

every day is a
Food Holiday

August

AUGUST IS:



National BROWNIES At
BRUNCH Month



National Cat Fish Month
National Panini Month
National PEACH Month
and
National Sandwich Month

National APPLE WEEK is
THE 2nd WEEK OF August



RECIPE CARDS INCLUDED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RASPBERRY CREAM PIE DAY 	2 ICE CREAM Sandwich Day 	3  WATERMELON DAY	4 Lasagna Day	5 WAFFLE DAY 	6 Root BEER Float Day 	7 National Mustard Day
8 Zucchini Day 	9 RICE Pudding Day 	10 Banana Split Day S'MORES DAY	11 RASPBERRY Tart DAY 	12 JULIENNE FRIES Day	13 FILET MIGNON DAY 	14 CREAMSICLE DAY
15 LEMON MERINGUE PIE DAY	16 BRATWURST DAY	17 Vanilla Custard Day	18 SOFT ICE CREAM Day	19 HOT & SPICY Food Day	20 LEMONADE DAY	21 PECAN TORTE DAY
22 Eat a PEACH DAY 	23 SPONGE Cake DAY 	24 PEACH PIE DAY	25 WHISKEY SOUR Day	26 CHERRY POPSICLE DAY	27 Banana LOVERS' DAY 	28 CHERRY TURNOVER DAY 
29 MORE HERBS, LESS SALT DAY	30 Toasted MARSHMALLOW DAY	31  Eat Outside Day				

SOME RECIPES TO TRY...

Homemade Lemonade

- 1 cup sugar
- 1 cup water
- 4-6 lemons (to make 1 cup juice)
- 3-4 cups cold water

Combine sugar and 1 cup water in saucepan and heat until sugar is completely dissolved. In the meantime, juice 4-6 lemons to make 1 cup of juice. Remove from heat and add sugar water and lemon juice to pitcher. Add cold water to dilute. If too sweet, add more water or straight lemon juice. Serve with ice for a delicious summer beverage.

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Easy Lasagna

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| 1 lb. ground beef | 28 oz can tomato sauce |
| ½ lb. mild Italian sausage | 1 lb. shredded mozzarella cheese |
| 16 oz package lasagna noodles | 1 tablespoon onion powder |
| 8 oz cream cheese, cut in ½ inch squares | 1 tablespoon garlic powder |
| | Salt & pepper to taste |

Preheat oven to 375° F. Cook lasagna noodles according to package directions. Brown ground beef and Italian sausage. Add seasonings and tomato sauce to meat mixture. In 13x9 baking dish, layer cooked noodles, sauce, cream cheese and shredded cheese. Bake in preheated oven about 30 minutes. Let stand about 10 minutes before serving.

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Lemon Meringue Pie

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| 1 cup + 6 tablespoons sugar (divided) | 2 lemons - juiced & zested |
| 2 tablespoons flour | 2 tablespoons butter |
| 3 tablespoons corn starch | 4 egg yolks - beaten |
| ¼ teaspoon salt | 4 egg whites |
| 1 ½ cups water | 9 inch pie crust - baked |

Preheat oven to 350° F.

In saucepan, whisk together 1 cup sugar, flour, cornstarch, and salt. Stir in water, juice and zest. Cook over medium-high heat, stirring constantly, until mixture comes to a boil. Stir in butter; stir half of mixture into egg yolks, then stir back into hot mixture. Continue cooking, stirring constantly until mixture comes to boil again, and cook until thick. Pour into crust.

Prepare meringue by whipping egg whites in large bowl until foamy. Gradually add 6 tablespoons sugar until soft peaks form. Spread over crust. Bake 10 minutes until meringue is lightly browned.

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Fried Catfish

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| 6 - 6 oz catfish fillets | 1 teaspoon ground red pepper |
| ¾ cup yellow cornmeal | ¼ teaspoon garlic powder |
| ¼ cup flour | Oil for frying |
| 2 teaspoons salt + ¼ teaspoon salt | |

Combine cornmeal, flour, 2 teaspoons salt, red pepper, and garlic powder. Sprinkle fish fillets with ¼ teaspoon salt, then dredge in cornmeal mixture. In deep skillet, pour about 1-½ inches oil. Heat to 350° F. Fry fish, a few pieces at a time, for 5 to 6 minutes. Drain on paper towels and enjoy!

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