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