

**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).**

## **Spinach and Artichoke Pizza**

*Prep Time: 25 min.*

*Bake Time: 20 min.*

*Yield: 6 slices*

1-1/2 to 1-3/4 c. white whole wheat flour  
1-1/2 tsp. baking powder  
1/4 tsp. salt  
1/4 tsp. each dried basil, oregano & parsley flakes  
3/4 c. beer or nonalcoholic beer

### **Toppings:**

1-1/2 tsp. olive oil  
1 garlic clove, minced  
2 c. shredded Italian cheese blend  
2 c. fresh baby spinach  
1 can (14 oz.) water-packed quartered artichoke hearts, drained & coarsely chopped  
2 med. tomatoes, seeded & coarsely chopped  
2 T. thinly sliced fresh basil

Preheat oven to 425°. In a large bowl, whisk 1-1/2 cups flour, baking powder, salt and dried herbs until blended. Add beer, stirring just until moistened.

Turn dough onto a well-floured surface; knead gently 6-8 times, adding more flour if needed. Press dough to fit a greased 12-in. pizza pan. Pinch edge to form a rim. Bake until edge is lightly browned, about 8 minutes.

Mix oil and garlic; spread over crust. Sprinkle with 1/2 cup cheese; layer with spinach, artichoke hearts and tomatoes. Sprinkle with remaining cheese. Bake until crust is golden and cheese is melted, 8-10 minutes. Sprinkle with fresh basil.

## **Meatless Chili Mac**

*Prep Time: 15 min.*

*Cook Time: 25 min.*

*Yield: 8 servings*

1 lg. onion, chopped  
1 med. green pepper, chopped  
1 T. olive oil  
1 garlic clove, minced  
2 c. water  
1-1/2 c. uncooked elbow macaroni  
1 can (16 oz.) mild chili beans, undrained  
1 can (15-1/2 oz.) great northern beans, rinsed & drained  
1 can (14-1/2 oz.) diced tomatoes, undrained  
1 can (8 oz.) tomato sauce  
4 tsp. chili powder  
1 tsp. ground cumin  
1/2 tsp. salt  
1/2 c. fat-free sour cream

In a Dutch oven, saute onion and green pepper in oil until tender. Add garlic; cook 1 minute longer. Stir in the water, macaroni, beans, tomatoes, tomato sauce, chili powder, cumin and salt.

Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until macaroni is tender. Top each serving with 1 tablespoon sour cream.

## **Modern Tuna Casserole**

*Prep Time: 20 min.*

*Cook Time: 20 min.*

*Yield: 6 servings*

3 T. butter, divided  
4 med. carrots, chopped  
1 med. onion, chopped  
1 med. sweet red pepper, chopped  
1 c. sliced baby portobello mushrooms  
2 cans (5 oz. ea.) albacore white tuna in water, drained & flaked  
2 c. fresh baby spinach  
1 c. frozen peas  
3 c. uncooked spiral pasta  
1 T. all-purpose flour

2/3 c. reduced-sodium chicken broth  
1/3 c. half-and-half cream  
1/2 c. shredded Parmesan cheese  
3/4 tsp. salt  
1/4 tsp. pepper

In a large skillet, heat 1 tablespoon butter over medium-high heat. Add carrots, onion, red pepper and mushrooms. Cook and stir until tender, 8-10 minutes. Add tuna, spinach and peas; cook until spinach is just wilted, 2-3 minutes.

Meanwhile, cook pasta according to package directions for al dente. Drain pasta, reserving 1 cup pasta water. In a large bowl, place pasta and tuna mixture; toss to combine. Wipe skillet clean.

In the same skillet, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in broth and cream. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes, adding reserved pasta water if needed. Stir in cheese, salt and pepper. Pour over pasta; toss to coat.

## Ravioli with Creamy Squash Sauce

*Prep/Total Time: 20 min.*

*Yield: 4 servings*

1 pkg. (9 oz.) refrigerated cheese ravioli  
3 garlic cloves, minced  
2 T. butter  
1 pkg. (10 oz.) frozen cooked winter squash, thawed  
1 pkg. (6 oz.) fresh baby spinach  
1 c. heavy whipping cream  
1/3 c. vegetable broth  
1/4 tsp. salt  
1 c. chopped walnuts, toasted

Cook ravioli according to package directions. Meanwhile, in a Dutch oven, saute garlic in butter for 1 minute. Add squash and spinach; cook 2-3 minutes longer or until spinach is wilted. Stir in cream, broth and salt. Bring to a gentle boil; cook for 6-8 minutes or until slightly thickened.

Drain ravioli; add to squash mixture. Toss to coat. Sprinkle with walnuts.

## Seasoned Crab Cakes

*Prep Time: 20 min. + chilling*

*Cook Time: 10 min.*

*Yield: 8 crab cakes*

3 cans (6 oz. ea.) crabmeat, drained, flaked & cartilage removed  
1 c. cubed bread  
2 lg. eggs  
3 T. mayonnaise  
3 T. half-and-half cream  
1 T. lemon juice  
1 T. butter, melted  
1-1/2 tsp. seafood seasoning  
1 tsp. Worcestershire sauce  
1 tsp. salt  
1/2 c. dry bread crumbs  
1/2 c. canola oil

In a large bowl, combine crab and bread cubes. In another bowl, whisk the eggs, mayonnaise, cream, lemon juice, butter, seafood seasoning, Worcestershire sauce and salt. Add to crab mixture and mix gently (mixture will be moist).

Place bread crumbs in a shallow dish. Drop crab mixture by 1/3 cupfuls into crumbs; shape each into a 3/4-in.-thick patty. Carefully turn to coat. Cover and refrigerate for at least 2 hours.

In a large skillet, cook crab cakes in oil for 4-5 minutes on each side or until golden brown and crispy.

## Veggie Fajitas

*Prep/Total Time: 25 min.*

*Yield: 8 fajitas*

1 sm. zucchini, thinly sliced  
1 med. yellow summer squash, thinly sliced  
1/2 lb. sliced fresh mushrooms  
1 sm. onion, halved & sliced  
1 med. carrot, julienned  
1 tsp. salt  
1/2 tsp. pepper  
1 T. canola oil  
8 flour tortillas (8"), warmed

2 c. shredded cheddar cheese  
1 c. sour cream  
1 c. salsa

In a large cast-iron or other heavy skillet, saute the vegetables with salt and pepper in oil until crisp-tender, 5-7 minutes. Using a slotted spoon, place about 1/2 cup vegetable mixture down the center of each tortilla. Sprinkle each with 1/4 cup cheese; top with sour cream and salsa. Fold in sides.

## Weeknight Skillet Spinach Pie

*Prep Time: 35 min.*  
*Bake Time: 35 min. + cooling*  
*Yield: 8 servings*

2 lg. eggs, room temp., lightly beaten  
3 pkgs. (10 oz. ea.) frozen chopped spinach, thawed & squeezed dry  
2 c. (8 oz.) crumbled feta cheese  
1-1/2 c. shredded part-skim mozzarella cheese  
1/4 c. chopped walnuts, toasted  
1-1/2 tsp. dried oregano  
1-1/2 tsp. dill weed  
1/2 tsp. pepper  
1/4 tsp. salt  
1/4 c. julienned soft sun-dried tomatoes (not packed in oil), optional  
1/3 c. canola oil  
12 sheets phyllo dough (14x9" size)

Preheat oven to 375°. In a large bowl, combine eggs, spinach, cheeses, walnuts, seasonings and, if desired, tomatoes; set aside. Brush a 10-in. cast-iron or other ovenproof skillet with some of the oil; set aside.

Unroll phyllo dough. Place 1 sheet of phyllo dough on a work surface; brush with oil. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.) Place in prepared skillet, letting edges of phyllo hang over sides. Repeat with an additional 5 sheets of phyllo, again brushing with oil and rotating sheets to cover the skillet.

Spread spinach mixture over phyllo in skillet. Top with an additional 6 sheets of phyllo, again brushing with oil and rotating sheets. Fold ends of phyllo up over top of pie; brush with oil.

Using a sharp knife, cut into 8 wedges. Bake on a lower oven rack until top is golden brown, 35-40 minutes. Cool on a wire rack. Refrigerate leftovers.

## Easy Sopapilla Cheesecake Bars

*Prep time: 15 mins*  
*Cook time: 35 mins*  
*Serves: 16-24*

2 (8 oz.) packs of crescent rolls  
2 (8 oz.) packs of cream cheese, room temp.  
1 c. sugar  
1 tsp. vanilla  
¼ c. butter (melted)  
1 T. cinnamon  
4 T. sugar

Preheat the oven to 350 degrees. Spray 9 x 13 baking dish with cooking spray.

Press a can of the crescent rolls to the bottom of the dish, making sure to reach edges and keep together. (Bake the first layer of crescent roll dough till just done maybe 5-8 minutes. Optional, that way it is done, not raw dough.)

Combine softened cream cheese, sugar, and vanilla. Spread mixture over crescent rolls. Roll the remaining crescent roll over the top and stretch to the edges and seal. Brush across the entire top of the crescent roll with the melted butter. Sprinkle the top with 1 tablespoon cinnamon and 4 tablespoons of sugar

Bake for about 30 minutes, or until golden brown. Let cool and chill for several hours before serving. Slice into bars and serve.

## Key Lime Blondie Bars

1-1/3 c. graham cracker crumbs, divided  
1/3 c. plus 2 T. melted butter, divided  
3 T. plus 1/4 c. packed brown sugar, divided  
2/3 c. butter, softened  
1 c. plus 1 T. sugar, divided  
2 lg. eggs, room temp.  
1 lg. egg white, room temp.  
3 T. Key lime juice  
4-1/2 tsp. grated Key lime zest  
1 c. all-purpose flour  
1/2 tsp. plus 1/8 tsp. salt, divided  
1 tsp. vanilla extract

1/8 tsp. ground cinnamon

**Frosting:**

1/4 c. butter, softened

1/4 c. cream cheese, softened

4 c. confectioners' sugar

2 T. 2% milk

1 tsp. vanilla extract

Key lime slices, optional

Preheat oven to 350°F. Line a 9-in. square baking pan with parchment, letting ends extend up sides. Combine 1 cup cracker crumbs, 1/3 cup melted butter and 3 tablespoons brown sugar; press onto bottom of prepared pan. Bake 10 minutes. Cool on a wire rack.

For blondie layer: In a large bowl, cream softened butter and 1 cup sugar until light and fluffy. Beat in eggs, egg white, lime juice and zest. In a small bowl, mix flour and 1/2 teaspoon salt; gradually add to creamed mixture, mixing well.

Spread over crust. Bake until a toothpick inserted in center comes out clean, 25-30 minutes (do not overbake). Cool completely in pan on a wire rack.

For streusel, combine the remaining 1/3 cup cracker crumbs, 2 tablespoons melted butter, 1/4 cup brown sugar, 1 tablespoon sugar and 1/8 teaspoon salt, along with the vanilla and cinnamon, until crumbly. Reserve 1/2 cup for topping.

In a large bowl, combine all frosting ingredients; beat until smooth. Stir in remaining 1/2 cup streusel. Spread over bars. Sprinkle with reserved topping. Refrigerate at least 4 hours before cutting. Lifting with the parchment, remove from pan. Cut into bars. Store in an airtight container in the refrigerator. If desired, garnish with sliced Key limes. 16 servings

**Quote of the Week:**

*“I enjoy the spring more than the autumn now. One does, I think, as one gets older.”*

~ Virginia Woolf