

A Cookbook



from your friends at

First Presbyterian Church and our Wellness Committee



The Wellness Committee of First Presbyterian Church Fort Worth is happy to share a collection of recipes focused primarily on ideas for dinner. The book is divided into seven sections covering meat and fish, pasta and rice, fruits and vegetables and salads. We hope these might give you some new ideas as you prepare meals. Several of the recipes are focused on healthy diabetic options. Also, where the original source is known, it is included with the recipe title.

We hope you enjoy reading and trying the recipes in this collection.

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Entrees – Pork

Easy Kahlua Pork

Serves: 6

Ingredients:

- 2 pounds shredded pork, cooked
- cabbage, sliced thin
- 1 Tbsp oil
- 1 Tbsp soy sauce
- ½ cup water or broth
- sandwich bread or tortillas (to fill with pork)
- black pepper
- salt to taste

Instructions:

Note: This recipe can be used if you have cooked shredded pork

1. Mix shredded pork, soy sauce, and water in an oven safe pan.
2. Cover tightly with foil and cook on low (around 300 degrees) in the oven so you do not dry out pork. Cook for about an hour or until 165 degrees.
3. While pork is heating, heat oil in a large skillet. Cook cabbage 5-7 minutes, stirring every 30 seconds. Cook until soft and tender.
4. Season to taste with salt and pepper.
5. Fill bread or tortillas with pork and cabbage.

Garlic and Bacon Pork Loin

Serves: 8-10

Ingredients:

- one 4-5 pound pork loin roast
- ½ pound bacon
- 1 Tbsp oil
- 3 cups chicken or vegetable stock (can use water). **If using water, make sure to salt pork generously before cooking.**
- 4 cloves garlic, minced
- 2 onions, sliced
- 2 Tbsp fresh herbs, chopped (optional)

Instructions:

1. Preheat oven to 300 degrees.
2. Rub the pork loin with oil and place in a roasting pan. Drape slices of bacon over the top. Combine the chicken stock (or water), herbs and garlic. Pour over the roast. Place onions around the sides. Cover with a lid or aluminum foil.
3. Bake for 1 hour and 30 minutes. Remove the lid or foil, and continue to bake for 30 minutes, or until the bacon is browned. Cook pork to at least 145 degrees.
4. Let pork rest for 5-10 minutes before slicing.

Herb Roasted Pork Loin and Potatoes

Ingredients:

- 6 medium potatoes, peeled and quartered
- 2 Tbsp oil
- ½ tsp dried thyme
- ½ tsp garlic powder
- 1-½ tsp chopped fresh chives, optional
- salt and pepper to taste
- 1 (4 pound) boneless pork loin roast
- 1 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- salt and pepper to taste

Instructions:

1. Preheat oven to 350 degrees.
2. In a pot with enough water to cover, boil the potatoes for about 10 minutes. Drain, cool, and place in a bowl. Toss with oil, 1/2 teaspoon thyme, 1/2 teaspoon garlic powder, chives, salt, and pepper.
3. Rub the pork loin roast with 1 teaspoon thyme, 1 teaspoon garlic powder, and onion powder. Sprinkle with salt and pepper.
4. Place the roast on a rack in a shallow roasting pan and cook 50 minutes in the preheated oven. Arrange the potatoes around the roast, and continue cooking 50 minutes, to an internal temperature of 145 degrees. Remove from heat, cover with foil, and let sit 15 minutes before slicing.

One Stop Pork Skillet

(This recipe is from the Texas A & M Agrilife Extension)

Serves: 4

Ingredients:

- 2 slices bacon (can be low sodium or turkey bacon)
- 12 ounces French cut green beans, fresh, frozen or canned
- 4 pork chops
- ⅓ cup apple butter (or sliced apples)
- ¼ cup water
- 1 cup cherry tomatoes (or sliced tomatoes)

Instructions:

1. In a large skillet cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon from skillet; drain on paper towels. Reserve 1 Tablespoon of the drippings in skillet. Discard the remaining drippings.
2. Heat up green beans (if fresh beans, boil or steam them).
3. In the same skillet with the drippings, cook pork chops until browned on both sides (3-4 minutes on each side on medium-high heat). Add the ⅓ cup apple butter (or the sliced apples) and ¼ cup water. Simmer covered for 5 minutes. Add green beans, tomatoes, and bacon to skillet. Cook uncovered for 4 minutes.

3-Ingredient Pan-Simmered Italian Boneless Pork Chops

(This recipe was found on www.food.com)

Ingredients:

- 1 Tbsp oil
- 4-6 boneless center cut loin pork chops (½-¾ inch thick)
- 1 (14-½ ounce) can stewed tomatoes, Italian Recipe (with basil, garlic, and oregano)
- salt and pepper

Instructions:

1. Heat oil over medium-high heat in large frying pan that has a lid.
2. Season pork chops with salt and pepper.
3. Sear chops in pan till lightly browned, about 1-2 minutes per side.
4. Remove frying pan from burner (so you do not burn yourself on next step).
5. Slowly pour can of stewed tomatoes over chops. Distribute tomatoes so some are under the chops and the balance is evenly covering the tops of the pork chops.
6. Cover pan and return to burner. Reduce heat to low and simmer (do not boil) for 2-3 hours, or until chops are fork tender. You can leave the chops on low for even longer if you prefer – adjust to your schedule.
7. Uncover and let simmer for another hour (or longer) until some of the water in the pan evaporates.
8. Serve with side of mashed potatoes (the pan juice goes well with them!) or over pasta of your choice with some Parmesan cheese.

Three Ingredients Pork Chops

(This recipe was found on noshingwiththenolands.com)

Prep time: 5 minutes

Cook time: 55 minutes

Serves 4

Ingredients:

- 1 package Stove Top Stuffing
- 1 19-ounce can apple pie filling
- 4 large thin pork chops
- salt and pepper

Instructions:

1. Preheat oven to 375 degrees.
2. Make Stove Top Stuffing according to the package.
3. Spray an 8x11 baking dish with cooking spray. Spread out pie filling. Salt and pepper pork chops and lay on top. Top with stuffing.
4. Bake for 40 minutes covered with tin foil or until pork chops are cooked through. Remove foil for the last 10 minutes.

Honey Orange Pork Chops

(This recipe was found on www.epicurious.com)

Prep time: 5 minutes

Cook time 10 minutes

Ingredients:

- 4 pork chops, boneless
- ½ cup orange juice
- ¼ cup honey
- ¼ cup oil
- 1 tsp cilantro leaves
- 1 tsp seasoned salt
- ½ tsp garlic powder
- ¼ tsp ground cumin
- ¼ tsp ground cayenne red pepper

Instructions:

1. Mix all ingredients, except pork, in small bowl. Reserve 3 Tablespoons marinade; set aside. Place pork in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well.
2. Refrigerate 30 minutes or longer for extra flavor. Remove pork from marinade. Discard any remaining marinade.
3. Broil or grill over medium heat 4 to 5 minutes per side or until desired doneness, brushing with reserved 3 Tablespoons marinade halfway through cooking.

Sheet Pan Maple-Mustard Pork Chops and Carrots

(This recipe was found in Diabetic Living)

Serves: 4 (1 pork chop + ½ cup carrots each)

Ingredients:

- 2 Tbsp whole-grain mustard
- 1 Tbsp maple syrup
- 4 Tbsp oil, divided
- 4 (5-ounce) bone-in, center-cut pork chops (½-inch thick)
- 1-½ pounds carrots, cut diagonally into ¼-inch slices
- 2 tsp finely chopped garlic
- 1 tsp coarsely chopped peeled fresh ginger
- ½ tsp ground turmeric, optional
- ¾ tsp salt
- ¾ tsp ground pepper
- ¼ cup chopped parsley

Instructions:

1. Preheat oven to 450 degrees. Place a large-rimmed baking sheet/pan in the oven to preheat.
2. Whisk 1 Tablespoon oil, mustard, and maple syrup in a small bowl.
3. Place pork chops on one side of a rimmed baking sheet/pan. Brush the tops with the oil mixture. Place carrots on the other side and drizzle with the remaining 3 Tablespoons oil. Sprinkle garlic, ginger and turmeric on the carrots and toss to coat. Season everything with salt and pepper. Roast for 10 minutes.
4. Turn broiler to high. Broil until an instant-read thermometer inserted into the thickest part of the pork chop (away from the bone) reads 145 degrees (about 4 minutes). Continue cooking the carrots, if needed, until tender and glazed (2-5 minutes more). Serve sprinkled with parsley.

Paprika Baked Pork Tenderloin with Potatoes and Broccoli

(This recipe was found in Diabetic Living)

Serves: 4 (3 slices pork [4 ounces] + ½ cup potatoes + 1 cup broccoli each)

Ingredients:

- ¾ pound Yukon Gold (or any kind of) potatoes, scrubbed and cut into 1-inch cubes
- 1 medium red onion, cut into 1-inch pieces
- 2 Tbsp oil, divided
- ¾ tsp salt, divided
- 4 cups broccoli florets (about 1 pound)
- 2 cloves garlic, peeled
- 1-½ tsp paprika
- ½ tsp black pepper, divided
- 2 tsp Dijon mustard
- 1 pound pork tenderloin, trimmed
- 2 jars roasted red peppers (6 ounces)
- 2 Tbsp low-fat sour cream or low-fat plain Greek yogurt
- 1 tsp lemon juice

Instructions:

1. Preheat oven to 425 degrees. Place a large-rimmed baking sheet/pan in the oven to preheat.
2. Combine potatoes, onion, 1 Tablespoon oil, and ¼ teaspoon salt in a medium bowl; toss to coat. Remove the pan from the oven, and coat the pan with cooking spray. Spread the potato mixture on the pan; roast for 15 minutes.
3. Meanwhile, combine broccoli, 2 teaspoons oil, and ¼ teaspoon salt in a medium bowl; toss to coat.
4. Place garlic on a small piece of foil. Drizzle with the remaining 1 teaspoon of oil; fold up into a small packet.
5. Combine paprika, ¼ teaspoon pepper, and the remaining ¼ teaspoon salt in a small bowl. Spread mustard all over pork. Coat with the paprika mixture.
6. Remove the pan from the oven. Stir the potatoes and onions and move them to one side. Place the pork next to the potatoes; spread the broccoli on the other side of the pan. Place the packet of garlic where there is space. Roast until an instant-read thermometer inserted into the thickest part of the pork reads 145 degrees (about 25 minutes).
7. Let the pork rest while making the sauce. Carefully unwrap the garlic and transfer it to blender. Add roasted red peppers, sour cream (or yogurt), lemon juice, and the remaining ¼ teaspoon pepper. Puree until smooth.
8. Cut the pork into 12 slices. Divide the pork, potatoes, and broccoli among 4 plates. Drizzle the red pepper sauce over the top.

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Entrees – Chicken

Adobo Chicken Thighs w/ Bok Choy

Serves: 4-6

Ingredients:

- 5 pounds chicken thighs
- 1 stalk bok choy, cut into 1-inch strips
- 1 tsp salt
- 1 tsp black pepper
- 1 Tbsp sugar
- 2 tsp paprika or chili powder
- ½ cup soy sauce
- ½ cup apple cider vinegar

Instructions:

1. Season chicken generously with salt and pepper. Place in an oven safe pan.
2. Combine sugar, soy sauce and vinegar. Pour into pan with chicken. Sprinkle chicken with paprika.
3. Cook at 250 degrees for 3-4 hours until internal temp reaches 165 degrees.
4. Place sliced bok choy on chicken mixture. Cook another 5-10 min or until bok choy is soft.

Cheesy Baked Chicken Drumsticks

Serves: 4

Ingredients:

- 4 pounds chicken drumsticks
- ½ cup shredded cheese
- 1 tsp salt
- ½ tsp black pepper

Instructions:

1. Lightly spray a baking dish with cooking spray.
2. Season chicken drumsticks with salt and pepper. Lightly spray with cooking spray.
3. Bake at 400 degrees until internal temperature reaches 165. About 30 minutes.
4. Top chicken with shredded cheese.
5. Bake another 4-5 min until cheese browns.

Chicken Thighs with Onions and Carrots

Serves: 8

Ingredients:

- 8 chicken thighs
- 3 Tbsp oil
- 2 onions chopped
- 5 carrots peeled sliced
- 16-ounce can crushed tomatoes
- 1 celery stalk
- 1 tsp chicken seasoning
- 1 pinch salt and pepper *to taste

Instructions:

1. Heat the oil in a frying pan.
2. Add the chicken thighs, sprinkle with salt, and cook on both sides.
3. Add the onions, carrots, celery stalk, tomatoes, pepper, and chicken seasoning.
4. Simmer for 35 minutes.

Lemon Whole Chicken

(This recipe was adapted from Marcella Hazan's More Classic Italian Cooking)

Ingredients:

- 1 whole chicken (approx. 3 pounds)
- 2 medium lemon (can substitute limes)
- fresh lemon juice (½ cup)
- salt
- ground black pepper

Instructions:

1. Place rack in upper third of oven and preheat to 400 degrees. Wash chicken inside and out with cold water, remove the giblets, then let the chicken drain, cavity down, in a colander until it reaches room temp (about 15 minutes). Pat dry with paper towels. Pour lemon juice all over the chicken (inside and outside).
2. Season with salt and pepper.
3. Prick the whole lemons three times with a fork and place deep inside the cavity. If lemons are hard, roll on countertop with your palm to get juices flowing.
4. Place the chicken breast-side down on a rack in a roasting pan, lower heat to 350 degrees and bake uncovered for 15 minutes.
5. Remove from oven and turn it breast-side up (use wooden spoons); return it to oven for 35 minutes more. Test for doneness- a meat thermometer inserted in the thigh should read 180 degrees, or juices should run clear when chicken is pricked with a fork. Continue baking if necessary.
6. Let chicken cool for a few minutes before carving. Serve with juices.

Meal-Prep Sheet-Pan Chicken Thighs

(This recipe was found in Diabetic Living)

Serves: 6 (1 thigh each)

Ingredients:

- 1-¾ pounds bone-in chicken thighs, skin removed and trimmed
- 2 tsp oil
- 1 large clove garlic, minced (may sub 1 tsp garlic powder)
- 1 tsp salt
- 1 tsp dried oregano

Instructions:

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper.
2. Place chicken in a large bowl. Add oil, salt, and oregano; toss until well-coated. Arrange the chicken on the prepared pan. Roast until cooked through (18-22 minutes).

Taco Skillet Dinner

Ingredients:

- 1 cup lime salsa
- ½ cup shredded Mexican style cheese
- 1 cup corn chips
- 1-½ pounds ground turkey
- 1 avocado (optional)
- ½ tsp salt

Instructions:

1. Arrange a rack in the upper third of the oven and broiler set to high.
2. Heat 1 Tablespoon oil in a large oven-safe skillet over medium-high heat until shimmering.
3. Add turkey and ½ teaspoon salt and cook, breaking the meat into smaller pieces, until browned and cooked through, 10-12 minutes.
4. Stir in cup lime salsa, sprinkle with ½ cup shredded cheese.
5. Broil until cheese melts, 2-3 minutes.
6. Top with 1 cup corn chips and 1 diced avocado.

Sheet-Pan Chicken Fajitas

(This recipe was found in Diabetic Living)

Serves: 4 (2 fajitas each)

Ingredients:

- 1 pound boneless, skinless chicken breasts
- 2 Tbsp oil
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1 tsp garlic powder
- ¼ tsp salt
- 1 large red bell pepper, sliced (may substitute green bell pepper)
- 1 large yellow bell pepper, sliced (may substitute green bell pepper)
- 2 cups sliced red or yellow onion (1 large)
- 1 Tbsp lime juice
- 8 corn tortillas, warmed
- cilantro, sour cream (or Greek yogurt), avocado, and/or pico de gallo for serving

Instructions:

1. Preheat oven to 400 degrees. Coat a large-rimmed baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally, then slice crosswise into strips. Combine oil, chili powder, cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine.
3. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
4. Roast on the middle rack for 15 minutes. Leave the pan there and turn on the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots (about 5 minutes more). Remove from oven. Stir in lime juice.
5. Serve the chicken and vegetables in warmed tortillas accompanied by cilantro, sour cream (or Greek yogurt), avocado, and/or pico de gallo (optional).

Sheet-Pan Creole Chicken

(This recipe was found in Diabetic Living)

Serves: 4 (3 cups each)

Ingredients:

- 1 tsp garlic powder
- 1 tsp paprika
- $\frac{3}{4}$ tsp ground pepper
- $\frac{3}{4}$ tsp dried thyme leaves (optional)
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp salt
- 2 Tbsp oil, divided
- 4 medium ears corn, husks removed, each cut crosswise into 4 pieces
- 1 medium yellow onion, sliced
- 1 medium red bell pepper, sliced (may substitute green bell pepper)
- 1 medium green bell pepper, sliced
- 2 cups cherry tomatoes
- 2 links cooked chicken sausage, cut into $\frac{1}{2}$ -inch slices (may substitute other sausages)
- 8-ounce boneless, skinless chicken thighs, trimmed and cut into 1-inch cubes (may substitute canned chicken)
- 2 Tbsp chopped fresh parsley (optional)
- 1 lemon, quartered (optional)

Instructions:

1. Preheat oven to 425 degrees. Place a large-rimmed baking sheet in the oven to preheat.
2. Combine garlic powder, paprika, ground pepper, thyme, cayenne pepper, and salt in a large bowl. Set aside 2 teaspoons of the mixture. Add 1 Tablespoon oil to the remaining spice mixture; stir to combine.
3. Add corn, onion, peppers, tomatoes, and sausage; toss to coat.
4. Remove the pan from the oven, and coat the pan with cooking spray. Spread the vegetable mixture in an even layer on the pan. Roast for 10 minutes.
5. Meanwhile, whisk the remaining 1 Tablespoon oil and reserved spice mixture in a large mixing bowl. Add chicken and toss to coat.
6. Remove the pan from the oven. Stir the vegetables and arrange the chicken on top. Roast until the chicken is cooked through and the vegetables are tender (10-15 minutes more).
7. Sprinkle with parsley if desired and serve.

Maple-Roasted Chicken Thighs with Sweet Potato Wedges and Brussels Sprouts

(This recipe was found in Diabetic Living)

Serves: 4 (1 chicken thigh + 4 sweet potato wedges + $\frac{3}{4}$ cup brussels sprouts each)

Ingredients:

- 2 Tbsp maple syrup
- 4 tsp oil, divided
- 1 Tbsp snipped fresh thyme
- $\frac{1}{2}$ tsp black pepper, divided
- $\frac{1}{2}$ tsp salt, divided
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound brussels sprouts, trimmed and halved (may substitute broccoli)
- non-stick cooking spray
- 4 bone-in chicken thighs, skin removed and trimmed (may substitute canned chicken)
- 3 Tbsp dried cranberries, snipped into pieces (optional)
- 3 Tbsp chopped pecans, toasted (optional)

Instructions:

1. Preheat oven to 425 degrees.
2. In a small bowl, combine the maple syrup, 1 teaspoon oil, thyme, $\frac{1}{4}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the pepper.
3. In a large bowl, combine sweet potatoes and brussels sprouts. Drizzle with remaining 3 teaspoons (1 Tablespoon) oil and sprinkle with the remaining $\frac{1}{4}$ teaspoon and $\frac{1}{4}$ teaspoon pepper; toss to coat.
4. Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.
5. Turn the chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 degrees) and potatoes are tender. Serve topped with pecans and cranberries (optional).

Cheesy Chicken Enchilada Skillet

(This recipe was found on www.epicurious.com)

Ready in 25 minutes

Serves 4-6

Ingredients:

- 1 Tbsp oil
- ½ onion, chopped
- 2 garlic cloves, finely chopped
- 1 tsp ground cumin
- 1 tsp kosher salt
- 1 (16-ounce) jar medium red salsa
- ½ cup sour cream, plus more for serving
- 4 corn tortilla, torn into quarters
- 4 cups shredded cooked chicken (from 1 [2-½ pound] rotisserie chicken)
- 1 (15.5-ounce) can black beans, drained, rinsed
- 1 cup shredded Mexican cheese blend
- pickled jalapeños and cilantro (for serving; optional)

Instructions:

1. Preheat oven to 500 degrees. Heat oil in a 10-inch heatproof skillet over medium heat. Add onion, garlic, cumin, and salt and cook, stirring, until softened, about 5 minutes.
2. Transfer onion mixture to a large bowl; reserve hot skillet. Add salsa, ½ cup sour cream, and ¼ cup water to onion mixture and stir to combine. Fold in tortillas, chicken, and beans until thoroughly coated. Return mixture to reserved skillet and cook over medium heat until warmed through, about 3 minutes. Sprinkle cheese over.
3. Transfer skillet to oven and bake until cheese is melted and bubbling, about 5 minutes. Top with sour cream, jalapeños, and cilantro, if desired.

Easiest Chicken Dinner Ever

(This recipe was found on www.food.com)

Ingredients:

- 1 pound chicken tenders, raw
- 1 (16-ounce) can chicken broth
- 1 (10-ounce) can Rotel
- 1 cup white rice, uncooked
- 1 cup shredded cheddar cheese
- garlic powder
- salt and pepper

Instructions:

1. In a large, deep skillet (with a lid), pour can of chicken broth and can of Rotel into skillet.
2. Stir in cup of rice.
3. Lay chicken tenders on top of rice and sprinkle with garlic, salt and pepper. Go easy on the pepper if you don't like it too hot because the Rotel has a little kick to it.
4. Cover and cook over medium high heat for 20 minutes or until chicken is opaque.
5. Remove from heat and sprinkle with the cheese. Stir lightly until cheese melts slightly.
6. Serve with a nice salad.

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Entrees – Beef

Hamburger Casserole

Serves: 6-8

Ingredients:

- 2 pounds ground beef
- 1 pound package spaghetti or egg noodles
- 1 can (15-ounce) tomato sauce or diced tomatoes
- 1 onion, diced
- 2 cloves garlic, minced
- 1 Tbsp oil
- salt to taste
- 2 Tbsp favorite spice mix. Can include a mix of black pepper, chili powder, garlic powder, cumin and paprika.

Instructions:

1. Preheat oven to 250 degrees.
2. Sauté onion in oil over medium heat until soft. Add garlic and cook until fragrant (about 30 sec).
3. Add ground beef and cook on medium heat until browned and cooked through. Break up large clumps to cook faster.
4. Drain fat, then mix in tomato, spices and salt to taste.
5. In separate saucepan, cook pasta according to directions.
6. Once pasta is al dente, drain and mix with beef in a shallow baking dish.
7. Bake 20 minutes or until thoroughly heated through.

Quick Beef Stew

Ingredients:

- 1 pound ground beef
- 15-ounce can mixed vegetables
- 2 cans vegetable juice

Instructions:

1. In a dutch oven, brown the ground beef, drain and return to dutch oven.
2. Add the mixed vegetables and vegetable juice.
3. Bring to a boil, reduce heat and simmer until vegetables are hot.
4. Serve with crackers or cornbread.

Southwest-Style Hamburger Steaks

(This recipe was found in Bon Appetit: September 1999)

4 servings

Ingredients:

- 1-½ pounds ground beef
- ½ cup shredded cheese
- ¼ cup chopped fresh cilantro
- 1 small can chopped mild green chilies
- 2 Tbsp chopped onions (green onions if desired)
- 2 tsp chili powder
- 1 tsp salt
- 1 avocado, pitted, peeled, sliced
- thinly sliced red onions
- salsa

Instructions:

1. Using hands, gently mix first 8 ingredients in a large bowl just until blended. Form into four almost 1-inch thick oval patties. Grill patties until cooked to desire doneness.
2. Transfer patties to plates and top with avocado slices and sliced red onions. Serve with salsa.

3-Ingredient Steak with Crispy Parmesan Potatoes

(This recipe was found on www.epicurious.com)

Ingredients:

- 2 pounds small new potatoes
- kosher salt
- ½ cup oil, divided
- ¾ cup grated parmesan
- 1 (1-½ pound) hanger steak
- freshly ground black pepper

Instructions:

1. Place potatoes in a medium pot; add cold water to cover by 1 inch. Season with salt, bring to a boil, and cook until potatoes are fork-tender, 12-15 minutes. Transfer to a rimmed baking sheet; let cool slightly, then lightly crush with your palm.
2. Heat 3 Tablespoons oil in a large heavy skillet over medium-high. Reduce heat to medium-low and add half of the potatoes; season with ¾ teaspoon salt. Cook, turning once, until golden brown, 15-20 minutes.
3. Transfer potatoes to a plate. Add 3 Tablespoons oil, ¾ teaspoon salt, and remaining potatoes to pan; cook, turning once, until golden brown, 15-20 minutes. Return all potatoes to pan, sprinkle with cheese, and cook, tossing to coat, until cheese begins to crisp, 1-2 more minutes.
4. Meanwhile, heat remaining 2 Tablespoons oil in a large skillet over medium-high. Season steak with salt and pepper and cook, turning occasionally, until deep brown and instant-read thermometer registers 125 degrees for medium-rare, about 3 minutes per side.
5. Transfer steak to a cutting board. Thinly slice steak against the grain and serve with potatoes alongside.

Mexican Meatball Soup

(This recipe was found on addapinch.com)

Hands-on time: 25 minutes

Total time: 25 minutes

Serves 4

Ingredients:

- 1 pound ground beef
- 2 scallions, chopped
- 1 cup tortilla chips, crushed, plus more for serving
- ¼ cup chopped fresh cilantro, plus sprigs for serving
- ½ tsp ground cumin
- kosher salt and black pepper
- 3 cups mild jarred salsa (about 1-½ 16-ounce jars)
- 1 avocado, cut into pieces

Instructions:

1. Heat broiler. In a bowl, combine the beef, scallions, tortilla chips, chopped cilantro, cumin, ½ teaspoon salt, and ¼ teaspoon pepper.
2. Shape the mixture into 1-inch balls (about 24) and place on a broiler-proof baking sheet. Broil until beginning to brown, 5 to 6 minutes.
3. Meanwhile, in a blender, puree the salsa with 1 cup water. Transfer to a large saucepan, add 2 cups water, and bring to a boil.
4. Add the meatballs, reduce heat, and simmer until cooked through, 2 to 4 minutes.
5. Serve the soup with the avocado, cilantro sprigs, and tortilla chips (if desired).

Ginger Beef with Baby Bok Choy

(This recipe was found in Diabetic Living)

Serves: 4 (1-¼ cups each)

Ingredients:

- 12-ounce beef flank steak, trimmed
- 1 Tbsp minced fresh ginger
- 1-½ tsp reduced-sodium soy sauce
- 1 tsp cornstarch
- 1 tsp toasted sesame oil
- 1 Tbsp oil
- 1 pound baby bok choy, trimmed and cut into 2-inch pieces (about 8 cups)
- 3 Tbsp unsalted (or low-sodium) chicken broth

Instructions:

1. Cut beef with the grain into 2-inch-wide strips. Cut each strip across the grain into ¼-inch-thick slices. Combine the beef, ginger, soy sauce, and cornstarch in a medium bowl; stir until the cornstarch is no longer visible. Add sesame oil and stir until the beef is lightly coated.
2. Heat a 12-inch stainless steel skillet (or 14-inch wok) over high heat until a drop of water vaporizes within 1-2 seconds after adding. Swirl in oil. Add the beef in an even layer; cook, undisturbed, until it begins to brown (about 1 minute). Using a metal spatula, stir-fry until lightly browned but not cooked through (30 seconds to 1 minute more). Transfer to a plate.
3. Add bok choy and broth to the pan. Cover and cook until the bok choy greens are bright green and almost all the liquid has been absorbed (1-2 minutes). Return the beef to the pan, add the remaining sauce, and stir-fry until the beef is just cooked through and the bok choy is tender-crisp (30 seconds to 1 minute).

Old-Fashioned Meatloaf

(This recipe was found in Diabetic Living)

Serves: 6 (one ¼-inch slice each)

Ingredients:

- ½ cup quick-cooking oats
- 4 ounces cremini (or white) mushrooms (1-½ cups)
- 1 Tbsp oil plus 1 tsp, divided
- ½ cup finely chopped onion
- ½ cup finely chopped green bell pepper
- 6 cloves garlic, minced
- 2 Tbsp cider vinegar
- 1-½ pounds lean ground beef
- 1 large egg, lightly beaten
- 1 Tbsp Dijon mustard
- 1 Tbsp Worcestershire sauce
- ¼ tsp salt
- ½ tsp ground pepper
- ¼ cup ketchup
- ¼ tsp cayenne pepper

Instructions:

1. Preheat the oven to 350 degrees.
2. Pulse oats in a blender to form a coarse meal. Transfer to a large bowl and set aside. Pulse mushrooms in the blender until minced (10-15 pulses).
3. Heat 1 Tablespoon oil in a large nonstick skillet over medium-high heat. Add onion, bell pepper, and garlic; cook, stirring occasionally, until tender (3-4 minutes). Add the mushrooms; cook, stirring occasionally, until browned (3-5 minutes). Add vinegar; cook, stirring and scraping up any browned bits, until the liquid has evaporated (1-2 minutes). Let cool for 10 minutes.
4. Add the mushroom mixture to the bowl with the oats, along with beef, egg, mustard, Worcestershire, salt, and pepper. Gently mix until combined; do not over-mix.
5. Brush an 8x4-inch loaf pan with the remaining 1 teaspoon oil; transfer the beef mixture to the pan and smooth into a loaf. Combine ketchup and cayenne in a small bowl; brush over the top of the loaf.
6. Bake until an instant-read thermometer inserted in the thickest part registers 160 degrees (50-60 minutes). Let stand for at least 10 minutes before removing from the pan. Using a serrated knife, carefully cut the loaf into 6 slices.

Tortilla Lasagna

(This recipe was found on tafb.com)

Ingredients:

- 1 Tbsp oil
- 1 yellow onion
- 3 cloves garlic
- 1 tsp dried oregano
- 1 can (28 ounces) crushed tomatoes
- 1 green bell pepper
- 1 cup mushrooms
- 1 bay leaf
- 1 large cooked sweet potato
- 12 (5-inch) corn tortillas
- 1 (6-ounce) package queso fresco
- 4 ounces shredded Monterey Jack cheese
- 1 cup non-fat plain yogurt
- 12 sprigs fresh cilantro

Instructions:

1. Preheat oven to 350 degrees. Wash vegetables. Chop onion, garlic, and sweet potato. Slice green pepper and mushrooms. Wipe off top of can of tomatoes.
2. Heat oil in a large sauté pan and sauté the onion. Cook for about 5 minutes until onion is translucent. Then add the garlic and oregano.
3. Stir in tomatoes and bring to a boil. Add the green pepper, mushrooms, and bay leaf. Let it cook for 5-10 minutes. Remove the bay leaf and then add cooked sweet potato and a pinch of salt.
4. Combine the queso and Monterey Jack cheese. Place a spoonful of tomato sauce mixture on the bottom of a large casserole dish. Put 3 to 4 tortillas on top of the sauce and sprinkle $\frac{1}{3}$ of the cheese mixture on top of the tortillas.
5. Layer tortillas, cheese, sauce, ending with tortillas topped with cheese. Cover with foil and bake for 25 minutes.
6. Chop the cilantro and sprinkle it on top of the dish along with a dollop of yogurt.

Simple Beef Stroganoff

Prep time: 20 minutes

Cook time: 10 minutes

Serves: 4

Ingredients:

- 1 (8-ounce) package egg noodles
- 1 pound ground beef
- 1 (10.75-ounce) can fat free condensed cream of mushroom soup
- 1 Tbsp garlic powder
- ½ cup sour cream
- salt and pepper to taste

Instructions:

1. Prepare the egg noodles according to package directions and set aside.
2. In a separate large skillet, saute the ground beef over medium heat for 5 to 10 minutes, or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.
3. Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.

Oven Beef Stew

Prep time: 15 minutes

Cook time: 4 hours

Serves 8

Ingredients:

- 1 pound beef stew meat, cut into 1-inch cubes
- 2 cups cubed potatoes
- 2 cups chopped carrots
- 1 (10.75-ounce) can condensed cream of mushroom soup
- 1 (10.5-ounce) can condensed French onion soup
- 1-¾ cups water
- 1 cup frozen green peas

Instructions:

1. Preheat oven to 250 degrees.
2. In a 2- to 3-quart casserole dish, combine the stew meat, potatoes, carrots, mushroom soup, French onion soup and water. Mix together well.
3. Bake, uncovered, for 4 to 5 hours, stirring occasionally. Mix in the peas 15 minutes before serving.

Entrees – Fish

Easy Tuna Casserole

(This recipe was found on www.allrecipes.com)

Prep time: 15 minutes

Cook time: 30 minutes

Servings: 8

Ingredients:

- 3 cups cooked macaroni
- 1 (5-ounce) can tuna, drained
- 1 (10.75-ounce) can condensed cream of chicken soup
- 1 cup shredded cheddar cheese
- 1-½ cups French fried onions

Instructions:

1. Preheat oven to 350 degrees.
2. In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.
3. Bake at 350 degrees for about 25 minutes, or until bubbly. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot.

Simple Tuna Melts

(This recipe was found on www.allrecipes.com)

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 4

Ingredients:

- 1 (5-ounce) can tuna, drained
- ½ small onion, minced
- pepper to taste
- 12 slices pickled jalapeño, optional
- 2 English muffins, split
- 4 slices cheddar cheese

Instructions:

1. Preheat oven to 350 degrees.
2. In a small bowl, combine tuna, minced onion, and black pepper. Divide mixture onto 4 halves of English muffins. Arrange 3 slices jalapeños on each muffin half. Top each with a slice of cheddar cheese. Place on baking sheet.
3. Bake in oven for 10 minutes, or until cheese begins to bubble.

Easy Chili Lime Talapia

(This recipe was found on www.food.com)

Ingredients:

- 1 pound skinless tilapia fillet
- 1 tsp red chili powder
- ¼ tsp seasoning salt (like Lawry's)
- black pepper
- lime wedge

Instructions:

1. Sprinkle chili powder, seasoned salt and black pepper evenly over both sides of fillets.
2. Preheat a large skillet over medium heat. Spray pan generously with cooking spray or pour light coating of oil.
3. Cook fish about 3-4 minutes on each side, squeezing lime juice over fillets while cooking. Fish is done when it flakes with a fork.
4. Serve with additional lime wedges.

Super Easy Fish Skillet

(This recipe was found on www.kraftwhatscooking.ca)

Prep time: 5 minutes

Cook time: 15 minutes

Serves 4

Ingredients:

- ½ cup chopped red onions
- 2 Tbsp. Sun-Dried Tomato and Oregano Dressing
- 1 can (19 fluid ounces) stewed tomatoes, undrained
- 1 green pepper, chopped
- ½ cup pitted black olives
- 1 pound frozen fish fillets, such as haddock, halibut or cod, thawed

Instructions:

1. Cook onions in dressing in large skillet until tender.
2. Add tomatoes, peppers, and olives.
3. Top with fish; cover. Cook on medium heat 8 to 10 min. or until fish flakes easily with fork.

Easy Baked Tilapia

(This recipe was found on www.spendwithpennies.com)

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 4

Ingredients:

- 4 filets white fish (such as cod or tilapia)
- ½ lemon
- 1-½ Tbsp melted butter

Topping:

- ¼ cup bread crumbs
- 2 Tbsp fresh Parmesan cheese
- ½ tsp garlic powder
- ½ tsp paprika
- 1 Tbsp parsley
- 1 tsp butter melted

Instructions:

1. Preheat oven to 400 degrees.
2. Combine topping ingredients in a small bowl.
3. Rinse tilapia filets, pat dry, and place on a pan sprayed with cooking spray.
4. Drizzle with butter. Squeeze lemon juice over the filets.
5. Top with the bread crumb mixture.
6. Cook 15 minutes or just until cooked through and fish is flaky.
7. Broil for the last minute if desired.

Easy Salmon

(This recipe was found on www.food.com)

Ready in 45 minutes

Servings: 6

Ingredients:

- 6 salmon fillets
- 1 (7-ounce) package dry Italian salad dressing
- ½ cup water
- 2 Tbsp lemon juice
- 1 cup mushrooms

Instructions:

1. Preheat oven to 350 degrees.
2. Spray 9x13 baking dish.
3. Combine dressing mix, water, and lemon juice.
4. Place fillets in baking dish.
5. Pour water mixture over top and put mushrooms on top.
6. Bake covered for 15 minutes. Remove cover and bake for another 15 minutes, basting with liquid.
7. Serve and enjoy.

Easy Salmon Cakes

(This recipe was found on www.allrecipes.co.uk)

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 4

Ingredients:

- 1 can salmon
- 1 egg
- 2 ounces seasoned dry breadcrumbs
- 4 Tbsp chopped onion
- 1 Tbsp oil

Instructions:

1. Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs, and salmon together.
2. Make into fish cakes. If mixture is too dry, add some reserved liquid from the salmon.
3. In a frying pan, heat oil. Place fish cakes in pan. Brown on each side, turning gently. Drain on kitchen towels and serve.

Easy Fish Creole

(This recipe was found on www.food.com)

Ready in: 40 minutes

Serves 4-6

Ingredients:

- ½ cup chopped onion
- ¾ cup chopped celery
- ½ cup chopped green bell pepper
- 1 (14-½ ounce) can stewed tomatoes, coarsely chopped and undrained
- ½ tsp minced garlic
- 1 Tbsp brown sugar
- 16 ounces white fish fillets such as cod or talapia, cut into 16 pieces
- 2 cups hot cooked rice

Instructions:

1. In a large skillet sprayed with butter-flavored cooking spray, saute onion, celery, and green pepper for 10 minutes or until tender.
2. Stir in undrained stewed tomatoes, garlic, and brown sugar.
3. Add fish and mix gently to combine.
4. Lower heat, cover, and simmer for 20 minutes, stirring occasionally.
5. For each serving, place ½ cup rice on a plate and spoon about 1 full cup fish mixture over top.

Easy Parmesan-Crusted Fish Dinner

(This recipe was found on www.myfoodandfamily.com)

Prep time: 20 minutes

Serves 2

Ingredients:

- 2 cod fillets (½ pound)
- 2 Tbsp light mayo or reduced fat mayonnaise
- 4 tsp grated Parmesan cheese
- 1 cup Stove Top Everyday Stuffing Mix for Chicken
- ½ pound fresh green beans, trimmed (2 cups)
- 1 small lemon, cut into 4 wedges
- 2 whole grain dinner rolls

Instructions:

1. Heat broiler.
2. Place fish on rack of broiler pan. Spread with mayo; top with cheese.
3. Broil, 6 inches from heat, 6 to 8 minutes or until fish flakes easily with fork.
4. Meanwhile, prepare stuffing as directed on package and cook green beans. Serve fish with stuffing, beans, lemon wedges and rolls.

Pasta and Rice

Spinach-Tomato Macaroni and Cheese

Serves: 4 (1-½ cups each)

Ingredients:

- 8 ounces elbow macaroni (about 1 ¾ cups dry)
- 1 Tbsp oil
- 1 cup finely chopped onion
- 4 cloves garlic, minced
- ¼ tsp salt, divided
- 10 ounces baby spinach (about 14 cups)
- 1 cup grape tomatoes, halved
- 1 Tbsp butter
- 1 Tbsp all-purpose flour
- ½ tsp ground pepper
- ½ cup 1% milk (or skim or 2%)
- ½ cup low-sodium vegetable broth
- 1 cup shredded reduced-fat cheddar cheese, divided

Instructions:

1. Preheat oven to 350 degrees.
2. Cook macaroni according to package directions, leaving out salt. Drain and set aside.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, garlic, and ¼ teaspoon salt; cook, stirring often, until the onion is tender (3-4 minutes). Gradually add spinach, stirring until wilted and adding 1 Tablespoon water at a time, if needed. Transfer the mixture to a large bowl.
4. Add tomatoes to the skillet and cook over medium-high heat until they begin to soften (about 1 minute). Transfer to a bowl with the spinach mixture.
5. Reduce heat to medium and add butter to the pan. When the butter is melted, whisk in flour, pepper, and the remaining ½ teaspoon salt. Cook, whisking constantly, for 2 minutes. Gradually whisk in milk and broth. Cook, whisking, until thickened and bubbly, 1-2 minutes. Gradually whisk in ¾ cup cheese until melted.
6. Add macaroni and sauce to the bowl with the spinach mixture; mix well. Transfer to an 11x7-inch baking dish and sprinkle with the remaining ¼ cup cheese.
7. Bake until the cheese is melted (10-15 minutes).

Sausage-Kale One-Pot Pasta

(This recipe was found in Diabetic Living)

Serves: 2 (2 cups each)

Ingredients:

- 1 Tbsp oil
- 2 links sweet Italian turkey sausage (8 ounces) (such as Jennie-O), casing removed, crumbled
- 1 small red or green bell pepper, chopped (about $\frac{3}{4}$ cup)
- $\frac{1}{2}$ medium onion, chopped (about $\frac{1}{2}$ cup)
- 4 cups chopped kale (3 ounces)
- 2 cloves garlic, minced
- $\frac{1}{4}$ tsp crushed red pepper (optional)
- 1- $\frac{1}{2}$ cups water
- $\frac{3}{4}$ cup whole-wheat penne pasta (3 ounces)
- 2 Tbsp grated Parmesan cheese

Instructions:

1. Heat oil in a large nonstick skillet over medium-high heat. Add sausage; cook, stirring, until no longer pink (2-4 minutes). Transfer to a plate.
2. Add bell pepper and onion to the pan; cook, stirring occasionally, until softened (about 5 minutes). Stir in kale, garlic, crushed red pepper (if using), and the sausage; cook, stirring, until the kale is wilted (about 3 minutes).
3. Stir in water and pasta; bring to a boil, stirring occasionally. Reduce heat to medium-low, cover, and cook until the pasta is tender (8-10 minutes). Sprinkle with Parmesan and serve immediately.

Smoked Cheese Ravioli

Ingredients:

- 1 (16-ounce) package frozen cheese ravioli
- 1 cup half-and-half cream
- 1 cup shredded smoked Gouda cheese
- 1 tsp chopped fresh parsley
- 1 tsp white or black pepper

Instructions:

1. Bring a large pot of lightly salted water to a rolling boil over high heat; stir in the frozen ravioli and return to a boil. Cook uncovered, stirring occasionally, until the ravioli float to the top and the filling is hot, 6 to 8 minutes. Drain.
2. Meanwhile, bring the half-and-half to a simmer in a saucepan over medium heat. Whisk in the Gouda cheese until melted; season with parsley and pepper. Pour the sauce over the cooked ravioli to serve.

Speedy Skillet Ravioli Lasagna

(This recipe was found on www.epicurious.com)

Ingredients:

- 2 Tbsp oil
- 2 large garlic cloves, thinly sliced
- 2 Tbsp tomato paste
- pinch of dried red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 2 large fresh basil sprigs, plus torn leaves for garnish
- 1 tsp sugar
- 1 tsp coarse kosher salt
- ¼ tsp freshly ground black pepper

Instructions:

Make the tomato sauce:

1. Preheat oven to 450 degrees with a rack in the center.
2. Heat the oil in a large ovenproof skillet over medium heat until shimmering, about 2 minutes. Add the garlic and cook, stirring, until softened but not browned, 1 to 2 minutes.
3. Add the tomato paste and cook, stirring, until it darkens slightly, 1 to 2 minutes.
4. Add the red pepper flakes, crushed tomatoes, basil sprigs, sugar, and 1 cup water. Season with the salt and black pepper and increase the heat slightly to bring to a boil.
5. Gently separate any frozen ravioli stuck together without tearing. Any that resist will separate during cooking.
6. Add the ravioli to the skillet and cook over medium heat, stirring gently, until the sauce is very thick and the ravioli are just tender, about 15 minutes.

Assemble the ravioli lasagna:

1. Spoon half of the ravioli and sauce into a bowl.
2. Arrange the ravioli in the skillet in an even layer and sprinkle with half of the mozzarella.
3. Arrange the remaining ravioli from the bowl on top of the first layer and sprinkle with the Parmesan and remaining mozzarella.

Bake the ravioli lasagna:

1. Bake until bubbling and the cheese is lightly browned, 10 to 12 minutes.
2. Scatter the basil leaves on top and let rest for 10 minutes before serving.

Easy Taco Pasta Salad

(This recipe was found on www.the-diary-of-a-real-housewife.com)

Ingredients:

- 10 ounce Rotini
- 1 cup mayonnaise
- ½ cup sour cream
- 1 Tbsp taco seasoning
- ½ Tbsp ranch seasoning (dry)
- ½ cup green onions (diced)
- 1 cup red or green bell pepper (diced)
- 1 can corn (15.25-ounce and drained)
- 1-½ cups Mexican blend cheese (shredded)

Instructions:

1. Cook pasta according to directions. Drain and rinse with cold water then set aside.
2. In a large mixing bowl add mayo and sour cream. Add taco and ranch seasoning and mix until well combined. Add pasta to this and toss until all pasta is coated.
3. Add green onions, bell pepper, corn, and cheese. Toss again to mix and then allow to chill in the fridge for 1-2 hours before serving.

Easy Pasta Alfredo

(This recipe was found on cravinghomecooked.com)

Ingredients:

- 8 ounces pasta (such as linguini)
- 4 Tbsp butter, unsalted
- 2 cloves garlic, minced
- 1-½ cups milk
- 1 cup heavy cream
- ½ cup Parmesan cheese shredded
- ¼ tsp salt or to taste
- ¼ tsp pepper or to taste
- 2 Tbsp fresh parsley, chopped

Instructions:

1. Cook the pasta according to the package instructions.
2. Melt the butter in a large skillet over medium high heat. Add the garlic and cook for 30 seconds, or until fragrant.
3. Pour in the milk and cream. Stir consistently to avoid burning on the bottom of the pan until the mixture comes to a boil. Turn the heat down to medium, and mix in the Parmesan cheese, salt, and pepper. Adjust the seasoning to your own taste.
4. Remove the pan from the heat and mix in the cooked pasta until the sauce begins to thicken. Garnish with parsley, and serve.

Easy Pasta Skillet

(This recipe was found on www.myfoodandfamily.com)

Ingredients:

- 1 pound lean ground beef
- 2-½ cups water
- 3 cups pasta, uncooked
- 1 jar (24-ounce) tomato and basil pasta sauce
- 1-½ cups shredded mozzarella cheese, divided
- ½ cup grated Parmesan cheese

Instructions:

1. Brown meat in large skillet; drain. Return meat to skillet. Stir in water; bring to boil.
2. Stir in pasta; cover. Simmer on medium-low heat 15 minutes or until pasta is tender.
3. Add pasta sauce and ½ cup mozzarella; mix lightly. Sprinkle with remaining mozzarella and Parmesan; cover. Cook 3 minutes or until mozzarella is melted.

Turkey Tetrazzini

(This recipe was found on tafb.com)

Ingredients:

- 8 cups cooked whole wheat ziti or penne
- 2 Tbsp butter
- ¼ cup all-purpose flour
- 3 cups low-fat milk
- 1-½ cups fat-free chicken broth
- ½ cup grated Parmesan cheese
- 2 cups fresh mushrooms
- 2 cups cooked turkey breast, chopped
- ½ cup frozen peas
- ½ cup shredded reduced fat cheddar cheese

Instructions:

1. Using a dish towel, gently wipe mushrooms clean and slice.
2. Preheat oven to 350 degrees. Lightly grease a 9 x 9-inch baking dish.
3. Cook pasta in a large pot of boiling water according to package directions.
4. In a large saucepan over medium heat, melt the butter and stir in flour. Cook and stir constantly for about 2 minutes.
5. Whisk in the milk and chicken broth a little at a time and bring it to a boil.
6. Stir in mushrooms and reduce the heat. Cook and stir frequently for about 10 minutes or until the mixture thickens and the mushrooms are softened.
7. Stir in Parmesan cheese, pasta, turkey, and peas into the milk mixture. Spoon into lightly greased dish.
8. Sprinkle grated cheddar cheese on top. Cover loosely with foil. Bake for about 45 minutes or until it is bubbling at the edges and heated through. Season with pepper if desired.

Easy Chicken Parm

(This recipe was found on My Food and Family)

Ingredients:

- 1 jar (24-ounce) tomato and basil pasta sauce
- 6 Tbsp grated Parmesan cheese, divided
- 6 small boneless skinless chicken breasts (1-½ pound)
- ¾ pound spaghetti, uncooked
- 1-½ cups shredded mozzarella cheese

Instructions:

1. Heat oven to 375 degrees.
2. Pour sauce into 13x9-inch baking dish sprayed with cooking spray. Stir in ¼ cup (4 Tablespoons) Parmesan. Add chicken; turn to evenly coat both sides of each breast with pasta sauce mixture. Cover.
3. Bake 30 minutes or until chicken is done (165 degrees). Meanwhile, cook spaghetti as directed on package, omitting salt.
4. Top chicken with remaining cheese; bake, uncovered, 5 minutes or until mozzarella is melted.
5. Drain spaghetti. Serve topped with chicken and pasta sauce mixture.

Lentils, Rice with Tomatoes

Ingredients:

- 1 cup lentils, dried
- 3 cups water
- 1 bay leaf
- 3 sprigs parsley, chopped
- 3 Tbsp oil
- 1 small onion, finely chopped
- ½ cup rice
- 10 ounces water
- ¼ teaspoon nutmeg, ground
- 1 tsp salt
- pinch of pepper, black
- 1 cup tomatoes, canned, diced, with juice

Instructions:

1. Combine lentils, water, bay leaf, and parsley in a medium saucepan.
2. Cook until lentils are soft but not mushy, about 15 minutes.
3. Heat oil in a heavy frying pan over medium heat.
4. Add onion and saute until golden brown.
5. Combine onions, lentils, rice, water, and spices.
6. Cover, and simmer all ingredients together for another 15 minutes.
7. Add tomatoes and heat.
8. Remove bay leaf before serving.

Rice Pilaf

Ingredients:

- 1 cup rice, long grain, uncooked
- 1 Tbsp butter
- 2 cups chicken broth
- ½ tsp salt
- 2 ounces of onion, chopped
- 2 ounces of mushrooms, sliced
- ¼ cup peas, frozen

Instructions:

1. Melt butter in saucepan.
2. Add rice, onions, and mushrooms.
3. Stir rice constantly until a creamy brown color, onion is translucent and mushrooms are limp.
4. Add chicken broth and salt.
5. Bring to a boil.
6. Boil mixture for 2 minutes.
7. Reduce heat to low.
8. Cover saucepan tightly.
9. Cook 15-20 minutes or until rice is tender and has absorbed the liquid.
10. Fluff with fork while placing on a service platter.

Cuban Black Beans and Rice

Serves: 6

Ingredients:

- 1 cup white rice, uncooked
- 1 can (15-ounce) black beans, cooked
- ½ cup bell pepper (any color)
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 Tbsp oil
- 1-½ cups broth or water (if using water, add salt)
- ½ tsp ground cumin
- 1 bay leaf
- pinch dried oregano
- salt and pepper to taste

Instructions:

1. Sauté onion and garlic in oil until soft. Set aside.
2. Add rice, broth, spices, and onion and garlic to oven safe pan. Stir to distribute spices evenly.
3. Cover tightly with foil and cook in oven until almost all liquid is absorbed. About 25-30 min.
4. Fold in black beans and cook another 5 minutes or until black beans are warmed through.
5. Season to taste with salt and pepper.

Yellow Rice

Serves: 4-5

Ingredients:

- 2 tsp oil
- 2 Tbsp onion, diced. About ½ onion.
- 1 garlic clove, minced
- 1-½ cups rice
- 2-¾ cups chicken or vegetable broth
- 1 tsp salt
- ½ tsp turmeric

Instructions:

1. Heat oil in saucepan over medium heat.
2. Cook onions until soft, then add garlic and cook, stirring as you go, for about 30 seconds.
3. Add rice, broth, salt and turmeric. Bring rice just to a boil.
4. Reduce heat to low, cover tightly and simmer until rice is tender and all the liquid has been absorbed, about 20-25 min.

Optional: For extra color, garnish the rice with chopped cilantro or green onions.

Cheeseburger Rice

(This recipe was found on www.myfoodandfamily.com)

Prep time: 5 minutes

Cook time: 15 minutes

Serves 4

Ingredients:

- 1 pound lean ground beef
- 1-¾ cups water
- ½ cup ketchup
- 1 Tbsp mustard
- 2 cups instant white rice, uncooked
- 1 cup shredded cheddar cheese

Instructions:

1. Brown meat in large skillet on medium-high heat; drain.
2. Add water, ketchup, and mustard; mix well. Bring to boil.
3. Stir in rice. Sprinkle with cheese; cover. Reduce heat to medium-low; simmer 5 minutes. Remove from heat. Let stand 5 minutes. Stir.

Vegetables and Fruits

Roasted Beets and Carrots

Serves: 4-6

Ingredients:

- 5-6 beets, peeled and cut into chunks
- 3 Tbsp oil, divided
- 2 pounds carrots, peeled, sliced in ½-inch thick coins
- 1 large onion, julienned
- 1 tsp garlic powder or granulated garlic
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp sugar (optional)

Instructions:

1. Preheat oven to 400 degrees.
2. In a large mixing bowl toss ½ amount of oil with beets and a little salt and pepper. Place on parchment lined sheet pan. Spread in a single layer to get even cooking.
3. Bake beets alone for about 25 minutes.
4. In the same bowl toss carrots and onion with remaining spices and oil.
5. Add carrots to baking pan and roast another 15 minutes or until vegetables are tender.

Roasted Sweet Potatoes and Apples

Serves: 4

Ingredients:

- 3 sweet potatoes, peeled and cubed
- 1 apple, chopped
- 1 Tbsp oil
- 1 Tbsp ground cinnamon
- ½ tsp chili powder (optional for heat)

Instructions:

1. Preheat oven to 425 degrees.
2. Toss sweet potatoes and apples with oil and spices in a bowl.
3. Roast on a sheet pan in preheated oven for 20-25 minutes or until tender and slightly caramelized.

Sauteed Apples

Serves 4

Ingredients:

- ¼ cup margarine
- 4 large apples - peeled, cored, and sliced ¼-inch thick
- ¼ cup cold water
- ½ cup brown sugar
- ½ tsp ground cinnamon

Instructions:

1. In a large skillet or saucepan, melt margarine over medium heat; add apples. Cook, stirring constantly, until apples are almost tender, about 6 to 7 minutes.
2. Stir in brown sugar and cinnamon. Boil for 2 minutes, stirring occasionally. Remove from heat and serve warm.

Baked Beans with Bacon and Coca-Cola

(This recipe was found in Bon Appetite: September 1999)

6 servings

Ingredients:

- ½ cup tomato paste (if no tomato paste, use tomato sauce)
- 2 Tbsp spicy brown mustard (can substitute any mustard)
- 1 Tbsp apple cider vinegar
- ¼ tsp salt (can leave off salt for lower sodium if desired)
- ¼ tsp ground black pepper
- 1-¼ cups Coca-Cola
- 3 (15-16 ounce) cans assorted beans (such as kidney, black and pinto), rinsed and drained
- 6 bacon sliced, quartered crosswise

Instructions:

1. Preheat oven to 375 degrees. Oil a baking dish close to an 8 x 8 x 2 or one that is available. Glass baking dishes are good.
2. Mix first 5 ingredients in a large bowl.
3. Stir in 1-¼ cups Coca-Cola.
4. Add beans; stir to blend.
5. Transfer to prepared dish, and top bean mixture with bacon pieces.
6. Bake until bacon is crisp and bean mixture is hot and bubbling, about 1 hour. If mixture is dry, pour ¼ cup more Coca-Cola over bean mixture to moisten.
7. Let stand 10 minutes, and serve.

Southern Fried Cabbage with Bacon, Mushrooms, and Onions

Ingredients:

- 1 pound bacon
- 1 large head cabbage, chopped
- 1 large onion, chopped
- 1 (8-ounce) package sliced fresh mushrooms
- salt and pepper to taste

Instructions:

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on paper towels; crumble when cooled. Drain all but 3 Tablespoons of bacon drippings from skillet.
2. Cook and stir cabbage, onion, and mushrooms in the remaining bacon drippings until tender and lightly browned, about 20 minutes. Fold bacon into cabbage mixture. Season with salt and black pepper.

Skillet Squash Medley

(This recipe was found on melskitchencafe.com)

Ingredients:

- 1 Tbsp oil
- ½ cup chopped onion, yellow or red
- 3 cloves garlic, finely minced
- 3 medium zucchini (or other squash), sliced about ⅛ to ¼-inch thick, in rounds or half moons
- 2-3 ripe tomatoes, chopped
- ¼ cup freshly grated Parmesan cheese

Instructions:

1. In a large nonstick skillet over medium heat, saute the garlic and onion in the oil until the onions begin to turn translucent, stirring constantly so the garlic doesn't burn, about 3-4 minutes. Add the zucchini or other squash, tossing well with the oil mixture. Saute over medium heat for 3-4 minutes. Add the chopped tomatoes. Continue cooking and stirring until the zucchini are tender and the tomatoes have broken down, about another 2 minutes.
2. Toss the hot mixture with the Parmesan cheese. Serve immediately.

Scalloped Corn and Broccoli

(This recipe was found on epicurious.com)

Prep time: 5 minutes

Cook time: 60 minutes

Serves 4

Ingredients:

- 1 (14.75 to 15-ounce) can creamed corn
- 2 eggs, beaten
- 1 Tbsp sugar
- 2 Tbsp all-purpose flour
- 1 tsp salt
- ½ cup shredded cheddar cheese
- 5 ounces frozen chopped broccoli

Instructions:

1. Preheat the oven to 350 degrees. Spray a 2-quart baking dish with nonstick cooking spray.
2. In a bowl, combine the corn, eggs, sugar, flour, and salt. Stir in the cheese and the broccoli and pour into the baking dish.
3. Bake until hot and bubbly, 1 hour.

Tuscan White Beans

(This recipe was found on tafb.com)

Ingredients:

- 2 cloves garlic
- ¼ tsp red pepper flakes
- 2 Tbsp oil
- 1 plum tomato
- 1 sprig fresh rosemary
- 2 cans (15.5-ounce) cannellini beans
- ½ cup water
- 2 Tbsp chopped fresh parsley
- 2 Tbsp grated Parmesan cheese

Instructions:

1. Wash tomato and herbs. Wipe off tops of canned beans. Drain and rinse beans.
2. Peel garlic cloves and chop fine. Chop tomato.
3. Heat a large oven-proof skillet on the stove over medium-high heat. Add oil, garlic, and red pepper flakes. Sauté one minute.
4. Add chopped tomato and rosemary sprig; cook 2 minutes.
5. Add cannellini beans and cook, stirring about 5 minutes. Lightly smash some of the beans with the back of a spoon. Remove rosemary sprig. Stir in water and parsley.
6. Sprinkle with Parmesan cheese. Place under pre-heated broiler and broil until lightly brown.

Avocado Corn Salsa

(This recipe was found on tafb.com)

Ingredients:

- 2 cups frozen corn, thawed
- 1 jalapeño pepper
- ¼ large red onion
- 2 Tbsp chopped fresh cilantro leaves
- 2 Tbsp lime juice
- 1 tsp sugar
- ¼ tsp salt
- 1 ripe avocado

Instructions:

1. Wash and finely chop pepper. Chop onion.
2. Cut avocado in half and remove pit. Scoop out flesh with a spoon and chop.
3. In a medium bowl, combine corn, chopped pepper, onion, cilantro, lime juice, sugar, salt and avocado. Stir well to combine. Serve immediately and refrigerate leftovers.

Healthy Hash Browns

(This recipe was found on tafb.com)

Ingredients:

- 1 Tbsp oil
- 4 small baked potatoes
- 1 medium carrot
- 1 medium onion
- 2 cloves garlic
- ½ tsp salt
- ½ tsp pepper

Instructions:

1. Wash carrot and onion. Leave peel on potatoes and chop. Chop carrot, onion and garlic.
2. Heat the oil in a deep 12-inch skillet over medium heat.
3. When the oil is hot, add the potatoes, onion, carrot, and garlic. Cook for about 5 minutes or until the bottom is golden brown. Flip or stir and continue cooking for a few minutes.
4. Season with salt and pepper and serve.

Louisiana Green Beans

(This recipe was found on tafb.com)

Ingredients:

- ½ medium onion
- ¼ green bell pepper
- 2 stalks celery
- 2 cans (14.5 ounces) green beans
- 1 can (14.5 ounces) chopped tomatoes
- 1 clove garlic
- ¼ tsp red pepper flakes

Instructions:

1. Wash bell pepper and celery.
2. Peel and chop onion. Chop green pepper and celery. Peel and finely chop garlic clove.
3. Drain the liquid from the green beans and rinse with water.
4. Combine green beans, tomatoes with liquid, onion, green pepper, celery, garlic, and red pepper flakes in a skillet.
5. Cover over medium heat and cook for 15 minutes until the celery is tender and the food is hot.

Sauteed Butternut Squash

(This recipe was found on tafb.com)

Ingredients:

- 1 large butternut squash (2-3 pounds)
- 1 Tbsp oil
- salt and pepper to taste

Instructions:

1. Wash squash. Cut in half crosswise where the thinner part begins to widen. Peel halves. Cut each part in half lengthwise and scoop seeds and membranes out of the larger end.
2. Cut squash into small, bit-size chunks.
3. Heat oil in a large saucepan over medium heat. Add squash; cook, stirring frequently, until tender and lightly browned, about 15 minutes.
4. Season to taste.

Tomatoes and Beans

(This recipe was found on www.allrecipes.com)

Ingredients:

- ¼ cup oil
- 4 cloves garlic, thinly sliced
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- ½ tsp salt
- 1-½ cups cherry tomatoes, halved and seeded
- 1 cup chicken broth
- freshly ground black pepper to taste

Instructions:

1. Heat oil in a skillet over medium heat. Cook garlic in the hot oil until golden, about 5 minutes. Stir beans into the oil; season with salt. Cook and stir the beans until hot, about 5 minutes. Stir tomatoes into the beans; cook and stir until the tomatoes soften, about 5 minutes more.
2. Pour broth over the bean mixture; stir. Cook the mixture at a simmer until the liquid reduced in volume by about half, about 15 minutes. Season with pepper.

Salads

Apple and Radish Salad

Serves: 4

Ingredients:

- 2 thinly sliced apples, cored
- 1 cup shredded radish
- 1 cup turnip, peeled and diced
- 1 can fruit, drained and chopped, any type of canned fruit will work
- ¼ cup sugar (optional)
- ¼ salad dressing

Instructions:

1. Combine first five ingredients in a large mixing bowl.
2. Add salad dressing of choice and toss together.

Note: This salad can be served immediately or stored overnight to let salad dressing marinate the fruit and vegetables.

Fine Fruit Salad

Serves 8

Ingredients:

- ¾ cups peanuts
- 1 cup sunflower seeds
- 1 cup sliced apples
- 1 cup sliced bananas
- ½ cup halos (tangerine or orange sections)
- 1 cup sliced peaches (canned, frozen or fresh)
- ½ cup raisins
- 2 to 4 Tbsp honey
- ½ cup lemon juice
- ½ cup apple juice

Any ingredients can be taken out as needed

In a large bowl, combine peanuts, seeds, fresh fruit, and raisins. Mix honey, lemon juice and apple juice and toss with salad.

Waldorf Salad

6 servings

Ingredients:

- ½ cup mayonnaise
- 3 Tbsp sour cream
- 2 Tbsp fresh lemon juice
- 1 tsp sugar
- 4 apples, cored, cut into small cubes
- 1-½ cups very thinly sliced celery
- 1-½ cups red seedless grapes, halved

Can serve on lettuce leaves

Instructions:

1. Whisk mayonnaise and next 3 ingredients in a large bowl. Add apples, celery, and grapes; toss.
2. Arrange lettuce on platter. Spoon salad over.

Fruit Coleslaw

(This recipe was found on tafb.com)

Ingredients:

- ½ head cabbage
- 1 can (16-ounce) fruit cocktail, packed in 100% juice
- 1 banana
- 1 small container (5.3 or 6-ounce) nonfat plain yogurt
- 2 Tbsp honey
- 2 Tbsp vinegar
- ¼ tsp salt

Instructions:

1. Wash cabbage before cutting.
2. Shred or thinly slice cabbage.
3. Drain the fruit cocktail.
4. Cut lemon in half and squeeze out the juice, straining out seeds.
5. Slice banana.
6. Combine yogurt, honey, vinegar, salt and pepper in a bowl. Add cabbage, lemon juice and banana. Mix and chill until serving.

Fall Fruit Salad

Serves 6

Can be served with yogurt, cottage cheese or on its own

Ingredients:

Fruits can be added or subtracted from this salad due to availability

- 2 apples
- ½ lemon, for juice (can substitute lime)
- ½ pound red grapes
- 1 grapefruit
- 2 oranges (or 4 halos)
- 1-½ cups strawberries (1 pint)
- 1 to 1-½ cups pineapple chunks
- 2 ripe bananas

Instructions:

1. Slice the apples into quarters, leaving the skins, and scoop out the cores. Cut into 1-inch chunks, squeeze the lemon's juice over them, and set aside. The lemon juice will keep the apples from turning brown.
2. Wash the grapes and pick out any grapes with blemishes.
3. Peel the oranges or halos, carefully removing all the white membrane. Cut crosswise into thin slices and discard any pits.
4. Rinse the strawberries in cold water and pull off any leaves and stems with your fingers. If the strawberries are very dirty, let them sit in some water with a pinch of salt for a little while before giving a final rinse. Slice the strawberries in half, stem to stem.
5. Cut the bananas into rounds and add at the very end of preparation. Toss together gently to avoid bruising and serve.

Tuna Apple Salad

(This recipe was found on tafb.com)

Ingredients:

- 2 (5-ounce) cans chunk light tuna (packed in water), drained
- ¼ red onion
- 1 large apple
- 1 stalk celery
- ¼ cup raisins or dried cranberries
- ¼ cup "light" Italian dressing
- ¼ cup chopped walnuts (optional)

Instructions:

Mix all ingredients in a bowl and serve.