

**Get Your Memorial Day On,  
No Matter Whether You're in the Red, Yellow or Green Phase!**

Kathy's Cuisine



A PERSONAL CHEF SERVICE



## **Facebook Live Cooking Sessions Continue**

Thank you for your encouragement to continue with the live cooking sessions at 5:15pm on Mondays, Wednesdays and Fridays! I've enjoyed having many of you cook along with me, and encouraging Cameraman Cliffy! I will continue doing these until I'm able to return to work, and then will decide how to move forward. Let me know what your thoughts are, please! I won't be

able to do them M/W/F at 5:15pm (as I'm usually cooking dinner for clients at that time), but we can figure something out! Here are links to the sessions since the last newsletter issue:

[Crustless Asparagus Quiche](#)

[PA Dutch Red Beet Eggs](#)

[Keto Brownies](#)

[Slow Cooker Sticky Chicken](#)

[Lemon Curd, Part 1](#)

[Lemon Curd, Part 2](#)

[Asparagus Scramble with Herbed Cream Cheese](#)

[Avocado Mozzarella Tomato Basil Salad](#)

[Vegetable Barley Soup](#)

[Quick Refrigerator Pickles & Onions](#)

[Southern Squash Casserole](#)

[Egg Fu Yung](#)

[Cheesy Overnight Broccoli Cheese Strata](#)

[Pie Crusts \(from scratch\) and Blueberry Crumb Pie](#)

[Salmon in Foil Packets with Asparagus](#)



**Cook with Lebanon County  
Career & Technology  
Center's (LCCTC)  
Superlative Talent, Brian  
Peffley!**



As I mentioned in the last newsletter, I'm a big fan of Chef Peffley! He has been doing YouTube videos for his students, so they could finish their school year - and has made those available to the public. So, here is Chef Peffley's video on [Spritz Cookies!](#)



**5 More Fun Things to do  
While You're at Home**

1. Take a virtual tour of five



National Parks: [Kenai Fjords National Park, Alaska](#), [Hawaii Volcanos National Park, Hawaii](#), [Carlsbad Caverns National Park, New Mexico](#), [Bryce Canyon National Park, Utah](#) or

[Dry Tortugas National Park, Florida](#).

2. Families have hours of activities and entertainment to enjoy at [Disney Magic Moments](#).
3. Check out the Koala cameras at Brisbane's [Lone Pine Koala Sanctuary](#).
4. Learn the basics of [Irish Step Dancing](#)!
5. Take in an exercise class with one of the [Las Vegas Chippendales](#).



## Is Re-Organizing Your Kitchen on Your Self-Isolation To Do List?

It's one of those jobs on most people's TO DO LISTS, but we rarely find time to carve out to get to it. Your approach can be to do a certain area each day, tackle two hours a day, or start and don't stop until you finish. Getting everything out of the cabinets, one cabinet at a time, wiping your cabinets with Murphy's Oil Soap, getting rid of stuff you haven't touched for the last year.... Seem overwhelming? I can help you with that!! Put my OCD (obsessive compulsive disorder) to work either FOR you or WITH you! You'll feel so relieved when it's done, you'll know where everything is (including those old outdated pantry staples which need to be tossed) - and you'll probably walk into your kitchen a few times a day just to admire your



handiwork for awhile!



## Do You Eat the Same Thing Every Memorial Day? Or Would You Like to Switch It Up?

We don't eat potatoes often, so hubby really looks forward to potato salad at summer holiday picnics. For his son Bob, it's deviled eggs. And for Sharon, it's watermelon. We will be missing our family get-together this Memorial Day, but we'll plan bigger for the Fourth of July! So, what's on our menu for a Memorial Day for just two?

Most of you know my Cliff is a vegetarian and he LOVES Beyond Meat Burgers. Never had one?? [Here's a coupon for you!](#) So I picked up some Martin's Potato Sandwich Rolls to put that burger on, along with some condiments and maybe a slice of his favorite cheese. We'll marinate some asparagus with Gazebo Room dressing. If you haven't tried this awesome salad dressing and marinade, pick it up in your grocery store and try one of [their recipes!](#) It's a versatile family favorite, made in Central PA! For our holiday dessert, I'll often make strawberry ice cream or whip up a Red/White/Blue Trifle, with berries, Cool Whip and angel food cake. If none of these ideas strike your fancy, check out the [New York Times Best Memorial Day Recipes!](#)

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