



YOU'RE INVITED

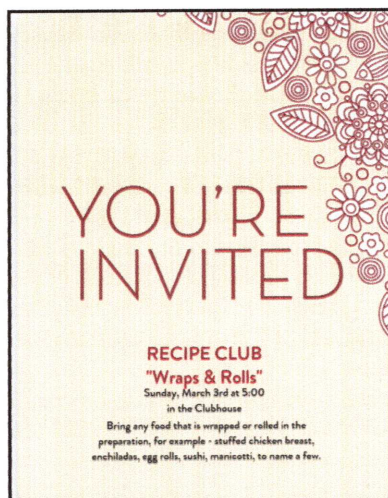
RECIPE CLUB

"Wraps & Rolls"

Sunday, March 3rd at 5:00

in the Clubhouse

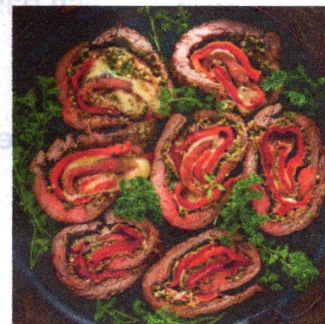
Bring any food that is wrapped or rolled in the preparation, for example - stuffed chicken breast, enchiladas, egg rolls, sushi, manicotti, to name a few.



Main Dishes

Italian Stuffed Flank Steak

Any steak lover will give this **Italian Stuffed Flank Steak** a big thumbs up! The steak is marinated to tenderize and lock in the amazing flavors, and then it's rolled in an unbelievably delicious walnut pesto filling with prosciutto, roasted bell peppers and provolone cheese.



4.75 from 16 votes

Prep Time
20 mins

Cook Time
45 mins

Marinating Time
2 hrs

Total Time
3 hrs 5 mins

Course: Dinner, Main Course Cuisine: American, Italian

Keyword: flank steak recipe, italian stuffed flank steak, stuffed flank steak Servings: 6

Calories: 564kcal Author: Joanna Cismaru

Equipment

- Meat Mallet
- 12-inch Cast Iron Skillet
- Cooking Twine
- Instant Read Meat Thermometer

Ingredients

Marinade

- ¼ cup olive oil
- ¼ cup red wine vinegar
- 3 cloves garlic minced
- ½ teaspoon salt
- ½ teaspoon pepper freshly ground
- ¼ cup fresh parsley chopped

~~Walnut~~ Pesto

- ½ cup walnuts
- 2 cloves garlic smashed

- ½ cup Parmesan cheese grated
- 2 ounces fresh basil
- ¼ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Flank Steak

- 1½ pounds flank steak
- 6 slices prosciutto
- 2 roasted red peppers
- 6 slices provolone cheese
- salt and pepper to taste
- 2 tablespoons olive oil

Instructions

1. **Prep the steak.** Using a boning knife, slice the meat horizontally on the long side of the steak, but do not cut all the way through, leave about ½ inch uncut. You want the steak to open like a book. Make sure the top half is the same thickness as the bottom half. Open up the steak so that it's flat. Use a meat mallet to pound down the steak to a uniform thickness about ½ inch in thickness or thinner.
2. **Make the marinade and marinate the steak.** Add all the marinade ingredients to a large bowl and whisk to combine. Add the butterflied steak to the bowl and toss it around in the marinade to coat it all around. Cover the bowl with plastic wrap and refrigerated for **2 hours**.
3. **Prep the oven.** Preheat the oven to 350°F.
4. **Make the walnut pesto.** In a food processor add all the pesto ingredients and pulse a few times, don't over process as you don't want a smooth consistency. Taste for salt and pepper and add more if needed.
5. **Assemble the steak.** Remove the steak from the marinade; reserve marinade. Place the steak flat on a cutting board. Spread the pesto evenly over the steak, leaving about ½ inch free on all sides of the meat. Layer the steak with prosciutto slices, followed by roasted peppers, then provolone cheese slices. Sprinkle with salt and pepper. Roll up the steak jellyroll style. The grain of the steak should run on the length of the roll. Tie the roll with kitchen twine or string, every 2 inches. Brush with remaining marinade.
6. **Sear the steak.** Add the olive oil to an oven safe skillet and heat over medium-high heat. Add the steak roll and sear quickly on all sides until brown.
7. **Roast the roll.** Transfer the skillet to the preheated oven and roast for 30 to 40 minutes or until the interior of the meat registers at **130°F** when tested with an instant read meat thermometer.
8. **Rest the meat and slice.** Remove the skillet from the oven and let the steak rest for

10 minutes. Remove the string from the roll and cut into slices.

Notes

1. Make sure your knife is sharp to get a good clean even cut in your steak.
2. When you flatten the steak, don't make it too thin, it may rip. Only pound it if it's not thin enough, mine was already about ½ inch in thickness so there was no need to pound it.
3. Use your favorite cheese, other cheeses that would be great would be Swiss cheese or Havarti.
4. Don't skip the searing part for that delicious brown crust. A cast iron skillet is best for a good sear.
5. Best and safest way to determine when your roll is cooked is to use a meat thermometer.

Nutrition

Serving: 1serving | Calories: 564kcal | Carbohydrates: 4g | Protein: 35g | Fat: 45g | Saturated Fat: 12g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 23g | Trans Fat: 1g | Cholesterol: 92mg | Sodium: 876mg | Potassium: 557mg | Fiber: 1g | Sugar: 1g | Vitamin A: 1012IU | Vitamin C: 12mg | Calcium: 308mg | Iron: 3mg

Chicken Savy

Serves: 4

3 oz cream cheese

3 T melted butter or margarine

2 Cups cooked chicken diced/shreaded

1/4 teaspoon salt

Dash pepper

2 Tablespoons milk

1 Tablespoon onion (I used green onion)

8 oz can of crescent dough

3/4 Cup seasoned croutons crushed

Blend cream cheese with 2 Tablespoons butter.

Add next 5 ingredients and mix well.

Roll out crescent dough into 4 squares. Spoon 1/2 cup of chicken mixture onto dough, fold over and crimp edges.

Brush tops with remaining melted butter and sprinkle with crushed croutons.

Bake 350 degrees for 20-25 minutes.

Manicotti Dough

6 eggs (beat in blender first)

1 $\frac{1}{2}$ c. milk

4 T. oil

2 c. flour

1 tsp. salt (blend all before
putting in bowl)

Put drop of oil in small frypan. Use coffee
scoop to put $\frac{3}{4}$ of batter in scoop, then
roll in pan in circular motion to make a crepe.
When edges are starting to curl,
flip and swirl around. Then take out
of pan. Pile up crepes and use within
2 days in refrigerator to fill.

Filling:

2-3 lbs ricotta

small mozzarella, cut into cubes

Salt + pepper to taste

3 egg yolks

parmesan cheese + parsley (Mix All)

Bake with tomato sauce after filling

30-45 minutes at 375°

Grandma's Polish Perogies

This recipe for perogies has been in the family for generations, with a few alterations of course! My grandfather is Polish, and his mother taught my grandmother how to make these delicious dumplings. Serve plain, or with butter, sour cream, bacon, etc. Perfecting the pierogi technique takes time, and after a while, you will develop your own system.

Submitted by **STEPH577**

Prep Time: 1 hr

Cook Time: 40 mins

Total Time: 1 hr 40 mins

Servings: 20

Yield: 60 perogies

Ingredients

Dough:

4 ½ cups all-purpose flour

2 teaspoons salt

2 cups sour cream

2 large eggs

1 egg yolk

2 tablespoons butter, melted

2 tablespoons vegetable oil

Filling:

8 baking potatoes, peeled and cubed

1 cup shredded Cheddar cheese

2 tablespoons processed cheese sauce

1 pinch onion salt, or to taste

salt and pepper to taste

Directions

Step 1

Prepare the dough: Stir flour and salt together in a large bowl. Whisk sour cream, eggs, egg yolk, butter, and oil in a separate bowl. Stir wet ingredients into flour until well blended and dough comes together. Cover the bowl with a towel, and let stand for 15 to 20 minutes.

Step 2

Meanwhile, prepare the filling: Place potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes.

Step 3

Drain potatoes, and mash with shredded cheese and cheese sauce while still hot. Season with onion salt, salt, and pepper. Set aside to cool.

Step 4

Separate pierogi dough into two balls. Roll out one ball at a time on a lightly floured surface until it is thin enough to work with, but not too thin so that it tears, between 1/8- and 1/4-inch thick. Cut into circles using a cookie cutter, pierogi cutter, or a glass, 3- to 4-inches in diameter.

Step 5

Assemble the perogies: Brush a little water around the edges of the circles, and spoon some filling into the center. Fold the circles over into half-circles, and press to seal the edges with fingers, or use a fork for crimped edges.

Step 6

Place perogies on a cookie sheet, and freeze. Once frozen, transfer to freezer storage bags or containers.

Step 7

To cook the perogies: Bring a large pot of lightly salted water to a boil. Lower perogies into the water in batches. Cook until they float to the top, about 5 minutes. Do not boil too long, or they will be soggy. Remove with a slotted spoon.

Recipe Tips

For best results, choose low-moisture potatoes, such as russets.

Choose a rolling pin that is very heavy — it will be easier to roll out the dough.

The perogies are less likely to burst during cooking if they are frozen when you put them in the boiling water.

Nutrition Facts

Per serving: 281 calories; total fat 11g; saturated fat 6g; cholesterol 50mg; sodium 351mg; total carbohydrate 38g ; dietary fiber 3g; total sugars 1g; protein 8g; vitamin c 17mg; calcium 101mg; iron 2mg; potassium 440mg



DEBBIE WENDELKEN

Rotel Sausage & Cream Cheese Crescents

Dive into a heavenly blend of breakfast sausage, creamy cheese, and zesty Rotel tomatoes wrapped in flaky crescent rolls. A bite-sized burst of flavors in every crescent! Just four ingredients to gastronomic joy.



3.83 from 64 votes

Course: Appetizer Cuisine: American Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes
Servings: 32 Bites

Ingredients

- ☐ 1 lb. breakfast sausage adequately cooked and crumbled
- ☐ 8 oz. cream cheese brought to room temperature
- ☐ 10 oz. can of Rotel diced tomatoes and green chilies ensuring it's thoroughly drained
- ☐ 3 cans 8 oz. each of refrigerated crescent rolls

Instructions ** MIXTURE MADE ENOUGH FOR 48 BITES*

- 1** Preparation of Oven: Commence by setting the oven to preheat at a temperature of 375°F. Ensure even heat distribution for optimal baking.
- 2** Mixing of Ingredients: In a sufficiently large mixing bowl, meticulously combine the pre-cooked and crumbled breakfast sausage, room temperature cream cheese, and the well-drained Rotel tomatoes and green chilies. It is imperative to achieve a uniform mixture.
- 3** Preparation of Crescent Rolls: Carefully unroll the crescent rolls. With precision, bisect each triangle in half along its length, resulting in two elongated triangles.
- 4** Filling: Employing a small cookie scoop or a precise tablespoon measurement, place an adequate quantity of the earlier prepared sausage mixture on the broader end of each triangle. Subsequently, roll the dough towards its pointed terminus, ensuring the filling remains encased.
- 5** Baking: Arrange the filled crescents on a baking sheet, taking care to space them evenly. Place the sheet in the preheated oven

and bake for approximately 15 minutes. The crescents should attain a golden-brown coloration indicative of their readiness. Once achieved, remove from the oven and allow them to cool slightly before serving.



Tried this recipe?

Mention @ThatOvenFeelin or tag #ThatOvenFeelin!

Quick Beef Taquitos

Always a crowd pleaser, one of those recipes you have to kick everyone out of the kitchen to be able to complete. It's fast and delicious with beef, cheese, and chiles. Served best with sour cream and guacamole.

Submitted by **TRACEY**

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Servings: 6

Yield: 6 servings

Ingredients

- oil for frying
- 2 (12 ounce) cans roast beef with gravy - you can use canned chicken too
- 1 cup shredded pepper Jack cheese
- 1 (7 ounce) can diced green chiles
- 18 corn tortillas

Directions

Step 1

Heat oil in a skillet over medium-high heat.

Step 2

Combine roast beef, pepper jack cheese, and green chilies in a bowl. Use a fork to break up the beef and mix ingredients. I cook the beef first until all the liquid is gone, then mix in the chiles and cheese.

Step 3

Fry tortillas in hot oil just long enough to soften, just a few seconds; drain on a plate lined with paper towels.

Step 4

Begin spooning beef mixture into tortillas making a line down the middle of the tortilla. Roll tortilla around the filling and place in frying pan with the edge of the rolled tortilla facing the bottom of the pan. Cook until the tortillas are completely browned, 5 to 8 minutes per side. Drain again on paper towels before serving.

Level: Easy

Total: 10 min

Active: 10 min

Yield: about 2 cups

Ingredients:

1 stick butter

1 cup heavy cream

Salt and freshly ground black pepper

2 cups freshly grated Parmesan

Pasta cooking water, as needed

Directions:

- 1 In a saucepan or skillet, warm the butter and cream. Season with salt and pepper. Add the Parmesan and stir until melted.
- 2 Toss to combine, thinning with pasta water if necessary.

*Cook Broccoli & Pour Alfredo
Sauce over it*

BROCCOLI ALFREDO

ASPARAGUS WRAPPED WITH PROSCIUTTO

Snap ends off asparagus.
Wash and thoroughly dry asparagus.
Cut prosciutto slices in half lengthwise.
Wrap asparagus with prosciutto.

Lay wrapped asparagus on cookie sheet lined with parchment paper.
Lightly spray with olive oil spray.
Season with black pepper.

Bake at 400 degrees for about 8-10 minutes.
Place on serving plate.
Top with lemon zest if desired and freshly grated parmesan cheese. Serve while hot.

Recipe by MaryJane Pietrzak