

MAN

F O O D



*A Recipe Book For Carefree Men Who
Like To Try Strange or Different
Combinations of Foods.*

Dare To Be Different

Written By Rev.

John Marinelli

Copyright

John Marinelli

Ocala, Florida

April 2013

All rights reserved and protected under US Copyright Laws

Published By

Have A Heart For Companion Animals, Inc.

P. O. Box 831413 Ocala, Fl. 34483

www.haveaheart.us

352-687-1776



About The Author

John Marinelli

John Marinelli is married and the father of two grown children. He is the co-founder, with his wife Marilyn, of the Fellowship of Christian Poets, a worldwide non-profit Christian ministry that currently hosts the largest Christian poetry library in the world. He and Marilyn are also co-authors of “Together Forever” a marital enrichment home seminar. He is also the author of “Rhyme Time”, a children’s poetry book.

John is an author, poet, playwright, Song Writer and an ordained minister. A collection of his Christian poems is displayed on three foot by four-foot signs in the 250-acre nature sanctuary of Holy Land USA in Bedford, Virginia.

John is a member of the Elks Lodge, Moose Lodge and American Legion Post #347. He is also the Vice President of Have A Heart For Companion Animals, Inc., a 501 c-3 not for profit animal concern organization...and the co-producer, with his wife, of The Johnny Mello Show, a 50s & 60s musical show and dance that raises money for this organization. John enjoys being retired and volunteering as its chief fundraiser.

John is also the founder and President of Marinelli Marketing Services, a marketing consulting firm that specializes in helping small businesses to grow and become successful.

Additional books written by John Marinelli are: The Art of Writing Christian Poetry, Forever Thoughts From The Heart of God, Think About It, Pulpit Poems, The Samson Trail To Victory, and Biblical Story Poems. Many are published in an eBook format and are free as a special gift to download at www.christianpoets.com.



Introduction

Men eat what their women put in front of them or from a fast food joint but secretly they long for their own creations that defy normal taste. For years they have held certain recipes in the secret places of their minds... until now.

The time has come for men to stand up and cook their favorite food creations no matter who thinks it's crazy. The male "Tastebudz" have always been weird to the female food critic. However, the guy that eats his own fix-ins, no matter how strange, will experience new tastes that are out of this world.

The recipes presented are the creation of John Marinelli. Most have been tested in a real life dining experience. However, some wait for your sampling and feedback. I like them and I hope you will too. However, feel free to try any or all dishes. They all are good, I Think!

We will start with breakfast and pass through the day, meal by meal adding a few delights along the way. There are over 30 different recipes and seven upgrades to existing desserts.



Cinnamon Banana Omelet

Here's a good tasting mix of egg, seasoning and fruit. It's for the hearty appetite.

Directions:

Break 3 large eggs into a non-stick fry pan...mix up so the yolks are broken but not scrambled...add one thin sliced banana, one tablespoon of cinnamon, light salt and black pepper. Cover with a lid and reduce heat from high to medium. Cook until almost done. Remove lid and fold egg into an omelet. Plate and serve topped with a light sprinkle of powdered sugar.



Cheerios Delight



What do you do when there is no milk in the house and you had your heart set on a bowl of Cheerios? Here's what I did and it was pretty good.

Directions:

Fill a cereal bowl to about half full...add 1/2 cup of water, one sliced medium banana, a touch of cinnamon and a big squirt of pancake syrup.



Peanut Butter Twist

Here's a great on-the-go, out-the-door treat to start the day.

Directions...

Spread crunchy peanut butter on rye toast as thick as you want, add a thin covering of pure honey, and top with powdered sugar... one per person due to calories. Serve with a tall glass of milk.



Gourmet Oatmeal

Oatmeal is sometimes hard to eat because it tends to be so bland. I've been experimenting with it so as to feel good about eating oatmeal in the mornings. Here's my latest oatmeal fixer-upper.

Directions...start with the instant from a box or the "cook forever" type and prepare your oatmeal. The key to good oatmeal is all the other stuff you add to it. I slice a banana into it; a tablespoon of creamed cheese, a handful of white sugar, and several shakes of cinnamon. You should mix in the creamed cheese first so it melts evenly through the oatmeal. (Peanut butter is a good substitute for creamed cheese). Now add a tad of milk to keep the oatmeal from drying up. It should be creamy. More milk may be necessary. Serve with toast and coffee.



Pancake, Bacon & Egg Sandwich Extreme

I love pancakes and once in a while go crazy with the ingredients. Here's a favorite breakfast pancake sandwich.

Pancake Sandwich



Substitute Bacon With Steak If You Prefer.

Directions:

You can use any boxed pancake mix or mix up your own from scratch. Either way, pour out a large thin pancake to cover almost the entire non-stick pan. You will need two of these to make the top and bottom of your breakfast sandwich. Plate one pancake and add three scrambled eggs and add the second pancake as a cover...add a healthy helping of pancake syrup and a sprinkle of powdered sugar. Serve with hot coffee and several napkins.





Potato Pea-Cheesy

Here's a breakfast for the fun-hearted. It will delight your taste buds and challenge your digestion.

Directions...1st thing you do is mash up a bowl of potatoes so you have creamy mashed potatoes...now mix in a can of early peas, some chopped pre-cooked (caramelized) onion, about ½ onion, add salt and pepper to taste. Once you have a good mix, spread into a greased glass pan...top with thin sliced tomato and add shredded graded Mozzarella over the mix. Bake at 400 degrees for 20 minutes or until golden brown. Serve with sunny side up eggs, toast and coffee. Do not cover your glass pan while baking.



Meat Combo Hash Delight

For the meat lovers out there, I want to offer a meat combination that will fill you up with happy thoughts and pleasant feelings. Here's how it works...

Directions...we start with several meats of your choice. It can be a combination of ham, turkey, beef or whatever.... try one slice of each. Shred the meat then chop it up into a hash...fry in a non-stick pan with one small sliced onion, three chopped cloves of fresh garlic, mushrooms and chopped walnut. Stir fry until fully cooked. Top with Sunnyside up eggs. Serve with rye toast and coffee.



Sandwich Foods For Real Men Peanut Butter & Mayo

When I was a kid, we loved to mix peanut butter with mayonnaise. It made a great tangy flavored sandwich. Use crunchy peanut butter on white bread with a thin spread of mayo. You can also toast the bread if you so desire.



Burger Buddies

A burger is a sandwich of another kind. It can be made of beef, turkey, exotic animals, fish, or even vegetables. One lady told me of a “Mac & Cheese” burger. The defining characteristic is its shape. It’s a square or circular patty that is positioned between two pieces of bread, most often a hamburger bun. We will look at a few stylish burgers.

The Hamburger Deluxe

Directions...mix a 1/4-pound of chopped beef with one egg, a pinch of garlic salt, a little chopped fresh parsley, and two tablespoons of graded Italian cheese. Form into a round or square burger patty and place in a non-stick fry pan covered with a lid until cooked to your taste. Top with three bacon strips, one tomato slice, a large leaf of lettuces and place on your toasted bun. You can use catsup, mayo or even blue cheese as a dressing. Serve with a dill pickle and chips.

The Salmon Fish Burger

Directions...Bake up 1/4 pound of salmon in garlic-flavored butter until cooked to your taste. Top with tarter sauce and sliced tomato. Serve on a hamburger bun with French fries, sweet pickle and a coke.



The Veggie Burger

Directions...Puree three of your favorite vegetables. Once you have a slurp to work with, add seasoned breadcrumbs to thicken, one egg, a teaspoon of chilly power, a dash of salt, and shredded cheddar cheese. Blend together and shape into a patty. Bake on 400 degrees until cooked to your taste. Put it on a hamburger bun and top with Thousand Island dressing. Serve with a cup of fruit, a sliced dill pickle, a tomato slice and a tall glass of iced tea.



Food is what you make of it. If you eat all the same types of food all the time, you never know the joy of a new or unusual taste. It’s the new and unusual that makes eating fun and exciting.



Do It Yourself Foot-long Sub Sandwich

Most men like big sandwiches... The bigger, the better and “ The Foot-Long” is a sure favorite of any hungry man. Your sub sandwich can be made of many different combinations. I always wanted to try this one.

Directions...start with a loaf of Italian or French bread. Cut off a foot long section and cut out the center, sort of like Subway does. Paint the inside with a squirt of Italian dressing. Then add three meats of your choice, chopped tomato, mushrooms, sliced sweet pickle and onto the meaty surface. Top with graded cheddar cheese. Bake at 400 degrees until toasted. Serve with chips and your favorite beverage.



Tasty Lunch/Dinner Specials



Mac & Cheese Surprise



Everyone loves Mac & Cheese but few dare to experiment with a box of Kraft Mac & Cheese. This is the fast way to get a tasty lunch that is out of the ordinary.

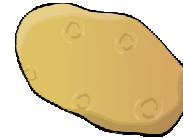
Directions...Boil the water; pour in the macaroni, cook and drain. Pour into a bowl; mix in the velveeta cheese that is provided by Kraft. Here’s the fun part...mix in browned hamburger meet. You can also add to the meat or substitute the meet with early peas or chopped freshly fried mushrooms. Broccoli is also a good choice if it’s fully drained. Serve with a side salad and a tall glass of iced Tea.



*Make a meal and bless everyone around you...that is,
if it’s not too way out. It has to be edible and fun.*



Spinach Potato Casserole



Spinach is good for you and when you mix it with potatoes and other fix-ins, you've got a lunch meal fit for a king.

Directions...boil up six red potatoes, chop into cubes after peeling...add several leaves of torn fresh spinach, some olive oil, sliced green onions, four crushed fresh garlic cloves, salt and pepper, ½ cup of milk, ½ cup of shredded cheddar cheese, and three whipped eggs. Dump into a greased glass pan, sprinkle breadcrumbs over top and bake at 350 degrees for one hour. Serve with garlic bread and a side salad of your choice.



Chicken & Mushroom Stir-fry



Men love rice and chicken combos. It's hearty and filling to get them through the afternoon hours. Here's what I suggest.

Directions...Brown up six chicken fingers that you have cut from boneless chicken breast... add a teaspoon of chilly powder, a can of cream of mushroom soup, ½ cup of water, and a medium can of stewed tomatoes. Stir fry until cooked using medium heat in a covered non-stick fry pan. Serve over a dish of brown rice.



The Grilled Cheese Bully

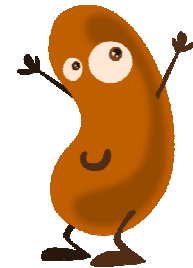


Everybody loves a well-fixed grill cheese sandwich. However, the “Bully” is designed to scare away all other versions. It’s packed with great stuff that makes your sandwich bigger and better than any other. Serving the “Bully” will capture the envy of all your buddies.

Directions...Set aside one slice each of various cheeses like Swiss, Cheddar, Mozzarella, Provolone, Monterey Jack, Pepper Jack, etc. You can use the cheese of your choice or you can use several different cheeses on one sandwich. Butter the outside of two slices of white bread and place in a non-stick skillet on medium heat. Now add the cheese(s) onto one slice of bread and add raw spinach, thin sliced tomato, and sautéed mushrooms onto the other slice of bread in the pan. Cover with a lid; turn down the heat to low until the cheeses are fully melted. Then flip the cheese-topped slice onto the other slice and press down softly to seal the two sandwich slices together. Serve with chips and beverage of choice.



3-Beans & Mac

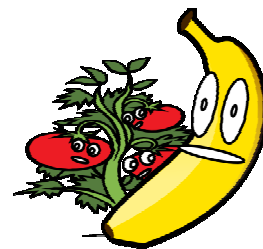


Men love beans and macaroni. It’s always fun to experiment with the ingredients to make the final dish unusual. Here’ one I am sure you will like.

Directions...boil up three types of beans in a pot. I like Navy beans, red kidney beans, and black beans. Don’t be afraid of the coloring of the water and the consistency of the bean mix as it cooks. It will look pretty bad. Add ¼ cup of barley to the mix. Add ½ diced onion, and two cloves of garlic. Salt & pepper to taste and cook on medium heat with a cover for one hour or until beans are fully cooked. Once cooked, add cooked macaroni, about one cup and mix it all together. The texture should be thicker than a soup so let the mix cook down so there is very little water. Serve with graded Parmesan cheese and a side salad.



Fruit Salad Extravaganza



Sometimes we men feel that we’re a bit out of hand with food and seek the lighter side of the menu for lunch. The fruit salad fits that expectation but as men, we still need to make it big. Here’s a suggestion for a great lunch.

Directions...Select a large mixing bowl. Wash all fruit and mix into the bowl. I suggest mixing from these fruits: sliced Strawberries, Apples, Blueberries or Raspberries, seedless grapes, cut in half, fresh peaches with the skin still on and cut into small wedges and diced Cantaloupe. Pick as many or as few as you feel is suitable. Add chopped walnuts, shredded coconut and one tablespoon of Vanilla extract. Add ¼ cup of water, mix well and top with graded cheddar cheese.



Pork Chops & Rice



I like pork chops especially when they are fixed with gourmet flair. Here's a dish that can be a quick lunch or a big dinner meal.

Directions...Buy boneless pork chops, (one large for lunch and two medium for dinner)...brown in a non-stick skillet with a little bit of pure olive oil. Mix in a can of cream of mushroom soup without adding the water. Pour a ¼ cup of ranch dressing and ¼ cup of milk into your mix...add black pepper to taste...cover skillet and cook on medium to low heat for 45 minutes or until fully cooked. Serve over white rice with a side salad and beverage.



Oven Broiled Pizza Strips



Pizza is always a great fill-in for lunch, especially when you make your own. Here's my suggestion.

Directions...Buy a long loaf of Italian bread...slice it down the middle to make two parts...cut horizontally across the parts to make two-inch thick strips...cover each strip with tomato or pizza sauce... add oregano & garlic salt... add the meat(s) of your choice and place graded mozzarella and Parmesan cheeses on top... Then Place the strips on tinfoil and broil until cheeses are melted and bread is crunchy. Serve with a side salad and beverage.





Pasta Sauté

Want a quick easy pasta lunch? Well this is not it. This will take a bit of preparation but it's tasty and good for you.

Directions... Cook up a pound of ziti so it is still not quite cooked but edible...drain and cut the ziti pieces in half...place into a large non-stick skillet or electric fry pan on low heat. Add a large can of tomato sauce...add oregano, parsley, four cloves of fresh garlic, ½ sliced onion, two tablespoons of graded parmesan cheese and 1/4 pound of browned and drained chopped meet, (could be sausage, left over meatloaf, hamburger, etc)... cover and sauté on medium heat until fully cooked. You may have to add a little water here and there so watch it closely. It should be ready to serve in 30 minutes.



Ritz Cracker Baked Fish

I like pie and I like fish so I combined the two to make a great meal. Here's how it works.

Directions... Begin with a pound of the fish of your choice. It should be a flaky white meet fish when cooked. Roll in an egg wash of egg, lemon pepper and graded Parmesan cheese...Step #2... Now add 5 tablespoons of unsalted melted butter to about 30-40 crushed Ritz crackers and apply to the top and sides of the fish... place in a greased baking pan ...Add another layer of fish that has been bathed in your egg wash, rolled in crushed Ritz and unsalted melted butter...cover with tinfoil and bake at 350 degrees for 20 minutes...remove tinfoil and continue to bake for 10-15 minutes or until fully cooked. Serve with a baked potato, a side salad and white wine.



Italian Sausage Over Noodles

Try my "Shiver Me Timbers" Italian Sausage Over Noodles for lunch or dinner. It's a tasty meet, veggie and noodle blend of good fix-ins.

Directions... Start with the prep work, which is: peel and cut 3 medium carrots into small coin-like pieces, chop 1 cup of fresh broccoli tops, dice one large red onion, cut in halves 6 ounces of portabella mushrooms and slice 3 cloves of garlic. Then set this aside for a few minutes. Now D-skin 5 mild Italian sausages and place into a large sauce pan on high

heat...cook the sausage until half cooked and brown...drain of grease and place back into the pan...add 2-large can of tomato sauce... add pre prepared items, add 1 cup of white wine...Stir ingredients and cook until boiling...reduce heat from high to medium, cover and continue cooking until fully cooked. You may have to add water so watch closely but remember, once it's fully cooked, it will be placed on a bed of cooked noodles so let it cook down. Serve with Garlic bread and a side salad.



Zucchini Weenies

Here's a great dinner meal when you're in the mood for something different. It also can be cooked for breakfast or lunch.

Directions...peel and dice two large zucchini...peel and dice one large onion...peel and cut three cloves of garlic...cut two foot-long all beef hotdogs the long way and then dice each section...mix in a mixing bowl with 3 large eggs...add ½ teaspoon of black pepper...add a sprinkle of graded parmesan cheese...mix well and pour into a large non stick skillet...cook with a covered lid on medium high until done then add shredded cheeses of your choice...cover pan and cook on low heat until cheese is melted...cut into squares and place in dinner plates...add stewed tomatoes around the outside of the squares...garnish with paprika and serve with toasted garlic bread.



Three Layer Tuna Casserole

I love tuna and especially when it's presented in a casserole. Here's an unusual way to make it.

Directions...Boil up a pound of noodles...place them in layers in a greased glass pan as follows:

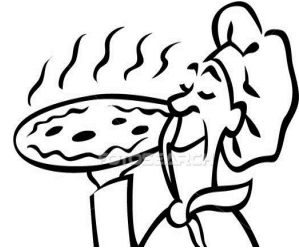
1. Layer one...place thin tomato slices over the noodles...then all white tuna...then cream of celery soup without the water added.

2. Layer two...noodles...tuna...cooked spinach and cream of mushroom soup without the water.
3. Layer three...more noodles...more all white tuna...cream of cheddar soup with out the water added

Top off the casserole with shredded graded cheese. Cover the pan with tinfoil and bake at 400 degrees for 30-45 minutes or until fully cooked. Serve with dinner rolls, side salad and iced tea.



Pizza Pot-Pie

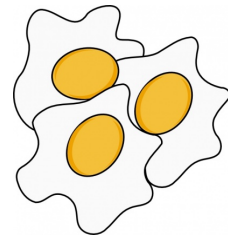


I love pizza. Maybe it's because I am Italian. I always wondered why my Italian heritage did not have any pizza Pot Pies. I finally decided to create one and be the 1st to coin the name.

Directions...Buy the smaller tin pie pans and frozen or fresh pizza dough. Roll out the dough so it is thin and big enough to adequately cover the pan, both top and bottom. Now add pizza sauce, two d-skinned browned and drained Italian sausages, shredded mozzarella cheese, chopped mushrooms, diced onion, diced tomato, crushed garlic. Top with graded Parmesan cheese and add an additional ½ cup of sauce over the mixed ingredients. Now roll the extra dough over to make the top of the pop pie. Slip into a pre-heated oven at 400 degrees for 45 minutes. Serve with sliced Italian bread and a virgin olive oil, parsley and black pepper dip.



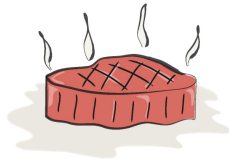
The Polly-Dinky



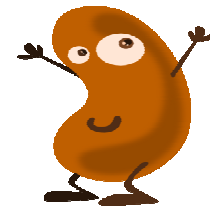
Here's an unusual dinner treat for the kids. It's quick, easy to prepare and always a favorite with younger picky eaters.

Directions...start with three eggs...mix them up in a mixing bowl, add a pinch of salt and a tad of pepper...pour into a large frying pan and fry on medium-high heat...flip and flatten so you have one big fried egg that is thin. Place in a dish...add a jelly of your choice and roll up the egg over the topping. Then sprinkle powdered sugar over the egg-roll and add a healthy squirt of whipped cream. Serve with a tall glass of milk.



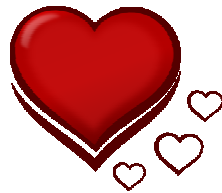


Steak & Potato Crunch



Men like to mix it up and make it big so I thought I'd try a steak and potato mix-up. Here's how it works.

Directions... Start with a 10 oz. boneless steak. Broil it until it is cooked rare (Pink Inside)...cut it up in small one inch or so squares. Boil up six large red potatoes, skin then, quarter them and place into a non-stick frying pan with the steak...Add one diced tomato, 1/2 diced onion, a pinch of parsley, and two teaspoons of olive oil. Cook until onion is cooked. Then add a cup of chopped walnuts...simmer for 20 minutes with a cover on your pan. Serve with fresh rye bread and a side salad.



Meatloaf Supreme

I love meatloaf. I haven't met a soul that didn't like meatloaf. Here's a twist on how to make an unusual meatloaf.

Directions... Ask at the meat counter of your grocers to chop or grind up a pound of deli salami so it's the texture of ground beef. This will be placed into the center of your meatloaf. Now, in your large mixing bowl, place the 3 pounds of ground beef along with, one egg, a 1/2 cup of seasoned breadcrumbs, a half-teaspoon of oregano and parsley, and a full tablespoon of graded Parmesan cheese. Mix up thoroughly and flatten down into a large patty. Then add the Salami in the center with a 1/2 can of cooked carrots. Then fold and shape into a meatloaf. Place your meatloaf in a non-stick baking pan and add catsup on the top in angled stripes. Place three uncut medium carrots on both sides of the meatloaf. Cover pan and bake in a pre-heated oven at 400 degrees for 45 minutes or until fully cooked. Serve with side dishes of broccoli, and brown rice.



If you like it, so what if everyone else doesn't. Cook for you and let everybody's opinions be everybody's opinion.

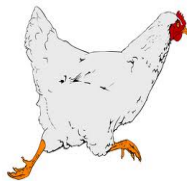


Chef Salad

For, “A Man”

What’s the point in having a salad that is made with just lettuces and a few other things? It’s boring and dull. If you’re going to eat salad, you might as well make it a meal. Here’s how I do it.

Directions.... start with a very large salad bowl...chop iceberg lettuce, romaine lettuce, spinach and bamboo shoots and place them into your salad bowl. Now quarter two medium tomatoes... dice one raw large red potato and add to the mix. Then cut into strips two slices of deli ham, two slices of deli turkey and two slices of deli Jewish salami and add to the mix. Now add 4-strips of Swiss cheese, three chopped hard-boiled eggs, ½ cup of raisins, ½ can of diced beets, one chopped red onion, three fresh cloves of chopped garlic, and any other items you may desire. Mix well; add ¼ cup of pure virgin olive oil, and ¼ cup of red wine vinegar. Add salt and pepper to taste and mix thoroughly. Top with graded cheddar cheese. Share with a friend or loved one. Serve with a toasted bagel.



Oven Baked & Bread Crumbed Chicken Breast

I love baked chicken, especially when it is covered with breadcrumbs. It gives it a juicier taste and just makes the world seem better than it really is, for me anyway.

Directions.... Start with two large skinless chicken breast. Wash the breast thoroughly using salt as a cleaner. Then get a mixing bowl and break two eggs and drop them into the bowl...add black pepper, parsley, garlic salt and graded Parmesan cheese...mix it up to make an egg wash. Then pour pure olive oil in a dish and breadcrumbs on to a dish...now roll the chicken breasts in the oil, then in the breadcrumbs, then in the egg wash and finally back in the breadcrumbs so they are completely covered. Then place in the center of a large greased glass pan. Peel and place three large carrots cut in half and three sliced potatoes around the breasts. Bake covered with tinfoil in a pre-heated oven at 400 degrees for 45 minutes... Serve with a side salad and beverage of your choice.



*It’s time for men to be men and step up to the masculine taste of different.
It’s ok*



Sloppy John's Pot-Luck

The emphasis here is on "Pot-Luck". It's a great quick meal that is full of taste. However, it's a bit different than the well know, "Sloppy Joe."

Directions...Brown up one pound of chopped meat in a large pot...drain meat and place back in the pot...add 3-cloves of chopped fresh garlic, ½ chopped onion, a sprinkle of parsley...add one shaved carrot, one large can of tomato sauce followed by a can of water, one can of red kidney beans, ½ cup of red wine, and a handful of raisins. Add one cup of water and cook on medium heat until done. (Add water as needed during the cooking time.) Once cooked, it should still have water in it...mix in one cup of cooked white rice and simmer until full heated. If it dries up too much, you may have to add more water before simmering. Serve with sliced French bread and a side salad.



Hotdogs & Bean Casserole



Hotdogs are a family favorite. It's probable because we all grew up eating them on Holidays, at ball games and the like. Here a casserole that makes hotdogs and beans come to life.

Directions...This one is easy...baked beans are canned and usually tasty. You can doctor them up with more seasonings if you wish but once you are finished, place two large cans of baked beans in a mixing bowl, add chopped walnuts...them pour into a glass pan...add coin-like slices of hotdogs, all beef is better, then sprinkle seasoned breadcrumbs over the top...cover glass pan with tinfoil and bake in a pre-heated oven at 350 degrees for 40 minutes. Serve with sliced French bread and a side salad.





Some Upgrades To Existing Desserts



There are thousands of great dessert recipes out there. I do not need to create more but I would like to suggest a few upgrades that might make your “Tastebudz” jump a bit.

1. How about adding strawberries to apple pie in the mixing stage so it’s strawberry-apple pie. Mixing up the taste is a good thing because it takes you one step away from traditional.
2. What about adding nuts to your mix when making pineapple upside-down cake. I’d like that, wouldn’t you?
3. If you can add crushed cookies to vanilla ice cream, why not bacon bits? It could work.
4. How about diced ham in a minced meat pie? Then it would be worthy of its name.
5. What about adding coconut to a fruit cobbler? I’d like that combination.
6. Here’s an idea...add shaved chicken to your cookie batter or some other meat. That’s odd but so what? It might work.
7. I saved the best for last...how about adding Coca Cola to your vanilla ice cream instead of root beer? A Coke float is just as good as any other.

Remember, different is not bad. Bad is bad... but unusual is ok if you are board with things as they are. My wife always says, “You can’t drive to work the same way every day because it gets boring.” There’s always another way and it’s ok to take another road or mix up an existing recipe to make it fun or at lest different.



Some Peanut Butter Ideas

1. Add crunchy Peanut Butter to egg salad.
2. Add Peanut Butter to potato salad. (No mustard)
3. Add Peanut Butter to oatmeal.
4. Add Peanut Butter to a bologna sandwich.
5. Add Peanut Butter to Vanilla Ice Cream.
6. Add Peanut Butter to chocolate shake or smoothie.
7. Add Peanut Butter to coffee and whipped cream.



A Few Final Words

There are thousands of recipes out there in food-land. Mine are just a few of the unusual. I hope you will try a few and like them or at least have a good laugh at my expense. I hope you enjoy the experiences and not get bashed too bad by your wife for trying strange and different recipes. It's all in good fun.



ManFood

The perfect gift for his Birthday, Boss's Day, Wedding, Anniversary, Christmas, Graduation Day or any other special or not so special occasion.

Bon Appetit