

What's Cooking Treasures

Recipe Search Results

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All Recipes

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Broccoli with brown rice



Prep Time: 10 minutes min

Cook Time: 30 minutes min

Servings: 2

Ingredients

- 1 cup brown rice
- 2 cups chicken broth
- 1/2 cup water
- dash of salt
- 1 bunch broccoli diced
- 1 tablespoon red curry paste
- 1 teaspoon coconut oil
- 1/4 cup water
- 2 teaspoon gomasio

Directions

Make red curry paste or store bought.

<http://whatscookingtreasures.com/Home/Display?row=342>

Bring broth, 1/2 cup of water and salt to a boil. Add your brown rice. When it starts to boil again turn down

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heat and cover with lid. Simmer for 30 to 45 minutes until rice is done. Remove from heat and let sit for 5 minutes.

While rice is cooking, heat up skillet. When skillet is hot, add coconut oil. When oil is hot, add red curry paste and cook for a few minutes stirring constantly. Add 1/4 cup water and broccoli. Cook for two minutes. Take off burner and put a lid on the skillet. Let it sit for 5 minutes. Broccoli is done.

Add brown rice to the broccoli. Garnish with gomasio.

Recipe #348

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Vietnamese salad



Prep Time: 10 minutes min

Cook Time: 30 minutes min

Servings: 2

Ingredients

Eggs

- 2 small eggs
- 2 bag green tea bags
- 2 tablespoons cinnamon bark
- 1/8 teaspoon star anise
- 1/8 teaspoon tamari
- 1/2 teaspoon palm sugar
- dash of salt

Salad

- 1 head boston lettuce
- 1 cup bean sprouts
- 1 tablespoon mints leaves
- 1 tablespoon fresh basil leaves

Potatoes

- 6 sliced small red potatoes
- 1 teaspoon olive oil
- dash of salt
- 1 teaspoon white pepper
- 1/8 teaspoon paprika

Dressing

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- 4 teaspoon olive oil
- 1 tablespoon balsamic vinegar

Directions

Preheat oven to broil.

Heat up saucepan with water so eggs are covered. When water boils turn down heat and simmer for 15 minutes.

When eggs are done peel the eggs and put back in pot. Add the rest of the egg ingredients to pot. Add water to cover the eggs. Soak for around two hours.

In casserole dish combine all the potatoes ingredients and broil for 15 minutes.

Take out of oven and let the potatoes cool.

Dice eggs. Add all salad ingredients to salad bowl.

Drizzle with dressing.

Recipe #402

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3 bean casserole



Prep Time: 10 minutes min

Cook Time: 20 minutes min

Servings: 2

Ingredients

- 1 cup pinto beans
- 1cup kidney beans
- 1cup black beans
- 1/2 medium diced onion
- 2 cups corn
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/4 teaspoon cayenne
- 2 teaspoons olive oil
- 1 whole juiced lime
- 2 oz grated goat cheese
- 1 dash salt
- 1 teaspoon black pepper

Directions

Preheat oven to 425

Add all ingredients to casserole pan. Stir. Bake for 20 minutes.

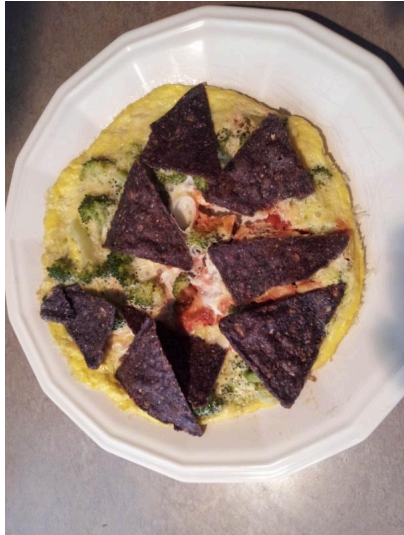
Recipe #434

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4 ingredients eggs



Prep Time: 10 minutes min

Cook Time: 5 minutes min

Servings: 1

Ingredients

- 1 oz Snacks, tortilla chips, low fat, unsalted
- 2 large eggs
- 1 tbsp sambal oelek(chili paste) | chili paste
- 1/2 cup chopped Broccoli

Directions

Cut up Broccoli into small pieces. Steam them for 5 minutes. Whisk the eggs. Add all the other ingredients into the egg mixture and stir. Heat up nonstick pan. Add all ingredients into the pan. Cover it and cook the eggs for around 5 minutes or until the eggs are done.

Recipe #676

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Age Tofu



Prep Time: 10 Minutes min

Cook Time: 5 Minutes min

Servings: 4

Ingredients

- One block hard tofu

- 1 cup Potato starch

- 1 cup Canola oil

Sauce

- 8 tablespoons soy sauce

- 1 oz sake

- 6 tablespoons Mirin Rice Cooking Wine

- 1/2 cup water

- 1 teaspoon sugar

Toppings

- 1 medium scallions

- 1 tablespoon pickled ginger

Directions

Cut tofu into cubes. Wipe tofu with paper towels to dry. Coat with potato starch. Set aside.

Pour sauce mixture into sauce pan and simmer. Do not bring to a boil.

Deep fry tofu until the tofu is crispy. Cook in batches. Takes around 3 batches for one large cube of tofu.

Serve in bowl or on a plate with sauce dripped over tofu. Garnish with scallions and pickled ginger.

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Recipe #109

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Aleia fantastic smoothie



Prep Time: 10 min

Servings: 4

Ingredients

- 1 oz cacao powder
- 1 cup Blueberries
- 1 oz chia seeds
- 1 cup coconut milk
- 1 tbsp apple cider vinegar
- 1 tbl flax seeds

Directions

Recipe

what could be more simpler just place all the ingredients into the blender and blend away.

Recipe #697

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American Mex casserole



Prep Time: 10 minutes min

Cook Time: 30 minutes min

Servings: 4

Ingredients

- 12 corn tortillas
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 cup hot sauce
- 1 tablespoon apple cider vinegar
- 4 teaspoon olive oil
- 8 oz jarlsberg cheese
- 6 slice Havarti Cheese
- 2 tablespoons scallions
- 24 large olives
- 1 tablespoon cumin powder
- 1 teaspoon salt
- 1/4 cup cilantro
- 1 cup pinto beans
- 1 cup kidney beans

Directions

Preheat oven to bake 350

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Sauté olive oil, onions and garlic until they are brown.

Put the beans in a colander and rinse with water.

Add the beans. Add cumin powder and vinegar. Add salt. Cook for 3 minutes.

Add the can of hot sauce into the bean mixture. Add the olives, cheese, and cilantro and tortillas.

Bake at 350 for 20 minutes.

Recipe #473

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Angiogenesis-Boosting Blueberry & Broccoli Bok Choy Stir-Fry with Chia-Flax Seed Garnish

Prep Time: 20 minutes min

Cook Time: 20 minutes min

Servings: 4

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic , minced
- 1 inch ginger , grated
- 1 medium onion , sliced
- 4 cups bok choy , chopped
- 2 cups broccoli florets
- 1 cup blueberries
- 1/2 cup walnuts , roughly chopped
- 2 tablespoons chia seeds
- 2 tablespoons flax seeds , ground
- 2 tablespoons soy sauce , low sodium
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1/4 cup water
- 1 teaspoon honey

Directions

- In a large wok or skillet, heat olive oil over medium-high heat. Add garlic, ginger, and onion and stir-fry for 2-3 minutes until fragrant and softened.
- Add bok choy and broccoli florets to the wok. Stir-fry for 5-7 minutes, until the vegetables are tender-crisp.
- In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, water, and honey. Pour the sauce over the vegetables in the wok.
- Stir in blueberries and walnuts. Cook for another 2-3 minutes, until the blueberries are slightly softened and the sauce has thickened slightly.
- Remove from heat and sprinkle with chia seeds and ground flax seeds before serving. Serve hot over brown rice or quinoa (optional).

Recipe #1697

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Artichokes with Capers



Prep Time: 5 minutes min

Cook Time: 45 minutes min

Servings: 4

Ingredients

- 4 large artichokes
- 1 tablespoon capers
- 1/4 cup olive oil
- 1 oz fresh lemon juice
- 1 tablespoon chopped onion

Directions

For the sauce. Put in a bowl the capers, olive oil, lemon juice and chopped onion. Marinate until artichokes are done.

Steam artichokes in a steamer until done. It takes 45 minutes to 1 hour. They are done when you can pull a petal off the artichoke easily.

Use sauce as a dip

Recipe #18

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Arugula salad with Brie



Prep Time: 5 minutes min

Servings: 2

Ingredients

- 2 cups arugula
- 1 tablespoon olive oil
- 1/2 tablespoon balsamic vinegar
- 4 oz cheese

Directions

Arrange arugula on salad plates. Sprinkle olive oil and balsamic vinegar on salad. Add four slices of brie cheese to plate.

Recipe #216

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Arugula salad with Walnuts



Prep Time: 5 minutes min

Servings: 2

Ingredients

- 2 cups arugula
- 1 teaspoon olive oil
- 1/2 teaspoon balsamic vinegar
- 8 slice goat milk cheese
- 1/4 cup walnuts

Directions

Arrange arugula on salad plate and sprinkle walnuts on salad. Sprinkle olive oil and balsamic vinegar on salad. Add four slices of goat milk cheese to plate.

Recipe #218

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Asparagus and romesco sauce



Prep Time: 2 minutes min

Cook Time: 3 minutes min

Servings: 2

Ingredients

Romesco Sauce

- 1 oz hazelnuts
- 2 large red tomatoes
- 2 large red peppers
- 3 teaspoon sambal oelek(chili paste)
- 6 cloves garlic
- 1 dash salt
- 1 slice day old bread
- 1/2 cup olive oil

Asparagus Spears

- 12 large asparagus
- 1 teaspoon olive oil
- 1/2 tablespoon butter

Directions

Romesco Sauce - In dry skillet roast the hazelnuts until you can smell them.

Wash two red bell peppers, place on cookie sheet, and bake at 450 for 30 to 35 minutes. They are done when the skins of the peppers are blistered. Remove from oven and place peppers in paper bags. After 10

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minutes in bag peel off the skins. Cut off the stems of the peppers.

Place hazelnuts in food processor. Pulse until they are smooth. Add rest of ingredients and pulse until mixture is smooth.

Heat up a skillet. Add butter and olive oil. When oil is hot add asparagus spears. Cook for one minute. I like mine crunchy.

In another skillet heat up romesco sauce. On serving plate add your asparagus and spoon sauce over the asparagus.

Recipe #234

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Asparagus corn subj



Prep Time: 5 minutes min

Cook Time: 10 minutes min

Servings: 2

Ingredients

- 1 tablespoon coconut oil
- 5 leaves curry leaves
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1/4 cup diced onion
- 1 clove garlic
- 1 plum tomato red tomatoes diced fine
- 1/4 cup water
- 10 large asparagus diced
- 1 large corn on the cob diced
- 1 teaspoon chat masala
- 1/4 teaspoon cayenne
- 1 teaspoon turmeric

Directions

Heat up pan. When pan is hot add the coconut oil. Add the curry leaves, mustard seeds and cumin seeds. When seeds begin to pop add the onions, garlic and tomato. Sauté until the onions are golden brown. Add your spices and sauté for 1 minute. Add your asparagus and cook for 3 minutes. Add the corn and cook for 1

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minute.

Recipe #470

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Asparagus crepes



Prep Time: 15 minutes min

Cook Time: 5 minutes min

Servings: 2

Ingredients

Filling

- dash of salt
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 tablespoon butter
- 8 large asparagus
- 1 teaspoon olive oil
- 2 tablespoons Mexican crema
- 1 oz pecorino romano cheese

Crepes

-
- 3/4 cup flour
-
- 1/2 tsp salt
-
- 1 teaspoon double baking powder
-
- 1 tablespoon powered sugars
-
- 2 large eggs

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- 2/3 cup whole milk
- 1/3 cup water

Directions

From Joy of Cooking:

Make a well in the sifted ingredients. Pour in the liquid ingredients. Combine them with a few swift strokes. Ignore the lumps; they will take care of themselves. You may rest the batter refrigerated 3 to 6 hours. Heat a 5-inch skillet. Grease it with a few drops of oil. Add a small quantity of batter. Tip the skillet and let the batter spread over the bottom. Cook the crepe over moderate heat. When it is lightly brown underneath, reverse it and brown the other side.

Richard's asparagus

Heat up skillet. Add butter and olive oil. When butter is melted sauté the asparagus for 1 minute in the pan. Make sure the pan is nice and hot. Add the pecorino romano cheese and place a lid over the pan. Take the pan off the burner. Let the cheese melt.

Final step

Place the crepe on a plate. Place 4 asparagus spears on the crepe. Sprinkle salt, pepper and paprika over asparagus. Place a tablespoon of Mexican crema on top of asparagus.

Fold crepe and serve.

Recipe #190

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Asparagus Frittata



Prep Time: 10 minutes min

Cook Time: 10 minutes min

Servings: 4

Ingredients

Ingredients

- 9 medium eggs
- 1 teaspoon olive oil
- 1/2 medium red onion
- 1 cup asparagus
- 3 cloves garlic
- 1 teaspoon white pepper
- 1 dash salt

Directions

Pre heat oven to broil

Heat up skillet. Add olive oil. When oil is hot add the onions and garlic. Sauté on medium for a few minutes.

Add the asparagus. Sauté for a few minutes. Add the salt and pepper.

Wisk the eggs. Add the eggs to the skillet. Cook on medium for a few minutes.

Put in oven for around 4 to 5 minutes. Eggs should be golden brown.

Recipe #557

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Asparagus Potato soup



Prep Time: 5 minutes min

Cook Time: 10 minutes min

Servings: 2

Ingredients

- 6 cups chicken stock
- 2 medium white potatoes diced
- 8 large asparagus
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon butter
- 1 teaspoon sherry(optional)

Directions

Put all ingredients in your soup pot. Bring stock to boil and then let it simmer for 10 minutes. Taste the potato. If the potato is soft take off burner otherwise let it cook until potatoes are soft. Put all ingredients in blender. You may have to do more than one batch. Blend until soup is smooth. Serve immediately.

Recipe #241

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Asparagus with Cannellini



Prep Time: 10 minutes min

Cook Time: 5 minutes min

Servings: 4

Ingredients

- 1 1/8 tablespoon sea salt
- 2 tablespoons olive oil
- 1 cup finely diced red onion
- 2 cloves garlic
- 1 can 15 oz cannellini beans, with liquid
- 1/2 teaspoon red wine vinegar
- 1/4 teaspoon black pepper
- 1 lb asparagus (6 inch long)
- 1 medium tomato
- 1/4 cup leaves, whole fresh Basil | basil leaves
- 2 tablespoons flax oil
- 1 tablespoon snipped fresh chives (optional)

Directions

Fill a large pot of water. Add 1 tablespoon of the salt. Cover and bring to a boil over high heat. Meanwhile, put the olive oil in a large pan over medium-low heat. Add the onion, stirring well. After 1 to 2 minutes, when the onion juices begin to flow, squeeze the garlic through a garlic press directly into the pan. Add the cannellini beans and their liquid along with the vinegar, pepper, and remaining 1/4 teaspoon of salt.

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Stir thoroughly but gently, to avoid crushing any of the beans. Bring to a simmer, and then decrease the heat to very low and cover. Continue to cook, stirring often, while you prepare the asparagus.

When the pot of water comes to a rolling boil, drop in the whole asparagus spears and stir once. Depending on the thickness of the asparagus, they should be just tender-crisp in about 1 minute. When they are done to your satisfaction, drain well.

Remove the beans from the heat and stir in the tomato, basil, and flax oil.

Divide the asparagus among 4 plates. Top with the bean mixture. Garnish with the chives, if using. Serve at once.

Recipe #679

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Asparagus with spicy mango sauce



Prep Time: 5 minutes min

Cook Time: 2-3 minutes min

Servings: 2

Ingredients

- dash of salt
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper
- 1 tablespoon butter
- 15 large asparagus spears
- 1 teaspoon olive oil
- 1 tablespoon Thai spicy mango sauce

Directions

Heat up skillet on medium high heat. Add butter and olive oil. When butter is melted sauté the asparagus for 1 minute in the pan. Make sure the pan is nice and hot. Place a lid over the pan. Take the pan off the burner. Let it rest for around one minute. Put on serving plate. Add salt, pepper, paprika and spicy mango sauce. Serve

Recipe #210

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Avocado chicken salad



Prep Time: 10 min

Servings: 2

Ingredients

- 1 head romaine Lettuce
- 1 cup chopped Broccoli
- 1 whole Avocados | Avocado
- 1 large tomatoe
- 1 tablespoon olive oil
- 1/2 lime
- 1 breast, bone removed chicken breast

Directions

Recipe

What could be simpler. Simply put all these ingredients to a solid bowl and serve.

Recipe #687

What's Cooking Treasures

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Avocado chipotle sauce



Prep Time: 10 minutes min

Servings: 4

Ingredients

Ingredients

- 5 medium Tomatillos
- 1 whole Avocados | Avocado
- 1 teaspoon salt
- 1 whole lemon
- 1 whole chipotle peppers in adobo sauce
- whole jalapeno Pepper
- 1/8 cup cilantro
- 1 whole lemon

Directions

Juice the lemon. Add all ingredients to blender. Blend until smooth.

Recipe #642

What's Cooking Treasures

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Avocado egg spring rolls



Prep Time: 15 minutes min

Cook Time: 10 minutes min

Servings: 2

Ingredients

- 6 wrap Vietnamese Rice Paper
- 1/2 whole avocado
- Omelet
-
- 3 large eggs
-
- dash of salt
-
- 1/8 teaspoon white pepper
-
- 1/8 teaspoon star anise
-
- 1/8 tablespoon black sesame seeds
- Dipping sauce
- 1 tablespoon hoisin sauce
- 2 teaspoons sriracha hot chili sauce
- 1 tablespoon peanut butter
- 1/4 cup water

Directions

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Whisk the eggs. Add spices.

Heat up omelet pan. Add the egg mixture. Cook on one side until the bottom is done. Flip over and cook for a few minutes until omelet is cooked. Cut up the egg and sprinkle with black sesame seeds.

Take 1 rice wrapper and place in a pan that has some hot water in it. When the rice paper becomes pliable take out of the water and place on chopping board. Place some of all the ingredients on the rice paper, fold in the sides of the rice paper and gently roll up the rest of the rice paper. Make sure you roll it nice and tight.

Place on serving plate. Serve with the hoisin sauce for dipping.

Recipe #396

What's Cooking Treasures

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Avocado mozzarella sandwich



Prep Time: 5 minutes min

Servings: 2

Ingredients

- 1 whole avocado
- dash of salt
- 2 slices of any high quality bread (I used sourdough bread)
- 2 slices mozzarella cheese

Directions

Put bread in toaster. Spread avocado on bread. Sprinkle with salt. Add slice of mozzarella cheese

Recipe #267

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Avocado sashimi



Prep Time: 2 minutes min

Servings: 2

Ingredients

- 1 tablespoon soy sauce
- 1/16 cup wasabi
- 1 whole avocado

Directions

Thinly slice avocado halves into cubes. Use chopsticks to dip the avocado in a small dish with shoyu (soy sauce) and wasabi.

Recipe #165

What's Cooking Treasures

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Avocado smoothie



Prep Time: 5 minutes min

Servings: 2

Ingredients

- 1 whole avocado
- 2 tablespoons condensed milk
- 1/8 teaspoon pandan
- 1/8 teaspoon vanilla
- 2 cups ice
- 3 cups half and half milk

Directions

Put all ingredients in blender. Blend until smooth.

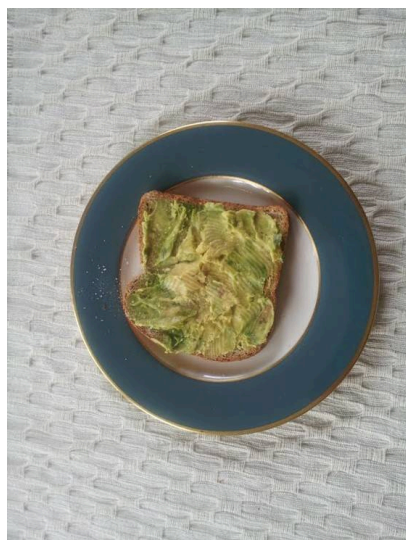
Recipe #392

What's Cooking Treasures

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Avocado toast



Prep Time: 1 minutes min

Servings: 2

Ingredients

- 1 whole avocado
- dash of salt
- slice of any high quality bread li use sprouted grains bread)

Directions

Put bread in toaster. Spread avocado on bread. Sprinkle with salt.

Recipe #227

What's Cooking Treasures

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Avocado toastada



Prep Time: 15 minutes min

Cook Time: 5 minutes min

Servings: 4

Ingredients

Salsa

- 5 medium Tomatillos
- 1 whole Avocados | Avocado
- 1 teaspoons salt
- 1 teaspoon salt
- 1 whole lemon
- 1 whole chipotle peppers in adobo sauce
- whole jalapeno Pepper
- 1/8 cup cilantro
- 1 whole lemon

Salad

- 1/2 tsp Vanilla
- 12 large shrimp
- 1 tablespoon olive oil
- 1 cup Mango
- 1 whole Avocados | Avocado
- 1 whole Lemon juice | fresh Lemon juice
- 1 cup alfalfa sprouts
- pinch of salt
- 4 tortilla corn tortillas

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Directions

Salsa

Juice the lemon. Add all ingredients to blender. Blend until smooth.

Salad

Sauté in olive oil and the vanilla the shrimp for around 5 minutes.

Mix all ingredients in bowl. Add the lemon juice and garnish with salt.

Heat up the corn tortillas. Place on plate a corn tortilla. Add the salad mixture and the salsa on top of the corn tortilla.

Recipe #644

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Avocado tomatillo salsa



Prep Time: 5 minutes min

Servings: 2

Ingredients

- 1 whole avocado
- 1/2 medium onion
- 1 clove garlic
- 1 whole jalapeno pepper
- 1 whole fresh lemon juice
- 10 sprigs fresh cilantro
- dash of salt

Directions

Put all ingredients in blender. Blend until smooth

Recipe #505

What's Cooking Treasures

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Avocado yellow pepper on toast



Prep Time: 5 minutes min

Cook Time: 10 to 15 minutes min

Servings: 2

Ingredients

- 2 whole avocados
- 1 large yellow bell pepper
- 1 teaspoon tamari
- 1 /16 cup jalapeno pepper
- dash of salt
- 4 sprigs fresh cilantro
- 4 slices rye bread

Directions

Pre heat oven to broil.

Cut bell pepper into strips. Place in bowl and sprinkle olive oil over them. Mix.

Place on cookie sheet and cook for 10 to 15 minutes or until pepper are cooked.

Take out of oven and cut pepper into cubes. Cut the avocados into cubes and place in bowl. Place the rest of the ingredients into the bowl. Mix.

Toast the bread and spoon the avocado mixture on top of the bread.

Recipe #486

What's Cooking Treasures

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Avocado yogurt dressing



Prep Time: 5 minutes min

Servings: 2

Ingredients

- 1/2 whole avocado
- 5 leaf fresh spinach
- 1/4 tablespoon Worcestershire sauce

Directions

Mix all ingredients until smooth. Use as a mayonnaise or a salad dressing.

Recipe #501

What's Cooking Treasures

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Baba Ganoush



Servings: 4

Ingredients

- 1 whole eggplant
- 3 cloves garlic
- 1/4 teaspoon salt
- 1/8 cup lemon juice
- 2 tablespoons tahini
- 3 tablespoons olive oil
- 1 sprigs parsley for garnish

Directions

Put a skewer through an eggplant. If you have a gas burner put on top of flame and turn slowly until the skin burns and turns blistery. Otherwise place in oven at 375 degrees for 45 minutes or until the skin blisters.

Peel skin and put pulp in blender.

Blend well.

Add crushed garlic, olive oil, lemon juice and tahini. Mix well. Add salt & cayenne.

Put on a plate with 1 tablespoon of olive oil on top with dash of cayenne. Garnish with fresh parsley.

Recipe #87