

This week we have some recipes that are meatless options.

Let us know if there is something you would like us to put in our column, or if you have a recipe to share, please submit to [ads@thedrummer.com](mailto:ads@thedrummer.com).

## Crumb-Coated Red Snapper

*Prep/Total Time: 30 min.*

*Yield: 4 servings*

1/2 c. dry bread crumbs  
2 T. grated Parmesan cheese  
1 tsp. lemon-pepper seasoning  
1/4 tsp. salt  
4 red snapper fillets (6 oz. ea.)  
2 T. olive oil

In a shallow bowl, combine the bread crumbs, cheese, lemon pepper and salt; add fillets, 1 at a time, and turn to coat.

In a heavy skillet over medium heat, cook fillets in oil, in batches, until fish just begins to flake easily with a fork, 4-5 minutes on each side.

## Grilled Cheese & Tomato Soup Bake

*Prep Time: 25 min.*

*Bake Time: 25 min. + standing*

*Yield: 6 servings*

3 oz. reduced-fat cream cheese  
1-1/2 tsp. dried basil, divided  
12 slices Italian, sourdough or rye bread (1/2" thick)  
6 slices part-skim mozzarella cheese  
6 T. butter, softened  
1/2 c. tomato paste  
1 garlic clove, minced  
1/4 tsp. salt  
1/4 tsp. pepper  
1-3/4 c. 2% milk  
2 lg. eggs  
1 c. shredded Italian cheese blend or part-skim mozzarella cheese

Preheat oven to 350°. In a small bowl, mix cream cheese and 1 teaspoon basil until blended; spread onto 6 bread slices. Top with the mozzarella cheese and remaining bread. Spread outsides of sandwiches with butter. Arrange in a greased 13x9-in. baking dish.

In a small saucepan, combine tomato paste, garlic, salt, pepper and remaining basil; cook and stir over medium heat for 1 minute. Gradually whisk in milk; bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until thickened, stirring frequently. Remove from heat.

Whisk the eggs in a large bowl; gradually whisk in a third of the milk mixture. Stir in the remaining milk mixture; pour over the sandwiches. Sprinkle with Italian cheese blend.

Bake, uncovered, 25-30 minutes or until golden brown and cheese is melted. Let stand 10 minutes before serving.

## Tilapia with Corn Salsa

*Prep/Total Time: 10 min.*

*Yield: 4 servings*

4 tilapia fillets (6 oz. ea.)  
1 T. olive oil  
1/4 tsp. salt  
1/4 tsp. pepper  
1 can (15 oz.) black beans, rinsed & drained  
1 can (11 oz.) whole kernel corn, drained  
1/2 c. Italian salad dressing  
2 T. chopped green onion  
2 T. chopped sweet red pepper

Drizzle both sides of fillets with oil; sprinkle with salt and pepper.

Broil 4-6 in. from the heat until fish flakes easily with a fork, 5-7 minutes. Meanwhile, in a small bowl, combine the remaining ingredients. Serve with the fish.

## Halibut Soft Tacos

*Prep/Total Time: 30 min.*

*Yield: 4 servings*

1 med. mango, peeled & cubed  
1/2 c. cubed avocado  
1/4 c. chopped red onion

2 T. chopped seeded jalapeno pepper  
1 T. minced fresh cilantro  
3 tsp. olive oil, divided  
1 tsp. lemon juice  
1 tsp. honey  
1 lb. halibut steaks (3/4" thick)  
1/2 tsp. salt  
1/4 tsp. pepper  
4 Bibb lettuce leaves  
4 flour tortillas (6"), warmed  
4 tsp. sweet Thai chili sauce

In a small bowl, combine the mango, avocado, onion, jalapeno, cilantro, 2 teaspoons oil, lemon juice and honey; set aside. Brush halibut with remaining oil; sprinkle with salt and pepper.

Grill halibut on greased rack, covered, over high heat or broil 3-4 in. from the heat until fish flakes easily with a fork, 3-5 minutes on each side.

Place lettuce leaves on tortillas; top with fish and mango mixture. Drizzle with chili sauce.

**Peppers (Hot):** Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

## Moroccan Vegetarian Stew

*Prep Time: 20 min.*

*Cook Time: 30 min.*

*Yield: 8 servings (3 quarts)*

1 T. olive oil  
1 lg. onion, chopped  
2 tsp. ground cumin  
2 tsp. ground cinnamon  
1 tsp. ground coriander  
1/2 tsp. ground allspice  
1/2 tsp. cayenne pepper  
1/4 tsp. salt  
1 sm. butternut squash, peeled & cut into 1" cubes (about 4 c.)  
2 med. potatoes, peeled & cut into 1" cubes (about 4 c.)  
4 med. carrots, sliced  
3 plum tomatoes, chopped  
3 c. water  
2 sm. zucchini, cut into 1" cubes  
1 can (15 oz.) garbanzo beans or chickpeas, rinsed & drained

In a 6-qt. stockpot, heat oil over medium-high heat; saute onion until tender. Add seasonings; cook and stir 1 minute.

Stir in squash, potatoes, carrots, tomatoes and water; bring to a boil. Reduce heat; simmer, uncovered, until squash and potatoes are almost tender, 15-20 minutes.

Add zucchini and beans; bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, 5-8 minutes.

## Salmon and Spud Salad

*Prep/Total Time: 30 min.*

*Yield: 4 servings*

1 lb. fingerling potatoes  
1/2 lb. fresh green beans  
1/2 lb. fresh asparagus  
4 salmon fillets (6 oz. each)  
1 T. plus 1/3 c. red wine vinaigrette, divided  
1/4 tsp. salt  
1/4 tsp. pepper  
4 c. fresh arugula or baby spinach  
2 c. cherry tomatoes, halved  
1 T. minced fresh chives

Cut potatoes lengthwise in half. Trim and cut green beans and asparagus into 2-in. pieces. Place potatoes in a 6-qt. stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 10-15 minutes, adding green beans and asparagus during the last 4 minutes of cooking. Drain.

Meanwhile, brush salmon with 1 tablespoon vinaigrette; sprinkle with salt and pepper. Place fish on oiled grill rack, skin side down. Grill, covered, over medium-high heat or broil 4 in. from heat until fish just begins to flake easily with a fork, 6-8 minutes.

In a large bowl, combine potato mixture, arugula, tomatoes and chives. Drizzle with remaining vinaigrette; toss to coat. Serve with salmon.

## Hawaiian Butter Mochi Cake

2 c. granulated sugar

4 eggs  
1 (12 oz.) can evaporated milk  
1 (13.5 oz.) can unsweetened coconut cream  
1 tsp. vanilla extract  
1/2 c. unsalted butter (melted)  
1 (16 oz.) box mochiko rice flour  
2 tsp. baking powder  
1/2 tsp. salt  
1 c. unsweetened shredded coconut (plus more for garnish)

Gather your ingredients. Preheat the oven to 350 F.

Add the sugar and eggs to a large mixing bowl and whisk to combine. Whisk until the eggs are completely incorporated into the sugar.

Add the evaporated milk, coconut cream, and vanilla to the sugar mixture. Then whisk in the melted butter.

Whisk in the rice flour, baking powder, and salt to the batter. Fold in the shredded coconut.

Line a 9 by 13-inch baking pan with parchment paper. Leave enough paper around the edges so you can use them to lift the cake out of the pan. You can also butter the pan or grease it with non-stick cooking spray.

Pour the mixture into the prepared pan and place in the oven.

Bake for about an hour. The baking time will vary based on your oven and climate. It will be golden brown on top and when you insert the toothpick in the middle it will come out mostly clean.

Allow the cake to cool. Then remove it using the edges of the parchment paper. Cut it into squares and serve. Top with more shredded coconut if you wish. 12 servings

**Recipe Variations:**

•Matcha mochi cake: Add in 2 tablespoons of matcha powder to the dry ingredients.

•Lemon mochi cake: Add 1 box of lemon pudding mix to the dry ingredients.

•Chocolate mochi cake: Add 1/4 cup cocoa powder to the dry ingredients, then fold in a 1/2 cup of chocolate chips into the batter.

**Tip:** Using the parchment paper to line the baking dish will help you remove it from the pan easily. No more trying to scoop out the corners with a cake server. This way you will have perfectly clean squares.

**Quote of the Week:**

*“Spring shows what God can do with a drab and dirty world.”*

~ Virgil A. Kraft