

contents

FOREWORD xi

INTRODUCTION xiii

THE BACKSTORY 1

BEFORE WE GET MESSY 2

a.m. grub / 7

Get Up and Go Morning Muesli — 9

Char's Awesome Clustery Spiced Granola — 11

Loaded Breakfast Cookies — 15

Banana Bread with Banana Chip Crunch Topping — 18

Pumpkin Muffins with Coconut Crunch Topping — 21

Croissant Pudding with Fresh Herbs and Aged Cheddar — 23

Char's Spiced Rice Pudding — 24

Char'shuka with Chorizo Sausage and Olive Tapenade — 25

Chocolate Energy Truffles — 27

Smoked Trout Frittata with Sweet Potatoes and Brie — 28

hand to mouth / 31

Ultimate Supper Sandwich — 33

Char's Salmon Burgers with Caper Lime Mayo — 35

Buffalo Chicken Pizzas with Dilly Ranch Dressing — 39

Soft Chicken Tacos with Pineapple Salsa — 43

Lemon Walnut Tuna Melts — 45
Lamb Char'warma — 47
Sweet Pea Pesto White Bean Dip — 49
Pumpkin and White Bean Dip — 51
Cheesy Eggplant Pull-Apart Fingers — 53

char grilled & sides / 55

Brie Stuffed Pork Burgers with Maple Mustard Glaze — 56
Arugula and Cantaloupe Salad with Honey Jalapeño Dressing — 59
Char's Cheddar Stuffed Beef Burgers — 60
Crunchy Lime Slaw — 61
Blueberry Turkey Burgers with Sweet Horseradish Sauce — 63
Tangy Tabbouleh Salad — 65
Sloppy Lamb Burgers with Olive Tapenade and Lemon Yogurt — 67
Fennel, Apple, and Sweet Pea Salad — 69
Curry Chicken Thighs with Mango Ginger Sauce — 71
Turmeric and Dried Cherry Couscous — 73

my kinda diet food / 75

Charlicious Salad with Sweet Ginger Dijon Dressing — 77
Roasted Squash and Kale Salad — 79
Curried Cauliflower and Arugula Salad — 81
Greens, Roasted Beets, and Goat Cheese Salad — 82
Roasted Carrot and Parsnip Fries with Crumbled Feta and Mint — 83
Spaghetti Squash with Sage Butter, Dried Blueberries, and Grilled Sausage — 85
Char's Tex-Mex Rice Salad — 87
Tomato and Peach Salad with Garden Fresh Herbs — 89
Roasted Potatoes with Garlic Mayo — 90

bowlicious / 91

- Curried Pumpkin Slow Cooker Stew — 93
- Turkey Shepherd's Pie with Sweet Potato Topping — 94
- Spiced Carrot and Cashew Soup — 97
- Rutabaga and Apple Soup — 98
- Char's 20-Minute Pad Thai — 99
- Char's Cheesy Pesto Pasta Bake with German Salami — 100
- Simplest Supper Ever — 103

have your cake & eat it too / 105

- Grilled Chocolate Sandwiches — 107
- Mile-High Caramel S'mores Bars — 109
- Vanilla Bean Cheesecake with Gingersnap Crust — 113
- Lemon Berry Mascarpone Trifle — 115
- Spicy Black Bean Brownies with Caramel Mascarpone Frosting — 119
- Caramel Mascarpone Frosting — 120
- Family Favourite Frozen Citrus Pie — 121
- Coconut Rum Blondies — 123
- Gingerbread Fudge — 125
- Strawberry Ginger Refrigerator Cake — 127

simple recipes that will "wow" / 129

- Caramel Covered Brie with Dried Fruit and Nuts — 131
- Char's 20-Minute Seafood Chowder — 132
- Risotto Three Ways — 135
- Basic Risotto — 135
- Pumpkin Risotto — 137
- Sweet Pea Pesto Risotto — 137
- Caramelized Onion and Sage Risotto — 137
- Whipped Sweet Potato Casserole with Caramelized Onions and Blue Cheese — 139

Russet Potato Mash with Caramelized Onions, Aged Cheddar, and Rosemary	— 141
Creamy Parsnip, Apple, and Cardamom Soup	— 143
Almond Crusted Salmon with Herb Yogurt Sauce	— 145
Gourmet Grilled Cheese with Herb Compound Butter and Truffle Honey	— 146
Prosciutto Wrapped Peaches with Blue Cheese	— 147
Wild Rice Salad with Smoked Salmon and Candied Walnuts	— 148

gifts from the kitchen / 149

Peanut, Dried Fruit, and Rosemary Bark	— 151
Char's Caramel Rum Sauce	— 153
Homemade Vanilla Sugar	— 154
Salted Dark Chocolate Spiced Cocoa	— 155
Sweet Compound Butter	— 156
Char's Citrus Coconut Body Scrub	— 157

condiments & more / 159

Caramelized Onions	— 160
Pickled Onions	— 161
Char's Magic Seed Mix	— 161
Char's Spicy Lentil Dip	— 163
Zesty Sour Cream	— 164
Sage Mayo	— 165
Sweet Pea Pesto	— 167
Olive Tapenade	— 168
Candied Walnuts	— 169

SPECIAL THANKS TO ... 171

MORE THANKS 173

ABOUT CHARMAINE 175

PUBLISHER'S NOTE 177