

APRICOT GLAZED TURKEY MEATLOAF

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Bake 40 minutes uncovered. Remove from oven and spread glaze over meatloaf. Let stand 5 minutes before serving.

ASIAN INFUSED CHICKEN BREASTS OR SIRLOIN STEAKS

Heat BBQ to medium-high heat. Remove meat from marinade* and place onto grill. Cook chicken 15 minutes total for, turning occasionally. Cook steak 10 minutes total for rare. Remove from heat and cover with foil—let stand covered 5 minutes before serving. *If desired, you can make a glaze out of remaining marinade; place marinade in a small saucepan, bring just to a boil—reduce to low and let simmer 5 minutes. Sauce will thicken as you let it reduce down; drizzle over cooked chicken or steak.

3-BEAN OR TURKEY CHILI

Place chili into sauce pan. Bring just to a boil. Cover and cook 25 minutes on simmer, stirring occasionally. OR Crock Pot: Cook 4 hours on high or 6 hours on low. We like to garnish this chili with shredded cheese, chopped cilantro, and diced red onion!

BAKED TILAPIA WITH ARTICHOKE AND TOMATOES

Pre-heat oven to 375F. Place tilapia in shallow baking dish in a single layer. Pour tomato mixture over tilapia. Bake 25-30 minutes or until hot and bubbly.

NONNIE'S MEATLOAF

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Bake 25 minutes. Remove from oven and spread tomato glaze over meatloaf. Return to oven and bake 15 minutes more.

CHICKEN OR VEGETARIAN POT PIE

Pre-heat oven to 400F. Remove lid from baking pan. Place baking pan onto baking sheet. Bake in oven 5 minutes, reduce temperature to 375F. Cook 30 minutes or until crust is golden and filling is heated through and bubbly around edges.

HONEY PEANUT CRUSTED CHICKEN TENDERS

Pre-heat oven to 375F. Place peanut/Panko mixture onto flat plate or shallow bowl. Dredge chicken pieces into mixture and place onto baking sheet lined with foil. Bake 30 minutes and until slightly crispy.

STUFFED PORTABELLA MUSHROOMS

Pre-heat oven to 375F. Place foil wrapped mushrooms onto baking sheet. Unwrap the top of the foil just enough to expose the tops of the mushrooms. Bake 25 minutes.

ASPARAGUS AND CHICKEN DIVAN

Pre-heat oven to 350F. Remove lid from baking pan. Place baking pan onto baking sheet. Bake 30 minutes and until heated through and bubbly around edges.

CREAMY PARMESAN CHICKEN

Pre-heat oven to 350F. Place chicken breast onto baking sheet lined with foil or sprayed with cooking spray. Spread Parmesan mixture evenly over chicken breasts, coating the entire top surfaces. Bake 35 minutes and until golden. Remove from oven and let stand 5 minutes before serving

TACO BAKE

Pre-heat oven to 350F. Place baking pan onto baking sheet. Bake 30 minutes and until heated through.

BURGUNDY BEEF STEW

Place stew into crock-pot and cook about 6 hours on low or 4 hours on high, until beef shreds apart very easily.

THAI CURRY

Heat 2TBS oil in medium sized skillet. Add onions and cook over medium heat, stirring often until tender and slightly golden. If you have chicken, add it to the skillet and cook about 3 minutes turning over once during cooking. Add spice mixture and cook 2 minutes. Add coconut milk and stir very well. Cook about 5 minutes, just until mixture barely begins to boil. If you have tofu or shrimp, add now. Simmer 10 minutes for chicken, 5 minutes for shrimp or tofu. Remove from heat and let stand 5 minutes before serving.

SEARED PORK LOIN CHOPS WITH SHALLOT & THYME

Pre-heat skillet over medium-high heat. Brown pork chops until dark golden on both sides. Remove pork chops from skillet and place onto plate, turn heat off. Cover pork chops tightly with foil to keep the heat in. Add shallot to skillet and cook 1 minute, scraping all the bits from the bottom of the skillet. Add 1 cup stock (any) or white wine to skillet, bring just to a boil. Add thyme sprigs, reduce heat to low and simmer until about half the liquid is absorbed. Plate pork chops and pour pan sauce over chops.

BAKED FLATBREAD

Pre-heat oven to 375F. Spray a baking sheet with cooking spray. Place flatbread on baking sheet and top evenly with roasted vegetable and chicken mixture. Bake 10 minutes or until heated through. Remove from oven. Serve with arugula salad.

CALIFORNIA CHEESE-STEAK

Heat medium skillet over medium-high heat. Add 2TBS oil. Add onion and pepper mixture and cook about 5 minutes, stirring often as to get nice and caramelized. Remove from skillet and set-aside. In same skillet, add 2TBS oil and sirloin mixture. Cook stirring often just until all pink disappears. Add vegetable mixture to skillet and combine well. Remove from heat. Top hoagie buns with mixture and top with cheese. Place sandwiches under broiler if you desire the cheese to be melted further.

SWEET PEPPER CHICKEN CACCIATORE

Heat 3 TBS oil in medium-sized saucepan over medium-heat. Add onion and pepper mixture into skillet. Cook about 4 minutes, stirring occasionally, as to just get a little color on the edges and a bit soft. Remove from skillet and set aside. Dredge chicken breasts in flour mixture. Add 2 TBS oil to skillet. Place chicken into skillet and brown on each side. Pour tomato mixture over chicken. Scrape the bottom of the skillet to loosen all the bits. Cover and reduce to low heat. Cook 15 minutes; stir well. Cover and continue cooking 15 minutes more, stirring once or twice in between.

CHICKEN WITH WALNUT PESTO

Pre-heat oven to 350F. Heat medium skillet over medium high heat. Add 2TBS oil. Lightly brown chicken breasts on both sides (you can season with a little salt and pepper before you brown the chicken). Remove from skillet and transfer chicken to shallow baking dish sprayed with cooking spray. Top with walnut pesto, then the mozzarella cheese and then the sun-dried tomato. Cover tightly with foil and bake 30 minutes. Remove from oven and let stand 5 minutes.

CITRUS INFUSED GRILLED CHICKEN

Heat BBQ to medium-high heat. Remove meat from marinade* and place onto grill. Cook chicken 15 minutes total for, turning occasionally. Remove from heat and cover with foil—let stand covered 5 minutes before serving. *If desired, you can make a glaze out of remaining marinade; place marinade in a small saucepan, bring just to a boil—reduce to low and let simmer 5 minutes. Sauce will thicken as you let it reduce down; drizzle over cooked chicken

RICOTTA STUFFED SHELLS

Pre-Heat oven to 350F. Remove lid. Place baking pan onto baking sheet. Bake uncovered 40 minutes.

MARINATED GREEK PORK

If skewering and using wood skewers: soak skewers in cold water 20 minutes. Pre-heat grill to medium heat. Skewer pork pieces; grill a total of 10 minutes. Remove from grill and place onto plate—cover tightly with foil—let stand 5 minutes before serving. BROIL; pre-heat broil to medium-high. Cook a total of 15 minutes—turning 3 times for even cooking.

SUMMERTIME STEAM POCKETS

Pre-heat grill to medium heat. Place foil pocket smooth side down onto hottest area of grill. Cook 10 minutes, rotating position at least one time while cooking. You should begin to hear the sizzling from inside the pocket. Remove from grill onto plate and let stand 5 minutes before opening, as ingredients will continue to cook. OVEN: pre-heat oven to 400F. Place foil packet onto baking sheet. Bake 20 minutes. Remove from oven and let stand 5 minutes before opening.

BLACKENED CHICKEN BREASTS WITH MANGO SALSA

Pre-heat oven to 350F. Heat medium skillet over medium high heat. Add 2TBS oil. Cook chicken breasts for 3 minutes on each side. Remove from skillet and transfer chicken to shallow baking dish sprayed with cooking spray. Cover with foil and bake 15 minutes. Remove from oven and let stand 5 minutes before serving with salsa.

JASMINE RICE

Place rice and 1 $\frac{3}{4}$ cups water into small saucepan. Bring to a boil, cover with lid and turn heat to low. Cook 15 minutes or until all water is absorbed.

POLENTA

Bring 3 cups of water to a boil in small saucepan. Whisk in polenta. Reduce heat to simmer, cover and cook until all water is absorbed.

QUINOA

Rinse quinoa under running water in strainer. Place quinoa in small saucepan. Add 2 cups of water. Bring just to a boil, cover and reduce heat to medium low so it has a slow steady simmer. Cook about 15 minutes or until all of the water is absorbed. Fluff with fork before serving.

COUSCOUS

Bring 1 Cup water to boil. Add 1 Tbs of butter or olive oil. Add Couscous stir until water is absorbed. Cover and set aside for one min. Sun dried tomato, or other flavor may be added, if desired.

PASTA

Bring 2 quarts water to a boil. Add pasta and cook 7-9 minutes—check for doneness, it may need a little more time depending on how firm you like it. Drain and serve.

RICE PILAF

The rice is fully cooked. Heat in microwave 2 minutes, stirring once before cooking.

CORNBREAD

Pre-heat oven to 375F. Mix 1 $\frac{3}{4}$ cup water with cornbread mix. Pour into muffin tins or small baking pan coated with cooking spray. Bake 15-20 minutes or until set.

YOGURT CONES!

Empty yogurt mixture into shallow bowl. Place into freezer for 15 minutes. Stir well, freeze an additional 10 minutes. Remove from freezer and scoop yogurt into cones. Sprinkle tops of cones with chocolate chips!