Spaghetti and Meatballs

5 stars

No pasta's more iconic than spaghetti and meatballs, and now, it's a breeze to make -- the meatballs simmer right in the sauce.

PREP: 30 MINS

TOTAL TIME: 30 MINS

SERVINGS: 4

INGREDIENTS

Coarse salt and ground pepper

1/4 cup finely grated Parmesan, plus more for serving

1/4 cup chopped fresh parsley

2 garlic cloves, minced

1 large egg

1 pound ground beef chuck

1/4 cup plain dried breadcrumbs

1 tablespoon olive oil

1 can (28 ounces) crushed tomatoes in puree

3/4 pound spaghetti

DIRECTIONS

* Set a large pot of salted water to boil.
* Place pasta in boiling water, cook pasta until al dente. Drain, and return to pot
* In a bowl, combine Parmesan, parsley, garlic, egg, 1 teaspoon salt, and 1 teaspoon pepper. Add beef and breadcrumbs; mix gently. Form into 16 balls.
* In a 5-quart Dutch oven or heavy pot, heat oil over medium. Add meatballs, and cook, turning occasionally, until browned, 8 to 10 minutes.
* Add tomatoes; bring to a boil. Reduce to a simmer; cover partially, and cook, stirring occasionally, until meatballs are cooked through, 10 to 12 minutes.
* Add meatballs and sauce to the pot with pasta, and toss gently. Serve with Parmesan.

Good Ol' Beef Tacos

4 Stars

Servings: 6

Preparation: 15 minutes

Cooking: 10 minutes

Total time: 25 min

INGREDIENTS

1 cup slices Avocado

1 1/2 lb Beef, ground, extra lean

1 cup Coriander (cilantro)

1 tsp Cumin

1 tsp Garlic (minced)

1 medium head Iceberg lettuce (chopped)

4 tsp Lime juice

1 tbsp Olive oil

1/2 pepper(s) Red or green hot chili pepper (Serrano)

2 cup Salsa sauce, ready-to-serve

1/2 tsp Salt

1/2 cup Spring (green) onion or scallion

5 gm Taco seasoning mix, dry mix

6 large tortilla(s) Tortilla, ready-to-bake / fry, corn

6 large tortilla(s) Tortilla, wheat

DIRECTIONS

* In a non-stick pan, heat olive oil in heavy frying pan then add minced garlic and diced green chiles and sauté about 1 minute. Add cumin and taco seasoning and cook about 1 minute more.
* Then add the ground beef and salt and cook over medium-high heat, breaking apart with the back of the turner as it cooks. Cook about 5 minutes, or until beef is starting to brown.
* While beef cooks, chop green onions and set aside. Then wash cilantro, dry with paper towels, and finely chop cilantro. Wash lettuce and shred lettuce.
* When beef is lightly browned, add chopped green onions and cook about 2 minutes. Turn off heat, then stir in 1 cup chopped cilantro and 2 T lime juice.
* Warm the tortillas on a dry skillet or in the microwave. Spoon 2 to 3 large spoonfuls of beef mixture into each piece of tortilla. Top meat mixture with salsa and avocado slices.

Strawberry, Mango, and Yogurt Smoothie

4 Stars

You can use fresh or frozen fruit in this smoothie and substitute orange juice for the apple.

TOTAL TIME: 5 MINS

SERVINGS: 2

INGREDIENTS

1 1/4 cups apple juice

1 cup low-fat plain yogurt

1 cup fresh or frozen strawberries

2 cups fresh or frozen mango chunks

DIRECTIONS

In a blender, combine all ingredients and puree until smooth.

Chicken, Broccoli & Pineapple Stir-Fry

3 Stars

SERVINGS 4

Prep Time: 15 min. | Cook Time: 15 min.

INGREDIENTS

2 teaspoons olive or canola oil

1/2 pound boneless, skinless chicken breasts, cut in strips

1 medium Onion, thinly sliced

1 tablespoon finely chopped fresh ginger

2 cloves garlic, finely chopped

1 cup low sodium chicken broth

1/4 cup lite soy sauce or liquid aminos (soy substitute)

1 tablespoon cornstarch

1/2 teaspoon anise seed, crushed

1/4 teaspoon ground cinnamon

2 cups Broccoli, cut into florets

1 Red Bell Pepper, cut into chunks

2 cups fresh Pineapple, cut into chunks

DIRECTIONS

* Heat oil in non-stick wok or large skillet.
* Add chicken; stir-fry 5 minutes. Remove to bowl.
* Add onion, ginger and garlic to same pan; stir-fry 2 minutes.
* Combine broth, soy sauce, cornstarch, anise seed and cinnamon; add to same pan. Add broccoli and bell pepper. Cover, cook 2 to 3 minutes or until broccoli is tender-crisp. Stir in pineapple and chicken. Heat through.

Orange and Avocado Crowned Black Thai Grilled Chicken Thighs

4 Stars

PREP TIME 25 MINUTES

TOTAL TIME 25 MINUTES

SERVINGS 4

INGREDIENTS

1/3 cup sesame salad dressing

2 tbsp smooth peanut butter

1 tsp grated lime peel

2 tbsp lime juice

1-1/2 lbs (6 to 8) boneless, skinless chicken thighs

salt and ground black pepper, to taste

1 can (15 oz) Mandarin Oranges, drained

1 avocado, peeled, seeded and chopped

1/4 cup chopped peanuts

DIRECTIONS

* Whisk together salad dressing, peanut butter, lime peel and juice. Remove 2 tablespoons to a separate container and reserve.
* Prepare grill to medium high heat; place chicken on grill rack coated with canola oil.
* Grill, uncovered, for about 10 minutes per side or until no longer pink in center, basting with the larger amount of salad dressing mixture toward the end of the cooking time, coating both sides well.
* Remove cooked chicken from grill and place on a serving dish.
* Sprinkle with salt and pepper to taste. Top with mandarin oranges, avocado and drizzled with remaining 2 tablespoons dressing mixture. Sprinkle with peanuts and garnish with additional lime slices if desired.