

# 30 Minute Meals

**Ready in 30 Minutes**  
*January*

**New Year's Chesapeake Crab Cakes**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1 1/2 cups lump crabmeat  
1/2 cup mayonnaise  
1 egg  
1/2 cup panko breadcrumbs  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
2 slices bread, cut into small pieces with one of 1/2 cup  
1 pound lump crabmeat

**Directions:**  
Mix all ingredients together except crabmeat. Set aside for a couple of minutes. Add in crabmeat and mix thoroughly.

Pre-heat oven to 350 degrees. To drain any excess grease place on paper towels.



Please let me know when I can help you or your friends with your real estate needs. My service is wrapped with integrity and dedication.

*P.S. My business depends on referrals.*

**Ready in 30 Minutes**  
*April*

**Easy Easter Baked Omelet**

Ready in 30 Minutes  
Serves 2

**Ingredients:**  
2 tablespoons extra virgin olive oil  
1/2 cup chopped green onions  
1/2 cup chopped asparagus, or substitute with broccoli florets or frozen mixed vegetables  
4 large eggs  
2/3 cup chopped plum tomatoes (about 1 medium)  
2 slices cooked ham, chopped  
1/2 cup shredded cheddar cheese, divided

**Directions:**  
Preheat oven to 350. Heat dressing in small ovenproof nonstick skillet on medium-high heat. Add onions and asparagus, broccoli or mixed vegetables (your choice); cook 3 minutes, stirring occasionally.

Meanwhile, beat eggs lightly in medium bowl. Stir in tomatoes, ham and 1/2 cup of the cheese. Pour into skillet and cook without stirring for 1 1/2 minutes or until edges begin to set. Sprinkle with remaining 1/4 cup cheese. Bake in skillet, uncovered for 20 minutes until center is set. Let stand 1 minutes, cut into wedges to serve. Garnish with chopped fresh parsley, if desired.



I pledge my complete dedication to providing "first class" service when you hire me to be your Realtor. You're sure to celebrate your decision.

*P.S. Honesty and integrity are the key factors in the way I do business! Thanks for your referrals.*


**Ready in 30 Minutes**  
*July*

**4th Of July Spicy Onion Burgers**

Ready in 30 minutes  
Serves 6

**Ingredients:**  
1 1/2 cups ground beef  
1/2 cup onion, finely chopped  
1/2 cup green onions, finely chopped  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh cilantro, finely chopped  
1/2 cup fresh mint, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Mix ground beef with onion, green onions, parsley, chives, dill, basil, cilantro, tomatoes, ham and 1/2 cup of the cheese. Pour into skillet and cook without stirring for 1 1/2 minutes or until edges begin to set. Sprinkle with remaining 1/4 cup cheese. Bake in skillet, uncovered for 20 minutes until center is set. Let stand 1 minutes, cut into wedges to serve. Garnish with chopped fresh parsley, if desired.



Let my experience, dedication and knowledge be the seeds for a successful real estate transaction.

*P.S. Hard work and integrity are key factors in the way I grow my business.*

**Ready in 30 Minutes**  
*October*

**Halloween Pumpkin Soup**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup mushroom, finely chopped  
1/2 cup garlic, finely chopped  
1/2 cup pumpkin puree  
1/2 cup heavy cream  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh cilantro, finely chopped  
1/2 cup fresh mint, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Heat oil in a large wok. Cook the chicken until done, stirring often. Add the rest of the ingredients except vanilla. Mix well. Cook covered. Stir every 10 minutes. Cook until the pepper is well cooked and the vegetables are starting to get browned. Serve with warm rice.



Whether a first time buyer, moving up or have decided to sell, I want to be your Realtor!

*P.S. Thanks for the privilege of serving you.*

**Ready in 30 Minutes**  
*February*

**President Day's Southern Fried Chicken**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
2 cups vegetable oil  
1 1/2 cups buttermilk (approx. 2 1/2 lb. pack)  
2 eggs  
2 tablespoons salt  
2 tablespoons pepper  
2 tablespoons hot ground chili pepper

**Directions:**  
Heat oil to 350 in a large, well-seasoned cast-iron skillet. Wash chicken and pat dry. Cut each chicken into 8 serving pieces.

In a large mixing bowl combine flour with cornmeal, salt, and pepper. Dip chicken and fry in a pan of hot oil or use paper fry chicken in a hot oil, ensuring to brown evenly on all sides. Fry for 10-12 minutes. Drain on paper towels. Repeat with remaining chicken. Keep chicken hot and serving in a preheated 350 oven, keeping the heat slightly off.

For cold fried chicken: Chop the chicken, but avoid, wrap tightly and refrigerate overnight.



Tremendous outcomes are the result of preparation and dedication. Together we will produce the results you are looking for in your real estate transaction.

*P.S. Call me when you or anyone you know is thinking of buying or selling.*

**Ready in 30 Minutes**  
*May*

**Cinco de Mayo Chicken Fajitas**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
2 1/2 cups chicken, cut into strips  
1 cup onion, cut into strips  
1 cup bell pepper, cut into strips  
1 cup green pepper, cut into strips  
1 cup red pepper, cut into strips  
1 cup yellow pepper, cut into strips  
2 tablespoons olive oil  
1/2 cup fresh cilantro, finely chopped  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Wash the oil in a large wok. Cook the chicken until done, stirring often. Add the rest of the ingredients except vanilla. Mix well. Cook covered. Stir every 10 minutes. Cook until the pepper is well cooked and the vegetables are starting to get browned. Serve with warm rice.



Call me personally and I will give you the attention you deserve! My commitment is to handle every detail with care.

*P.S. Thank you in advance for recommending me when you know of someone thinking of buying or selling.*

**Ready in 30 Minutes**  
*August*

**Summer-time Oil and Vinegar Slaw**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup white vinegar  
1/2 cup apple cider vinegar  
1/2 cup balsamic vinegar  
1/2 cup honey  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Mix vinegar and sugar. Add oil. Add cilantro, green onions, parsley, chives, dill, basil, cilantro, tomatoes, ham and 1/2 cup of the cheese. Pour into skillet and cook without stirring for 1 1/2 minutes or until edges begin to set. Sprinkle with remaining 1/4 cup cheese. Bake in skillet, uncovered for 20 minutes until center is set. Let stand 1 minutes, cut into wedges to serve. Garnish with chopped fresh parsley, if desired.



I am continuously learning and improving my skills so I can provide you and those you refer to me the best real estate services possible.

*P.S. Anyone you refer to me will benefit from my knowledge...and, commitment.*

**Ready in 30 Minutes**  
*November*

**Thanksgiving Almond Sausage Stuffing**

Ready in 30 minutes  
Serves 12

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup mushroom, finely chopped  
1/2 cup garlic, finely chopped  
1/2 cup almond meal  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Pre-heat oven to 350. Heat dressing in small ovenproof nonstick skillet on medium-high heat. Add onions and asparagus, broccoli or mixed vegetables (your choice); cook 3 minutes, stirring occasionally.

Meanwhile, beat eggs lightly in medium bowl. Stir in tomatoes, ham and 1/2 cup of the cheese. Pour into skillet and cook without stirring for 1 1/2 minutes or until edges begin to set. Sprinkle with remaining 1/4 cup cheese. Bake in skillet, uncovered for 20 minutes until center is set. Let stand 1 minutes, cut into wedges to serve. Garnish with chopped fresh parsley, if desired.



I am truly thankful for your support and confidence in our business transactions, past and future. I look forward to providing exceptional service to you and your friends. There will be no tangled mess.

*P.S. Remember, when a "For Sale" Sign makes you curious, call me! I'm glad to provide you with information.*

**Ready in 30 Minutes**  
*March*

**St. Patty's Day Taco-Topped Potatoes**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup mushroom, finely chopped  
1/2 cup garlic, finely chopped  
1/2 cup potato, finely chopped  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Heat oil in a large wok. Cook the chicken until done, stirring often. Add the rest of the ingredients except vanilla. Mix well. Cook covered. Stir every 10 minutes. Cook until the pepper is well cooked and the vegetables are starting to get browned. Serve with warm rice.



My commitment to you is to listen and respond with prompt, personal and professional service.

*P.S. I look forward to your referrals all year long!*

**Ready in 30 Minutes**  
*June*

**Father's Day 30-Minute Barbecued Ribs**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup mushroom, finely chopped  
1/2 cup garlic, finely chopped  
1/2 cup ribs  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Preheat grill to medium heat. Grill ribs 10 minutes or until ribs are cooked through, turning occasionally and brushing generously with the barbecue sauce.



My willingness to work hard for you means you don't have to worry. Call me and let's get started....then, savor the rewards.

*P.S. I thank you for the opportunity to be your Realtor.*


**Ready in 30 Minutes**  
*September*

**Labor Day Grilled Corn on the Cob**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup mushroom, finely chopped  
1/2 cup garlic, finely chopped  
1/2 cup corn  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Preheat grill to medium-high heat. Grill corn on the cob for 10-15 minutes, turning frequently. Remove from grill and serve with butter and fresh parsley, if desired.



It's a great feeling to know that you've made the right decision. Thank you for giving me your confidence by hiring me to represent you in a real estate transaction.

*P.S. Hard work and integrity are key factors in the way I grow my business.*

**Ready in 30 Minutes**  
*December*

**Holiday Clam Chowder**

Ready in 30 minutes  
Serves 4

**Ingredients:**  
1/2 cup vegetable oil  
1/2 cup onion, finely chopped  
1/2 cup carrot, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup mushroom, finely chopped  
1/2 cup garlic, finely chopped  
1/2 cup clam  
1/2 cup fresh parsley, finely chopped  
1/2 cup fresh chives, finely chopped  
1/2 cup fresh dill, finely chopped  
1/2 cup fresh basil, finely chopped  
1/2 cup fresh oregano, finely chopped  
1/2 cup fresh thyme, finely chopped  
1/2 cup fresh rosemary, finely chopped  
1/2 cup fresh sage, finely chopped  
1/2 cup fresh lavender, finely chopped  
1/2 cup fresh lemon juice  
1/2 cup fresh lime juice  
1/2 cup fresh orange juice  
1/2 cup fresh grapefruit juice  
1/2 cup fresh pineapple juice  
1/2 cup fresh apple juice  
1/2 cup fresh pear juice  
1/2 cup fresh peach juice  
1/2 cup fresh cherry juice  
1/2 cup fresh raspberry juice  
1/2 cup fresh blueberry juice  
1/2 cup fresh blackberry juice  
1/2 cup fresh strawberry juice  
1/2 cup fresh elderberry juice  
1/2 cup fresh goji berry juice  
1/2 cup fresh acai berry juice  
1/2 cup fresh pomegranate juice  
1/2 cup fresh pomegranate seeds  
1/2 cup fresh pomegranate molasses  
1/2 cup fresh pomegranate oil  
1/2 cup fresh pomegranate vinegar  
1/2 cup fresh pomegranate honey  
1/2 cup fresh pomegranate salt  
1/2 cup fresh pomegranate sugar

**Directions:**  
Heat oil in a large wok. Cook the chicken until done, stirring often. Add the rest of the ingredients except vanilla. Mix well. Cook covered. Stir every 10 minutes. Cook until the pepper is well cooked and the vegetables are starting to get browned. Serve with warm rice.



Learn what it means to have exceptional service. Hire me to represent you when you find you need the services of a professional, whether buying or selling.

*P.S. Thanks for recommending me! I promise to excel!*