



Honey BBQ Chicken & Garlic Parmesan Potatoes■■■

Ingredients

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

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

Ingredients ()

Honey BBQ Chicken:

1000g Raw Chicken Breast, cubed

2 Tsp Garlic Powder

Garlic Parmesan Potatoes:

1000g Uncooked Potatoes, cubed

1.5 Tsp Salt

2 Tsp Italian Herbs

2 Tsp Smoked Paprika

1.5 Tsp Garlic Powder

2 Tsp Smoked Paprika	1.5 Tsp Onion Powder
1.5 Tsp Cumin	30g Grated Parmigiano Reggiano
1.5 Tsp Salt	2 Tsp Olive Oil (optional)
2 Tsp Black Pepper	Oven bake or air fry for 20–22 mins till golden and crusted
2 Tsp Olive Oil	Creamy Sauce:
30g Light Butter (for cooking all batches)	200g Fat Free Cottage Cheese, blended
60g Honey (to coat all batches)	300ml 1% Milk
160g Sugar Free BBQ Sauce (Brand: G Hughes)	1 Tsp Italian Herbs
2 Tbsp Fresh Parsley, chopped	1 Tsp Garlic Powder
Cook on medium heat for 5 mins per side till golden and crispy	40g Grated Parmesan
Lower the heat when adding honey & BBQ sauce. Mix for 1 min till well coated!	When adding blended sauce to pan, make sure it's low heat! Don't need to cook the sauce





Easy No Peak Chicken and Rice Casserole

Ingredients

Easy No Peak Chicken and Rice Casserole





Fully Loaded Scalloped Potato Casserole

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Fully Loaded Scalloped Potato Casserole





CrockPot Garlic Parmesan Chicken Pasta Dinner

Ingredients

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





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 ■



Club Sliders using @kingshawaiian Original Hawaiian Sweet...



Ingredients

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!





Crockpot Spinach Artichoke Chicken Pasta

Ingredients

3 large chicken breasts (or thighs)	½ cup grated parmesan cheese
1 can (14 oz) artichoke hearts, drained and chopped	1 tsp garlic powder
1 bag (10 oz) fresh spinach	1 tsp Kinder's Buttery Garlic & Herb seasoning
1 block (8 oz) cream cheese	½ tsp black pepper
1 cup sour cream	½ tsp salt
2 cups shredded mozzarella cheese	12 oz rigatoni, cooked and drained



Instructions

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



Crockpot Cheesy Sausage & Pierogies

Ingredients

1 (24 oz) bag Mrs. T's 4 Cheese Medley Pierogies	2 cups shredded cheddar cheese
1 lb smoked sausage, sliced into rounds	1 tsp garlic powder
1 bag (12–16 oz) frozen onions and peppers	½ tsp black pepper
1 can (10.5 oz) cream of onion or cream of mushroom soup	½ tsp salt
1 cup sour cream	Kinder's Buttery Garlic & Herb seasoning (to taste)
1 cup chicken broth	



Instructions

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



Chicken Cordon Bleu Casserole

Ingredients

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)



Instructions

1. 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!
2. @southernfriedwithmel @bugsyandcompany



■■■ Here's what's for dinner at our house tonight!

Ingredients

Hawaiian Sweet Rolls
12 Pre-cooked Italian Meatballs
Melted butter
½ tsp Garlic Salt
½ tsp Italian Seasoning
Marinara Sauce
Mozzarella Cheese



Instructions

1. Pre-heat oven to
2. Cook frozen or homemade meatballs. Cut the middle out of the buns. Melt butter and add the garlic and Italian seasoning and brush it over the buns. Place buns in the oven for 7 minutes (this helps them to not be soggy.) Put marinara sauce on each bun. Put meatballs in each bun. Top with cheese. Place in the oven for 15 minutes. ■ Enjoy!!!! recipes



Broccoli Cheddar Soup Casserole

Ingredients

Broccoli Cheddar Soup Casserole

Who doesn't love a warm creamy bowl of broccoli cheddar soup??!! We know we do, and we're making everyone's favorite cozy soup into a side dish casserole for the holidays. Yes it's that time of year again, where the side dishes shine and this one will definitely take front center stage at your holiday table

1 large or two small heads broccoli about 4 cups

1 can cream of chicken or mushroom soup

1 c mayonnaise

½ stick butter melted

2 eggs beaten

Salt, pepper and onion powder to taste

1 ½ cups shredded cheddar

French fried onions



Instructions

1. Cook and drain the broccoli. Chop into bite size pieces. Add to a large mixing bowl. Add the soup, mayonnaise, butter, eggs, salt, pepper and onion powder. Stir in 1 cup cheddar and mix until combined. Pour into a prepared baking dish and top with remaining cheese and onions. Bake at 375 for 20–25 minutes until bubbly

2. •



Cranberry Brie Bites Perfect Holiday Appetizer

Ingredients

Cranberry Brie Bites Perfect Holiday Appetizer





Crockpot Chili

Recipe. #cooking #chili #recipe #comfortfood...

Ingredients

Crockpot Chili Recipe





The HOLY GRAIL of all camping desserts ■■■■

Ingredients

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



Instructions

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



Loaded sheet pan pancakes with @hungryjack pancake mix

Ingredients

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Creamy garlic parmesan chicken pasta



Ingredients

For the chicken:

1 lb boneless chicken breast.
(Pound the chicken slightly for even cooking)

Salt to taste

1 tsp smoked paprika powder

1 tbsp garlic powder

1 tsp black pepper

2 tbsp oil (for marinade)

2 tbsp clarified butter/ghee

1 tbsp butter

For the sauce:

1 small yellow onion, finely chopped

1 tbsp fresh garlic, minced

2 tbsp all purpose flour

1 ½ cup chicken broth or 1 cube chicken bouillon + 1 ½ cup water

1 ½ cup unsweetened heavy whipping cream

Salt to taste

1 tbsp smoked paprika powder

1 tsp red chili flakes

½ tsp black pepper

1 tsp garlic powder

1 tbsp dried parsley

1 tbsp Italian seasoning

½ cup Parmesan cheese,
freshly grated

To assemble

10 oz pasta of choice, boiled
according to package
instructions



Instructions

1. Season the chicken with salt, pepper, garlic powder, smoked paprika powder. Drizzle oil and mix to coat evenly. Let it marinate for at least one hour
2. Heat a pan on medium heat add clarified butter, once the butter is hot. Add the chicken and cook for 8 to 10 minutes flipping sides in between or until the chicken is cooked through and the internal temperature reaches 165°F. Remove the chicken from the pan , slice and sat aside
3. In the same pan add butter once the butter is melted. Add onions sauté for one minute until translucent. Add the garlic and sauté until fragrant for about 30 seconds. Then add the seasoning, salt, pepper, garlic powder, smoked pepper powder, red chili flakes and Italian seasoning. Mix everything together and add the flour
4. Stir in the flour and cook for one minute. Gradually add the chicken broth and mix until the sauce thickens. Cook on medium heat for 2–4 minutes. Stir in the heavy whipping cream and whisk until the sauce thickens further. Add the freshly grated Parmesan cheese and parsley, mixing well
5. Add in pasta and top it with sliced chicken. Mix everything together and chop it with more Parmesan cheese if desired. Enjoy!



SAVE THIS ■■ Meal Prep Cajun Bacon Chicken Ranch Pastaaa! ■...

Ingredients

8oz dry Protein Pasta ■	1.5 cups Fair life milk 2% ■
3 center cut bacon strips ■	¼ cup Dairy Free Heavy Whipping cream
2 tbsp Cajun Seasoning @spicexseasoning	¼ cup Parmesan ■
24oz Chicken breast, cubed ■	¼ cup fat free mozzarella ■
1 tbsp olive oil ■	¼ cup Pasta water ■ (optional)
3 minced garlic cloves ■	Adjust creaminess by adding pasta water or more milk and/or cheese ■



Instructions

1. Boil pasta until al dente and shock in ice water / set aside
2. Cube up chicken breast and season with SpiceX Cajun
3. Cook bacon strips until crispy then set aside and chop up
4. Cook chicken on medium high heat in bacon fat for 3–4 minutes PER side. Set aside
5. Add minced garlic in same pan on low heat, cook 2–3 mins then add milk, dairy free whipping cream, more Oh' Cajun seasoning, pasta water, and cheeses then cook on low for 3–5 mins or until desired thickness is reached
6. Add back pasta and chicken, adjust creaminess and seasoning if needed
7. Divide into 4 meal preps top w crumbled bacon/parsley and ENJOY! ■



Another great recipe
@fairfiteats #mealprep
#protein...

Ingredients

Another great recipe @fairfiteats





This Chicken Parm Stays Crispy. Always. ■■

Ingredients

This Chicken Parm Stays Crispy. Always. ■■

Double bread that bird for maximum crunch

Tired of soggy chicken parm? Same. This version hits different — crispy outside, cheesy and saucy inside. Simple, stupid good. For the air fry haters, I'm ready for war. ■■ For the Prego haters, square up. This was my first viral video ever. I made the adjustments but the message remains the same ■■

Air fry 400° for 12 minutes (or bake — just watch it)

Here's how I do it:

Throw $\frac{3}{4}$ jar marinara topped with shredded mozz, extra Parm, and Italian seasoning

Butterfly a chicken breast, pound it thin

Bake sauce + cheese at 400° for 10 minutes

Batter: 2 whisked eggs

Pour over your crispy chicken and prepare to ascend

Crust: Italian breadcrumbs, salt, Parmesan

This one never misses. Love you ■

