

BITE ME M^{ORE}

**LICK
YOUR
PLATE**

BONUS RECIPE BUNDLE

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When someone calls me a pea-brain, my response is always, “Thanks, man,” because, hey, who wouldn’t want to think about those little sweet green orbs 24/7? I’ve got peas on my brain (and on my tongue) more often than not thanks to Genius Gnat who has created this amazing appetizer. Crusty French bread is toasted and then topped with sweet peas that have been blended with fresh mint and finished with lemony ricotta cheese. One bite and you’ll quickly discover that only fools aren’t pea-brained...

“We’re like two peas in a pod. Pity the pod.”

- James St. James

MAKES 24 Crostini

PREP 5 minutes

COOK 8 minutes

SWEET PEA CROSTINI with RICOTTA & MINT

1. FOR THE CROSTINI, preheat oven to 400°F. Place bread slices in a single layer on a non-stick baking sheet. Brush one side with olive oil and sprinkle with salt. Bake 4 minutes, flip and bake 4-5 minutes more, until the edges are golden and crispy. Remove from oven and set aside.

2. FOR THE PEA PUREE, using a food processor or blender, combine green peas, mint leaves, olive oil, lemon juice, salt and pepper. Pulse until mixture is spreadable but slightly chunky. Set aside.

3. IN A SMALL BOWL, mix ricotta cheese with lemon zest, lemon juice and salt. To assemble your crostini, spread a generous spoonful of pea puree over each crostini. Top each piece with a small spoon of ricotta mixture and garnish with a mint leaf, if desired.

CROSTINI

- 1 French baguette, sliced into 24 (¼-inch thick) slices
- 2 tbsp olive oil
- ⅛ tsp kosher salt

SWEET PEA PUREE

- 2 cups frozen green peas, thawed
- ¼ cup fresh mint leaves, roughly chopped
- 3 tbsp olive oil
- 1 tbsp fresh lemon juice
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper

LEMON RICOTTA

- 1 cup ricotta cheese
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- ¼ tsp kosher salt

Fresh mint leaves, for garnish

“Life is really simple, but we insist on making it complicated.”

- Confucius

SERVES 6
PREP 10 minutes
COOK 45 minutes

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- 3 lbs carrots, peeled, cut into large pieces
 - 1 tbsp olive oil
 - 2 tbsp butter
 - 1 medium yellow onion, chopped
 - 1 large garlic clove, minced
 - 2 tsp grated fresh ginger
 - ½ tsp ground cumin
 - ¼ tsp kosher salt
 - 6 cups chicken broth (or vegetable broth for vegetarian soup)
 - 1 tbsp fresh lemon juice

ROASTED ALMOND TOPPING

- 1 cup roughly chopped, unsalted roasted almonds
- ⅓ cup chopped fresh flat-leaf parsley
- 1 tbsp olive oil
- 2 tsp lemon zest
- 1 pinch kosher salt

Did you know that there’s a relationship status button on Facebook declaring, “It’s complicated”? Well, Mr. Zuckerberg, where’s the “It’s simple” one? That’s the status we give this unbelievably easy and delicious Carrot Ginger Soup. Creamy yet creamless, this healthy soup not only benefits from the sweetness of roasted carrots, but also the hint of heat from freshly grated ginger. Sprinkled with a crunchy roasted almond topping, this superbly warming soup gets a “Like” (only because there’s no “Love” button) from one and all.

CARROT GINGER SOUP with ROASTED ALMOND TOPPING

1. PREHEAT OVEN TO 425°F. Toss carrots with olive oil. Place on a parchment-lined baking sheet. Roast in the oven for 20-25 minutes, until nicely caramelized. Remove from oven and set aside.

2. IN A LARGE SOUP POT, melt butter over medium heat. Add onions and cook until softened, 3-4 minutes. Add garlic, ginger, cumin and salt, stirring, cooking for 1 minute more. Add chicken broth and roasted carrots. Reduce heat to low and simmer uncovered for 20 minutes.

3. USING A BLENDER, puree soup in 2 batches so it does not overflow in your blender. Return soup to pot and stir in lemon juice. In a medium bowl, toss almonds, parsley, olive oil, lemon zest and salt together. Garnish each bowl of soup with a generous spoonful of almond mixture.



My sister is the Michaelangelo of mealtime, a renaissance woman who can take a classic Tuscan dish and reshape it into modern and mouth-watering fare. Take for example panzanella salad, a rustic bread and tomato salad. Luisa (that's Lisa's Italian alias) has taken all that's delicious about it including the juicy tomatoes, beautiful bread and zesty dressing and made it a masterpiece with the addition of grilled vegetables. The Sistine Chapel may have taken 4 years to complete, but rest assured, you can dig in to this scrumptious salad, bursting with freshness and flavor, in less than 30 minutes.

GRILLED VEGETABLE PANZANELLA SALAD

1. FOR THE VINAIGRETTE, in a medium bowl, whisk olive oil, champagne vinegar, basil, Dijon mustard, shallots, honey, lemon zest, salt and pepper until well combined. Set aside.

2. PREHEAT GRILL to medium heat. In a large mixing bowl, combine tomatoes and cucumbers. Set aside.

3. IN ANOTHER BOWL, toss red onions, asparagus and red peppers with 1 tablespoon olive oil and ¼ teaspoon salt. Place vegetables in a grilling basket and place on grill. Stir frequently, until vegetables are cooked through and slightly charred, about 5-7 minutes. Remove from grill, let cool slightly and transfer to mixing bowl with tomatoes and cucumbers.

4. LIGHTLY BRUSH BREAD slices on both sides with 1 tablespoon olive oil and sprinkle with ¼ teaspoon salt. Place on grill and cook until lightly toasted on both sides, about 3-4 minutes. Remove from grill and cut bread into 1-inch pieces. Transfer to mixing bowl with remaining ingredients. Toss to coat with vinaigrette, chopped basil and parsley. Serve immediately.

CHANGE IT UP - Add grilled chicken or shrimp and make it a meal.

SERVES 4 - 6
PREP 15 minutes
COOK 10 minutes

LEMON HERB VINAIGRETTE

- 3 tbsp olive oil
- 2 tbsp champagne vinegar
- 1 tbsp chopped fresh basil
- 1 tsp Dijon mustard
- 1 tsp chopped shallots
- 1 tsp honey
- 1 tsp lemon zest
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

- 1 cup halved cherry tomatoes
- 1 cup cubed, unpeeled English cucumber
- 1 small red onion, cut into chunks
- 20 asparagus, ends removed, cut into halves or thirds, depending on length
- 2 red bell peppers, cut into chunks
- 1 tbsp olive oil
- ¼ tsp kosher salt
- 1 (8-inch) French baguette, cut into 1-inch thick slices
- 1 tbsp olive oil
- ⅛ tsp kosher salt
- 2 tbsp chopped fresh basil
- 2 tbsp chopped fresh flat-leaf parsley



Great things do come in small packages. Case in point? Mini spuds, like the ones in this easy and delicious Roasted Potato & Green Bean Salad. A giant (and healthy) leap ahead of the classic creamy potato salad, this two-tone, elegant salad combines bites of roasted, caramelized and tender mini potatoes with bright, crisp green beans. Tossed in a balsamic and honey mustard vinaigrette, this salad serves up huge flavor in every forkful.

SERVES 6
PREP 10 minutes
COOK 45 minutes

- 3 lbs red mini potatoes, washed and cut in half
- 2 tbsp olive oil
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- ¾ lb green beans, trimmed, cut in half

BALSAMIC VINAIGRETTE

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- ½ tsp honey
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 3 tbsp chopped fresh basil

ROASTED POTATO & GREEN BEAN SALAD

1. PREHEAT OVEN TO 375°F. In a large bowl, toss potatoes with olive oil, salt and pepper. Place on a parchment-lined baking sheet and bake 45 minutes, until golden, stirring potatoes occasionally.

2. WHILE POTATOES are cooking, bring a pot of water to a boil. Add beans, cooking on low heat until tender crisp, 3-4 minutes. Drain and rinse under cold water to stop cooking.

3. FOR THE VINAIGRETTE, in a small bowl, whisk olive oil, balsamic vinegar, Dijon mustard, honey, salt and pepper.

4. TO ASSEMBLE, in a large bowl, combine roasted potatoes, green beans and basil. Toss to coat with dressing.

“You need to let the little things that would ordinarily bore you suddenly thrill you.”

- Andy Warhol





Lisa knows how to make us all look good. In between critiquing my rouge application (“Like a clown”) and my dance skills (“Spaz!”), she has found the time to make us all chefs. If you can boil water, thanks to this quick and easy recipe, you can be Master of the Pasta Salad. With a few chops here and a slice and shake there, this fresh vegetable and herb-loaded pasta salad is tossed in a zesty lemon Dijon dressing in not time at all. You can thank her later, after she has corrected your pronunciation (“It’s PAH-stuh, not PAW-stah”) and posture.



SERVES 6-8

PREP 10 minutes

COOK 15 minutes

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PASTA SALAD with FRESH VEGETABLES, HERBS & LEMON

1. BRING A LARGE POT of salted water to a boil. Cook pasta until tender, stirring occasionally. Drain pasta and place in a large mixing bowl.

2. ADD CARROTS, celery, red pepper, tomatoes, cucumber, oregano, parsley and basil to pasta. Toss to combine.

3. FOR THE DRESSING, in a small jar, combine olive oil, lemon juice, garlic, honey, Dijon mustard, whole grain Dijon, lemon zest, salt and pepper. Shake well and pour over pasta and vegetable mixture. Toss well to coat.

“I love criticism just so long as it is unqualified praise.”

-Noel Coward

PASTA

- 1 lb fusilli pasta
- 2 small carrots, peeled, sliced diagonally
- 2 celery stalks, sliced
- 1 red bell pepper, chopped
- 1 cup grape tomatoes, halved
- 1 cup chopped, unpeeled cucumber
- 1 tbsp chopped fresh oregano
- 2 tbsp chopped fresh flat-leafparsley
- 2 tbsp chopped fresh basil

LEMON DIJON DRESSING

- ¼ cup olive oil
- 3 tbsp fresh lemon juice
- 1 small garlic clove, minced
- 2 tsp honey
- 1 tsp Dijon mustard
- ½ tsp whole grain Dijon mustard
- ½ tsp lemon zest
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper

MAKES 6 sandwiches

PREP 15 minutes

COOK 40 minutes

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TOMATO SAUCE

- 1 tbsp olive oil
- 2 garlic cloves, minced
- ½ tsp dried oregano
- 1 Pinch red pepper flakes
- 1 tbsp tomato paste
- 1 (28oz) can whole tomatoes, crush by hand with juice
- 2 fresh basil leaves
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

TOFU PARMESAN

- 2 packages (12oz/350g) extra firm tofu
- ¼ cup flour
- ⅛ tsp kosher salt
- ⅛ tsp freshly ground black pepper
- 2 eggs
- 1 cup panko (Japanese breadcrumbs)
- 1 cup freshly grated Parmesan cheese
- 1 tsp dried Italian seasoning
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 tbsp olive oil

Do you suffer from tofuphobia? Chef Lisa has a sure-fire cure in the form of these filling and fantastic Tofu Parmesan Subs. The vegetarian cousin of the Italian classic, this hearty and healthy sandwich has golden-baked, crusted strips of protein-packed tofu placed atop a simple, bursting-with-goodness tomato sauce and finished with gooey melted cheese. How's that for a satisfying between-the-buns remedy?

HEARTY TOFU PARMESAN SUBS

1. FOR THE TOMATO SAUCE, in a medium saucepan, heat olive oil over medium-low heat. Add garlic, oregano and red pepper flakes, cooking for 1 minute, stirring constantly. Add tomato paste and cook 1 minute more. Stir in tomatoes and basil leaves and bring to a boil. Reduce heat to a gentle simmer and cook for 20 minutes. Discard basil leaves and season with salt and pepper.

2. WHILE THE TOMATO SAUCE COOKS, prepare the tofu. Preheat oven to 375°F and line a baking sheet with parchment paper. Slice tofu into 12 (½-inch thick) slices and press slices between paper towels to dry. In a small bowl, combine flour, salt and pepper. In a second bowl, lightly whisk eggs. In a third bowl, combine panko, Parmesan, Italian seasoning, salt and pepper. Dip each tofu slice in flour, shaking off excess. Dip in eggs and then in panko mixture, pressing well to adhere. Place on baking sheet and *(continued)*... drizzle tofu pieces with 2 tablespoons olive oil. Bake 14-15 minutes per side, until golden. Remove from oven and turn oven to broil.



3. TO ASSEMBLE SANDWICHES, place ciabatta buns cut side up on a baking sheet. Brush buns with 2 tablespoons olive oil and place under broiler for 1-2 minutes to lightly toast buns, until golden. Remove from oven and transfer buns to work surface. Spread bottom buns with tomato sauce, top with 2 strips of breaded tofu, another spoon of tomato sauce and sprinkle with Parmesan and mozzarella cheese. Return to broiler and cook until cheese is melted. Remove from oven and place top bun over sandwich. Serve immediately.

- 6 Ciabatta Buns, sliced in half
- 2 tbsp olive oil
- ½ cup shredded mozzarella cheese
- ½ cup freshly grated Parmesan cheese

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SHORT CUT - Skip the homemade tomato sauce and opt for your favorite jarred brand.



Back in the day, when my kids asked, “What’s for dinner?” I’d saying something about letting the chips fall where they may, landing somewhere between leftovers and a bowl of cereal. Now, when I say that, I mean it. The chips fall right onto the chicken in this brilliant recipe for Golden Tortilla-Crusted Chicken Fingers. Chicken is coated in a tortilla chip crust, baked until crunchy on the outside and moist inside, and then served with a creamy chipotle dipping sauce. Talk about taking chips and dip to a whole new level, right?

GOLDEN TORTILLA-CRUSTED CHICKEN FINGERS

1. FOR THE DIPPING SAUCE, in a small bowl, whisk sour cream, mayonnaise, parsley, lime juice, ground chipotle pepper and salt until well blended. Refrigerate until ready to use.

2. PREHEAT OVEN to 425°F. Line a rimmed baking sheet with aluminum foil and coat with non-stick cooking spray. Set aside.

3. FOR THE CHICKEN, cut each chicken breast into 4 or 5 lengthwise strips. In a shallow dish, combine flour, chipotle chili pepper, salt and pepper. In another shallow dish, lightly whisk eggs. In a third shallow dish, combine crushed chips, panko crumbs, ground chipotle chili pepper and shredded cheddar cheese. Dredge chicken strips in flour, shaking off any excess. Dip into the eggs and then coat each chicken strip with the chipotle chip mixture, pressing well to adhere. Place on prepared baking sheet. Drizzle chicken strips with melted butter and bake for 8 minutes. Flip the strips and continue to bake another 8 minutes until cooked through and crispy. Serve with chipotle dipping sauce.

SERVES 4-6
PREP 15 minutes
COOK 16 minutes

CHIPOTLE DIPPING SAUCE

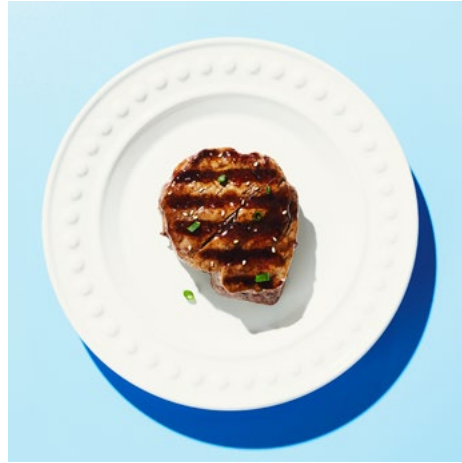
- ¼ cup sour cream
- ¼ cup mayonnaise
- 2 tbsp chopped fresh flat-leaf parsley
- 1 tbsp fresh lime juice
- ¼ tsp ground chipotle chili pepper
- ¼ tsp kosher salt

CHIP-CRUSTED CHICKEN FINGERS

- 4 boneless skinless chicken breasts
- ¼ cup flour
- ¼ tsp ground chipotle chili pepper
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 2 eggs
- 1 cup finely crushed tortilla chips
- ¾ cup panko (Japanese breadcrumbs)
- ¼ tsp ground chipotle chili pepper
- ½ cup finely shredded cheddar cheese
- 3 tbsp melted butter

“Murder is like potato chips: you can’t stop with just one.”

-Stephen King



Ok, so while we aren't fancy around here (Lisa has mastered going to the grocery store in her "daytime" pyjamas), we're suckers for a prime cut of meat. Enter the beef tenderloin, also known by its' super intimidating names 'filet mignon' and 'chateaubriand,' a cut so tender and delicious, it's buttery. Sliced into steaks, the tenderloins are seasoned simply with salt and pepper, basted with a savory ginger hoisin glaze and grilled to juicy perfection. The result is a scrumptious meat feast ready in less than 15 minutes.

SERVES 4
PREP 5 minutes
COOK 10 minutes

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GINGER HOISIN GLAZE

- 3 tbsp hoisin sauce
 - 1 tbsp dry sherry wine
 - 1 tsp honey
 - 1 tsp grated fresh ginger
 - ¼ tsp Sriracha sauce
-
- 4 (6oz) beef tenderloin steaks
 - ¼ tsp kosher salt
 - ¼ tsp freshly ground black pepper

Green onions, chopped for garnish
Sesame seeds, for garnish

GRILLED BEEF TENDERLOIN STEAKS with ASIAN GLAZE

- 1. IN A SMALL BOWL,** whisk hoisin sauce, honey, ginger and Sriracha sauce. Set aside.

- 2. PREHEAT GRILL** to medium-high heat, making sure to remove steaks from refrigerator 30 minutes before grilling. Season both sides of the steak with salt and pepper. Place on grill, cooking 4-5 minutes per side for medium to medium rare. In the last minute of cooking, brush each steak generously with ginger hoisin glaze. Remove from grill and rest 5 minutes before serving. Serve with additional glaze and garnish with chopped green onions and sesame seeds.

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BRAIN FOOD - Too cold outside? Use a grill pan to cook up these tenderloin steaks indoors.





Not sure who determined that an apple a day keeps the doctor away, but we can tell you one thing for certain – you’ve got no chance of keeping anyone away when you bake up this Apple Pie Bread with Crumble Topping. Not only does it emit a heavenly aroma when baking, but it also serves up sugar and spice and everything nice, a perfect combination of apples, cinnamon and brown sugar. So, put that pie plate away and grab your loaf tin because this moist and delicious bread is guaranteed to make you the apple of everyone’s eye...and stomach.

“Ducking for apples – change one letter and it’s the story of my life.”

Dorothy Parker

SERVES 10-12
PREP 15 minutes
COOK 1 hour

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APPLE PIE BREAD with CRUMBLE TOPPING

1. PREHEAT OVEN TO 350°F. Coat a 9x5-inch loaf pan with non-stick cooking spray.

2. USING AN ELECTRIC MIXER, cream butter, sugar and brown sugar on medium speed until well blended. Add the eggs one at a time, beating well after each addition. In a bowl, combine flour, baking powder, cinnamon and salt. On low speed, add a portion of flour mixture alternating with buttermilk, beginning and ending with flour. Mix just until flour disappears. Fold in diced apples and pour into prepared loaf pan.

3. FOR THE CRUMBLE TOPPING, in a small bowl, combine brown sugar, flour, cinnamon and salt. Add the butter and cut it into the dry ingredients until you have pea-sized pieces. Sprinkle crumble over apple batter. Bake for 60-62 minutes, remove from oven and let cool for 10 minutes before removing from pan.

APPLE BREAD

½ cup butter, room temperature
½ cup sugar
½ cup brown sugar
2 eggs
1 tsp vanilla extract
2 cups flour
2 tsp baking powder
½ tsp ground cinnamon
½ tsp kosher salt
⅓ cup buttermilk
3 cups peeled, diced Granny Smith apples (3 large)

CRUMBLE TOPPING

⅓ cup brown sugar
¼ cup flour
¼ tsp ground cinnamon
1 Pinch kosher salt
2 tbsps butter, room temperature

If you were to be a cookie, which one would you be? Lisa says I'm an Animal Cracker. I think I'm more of a Whoopie Pie, but whatever. What I think we can all agree on is that we aspire to be this incredibly delectable Peanut Butter Chocolate Chip Cookie. Not only is this drool-worthy dessert the perfect union of sweet and salty, a classic combo of peanut butter and chocolate, but it also has remarkably crisp edges paired with soft, tender centers. Bake 'em up and discover that my sister, though I think she's a Nutter Butter, really takes the biscuit when it comes to cookies.

MAKES 28 cookies

PREP 10 minutes

COOK 10 minutes

- 1 cup butter, room temperature
- 1½ cups brown sugar
- ½ cup sugar
- 2 eggs
- 1 tsp vanilla extract
- 1½ cups smooth peanut butter
- 2½ cups flour
- 1 tsp baking soda
- 1 tsp kosher salt
- 1½ cups semi-sweet chocolate chips
- 1½ cups peanut butter chips
- 1 cup roasted peanuts, chopped

PEANUT BUTTER CHOCOLATE CHIP COOKIES

1. PREHEAT OVEN TO 350°F. Line a baking sheet with parchment paper.

2. USING AN ELECTRIC MIXER, cream butter, brown sugar and sugar on medium speed. Add the eggs one at a time, beating until incorporated. Mix in vanilla extract and peanut butter, scraping down the sides of the bowl. On low speed, add the flour, baking soda, salt, chocolate chips, peanut butter chips and roasted peanuts. Mix just until the flour disappears, being careful not over-mix. Portion out ¼ cup mounds of dough for each cookie on prepared baking sheet. Bake 10-12 minutes, just until the edges begin to brown. Cool cookies on a wire rack.

“Yeah, that’s my name. Take a bite.”

- Cookie Lyon, Empire



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LICK YOUR PLATE

A NEW cookbook from The Bite Me Sisters
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