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 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 spaghetti in boiling water, cook pasta until al dente. Drain, and return to pot
* In a bowl, using the whisk, combine Parmesan, parsley, garlic, egg, 1 teaspoon salt, and 1 teaspoon pepper. Add beef and breadcrumbs; mix gently with hands. Form into 16 balls.
* In a pot, heat oil over medium. Add meatballs, and cook, turning occasionally with the slotted spoon, 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 spaghetti, 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 cilantro

1 tsp Cumin

1 tsp minced Garlic

1 medium head chopped Iceberg lettuce

4 tsp Lime juice

1 tbsp. Olive oil

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

2 cup Salsa sauce, ready-to-serve

1/2 tsp Salt

1/2 cup green onion or scallion

A packet of Taco seasoning mix, dry mix

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 using the slotted spoon stir and cook for about 1 minute more.
* Then add the ground beef and salt and cook over medium-high heat, breaking apart with the slotted spoon as it cooks. Cook about 5 minutes, or until beef is starting to brown.
* While beef cooks, chop green onions and set aside.
* Wash lettuce and shred lettuce.
* When beef is lightly browned, add chopped green onions and using the slotted spoon stir and cook about 2 minutes. Turn off heat, then stir in 1 cup cilantro and 2 tsp 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

A Refreshing drink that will make you this you’re on a tropical island! You can use fresh or frozen fruit in this smoothie.

TOTAL TIME: 5 MINS

SERVINGS: 2

INGREDIENTS

1 1/4 cups apple juice (Substitute: Orange 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

A fruity and healthy explosion of tastes in your mouth.

3 Stars

SERVINGS 4

Prep Time: 15 min.

Cook Time: 15 min.

INGREDIENTS

2 teaspoons olive (Substitute: 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

1 tablespoon cornstarch

1/4 teaspoon ground cinnamon

2 cups Broccoli

1 Red Bell Pepper, cut into chunks

2 cups Pineapple, cut into chunks

DIRECTIONS

* Heat oil in non-stick large wok.
* Add chicken; stir-fry 5 minutes. Remove to bowl.
* Add onion, ginger and garlic to same wok; stir-fry 2 minutes using the slotted spoon.
* Using the slotted spoon, combine broth, soy sauce, cornstarch, and cinnamon; add to same wok. Add broccoli and bell pepper. 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

A delicious, sweet and tangy Asian recipe.

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.

Simmering is a cooking technique that's used when making stocks or soups, starchy items like potatoes or pastas, and many other culinary preparations. It’s gentler than boiling, simmering refers to cooking food in liquid (or cooking just the liquid itself) at a temperature slightly below the boiling point―around 180 to 190 degrees. It's trickier than boiling because it requires careful regulation of the temperature so that the surface of the liquid shimmers with a bubble coming up every few seconds.