

FEAST FRENZY  
@  
THE HORROR FOOD NETWORK  
POSTS COLLECTION  
2015-2016 (Hollywood)

74 Simple Recipes  
For A Poor, Single, Horror-Writer Guy

By  
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10.29.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**5-PEPPER-SAUCE ROTINI PASTA  
With GRILLED CHICKEN, TURKEY SAUSAGE & SHRIMP!**

Now this is a feast to get frenzied over! First prepare 100% whole grain wheat Rotini pasta (boil for 10 minutes until al dente, then strain and return to pan). Next prepare the 5-Pepper-Sauce. In a large saucepan, pour one 24oz can of Hunt's Premium Pasta Sauce (No Salt Added)—just .99¢ at the .99¢ Only Store—add one 14.5oz can of (no salt added) diced tomatoes and one 8oz can of (no salt added) tomato sauce. Next very-finely dice 2 Habanero peppers, 2 large Jalapeno peppers, and 3 Serrano peppers and stir into sauce. Chop yellow & red bell peppers and stir into sauce until sauce is chunky with them. Spice to taste with oregano, basil, and garlic powder. Bring all to a boil and simmer for 15 minutes.

Cut 2 small chicken breasts into strips and place on the grill (NuWave Oven) and spice with garlic powder & paprika—grill for 4 minutes. Flip the chicken and spice other side, then add 2 large Jenny-O Hot Italian Turkey Sausages to the rack and grill for 5 minutes. Flip the sausages and add 10-12 medium-large fresh shrimp (peeled with tails removed, and which have been marinating in lemon juice for 30 minutes), sprinkle with ground black pepper. Grill all for another 6 minutes (until chicken is 175° & sausage is 165°). Slice the turkey sausage and add to pasta in pan, stir in the 5-Pepper-Sauce until all is covered well, and heat until hot. Spoon onto a dinner plate, add the grilled chicken around the side, then top with the grilled shrimp, 2 Hot Yellow Chili Peppers, and sprinkle with shredded Parmesan cheese.

Wow! Soooooo tasty, sizzling hot and spicy! You'll have enough for a guest or two, or plenty of leftovers!



10.26.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**GRILLED TILAPIA SANDWICH & FRITOS!**

OK, so this is ‘another’ second to last Feast Frenzy post—I’m still in need to use up perishable food before I leave town, and also needed something quick and easy after a long day of moving errands and prep.

I had 2 grilled Tilapia fillets leftover from my 10.25.16 post (please see said post for grilling instructions), so I simply placed them on my NuWave Oven and warmed them for 4 minutes. When finished, I laid on extra sharp Cheddar cheese and heated an additional 1 minute to let the cheese melt. While the fillets were heating, I toasted 2 slices of Nature’s Harvest 40-Calorie Multi-grain bread, then spread on Jalapeno mustard, sliced the bread into halves and layered on a bed of field greens & spinach, then 2 sliced tomatoes (sprinkled with garlic powder & 50/50 Lite salt) on each bottom half. Next, I placed one fillet on each half (sprinkled with fresh ground black pepper) and topped off with slices of white onion. On the side: Lightly Salted Fritos, which are always outstanding! Over all, a very, very delicious meal in minutes!



10.25.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**GRILLED TILAPIA WITH STEAMED & FRESH VEGGIES!**

This is the second to last Feast Frenzy post we're all going to see until after I've moved and resettled in Dallas. I managed to squeeze this one in because packing is going well in this final week—and I need to empty my freezer of food.

First I placed 3 small Tilapia fillets on a plate and doused them, top and bottom, with lemon juice. Next I laid them on the grill of my NuWave Oven and rubbed an even coat of Frank's Red Hot Original Cayenne Pepper Sauce on each fillet, then sprinkled with garlic powder and grilled them for 4 minutes. Once finished, I flipped the fillets and again applied an even coat of Frank's Pepper Sauce, sprinkled them with oregano and basil, and grilled for another 4 minutes.

While the Tilapia was cooking, I steamed one bag of Market Pantry mixed veggies in the microwave for 5 minutes, sliced and halved fresh-on-vine tomatoes, and cut 4 green onions. After the grilling was complete, I placed the fillets on a dinner plate, spooned out the steamed veggies (drizzling them with paprika), fan-layered the tomatoes (sprinkling them with fresh ground black pepper & 50/50 Lite Salt), laid on the green onions, and garnished with green olives and Hot Yellow Chili Peppers for that extra kick. All was hot, spicy, delicious, and very healthy!



9.22.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**LATE-NIGHT, HATEFUL-8, SLOPPY MINI-DAGWOOD GOES GREEN!**

This is the kinda thing that happens when I can't decide what I want to eat—can't afford delivery pizza or Chinese, and great Mexican food is out of budget and too far to drive to anyway—and the clock keeps ticking and it just gets later-and-later and I'm planning to watch a nearly 3-hour film called THE HATEFUL EIGHT. Shwoo! OK...

Before another minute can tick by, I grab one slice of Nature's Harvest 40-Calorie Multi-grain bread, smear with Jalapeno mustard, cut in half, stack on 50/50 greens, Swiss cheese, cucumber & tomato slices (spiced with ground black pepper, garlic powder, Lite 50/50 salt, and ground cayenne pepper), then add 98% Fat-free Oven Roasted Chicken Breast slices, white onions, close the sandwich and top with two speared green olives. On the side: white tortilla chips, one pepperoncini, and a cup of Carey Salsa Mexicana Verde (sprinkled with shredded sharp Cheddar cheese & ground cayenne pepper). Run to the comfy chair, roll the movie, and eat! Delicious!



9.19.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**GRILLED CHICKEN BREAST, CHILI BEANS & FRESH GUACAMOLE!**

This one was a little work, but well worth it! First the guacamole—in a mixing bowl scoop out the contents of one large avocado and mash up completely in the bowl, next add one tablespoon of lemon juice, diced red onions, diced tomatoes, one diced Jalapeno pepper, and spice with garlic powder, ground black pepper, ground Cayenne pepper, and Lite 50/50 salt (all spices to taste). Place in the fridge to chill.

Now the chili beans—pour one 15oz can of organic red kidney beans into a microwave safe dish, add sliced white onions and green bell peppers, then spice with chili powder, garlic powder, and Lite 50/50 salt (all spices to taste). Add spring water until all contents are covered. Heat in the microwave for 5-6 minutes or until piping hot.

On the grill (my NuWave Oven) place one boneless chicken breast cutlet, then spice with garlic powder, ground cayenne pepper, and oregano. Grill for 7-8 minutes, flip over, spice the new topside as before, and grill another 7-8 minutes (or until 170 degrees reads on the food thermometer). Place the chicken on a dinner plate, pour on Tapatio Hot Sauce (to taste) and top with sliced green olives and two raw, white onion rings. Ladle the chili beans into a small bowl or cup and spoon out a healthy helping of the freshly chilled guacamole (drizzle with ground Cayenne pepper). Add a condiment cup of Tapatio Hot Sauce for that extra kick. Just fantastic!



9.18.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**VEGGIE AVOCADO BLACK-BEAN CHEDDAR BURGER!**

Strain one 15oz can of organic black beans and pour into a large mixing bowl. With a spoon mash the beans into a paste, then add one fresh ripe avocado—mash the avocado well—add one egg, and mix thoroughly with the beans. Spice with the juice of one lemon, Tapatio Hot Sauce, Frank's Red Hot Original Cayenne Pepper Sauce, garlic powder, onion powder, paprika, and Lite 50/50 salt. Dice several white mushrooms & one large Jalapeno pepper and process in a blender until nearly a paste. Add the mushrooms and peppers to the other ingredients. Mix all together thoroughly, adding breadcrumbs (or in my case, finely ground tortilla chips) until the paste has a very thick consistency. Next, spray a small sheet of tin foil with Canola oil and form a patty on the foil with the veggie burger ingredients. Grill for 8 minutes, then slide burger off onto grill—and flip—and cook for an additional 8-10 minutes. Add thick slices of extra sharp Cheddar cheese and heat until melted.

On a lightly grilled Kaiser Roll spread Jalapeno mustard (or other), add a layer of 50/50 spring greens, then the burger. Top with fresh tomato slices, Worcestershire sauce, and red onions. On the side: Claussen dill pickle slices, grilled redskin potato wedges & ketchup. Very healthy, spicy, and absolutely delicious!



9.16.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**AVOCADO BLACK-BEAN, HABANERO & SERRANO PEPPER NACHOS!**

Strain one 15oz can of organic black beans and pour into a large mixing bowl. With a spoon mash the beans into a paste, then add one fresh ripe avocado—mash the avocado and mix thoroughly with the beans. Spice with the juice of one lemon, Tapatio Hot Sauce, Frank's Red Hot Original Cayenne Pepper Sauce, garlic powder, onion powder, paprika, and Lite 50/50 salt. Mix all together thoroughly. Choose whole tortilla chips and fill a dinner plate with them. Using a butter knife spread a layer of the avocado black-beans on each chip. Next sprinkle with shredded sharp Cheddar cheese and shredded Monterey Pepper Jack cheese, then top with slices of Habanero and Serrano peppers. Sprinkle with paprika. Place the plate in the oven (for me my NuWave Oven) and heat for 4 minutes (or until hot and the cheese is melted. Spicy and superb!





9.15.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**CHICKEN, BLACK BEAN & RICE VERDE ENCHILADAS!**

Here's a simple way to make "outstanding" Verde enchiladas. In a microwave safe bowl pour one can of Campell's Chicken & Rice soup, one 15oz can of organic black beans, and one 10oz can of white chicken breast in water (strain water and chop up with a spoon in a strainer first). Spice with Tabasco Chipotle Sauce, Frank's Red Hot Original Cayenne Pepper Sauce, garlic powder, basil, oregano, and ground black pepper. Add and stir-in spring water until the bowl of ingredients has the consistency of a soup. Heat in the microwave for 6 minutes (or until piping hot).

Next lay out one Ole Spinach & Herbs (50-calorie Extreme Wellness) Tortilla on a plate. When the soup is hot, stir again. With a skimmer spoon or ladle scoop out the solid ingredients of the soup and let the liquid drain completely—then lay out the strained soup in a thick line down the center of the tortilla, add a healthy layer of diced red onions, and a layer of shredded sharp Cheddar cheese. Fold enchilada closed and roll the seam over on the plate. Cut in half. In the microwave heat a small cup of Carey Salsa Mexicana Verde Sauce (just .99¢ @ the .99¢ Only Stores) and pour over enchiladas. Garnish with shredded Monterey Pepper Jack cheese and sliced black olives. On the side: white tortilla chips and Picante Hot Sauce. So damn good, I can't get enough! Plus you can use the leftover soup for more enchiladas or eat as a spicy and delicious soup later!



9.4.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**SPICY BEEF FRANKS, BLACK BEAN & SAUERKRAUT SOUP!**

Didn't want a boring peanut butter sandwich so I got creative. In a large microwave safe dish pour 1 15oz can of organic black beans and 1 14oz can of sauerkraut. Next grill 4 to 5 Hebrew National 97% Fat-Free Kosher Beef Franks (on my NuWave Oven) for 5 minutes. While the franks are cooking, thickly dice red onions (amount to taste), thinly dice 1 Jalapeno pepper & 1 Serrano pepper, and put in with the beans and sauerkraut, then spice with 3-4 tablespoons of Sambal Oelek Ground Chili Paste (or other brand), basil, garlic, ground black pepper, and 50/50 salt. When the franks are ready, cut them into medium-thick slices, add to the dish of ingredients and thoroughly mix together with a spoon. Heat in the microwave for 6 minutes (until piping hot), ladle into a soup bowl, and garnish with shredded Parmesan cheese and sliced black olives. On the side: add an Ole Spinach & Herbs (50-calorie Extreme Wellness) Tortilla spread with Smart Balance Omega-3 Butter. Unique, spicy, and delicious! I'll be having some more for lunch today!



8.25.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**SRIRACHA GRILLED MUSHROOM & SWISS CHEESE SANDWICH!**

First take two slices of Nature's Harvest 40-calorie Multi-grain bread and swab with Tuong Ot Sriracha Hot Chili Sauce (or other brand of your choice). Place one slice (Sriracha side down) on the grill (my NuWave Oven) and lay on one slice of Swiss cheese. Then add one layer of thickly sliced white mushrooms, then one more slice of Swiss cheese, a layer of sliced red onion in rings, then one more slice of Swiss cheese. Pop on the second piece of bread (Sriracha side up) and grill for 4 minutes. Flip over and grill another 4 minutes. Cut diagonally and place on a plate. On the side: four half-slices of hothouse tomatoes spiced with 50/50 salt, freshly ground black pepper, and basil. Add one stick of celery drizzled with ground cayenne pepper and some Fritos Lightly Salted chips just because they're always delicious and go with everything. Not too heavy, but very satisfying, and absolutely scrumptious!



8.25.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**GRILLED CHICKEN & PAUL-MARKS SLAW WRAP!**

First grill one thin, chicken breast cutlet (for me on my NuWave Oven) and spice with garlic powder, basil, Jalapeno Texas Gunpowder, and Frank's Cayenne Pepper Sauce Xtra-Hot. Grill approximately 8-minutes on each side (until 170F). When ready, slice the cutlet into narrow strips.

Next, lay out one Ole Spinach & Herbs (50-calorie Extreme Wellness) Tortilla and spread with a thin layer of Jalapeno Mustard. Add a layer of fresh spinach & spring greens, then the chicken strips, and then spoon on the flavor pièce-de-résistance—the Paul-Marks Mustard-Slaw (see recipe in Feast Frenzy post from 10.24.16). Top with sliced black olives and shredded sharp Cheddar cheese, then roll up the tortilla, toothpick it, and cut in half. On the side: crinkle-cut fries grilled on my NuWave Oven until golden, then drizzled with garlic powder, paprika, and freshly ground black pepper. The dipping sauce is ketchup mixed with Tuong Ot Sriracha Hot Chili Sauce. Super tasty, healthy, and filling!



8.24.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**Oh, this turned out exceptionally well!**

**GRILLED CHICKEN 3-CHEESE SANDWICH & PAUL-MARKS MUSTARD-SLAW!**

First make the Paul-Marks Mustard-Slaw: In a large mixing bowl drop in three handfuls of red cabbage and an equal amount of shredded carrots, then add a healthy amount of thickly diced red onion, thinly sliced cucumber, and one finely diced Jalapeno pepper. Add (to taste) yellow mustard, juice from 1/2 fresh lime, garlic powder, ground black pepper, 50/50 salt, and Frank's Cayenne Pepper Sauce Xtra-Hot. Mix all thoroughly, place in a small container, and chill in the fridge for at least 24 hours.

The following day, grill one thin chicken breast cutlet (for me on my NuWave Oven) and spice with garlic powder, basil, Jalapeno Texas Gunpowder, and Frank's Cayenne Pepper Sauce Xtra-Hot. Grill approximately 8-minutes on each side (until 170F). Now butter two slices of the bread of your choice and place one slice (butter side down) on the grill, add a layer of extra sharp Cheddar cheese, then add the chicken cutlet, then add two slices of Swiss cheese and a top layer of shredded Monterey Jack cheese. Place the remaining slice of bread on top (butter side up) and grill for 3 minutes. Flip over and grill another 3 minutes. Slice diagonally and place on a plate. Spoon a heaping helping of the Paul-Marks Mustard-Slaw into a bowl, top with one pepperoncini, then add a side of Claussen dill edges (drizzled with paprika) and one radish. Fantastic—not too spicy—and just plain delicious!



8.19.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**SPICY SOUTHERN PERMINTO CHEESE SANDWICH!** First make the pimento cheese—in a large mixing bowl add: 1 cup shredded sharp Cheddar cheese, 4oz fat-free cream cheese, ¼ cup Smart Balance Omega-3 mayo, 1/8tsp garlic powder, 1/8tsp onion powder, 1 fresh jalapeno pepper (finely diced), 2oz diced pimentos, ground black pepper (to taste), and Frank's Red Hot Cayenne Pepper Sauce Xtra Hot (to taste). With a spoon, mix all together thoroughly and place in the fridge overnight to chill and allow the flavors to settle.

Lightly toast 2-slices of 40-calorie Nature's Harvest Multi-grain bread, spread on a healthy layer of the Spicy Southern Pimento Cheese and top with red onion and a slice of cucumber drizzled with ground black pepper & cayenne pepper. On the side: one Claussen dill pickle wedge (sprinkled with basil), two slices of cucumber (sprinkled with 50/50 salt & cayenne pepper), green olives, and Lightly Salted Fritos drizzled with paprika. This was an outstanding homemade deli lunch. Delicious!



## 8.1.16

### ALL NEW from Feast Frenzy @ The Horror Food Network!

Today was an experiment. The outcome? HABANERO BEEF & BLACK BEAN SOFT TACOS and FRESH PICO de GALLO!

First up, the Pico de Gallo: chop two hot-house tomatoes & white onions (eyeball an equal amount to tomatoes) and put in a mixing bowl. Next, add two diced Serrano peppers and diced cilantro (to taste), then spice with garlic powder, 50/50 salt, ground black pepper, the juice of one fresh lime, a tablespoon of lemon juice, and a bit of Tabasco Sauce (to taste). Mix thoroughly and pop into the fridge to chill.

The taco ingredients: Brown 93% lean ground beef in a skillet and spice with a healthy dose of Worcestershire sauce, garlic powder, and one large finely diced Habanero pepper. Heat one can of organic black beans in the microwave for 4 minutes or until hot. On a NuWave Oven grill sliced green, red, yellow, and orange bell peppers, all spiced with paprika.

Once all is ready: Warm two Ole Spinach & Herbs (50-calorie Extreme Wellness) Tortillas in the microwave and place on a taco holder (if you have one), add a layer of black beans, then the Habanero ground beef, next the grilled bell peppers (sliced into strips), and at last a layer of mixed-shredded Monterey Jack & sharp Cheddar cheese. Top off with freshly grated Jalapeno peppers. On the side: spoon the Pico de Gallo into a small bowl and add white tortilla chips. Healthy and extremely delicious! Keep some Tabasco Chipotle Sauce close if you want a little extra fire.



7.26.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

I was in another soup mood and also wanted something fast and simple, so...HABANERO PORTOBELLO MUSHROOM SOUP & SALAD was the endgame!

First, pour one can of condensed Cream Of Mushroom soup and one can of spring water into a large microwave bowl. Next add sliced baby Portobello mushrooms, one finely diced Habanero pepper, and diced white onions. Cook in the microwave for 5 minutes. When ready, ladle into a soup bowl, spice with ground black pepper, and garnish with shredded carrots, sliced radish, and one whole baby Portobello mushroom.

On the side: a salad of fresh spinach, spring greens, kale, collard greens, shredded cabbage, shredded carrots, broccoli, diced red bell peppers, tomatoes, red onions, sliced black olives, white mushrooms, and shredded Parmesan cheese. Spice all with oregano, basil, paprika, garlic, ground black pepper, and 50/50 lite salt. Dress with canola oil, balsamic vinegar, and Kraft fat-free Italian. All very tasty!





7.24.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

I was wishing the blazing summer would go away, so I concocted some wintertime food. The result? **SPICY TURKEY SAUSAGE & PORTOBELLO MUSHROOM SOUP!**

First I started grilling two large Jenny-O Hot Italian Turkey Sausages on my NuWave Oven. Then, in a large saucepan I poured one 15oz can of organic red kidney beans and one 8oz can of tomato sauce (no salt added)—next I added sliced baby Portobello mushrooms, shredded carrots, diced red onions, one each of finely-diced Habanero pepper, Serrano pepper, and Jalapeno pepper. Then I spiced all with 50/50 lite salt, oregano, basil, garlic & paprika, and brought the soup to a boil.

Once the sausages were done at 165-degrees, I cut the links into thick slices and marinated for 5 minutes in Worcestershire sauce & Tabasco Sauce, then added them to the boiling soup. Bringing the stove fire way down, I simmered the soup—stirring regularly—for 20 minutes. When all was mixed well and piping hot, I ladled into a soup bowl and garnished with fresh shredded carrots, chives, sliced black olives, and shred Parmesan cheese. On the side: Nature's Harvest 40-calorie Multi-grain bread with Smart Balance Omega-3 butter and sprinkled with basil. This was soooooo delicious! Summer, summer go away! Come on winter!



7.21.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

**Who says you can't have fancy \$15-dollar tacos for just under \$5-bucks?**

On today's menu: TAPATIO CHICKEN GOURMET TACOS! First, drain a can of white chicken breast in water, then break up in a skillet until well-minced. Now flavor with a bit of Worcestershire sauce & a healthy dose of Tapatio Salsa Picante Hot Sauce—spice with oregano, basil, and paprika. Cook in the skillet until hot and all chicken has absorbed the spices and taken on the light-red shade of the Tapatio sauce.

Spoon into flat-bottom taco shells, add a layer of shredded sharp Cheddar, and then add a layer of previously prepared chopped cabbage, carrots & green onions that has been lightly flavored with balsamic vinegar. Top with freshly chopped chives.

On the side: organic black beans combined with steamed mixed vegetables, then spiced to taste with Texas Gunpowder & ground cayenne pepper—top with a pepperoncini. Add a few white tortilla chips and eat! I have to admit this was absolutely delicious! I outdid myself.



7.20.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Another summer heatwave is ramping up, so how about a 3-CHILI COLESLAW & SPRING GREEN SPINACH SALAD!

First place 50/50 spring greens & spinach into a mixing bowl, then add 100% canola oil (omega-3,-6,-9) and balsamic vinegar and mix thoroughly. Spoon out the greens and make a bed of them on a dinner plate. Next spoon out previously-made 3-Chili Coleslaw (this batch spiced with finely diced Habanero peppers, Jalapeno Texas Gunpowder & ground cayenne pepper [see post from 7.15.16 for slaw recipe]) into a mixing bowl and add shredded sharp Cheddar cheese. Mix thoroughly and centerpiece the greens with a heaping helping.

Next slice hot-house tomato wedges and place around the salad, along with green olives—sprinkle tomatoes with 50/50 salt and freshly ground black pepper. Top it all off with three green olives and dust with ground cayenne pepper. Superb and all vegetarian!



7.15.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Oh yeah! How about some cool-hot food for the summer? **JALAPENO PIMENTO CHEESE SANDWICH & HABANERO COLESLAW!**

First manifest the coleslaw: make your life easy and buy a bag of shredded cabbage & carrots from your local grocery (\$1.25). Put as much of the cabbage & carrots into a large mixing bowl as you desire for yourself (and guests), then add some thinly sliced fresh red onion. Next, in a soup bowl, spoon out some Smart Balance Omega-3 Mayo (just eyeball the amount; you can always add more), add a bit of Worcestershire sauce & garlic pickle juice—all to taste—and one fresh, finely diced Habanero pepper. Stir all together and pour over the shredded cabbage, carrots, and sliced red onion—then mix all thoroughly. Place in the fridge (or freezer) to chill.

In a soup bowl spoon Price's Original Pimento Cheese, add fresh, finely diced Jalapeno peppers, a bit of ground black pepper, and a healthy dusting of Texas Gunpowder. Mix all together. On a slice of Nature's Harvest Honey Wheat bread lay on some spring greens, then the Jalapeno Pimento Cheese, and top with thin slices of ice-cold Claussen kosher dill pickles and sprinkle with ground black pepper.

Now spoon out your chilled Habanero Coleslaw, top with sliced black olives and dust with ground cayenne. Add some apple slices to help cool you down, because this is a deli-style, cool but spicy hot combo that might make you sweat!



7.7.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Time for more fun with leftovers! So I concocted a MEXICAN BEEF & BLACK BEAN SOUP!

Into a large microwave bowl I dumped the remaining organic black beans (with chopped Jalapenos) & seasoned browned beef from my previous post: BLUE CHEESE GOURMET TACOS. Then I simply added more diced red onions, plus diced white onions and red & green bell peppers. Next I added spring water to cover the addition of the beef and veggies, and seasoned all with garlic powder and Tabasco Chipotle Sauce. Time to cook—heat in the microwave for 5 minutes until piping hot and ladle into a dinner bowl. To top off the soup is a healthy sprinkling of sharp Cheddar cheese, diced white onions & red bell pepper, plus a drizzle of ground cayenne pepper. On the side: white corn tortilla chips and 3 Hot Yellow Chili Peppers for that extra kick when desired. Absolutely hearty and spicy delicious!



7.6.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Maybe not for everyone, but they sure tasted great to me. BLUE CHEESE GOURMET TACOS!

First brown 93% lean ground beef in a non-stick skillet and season to taste with garlic powder, basil, oregano, Texas Gunpowder, Worcestershire sauce, and Tapatio Hot Sauce. Once ready, take 3 flat bottom taco shells and layer in a bed of spring greens and diced tomatoes; next add the beef and top with diced red onions and crumbled blue cheese—garnish with sliced black olives. On the side: organic black beans with chopped fresh Jalapeno peppers and sprinkled with basil and paprika. Add one large radish. It was a symphony of flavor!



### 7.3.16

#### **ALL NEW from Feast Frenzy @ The Horror Food Network!**

Delicious and healthy—HOT ITALIAN TURKEY SAUSAGE! First grill a lean Jenny-O Hot Italian Turkey Sausage (only 10g of fat) and crinkle cut fries on the NuWave Oven for 12 minutes (flipping the sausage once at the 6 minute mark). While the link and fries are cooking, heat crispy sauerkraut in the microwave for 4 minutes until piping hot—strain and spoon onto a dinner plate and top with freshly diced red onion & mild Jalapeno peppers, then drizzle with paprika. Now bookend the kraut with sausage link (make sure it's 165 degrees inside and then pour on Frank's Red Hot Original Cayenne Pepper Sauce) and add the golden brown fries (spice with freshly ground black pepper). Add condiment cups of sriracha ketchup and Jalapeno mustard for dipping the fries and eat. Absolutely fantastic!



6.20.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Well it's happened! 110 degrees on my thermometers—what a hell (literally) of a day. Shwoo! Time for more cool summer food. **EVERYTHING SALAD + CAB DRESSING:** in a large mixing bowl cut fresh spinach leaves, spring greens, collard green leaf, and kale. Next, add chopped broccoli, celery, and cucumber (spice with garlic powder & oregano); next add chopped tomato, red bell pepper, and sliced radish (spice with basil & 50/50 salt); then add chopped white onion and sliced baby Portobello mushrooms (spice with paprika and freshly ground black pepper). Now douse with 100% canola oil (w/omega-3,6,9) and mix the oil into the salad completely. **CAB DRESSING** time: in a small container start with a base of Kraft Fat-Free Italian Dressing, then (to your taste) add balsamic vinegar, Worcestershire sauce, and Frank's Red Hot Original Cayenne Pepper Sauce. Stir, pour over salad, and mix with all the greens and veggies completely.

At last, spoon onto a dinner plate and add chopped oven baked chicken, sprinkle with sliced black olives and shredded Parmesan, then drizzle the top with ground red pepper. Absolutely refreshing, healthy, and delicious while suffering through Dante's Inferno.





6.19.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

WOW! It hit 107 degrees today according to my thermometers—Uhgggggg...too hot for hot food. Deli-time on the menu, which meant: two slices of Nature's Harvest 40-calorie Multigrain bread, smear with Jalapeno mustard, lay down a bed of fresh spinach & spring greens, two slices of Orange Rind Muenster cheese, four slices of fresh hothouse tomatoes (spice with 50/50 salt & ground black pepper), add four slices of fresh cucumber (spice with garlic, oregano & basil), then two thin slices of oven roasted turkey & two slices of Black Forrest ham, top with rings of white onion, add second slice of bread and toothpick with Hot Yellow Chili Peppers. On the side: 50% less sodium Fritos and an ice-cold Claussen kosher dill pickle. Shwoo! Yummy and cooling!



6.17.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Turning leftovers into an amazing dish can equal HEARTY TURKEY VEGETABLE SOUP! So...I had leftover Campbell's Chicken & Rice Soup that I had modified with a can of organic black beans (all spiced with garlic, oregano, basil, and paprika); and I had leftover skillet-browned, 93% fat-free ground turkey with thickly sliced red & green bell peppers, Jalapeno peppers, and white onions (all spiced with Tabasco Chipotle Sauce, garlic, oregano, basil, paprika, and Texas Gunpowder). I simply mixed all together in a large bowl, added freshly sliced baby Portobello mushrooms, and popped into the microwave for 5 minutes. Once piping hot, I served the soup into a dinner bowl and topped with Parmesan cheese and a light dusting of ground red pepper. On the side: fresh hot house tomatoes (spiced with 50/50 salt, ground black pepper, and basil), green onions, a large radish and a bit of 50/50 salt. Superb! Loved it!



## 6.8.16

### **ALL NEW from Feast Frenzy @ The Horror Food Network!**

**TANGY-SPICY SHRIMP & ONION RINGS!** First peel raw, medium shrimp and marinate in Frank's Red Hot Original Cayenne Pepper Sauce for one hour in the fridge. When almost ready, start grilling onion rings on the NuWave Oven for 3 minutes, then add the shrimp to the grill, spice with garlic powder and oregano, and cook shrimp & onion rings for 7 minutes. Place a giant, fresh collard green leaf on a plate, top with the shrimp and slices of hot house tomatoes (spiced with 50/50 salt & ground black pepper), add the side of onion rings (also spiced with ground black pepper), and the dipping sauces: sriracha mustard, Jalapeno mustard, and ranch dressing—to cool you down. If you need a bigger kick add a few Hot Yellow Chili Peppers. Last but not least, grab up that giant collard green leaf, roll it, and dip in the sauces—to get your veggie vitamins for the day. Fiery, tangy, and delicious!



## 6.5.16

### **ALL NEW from Feast Frenzy @ The Horror Food Network!**

This turned out extremely delicious! ITALIAN BEEF WITH VEGETABLES! First brown 93% lean ground beef in a non-stick skillet, along with thickly chopped red onions, green bell peppers, sliced Jalapeno peppers, and spice all with garlic, oregano, basil, and paprika—then stir in Prego Garlic & Sausage Spaghetti Sauce and let simmer for a short bit until all is bubbling. Next, pour into a large bowl and mix with fresh broccoli, sliced white mushrooms, and long slivers of red onion (all of which have been previously boiled/steamed in spring water spiced with garlic & Frank's Red Hot Original Cayenne Pepper Sauce). Last but not least, top with shredded Parmesan cheese and sliced black olives drizzled with ground red pepper. Excellent!



5.30.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Nothing decadent like BUTTERED PASTA NOODLES & SALAD. Just boil whole wheat pasta for 10 minutes until al dente, then strain and pour into a bowl, add Smart Balance Omega-3 Dairy-Free Butter, basil, garlic & oregano, shredded Parmesan and crushed red pepper—then heat in the microwave until butter is melted & hot (about 30 seconds). On the side a salad—with fresh kale, spinach, collard greens, broccoli, celery, red onions, sliced black olives and radishes drizzled with ground red pepper. The dressing is Kraft Fat-Free Catalina. Great stuff!



5.24.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

This one turned out quite lovely, a SPICY BEEF & PASTA BOWL. Simply brown 93% lean ground beef in a non-stick skillet, along with thickly chopped red onions, red & green bell peppers, and spice all with Tabasco Original Pepper Sauce, garlic, oregano, basil, and paprika. Once ready the beef is brown and the veggies are al dente, spoon into a bowl and top with whole-wheat pasta (previously prepared) mixed with garlic marinara sauce. The cherry on top is a pepperoncini. Drizzle all with shredded sharp Cheddar and ground red pepper. Very tasty!



5.22.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Now that's what I call a plate of scrumptious PASTA JAMBALAYA! First I boiled whole wheat Fettuccine till "al dente", then added Prego Italian Sausage & Garlic sauce spiced up with diced tomatoes to give the sauce extra body, and mix. On the NuWave Oven I grilled skewers of Hot Italian Sausage (cut into slices), thick wedges of red & green bell peppers, and medium-size raw shrimp—all brushed (both sides) with Frank's Red Hot Original Cayenne Pepper Sauce and sprinkled with oregano & basil. Once done, just pour the pasta onto a large plate and add the sausage, shrimp, bell peppers, and sprinkle with shredded Parmesan cheese. Outstanding!



5.17.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

How about some DOCTORED SOUP & CUCUMBER AND RED ONION SALAD? I said yes! The soup: Start by pouring a can of Campell's Chicken & Rice soup into a large microwave safe bowl, then add a can of organic Tri-Bean Blend beans—next add diced red & green bell peppers and red onions—spice with oregano, basil, garlic, and Tabasco Chipotle Sauce. The salad: Slice fresh cucumbers and cut in half, chop red onions (leave thick), then soak over-night in a bowl filled with apple cider vinegar, dill pickle juice, and spring water—spice further with oregano and basil. Once ready, spoon onto a plate and top with shredded parmesan cheese and sliced black olives. Soup and salad together make an excellent combination of hot & spicy and cool & refreshing. Absolutely delicious!





5.15.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

GROUND TURKEY TACOS—healthy and delicious! First brown Jennie-O 93% lean ground turkey in a non-stick skillet, along with thick sliced red & green bell peppers and red onions—all spiced with Tapatio Hot Sauce, chili powder, garlic, basil, oregano, and paprika. Once brown and the veggies al dente, spoon into taco shells, add freshly diced red onions and shredded sharp Cheddar. On the side: organic black beans, spiced with Tapatio and Texas Gunpowder Jalapeno seasoning, sprinkle with diced red onions and a little Cheddar, then top with two Hot Yellow Chili Peppers drizzled with ground red pepper. Spicy goodness at its finest.



5.14.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Yesterday I was in a rush and needed a quick-prep lunch I could eat while I continued working on my new Book Trailer. So! A SPICY CHICKEN SALAD WRAP to the rescue. I had prepared chicken salad two days previously: All white chicken breast (easy—from a can in water), then press the water completely from the chicken in a strainer and toss in a large bowl and chop up finely with a spoon—next, add diced celery, brown onion, and one large whole dill pickle (also diced)—add a large dollop of Smart Balance Omega-3 Mayo, a healthy dousing of Tapatio Hot Sauce, a hearty sprinkling of oregano, basil, and paprika—then mix all together thoroughly.

CUT TO—Present Day: My chicken salad was already properly chilled, so I simply laid out a whole wheat tortilla, slathered it with spicy brown mustard, spooned on a wide strip of my Spicy Chicken Salad, added shredded sharp Cheddar, fresh kale, rolled the wrap, toothpicked it and cut it in half. On the side: one radish, baby carrots, green onions, Hot Yellow Chili Peppers, and gluten-free white tortilla chips. Voila! Eat and continue editing and post-audio on the PUZZLEMAN Book Trailer.



## 5.7.16

### ALL NEW from Feast Frenzy @ The Horror Food Network!

Oh yeah! My low-calorie Spicy Jalapeno Cheddar Burger was a perfect storm of flavors. First form a ½-inch thick patty of 93% lean, ground beef, then place on the NuWave Oven and spice with garlic powder and Texas Gunpowder (<http://www.sucklebusters.com/texas-gunpowder/texas-gunpowder-original-Jalapeno-powder-2.75-oz/>) and grill for 7 minutes. When finished, flip the patty and spice with more garlic powder & Texas Gunpowder, and now oregano, basil, and paprika—then cook for 6 more minutes (I like my burgers well-done, so cook to your own taste). When the NuWave Oven beeps, layer the patty with extra-sharp Cheddar slices, then a layer of Jalapenos and sprinkle with grated sharp Cheddar—cook 1 more minute. Spread spicy brown mustard on two slices of Nature's Harvest 40-calorie bread (toasted). Next comes a hearty bed of kale, where you'll finally put that patty to rest. Add two slices of fresh brown onion and done! On the side is my own medley of diced raw veggies: red & green bell peppers, baby carrots, and green onions—all dressed with Kraft Fat-Free Italian and a bit of balsamic vinegar, then sprinkled with ground red pepper. This one turned out to be one of my tastiest!



4.29.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**  
**(This is another one for author Paul D. Marks.)**

Delicious Ground Beef Nachos. The hard part? Cooking that ground beef first (93% lean, 7% fat), with diced white onions, green and red bell peppers, oregano, basil, and Frank's Red Hot Cayenne Pepper Sauce. Once I had the beef up to snuff, all becomes easy. With a butter knife, spread a layer of fat-free refried beans on the chips. Then place a slice of extra-sharp Cheddar. Then add the ground beef. Then a sprinkling of shredded sharp Cheddar to hold it all together. Then a half slice of fresh Jalapeno and a dusting of cayenne pepper. Cook in the magical NuWave Oven for 7 minutes and spread around a large, skull shot glass of Pace's Original Picante Sauce (Hot!). Then spoon on that classic sauce, devour, and feel the love only great nachos can give.



4.26.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Well, I'm on what euphemistically might be called a 30-day weekend (of personal video production and story writing work), so...I was hungry and wondered what I had actually stocked my freezer with. Yay! Frozen pizza!

Alas, here at Feast Frenzy, I can't just make a plain ol' icebox pizza and be satisfied. It quickly became doctoring time to pep things up. First order of business, the foundation: a lovely Red Baron Thin Crust Pepperoni Pizza placed on a non-stick pizza pan with large cooking holes (the pinhole pizza pans just don't work so well). Next: add sliced, fresh Jalapenos, diced white onions, then sprinkle with sharp Cheddar cheese (the glue to hold things together), add a layer of sliced black olives, and at last spice with garlic powder, oregano, basil, paprika, and freshly ground black pepper. Pop the pie into the pre-heated oven at 400-degrees for 20 minutes, slice, and eat. On the side—for that extra kick—crushed red pepper and Frank's Red Hot Original Cayenne Pepper Sauce. Great stuff!









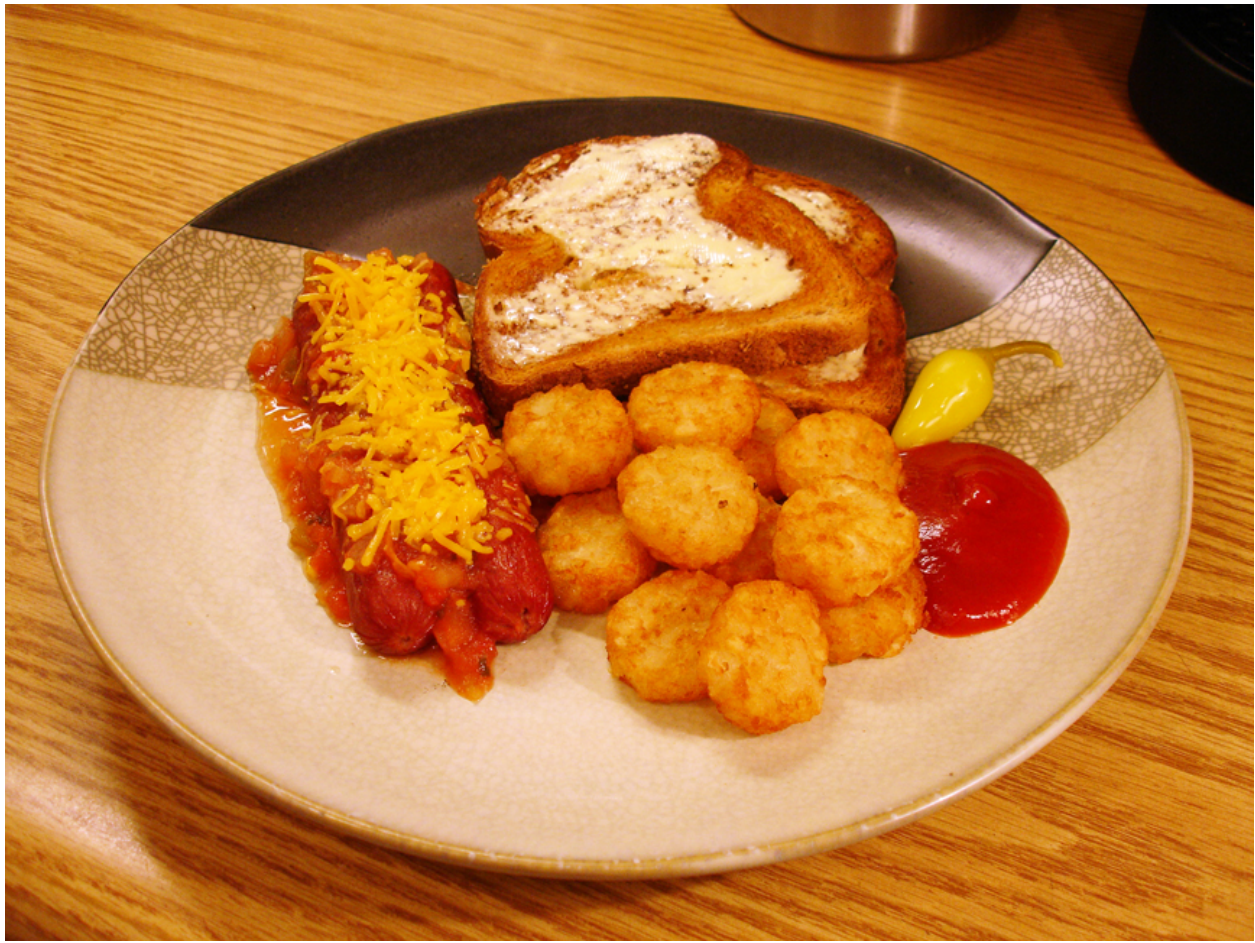


4.17.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Sometimes you just wake up way too early on a Sunday morning and realize you need a hearty breakfast. Then you realize you never keep breakfast foods on hand. :( So!—I got creative and came up with my own Makeshift Hearty Breakfast!

First, two Hebrew National 45-Calorie 97% Fat-Free All-Beef Franks (in lieu of sausage links), grilled on wooden skewers in my ordinary toaster, then covered with Picante Hot Sauce and sprinkled with sharp Cheddar. On the side: tater rounds (in lieu of hash browns) and Nature's Harvest 40-Calorie Multigrain toast smeared with Smart Balance Omega-3 butter. In addition, one pepperoncini and a dab of Sriracha ketchup for that extra kicker. As far as most breakfast goes, this one was low fat, low calorie, healthy, and hearty too! Delicious!



3.20.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Sometimes it's the simple comfort foods in life that make you feel like everything will be ok. So! What's better than some old-fashion crinkle-cut French fries? Grilled to a golden brown on my Nu Wave oven and dusted with ground black pepper. Then three dipping sauces: spicy brown mustard, fat-free Kraft ranch dressing (sprinkled with cayenne pepper), and good ol' ketchup (sprinkled with oregano). Delicious!



3.11.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Tasty, tasty, tasty! A bowl of vegetable soup with chicken broth, rice, organic black beans, fresh broccoli, white mushrooms, and baby carrots—all spiced with garlic, oregano, basil, and crushed red pepper, then a healthy sprinkle of Parmesan cheese and a pepperoncini on top. On the side: 40-calorie multi-grain toast, buttered with Smart Balance Omega-3 (dairy free) butter and dusted with garlic and oregano. Excellent for a cool and rainy day in L.A. A symphony of flavor all around!



### 3.7.16

#### **ALL NEW from Feast Frenzy @ The Horror Food Network!**

Another delicious lunch found its way onto my countertop today. A Ground Beef Bowl with diced red onions, green & red bell peppers, fresh Jalapenos, and all cooked together in a skillet and spiced with Tabasco Chipotle Sauce, Original Tabasco Sauce, garlic, oregano, basil, and paprika, then sprinkled with shredded sharp Cheddar. On the side is a fresh spinach and collard green salad, pepped up with sliced red onion, celery, cucumber, radish, and black olives—spiced with oregano, basil, paprika, sprinkled with shredded parmesan, and dressed with canola oil and balsamic vinegar. Again very fresh, light, and healthy!



### 3.5.16

#### **ALL NEW from Feast Frenzy @ The Horror Food Network!**

This meal turned out absolutely delicious! It's a Grilled Asparagus, Mushroom & Red Onion Enchilada. The flour tortilla is stuffed with grilled asparagus spears and diced red onions (both spiced with garlic & paprika), and grilled and diced mushrooms (spiced with cinnamon). Atop the veggies is shredded sharp Cheddar, and atop the whole enchilada is hot Picante Sauce and a sprinkling of sharp Cheddar. As a side: rings of fresh red bell pepper and red onion, plus white corn tortilla chips. This lunch truly was fresh, healthy, and outstanding!



2.14.16

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Thinking I was alone on Valentine's Day, I suddenly realized I truly wasn't. I had one of my most beloved friends with me: my stomach! So I dreamed up something special.

A large, fresh-Mex enchilada—one flour tortilla stuffed with shredded, white-meat chicken, diced red onions and fresh Jalapeno peppers, shredded Cheddar, and all spiced with oregano on a bed of fresh spinach leaves. On top is La Mexicana Hot Salsa, a sprinkling shredded Cheddar, and sliced black olives.

On the side are fresh asparagus spears, two red bell pepper rings, and white mushrooms, all brushed with canola oil and grilled to perfection on my Nu Wave Oven. The asparagus is sprinkled with garlic and paprika and the mushrooms with a bit of cinnamon. Then, as a side-kicker, three Hot Yellow Chili Peppers. I have to admit, this was extremely dangerous in the super delicious department—and rates 5 of 5 Devils!



1.27.16

**ALL NEW for 2016!—From Feast Frenzy @ The Horror Food Network!**

Well, it's been about a month and half since any new food, so let's start with something light, spicy, and delicious to get the New Year rolling: Gourmet Jalapeno Peanut Butter Sandwich.

First, I started with two fresh slices of Nature's Harvest 40 Calorie Multigrain Bread. I spread a layer of spicy brown mustard on the bottom piece and cut it in half, then added two slices (per half bread) of sharp Cheddar cheese, and then a leaf of fresh kale on each. On the top piece of bread I spread a medium-thick layer of Loco Cowpoke Jalapeno Peanut Butter (<http://www.lococowpoke.com:old-homestead-peanut-butters.htm>). Great stuff! Slicing the bread in half, I place each halved piece on top of the two bottom halves of the sandwich. Topping of each sandwich half are thin slices of cucumber and one black olive, drizzled with cayenne pepper.

As a side are two green onions, two Hot Yellow Chili Peppers for an extra kick, and at last a healthy helping of Pretzel Crisps (Everything Deli Style). Outstanding!

NOTE: Just as of this year, your local Ralphs now carries several flavors of Pretzel Crisps. Give 'em a try, they're low calorie and only 1gm of fat per serving. They're great with any sandwich or make an excellent snack!



2.11.15

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

First I sliced chicken breast into thin strips about an inch long, then fried them in a skillet with a little canola oil, one clove of sliced garlic, and a little 50/50 salt. Once cooked through and starting to brown, I added chopped red onions, a diced Serrano pepper, two chopped garlic cloves, green beans, snow peas, okra, and chopped red bell peppers.—all spiced with Tabasco sauce, a 3oz can of tomato sauce (no salt added), ground black pepper, oregano, basil, and paprika. Then I cooked—stirring—till all was hot and sizzling. Time to eat! From the frying pan I filled a large dinner bowl and garnish with shredded parmesan, Hot Yellow Chili Peppers, and green olives (low sodium). On the side is a salad of chopped spinach, kale, collard greens, red onions, red & green bell peppers, and mini portabello mushrooms. The dressing is canola oil, balsamic vinegar, and Tapatio sauce. All quite delicious, low calorie, and healthy.





11.23.15

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

AND THIS A VERY SPECIAL ONE—A VERY BIG HAPPY BIRTHDAY TO MY GREAT FRIEND TINA on the 24th! I dedicate this dish to the birthday girl Vitina Molgaard! I call it the VITINA-VORTEX-TANGO SOUP! I name it that because it's a dive-in and go-for-it whirl of taste with a popper pepper. Start simple, like Vitina. Get a proper bowl. Then pour in one can of Campbell's Chicken & Rice soup and add one can of spring water. Next add one can of organic tri-bean blend (pinto, black, and kidney beans). Then add one 14oz can of "no-salt-added" diced tomatoes (don't strain). Then add one can of "no-salt-added" cut green beans (don't strain). Then add one "strained" can of 10oz 98% fat-free white chicken breast in water (did I mention strained?). Dice and add one large, fresh Jalapeno pepper, plus slice and add quantity-to-taste of fresh green onions all the way down to chives. Then spice to taste with oregano, basil, paprika, and freshly ground black pepper. Heat covered in microwave for 9 minutes. Dish into a lovely bowl and sprinkle with parmesan cheese, a few sliced black olives, and a pepperoncini for the Tango spice and that ultimate Vitina kick-in-the-balls! Add a cold side of 40-calorie multi-grain bread with light Omega-3 butter sprinkled with garlic and basil and serve! Outrageously delicious and super healthy! HAPPY BIRTHDAY VITINA!



11.19.15

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Now this one turned out magically delicious! First I browned 93% lean ground beef, spiced with garlic powder, chili powder, and Chipotle Tabasco Sauce, while grilling fresh shrimp (marinated in Chipotle Tabasco Sauce and sprinkled with oregano) on the Nu Wave Oven. Once the beef was ready I filled two taco shells with the spicy goodness, added diced red onions, shredded sharp Cheddar, and green kale to top them off. As a side I prepared one can of fat-free refried beans, bolstered with diced Jalapenos, a little lemon juice, and original Tabasco sauce, then garnished with diced red onions and chives. Last but not least, I added some Tapatio Sauce for dipping the shrimp. The combination of flavors was outstanding! So good, in fact, I had to go back for one more taco.



11.2.15

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

Lunch today was outstanding! Working hard on adapting a short story for Full Moon Series into a short screenplay, so I needed some great food. At the heart of the meal is a 97% lean all-beef burger patty, infused with garlic and onion powder, then spiced on top with oregano and paprika and grilled to perfection on the Nu Wave Oven. On the side is a slice of red onion sprinkled with cinnamon and freshly ground black pepper—plus a slice of green and red bell pepper—then all grilled along with the burger. Also on the side is steamed broccoli, spiced with a little 50/50 salt and black pepper, then sprinkled with sharp Cheddar. For dipping the meat and veggies is Tabasco Chipotle hickory sauce (home mixed) served in a large skull shot glass. An excellent lunch that is low fat and high protein.



10.3.15

**ALL NEW from Feast Frenzy @ The Horror Food Network!**

I sensationally call this one ASSASSIN'S FINGER SALAD. I call it that because I had a vision of the dish as I was watching the Sylvester Stallone/Antonio Banderas film ASSASSINS with my parents last night. Great film written by the Wachowski brothers (although one has now apparently become a sister. Hmmmm...ok.) of MATRIX trilogy fame. Great popcorn, action flick if you haven't seen it.

WHAT YOU SEE: Crisp, torn kale sprinkled with parmesan cheese and dressed with canola oil & balsamic vinegar, then topped with two Hot Yellow Chili Peppers. Springing from this are slices of cucumber (drizzled with 50/50 salt & black pepper), radish slices, Jalapenos, apple wedges (drizzled with cinnamon), a baby carrot, black olives, and a large dollop of spicy brown mustard for dipping. Now for the ASSASSIN'S FINGERS: spears of extra-sharp Cheddar rolled in extra-lean smoked ham, then sprinkled with black & cayenne pepper.

WHAT YOU DON'T SEE: Lying beneath it all is a giant half-leaf of collard green, which has been marinating in the canola oil & balsamic vinegar. The stalk is so thick you can pick up the collard green at each end and eat the leaf like an ear of corn. Delicious!



9.11.15

**Back with another Feast Frenzy @ The Horror Food Network!**

I call this one So Easy, But Soooooo Good Green-Bean Chicken & Rice Soup. Take a can of Campbell's Chicken & Rice soup and add an Orson Welles leftovers-helping of the brown rice (simmered with cut green beans, diced tomatoes, and chopped cilantro, spiced with garlic and Tabasco) I made for my meal a few days ago. Add a healthy dusting of ground black pepper and hot crushed red pepper. Makes an amazing taste upgrade and also turns a thin soup into a hearty meal. Then, on the side, add a fresh salad: chopped spinach & kale, mixed with red onions, baby carrots, white mushrooms, and black olives, then sprinkled with parmesan cheese. The dressing is extra virgin olive oil and balsamic vinegar. Yum!



9.8.15

**Feast Frenzy @ The Horror Food Network presents an original!**

This one is a two-day project. First I prepared my veggie side: freshly made brown rice, then simmered with cut green beans, diced tomatoes, and chopped cilantro, spiced with garlic and Tabasco. Once finished, let set overnight in the fridge so everything absorbs the flavor. On day two, take two small chicken breasts, slice into strips, and marinate for 2-hours in a blend of hickory sauce and Tabasco. When ready, spice further with garlic & oregano, and grill on the Nu Wave Oven, along with a slice of red onion sprinkled with cinnamon. Plate that great stuff and devour! It was very delicious!



8.30.15

**Feast Frenzy @ The Horror Food Network takes a little trip down to the bayou!**

First I created my side: freshly cooked black-eyed peas with okra, sliced green onions & chives and red bell peppers—all spiced with oregano, salt, and garlic, simmered in a low sodium beef broth. Next I marinated two petite, chuck tender steaks and 7 large white shrimp in a blended hickory Tabasco sauce (spiced with oregano, garlic & basil), and grilled to perfection on the Nu Wave Oven. To top it all off, a large yellow chili pepper drizzled with cinnamon and grilled al dente. I loved it!



8.26.15

**After a brief hiatus (to struggle through some of life's fun), I make a triumphant return to Feast Frenzy @ The Horror Food Network!**

Tonight I grilled wild-caught Atlantic salmon on the Nu Wave Oven, spiced with garlic, oregano, and crushed red pepper. Also grilled is a large Anaheim pepper dusted with red and cayenne pepper. The side is organic black beans with diced red onions & sweet red bell peppers and sprinkled with shredded Cheddar. Garnishes are a line of black olives and a pepperoncini for that extra kick. Delicious and excellent for clearing the sinuses!





8.8.15

**One more from Feast Frenzy @ The Horror Food Network!**

A can of sauerkraut goes a long way. So what to finally do with the last of the leftovers? Make another batch of my Hearty Asian Hot & Sour Soup. First pour 3.5 cups of spring water over the leftover sauerkraut, add chopped red & green bell peppers, celery, radishes, white mushrooms, green onions & chives, then pop into the microwave for 8 minutes until boiling. Remove and stir in 3 packs of Mishima All-Natural Hot & Sour Soup flavoring and spice to taste with 3-Regions Sriracha Hot Chili Sauce. At last, grill wild-caught shrimp (doused with original Tabasco sauce) on the Nu Wave Oven and add to a steaming bowl of soup. Wish it was a cold night in the Fall, but it was delicious anyway.



### 8.4.15

#### **Feast Frenzy @ The Horror Food Network returns!**

Now this is something I rarely eat, because sausage is so fattening. But in this case, not so much. Two delicious (fresh from the meat counter) Chipotle Jalapeno Chicken Sausage links grilled on the Nu Wave Oven and laid to rest on a bed of sauerkraut, grilled red & green bell peppers, and red onions (spiced with garlic, freshly ground black pepper, and my special curveball that makes everything taste unique: cinnamon.) Spicy and sweet, it was so good I ate it all.



7.26.15

**Feast Frenzy @ The Horror Food Network goes on a diet!**

Yup! It's true, I need to loose some weight. So we have our first in a series of dietary meals. On a beautiful bed of kale, we have white albacore tuna, topped with balsamic vinegar, green onions & chives, and sliced black olives, then garnished with my beloved pepperoncini. On the side is a radish, baby carrots, and whole black olives. Let the pounds drop off. This is actually pretty tasty. This barely tops 400 calories.



7.23.15

**Back again for Feast Frenzy @ The Horror Food Network!**

I call this one "Red Alien-Egg Eyeball Surprise". A whole red bell pepper stuffed with shredded chicken (from can), diced red onions, fresh Jalapenos, and black olives—all mixed with garlic, oregano, basil, and Mexican Tapatio hot sauce. Then fold in the top flaps and grill on the Nu Wave Oven (lower rack) for approximately 12 to 14 minutes. Set the pepper back on the plate, open up the top flaps, and pop on the black olive eyeball. Surround with a fan of hot-house tomato slices and baby carrots opposite a fan of white corn tortilla chips. Spicy and delicious!



7.21.15

**Back with another Feast Frenzy @ The Horror Food Network!**

I put in a little more work in on last night's dinner than usual: my Grilled-Chicken Veggie-Tomato & Rice Soup. In water I boil brown rice (with a bit if 50/50 salt & extra virgin olive oil) for 20-minutes, then add cut okra, chopped red onions, red & green bell peppers, and diced Jalapeno & Serrano peppers—then boil for another 10 minutes, drain, and pour back into the pan. Add one can of tomato soup concentrate, one can of water, and one can of diced tomatoes. Spice to taste with Original Tabasco Sauce, stir and simmer until bubbling. Grill chicken breast (spiced with garlic, oregano, and chili powder) on the Nu Wave Oven. Ladle hot soup into a bowl, place cut chicken breast on top, then sprinkle with fresh cilantro and parmesan & mozzarella cheese. Garnish with a pepperoncini. The side salad is a mix of chopped spinach, kale, collard green leaf, broccoli, diced red onion, cucumber, sliced black olives, and shredded Cheddar. The dressing: extra virgin olive oil, balsamic vinegar, and a bit of 25 Dark Star balsamic vinegar (for a rich, sweet flourish). All quite delicious!



7.15.15

**Going Green for Feast Frenzy @ The Horror Food Network!**

Abandoning the tortilla for this healthy and delicious wrap, I knocked 19g of carbs right out of my lunch. A fantastic tortilla substitute is a giant collard green leaf smeared with spicy brown mustard. Filling the wrap is a bed of extra sharp Cheddar, cucumber slices, tomato slices, and red onion slices. Topping the stack is fresh chicken salad (made with diced red onion, red & green bell peppers, Jalapenos, and Hot Yellow Chili Peppers, mixed with Smart Balance Omega-3 mayo then spiced with Tapatio hot sauce, garlic, oregano, basil, and rosemary). The sides: radishes, black olives, baby carrots, Hot Yellow Chili Peppers, and Fritos 50%-less sodium chips. Excellent!



7.11.15

**When there are rice and uncooked shrimp leftovers from a previous meal, it's always a happy time at Feast Frenzy @ The Horror Food Network!**

The previous meal I'm speaking of is my California Cajun Shrimp & Veggie Skewers On Rice. Tonight I turned left and went Far East to conjure up my signature Hearty Asian Soup. When I make my Hearty Asian Soup I make a lot of it (not all pictured here). I pour 4 to 5 cups of spring water into a large microwavable bowl, then add chopped, fresh spinach, broccoli, mushrooms, sliced radishes, green onions, and baby carrots—then nuke the veggies until the water boils. At this point I add 4 to 5 packages of Mishima All-Natural Hot & Sour Soup flavoring, the leftover brown rice (with okra & Jalapeno) and stir. Next I grill medium wild-caught shrimp (that have been marinating in 3-Regions Sriracha Hot Chili Sauce and garlic, and sprinkled with oregano & paprika) on the Nu Wave Oven until cooked through. At shrimp ready, just ladle the soup into a bowl and garnish with the amount of shrimp of your choice. On the side: toasted 45-Calorie multi-grain bread strips smeared with Smart Balance Omega-3 butter and dusted with cayenne pepper. It was outstanding and so healthy!

NOTE: I highly recommend the 3-Regions Sriracha Hot Chili Sauce. It is superior in flavor to the mainstay at my Ralphs grocery. And best yet, you can get a nice bottle for only .99¢ at your local .99¢ Only Store. Well worth a trip. Your taste buds will love you and you'll save money.



7.8.15

**Tonight Feast Frenzy @ The Horror Food Network went California Cajun!**

First up today was homemade, brown rice boiled with chopped Jalapeno peppers, cut okra, a little 50/50 salt, and then drained and spiced with Tabasco Chipotle sauce. Spread over a large plate, the rice was a perfect bed for my shrimp-and-veggie skewers (medium wild-caught shrimp, red & green bell peppers, red onion slices, tomato wedges, and white mushrooms), all brushed with a hickory BBQ & original Tabasco sauce mix—then grilled on the Nu Wave Oven. For additional Cali-Cajun fire, I garnished with spicy brown mustard and 3-Regions Sriracha Hot Chili Sauce. It was excellent!



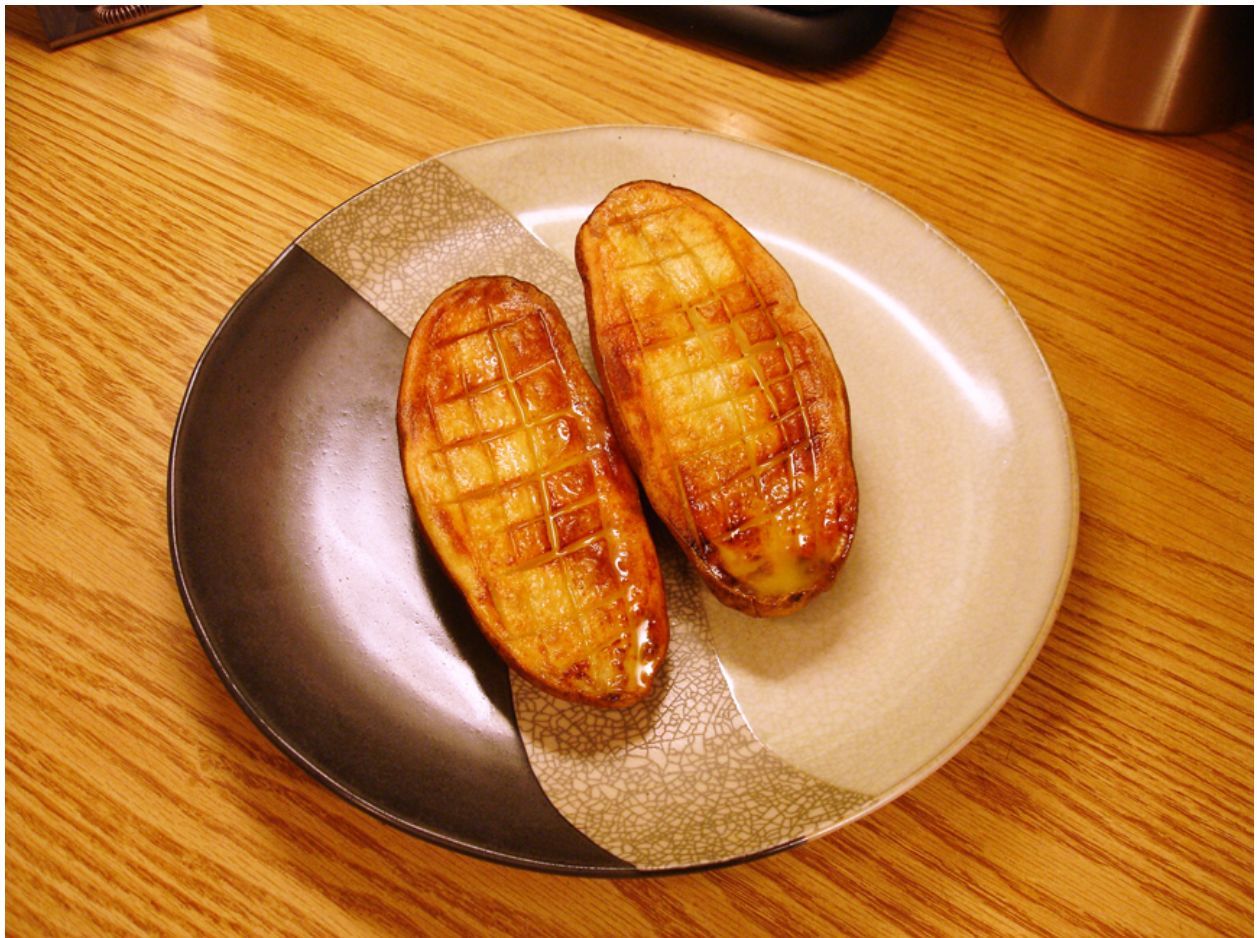


7.5.15

**For anyone that's been following my posts today, it's finally time to wash the socio-political frustration out of my mouth. So! Let's do that with another Feast Frenzy @ The Horror Food Network! (I know author Paul D. Marks and his pooches are waiting with baited breath.)**

I ask you, what do I do when I've previously made ground turkey tacos with black beans (on the side), and there's just not enough left to construct another beautiful taco dinner? I take that leftover turkey, black beans, diced red onions, and tomato and mix it all together for an outstanding topping for a baked potato.

I'm showing a pic of my naked baked potato because it comes out so beautiful when split and grilled face-up in the Nu Wave Oven. 25 minutes in the heat and then smear with a little Smart Balance Omega-3 butter and wow! Delicious already. But wait! Now top that halved spud with the leftover mix of Tapatío ground turkey, organic black beans, and etc. Then jazz it up with chopped fresh green onions, chives, and hot-house tomatoes. It's a feast for a king. I can't eat it all in one sitting, but pop the leftovers in some plasticware, drop it off in the fridge, and then sometime later nuke it in the microwave for a minute or two. Again a perfect meal.





7.3.15

**Time again for Feast Frenzy @ The Horror Food Network!**

Had a "Must have tacos!!!!!!!" moment today. But that didn't mean they couldn't be healthy. The result... 3 crispy shells filled with ground turkey (spiced with garlic, oregano, Tapatio sauce, Tabasco Chipotle sauce, and a little chili powder) on a bed of fresh spinach and topped with diced red onions, tomatoes, sharp Cheddar, and garnished with sliced black olives. On the side is a helping of organic black beans laced with diced fresh Jalapenos, green onions, and garlic, then sprinkled with sharp Cheddar and garnished with two Hot Yellow Chili Peppers. White corn tortilla chips fill the rest of the plate, along with a large skull shot-glass filled with good old fashioned Pace Picante (hot) sauce and garnished with Jalapeno horns. It was yummmmmmm!



6.24.15

**Direct from Feast Frenzy @ The Horror Food Network!**

For those of you who have never tasted Jalapeno peanut butter, you're missing out. It's one of my favs for a quick sandwich. Sad thing is, it's hard to come by and is a bit pricy. Thus, tonight's late-lunch/dinner was a workaround: Laura Scudder's All Natural Old Fashioned Peanut Butter on 45-calorie multi-grain bread with shredded sharp Cheddar, then topped with two hot Hot Yellow Chili Peppers, plus a side of sliced Jalapenos. Instructions: One bite of sandwich and one bite of the pepper of your choice. Explosive goodness! Additional sides to help cool you down: ice-cold radishes, whole black olives, Fuji apple slices, and light tortilla rounds. Now that will toss an old peanut butter sandwich on its ear.



6.13.15

**Time again for Feast Frenzy @ The Horror Food Network!**

It was a lovely leftover lunch today! I utilized the remains of my salad from the other night (freshened with a little diced tomato, green olives, and shredded Parmesan), a dollop of endless homemade guacamole (brought to life with a dusting of cayenne), and last night's pizza (brightened up with some diced tomato, black olive slices, ground black pepper, and oregano). Speaking of the pizza: it was a store bought, frozen California Pizza Kitchen Sicilian Recipe (crispy thin crust). Out-of-the-box the pizza is topped with Italian sausage, spicy ham, salami, basil, mozzarella & Fontina cheeses, and zesty marinara sauce. Of course, I always have to add a touch of my own: sliced Jalapenos (fresh), sliced black olives, baby portobello mushrooms, garlic, basil, ground black pepper, and a light sprinkling of shredded Cheddar & Parmesan to help hold it all together. Excellent! And, as always, for a perfect pizza reheating, popped on the grill of my Nu Wave Oven for 5 minutes.



6.12.15

**It's Feast Frenzy @ The Horror Food Network!**

For dinner last night I made what I call my Diced, Torn & Broken Leftover Salad. I call it that for two reasons: 1) because no matter how hard I try to make a small salad it always comes out to be more than I can eat. And 2) everything in it is either diced, torn, or broken. Regarding the latter, ingredients are: fresh spinach (torn), broccoli (torn), red/yellow bell peppers (diced), white & Portobello mushrooms (broken), cilantro (diced), tomato (diced), red onion (diced), cucumber (diced), and oven roasted turkey (98% fat free slices diced). All spiced with garlic, oregano, basil, Texas Gunpowder—then dressed with a canola/virgin olive oil mix, tangy balsamic vinegar, and a sweeter 25 Dark Star balsamic vinegar (to add that special flavor and a little class). Toppings are: shredded parmesan & sharp Cheddar, sliced black olives, and a tiny nest of pimento-stuffed olives dusted with cayenne. It was excellent! And I have left overs. \_Now go grab a FREE SMILEYS' GRAVE on Amazon and get to some cooking!



6.11.15

**Time again for Feast Frenzy @ The Horror Food Network!**

Since the Avocado Fairy dropped by the other night (my landlady's husband again left two ripe avocados at my door, direct from the neighbor's tree), I am now stocked with a surplus of homemade guacamole. So, today it was time for my signature nachos. Gluten-free, yellow-corn, tortilla chips spread with fat-free refried beans, then a layer of sharp Cheddar (2% milk/reduced fat), and topped with freshly sliced Jalapeno peppers—then all grilled to perfection on my Nu Wave Oven. At the center of the nacho ring is my homemade guac resting on a bed of fresh spinach leaves and topped with two black olives and fresh Jalapeno. For that extra kick, a side of red salsa in a large Skull shot glass. Very tasty all around.



6.10.15

**Back again with Feast Frenzy @ the Horror Food Network!**

Having gotten down to the last of the leftover chili from the other night, I culled together a jumbo, turkey-chili enchilada on a lard-free whole wheat tortilla, loaded it with some extra diced tomatoes and Cheddar, then topped the beast with a bit more chili, diced green onions, chives and tomatoes, with a sprinkling of shredded Cheddar and sliced black olives. On the side: homemade guacamole, hot Hot Yellow Chili Peppers, and a radish. Excellent!





6.7.15

**Here again for Feast Frenzy on the Horror Food Network!**

With a little help from Williams Original Chili Seasoning (No Salt Added), I drummed up a turkey and vegetable chili—loaded with diced red onions, red/yellow/green bell peppers, white & baby portobello mushrooms, fresh Jalapenos, organic black beans, tomatoes, tomato sauce, and chopped cilantro. All spiced further with garlic, oregano, basil, crushed red pepper and topped with shredded sharp Cheddar, diced red onion, and chives. On the side: homemade guacamole and whole wheat tortilla triangles dusted with cayenne pepper, and white tortilla chips. Awesome!



### 6.6.15

Last night's meal was quite delicious! Chicken salad made with Smart Balance (Omega-3) mayo, finely diced red onion, Jalapenos, and chives (then spiced with Texas Gunpowder, garlic, oregano, and basil) on toasted 45-calorie whole wheat bread, with a bed of fresh spinach and sharp Cheddar slices, all beneath a blanket of hot-house tomatoes (lightly salted and peppered). At last, each sandwich half is topped and skewered with whole black olives. Sides are: Gala apple chunks, baby carrots, and gluten-free tortilla chips.



### 6.4.15

**Alas, I know you've all been eagerly waiting...**

My dinner and snack tray for a little movie night and Forsaken/Booktrope story-thinking for my Dreadful Geographic anthology contribution "A Catch In Time". A classic veggie plate spun into a symphony of color and flavor. Radishes, black olives, green onions, yellow/red/green bell pepper slices (sprinkled with basil and Texas Gunpowder), cucumber slices (dusted with garlic, 50/50 salt, red pepper, and oregano) lying beneath a ridge of apple slices, Jalapeno chips for a little punch, broccoli (drizzled with a sweet balsamic vinegar), sharp Cheddar wedges, and a dollop of spicy brown mustard for a bit of dipping—and all surrounding a delicious mound of lightly salted peanuts and a row of baby carrots.

What will my first bite be? A bit of green onion, a nip of Cheddar, and bite of sweet red bell paper. An outstanding mix of flavor!



### 6.3.15

A little on the lighter side for dinner tonight. A whole wheat tortilla wrap filled with sliced turkey, grated Cheddar, homemade guacamole, red onion, and sliced black olives—all on a bed of fresh spinach. Then with a side of tortilla chips, red bell pepper chips, baby carrots, and a radish. It was cool, refreshing, and delicious.



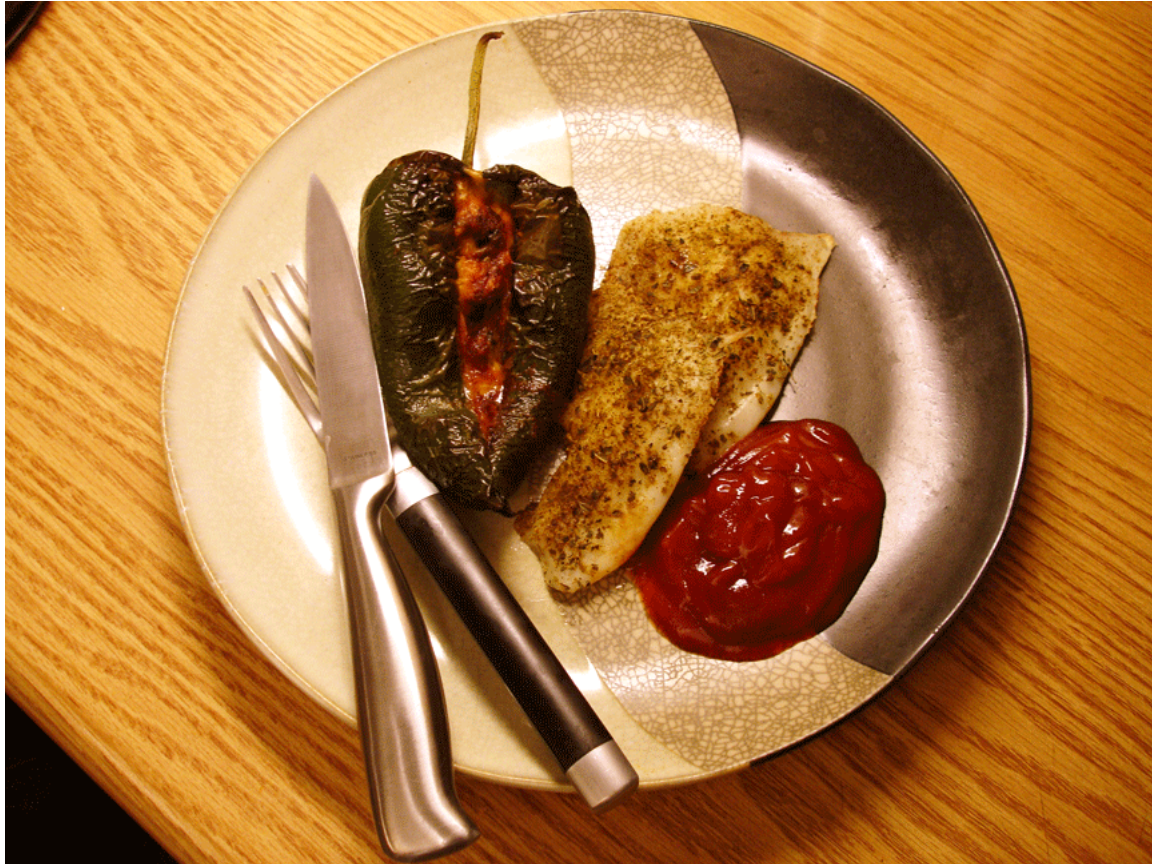
## 6.2.15

Tonight a tornado of spicy met a whirlwind of flavor in The Perfect Storm of a meal. Wild-caught Sockeye Salmon basted with lemon juice and grilled, then topped with a fresh pico de gallo of diced tomatoes & Jalapenos, in a crushed red pepper & chipotle pepper sauce, garnished with whole black olives—very fiery! Then I engulfed the entree with three sides: a slice of grilled red onion sprinkled with cinnamon; a grilled, green bell pepper spiced with oregano & garlic; and grilled mini portobello mushrooms sprinkled with garlic and basil. This was a flaming feast that put hair on my chest and had my nose running. Delicious!



### 6.1.15

Alas, another yummy dinner with my Nu Wave Oven. Grilled Tilapia, basted with a light canola oil and sprinkled with oregano, garlic, and Texas Gunpowder -- along with a side of chipotle ketchup. Also, a grilled Pasilla pepper stuffed with diced red onions, white mushrooms, and Cheddar.



5.24.15

Managed an impromptu, super delicious dinner tonight with my Nu Wave Oven. Grilled turkey patty with oregano, basil, garlic, and green salsa -- along side a grilled Pasilla pepper stuffed with diced red onions, white mushrooms, and Cheddar. Also, a few black olives for a tasty garnish. I'm soooooo domestic.

