

The New Year is here! Celebrate new beginnings with trying a few new recipes.

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 Deviled Eggs

*Yields: 2 dozen  
Prep/Total Time: 15 min*

12 hard-boiled large eggs  
1/4 c. mayonnaise  
2 T. white vinegar  
2 T. butter, softened  
1 T. sugar  
1/2 tsp. pepper  
1/4 tsp. salt  
4 bacon strips, cooked and crumbled  
1/2 c. frozen chopped spinach, thawed and squeezed dry

Cut eggs in half lengthwise. Remove yolks; set whites aside. In a small bowl, mash yolks. Add the mayonnaise, vinegar, butter, sugar, pepper and salt; mix well. Stir in bacon and spinach. Stuff or pipe into egg whites. Refrigerate until serving.

## Cranberry Cream Cheese Spread

*Prep/Total Time: 10 min  
Makes: 1-1/2 cups*

1 pkg. (8 oz.) reduced-fat cream cheese  
1/2 c. dried cranberries, chopped  
1/2 c. chopped dried apricots  
1 tsp. grated orange zest  
Assorted crackers

In a large bowl, beat the cream cheese, cranberries, apricots and orange zest until blended. Chill until serving. Serve with crackers.

## Bacon Wrapped Pineapple Shrimp

*Level: Easy  
Total: 16 min  
Prep: 10 min  
Cook: 6 min  
Yield: 4 servings*

12 jumbo shrimp, deveined  
1/4 fresh pineapple cut into bite sized chunks or one 14-oz. can pineapple chunks in natural juice, drained  
6 slices center-cut bacon, cut in 1/2 crosswise

**Special equipment:** 12 wooden toothpicks

Heat a nonstick skillet over medium-high heat. Holding a shrimp, nest a chunk of pineapple in the natural curve of the shrimp then wrap bacon around the shrimp and pineapple and secure with a wooden toothpick.

Wrap and secure all 12 shrimp then add to the hot pan and cook 3 minutes on each side or until bacon is crisp and shrimp are opaque and firm.

## Kielbasa and Honey Mustard Pinwheels

*Level: Easy  
Total: 1 hr 5 min (includes chilling and cooling times)  
Active: 10 min  
Yield: 4 to 6 servings*

1 sheet frozen puff pastry (half of a 17.3-oz. package), thawed  
All-purpose flour, for dusting  
1/3 c. honey mustard  
8 oz. diced kielbasa (about 1-1/2 c.)

Preheat the oven to 400 degrees F and line a rimmed baking sheet with parchment.

Unfold the puff pastry onto a lightly floured work surface. Using a rolling pin, gently roll the dough out to a 10-by-15-inch rectangle. With a small offset spatula, spread the honey mustard evenly over the dough, making sure to go all the way to the edges, then sprinkle the kielbasa pieces over the mustard.

Starting at a long side, roll the dough into a log as you would a jelly roll, then pinch the seam shut and place onto the prepared baking sheet, seam-side down. Refrigerate the log until slightly firm, at least 30 minutes; this will make it easier to cut it into rounds. (See Cook's Note)

Cut the chilled puff pastry log into 1/2-inch-wide slices (you should get 20 to 22 slices) and place the slices cut-side down onto the baking sheet. If needed, adjust the slice shape to form a circle. Bake until puffed and golden brown, about 18 minutes. Let cool 5 minutes before serving.

**Cook's Note:** The swirls can be assembled up to this point and held in the refrigerator for several hours before slicing and baking

## Chicken, Carrot, Ginger Soup

*(This recipe can be doubled, tripled, and is very forgiving and flexible.)*

8 c. quality chicken stock or broth  
1 lrg. onion, chopped  
2 garlic cloves, crushed  
3 celery sticks, trimmed and thinly sliced 1/4" pieces  
3 lrg. carrots, peeled and diced 1/4 pieces  
3-4-inch piece fresh ginger root, peeled and finely grated  
Large handful chopped fresh flatleaf parsley  
1/2 tsp. thyme  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/2 c. quick pearled barley  
2 rotisserie chicken breasts, skinned and diced

In 8-quart pot, combine chicken stock, onion, garlic, celery, carrots, ginger root, parsley, thyme, salt, pepper, and stir.

Bring to a gentle boil and then low simmer, covered and vented, for 30 minutes, or until veggies are tender.

Add quick barley and diced chicken, gently stir, and let quick barley cook at a low simmer, covered and vented, for 10-15 minutes, or according to directions on package if using regular barley.

Serve with hot crusted bread. Servings: 8.

## Healthy Vegetable Soup

*Prep Time: 8 min*

*Total Time: 8 min*

*Yields: 3 quarts*

2 T. olive oil, plus more for serving  
2 med. carrots, chopped  
2 pcs. celery, chopped  
1 med. yellow onion, chopped  
1 sweet potato (about 8 oz.), peeled and diced  
1 tsp. kosher salt, divided  
4 cloves garlic, chopped  
6 c. vegetable broth  
1 (14.5-oz.) can crushed tomatoes  
1 (8.75-oz.) can corn, drained  
1-1/2 c. frozen, cut green beans  
1 med. zucchini, chopped  
1 (15-oz.) can cannellini beans, drained and rinsed  
2 tsp. Italian seasoning  
1 (5-oz.) bag baby spinach  
1/2 tsp. black pepper, to taste

Heat a large Dutch oven over medium-high heat. Add the olive oil, then carrots, celery, onion, and sweet potato. Season with 1/2 teaspoon salt. Cook 8 to 10 minutes, until slightly softened. Add the garlic and cook 2 more minutes.

Add the stock, tomatoes, corn, green beans, zucchini, cannellini beans, and Italian seasoning. Return to a simmer, then reduce heat to medium. Cook at a low simmer, stirring occasionally, until the zucchini and green beans are tender, 12 to 15 minutes. Add the spinach and stir to wilt.

Season with the remaining 1/2 teaspoon salt and black pepper. Serve in bowls drizzled with more olive oil.

**Tip:** For a thicker soup, remove 2 cups of soup and transfer it to a blender at the end of step 2. Puree it until smooth, then add it back into the soup pot.

## Instant Pot Chicken Taco Bowls

1-1/2 c. low-sodium chicken broth, divided  
1-lb. boneless skinless chicken breasts  
1 packet taco seasoning  
15 oz. can black beans, rinsed and drained  
1 c. corn  
1-1/2 c. salsa  
1-1/4 c. long grain white rice, rinsed and drained

**Topping ideas:** Mexican-blend shredded cheese, fresh cilantro, chopped, avocado sliced, green onion, chopped, sour cream.

Spray bottom of IP with non-stick cooking spray. Add 1/2 cup chicken broth to bottom of IP. Add chicken breasts. Sprinkle chicken with taco seasoning. Add black beans, corn, salsa, rice, and remaining 1 cup chicken broth.

Press rice into the liquid to make sure it's fully submerged.

Set valve to sealing. Cook on Manual (high pressure) for 8 minutes.

Allow pressure to naturally release for 12 minutes, then turn to quick release.

Remove IP lid and gently FLUFF rice with a fork (Don't stir it!).

Place IP lid back on (with power off) for 5 more minutes to allow rice to rest while you prepare the toppings.

Slide rice to the side a bit to find the chicken breasts and pull them out. Shred the chicken.

Add a scoop of rice mixture to a bowl. Top with some shredded chicken, and other desired toppings. Serve with tortillas, if desired. Serves 6.

**Note:** This recipe is for use in a 6 QUART INSTANT POT. If using a larger Instant Pot, in step 2, add an additional 1/2 cup of chicken broth to the bottom of the pot (1 cup total in step 2).

To make in the Slow Cooker: Add 1 cup broth, chicken, taco seasoning, beans, corn and salsa to slow cooker and cook on low for 4-5 hours or high for 2-3 hours, until chicken is cooked through. Stir in cooked rice.

### Quote of the Week:

*“Be willing to be a beginner every single morning.”*

~ Meister Eckhart