

Skillet Chicken Parmesan

1 Tablespoon olive oil
6 Skinless, boneless chicken breast halves (about 1 ½ lbs.)
Hint: it is easier to use chicken tenders
1 ½ cups spaghetti sauce
¼ cup grated Parmesan cheese
1 ½ cups shredded mozzarella cheese (about 6 oz.)
6 rolls

Heat the oil in a 12 inch skillet over medium-high heat.

Add the chicken and cook for 10 minutes or until lightly brown on both sides (need to watch and turn frequently).

Pour sauce into skillet to slightly cover the chicken. Sprinkle 3 tablespoons of parmesan cheese over the chicken. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through.

Sprinkle the mozzarella cheese and remaining parmesan cheese into the skillet.

Let stand for 5 minutes or until the cheese has melted, put into roll for sandwich.

Prep: 15 min

Cook: 15 min

Mexican Chicken

1 Tablespoon olive oil
4 Skinless, boneless chicken breast halves
Hint: it is easier to use chicken tenders
1 cup Salsa (chunky style adds more flavor)
2 cans black beans, drained (at least one)
1 can diced tomatoes
1 cup shredded cheddar cheese

Heat the oil in a skillet, over medium-high heat.

Add the chicken and cook for 10 minutes or until lightly browned on both sides (need to watch and turn frequently).

Add salsa and beans.

Bring to a boil; cover and simmer on medium-low for 5 min. or until the chicken is done (165 degrees).

Top with cheese.

Remove skillet from heat and let stand, covered for 5 min. or until cheese is melted.

Prep: 15 min

Cook: 20 min

Pocket Perfection

Create your own delicious packets using ingredients you have on hand. Grab a piece of heavy duty foil and follow these general guidelines:

Pick a Protein: Opt for lean meats (chicken, fish filet or shrimp vs. fattier choices as steak and sausage). When the fat cooks off inside the packet, it seeps into the rest of your food.

Season to Taste: Flavor your meat using whatever spices or herbs you love. Make sure the seasonings are what you would use with everything in the packet (including the sides).

Slice and Dice: Thin vegetables, like green beans, require little prep. Thicker vegetables (carrots and potatoes) need to be thinly sliced so they steam in the same amount of time as the rest of the packet's contents.

Choose the Sides: Round out your meal with a fast cooking starch (precooked polenta, 90 sec microwavable rice). To keep the inside of the packet moist, you may want to add ¼ cup of water, broth or juice prior to cooking)

Suggestions:

Chicken, lemon, green beans and potatoes

Shrimp, lime, peas and rice

Chicken, salsa, peppers and rice

Fish filet, orange, green beans and potatoes

Chicken, apple, cranberries and rice

Tips: Make your first layer potatoes, to protect your protein from burning. Fold the foil to seal in the juices and steam.

Prep: 20 min + 15 min

Cook: 20 min

S. O. P. P.

S. O. P. P. stands for sausage, onions, potatoes and peppers. This is a simple, one-pot meal that tastes delicious and is easy to create.

2 Tablespoons vegetable oil

6 potatoes, cubed (peeled or not, your choice)

2 pounds smoked sausage, sliced

1 onion, sliced

2 bell peppers, chopped (any color)

Heat oil in large pot, over medium heat.

Place the onions in the pot and sauté for a couple minutes.

Add the potatoes, cover and simmer – turning fairly often (so you don't scorch the bottom of the pan); until potatoes are almost tender and a little browned (approx. 10 min)

Stir in the sausage and peppers.

Cover and cook for about 5 more minutes or until onions and/or peppers are to the desired tenderness.

Prep: 20 min

Cook: 20 min

Pork with Olives

1/2 cup Italian dressing
6 boneless pork chops
2 cans diced tomatoes, undrained
 Suggestion – select with added seasonings
12 Spanish olives, drained (at least)
2 boxes (6oz) stove top stuffing mix for pork

Marinade pork in Italian dressing (put both into a plastic bag, for awhile – even the night before)

Heat Italian dressing in a skillet, over medium-high heat.

Add the pork and cook 2-3 min on each side or until lightly browned on both sides (need to watch and turn frequently).

Add tomatoes and olives.

Bring to a boil, cover.

Simmer on medium-low heat for approx. 10 min;
 turning pork and stirring sauce after 5 min.

Meanwhile, prepare stuffing as directed on package.

Prep: 10 min

Cook: 20 min

Pork and Beans

Vegetable cooking spray
6 boneless pork chops
Suggestion: cut pork into cubes
1 large onion, chopped
2/3 cup celery, chopped
Hint: use 3-4 stocks
3 cans pork and beans
3 teaspoons packed brown sugar

Heat the skillet over medium-high heat.

Remove skillet from the heat to spray with cooking spray and add the pork.

Cook chops for 10 min or until they are lightly browned on both sides (need to watch and turn frequently).

Remove pork from the skillet and set aside.

Remove skillet from the heat to spray with cooking spray.

Reduce heat to medium. Add onion and celery.
 Cook until tender; stirring frequently.

Add pork and beans and brown sugar and heat to a boil.

Return chops to the skillet. Reduce heat to low. Cover and cook for 5 min or until pork is cooked through.

Prep: 20 min

Cook: 20 min

Asian-Style Chicken and Rice

1 Tablespoon vegetable oil
4 skinless, boneless chicken breast, halves
Hint: Easier to use chicken tenders
1 can (10.75 oz.) condensed golden mushroom soup
Substitution: You can use any creamy soup
2 cups water
1 package (1.25 oz.) teriyaki seasoning mix
1 bag (16 oz.) frozen stir-fry vegetables, thawed
2 cups uncooked, instant white rice

Heat the oil in a 10" skillet, over medium-high heat.

Add the chicken and cook for 10 min or until browned on both sides (needs to be watched and turned frequently).

Remove the chicken from the skillet.

Pour in the soup, water, seasoning mix and vegetables in the skillet and heat to a boil.

Stir in the rice.

Return the chicken to the skillet. Reduce the heat to low.

Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.

Prep: 10 min

Cook: 20 min

Orange Beef and Rice

1 Tablespoon oil
1 lb. top beef round, cut into ½" cubes
1 onion, diced
1 teaspoon garlic powder (or more for taste)
1 lb. mushrooms, sliced
1 cup shredded carrots
Suggestion: use the entire bag (10 oz.)
2 packages (6 oz.) wild and white rice pilaf mix
2 cups orange juice
2 cups beef broth
you can use either liquid – just need 4 cups

Briefly heat oil in large, deep pot over medium-high heat.

Add beef and onion. Cook, stirring frequently, for 5 minutes.

Add garlic, mushrooms and carrots. Cook another 5 minutes.

Add pilaf mix, orange juice and broth; bring to a boil, then reduce heat and simmer, covered for 20 minutes or until liquid has been absorbed.

Prep: 5 min

Cook: 25 min

Zesty Beef & Rice

1 Tablespoon olive oil
1 boneless beef sirloin steak (about 1 lb.),
 cut into strips or chunks
1 jar picante sauce
 Substitution: use 2 cans of tomatoes,
 If you don't want it zesty
1 can of diced tomatoes
2 cups beef broth
2 cups UNCOOKED regular long-grain rice

Heat the oil in a skillet over medium-high heat.

Add the beef and cook for approx. 10 min or until lightly browned on both sides (need to watch and turn frequently).

Pour off any fat.

Pour in the picante sauce, broth and rice in the skillet and heat to a boil.

Reduce the heat to low.

Cover and cook for 20 min or until the rice is tender.

Prep: 10 min

Cook: 30 min

Salsa Beef Skillet

1 lb. lean ground beef
1 onion, chopped
2 cups water
1 cup salsa (chunky adds more flavor)
1 pkg (14oz) deluxe mac and cheese dinner
2 cups frozen corn, thawed and drained
 Hint: you can use any frozen vegetable
½ cup shredded cheddar cheese

Brown ground beef and onion in large skillet on medium-high heat, stirring constantly.

Pour off any liquid/fat.

Pour in water, salsa and macaroni.
 Stir and heat to a boil.

Cover and simmer on low heat for approx. 10 min or until macaroni is tender (need to watch and stir occasionally).

Add corn and cheese sauce, stir.
 Cook for approx. 2 min or until heated through.

Top with shredded cheese and onion.

Prep: 15 min

Cook: 20 min

Chicken Cordon Blue

1 Tablespoon butter
1 ¼ lbs. skinless, boneless chicken breast halves
Hint: it is easier to use chicken tenders
1 can (10 ¾ oz.) condensed cream of chicken soup
2 Tablespoons water
2 Tablespoons dry white wine
Substitution: white grape juice
½ cup+ shredded swiss cheese
Hint: use slices and cut into squares
½ cup chopped cooked ham
Hint: use lunchmeat and cut into strips
½ of a 12 oz. package of medium egg noodles
(about 4 cups), cooked and drained

Heat the butter in a skillet over medium-high heat.

Add the chicken and cook for 10 minutes or until lightly browned on both sides.
Remove chicken from the skillet.

Pour in the soup, water and white wine (or juice), cheese and ham in the skillet
and heat to a boil.

Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5
minutes or until the chicken is cooked through.

Serve the chicken and sauce with the noodles.

Prep: 20 min

Cook: 20 min

Skillet Cheesy Chicken & Rice

1 Tablespoon butter
1 ¼ lbs. skinless, boneless chicken breast halves
Hint: it is easier to use chicken tenders
1 can (10 ¾ oz.) condensed cream of chicken soup
2 cups water
1 teaspoon onion powder
¼ teaspoon ground black pepper
2 cups UNCOOKED reg, long-grain white rice
2 cups frozen mixed vegetables
Hint: you can use any frozen vegetable
½ cup shredded cheddar cheese

Heat the butter in a skillet over medium-high heat.

Add the chicken and cook for 10 minutes or until lightly browned on both sides. Remove chicken
from the skillet.

Pour in the soup, water, onion powder, black pepper and rice in the skillet and heat to a boil.

Reduce the heat to low. Cover and cook for 15 min; stirring occasionally.

Stir in the vegetables.

Return the chicken to the skillet. Sprinkle with the cheese. Cover and cook for 5 minutes or until
the chicken is cooked through and the rice is tender.

Serve the chicken and sauce with the noodles.

Prep: 10 min

Cook: 25 min

Glazed Pork & Rice

- 1 Tablespoon olive oil
- 4 boneless pork chops
- 3 cups chicken broth
- 1 cup apricot preserves or orange marmalade
- 3 Tablespoons Dijon-style mustard
- 2 ½ cups UNCOOKED instant white rice

Heat the oil in a skillet, over medium-high heat.

Add the pork and cook for 10 min or until browned on both sides (need to watch and turn frequently).

Remove pork from skillet.

Pour in broth, preserves and mustard into the skillet and heat to a boil (lightly stirring).

Reduce the heat to low. Stir in rice.

Return the pork to the skillet.

Cover and cook for 10 min or until the pork is cooked through and the rice is tender.

Prep: 10 min

Cook: 20 min

Marmalade Chicken

This simple dish has a deliciously tangy sauce with a hint of sweetness and is ready in 20 minutes. Suggested to serve with rice.

1 cup chicken broth (reduced sodium)
1 Tablespoons red-wine vinegar
2 Tablespoons orange marmalade (or more for flavor)
1 teaspoon Dijon-style mustard
1 teaspoon cornstarch
1 pound chicken tenders
½ teaspoon kosher salt
¼ teaspoon freshly ground pepper
6 teaspoons virgin olive oil, divided (suggest extra-virgin)
1 large onion, minced
1 teaspoon freshly ground orange zest

Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl.

Sprinkle chicken with salt and pepper. Heat 4 teaspoons of oil in a large skillet, over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

Add the remaining 2 teaspoons of oil and shallots to the pan and cook, stirring often until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened. 30 seconds to 2 minutes. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

Prep: 20 min

Cook: 20 min

California Three Bean Chili

2 Tablespoons olive oil
1 cup onion, chopped
1 green bell pepper, chopped
½ cup dry red wine
 Substitution: grape or cranberry juice
2 cans (14.5 oz.) whole tomatoes, broken up
 Hint: Easier to use diced tomatoes
2 cans (15oz) EACH of the following, drained and rinsed
 black beans,
 red kidney beans,
 white northern beans or pinto beans

California Spice Blend (Hint: do this at home):

4 teaspoons chili powder
2 teaspoon EACH of the following
 garlic powder
 ground cumin
 oregano
 basil leaves
1 teaspoon seasoned pepper
4 teaspoons sugar
1 teaspoon salt

Heat olive oil in a large pot, over medium-high heat.
Add onion and green pepper; cook 5 min, stirring often.
Stir in spice blend and sauté for one min.
Stir in remaining ingredients.
Bring to a boil.
Reduce heat and simmer 20 minutes, stirring occasionally.
Garnish with shredded cheese and chopped onions, if desired.

Prep: 15 min

Cook: 20 min

Chicken and Broccoli Alfredo

½ of a 16oz package of linguine
1 cup fresh or frozen broccoli, cut (use small bag)
2 teaspoons butter
1 lb. skinless, boneless, chicken breast halves
 cut into 1" pieces
 Hint: It is easier to use chicken tenders
1 can (10 ¾ oz.) condensed cream of mushroom soup
½ cup milk
½ cup grated parmesan cheese
¼ teaspoon ground black pepper (to taste)

Prepare linguine according to package directions, in large pan. Add broccoli during last 4 minutes of cooking time.

Drain linguine and broccoli well, in colander.

Heat butter in skillet, over medium-high heat.

Add chicken and cook until lightly browned, stirring often.

Stir soup, milk, cheese, black pepper and linguine mixture into skillet.

Cook until mixture is hot and bubbling.

Serve with additional parmesan cheese.

Serve the chicken and sauce with the noodles.

Prep: 10 min

Cook: 20 min

Gingery Pork and Cucumber Pitas

**1/4 cup rice vinegar (can use cider vinegar)
2 teaspoons sugar
Kosher salt (to taste)
2 Kirby cucumbers, thinly sliced (any variety will do)
1 jalapeno, thinly sliced (or banana pepper); optional
1 Tablespoon olive oil
1 lb. ground pork (other options – chicken, turkey)
1/4 cup hoisin sauce
1 Tablespoon grated fresh ginger (can used dry ginger)
4 pitas, halved**

In a medium bowl, combine the vinegar, sugar and 1/4 teaspoon of salt, stirring until the sugar dissolves. Add the cucumbers and jalapenos and let sit (approximately 5 min)

Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the ground pork, breaking up with a spoon – until no longer pink, 5-6 minutes.

Stir in the hoisin, ginger and 2 Tablespoons water.

Fill the pita halves with the pork and cucumber salad.

Variation: Substitute ground chicken or turkey for the pork.

Prep: 15 min + 10 min

Cook: 15 min