

---

## Sommers Cookbook

Posted by KPW1956 - 2006/07/27 19:21

---

Sommer had been saying she was working on a cookbook since she left SO2 last year.

According to her website <http://www.sommersmiles.com.istemp.com/>

It is done. Someone on another site said it was \$26 but here it is saying \$20 plus shipping and handling.

From what I can tell it just looks like a spiral notebook with a specially made cover.

It would be good to have more info and samples of what's in it.

I get the feeling she just made use of a printer and not a publisher.

Anyone know why Sommer doesn't have a forum of her own? Even Melinda has a forum of her own...and she was there only a couple days.

I noticed Cassie doesn't have a forum either.. Maybe they were clumped in with SO2...

---

## Re:Sommers Cookbook

Posted by linemanswife - 2006/07/27 20:26

---

yeah I would definatly have to see samples of what was in it before I spent money on it.

---

## Re:Sommers Cookbook

Posted by s0mmersmiles - 2007/05/15 15:55

---

Well it's next to impossible to get a publisher unless you are super famous or just that cool. I am neither, so I used the printing facilities at my local Office Depot. I had myself stuck on needing a publisher, and that it couldn't be done because it was just too big an ordeal, etc, and that fear kept me from finishing the cookbook for nearly two years!! Not cool. So it's done, and I did it because I could. Not to make a bunch of money, because I wasn't going to the way I was doing it, but just to say I finished something I started. Wish it was at bookstores, but then again, I think is fine too. It's a little piece of me and one of my proudest accomplishments because I was so scared of it. If you want to know what's in it, I have a recipe below - I'm sure a lot of them have been circulated around anyway, so I figure there's no harm right? You can't have a 'secret ingredient' if you are putting recipes in books anyway! :)

This is what's in the book - I guess I could have put this out before, but I didn't think of it. Oh well, thanks for the suggestion anyway!

Table of Contents	
Smoothies.....	9
Cherries Jubilee Smoothie.....	10
Tropical Sunrise Smoothie.....	11
Mango Madness Smoothie.....	12
Side Items.....	13
Cilantro Spinach.....	14
Garlic Sauteed Spinach.....	15
Dijon Roasted Potatoes.....	16
Shrimp Salad.....	17
Appetizers.....	18
Pinto Pico Pita Appetizers.....	19
Chicken Salad Protein Appetizers.....	21
Tuna Salad Protein Appetizers.....	22
Accompaniments.....	23
Avocado Salsa and Garnish.....	24
Guacamole.....	25
Cajun Rub.....	25

Salsa Cream Dressing.....	26
Salads.....	27
Spicy Turkey Breast Salad.....	28
Chicken Salsa Salad.....	29
Soups.....	30
Chicken Tortilla Soup.....	31
Pho Tai Soup.....	33
Crock Pot Chicken Chowder.....	35
California Veggie Cheese Soup.....	36
Spinach Soup.....	37
The Main Event!.....	38
Mexican Pork Chops.....	39
Cajun Spiced Chicken.....	40
Caesar Chicken Sandwich.....	41
Cheesy Spinach Chicken.....	42
Cheesy Tuna Casserole.....	44
Chicken and Black Bean Enchiladas.....	45
Chicken and Veggie Spaghetti Squash.....	46
Chicken Tequila Spaghetti Squash.....	47
Chicken Marsala.....	49
Spicy Louisiana Sausage Spaghetti.....	50
Turkey Chili.....	51
Spinach Noodle Casserole.....	52
Chicken Piccata.....	53
Drunk and Dirty Brisket.....	54
Chicken Terrazinni.....	55
Spaghetti Squash Casserole.....	57
Chicken with Rosemary Sauce.....	58
Dijon Roasted Chicken and Potatoes.....	59
Green Chicken Chili Casserole.....	60
Mexican Chicken Dinner.....	61
Turkey Taco Pizza.....	62
Mushroom- Stuffed Chicken Breasts.....	63
Spinach Crab Alfredo.....	64
Pita Pizza.....	65
Oven Baked Chicken Fingers.....	66
Vegetarian Bean Enchiladas.....	67
Sommer's Ceviche.....	69
Grocery List.....	70
Notes.....	74

Remember it's all about moderation - not starvation!

The formatting may be a little off, but this is my favorite recipe, today at least.

### Chicken and Veggie Spaghetti... Squash!

- 2 boneless, skinless chicken breasts
- 1 large zucchini, diced
- 2 large yellow zucchini squash, diced
- 1 ½ cups sliced mushrooms
- 1 large red bell pepper, seeded and sliced
- 1 medium onion, chopped
- 1 medium spaghetti squash
- 1 tablespoon olive oil
- 1 regular sized jar of Spaghetti sauce
- Mrs. Dash's Italian Seasoning (salt free!)
- Pepper
- Parmesan cheese

After washing the spaghetti squash, poke holes in it throughout, as you would before cooking a baked potato. In a large pot, fill 1/3 of the way with water, place spaghetti squash in, and bring to a boil. Make sure to put the lid on top of the pot so that the squash will steam cook, and watch the water level! It can drop down fast and burn the squash. Turn the squash frequently to avoid over cooking on area, but don't worry too much if you burn the outside slightly—it's the inside we're after!

---

While spaghetti squash is cooking, slice up raw chicken and place in a large pan. Add a tablespoon of olive oil, and turn up heat to medium/ high. Once all the chicken is sliced up and added to the pan, sprinkle Mrs. Dash's Italian seasoning liberally over chicken and stir. I also add pepper to taste at this time.

While chicken is cooking, chop up the onion and add to the pan. The onion will take the longest to cook next to the chicken, so make sure you start with that. Dice and slice remaining vegetables and add to the pan. Once the chicken is cooked all the way through, I add a normal sized jar of spaghetti sauce and reduce heat to a simmer, stirring occasionally.

The spaghetti squash should be about done now, check for tenderness. Once the squash is tender, remove it from the pot (it will be extremely hot, so be careful!). Slice the squash long ways down the middle, and remove the seeds. Take a fork and graze the top of the squash, allowing the strands to pull as they should- in spaghetti noodle shape! One squash makes a lot of spaghetti strands, so be ready! Place spaghetti in a large bowl and add chicken mixture from pan to the large bowl. Mix completely and serve! Sprinkle a little parmesan cheese for an added flavor!

This recipe makes a LOT, so the gastric bypass patient should either be prepared to eat this for lunch and dinner for the next week, or should save this recipe for family eating!

So there you are. Enjoy it! :) Sorry I didn't think of this sooner!

Sommer

=====

## Re:Sommers Cookbook

Posted by Debby - 2007/05/15 16:43

---

Thanks for the post Sommer. The dishes look yummy!  
It looks like a great item.

=====

## Re:Sommers Cookbook

Posted by kisergurl - 2007/05/15 16:47

---

I think it's great that you even started and finished it. (even though it had a 2 year nap:lol: ) I have seen all types of cook books in all different styles, shapes, and so on..... I feel just finishing something that you have been agonizing over is great! We all need a little push now and then, so don't sweat the small stuff!:whistle:

=====

## Re:Sommers Cookbook

Posted by Tara - 2007/05/15 17:06

---

It's too bad it wasn't sold as an E-book or even through [www.cafepress.com](http://www.cafepress.com).

Post edited by: Tara, at: 2007/05/15 17:08

=====

## Re:Sommers Cookbook

Posted by sommersmiles - 2007/05/15 18:59

---

This seemed easiest. Although I didn't know anything about the other avenues before when I started this. Now it's just not a priority. I love my cookbook, but like I said, finishing it was the big deal for me, selling it is just a bonus. :) Thanks though, Tara! If I ever get time to investigate the other avenues, I may look into it. Couldn't hurt, right? :)

And we sure do all need a little push now and then! Sometimes even a shove!! :) I'm shoving myself into surfing again this summer, or trying to. I'll let you know how that one goes!! Ha ha ha!!

---

=====

## Re:Sommers Cookbook

Posted by wish - 2007/05/18 00:21

---

Good job Sommer proud of you.

=====

## Re:Sommers Cookbook

Posted by kisergurl - 2007/05/18 11:56

---

s0mmersmiles wrote:

This seemed easiest. Although I didn't know anything about the other avenues before when I started this. Now it's just not a priority. I love my cookbook, but like I said, finishing it was the big deal for me, selling it is just a bonus. :) Thanks though, Tara! If I ever get time to investigate the other avenues, I may look into it. Couldn't hurt, right? :)

And we sure do all need a little push now and then! Sometimes even a shove!! :) I'm shoving myself into surfing again this summer, or trying to. I'll let you know how that one goes!! Ha ha ha!!

Surfing:whistle: Oh what I'd give too be young again.....:silly: (I know people of all ages surf):huh:

=====

## Re:Sommers Cookbook

Posted by catlovr - 2008/08/21 17:55

---

After I ordered Summer's cookbook, I made a guacamole spread and, before I could get it in the refrigerator, one of my cats jumped up on the kitchen counter and started eating it. I emailed Summer about it and she emailed back, "Smart cat!"

=====

## Re:Sommers Cookbook

Posted by s0mmersmiles - 2008/08/21 23:28

---

OK, so for sure you didn't email me. I never got that, and I doubt I would have said that. Weird. There is a girl that gets lots of emails for me at sommersmiles@hotmail.com, but my address is s0mmersmiles@hotmail.com (zero not an o in sommer), so maybe she got it? WEIRD!! It's funny that your kitty likes guac though. Not a normal cat food, don't you agree? :)

=====