



## Honey BBQ Chicken & Garlic Parmesan Potatoes ■■■

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### Ingredients

Honey BBQ Chicken & Garlic Parmesan Potatoes ■■■

The perfect balance of savoury, sweet & tangy! So much depth in flavour with even more protein thanks to the upgraded creamy sauce ■■■

Macros Per Serving (5 Total)

578 Calories | 55g Protein | 50g Carbs | 17g Fat

Ingredients (Makes 5)

Honey BBQ Chicken:

- 1000g Raw Chicken Breast, cubed
- 2 Tsp Garlic Powder
- 2 Tsp Smoked Paprika
- 1.5 Tsp Cumin

- 1.5 Tsp Salt
- 2 Tsp Black Pepper
- 2 Tsp Olive Oil
- 30g Light Butter (for cooking all batches)
- 60g Honey (to coat all batches)
- 160g Sugar Free BBQ Sauce (Brand: G Hughes)
- 2 Tbsp Fresh Parsley, chopped
- Cook on medium heat for 5 mins per side till golden and crispy
- Lower the heat when adding honey & BBQ sauce. Mix for 1 min till well coated!

**Garlic Parmesan Potatoes:**

- 1000g Uncooked Potatoes, cubed
- 1.5 Tsp Salt
- 2 Tsp Italian Herbs
- 2 Tsp Smoked Paprika
- 1.5 Tsp Garlic Powder
- 1.5 Tsp Onion Powder
- 30g Grated Parmigiano Reggiano
- 2 Tsp Olive Oil (optional)

- Oven bake or air fry for 20-22 mins till golden and crusted

**Creamy Sauce:**

- 200g Fat Free Cottage Cheese, blended
- 300ml 1% Milk
- 1 Tsp Italian Herbs
- 1 Tsp Garlic Powder
- 40g Grated Parmesan
- When adding blended sauce to pan, make sure it's low heat! Don't need to cook the sauce
- .
- .
- .

#honeybbq #bbqchicken #garlicparmesan #chicken #potatoes #chickenrecipes #highprotein  
#mealprep #mealprepideas #healthyrecipes #weightloss #macrofriendly #lowcalorie #easyrecipes  
#jalalsamfit

## Instructions

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# Easy No Peak Chicken and Rice Casserole

## Ingredients

Easy No Peak Chicken and Rice  
Casserole

## Instructions



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# Fully Loaded Scalloped Potato Casserole

## Ingredients

Fully Loaded Scalloped Potato Casserole

## Instructions



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# CrockPot Garlic Parmesan Chicken Pasta Dinner

## Ingredients

CrockPot Garlic Parmesan Chicken  
Pasta Dinner

I Get a Ton of Requests For This So  
Here You Go

## Instructions



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# Easy no-bake lemon cheesecake■■ One of Grandma's most used...

## Ingredients

Easy no-bake lemon cheesecake■■  
One of Grandma's most used recipes■  
Full recipe is at the end ■ #cheesecake  
#cheesecakerecipe #grandmasoftiktok  
#easyrecipe #dessert

## Instructions



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## Club Sliders using @kingshawaiian Original Hawaiian Sweet...

### Ingredients

Club Sliders using @kingshawaiian Original Hawaiian Sweet Rolls! Recipe



- \* Toast King's Hawaiian Rolls on both sides, add mayo to them once toasted
- \* Add turkey, ham, cheddar cheese, bacon, lettuce and tomatoes
- \* Optionally place sliders in the oven for 5 minutes at 350° for the cheese to melt
- \* Once the cheese has melted, pull the rolls out adding your favorite chips
- \* Slice and enjoy!

### Instructions



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## Crockpot Spinach Artichoke Chicken Pasta

### Ingredients

Crockpot Spinach Artichoke Chicken Pasta

#### Ingredients

- 3 large chicken breasts (or thighs)
- 1 can (14 oz) artichoke hearts, drained and chopped
- 1 bag (10 oz) fresh spinach
- 1 block (8 oz) cream cheese
- 1 cup sour cream
- 2 cups shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- 1 tsp garlic powder
- 1 tsp Kinder's Buttery Garlic & Herb seasoning
- 1/2 tsp black pepper
- 1/2 tsp salt
- 12 oz rigatoni, cooked and drained

### Instructions

2. 1. Place chicken, artichokes, cream cheese, sour cream, garlic powder, Kinder's Buttery Garlic & Herb, salt, and pepper into the crockpot.
3. 2. Cover and cook on LOW for 6 hours or HIGH for 3–4 hours until chicken is tender.
4. 3. Shred chicken and stir in spinach, mozzarella, and parmesan. Cook for 10–15 minutes until spinach wilts and cheese melts.
5. 4. Add cooked rigatoni and mix until creamy and well coated.
6. 5. Serve warm and top with extra parmesan if desired.

8. #CrockpotRecipe #SpinachArtichokeChickenPasta #RigatoniRecipe #SlowCookerMeals  
#ComfortFood #EasyDinner #fblifestyle

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## Crockpot Cheesy Sausage & Pierogies

### Ingredients

Crockpot Cheesy Sausage & Pierogies  
Ingredients

- 1 (24 oz) bag Mrs. T's 4 Cheese Medley Pierogies
- 1 lb smoked sausage, sliced into rounds
- 1 bag (12–16 oz) frozen onions and peppers
- 1 can (10.5 oz) cream of onion or cream of mushroom soup
- 1 cup sour cream
- 1 cup chicken broth
- 2 cups shredded cheddar cheese
- 1 tsp garlic powder
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{2}$  tsp salt
- Kinder's Buttery Garlic & Herb seasoning (to taste)

### Instructions

2. 1. Add all ingredients into the crockpot.
3. 2. Mix everything together until fully combined.
4. 3. Cover and cook on high for 2½–3 hours, stirring once or twice while it cooks.
5. 4. Once the pierogies are tender and everything is creamy and cheesy, serve hot and enjoy.
7. #fbifestyle #crockpotmeals  
#comfortfood #pierogies #slowcooker  
#bigbackmeals #easyrecipes



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## Chicken Cordon Bleu Casserole

### Ingredients

Chicken Cordon Bleu Casserole

I saw this recipe shared by @southernfriedwithmel and @bugsyandcompany and Y'ALL... it did not disappoint!

It's creamy, cheesy, crispy on top, and full of flavor. Definitely going in our family dinner rotation.

I made 1 addition and 1 variation to the original recipe...added more cheese and doubled the panko topping. These were \*only because our fam loves cheese and a lot of breading topping.

Would you try this? Save it for later, and let me know if you make it and I highly recommend giving @bugsyandcompany & @southernfriedwithmel a follow for amazing recipes.

You'll need:

4- cups, cooked shredded chicken

2- cups diced ham

4 oz room temp cream cheese

1 cup sour cream

1 can cream of chicken soup

2 TBSP spicy brown mustard

1-2 tsp of @kindersflavors the blend, it's a mix of salt, pepper and garlic powder  
10 slices of Swiss cheese

2 cups shredded cheese (used a guerre cheese, could use more Swiss too) (my addition)

Topping: 2 cups panko breadcrumbs mixed with 7-8 TBSP of melted butter.  
(my variation)

To Make:

In a 9x13 casserole dish, sprayed with nonstick spray or buttered, layer the shredded chicken and diced ham. Sprinkle shredded cheese over meat. In a medium bowl, combine the cream cheese, sour

cream, cream of chicken soup, spicy brown mustard, and the kinders blend or 1 tsp each of your salt, pepper and garlic powder. Add the creamy mixture evenly on top of the chicken, ham and shredded cheese. Cover that with the slices of Swiss cheese and then cover the cheese with the panko mixture. Bake in a 375 degree preheated oven for 30-35 minutes or until nice and golden brown!

#CasseroleRecipe #EasyDinnerIdeas #ComfortFood #WeeknightDinner #FoodieReels

#HomecookedMeals #WhatsForDinner #sundaydinner #chickencordonbleu #casserole

#RecipeShare #InspiredBy @southernfriedwithmel @bugsyandcompany

## Instructions

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# Cranberry Brie Bites Perfect Holiday Appetizer

## Ingredients

Cranberry Brie Bites Perfect Holiday Appetizer

## Instructions



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## Crockpot Series

Day 5

Last day of my Crockpot Series and we're finishing strong...

### Ingredients

Last day of my Crockpot Series and we're finishing strong with one of my all time favorites, 3 ingredient Shortcut Chicken Tinga! It tastes exactly like chicken tinga (a classic Mexican dish made of shredded chicken with tomato and smoky chipotle sauce) and it's so versatile, you can enjoy it over tostadas, in a taco, or paired with Trader Joe's frozen Spanish rice, it works any number of ways! When I have leftovers the next day, I just go at it with some tortilla chips

■ Save this recipe for those super busy days ahead, makes 4 servings

### Ingredients

1 lb boneless, skinless chicken breast

1 jar cowboy caviar

1 can diced & fire roasted tomatoes w green chiles

Spray your crockpot with cooking spray, add in your chicken and season with salt & pepper. Top with the cowboy caviar and diced tomatoes, and cook on low for 4-5 hours. Then shred the chicken and enjoy how you'd like!

Did you try any of the crockpot meals yet? Which one was your favorite? Let me know in the comments below!

If you love easy & delicious 5 ingredients or less meals, grab copies of my cookbooks at the link in my bio!

### Instructions



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## Crockpot Chili Recipe.#cooking #chili #recipe #comfortfood...

### Ingredients

Crockpot Chili Recipe.#cooking #chili  
#recipe #comfortfood #fyp

### Instructions



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## The HOLY GRAIL of all camping desserts



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### Ingredients

The HOLY GRAIL of all camping desserts ■■■■

GIANT S'MORE TRAYS - minimum effort, maximum reward!

You'll need...

- Marshmallows
- Chocolate
- Digestive biscuits (or graham crackers if you're in the US)
- Raspberries (optional but very yummy)
- Mini foil tray
- Aluminium foil

Method:

1. Ensure you have a campfire going with some coals ready to cook in.

2. Add your marshmallows and chocolate to the tray and crack your digestive biscuits into pieces and add as well.

3. Cover tray with foil and place it into the coals of your campfire.

4. Cook for anywhere between 5-10 minutes.

5. Carefully take it out of the fire and take off the foil. Add raspberries on top and enjoy! I like to use extra digestive biscuits to scoop up the goodness.

This is pure deliciousness and I'd love to hear if anyone else makes it (don't leave it in the fire too long like I did).

■ Remember to SAVE for your next camping trip!

#campcooking #weareexplorers #campingfood #campingrecipe #campinglife #camping #camplife  
#granolatok #granolagirl #outdoorcooking

## Instructions

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# Loaded sheet pan pancakes with @hungryjack pancake mix

## Ingredients

Loaded sheet pan pancakes with  
@hungryjack pancake mix

## Instructions



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