B & M Twisted Eats

Flavorful Home Cooking with a Twist

Small Plates:

1. Creamy Spinach Dip with Fresh Spinach, Rotel Tomatoes, White Cheese, and Cream Cheese, served with Fresh Tortilla Chips
2. Shrimp Scampi
3. Creamy, cheesy spinach cups

Main Courses:

1. Stuffed Salmon with Creamed Spinach and Tomatoes

 with Creamed Shrimp and Broccoli

 with Creamed Spinach and Broccoli

1. Smothered Chicken with Sauteed Onions and Mushrooms/Baked Chicken
2. Salmon Burgers/ Shrimp Burgers
* Meat Only
* Meat and Vegetables
1. Create your Own Stuffed Shells
* White/Red Sauce
1. Chicken Marsala
* White Meat Chicken with Chopped Mushrooms and Homemade Gravy
1. Enchiladas
* Any Meat with Cheese only
* Meat and Vegetables, and Cheese
* With Red Enchilada Sauce or Green Chile Sauce
1. Quesadillas
* Served with homemade salsa or creamy chipotle sauce, or both
1. Pan Fried/Air-fried Salmon or Fish
* Pan fried with onions

\*\*Try it with a butter, lemon garlic sauce with melted butter, minced garlic, and fresh lemon or a creamy shrimp sauce with home made cream sauce, sauteed bell peppers and onions

1. Salisbury Steak
* Made with Gravy and Sauteed Onions
1. Tuscan Chicken/ Salmon
* Homemade Creamy White Sauce with Spinach and Sundried Tomatoes
1. Seafood lasagna
* Seafood of choice
* Vegetables of choice
* Creamy, cheesy white sauce
1. Hibachi
* Choice of meat
* Fried rice
* Sauteed Vegetables (cabbage, zucchini, broccoli)
* Homemade yum yum sauce

\*Vegetables to choose from, Spinach, Broccoli, Zucchini/Squash, Carrots, Corn, Black Beans\*

Side Dishes:

1. Brussel Sprouts with Lemon Butter Sauce
2. Creamy, Cheesy Mac and Cheese (can add any seafood of choice)
3. Creamy Mashed Potatoes/ Scalloped Potatoes
4. Creamy Broccoli and Cauliflower Casserole
5. Sauteed Broccoli
6. Sauteed Spinach
7. Sauteed Green Beans
8. Sauteed Zucchini/Squash
9. Sauteed Cabbage
10. Sauteed Kale
11. Sauteed Carrots
12. Riced Cauliflower/White Rice
13. Southwestern pasta salad: Farfalle Pasta, Ground Chicken/ Turkey (or any other meat), Black Beans, Roma Tomatoes, Corn with a Creamy Spicy Sauce
14. Fried Rice: Jasmine Rice/Cauliflower rice, Zucchini, Broccoli, Peas, Carrots, Corn, Scrambled Eggs
15. Butternut Squash
16. Greek Salad
* made with Kalamata Olives, Feta Cheese, Red Onions, Cucumbers, and Roma Tomatoes