribs to boil.

***Applebee's Bacon Scallion Mashed Potatoes**

- 2 lbs. potatoes - peeled, cut into 1" cubes
- 4 cloves garlic - peeled
- 5 strips bacon - cut into 1/2" pieces
- 1 cup thinly sliced scallions
- 1/2 cup low fat milk - warmed
- 1/2 cup low fat sour cream
- 1 teaspoon salt
- 1/4 teaspoon black pepper



1. In a large pot, cover potatoes and garlic with lightly salted water.
2. Boil until potatoes are fork tender.
3. Fry bacon in skillet until crisp; drain on paper towels.
4. Pour out all but 1 teaspoon bacon grease from pan.
5. Add scallions to grease, sauté until soft, but not brown. Add bacon.
6. Drain potatoes and return to pot.
7. Mash potatoes with milk, sour cream, salt, and pepper. Stir in bacon and scallions.
8. Reheat, if necessary, before serving.

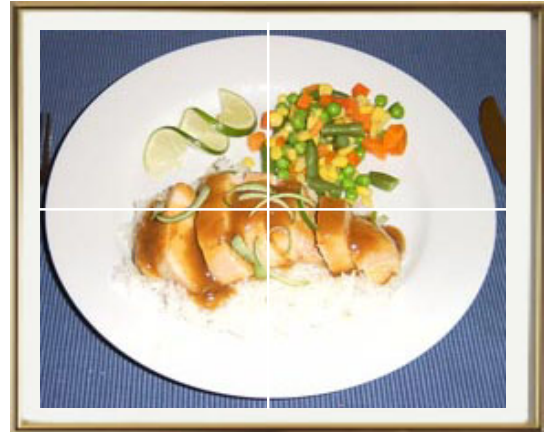
Serves 4.



*Applebee's Fiesta Lime Chicken

Grilled boneless breast marinated in lime juice and tequila flavors. Typically served with crisp tortilla strips, Southwest rice and Pico de Gallo.

- 1 cup water
- 1/3 cup teriyaki sauce
- 1/2 cup lime juice
- 3 cloves garlic - minced
- 1 teaspoon tequila
- 1 teaspoon liquid smoke
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 lb. boned, skinned chicken breasts
- 1/4 cup real mayonnaise
- 1/4 cup sour cream
- 2 tablespoon spicy, chunky salsa
- 1 tablespoon milk
- 1 teaspoon Cajun blackening spice
- 1/4 teaspoon dried parsley
- 1/4 teaspoon hot sauce
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon cumin
- 1 cup shredded Colby Jack cheese
- 2 cups corn chips - crumbled



1. Whisk together the first 8 ingredients, coat chicken in mixture, and marinate for at least 2 hours.
2. Whisk together the next 9 ingredients, cover, and chill until needed.
3. Grill the marinated chicken breasts for 3-5 minutes per side, or until cooked through. Discard marinade.
4. Brush grilled chicken with reserved dressing, sprinkle with cheese, and broil until cheese has melted.
5. Serve the chicken over a bed of crumbled chips.

Serves 4.

Recipe Secrets.net tip: Serve with Spanish rice and salsa.

***Applebee's Low-Fat Blackened Chicken Salad**

2 boneless, skinless chicken breast halves
2 tablespoons butter

Dressing

1/4 cup low fat mayonnaise
1/4 cup Dijon mustard
1 tablespoon yellow mustard
1 tablespoon apple vinegar
1/4 cup honey
1/8 teaspoon paprika

Chicken Marinade

1 cup water
3 tablespoons lime juice
2 tablespoons soy sauce
1/2 tablespoon Worcestershire sauce

Cajun Spice Blend

1/2 tablespoon salt
1 teaspoon brown sugar
1 teaspoon paprika
1 teaspoon onion powder
1 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon cayenne pepper
1/2 teaspoon white pepper

Salad

8 cups chopped red leaf lettuce
1/2 cup shredded red cabbage
1/2 cup shredded carrot
1/2 cup fat free shredded mozzarella cheese
1/2 cup fat free shredded cheddar cheese
1 large tomato, diced
1 hardboiled egg white, diced

1. Mix dressing ingredients in small bowl and refrigerate until ready.
2. Mix marinade ingredients in a medium bowl. Add the chicken breasts to the marinade, cover and refrigerate overnight or at least several hours.
3. Preheat oven broiler or grill.
4. Mix Cajun spice blend ingredients in a bowl. Rub the spice into both sides of the chicken breasts until covered with spice.



5. Melt the butter in pan over medium heat. Sear chicken breasts for 2-3 minutes and flip it over so that both sides are coated with a charred black layer of spice.
6. Place chicken in broiler or on grill for an additional 2-3 minutes or until thoroughly cooked.
7. Mix ingredients for salad in a large bowl. Serve into two individual bowls.
8. Slice chicken into ½ inch wide slices and add to salad.
9. Serve with salad dressing on the side.

Serves 2.

***Applebee's Santa Fe Chicken**

Experience the flavor of the Southwest with this popular grilled marinated chicken dish. Serve over a bed of rice pilaf with mixed vegetables.

- 8 boned, skinned chicken breast halves
- 8 oz. block Monterey jack cheese - divided
- 1 cup Italian bread crumbs
- 1 1/2 tablespoons grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 cup melted butter or margarine
- 1 tablespoon butter or margarine
- 1 tablespoon All-purpose flour
- 1 cup milk
- 1 small red bell pepper - seeded, diced
- 1 small green bell pepper - seeded, diced

1. Place 1 chicken breast between two sheets of wax paper. Working from the center to the edges.
2. Pound with a meat mallet until flat and rectangular shaped. Repeat with remaining breasts.
3. Cut half of the cheese block into 8 slices; grate the remaining cheese and set aside.
4. Wrap each flattened chicken breasts around a slice of cheese; secure with wooden picks or uncooked spaghetti noodles.
5. Combine the bread crumbs, Parmesan cheese, salt, cumin, and pepper.
6. Roll the secured chicken pieces in the melted butter and then in the bread crumb mixture.
7. Place chicken breasts in a 13 x 9 x 2" baking dish, being careful not to crowd them.
8. Drizzle remaining butter over the breasts.
9. Refrigerate for 1 hour or freeze to bake later (if you decide to bake, increase baking time by about 5-10 minutes).
10. Bake in a 400 degree oven for 25-30 minutes, or until chicken is cooked through.
11. Melt butter in saucepan, stir in flour, whisk in milk, then bring to a simmer.
12. Stir in grated cheese, reduce heat, and simmer until thick, stirring.
13. Place chicken on plates, pour sauce over, and top with diced peppers.

Serves 4.



*Applebee's Spinach Pizza

- 1/4 cups rice milk
- 4 tablespoon All-purpose flour
- 1/3 cup nutritional yeast
- 10 oz. pkg. frozen spinach - thawed, squeezed
- 1 medium onion - chopped
- 4 cloves garlic - minced
- 1 tablespoon olive oil
- 5 medium plum tomatoes
- 8 ozs. fresh mushrooms
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 teaspoon cayenne pepper
- 3 pita bread

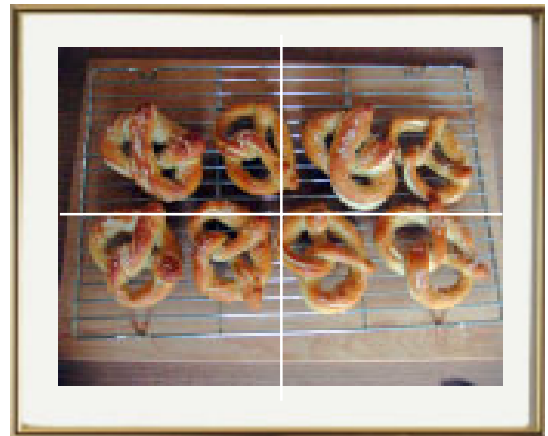


1. Heat milk in saucepan until hot, but not boiling.
2. Stir in flour and continue stirring until sauce begins to thicken.
3. Reduce heat and add nutritional yeast and spinach.
4. Stir constantly until thick and gooey, about 34 min.
5. In separate pan, sauté onion and garlic in oil until onion is tender.
6. Stir in tomatoes, mushrooms, and spices. Sauté until hot throughout. Drain out any liquid.
7. Using a very sharp bread knife, split each pita bread in half to make 2 round, flat pieces.
8. Place each piece of bread on a cookie sheet or pizza pan.
9. Spread spinach sauce over each.
10. Top with tomato mixture.
11. Bake in 425 degree oven for 5-7 minutes. Watch closely so that the edges of the pita don't burn.

Serves 3.

*Auntie Anne Pretzels

- 1 1/2 cup warm water
- 1 1/2 tsp active dry yeast
- 1 1/2 Tbsp brown sugar
- 1 cup bread flour
- 3 cups regular flour
- 2 cups warm water
- 2 Tbsp baking soda
- pinch of salt
- 3 Tbsp melted butter



1. Combine yeast, sugar, salt and water into a mixing bowl and let it settle for 5-10 minutes.
2. Stir flour to mixture and knead until smooth.
3. Place dough in a lightly greased bowl, cover with a damp towel, and allow to rise at room temperature for 45 minutes.
4. Split dough into 10 equally sized pieces
5. Roll each piece into a long rope about 1/2 inch thick and shape each rope into a pretzel.
6. In a shallow dish, stir baking soda into warm water; dip pretzels into mixture; lay coated pretzel onto a lightly greased cookie sheet.
7. Bake in a 450 degree until golden brown (about 10 minutes).
8. Brush melted butter onto hot pretzels.

Recipe Secrets.net tip: Dip pretzel in butter coating both sides. Add cinnamon and sugar for sweet pretzels or salt for the traditional pretzel taste.



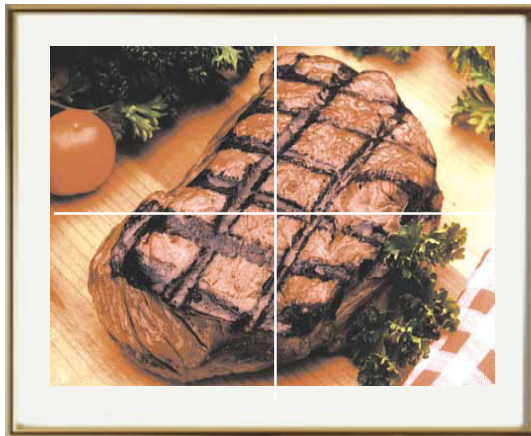
*Benihana Hibachi Steak

Looking for a great tasting low carb dish? This Japanese steak recipe typically has less than 5g of carbs.

- 4 - 5 oz. Sirloin Steaks
- 4 teaspoon Soybean Oil
- 8 large Mushrooms - Sliced thick
- 4 dashes Salt
- 4 dashes Black Pepper

1. Broil steak until rare.
2. Heat nonstick skillet and add oil to heated skillet.
3. Place steak cubes in skillet with mushrooms and cook to desired preparedness (i.e. rare, medium, well done).
4. Add salt and pepper to taste.
5. Add steak sauce (typically a mustard based sauce).

Serves 4-6.



***Benihana Japanese Fried Rice**

2 1/2 cups of cooked short grain Japanese white rice

2 eggs - beaten

1 large carrot, diced small

1/2 cup fresh green onion, diced small

4 tsp soy sauce

1/2 cup peas - unfrozen

cooking oil

salt and pepper

1. Boil rice according to package instructions. Once done, empty into mixing bowl.
2. In a large skillet, heat 2 teaspoons of oil. Scramble eggs into small pieces until cooked. Empty scrambled egg into bowl and stir together.
3. Using the same pan, add additional oil, diced onion, peas, carrot. Let simmer for 5 minutes on low heat.
4. Add several scoops of cooled rice and egg mix to skillet. Keep gradually adding a scoup at a time into the pan and mix.
6. While mixing, slowly add a little soy sauce at a time until fried rice is a golden brown color.
7. Add salt and pepper to taste.



*Bennigan's Onion Soup

2 Tblspn. oil
3 Tbspn butter
5 cups thinly sliced onions
1/2 tspn sugar
2 1/2 qts. beef broth
1/2 cup dry white wine
salt and pepper to taste
8 slices French bread
2 cup grated Gruyere cheese

1. Heat the oil in a 5 qt. pan.
2. Add butter and let melt. Add onions and cook slowly covered for 10 minutes over low heat.
3. Add sugar and salt. Cook until onions are caramelized and brown colored.
4. Add wine and cook 5 more minutes, still over low heat.
5. Add broth. Simmer uncovered for 30 minutes.
6. Toast the French bread slices until golden brown.
7. Ladle the soup into a ovenproof bowl, add the toasted bread and cover with the cheese. Bake at 350 degrees F. for 20 minutes.

Recipe Secrets.net tip: If you're not serving 8, don't worry. Soup can be kept in the freezer for several months and still remain fresh for reheating.

*Boston Market Creamed Spinach

- 3 tablespoon butter or margarine
- 1/4 cup all purpose flour
- 1/4 teaspoon salt
- 1 cup whole milk
- 1/2 cup sour cream
- 2 tablespoon butter or margarine
- 2 tablespoon minced onion
- 1/4 cup water
- (2) 10 oz. boxes frozen spinach - thawed, chopped

1. Over medium low heat, melt butter in a saucepan.
2. Stir in flour and salt until creamed together.
3. Stir in milk a little at a time.
4. Increase heat to medium.
5. Constantly stir with a whisk until mixture becomes thick and smooth.
6. Remove from heat and set aside.
7. Sauté onions in butter until transparent.
8. Add spinach and water to pan, lower the heat, and cover.
9. Stir several times until the spinach is almost completely cooked.
10. When spinach is almost done, stir in prepared sauce and sour cream
11. Stir well and simmer until completely blended.

Serves 6.



*Boston Market Dill Potato Wedges

- 2 medium red potatoes - unpeeled
- Cooking oil spray
- Garlic salt
- Dry dill weed



Preheat oven to 400 degrees.

Cut potatoes into lengthwise wedges and bake in oven for 45 minutes or until tender.

Spray the cut sides of the potatoes in cooking oil spray.

Dust in garlic salt and dry dill weed and pan fry until lightly brown.

Serves 2

Recipe Secrets.net tip: Be sure to use red potatoes because they keep their consistency and do not get mushy after baking.

*Boston Market Macaroni & Cheese

- 1/4 cup butter or margarine
- 1 tablespoon minced onion
- 1/4 cup all-purpose flour
- 2 cups milk
- 4 oz. processed American cheese cubed
- 1 teaspoon salt
- 1 dash black pepper
- 1/4 teaspoon dry mustard
- 1/4 lb. elbow macaroni cooked al dente (slightly chewy to the bite)

1. Sauté onions in butter until transparent.
2. Stir in flour and cook 2 minutes.
3. Slowly stir in the milk.
4. Stir in the cheese, salt, pepper, and mustard.
5. Continue to cook over medium heat, stirring constantly, until thickened.
6. Stir in prepared macaroni.
7. Lightly butter a casserole dish and pour pasta mixture to dish.
8. Bake in a 400 degree oven for 20 minutes.

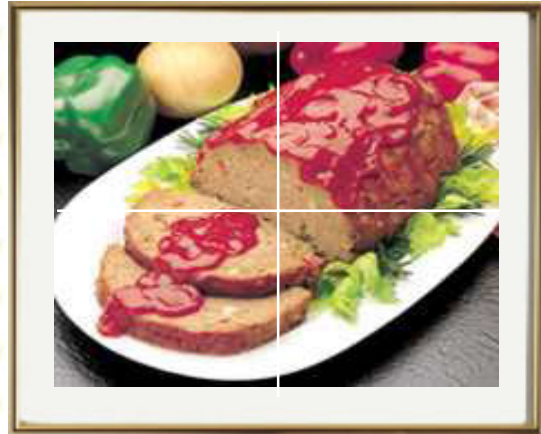
Serves 4

Recipe Secrets.net tip: Al dente refers to the desired texture of cooked pasta in Italian cooking. When the pasta is cooked al dente, there should be a slight resistance in the center when the pasta is chewed. For a sharper taste to this recipe, use 2 cups of shredded sharp cheddar cheese instead of American cheese.



*Boston Market Meatloaf

- 1 cup tomato sauce
- 1 1/2 tablespoon barbecue sauce
- 1 tablespoon granulated sugar
- 1 1/2 lbs. lean ground beef
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- Dash garlic powder
- 1 Egg



1. Stir together tomato sauce, barbecue sauce, and sugar; set aside 1/4 cup of mixture.
2. With your hands, mix in remaining ingredients.
3. Form the mixture into a loaf and place in a greased loaf pan.
4. Bake, covered, in 400 degree oven for 30 minutes.
5. Uncover and drain fat from the pan, then slice meatloaf while in the pan.
6. Drizzle the reserved tomato mixture evenly over the meatloaf.
7. Bake, uncovered, for an additional 30 minutes, or until cooked through.

Serves 5.

Recipe Secrets.net tip: Freshly grated Parmesan cheese is an easy meatloaf flavor booster. Try adding 1/4 - 1/3 cup to your recipe.

*Boston Market Spicy Rice

- 1/4 cup raw rice-shaped pasta
- 3/4 cup minute rice
- 1 tablespoon pimiento; chop fine
- 1/2 teaspoon dry minced celery leaf
- 1 teaspoon dry minced parsley
- 1/4 teaspoon dry mustard
- 14 oz can chicken broth
- 1/4 cup olive oil
- 1/2 teaspoon salt

1. In a 2-qt saucepan combine all ingredients. Stir often and bring to a boil.
2. Cover and remove from heat. Let stand 15 minutes. Fluff rice with a fork every 5 minutes.
3. Add salt and pepper to taste.

Serves 6



*Boston Market Stuffing

- 1/2 cup chopped celery - small pieces
- 1 10 oz can sliced carrots - chopped into small pieces
- 6 oz jar sliced mushrooms
- 1/4 cup finely chopped onion
- 14 oz can chicken broth
- 1 tb chicken bouillon powder
- 1/3 cup margarine or butter
- 3 cups soft bread cubes (about 5 slices)
- 1 tsp. fresh sage leaves (1/2 tsp. dried)
- 1/4 tsp. salt
- 1 tsp. fresh thyme (1/4 tsp. dried)
- 1/8 tsp. pepper

1. Cook celery and onion in margarine or butter in skillet, stirring occasionally, until onion is tender.
2. Stir in about 1 cup of the bread cubes.
3. Mix remaining ingredients in a blender for 5 seconds.
4. Add remaining ingredients to skillet and toss.
5. Bake 30-45 minutes in casserole dish.

*Burger King Whopper

Here's the homemade version of the Whopper, without the pre-packed ingredients used at the restaurant. Of course you can also "have it your way" as the commercial says.

- 1 sesame seed hamburger bun
- 1/4 lb ground beef
- 2 dill pickle slices (flat and round)
- 4 sliced onion rings
- 2 tomato slices
- Chopped lettuce
- Mayonnaise
- Ketchup
- Dash of seasoning salt
- Dash of Accent flavor enhancer



1. Heat barbeque grill (medium flame).
2. Gently message seasoning salt and Accent into ground beef.
3. Flatten hamburger meat into a flat and wide patty.
4. Cook hamburger patty on grill to desired preparedness.
5. Lightly toast both halves of the bun on grill.
6. Spread mayonnaise and ketchup on both sides of bun. Stack (in order) the bottom bun, burger, pickles, onions, tomatoes, lettuce, and top bun.

Makes 1 Whopper.



*California Pizza Kitchen Smashed Pea & Barley Soup

Hearty split pea with barley, carrots, onions and savory herbs. All vegetarian. Garnished with chopped scallions.

- 6 cups lower-sodium chicken broth
- 1 1/2 cups dried split peas
- 1/2 medium onion, coarsely chopped
- 1 medium carrot, peeled and coarsely chopped
- 1 stalk celery, coarsely chopped
- 1 clove garlic, minced
- 2 teaspoons of lemon juice
- 1/2 cup pearl barley
- 1/4 teaspoon dried parsley
- 1/4 teaspoon dried thyme
- 1/2 teaspoon granulated sugar
- Salt and freshly ground white pepper to taste

1. Place broth, split peas, onion, carrot, celery, parsley, thyme, lemon juice, and garlic into a 3-quart pot.
2. Bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, for 1 hour.
3. Mix soup, a small amount at a time, in a food processor or blender.
4. Return pureed soup to pot and add barley.
5. Bring to a boil, reduce heat, and simmer 30 to 40 minutes or until barley is tender.
6. Season with salt and white pepper.

Serves 6

*Chi Chi's Baked Chicken Chimichangas

Since 1976, Chi Chi's restaurants have been known for their fun atmosphere and great Mexican style food. Today you can get many of their great products in your local supermarket.

- 1 pound boneless, skinless chicken, cooked and shredded
- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/3 cup chili powder
- 1 CHI-CHI'S® Salsa (16-ounce) jar
- 3 tablespoons or 4 tablespoons water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- Salt
- 6 (10-inch) flour tortillas, warmed
- 1 cup CHI-CHI'S® Refried Beans
- Olive oil
- Sour cream
- Guacamole



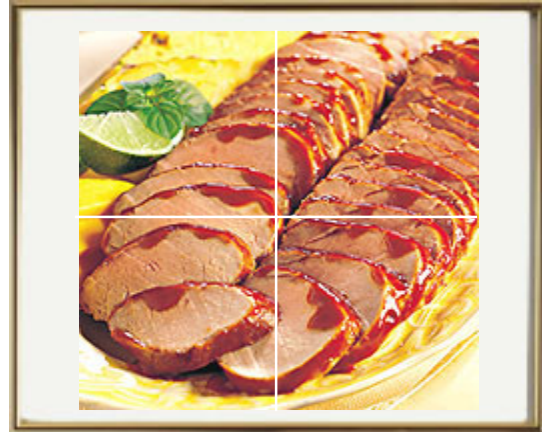
1. In large saucepan, sauté onion and garlic in oil until tender. Stir in chili powder, salsa, water, cumin and cinnamon. Pour mixture into blender container or food processor bowl fitted with metal blade. Process until smooth. Pour back into saucepan; stir in chicken. Add salt to taste.
2. Heat oven to 425°F. Grease rimmed 15x10x1-inch baking pan. Working with 1 tortilla at a time (keep remaining tortillas wrapped), spoon a heaping tablespoon of beans down center of each tortilla. Top with about 1/2 cup chicken mixture. Fold up the bottom, top and sides of tortilla; secure with wooden picks, if necessary.
3. Place chimichangas in greased baking pan, seam-side-down. Brush all sides with oil.
4. Bake 15 minutes or until golden brown and crisp, turning every 5 minutes. Serve with salsa, sour cream and guacamole.

Serves 6



*Chi Chi's Pork Tenderloin with Bourbon Sauce

- 10 oz can Chi Chi's diced tomatoes and green chillies, drained
- 1/3 cup Bourbon
- 1/3 cup Soy sauce
- 1/3 cup Worcestershire sauce
- 1/2 cup Chopped onion
- 2 tablespoons Honey
- 2 tablespoons Dijon mustard
- 1/4 teaspoon Pepper
- 2 pounds Pork tenderloin



1. Combine all marinade ingredients in recloseable plastic food bag. Mix well. Add the pork tenderloin. Seal bag and turn several times to coat the meat. Place in refrigerator for 8 hours or overnight, turning occasionally.
2. Preheat broiler. Remove meat from marinade; reserve marinade.
3. Place meat on broiler pan, broil 7 to 8 inches from heat source for approximately 7 to 9 minutes on each side.
4. In small saucepan, bring remainder of marinade to a boil; boil one minute. Serve with the meat.

Serves 4

*Chi Chi's Salsa Verde Chicken Kabobs

If you're looking for a great tasting break from the norm, this dish is for you. I tried it with Plantains instead of bananas and it came out great.

- 16 ounces Chi-Chi Salsa Verde (available at grocery stores)
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 3 cloves garlic
- 1 boneless skinless chicken breasts cut into 1 1/2 inch strips
- 2 cups finely shredded cabbage
- 1 1/2 cup finely julienned jicama
- 1 cup shredded carrot
- 1/3 cup coarsely chopped fresh cilantro
- 1 dash salt to taste
- 1 dash pepper to taste
- 2 large ripe bananas

1. In blender container or food processor combine salsa verde, oil, lime and garlic. Process until smooth.
2. Remove 2/3 cup of this mix and set aside. Refrigerate.
3. Place chicken in recloseable plastic food storage bag; pour the remaining salsa mixture over the chicken. Seal bag and turn over several times to coat pieces thoroughly. Refrigerate, turning bag occasionally for at least four hours or over night.
4. In large bowl, combine vegetables and cilantro. Stir in the reserved 2/3 cup salsa verde mixture. Add salt and pepper to taste - set aside.
5. Thread chicken pieces onto 8 long bamboo skewers (be sure to presoak the skewers in water 30 mins. before using) Cook over medium hot coals, grill kabobs five minutes on each side or until no longer pink in the center.
6. Slice bananas lengthwise, grill two minutes on each side.
7. Serve chicken and bananas on top of cabbage mixture.

Serves 2

*Chi Chi's Steak and Mushroom Quesadillas

- 4 ounces flap or skirt steak marinated in soy sauce, pineapple juice, garlic, salt and black pepper
- 1 ounce sliced red peppers
- 1 ounce sliced green peppers
- 1 ounce sliced yellow onions
- 2 ounces sliced mushrooms
- 1 ounce garlic butter
- 1 (12") Jalapeno Cheddar or Flour Tortilla
- 3 ounces Monterey Jack and Cheddar Cheese Blend
- 3 ounces Fresh Pico de Gallo (see recipe below)
- 1 ounce Shredded Iceberg Lettuce
- 1 ounce Guacamole
- 1 ounce Sour Cream
- 2 ounces Chi-Chi's Brand Chile con Queso or other dipping sauce



Pico De Gallo:

- 1 pound Diced Roma Tomatoes
- 3 ounces Diced Yellow Onions
- 1/2 ounce Chopped Fresh Cilantro
- Salt, pepper, granulated garlic and fresh limejuice to taste.

1. Marinate the steak for at least 2 hours prior to grilling. Grill steak to preferred doneness. Remove the steak from the grill and slice thinly.
2. Sauté the red peppers, green peppers, yellow onions and mushrooms in the garlic butter until the vegetables are semi-soft and have a light golden color to them.
3. Lay the tortilla on a medium heat grill or large sauté pan. Top the tortilla with the cheese, Pico de Gallo, sautéed vegetables and the grilled steak.
4. Allow to heat until the cheese has melted. Once the cheese has melted, fold the tortilla in half. Remove the tortilla from the heat and cut into four wedges.
5. Place the cut tortilla on a large serving plate and finish off with shredded lettuce, sour cream, guacamole and Chile con Queso for dipping.

Serves 4

*Chili's Baby Back Ribs

I want my "baby-back baby-back baby-back ribs." This is the dish that Chili's is famous for. Full rack of ribs "double-basted" w/BBQ sauce. Typically served w/cinnamon apples & homestyle fries.

6 pounds baby back pork ribs

2 cups water

Sauce

1 cup white vinegar

1/2 cup tomato paste

1 tablespoon yellow mustard

1/4 cup dark brown sugar

1 teaspoon liquid hickory flavoring

3 tablespoons Worcestershire sauce

1 1/4 teaspoons salt

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

1/4 teaspoon paprika



1. Preheat oven to 350 degrees F.
2. Cut the rib slabs in half, leaving 6 to 8 ribs per section. In a large roasting pan, arrange the ribs evenly, then add the water. Cover pan tightly with a lid or foil to prevent steam from escaping. Bake for 3 hours.
3. About 2 hours into the baking time, make the sauce. In a large saucepan, combine all the sauce ingredients. Simmer over low heat for 1 hour, stirring occasionally.
4. Prepare the coals in a barbecue. Remove the ribs from the roasting pan. Discard the water.
5. Cover the ribs with sauce, saving about 1-1/2 cups of the sauce for later use at the table. Grill the ribs on the barbecue for about 5 minutes per side, or until slightly charred.
6. Serve with the remaining sauce and lots of moist towelettes or paper towels.

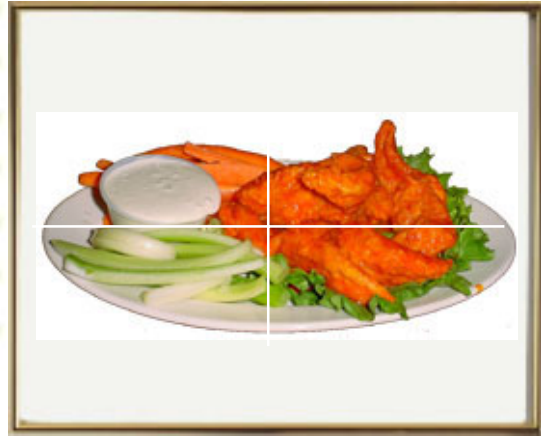
6 to 8 servings

Recipe Secrets.net tip: Be careful not to burn yourself when removing ribs from roasting pan.



*Chili's® Boneless Buffalo Wings

- 1 cup flour
- 2 tbs salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne
- 1/4 tsp paprika
- 1 egg
- 1 cup milk
- 1/2 cup buffalo wing hot sauce
- 2 chicken breasts, sliced into multiple 2 inch squares.



1. Mix flour, salt, pepper and paprika in a bowl.
2. In another bowl mix egg and milk.
3. Heat deep fryer or wok with oil.
4. Dip chicken pieces in egg mixture then cover with flour mixture. Repeat again and then add to hot oil to fry.
5. When the chicken is done, drain grease on paper towels.
6. Arrange the pieces in a container and drizzle with hot sauce mixture. Gently shake to cover chicken pieces in sauce.
7. Serve immediately with celery stalks and blue-cheese dip.

Serves 2-4

*Chili's Chicken Enchilada Soup

- 1/4 cups chicken broth
- 10 (6 inch) corn tortillas, cut into 1/2 inch strips
- 1 cup green enchilada sauce
- 1 (10 ounce) can red enchilada sauce
- 1 teaspoon ground cumin
- 4 cooked, boneless and skinless chicken breast halve
- 1 cup half-and-half
- 1 tomato, chopped
- 1 jalapeno pepper, seeded and minced
- 1 cup shredded Cheddar cheese



1. Combine chicken stock and tortilla strips in a large pot. Cook over medium heat until strips soften and broth thickens somewhat.
2. Stir in enchilada sauces and cumin. Stir in chicken and half-and-half; heat through.
3. Divide among four bowls and garnish with diced tomato, jalapeno pepper, and cheese.
4. Serve with tortilla chips.

Serves 4



***Chili's Fajitas**

Juicy, marinated chicken or steak grilled to perfection! Served sizzling with onions and bell peppers.

- 1/4 cup lime juice
- 2 Tbls. olive oil
- 4 cloves garlic - crushed
- 2 tsp. soy sauce
- 1 tsp. salt
- 1/2 tsp. liquid smoke
- 1/2 tsp. cayenne pepper
- 1/4 tsp. black pepper
- 1 lb. boned, skinned chicken breasts or sirloin steak
- 2 Tbls. water
- 1 tsp. soy sauce
- 1/2 tsp. lime juice
- 1 dash salt
- 1 dash black pepper
- 1 Tbls. olive oil
- 1 large Spanish onion - sliced thin
- 1/2 med. green bell pepper - seeded, sliced thin
- 1/2 med. red bell pepper - seeded, sliced thin

1. Combine 1/4 cup lime juice, 2 Tbls. oil, garlic, 2 tsp. soy sauce, 1 tsp. salt, liquid smoke, cayenne pepper, 1/4 tsp. black pepper, and either the sirloin or the chicken in a sealable plastic container, cover and refrigerate for at least 2 hours, or overnight.
2. Combine water, 1 tsp. soy sauce, 1/2 tsp. lime juice, salt, and 1 dash black pepper; set aside.
3. Grill meat over a medium high flame 4 to 5 minutes on each side.
4. Cut meat into thin strips; set aside and keep warm.
5. Cook onion and bell peppers in oil until brown; remove from heat.
6. Pour reserved liquid mixture over onions and bell peppers.
7. Combine meat, onions, and bell peppers.

Serves 4.

Recipe Secrets.net tip: The recipe is good alone for a quick snack or can be served with your favorite Mexican rice dish.

*Chili's Southwest Chicken Chili

- 1/4 cup vegetable oil
- 1/2 cup diced onions
- 1 1/3 cup diced green bell pepper
- 2 tablespoons diced seeded jalapeño pepper
- 3 tablespoons fresh minced garlic
- 4 1/2 cups water
- 8 teaspoons chicken base
- 2 teaspoons lime juice
- 2 tablespoons sugar
- 3 tablespoons cornstarch
- 3 tablespoons ground cumin
- 2 1/2 tablespoons ground chili powder
- 4 teaspoons ground paprika
- 4 teaspoons dried basil
- 2 teaspoons freshly-minced cilantro
- 1 1/2 teaspoon ground red pepper
- 1/2 teaspoon ground oregano
- 1/2 cup crushed canned tomatillos
- 1 can diced green chiles - (4 oz) —drained
- 2 cans navy or small white beans - (15 oz ea) drained
- 1 can dark red kidney beans - (15 oz) —drained
- 3 pounds diced cooked chicken breast
- Shredded cheese
- Sour cream
- Tortilla chips



1. In 5-quart or larger pot, heat oil over medium heat. Add onions and sauté along with bell pepper, jalapeño and garlic. Cook until vegetables are tender.
2. In another container, combine water, chicken base, lime juice, sugar, cornstarch and seasonings. Add to vegetable mixture.
3. Add tomatillos and diced green chiles to pot; bring to boil. Add beans and chicken; simmer 10 minutes.
4. Serve topped with shredded cheese and sour cream if desired, with tortilla chips on the side.

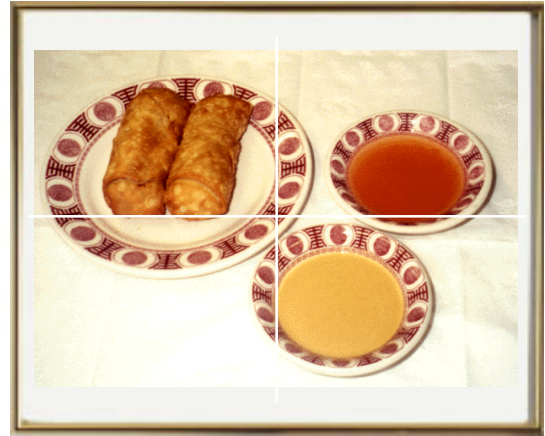
Serves 4



*Chili's Southwestern Egg Rolls

Crispy flour tortillas wrapped around smoked chicken, black beans, corn, and jalapeño Jack cheese w/red peppers and spinach. Served with a creamy avocado-ranch dipping sauce.

- 2 tablespoons vegetable oil
- 1 skinless, boneless chicken breast half
- 2 tablespoons minced green onion
- 2 tablespoons minced red bell pepper
- 1/3 cup frozen corn kernels
- 1/4 cup black beans, rinsed and drained
- 2 tablespoons diced jalapeno peppers
- 1/2 tablespoon minced fresh parsley
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/3 teaspoon salt
- 1 pinch ground cayenne pepper
- 2 tablespoons frozen chopped spinach, thawed and drained
- 3/4 cup shredded Monterey Jack cheese
- 5 (6 inch) flour tortillas
- 1 quart oil for deep frying



1. Rub 1 tablespoon vegetable oil over chicken breast. In a medium saucepan over medium heat, cook chicken approximately 5 minutes per side, until meat is no longer pink and juices run clear. Remove from heat and set aside.
2. Heat remaining 1 tablespoon vegetable oil in a medium saucepan over medium heat. Stir in green onion and red pepper. Cook and stir 5 minutes, until tender.
3. Dice chicken and mix into the pan with onion and red pepper. Mix in corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender. Remove from heat and stir in Monterey Jack cheese so that it melts.
4. Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute.

5. Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and place in the freezer. Freeze at least 4 hours.

6. In a large, deep skillet, heat oil for deep frying to 375 degrees F (190 degrees C). Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown. Drain on paper towels before serving.

7. Slice each egg roll diagonally lengthwise and arrange on a plate around a small bowl of the dipping sauce. Garnish the dipping sauce with the chopped tomato and onion.

Serves 5-6



*Chili's Southwestern Vegetable Soup

- 6 cups chicken broth
- 1 14.5-ounce can diced tomatoes, with juice
- 1 cup water
- 1 cup canned dark red kidney beans, with liquid
- 1 cup frozen yellow cut corn
- 1 cup frozen cut green beans
- 1 small diced green pepper
- 1/2 cup diced Spanish onion
- 1/2 cup tomato sauce
- 6 corn tortillas, minced
- 1 1/2 teaspoons chili powder
- dash garlic powder

Garnish

- 1 cup grated cheddar
- 1 cup crumbled corn tortilla chips

1. Mix soup ingredients in pot over high heat.
2. Bring soup to a boil, reduce heat and let simmer for 45 minutes.
3. Serve in a soup bowl and garnish with cheese and then add the crumbled tortilla chips on top of the cheese.

Serves 5

*Cinnabon Cinnamon Buns

Warm dough, filled with cinnamon, topped with freshly made cream cheese frosting. A very delicious and irresistible treat.

1 cup 110 degree water	8 cups all-purpose flour
(2) .25 oz. pkts.- active dry yeast	3 tablespoon ground cinnamon
2 1/2 cups + 1 teaspoon granulated sugar - divided	1 1/2 cups chopped walnuts or pecans
1 cup warm milk	4 cups powdered sugar
2 1/3 cup melted margarine - divided	2 teaspoon vanilla extract
2 teaspoon salt	1 teaspoon maple extract
2 eggs - slightly beaten	6 tablespoon hot water

1. Dissolve yeast and 1 teaspoon sugar in warm water; set aside.
2. In a large bowl, mix 2/3 cup sugar, milk, 2/3 cup margarine, salt, and eggs; stir and add to yeast mixture.
3. Add half the flour and beat until smooth.
4. Stir in enough of the remaining flour until dough is slightly stiff.
5. Turn out onto a well-floured board and knead for 8 minutes.
6. Place dough in a greased bowl, cover, and let rise in a warm place until doubled in size, 1 - 1 1/2 hours.
7. Punch down dough and let rest for 5 minutes.
8. Roll dough out on floured surface into a 15" X 20" rectangle.
9. Brush 1/2 cup melted margarine over dough.
10. Mix together 1 1/2 cups sugar and cinnamon; sprinkle over dough.
11. Sprinkle with nuts, if desired.
12. Roll up dough and pinch edge together to seal.
13. Cut the roll into 12-15 slices.
14. Coat bottom of a 13" X 9" X 2" baking pan with 1/2 cup melted margarine, then sprinkle with 1/3 cup sugar.
15. Place cinnamon roll slices close together in pan - cover pan and allow to rise in a warm place for 45 minutes.
16. Bake in a 350 degree oven for 25-30 minutes, or until golden brown.
17. Stir together 2/3 cup melted margarine, powdered sugar, and extracts.
18. Stir in hot water, 1 tablespoon at a time, until glaze reaches desired spreading consistency.
19. Spread prepared icing over slightly cooled rolls.



Serves 12-15.

Recipe Secrets.net tip: If you don't have granulated sugar substitute with 1 cup packed brown sugar or 2 cups sifted powdered sugar which equals 1 cup of granulated sugar.



*Dairy Queen Heath Blizzard

- 2 Heath candy bars - Frozen
- 1/2 cup milk
- 4 cups vanilla ice cream
- 2 teaspoon fudge topping



1. Bash candy into small pieces before removing it from wrapper.
2. Add all ingredients to a blender and blend until it's mixed nice and creamy.
3. To increase thickness, place in the freezer for 20 to 30 minutes.

Makes 2-3 servings

Recipe Secrets.net tip: You can also make this delicious desert with: Butterfinger candy bars, Oreo cookies, and Reeses Peanut Butter Cups. For a reduced fat treat use vanilla frozen yogurt and low fat milk.

*El Pollo Loco Chicken

El Pollo Loco, pronounced "L-Po-yo Lo-co" is Spanish for "The Crazy Chicken." This restaurant started out in 1975 as a roadside chicken stand in Mexico. It's success spread rapidly throughout Mexico and into the US. Billed as "a wholesome, delicious alternative to traditional fast food faire."

1 Chicken - cut into pieces

1/3 cup lemon juice

1/3 cup lime juice

1/3 cup Canola oil

1 teaspoon ground turmeric

1/2 teaspoon garlic salt

1/4 teaspoon black pepper

1. Add chicken pieces into skillet over medium heat. Simmer until chicken juices are extracted and form a broth. Turn off heat and allow chicken to settle in the broth.
2. Mix all remaining ingredients bowl to make the basting sauce.
3. Preheat oven broiler.
4. Baste chicken with sauce and add to broiler. Turn chicken and baste top side every few minutes until skin is golden brown. Should be thoroughly cooked in 5-10 minutes depending on the size of the chicken pieces.

Serves 4



*El Pollo Loco (Pollo Asada)

- 1 whole chicken
- 1 cup white wine vinegar
- 1 cup olive oil
- 1/2 cup white wine
- Dash of Oregano
- Dash of Thyme
- Dash of Salt
- 10 milliliters garlic - minced
- 1 1/2 teaspoons hot sauce

1. Mix all ingredients in a bowl.
2. Add chicken to the bowl, cover.
3. Marinate several hours in refrigerator - overnight works best.
4. Grill chickens slowly until done.
5. Serve with Mexican rice and beans or in a soft tortilla.

Serves 4

*General Tso's Chicken

- 1 lb chicken thighs, boned and cubed
- 3 eggs, beaten
- 1/2 cup and 2 tsp cornstarch
- 5 dried pepper pods
- 1-1/2 tbsp rice vinegar
- 2 tbsp rice wine
- 3 tbsp sugar
- 3 tbsp soy sauce

1. In a large bowl, thoroughly blend the 1/2 cup of cornstarch and the eggs; add the chicken and toss to coat. If the mixture bonds too well, add some vegetable oil to separate the pieces.
2. In a small bowl, prepare the sauce mixture by combining the 2 tsp cornstarch with the wine, vinegar, sugar and soy sauce.
3. Heat 1-2 inches of peanut oil in a wok to medium-high heat (350-400). Fry the chicken in small batches, just long enough to cook the chicken through. Remove the chicken to absorbent paper and allow to stand.
4. Leave a tablespoon or two of the oil in the wok. Add the pepper pods to the oil and stir-fry briefly, awakening the aroma but not burning them. Return the chicken to the wok and stir-fry until the pieces are crispy brown.
5. The General's Favorite Sauce: Add the sauce-mixture to the wok, tossing over the heat until the sauce caramelizes into a glaze (1-2 minutes).
6. Serve with steamed broccoli and rice.

Serves 4.

Recipe Secrets.net tip: The traditional sauce for General Tso's is a heavy, spicy glaze, different from the lighter broth-based sauces found on most other Chinese dishes. Some prefer a lighter sauce, which can be achieved by tripling the cornstarch in the sauce and adding a half-cup chicken broth, water, or fruit. Cook the sauce only 'til it thickens, instead of waiting for a glaze.



*Hard Rock Cafe BBQ Beans

Hard Rock Café was started in 1971 in London as a "specialty theme" restaurant catering to Rock & Roll lovers worldwide. They have become the world's leading collector and exhibitors of Rock & Roll memorabilia which can be seen on display in their restaurants. All this and great food as well.

- 1 lg Onion; chopped
- 1 lg Pepper; chopped
- 1 Garlic clove; crushed
- 1 1/2 ts Dry mustard
- 1 1/2 ts Chili powder
- 1/2 ts Cumin
- 1/2 ts Turmeric; dried
- 1 c Tomato sauce
- 1 1/2 tb Molasses
- 1/2 ts Apple cider vinegar
- 1 ds Tabasco sauce
- 4 cup Beans; cooked

1. Saute onion pepper and garlic in 1/4 cup water for 5 minutes.
2. Add mustard chili cumin tumeric and stir well to mix.
3. Add remaining ingredients and mix well.
4. Cook over low heat until heated through about 15 minutes.

Serves 6

*Hard Rock Cafe Homemade Chicken Noodle Soup

This traditional chicken noodle soup dish is a classic American dish. Cut the chicken pieces to your desired thickness to make it more or less "chunky." Serve with soup crackers.

- 1 3 1/2-pound chicken, whole
- 3 quarts low-sodium chicken broth
- 6 carrots, peeled
- 4 ribs celery, ends trimmed
- 3 medium onions, peeled
- 5 black peppercorns
- 1 clove garlic, crushed
- 10 sprigs parsley
- 2 sprigs thyme
- 1 bay leaf
- 2 tablespoons unsalted butter
- 4 leeks, tops and root ends removed
- 1 teaspoon salt
- 1 teaspoon fresh-ground pepper
- 3 cups medium egg noodles (5 ounces)



1. Make the stock:

Place the chicken and chicken broth in a large stockpot and set it over medium heat. Roughly chop 2 carrots, 2 celery ribs and 1 onion and add to the broth. Add the peppercorns, garlic, 2 sprigs of parsley, thyme, bay leaf and enough water to just cover the chicken. Bring the broth to a boil, reduce heat to a simmer and cook until the chicken is very tender -- about 1 1/4 hours -- skimming the surface periodically. Remove the chicken and place in a large bowl. Strain the broth through a very fine sieve into a large, clean bowl or stockpot. Discard the vegetables.

2. Make the soup:

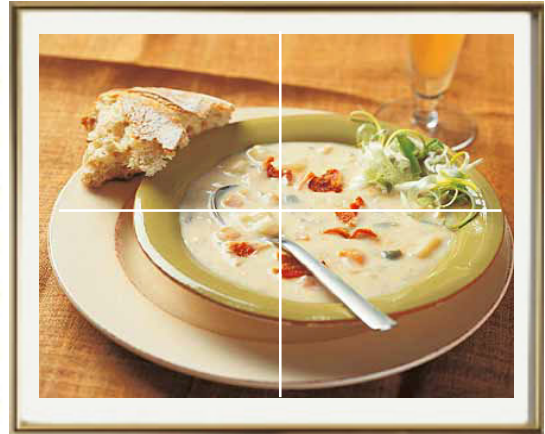
Skim any fat off the top of the strained broth and discard. Slice the remaining carrots, celery, onions and leeks into 1/4-inch-thick pieces and set aside. Remove and discard the skin and bones from the chicken, cut meat into 1/2-inch pieces, and set aside. Chop the remaining parsley leaves and set aside. Melt the butter in a large Dutch oven over medium heat. Add the vegetables and cook until the onions are translucent -- about 7 minutes. Add the chicken, the reserved broth, salt and pepper. Simmer the soup until the vegetables are tender -- about 1 hour. Stir in the egg noodles and parsley and cook until the noodles are tender - about 10 more minutes.

Serves 16 cups of soup



*Hard Rock Cafe Potato Soup

- 1 tablespoon oil
- 1 medium onion, chopped
- 3 celery stalks, diced
- 3 large potatoes, diced
- 4 cups chicken or vegetable stock
- 1 bay leaf
- Salt and pepper



1. Heat oil in a pot and saute onion until it is translucent.
2. Add celery and saute for a couple more minutes.
3. Add potatoes and saute, covered, for 5 minutes.
4. Add the rest of the ingredients and cook until the potatoes are tender. Remove the bay leaf. Let cool for a few minutes, then puree.

Serves 6

*Hard Rock Cafe Shrimp Fajitas

- 1 pound medium shrimp, shelled
- 1 cup chopped cilantro
- 2 cloves minced garlic
- 1/3 cup lime juice
- 4 (9-inch) flour tortillas
- 1 tablespoon olive oil
- 2 large bell peppers, thinly sliced
- 1 large onion, thinly sliced
- 1/2 cup sour cream

1. Stir together shrimp, cilantro, garlic, and lime juice. Let stand at room temperature for 20 minutes.
2. Meanwhile, wrap tortillas in foil and place in a 350 degree F oven until hot (about 15 minutes).
3. Heat oil in a wide nonstick frying pan over medium-high heat. Add peppers and onion. Cook, stirring occasionally, until limp (about 10 minutes). Remove vegetables and keep warm.
4. Add shrimp mixture to pan, increase heat to high, and cook, stirring often, until shrimp are opaque in center; cut to test (about 3 minutes). Return vegetables to pan, stirring to mix with shrimp.
5. Spoon shrimp mixture into tortillas, top with sour cream, and roll up.



*Hooter's Buffalo Wings

- 1 cup all-purpose flour
- 1 tsp. salt
- 1/2 tsp. cayenne pepper
- 1/2 tsp. paprika
- 10 chicken wings
- 1/2 cup butter
- 1/2 cup buffalo wing hot sauce
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder



1. Combine flour, salt, cayenne pepper, and paprika in a dish.
2. Rinse chicken. Cut chicken at joints to form 20 pieces. Discard wing tips. Coat chicken in the flour mixture; refrigerate coated wings for 1 hour; coat chicken again with remaining flour mixture.
3. Heat butter, hot sauce, pepper, and garlic powder in a saucepan until butter melts. Reduce heat and let simmer.
4. Add oil to deep fryer and heat to 375 degrees. Fry chicken 6-8 pieces at a time for 15 minutes or until cooked thoroughly.
5. Drain chicken and immerse in buffalo sauce mixture.
6. Repeat with remaining chicken.
7. Use blue cheese dressing as a dip, and if desired celery sticks.

Serves 10 as an appetizer.

Recipe Secrets.net tip: If you don't have bleu cheese you can use Ranch dressing. To create "Atomic Wings" - feel free to add more cayenne pepper and Louisiana hot sauce if you can handle it.

*Houston's Spinach and Artichoke Dip

I've never liked spinach but after trying this recipe at a Houston's restaurant in midtown New York City, I was hooked. I made this dish for my wife's birthday party and many of the guests said it was the best spinach dip they've ever tasted!

- (2) 10 oz. boxes frozen spinach - thawed
- 1/4 cup real butter
- 1 tablespoon minced fresh garlic
- 2 tablespoon minced onion
- 1/4 cup all-purpose flour
- 1 pint heavy cream
- 1/4 cup chicken stock
- 2 teaspoon fresh lemon juice
- 1/2 teaspoon hot sauce
- 1/2 teaspoon salt
- 2/3 cup grated fresh Pecorino Romano cheese
- 1/4 cup sour cream
- 1/2 cup shredded white cheddar
- 12 oz. jar artichoke hearts - drained, coarsely chopped

1. Strain spinach and squeeze through a cheesecloth to remove as much liquid as possible; mince; set aside.
2. In heavy saucepan over medium heat, sauté garlic and onions in butter until golden, about 3 to 5 minutes.
3. Stir in flour and cook for 1 minute.
4. Slowly whisk in cream and stock and continue cooking until boiling.
5. Once boiling, stir in lemon juice, hot sauce, salt, and Romano cheese; stir until cheese has melted.
6. Remove from heat and allow to cool for 5 minutes.
7. Stir in sour cream, then fold in dry spinach and artichoke hearts.
8. Sprinkle cheddar evenly over top.
9. Microwave to melt cheese and serve.

Serves 12.

Recipe Secrets.net tip: Pecorino Romano cheese has a robust, full flavor and has a very distinctive taste, which gives this dish it's unique flavor. This Italian gourmet cheese is 100% made from sheep's milk.



*IHOP Colorado Omelet

- 1/4 cup diced sweet onions
- 1/4 cup diced bell pepper
- 1/4 cup diced tomatoes
- 1/4 cup diced cooked lean ham
- 3/4 cup finely shredded cheddar cheese (reserve 1/4 cup for garnish)
- 1/4 cup diced lean fried bacon
- 1/3 cup sliced small breakfast sausage links (browned)
- 1/3 cup shredded roast beef or dice roasted beef from the deli
- 3 - 4 eggs beaten
- 1/8 cup water
- 1/4 teaspoon salt
- 1 tbsp. butter

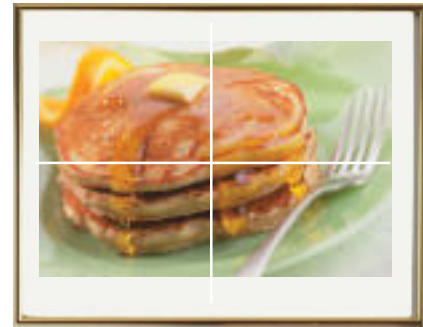
1. In a sauce pan on medium low heat melt butter and add onions and bell peppers.
2. Stir until onions and pepper are soft but not browned.
3. Add diced ham and stir until the ham is limp and heated through.
4. Immediately remove from heat and set a side.
5. In a mixing bowl add eggs, water and salt beat and stir well. Set aside.
6. Heat a 12" non stick frying pan on medium low heat, add a little oil (1 teaspoon) or spray with a non stick vegetable spray.
7. Place egg mixture in pan and sprinkle with onions, bell pepper, ham, tomato if you wish, sausage, bacon, and 1/2 of the roast beef, and 1/2 cup of the shredded cheese.
8. Place a lid on until omelet starts to set.
9. Immediately remove lid and fold omelet from the sides to the middle or fold in half. Sprinkle with the rest of cheese and roast beef.

Serves 2.

Recipe Secrets.net tip: For a healthier dish, you can substitute eggs with egg whites or your favorite egg substitute and use turkey meat.

*IHOP Pancakes

- 2 cups all-purpose flour, stirred or sifted before measuring
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, slightly beaten
- 1 1/2 cups milk
- 2 tablespoons melted butter



Sift together flour, baking powder, and salt.

In a separate bowl, combine egg and milk; add to flour mixture, stirring only until smooth. Blend in melted butter.

Cook on a hot, greased griddle, using about 1/4 cup of batter for each pancake. Drop batter on griddle in 5 inch wide segments.

Cook until brown on one side and around edge; turn and brown the other side.

Serves 4

Recipe Secrets.net tip: You can add fruit topping such as apples, strawberry or peaches to finish off this breakfast treat. You can also add chopped fruit such as blueberries or apples to the batter.

For whole wheat pancakes: substitute all purpose flour for whole wheat flour and use brown sugar.

*Joe's Crab Shack Crab Cakes

A must have recipe for seafood lovers. Serve as an appetizer with tarter sauce or Dijonaise Sauce for dipping.

- 1 egg yolk
- 1/3 cup mayonnaise
- 2 1/2 teaspoon Worcestershire sauce
- 1 teaspoon lemon juice
- 1 teaspoon dry mustard
- 1 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon Old Bay seasoning
- 1/4 teaspoon salt
- 1 1/4 cups fresh breadcrumbs
- 3 tablespoon chopped fresh parsley
- 1 Lb crab meat
- Flour - to coat



1. Beat together first 9 ingredients.
2. Fold in breadcrumbs and parsley.
3. Fold in crab meat.
4. Form into 4-6 patties.
5. Lightly coat patties in flour on both sides.
6. Deep-fry crab cakes in 350 degree oil until browned

Serves 4-6.

*Joe's Crab Shack Étouffée

- 1 teaspoon chopped garlic
- 3/4 cup diced onion
- 1/4 cup diced celery
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon ground mustard seed
- 1/2 teaspoon Worcestershire sauce
- 12 oz. can condensed cream of mushroom soup
- 1/2 cup condensed cream of celery soup
- 1 cup water
- 1/2 Lb crawfish meat or 1/2 Lb cubed chicken or 1/2 lb raw, peeled shrimp
- 3 tablespoon sliced green onions
- 1 tablespoon chopped fresh parsley
- 3 cups Rice Pilaf

1. Sauté garlic, onion, celery, and green pepper in butter until soft.
2. Stir in spices, soups, water, and meat of your choice.
3. Bring to simmer and continue cooking until meat is cooked through.
4. Stir in green onion and parsley.
5. Scoop 1/2 cup rice pilaf into center of 6 bowls or soup plates.
6. Pour Étouffée over rice.

Serves 6.

Recipe Secrets.net tip: The literal translation of the French word "Étouffée" (pronounced AY-too-FAY) means "smothered", as in, smothered in lots of rich sauce.



***Joe's Crab Shack Rice Pilaf**

- 1 2/3 cups water
- 1 tablespoon butter
- 1 bay leaf
- 1/4 teaspoon white pepper
- 1 1/3 cups rice
- 1 teaspoon butter
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup chopped red bell pepper
- 1/2 teaspoon minced garlic

1. Bring first 4 ingredients to a boil in a saucepan.
2. Add rice, cover and cook until rice is tender and water is absorbed, about 20 minutes.
3. Sauté celery, onion, peppers, and garlic in butter until tender.
4. Stir sautéed vegetables into rice.

Serves 6.

***Joe's Crab Shack Seafood Stuffed Mushrooms**

- 16 large mushroom caps
- 1 ¼ cup Seafood Stuffing like Joe's Crab Shack's (recipe below)
- 1 cup Alfredo sauce
- 1/4 cup grated Parmesan cheese
- Garlic toast for dipping

1. Place mushroom caps (stem side up) in an ovenproof baking dish.
2. Spoon 1 tablespoon hot stuffing into each cap.
3. Pour Alfredo sauce over stuffed mushrooms.
4. Sprinkle Parmesan cheese over top.
5. Broil for 8-10 minutes, or until top is browned.
6. Serve with garlic toast for dipping.

Seafood Stuffing like Joe's Crab Shack

- | | |
|-----------------------------------|--------------------------------------|
| 1/4 cup margarine | 1 oz. shrimp base - see Notes, below |
| 1/2 bunch celery - trimmed, diced | 1/4 tsp. cayenne pepper |
| 3 lrg. onions - diced | 1/4 tsp. white pepper |
| 1 1/2 Tbls. minced garlic | 2 cups unseasoned croutons |
| 1/2 lb. Pollock fillets | 1/4 cup seasoned bread crumbs |
| 1/2 lb. salad shrimp - chopped | 1/2 lb. crab claw meat |

- Sauté celery, onion, and garlic in margarine for until translucent.
- Add Pollock and cook for 5-7 minutes.
- Add shrimp and cook for 2 minutes.
- Drain most (but not all) of liquid from pan.
- Stir in shrimp base and peppers.
- Fold in croutons and breadcrumbs.
- Fold in crab meat.

Serves 8.



* Joe's Crab Shack Stuffed Shrimp Enbrochette

- 20 jumbo raw shrimp - peeled, de-veined
- ½ cup Seafood Stuffing like Joe's Crab Shack (see previous recipe)
- 10 jalapeno slices - halved
- 2 slices Monterey jack cheese - cut into 20 equal-size pieces
- 1 lb. raw thin sliced bacon

1. Slice shrimp down the middle of the opposite side you de-veined.
2. Lay shrimp cut side up and press 1 teaspoon prepared stuffing into each shrimp cut.
3. Place a piece of cheese over the stuffing on each shrimp.
4. Wrap each stuffed shrimp in a strip of bacon.
5. Thread 5 shrimp on a bamboo skewer; repeat with remaining shrimp.
6. Deep fry shrimp in 400 degree oil until bacon is browned or grill shrimp over a high flame, turning once, until bacon is browned or broil shrimp, turning once, until bacon is browned.

Serves 4.

Recipe Secrets.net tip: If you like scallops, you can substitute the shrimp with scallops minus the seafood stuffing. The bacon gives this recipe such a wonderful flavor.

*Junior's Famous No.1 Cheesecake

Commonly known as New York's best cheesecake. It's really that good. Experience this historic desert from Brooklyn, NY. Junior's cheesecakes can also be ordered online and delivered to your door anywhere in the US.

Pure Cream Cheesecake

1 recipe Thin Sponge Cake Layer (see below)

For Cream Cheese Filling:

4 (8-ounce) packages regular cream cheese, at room temperature

1 2/3 cups granulated sugar

1/4 cup cornstarch

1 tablespoon vanilla extract

2 extra-large large eggs

3/4 cup heavy whipping cream

1. Preheat the oven to 350°F (180°C) and generously butter a 9-inch spring-form pan. Make the batter for the sponge cake as the recipe directs. Evenly spread the batter on the bottom of the pan and bake just until set and golden, about 10 minutes. Place the cake on a wire rack to cool (don't remove it from the pan).
2. While the cake cools, make the cream cheese filling: Place one 8-ounce package of the cream cheese, 1/3 cup of the sugar, and the cornstarch in a large bowl. Beat with an electric mixer on low speed until creamy, about 3 minutes. Then beat in the remaining 3 packages of cream cheese.
3. Increase the mixer speed to high and beat in the remaining 1 1/3 cups of the sugar, and then beat in the vanilla. Blend in the eggs, one at a time, beating the batter well after adding each one. Blend in the heavy cream. At this point mix the filling only until completely blended (just like they do at Junior's). Be careful not to over mix the batter.
4. Gently spoon the cheese filling on top of the baked sponge cake layer. Place the spring-form pan in a large shallow pan containing hot water that comes about 1-inch up the sides of the pan. Bake the cheesecake until the center barely jiggles when you shake the pan, about 1 hour.
5. Cool the cake on a wire rack for 1 hour. Then cover the cake with plastic wrap and refrigerate until it's completely cold, at least 4 hours or overnight. Remove the sides of the spring-form pan. Slide the cake off the bottom of the pan onto a serving plate. Or if you wish, simply leave the cake on the removable bottom of the pan and place it on a serving plate. If any cake is left over, cover it with plastic wrap and store in the refrigerator.



Thin Sponge Cake Layer for Cheesecake:

1/2 cup cake flour, sifted

1 teaspoon baking powder

Pinch of salt

3 extra-large eggs, separated

1/3 cup plus 2 tablespoons granulated sugar

1 teaspoon pure vanilla extract

3 drops pure lemon extract

3 tablespoons unsalted butter, melted

1/4 teaspoon cream of tartar

1. Preheat the oven to 350°F (180°C) and generously butter a 9-inch spring-form pan. Sift the cake flour, baking powder and salt together in a medium-sized bowl and set aside.
2. Beat the egg yolks together in a large bowl with an electric mixer on high speed for 3 minutes. Then, with the mixer still running, gradually add the 1/3 cup of the sugar and continue beating until thick light-yellow ribbons form in the bowl, about 5 minutes more. Beat in the vanilla and lemon extracts.
3. Sift the flour mixture over the batter and stir it in by hand until no more white flecks appear. Then blend in the butter.
4. In a clean bowl, using clean dry beaters, beat the egg whites and cream of tartar together on high speed until frothy. Gradually add the remaining 2 tablespoons sugar and continue beating until stiff peaks form (the whites should stand up in stiff peaks but not be dry). Stir about 1/3 cup of the whites into the batter, then gently fold in the remaining whites — don't worry if a few white specks remain.
5. Gently spoon the batter into the pan. Bake the cake just until the center of the cake springs back when lightly touched, only about 10 minutes (watch carefully). Let the cake cool in the pan on a wire rack while you continue making the cheesecake filling. Do not remove the cake from the pan.

Serves 12 to 16.

***KFC Honey BBQ Wings**

2 cups Bullseye BBQ Sauce

3/4 cup honey

1 cup all-purpose flour

1 tsp. salt

1/2 tsp. black pepper

20 chicken drummets

1. Combine flour, salt, and black pepper in a dish and coat chicken in flour mixture
2. Heat BBQ sauce and honey in a saucepan. Once warm, reduce heat to simmer.
3. Add oil to deep fryer and heat to 375 degrees. Fry chicken 6-8 pieces at a time for 15 minutes or until cooked thoroughly.
4. Drain chicken and smother with BBQ sauce mixture.
5. Repeat with remaining chicken.

Serves 5



*KFC Original Recipe Fried Chicken

What's the secret behind Colonel Sanders famous 11 herbs and spices? To this day his secret recipe has never been revealed leaving curious minds to speculate. I've tried many different combinations but there was one that came out tasting exactly like the original...

- 6 cups Crisco cooking oil
- 1 egg - beaten
- 2 cups milk
- 2 cups all-purpose flour
- 2 teaspoons black pepper
- 1 1/2 teaspoons Accent Flavor Enhancer
- 2 frying chickens with skin - cut each into 6 pieces
- 3 1/2 tablespoons salt

1. Pour the oil a pressure fryer and on medium heat (about 400 degrees).
2. Combine the egg and milk in a bowl.
3. In a different bowl, combine the remaining four dry ingredients.
4. Dip each piece of chicken into the egg & milk mix until fully moistened.
5. Roll the moistened chicken in the flour mixture until completely smothered.
6. Drop in 4 pieces of chicken into the oil and lock the lid in place. Be careful not to burn yourself with the hot oil.
7. Cook for 10 minutes or until thoroughly cooked.
8. Once cooked, release the pressure according to manufacturer's instructions and remove the chicken to paper towels or metal rack to drain.
9. Repeat with the remaining chicken.

Makes 12 pieces.

Recipe Secrets.net tip: Make sure the oil is at 400 degrees before frying chicken. To avoid making a mess, use utensils when dipping chicken. Quickly lock the lid on the pressure cooker once all pieces of chicken have been added.

*Macaroni Grill Insalata Florentine

Fully loaded salad with spinach, orzo pasta, grilled chicken, sun dried tomatoes, capers, pine nuts, black olives, garlic lemon vinaigrette and Parmesan.

- 3 ounces julienne-shredded fresh spinach
- 3 ounces grilled chicken, sliced and chilled
- 1 ounce ripe Roma tomatoes, diced
- 1/2 ounce pine nuts, lightly toasted
- 1/2 ounce sun-dried tomatoes, julienne cut
- 1/2 ounce capers
- 1/2 ounce sliced black olives
- 1/2 ounce julienne-cut radicchio
- 5 ounces orzo pasta, cooked and chilled
- 3 ounces roasted, garlic lemon vinaigrette
- 1/4 ounce shaved Grana Padana Parmesan
- Fresh cracked pepper, for garnish



1. In the order listed, place all ingredients, except Parmesan cheese, in a chilled mixing bowl.
2. Toss and serve in a bowl. Garnish with shaved Parmesan cheese and fresh cracked pepper.

Serves 4



*Macaroni Grill Pasta Gamberetie E Pinoli

Shrimp, mushrooms, pine nuts, spinach & lemon butter with pasta. Retail price - \$12.99 per plate. Our version of this recipe serves 2.

- 2 tablespoons unsalted butter
- 4 tablespoons chilled unsalted butter
- 2 teaspoons garlic, minced
- 12 medium shrimp, peeled and de-veined
- 1/4 cup dry white wine
- 1/2 cup heavy cream
- 1/3 cup fresh-squeezed lemon juice
- Salt and white pepper, to taste
- 2 tablespoons plain dry bread crumbs
- 5 1/2 cups fresh spinach, washed
- 1 (6-ounce) box angel-hair pasta
- 1 tablespoon toasted pine nuts

1. In a large non-reactive skillet, melt 2 tablespoons butter over medium-high heat. Add the garlic and sauté for about 30 seconds.
2. Add the shrimp and sauté about 30 seconds or until the shrimp is just half cooked.
3. Add the wine and, using a wooden spoon, stir to loosen any brown bits on the bottom of the pan. Let cook 2 minutes, stirring, to finish cooking the shrimp and reduce the liquid. Remove the shrimp to a warm plate and cover with foil.
4. Add the heavy cream to the pan and let cook 3 minutes to reduce. Stir in the lemon juice. Remove the pan from the heat and add the remaining chilled butter, 1 tablespoon at a time, stirring in the next piece after the one before it has just melted.
5. Season with the salt and pepper and stir in the bread crumbs. Return the pan to the heat, add the spinach and cook, stirring, 1-1/2 minutes or just until the spinach has wilted.
6. Add the shrimp and stir to coat and heat through.
7. To serve, divide the angel-hair pasta between two warmed serving dishes or bowls. Arrange the shrimp on top, spoon the remaining contents of the pan equally over the tops and sprinkle with the pine nuts.

To toast the pine nuts:

1. Spread nuts in a single layer on a baking pan and bake in a preheated 350°F oven 6-8 minutes or until slightly browned. Shake the pan once or twice to toast the nuts evenly.

Serves 2

***Macaroni Grill Shrimp Portofino**

- 16 medium mushrooms
- 2 teaspoons chopped garlic
- 1/2 cup butter, melted
- 16 large shrimp, cleaned
- 1/2 teaspoon pepper
- 3 cloves fresh garlic, crushed, peeled, minced
- 1/4 cup fresh lemon juice
- 1 jar marinated artichoke hearts
- 4 slices lemon
- 2 tablespoons parsley

1. Sauté mushrooms and garlic in butter until almost tender.
2. Add shrimp and sauté until shrimp is cooked, about 3 minutes (be careful not to overcook).
3. Add the rest of the ingredients except lemon and parsley and heat through.
4. Serve over pasta or rice. Garnish with lemon slices and parsley.

Serves 4



*McDonald's Big Mac

"Two all beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun."

- 1 sesame seed hamburger bun
- Half of an additional hamburger bun
- 2 100% ground beef patties
- Dash of salt
- 1 teaspoon finely diced onion
- ½ cup chopped lettuce
- 2 slices American cheese
- 2 to 3 dill pickle slices

Secret Sauce

- 1/4 cup Kraft Miracle Whip
- 1/4 cup mayonnaise
- 2 tablespoons, heaping, Wishbone deluxe French salad dressing (the orange stuff)
- 1/2 tablespoon Heinz sweet relish
- 2 teaspoons, heaping, Vlasic dill pickle relish (Heinz dill relish also works)
- 1 teaspoon sugar
- 1 teaspoon dried, minced onion
- 1 teaspoon white vinegar
- 1 teaspoon ketchup
- 1/8 teaspoon salt

1. Mix secret sauce ingredients well in a small container. Microwave for 25 seconds and stir again. Cover, and refrigerate for 1 hour before using.
2. Cut the top off of the additional hamburger bun leaving behind a flat bun to be used as the middle section for the Big Mac.
3. Cook hamurger patties in pan on medium high until done. Add salt to taste.
4. Spread the sauce on both sides of the middle bun. Stack the burger as follows: bottom bun, burger, additional ingredients, middle bun, burger, additional ingredients, top bun.

Makes 1 hamburger.

*Olive Garden Breadsticks

1 loaf frozen unbaked bread

Pam or cooking oil

Garlic powder

Dry oregano leaf

1. Allowing bread to thaw at room temperature in a greased large mixing bowl.
2. When bread is soft enough to knead, break off pieces and shape into cigar-sized pieces.
3. Place these 3" apart on Pam-sprayed cookie sheets. Let rise in a warm place till doubled -- about 1-1/4 hours.
4. Holding can of Pam about 8" from bread sticks, lightly spray top of each and dust with garlic powder.
5. Bake at 375 F -- about 20 - 25 minutes or till golden brown.
6. Cool in pan on rack a few minutes before serving.

Serves 4-6

Recipe Secrets.net tip: Tastes great with an Alfredo or Marinara dipping sauce.



*Olive Garden Fettuccine Alfredo

- 1/2 cup half and half
- 1 tablespoon butter or margarine
- ½ teaspoon parsley
- 1 teaspoon garlic powder
- salt and black pepper to taste
- 3/4 cup grated fresh parmesan cheese
- 6ozs dried fettuccine, prepare as directed on package

Allow half and half and butter to stand for 30 mins at room temperature. Cook fettuccine according to package directions. Return cooked fettuccine to saucepan. Add half and half, butter, garlic, salt, pepper and parmesan cheese. Stir gently until fettuccine is well coated. Sprinkle with parsley flakes. Serve immediately.

Serves 6

Recipe Secrets.net tip: For a healthier alternative, substitute fat free cheeses, low fat milk, and whole wheat pasta.

*Olive Garden Lasagna

1/4 cup butter or margarine

1/4 cup all-purpose flour

2 cups milk

1/4 cup oil-packed sun-dried tomatoes - minced

1 tablespoon minced garlic

3 1/2 cups ricotta cheese

3 eggs

1 cup grated Parmesan cheese

1/2 cup grated Romano cheese

1/2 teaspoon salt

1 teaspoon black pepper

12 lasagna noodles

4 cups shredded mozzarella cheese

1 cup fontina cheese

Marinara/spaghetti sauce - to top

Grated Parmesan cheese - to top

1. Melt butter over medium heat in 1 quart saucepan.
2. Add flour and stir until well-blended; cook until frothy.
3. Add milk, stirring constantly with wire whisk as mixture comes to a simmer.
4. Cook and stir until thickened (3-4 minutes).
5. Drain and mince tomatoes and place in 3 quart mixing bowl.
6. Add garlic, ricotta, eggs, Parmesan, Romano, salt, and pepper to bowl.
7. Add 1 1/2 cups of cooled cream sauce and mix until well blended.
8. Place 3 lasagna noodles in a 9" X 13" X 2" lightly oiled baking dish, overlapping slightly.
9. Spread 1 1/2 cups cheese filling over noodles; sprinkle with one cup mozzarella and 1/4 cup fontina cheese.
10. Repeat pasta and cheese layering three more times; top with remaining three lasagna noodles.
11. Spread 1/2 cup of reserved cream sauce over top and cover lightly with aluminum foil.
12. Bake in a 350 degree oven for 1 hour.
13. Remove from oven and keep warm at least 30 minutes before serving.
14. Serve topped with hot marinara and Parmesan cheese.

Serves 5.

Recipe Secrets.net tip: Fontina cheese, made from cow's milk, is a firm, creamy, delicate Italian cheese with a slightly nutty taste. You may have to go to an Italian market to get fine Fontina Cheese.



*Olive Garden Pasta e Fagioli

- 3 teaspoons oil
- 2 pounds ground beef
- 12 ounces onion; chopped
- 14 ounces carrots - sliced thinly
- 14 ounces celery - diced
- 48 ounces canned tomatoes - diced
- 2 cups cooked red kidney beans
- 2 cups cooked white kidney beans
- 80 ounces beef stock
- 3 teaspoons oregano
- 2 teaspoons pepper
- 5 teaspoons parsley - chopped
- 1 1/2 teaspoon tabasco sauce
- 48 ounces spaghetti sauce
- 8 ounces dry pasta shell macaroni

Sauté beef in oil in large 10-qt. pot until beef starts to brown. Add onions, carrots, celery and tomatoes and simmer for about 10 minutes.

Drain and rinse beans and add to the pot. Also add beef stock, oregano, pepper, Tabasco, spaghetti sauce, and noodles.

Add chopped parsley. Simmer until celery and carrots are tender (about 45 minutes).

Makes 9 qts. of soup

Serves 10

***Olive Garden Salad Dressing**

- 1/4 cup salad oil
- 1/4 cup wine vinegar
- 1/4 teaspoon pepper
- 1 tsp. sugar
- 1/4 teaspoon oregano
- 1/4 teaspoon sweet basil
- 1/8 teaspoon garlic powder
- 2 tablespoons Parmesan Cheese
- 2 tablespoons Sugar
- 1 large Egg, raw
- 1/4 cup oil

1. Blend ingredients in blender on high speed 1/2 minute or until smooth.
2. Pour this mixture into the top of a double boiler and add 1/4 cup oil. Stir gently over boiling water until it begins to thicken and egg is completely cooked.
3. Chill overnight before using. If the dressing is too thick, add additional vinegar.

Makes 1 1/2 cups



*Olive Garden Sangria

Sangria is a refreshing party drink that was created in Spain. Every restaurant has its own twist to this fruit filled drink. We selected this one for its unique taste. Sangria's appeal is all about taking your favorite red wine, your favorite fruits, and experimenting with them.

1.5 Liters of your favorite dry Red Wine

10 oz Grenadine

16 oz cranberry juice cocktail

12 oz sweet vermouth

10 oz sugar water (5 oz sugar diluted)

Strawberries

Oranges

Crushed ice

1. Mix all ingredients except for ice in a nice size pitcher. Pour sangria in glass and then add ice.
2. Serve each glass with fruit

Makes 1 gallon.

Recipe Secrets.net tip: You could also use orange juice and brandy instead of grenadine and sweet vermouth. Sangria is best served chilled, and goes well with just about anything!

***Outback Steakhouse Honey Wheat Bushman Bread**

- 1 1/2 c water - warmed
- 2 tbsps butter - softened
- 1/2 c honey
- 2 c bread flour
- 2 c wheat flour
- 1 tbsp cocoa
- 1 tbsp sugar
- 2 tsps instant coffee
- 1 tsp salt
- 2 1/4 tsps yeast
- 1 tsp caramel color - optional
- 3 tbsps cornmeal - for dusting

1. Place all of the ingredients in the bread machine and process on dough setting. The dough will be a little on the wet side and sticky, but if it seems too wet add more flour. When dough is done let it rise for 1 hour.
2. Remove from pan, punch down and divide into 8 portions. Form portions into tubular shaped loaves about 6-8 inches long and 2 inches wide.
3. Sprinkle the entire surface of the loaves with cornmeal and place them on 2 cookie sheets. Cover and let rise for 1 hour.
4. Bake at 350° for 20-25 minutes. Serve warm with whipped butter.





*Outback Steakhouse Marinated Steak

- 4 beef steaks
- 1 cup beer
- 1 tablespoon packed brown sugar
- 1 teaspoon seasoned salt
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon garlic powder

1. Place your favorite cut of steak in a shallow pan, pour beer over, and marinate for 1 hour in refrigerator.
2. Remove steak from beer.
3. Combine dry ingredients and rub over steaks.
4. Allow to marinate for 30 minutes in refrigerator.
5. Preheat a skillet or grill to medium high heat.
6. Spray cooking surface with nonstick cooking spray and braise.

Serves 4.

Recipe Secrets.net tip: For best results, let steak marinate in dry ingredients overnight

*Panda Express Orange Flavored Chicken

Tender, juicy chicken pieces lightly battered and fried, sautéed in a sweet and mildly spicy chili sauce with scallions.

- 1 lb. chicken breast meat
- 1 egg white
- 1 teaspoon salt
- 1 teaspoon sugar
- 4 cup vegetable oil to be use for frying
- 1 cup cornstarch

Orange Sauce:

- 1 Cup water
- 1/2 Cup ketchup
- 1/2 Cup sugar
- 1/8 Cup vinegar
- 1 Tablespoon soy sauce
- 4 teaspoon cornstarch
- 2 teaspoon sesame oil
- 2 tablespoon vegetable oil
- 1 tablespoon grated orange peel
- 2 tablespoon chopped scallion

Cut chicken breast into 1/2-inch cubes, set aside.

To make marinade combine egg white, salt and sugar in a bowl and stir vigorously until ingredients are thoroughly mixed. Add chicken cubes to marinade and stir to coat well.

To make orange sauce combine water, ketchup, sugar, vinegar, soy sauce, 4 teaspoons cornstarch and sesame oil; stir and set aside. Place a pot over high heat. When pot is hot, add the 2 tablespoons vegetable oil and heat.

Add orange peel and scallion and stir for about 20 seconds, taking care not to burn the orange peel. Pour combined sauce ingredients into the pot and cook, stirring frequently, until sauce has thickened, about 12-15 minutes.

Preheat 4 cups oil to 350-375°F. Meanwhile, put marinated chicken in the plastic baggie containing the cornstarch. Shake chicken well for about 20 seconds or until chicken is covered with cornstarch. Shake off all excess cornstarch and fry chicken in hot oil until golden brown, approximately 2 1/2 minutes. Remove chicken from oil with a slotted spoon, drain well and set aside. Add fried chicken to pot with heated orange sauce, stir for about 30 seconds, then serve immediately. Serve with steamed rice.

Serve with rice.

Serves 4



***PF Chang Chicken Lettuce Wrap**

Quickly cooked spiced chicken served with cool lettuce cups. Makes a great appetizer.

- | | |
|--|--------------------------------|
| 8 dried shiitake mushrooms | Cooking Sauce |
| 1 teaspoon cornstarch | 1 teaspoon Hoisin sauce |
| 2 teaspoons dry sherry | 1 teaspoon soy sauce |
| 2 teaspoons water | 1 teaspoon dry sherry |
| Salt and pepper | 2 teaspoons oyster sauce |
| 1 1/2 pound boneless, skinless chicken | 2 teaspoons water |
| 5 teaspoons oil | 1 teaspoon sesame oil |
| 1 teaspoon fresh minced ginger | 1 teaspoon sugar |
| 2 cloves garlic, minced | 2 teaspoons cornstarch |
| 2 green onions, minced | Iceberg or Bibb lettuce leaves |
| 2 small dried chiles (optional) | |
| 8 ounces bamboo shoots, minced | |
| 8 ounces water chestnuts, minced | |
| 1 package cellophane Chinese rice noodles, prepared according to package | |

1. Cover mushrooms with boiling water, let stand 30 minutes then drain.
2. Cut and discard woody stems. Mince mushrooms. Set aside.
3. Mix all ingredients for cooking sauce in bowl, and set aside.
4. In medium bowl, combine cornstarch, sherry water, soy sauce, salt, pepper and chicken. Stir to coat chicken thoroughly.
5. Stir in 1 teaspoon oil and let sit 15 minutes to marinate.
6. Heat wok or large skillet over medium high heat.
7. Add 3 tablespoons oil, then add chicken and stir fry for about 3-4 minutes. Set aside.
8. Add 2 tablespoons oil to pan.
9. Add ginger, garlic, chiles (if desired), and onion; stir fry about a minute or so.
10. Add mushrooms, bamboo shoots and water chestnuts; stir fry an additional 2 minutes. Return chicken to pan.
11. Add mixed cooking sauce to pan. Cook until thickened and hot.
12. Break cooked cellophane noodles into small pieces, and cover bottom of serving dish with them. Then pour chicken mixture on top of noodles. Spoon into lettuce leaf and Roll.

***PF Chang Chicken with Black Bean Sauce**

Slices of chicken, stir-fried in black bean sauce.

- 4 whole chicken breasts
- 1 teaspoon fresh minced ginger
- 2 teaspoons fermented black beans
- 3 teaspoons minced scallions (white part only)
- 4 ounces Peking Stir Fry sauce (see recipe below)
- 12 ounces unseasoned chicken stock
- 1/2 teaspoon minced garlic
- 1/2 teaspoon sugar
- Dash of white pepper

Peking Stir Fry Sauce:

- 1/2 cup water
- 2 teaspoons Shaohsing wine or sherry
- 2 teaspoons mushroom soy sauce
- 2 teaspoons oyster sauce
- 1 teaspoon sugar
- 1 teaspoon cornstarch

1. Cut whole chicken breasts in half so you have 8 breast filets. Cut all breast filets on a bias. Marinate with one egg, 2 tablespoons canola oil and 1 tablespoon cornstarch.
2. Heat wok until hot. Add oil, then chicken and cook until opaque all over.
3. Strain and remove excess oil from wok.
4. Add ginger, scallion and stir fry. Add chicken and garlic. Then add Peking stir fry sauce and add chicken stock. Add sugar, then a dash of white pepper.
5. Thicken with a thin paste of cornstarch and water to your liking.
6. Peking Stir Fry Sauce Mix ingredients together until cornstarch is incorporated. Stir well before using.

Serves 4



*Planet Hollywood Captain Crunch Chicken

Another great theme restaurant focusing on movie and Hollywood memorabilia. This unique dish actually uses cereal breaded against the chicken to make it tasty and crunchy.

- 2 cups Captain Crunch Cereal, crushed
- 1 1/2 cups Corn Flakes, crushed
- 1 egg
- 1 cup milk
- 1 cup all purpose flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon Black pepper,
- 2 pounds Chicken breast; skin, bone 1oz tenders
- Vegetable oil for frying

1. Beat the egg with milk and set aside.
2. Stir together the flour, onion and garlic powders and black pepper. Set this aside.
3. Dip chicken pieces into the seasoned flour. Move around to coat well, then shake off the excess flour. Dip into the egg wash, coating well, then dip into the cereal mixture, coating well.
4. Heat oil in a large heavy skillet to 325 degrees.
5. Drop coated chicken tenders carefully into the hot oil and cook until golden brown and fully cooked, 3 to 5 minutes depending on size.
6. Drain and serve with Creole mustard sauce.

Serves 2

*Planet Hollywood The Terminator

A popular alcoholic drink at this restaurant chain. It's very strong but it goes down smooth. Please drink responsibly.

½ oz vodka

½ oz white rum

½ oz gin

½ oz Grand Marnier

½ oz Kahlua

2 oz sweet & sour mix

1 oz cranberry juice

1 splash beer

Combine crushed ice with all ingredients, except beer, in a tumbler. Shake. Pour a splash of beer on top and serve with a straw.

Makes 1 serving.



*Popeyes Cajun Rice

- 1 lb. lean ground beef
- ½ cup finely dice bell pepper
- 1/3 cup diced green onions
- ½ teaspoon garlic powder
- ½ teaspoon celery flakes
- 1 teaspoon Creole seasoning
- 1/4 teaspoon red pepper
- 4 cups long grain rice cooked and drained
- 1/4 - 1/3 cup water
- 1/4 teaspoon black pepper

1. In frying pan stir in ground beef, bell pepper and cook on medium high heat until beef loses its pink color and bell pepper is soft.
2. Remove excess grease.
3. Turn temperature down to medium or medium low.
4. Add remaining ingredients, stir and cook together until ground beef is completely cooked and liquid is gone about 25 - 35 min.

4-6 Servings.

Recipe Secrets.net tip: More Creole seasoning and red pepper may be added for a serious Cajun experience.

To get the best results, use good quality rice for this recipe. Just follow the directions on your selected rice brand to prepare.

*Popeyes Dirty Rice

- 1 lb spicy bulk breakfast sausage
- 1 can clear chicken broth - (14 ounces)
- 1/2 cup long-grain rice
- 1 teaspoon dry minced onion

1. Brown sausage in skillet until pink color disappears, crumbling with fork.
2. Stir in broth, rice and minced onion.
3. Simmer gently, covered, 18 to 20 minutes or until rice is tender and most of broth is absorbed.

Serves 4



*Popeyes Fried Chicken

- 3 cups self-rising flour
- 1 cup cornstarch
- 3 tablespoons seasoned salt
- 2 tablespoons paprika
- 1 teaspoon baking soda
- 1 package Italian Salad Dressing Mix - Powder
- 1 package onion Soup Mix - (1 1/2 ounces)
- 1 package spaghetti sauce mix - (1/2 ounce)
- 3 tablespoons sugar
- 3 cups corn flakes - crush slightly
- 2 eggs - well beaten
- 1/4 cup cold water
- 4 pounds chicken - cut up

1. Combine first 9 ingredients in large bowl. Put the cornflakes into another bowl. Put eggs and water in a 3rd bowl.
2. Put enough corn oil into a heavy roomy skillet to fill it 1" deep. Heat skillet.
3. Grease a 9x12x2 baking pan. Set aside.
4. Preheat oven to 350.
5. Dip chicken pieces 1 piece at a time as follows: 1-Into dry coating mix. 2-Into egg and water mix. 3-Into corn flakes. 4-Briskly but briefly back into dry mix. 5-Drop into hot oil, skin-side-down and brown 3 to 4 minutes on medium high. Turn and brown other side of each piece.
6. Place chicken in prepared pan in single layer, skin-side-up. Seal in foil, on 3 sides only, leaving 1 side loose for steam to escape.
7. Bake at 350 degrees for 35-40 minutes removing foil then to test tenderness of chicken. Allow to bake uncovered 5 minutes longer to crisp the coating.

Serves 4

*Red Lobster South Beach Seafood Paella

6 tbsp. olive oil
1 cup minced onions
1 small sweet red bell pepper, seeded, cut into 1/2" pieces
1 small sweet green bell pepper, seeded, cut into 1/2" pieces
1 cup canned chopped tomatoes, drained
1 tbsp. minced garlic
1 tbsp. minced fresh thyme
1 lb. sea scallops
Sea salt and freshly ground black pepper
6 oz. andouille sausage, cut into 1/2" thick pieces
1/2 cup dry white wine
3 cups long-grain rice
1 tsp. saffron threads
3 cups chicken stock, hot
3 cups clam juice, hot
12 large or jumbo shrimp, cleaned and peeled, leaving tails intact
1 lb. fresh fish (grouper, scrod, haddock, halibut or swordfish), skinless, cut into 1" chunks
16 fresh mussels
1/2 lb. sugar snap peas
1 medium red pepper, cut into long 1/2" wide strips
Chopped fresh parsley to garnish

1. In a heavy 12" skillet, heat 3 tbsp. olive oil until hot. Add the onions and pepper, and cook, stirring for 5 minutes until they're soft and transparent.
2. Add tomatoes, garlic and thyme. Cook, stirring for 5 more minutes, until most of the liquid in the pan evaporates and the mixture is thick.
3. Put the sofrito aside for later.

Seafood and Sausage:

1. Season the fish, shrimp and scallops with salt and pepper.
2. In a skillet, heat 3 tbsp. of olive oil over moderately high heat until hot.



3. Add the fish, shrimp and scallops, as well as the mussels, and sauté for 3-5 minutes.
4. Add the sausage and cook until light brown.
5. Transfer to a plate and deglaze pan with 1/2 cup of dry white wine.

Paella:

1. About 30 minutes before you plan to serve the paella, preheat an oven to 400 degrees F.
2. In a 14" paella pan or shallow casserole dish at least 14" in diameter, combine the sofrito, rice and saffron.
3. Pour in 3 cups of chicken stock and 2 cups of clam juice (save 1 cup for the end). Stirring constantly, bring to a boil over high heat.
4. Remove the pan from the heat immediately and season with salt and pepper.
5. Arrange the seafood on the top of the rice.
6. Set the pan on the lowest shelf in the oven and bake uncovered for 20 minutes. Do not stir the paella once it goes in the oven.
7. Sprinkle the sugar snap peas and the red pepper strips over the whole paella, and bake for 5-10 minutes more, or until all of the liquid has been absorbed by the rice and the grains are tender, but not too soft. If the rice needs to be softer, add the remaining cup of clam juice.
8. Remove from stove and let stand for five minutes before serving. Garnish with parsley.

Serves 4-6

***Red Lobster Batter-Fried Shrimp**

- 1 1/2 pounds shrimp, peeled & de-veined
- 1/2 cup oil
- 1 egg, beaten
- 1 cup all-purpose flour
- 1/2 cup milk
- 3/4 teaspoon seasoned salt
- 1/4 teaspoon salt
- Oil for deep frying



1. Preheat oil to 350 degrees. Combine 1/2 cup oil and egg; beat well.
2. Add remaining ingredients except oil for frying and stir until well blended.
3. Dip shrimp into batter to coat. Drop shrimp into hot oil and fry for 30-60 seconds or until golden brown. Remove with slotted spoon; drain on paper towel.

Serves 6.



*Red Lobster Cheddar Biscuits

- 2 cups Bisquick® baking mix
- 2/3 cup milk
- 1/2 cup shredded mild cheddar cheese
- 1/4 cup melted butter
- 1/4 tsp. garlic powder
- parsley flakes

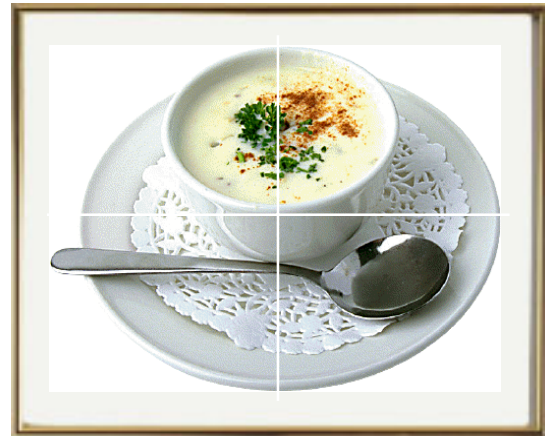


1. Mix Bisquick, cheddar and milk into soft dough. Beat with a wooden spoon for about 30 seconds.
2. Spoon on to greased cookie sheet. Smooth down tops to avoid hard points from forming.
3. Bake for 8 to 10 min at 450 degrees.
4. While baking, melt butter in pan and stir in garlic powder.
5. Once biscuits are cooked, brush butter on tops, sprinkle with parsley and serve hot.

Serves 10.

*Red Lobster Clam Chowder

- 1 quart clam juice
- 1 cup nonfat dry milk powder
- 1 3/4 cups chicken broth
- 2/3 cup all-purpose flour
- 2 stalks celery chopped fine
- 1 tablespoon minced dry onion
- 10 oz. can clams drained
- 1 pinch parsley flakes
- 2 medium baked potatoes – peeled and crumbled
- Salt and pepper to taste



1. In blender, puree clam juice, broth, milk powder, and flour.
2. Pour into 2 1/2 quart saucepan and simmer, stirring constantly, over medium-high heat until thick and smooth.
3. Reduce heat to low; stir in celery, onion, clams, parsley, and potatoes.
4. Simmer for 45-60 minutes, then season with salt and pepper.

Serves 6.



*Red Lobster Lobster Fondue

- 1 lb. processed cheese food - cubed
- 1/2 cup milk
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 1 lobster tail - boiled
- 1/2 cup chopped red bell pepper
- 2 Tbsp. fresh minced parsley

1. Combine all ingredients except red pepper and parsley in a saucepan.
2. Heat on medium-low heat, stirring constantly, until cheese has melted.
3. When ready to serve, garnish with red bell pepper and parsley.

Serves 8.

*Red Lobster Roasted Maine Lobster with Crabmeat Stuffing

Stuffing

- 1 pound blue crab meat
- 1 teaspoon shallot, minced
- 1 teaspoon parsley
- 1 tablespoon mayonnaise
- 1 tablespoon bread crumbs
- 1 whole egg
- 1 teaspoon lemon juice
- 1/8 teaspoon Worcestershire

Lobster

- 2 whole 1 1/4 pound Maine lobsters
- 1 stick butter, cut into pieces
- 1 teaspoon paprika
- 2 tablespoons lemon juice

Recipe Secrets.net tip: Although considered a delicacy by some lobster lovers, food safety experts suggest you pass on the green tomalley, stomach sac, and liver of the lobster.

Preparation - Stuffing

1. Blend all ingredients except crab.
2. Fold in crab meat, refrigerate

Preparation - Lobsters

1. Split lobsters lengthwise with a large knife, remove stomach sac.
2. Place equal portions of crab stuffing in each head.
3. Crack claws with the blunt side of knife.
4. Pour lemon juice on tail meat, then sprinkle with paprika and dot with
5. Pieces of butter.
6. Bake in a 400°F oven for 15 minutes.
7. Serve with melted butter and lemon wedges.

Serves 2.



*Red Lobster Shrimp Diablo

- 3 lbs. large, uncooked, unpeeled shrimp
- Milk for soaking
- 1 cup unsalted butter
- 1 jar Kraft BBQ Sauce
- 1/2 cup catsup
- 1/4 cup hot sauce
- 1 tablespoon ground black pepper

1. Wash shrimp in cool water and remove heads if needed.
2. Soak shrimp in milk overnight.
3. Mix sauces and pepper in a sauce pan and stir until boiling.
4. Remove from heat and refrigerate for at least four hours.
5. Drain milk from shrimp, place them in a baking pan, and cover evenly with the sauce. Let stand 1 hour.
6. Bake uncovered in a 450 degree oven for 15 minutes (less time for smaller shrimp).

Serves 6.

Recipe Secrets.net tip: This spicy meal goes great with your favorite pasta dish. If you enjoy very spicy foods increase the amount of hot sauce to your desired taste for an extra kick.

*Ruby Tuesday Chicken Quesadillas

This restaurant was formed in 1972, when Sandy Beall and four of his fraternity buddies from the University of Tennessee opened the first restaurant adjacent to the college campus in Knoxville. Today Ruby Tuesday is one of three large public companies that dominate the bar-and-grill category of casual dining.

- 2 tablespoons vegetable oil, divided
- 1 onion, sliced into rings
- 1 tablespoon honey
- 2 skinless, boneless chicken breast halves - cut into strips
- 1/2 cup barbeque sauce
- 1/2 cup shredded sharp Cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 8 (10 inch) flour tortillas



Preheat oven to 350 degrees

In a large, deep skillet, heat 1 tablespoon oil over medium high heat. Slowly cook and stir onion until translucent. Mix in honey. Stir until onion is golden brown, about 5 minutes. Remove from skillet and set aside.

Place remaining oil and chicken in the skillet over medium high heat. Cook until chicken is no longer pink. Stir in barbeque sauce and evenly coat chicken.

Layer 4 tortillas individually with chicken, onions, Cheddar cheese and Monterey Jack cheese. Top with remaining tortillas.

One or two at a time, place layered tortillas on a large baking sheet. Bake uncovered in the preheated oven 20 minutes, or until cheese is melted. Do not let tortillas become too crisp. Remove from heat. Cut into quarters to serve.

Recipe Secrets.net tip: Another great topping for this recipe is guacamole.



*Ruby Tuesday Sonoran Chicken Pasta

- 6 oz. boneless, skinless chicken breast, grilled and sliced into 1/4 inch slices
- 10 oz. penne pasta, cooked
- 3/4 cup Sonoran cheese sauce
- 1/3 cup spicy black beans(optional)
- 1/4 cup diced tomatoes for garnish
- 1 teaspoon green onion, sliced (optional)

Place pasta into mixing bowl. Add cheese sauce and toss to coat evenly. Pour into heated bowl. Place chicken on top of pasta then ladle black beans on top. Sprinkle with diced tomatoes and chopped green onions.

Sonoran Cheese Sauce:

- 6 tablespoons butter or margarine
- 1/2 cup onion, finely chopped
- 1 small clove garlic, minced
- 1/3 cup all purpose flour
- 1 cup hot water
- 1 tablespoon chicken stock paste
- 1 cup half-and-half
- 1/2 teaspoon sugar
- 1/4 teaspoon hot sauce or more to taste
- 1 teaspoon lemon juice
- 1/4 teaspoon cayenne pepper
- 3/4 cup shredded parmesan cheese
- 3/4 cup velveeta cheese
- 3/4 cup prepared salsa
- 1/2 cup sour cream
- salt and pepper to taste.

Melt butter or margarine in a saucepan and add onion and garlic. Saute until onion is transparent. Stir in flour to make roux and cook for 5 minutes stirring often.

Mix the hot water, chicken stock and half and half.

Add mixture slowly to roux, stirring constantly.

Allow to cook 5 minutes (sauce should have the consistency of honey). Add salt, sugar, hot sauce, lemon juice, cayenne, and parmesan cheese to sauce. Stir to blend. Do not allow to boil. Add velveeta to sauce and stir until melted. Add salsa and sour cream to sauce and blend.

Makes 5 cups.



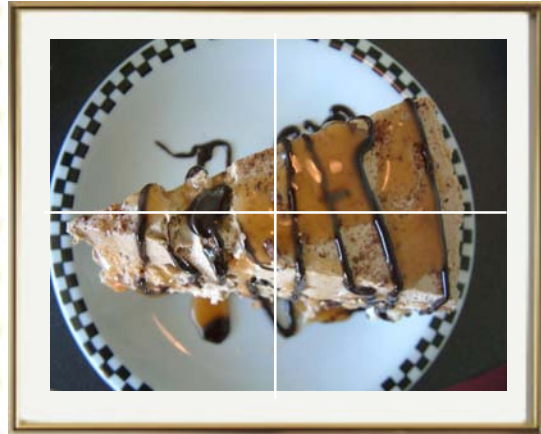


*Sara Lee Original Cream Cheesecake

1-9 inch graham cracker crust

FILLING:

- 16 oz cream cheese
- 1 cup sour cream
- 2 tablespoons cornstarch
- 1 cup granulated sugar
- 2 tablespoons butter
- 1 teaspoon vanilla extract



TOPPING:

- $\frac{3}{4}$ cup sour cream
- $\frac{1}{4}$ cup powdered sugar

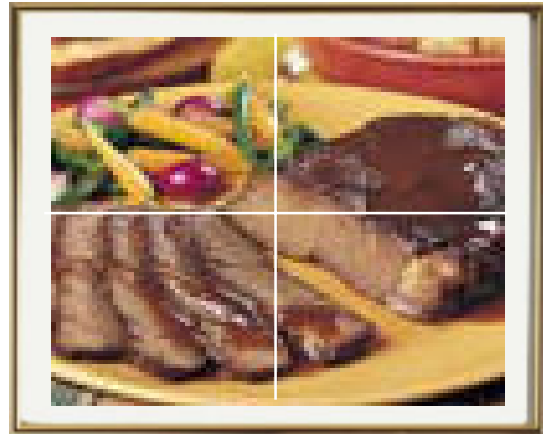
1. For the filling: mix the cream cheese, sour cream, cornstarch, and sugar in the bowl of a mixer. Mix until sugar has dissolved. Add the butter and vanilla, blend until smooth.
2. Pour the filling over the crust. Bake for 30 to 35 minutes, or until a knife inserted 1 inch from the edge comes out clean. Cool for 1 hour.
3. For the topping: mix the sour cream and powdered sugar. Spread the mixture over the top of the cool cheesecake. Chill or freeze until ready to eat.

Makes one 9-inch Pie

Recipe Secrets.net tip: We recommend this dish be made 24 hours before serving.

***Shoney's Pot Roast**

- 2 tablespoons butter or margarine
- 3 lbs. rump roast - trimmed of fat
- 2 stalks celery - chopped
- 1 large onion - chopped
- 3 cloves garlic - minced
- 1/2 teaspoon parsley flakes
- 1/2 tablespoon dried thyme
- 2 cups beef broth
- 20 whole peppercorns
- 1 whole bay leaf
- 1/2 tablespoon salt
- 2 carrots - sliced
- 2 potatoes - peeled, cubed
- 1/2 teaspoon salt
- 1/3 cup all-purpose flour



1. Brown roast in butter in Dutch oven, then remove meat from Dutch oven.
2. Sauté in celery, onion, garlic, parsley, and thyme in Dutch oven for 5 minutes, then return meat to Dutch oven.
3. Add the beef broth, peppercorns, bay leaf, and salt to Dutch oven and bake in a 325 degree oven, covered, for 4 hours, basting every 1/2 hour.
4. Remove roast from Dutch oven.
5. Strain stock into bowl; discard vegetables.
6. Using 2 forks, shred roast into bite-size pieces.
7. Pour reserved stock over beef in Dutch oven.
8. Add carrots, potatoes, and salt to Dutch oven and bake in a 325 degree oven for 45 minutes.
9. Drain stock from Dutch oven and add enough beef broth to stock to make 3 cups.
10. Whisk stock and flour together in saucepan and simmer until thick.
11. Pour gravy over meat and vegetables.

Serves 8.



*Shoney's Tomato Florentine Soup

- 2 cans clear chicken broth - 14oz ea.
- 1 can sliced stewed tomatoes - (14 ounces)
- 12 ounces V-8 juice
- 10 ounces cream of tomato soup
- 1 tablespoon sugar
- 10 ounces frozen chopped spinach
- Dash Nutmeg
- Salt and pepper

1. Combine broth, tomatoes, juice and soup in a saucepan with a wire whisk over medium heat.
2. Add remaining ingredients, without even thawing spinach.
3. Allow to heat gently 30 minutes on medium-low until spinach is tender. Keep hot without letting it boil.

Serves 6

*Sizzler Fried Shrimp

- 1 cup sifted all-purpose flour
- 1 egg beaten
- 1/2 cup milk
- 1 cup dry bread crumbs
- 1 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon parsley flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 24 raw jumbo shrimp – peeled and deveined

1. Place flour in bowl; set aside.
2. Combine egg and milk in bowl; set aside.
3. Combine remaining dry ingredients in bowl; set aside.
4. Dip shrimp in flour, then in egg mixture, then in bread crumb mixture.
5. Deep-fry shrimp in 350 degree oil for 3-4 minutes.
6. Drain on brown paper bags.

Serves 4.



*Starbuck's Frappuccino

- 1/2 cup Fresh espresso
- 1/2 cup 2% Milk
- 1/4 cup Granulated sugar
- 1 ts Pectin



Combine all of the ingredients in a pitcher or covered container. Stir or shake until sugar is dissolved. Chill and serve cold.

Makes 24 ounces.

Serves 1

Recipe Secrets.net tip: For a mocha version, add 3 tablespoons of Hershey's chocolate syrup to the above recipe. Top each glass with whipped cream if desired.

*T.G.I. Friday's Baked Potato Skins

T.G.I. Friday's, one of the first American casual dining chains, is a dining experience that has become the favorite pastime of millions since 1965. The first T.G.I. Friday's was located at First Avenue and 63rd Street in New York City. Their focus is on providing a comfortable, relaxing environment where guests can enjoy quality food and have a good time.

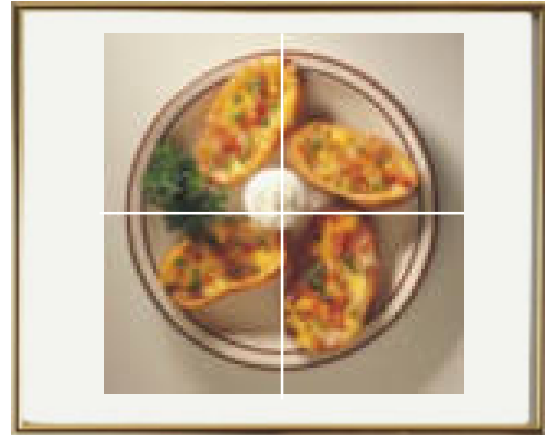
1/2 c. butter

2 garlic cloves, pressed or minced

Skins from 8 lg. baking potatoes

Freshly ground black pepper & salt to taste

1/2 c. grated Swiss cheese



Melt the 1/2 cup butter over medium heat. When the butter is hot , add the garlic. Saute the garlic for about 2 minutes.

Cut each potato skin in half lengthwise into 2 equal pieces. Brush the bottom and interior of each piece with the garlic butter.

Place each piece, scooped side up, on a shallow baking sheet. Sprinkle generously with ground pepper. Sprinkle lightly with salt to taste. Scatter the grated cheese on top of the buttered skins.

Preheat oven to 350 degrees. Place the cookie sheet in the upper third of the oven.

Bake the skins for 30-45 minutes or until hot, crisp and golden.



*T.G.I. Friday's Broccoli Cheese Soup

- 1 qt. water
- 2 cup diced potatoes
- 2 chicken bouillon cubes
- 1 cup diced onion
- 20 oz. frozen broccoli, chopped or 1 bunch fresh broccoli
- 2 cans cream of chicken soup
- 1 lb. Velveeta or American cheese

Mix water, potatoes, bouillon, onion and broccoli together. Cook until done, about 20-30 minutes. Add soup and cheese.

Simmer 15 minutes

Serves 2

***T.G.I. Friday's Jack Daniels Dipping Sauce**

- 1/3 cup Diced Red Onions
- 1/2 teaspoon Finely Diced Garlic
- 1/2 cup Water
- 1/2 cup Brown Sugar
- 1/3 cup Teriyaki Sauce
- 1/4 cup Soy Sauce
- 1/3 cup White Grape Juice
- 1/2 cup Jack Daniels Black Label Bourbon
- 1/2 teaspoon Tabasco Sauce

1. Place ingredients in sauce pan in order listed.
2. Mix and stir after each ingredient.
3. Place on medium heat and stir until mixture reaches boiling stage.
4. Reduce temperature to low until mixture is slowly simmering.
5. Cook sauce for 35 - 45 minutes.

Serve and enjoy.



*Taco Bell Burrito Supreme

- 1 pound ground beef
- 1 large onion
- 1 tablespoon cumin
- Salt and pepper
- 1 tablespoon oregano
- 1 tablespoon garlic
- 8-inch tortillas
- 3/4 cup sour cream
- 2 cups shredded lettuce
- 1/2 cup Jack cheese
- 2 cups shredded cheddar cheese
- 1 medium tomato, diced
- 1 (16-ounce) can refried beans
- Salsa

Saute meat until nice and brown, add in onion and saute until tender.

Add all seasonings and cook until fragrant.

Spread filling into large flour tortillas and roll.

Lay side by side in an ovenproof pan and top with cheese.

Bake in a preheated 350 degree oven until bubbly.

Finish with salsa and serve.

Serves 4

*Taco Bell Enchirito

- 1 Tablespoon Shortening
- 1 pound Ground beef
- 3 Tablespoons Flour
- 1 8-oz. can Tomato sauce
- Water
- 2 Tablespoons Chili powder
- Salt, to taste
- 3/4 teaspoon Garlic powder
- 12 Corn Tortillas
- 1 pound Cheese, longhorn - coarsely grated
- 1 large Onion, chopped fine

Melt shortening in heavy skillet. Add the ground meat and brown. Sprinkle meat with flour; mix in skillet. Add tomato sauce and 1 cup water. Mix 1/2 cup water with the chili powder to form a smooth paste; add to the meat mixture. Add salt to taste and garlic powder. Cook over medium heat, uncovered, until it is of gravy consistency. Cover and simmer over very low heat. Add more water if the chili gravy becomes too thick.

Dip tortillas one at a time in the hot chili gravy with a wide metal spatula. The tortillas will become pliable almost immediately, which will make rolling the enchiladas easier. Soaking too long will cause the tortillas to fall apart.

Place a good sprinkling of grated cheese and minced onion and about a tablespoon of the meat mixture to one side of the center of the tortilla. Roll tortilla tightly around the filling and place loose side down in a glass casserole baking dish.

When all enchiladas have been formed, pour the remaining hot chili gravy over all, and sprinkle generously with grated cheese, and top with chopped onion. Bake at 350 degrees F until the cheese is melted.

Servings: 2



*Taco Bell Mexican Pizza

- 1 pound ground beef
- 1/2 cup medium salsa
- 4 (8-inch) premade pizza crusts
- 1 can black refried beans
- 1 package 4 cheese Mexican blend
- Shredded lettuce
- Finely chopped tomatoes
- Chopped tortilla chips

In a skillet over medium heat, brown meat.

Add salsa and simmer for 5 minutes.

Lay pizza crusts on pizza pan or baking sheet covered in foil.

Spread refried black beans over top of pizza crusts.

Evenly spread chorizo mixture over beans. Cover in cheese and bake for 10 to 12 minutes.

Remove from oven and top with lettuce, followed by tomatoes, and then tortilla chips.

Serves 4-6

*The Cheesecake Factory Cajun Jambalaya Pasta

This restaurant was started by Evelyn Overton in 1949 as a small scale bakery operated out of her family's basement in Detroit. Today they are a major chain and have much more on their menu than just cheesecake. However their cheesecake is still one of the best I've ever tasted.

- 1 tablespoon olive oil 1
- 3 links hot Italian sausage, sliced
- 2 boneless skinless chicken breasts, sliced thin
- 1 teaspoon cajun seasoning
- 1 large onions, chopped
- 1/2 cup white wine
- 1 lb raw shrimp, peeled and deveined
- 1 stalk broccoli, cut into florets
- 1 lb penne pasta, cooked according to package directions in salted boiling water

Heat oil in large skillet.

Saute sausage and chicken until browned and cooked through.

Season well with cajun seasoning.

Add onion and saute until cooked.

Add wine and adjust seasoning.

Add broccoli and shrimp.

Cover and steam until broccoli is bright green and shrimp is pink and cooked.

Stir in drained hot pasta.

Heat throughly

Serves 4-6



*The Cheesecake Factory Chicken Fettuccini

- 1/2 lb fettuccine pasta
- 2 tablespoons olive oil
- 1 tablespoon garlic, chopped
- 6 medium mushrooms, sliced thin
- 1/4 red onions, julienned
- 1/4 cup white wine
- 1/4 cup chicken broth
- 1/2 grilled chicken breasts, julienned
- 1 vine-ripened tomato, peeled, seeded and diced
- 6 basil leaves, chopped
- salt and pepper
- 2 tablespoons butter
- parmesan cheese (to garnish)
- green onions (to garnish)



Boil water, then add pasta, as pasta cooks, heat olive oil in a 12 inch saute pan.

Add garlic to pan and saute for about 30 seconds.

Add red onions and mushrooms and saute for 2 minutes.

Add white wine and reduce by half, then add chicken broth and reduce by helf.

Add tomatoes, basil and grilled chicken.

Saute 1 minute, then add butter to sauce.

Mix with cooked pasta.

Top with Parmesan Cheese and garnish with a few green onions and serve.

Serves 2-4

*The Cheesecake Factory Oreo Cheesecake

- 1 (20 ounces) package Oreo cookies
- 1/3 cup unsalted butter, melted
- 3 (8 ounces) packages cream cheese (at room temp.)
- 3/4 cup sugar
- 4 eggs, at room temperature lightly beaten
- 1 cup sour cream (at room temp.)
- 1 teaspoon vanilla extract
- whipped cream (to garnish) (optional)
- additional Oreo cookies, halved (to garnish) (optional)



Finely crush 26-30 cookies and set aside.

Coarsely chop remaining cookies and set aside.

Mix together finely crushed cookie crumbs and melted butter.

Press cookie/butter mixture on the bottom and two inches up the sides of a 9-inch springform pan and set aside.

Beat cream cheese and sugar in bowl with electric mixer at medium speed until creamy.

Blend in lightly beaten eggs, one at a time, stirring by hand, to mix well after each addition.

Stir in sour cream and vanilla, until well blended.

Fold chopped cookies into the cheesecake batter.

Pour mixture into prepared crust.

Bake at 350°F for 55 to 60 minutes or until set.

Cool on wire rack at room temperature for about 15 minutes.

Run a thin blade knife around the inside of the pan between the pan and crust, being careful not to cut into the cake.

When cooled to room temp, refrigerate for at least 4 hours.

Remove side from pan; garnish with whipped cream, and a cookie half.

Serves 12-16

Recipe Secrets.net tip: Tastes best when refrigerated overnight.

*The Cheesecake Factory Pumpkin Pie

- 1 1/4 cups pumpkin puree, canned or fresh
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon all-purpose flour
- 2 eggs, lightly beaten
- 1 cup evaporated milk, undiluted
- 2 tablespoons water
- 1/2 teaspoon vanilla extract
- 1 unbaked pastry shell (9-inch)



Combine pumpkin, sugar, salt, spices, and flour in a medium mixing bowl. Add eggs; mix well.

Add evaporated milk, water, and vanilla; mix well.

Pour into pastry-lined pie pan.

Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set

Serves 8-10

*The Soup Nazi Crab Bisque

Remember the rules. Stay in line, quickly place your order and no small talk, or else "No soup for you!" The Soup Nazi was a character made famous on the popular sitcom "Seinfeld." The soup is said to be so good that customers are willing to follow the Soup Nazi's strict rules. The company - Soup Kitchen International located in New York City - received a lot of publicity from the show and is now offering franchising opportunities nationwide.

- 1 (10 3/4-ounce) can cream of asparagus soup
- 1 (10 3/4-ounce) can cream of mushroom soup
- 1/4 cup milk
- 1/4 cup half-and-half
- 1/2 pound crab meat, picked free of shells
- 1/4 cup dry sherry

Using a heavy saucepan, combine all of the ingredients and bring to a boil. Reduce the heat and allow to simmer for 5 minutes.

Serves 4



*The Soup Nazi Cream of Sweet Potato Soup

- 1/2 tablespoons unsalted butter
- 1 cup diced yellow onion
- 1/2 cup diced celery
- 1/2 cup peeled, diced carrot
- 1 1/2 teaspoons Roasted Garlic Puree (see below)
- 2 pounds sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/8 teaspoon ground cinnamon
- Pinch of freshly grated nutmeg
- Pinch of ground allspice
- 1 small bay leaf
- 4 cups chicken stock
- 1 cup heavy whipping cream
- 1 tablespoon dark brown sugar
- 1 teaspoon light molasses
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground white pepper

Melt the butter in a heavy 3-quart saucepan over medium-high heat. Add the onion, celery, carrot, and garlic puree; cook for 3 minutes, until vegetables are soft. Mix in the potatoes, cinnamon, nutmeg, allspice, and bay leaf, and stir continuously for 2 to 3 minutes, until potatoes begin to soften and spices are aromatic.

Add the chicken stock, bring to a boil, lower the heat to medium-low, and simmer for 30 minutes. Remove the bay leaf. Puree the soup using a hand-held immersion blender, or blend in several batches in a blender. Pulse on and off until the soup is smoothly pureed. Return the soup to the saucepan and whisk in the cream, brown sugar, molasses, salt, and pepper. Serve hot.

Serves 4-6

*The Soup Nazi Indian Mulligatawny Soup

- 1 md Onion -- chopped
- 2 tablespoons Ghee
- 1 each Red chili -- whole
- 1 pinch Cayenne pepper
- 1 teaspoon Turmeric
- 1 tablespoon Coriander
- 4 cups Stock
- 1 each Salt to taste
- 1 md Carrot -- chopped
- 1 lg Potato -- cubed
- 1 each Green bell pepper -- chopped
- 1 each Tomato -- chopped
- 1/2 cup Grated coconut
- 1 cup Coconut milk
- 2 tablespoons Lemon juice
- 2 teaspoons Cilantro/parsley

Soak, rinse & cook chick peas. Cook for 45-60 minutes Or until soft.

In a soup pot, saute the onions in the ghee for 5 minutes. Add chili, cayenne, turmeric & coriander. Saute for 2 to 3 minutes, stirring.

Add the stock & the vegetables. Simmer for 10 to 15 minutes.

Add the coconut, coconut milk, chick peas & cook for a further 5 minutes.

Remove from heat & let cool for a few minutes. Blend well. Return to pot & add lemon juice & cilantro.

Serves: 5



*The Soup Nazi Mexican Chicken Chili

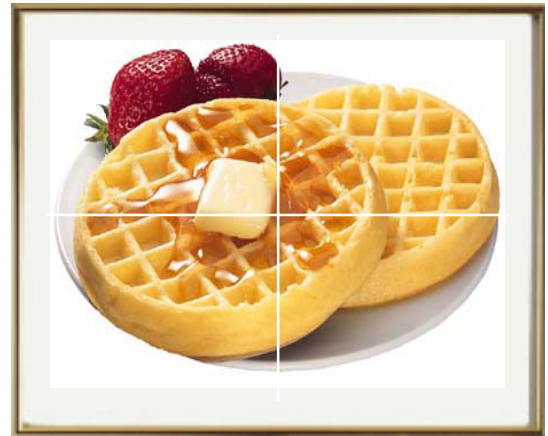
- 5 oz. Boneless, skinless chicken breasts
- 2 Tbsp. Olive Oil
- 5 Quart Water
- 1 ¼ cup Chicken Broth
- ¼ cup Tomato Sauce
- 1 ¾ cup Potatoes, peeled and diced
- 1 2/3 cup Onions, diced
- 1 cup Corn
- 1/3 cup Carrot, diced or grated
- 2/3 cup Celery, diced
- 2 cups Diced Canned Tomatoes
- 2-15 oz. Cans Red Kidney Beans
- 3 Tbsp. Jalapeno Peppers, diced
- ½ cup Parsley, chopped
- 2 Cloves Garlic, chopped
- 3 Tbsp. Chili Powder
- 2 tsp. Cumin
- Dash Cayenne Pepper
- Dash Basil
- Dash Oregano

Sauté the chicken breasts in the olive oil over medium heat. Cook on both sides until done. Shred chicken.

Place all ingredients in pot and turn heat to high. Bring mixture to a boil, then reduce heat and simmer for about 1 hour.

***Waffle House Waffles**

- 2 cups flour
- 1 tsp salt
- 1/2 tsp. baking soda
- 2 eggs, separated
- 1 3/4 cups buttermilk
- 4 T. melted butter.



Heat the waffle maker. Mix dry ingredients in a bowl or measuring pitcher and set aside. In a separate bowl, beat egg whites until they just start to hold a peak...do not beat until stiff. Whisk egg yolks with milk or buttermilk and melted butter. Gradually add this mixture to the dry ingredients mixing with spatula. Do not beat. The batter should still have some small lumps of flour which will disappear as the waffles bake. Gently fold in beaten egg whites

Batter will be thick. Use a spatula to gently push it from a mixing bowl or pitcher onto a preheated waffle maker. Baking time varies with different waffle makers. Check the instruction manual, and bake for the recommended amount of time - usually 3 to 4 minutes for standard waffles; 4 minutes or more for Belgian waffles. Serve piping hot with butter and syrup, jam, jelly, or your favorite fruit toppings.



*Wendy's Chili

- 2 Tbls. vegetable oil
- 1 1/2 - 2 lbs. ground chuck
- 10 oz. can French onion soup
- 21 oz. can red kidney beans - un-drained
- 8 oz. can tomato sauce
- 6 oz. can tomato paste
- 1 Tbls. chili powder
- 2 tsp. ground cumin
- 1/2 tsp. black pepper
- 3 drops Tabasco® Sauce

In a large pot over medium-high heat, brown the beef in the oil, breaking up as it cooks; set aside.

Puree soup in a blender; pour over beef.

Stir remaining ingredients into pot.

Simmer over low heat, stirring occasionally, for at least 30 minutes.

Serves 4-6

Recipe Secrets.net tip: If desired, serve with grated cheese, chopped green onion and sour cream on top. For the health conscious chili lovers you can substitute ground beef with ground turkey meat.

*Wendy's Mandarin Chicken Salad

- 1 pound boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1/2 cup water
- 1/3 cup vinegar
- 3 tablespoons brown sugar
- 1 tablespoon soy sauce
- 2 chicken bouillon cubes
- 1/2 to 1/2 cup mayonnaise
- 2 tablespoons honey
- 2 tablespoons lemon juice
- 2 teaspoons minced parsley
- 2 teaspoons ground mustard
- 1/4 teaspoon dried minced onion
- 1 (10 ounce) package ready-to-serve salad or 4 cups torn lettuce
- 1 can (11 ounce) mandarin oranges, drained
- 1 cup chow mein noodles
- 1 green onion, thinly sliced
- 2 tablespoons sliced almonds

In a skillet, combine chicken, water, vinegar, brown sugar, 1 tablespoon oil, soy sauce and bouillon.

Cook and stir over medium heat for 15-20 minutes or until chicken is tender and liquid has evaporated.

For dressing, whisk mayonnaise, honey, lemon juice, parsley, mustard, onion and remaining oil until blended.

Arrange salad greens on a platter. Top with oranges, chicken mixture and chow mein noodles. Sprinkle with green onion and almonds. Serve with dressing.

Serves 4



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