

- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1/4 cup olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
 - In a large baking dish, layer diced eggplant, zucchini, bell pepper, onion, and tomatoes.
 - In a bowl, mix minced garlic, olive oil, thyme, rosemary, salt, and pepper.
 - Pour the mixture over the vegetables and toss to coat.
 - Bake for 45 minutes until vegetables are tender.
 - Serve warm.
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Roast Chicken

Ingredients:

- 1 whole chicken
- 1 lemon, halved
- 4 cloves garlic, minced
- 1/4 cup olive oil
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
 - Season the chicken with salt and pepper.
 - Stuff the cavity with lemon halves and minced garlic.
 - In a bowl, mix olive oil, chopped rosemary, and chopped thyme.
 - Brush the mixture over the chicken.
 - Place the chicken in a roasting pan and roast for 1 hour and 30 minutes until cooked through.
 - Let rest before carving and serving.
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Shrimp and Grits

Ingredients:

- 1 pound shrimp, peeled and deveined
- 1 cup grits
- 4 cups water
- 1/2 cup cheddar cheese, shredded
- 1/4 cup butter
- 1 small onion, diced
- 2 cloves garlic, minced

- 1/4 cup bacon, chopped
- 1/4 cup green onions, sliced
- Salt and pepper to taste

Instructions:

- In a pot, bring water to a boil and stir in grits.
 - Reduce heat and simmer until thickened, then stir in shredded cheddar cheese and butter.
 - In a skillet, cook chopped bacon until crispy, then set aside.
 - In the same skillet, sauté diced onion and minced garlic until softened.
 - Add shrimp and cook until pink and opaque.
 - Stir in cooked bacon and sliced green onions.
 - Serve shrimp mixture over grits.
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Spaghetti Carbonara**Ingredients:**

- 1 pound spaghetti
- 4 eggs
- 1 cup grated Parmesan cheese
- 1/2 cup pancetta, diced
- 2 cloves garlic, minced
- 1/4 cup heavy cream (optional)
- Salt and pepper to taste
- Chopped parsley for garnish

Instructions:

- Cook spaghetti according to package instructions.
 - In a skillet, cook diced pancetta until crispy, then set aside.
 - In a bowl, whisk eggs, grated Parmesan cheese, and heavy cream (if using).
 - In the same skillet, sauté minced garlic until fragrant.
 - Add cooked spaghetti and toss to coat.
 - Remove from heat and quickly stir in the egg mixture, pancetta, salt, and pepper.
 - Garnish with chopped parsley and serve.
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Stuffed Bell Peppers**Ingredients:**

- 4 bell peppers, tops cut off and seeds removed
- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup cooked rice
- 1 can (14.5 ounces) diced tomatoes

- 1 cup shredded cheese
 - 1 teaspoon oregano
 - 1 teaspoon basil
 - 2 tablespoons olive oil
 - Salt and pepper to taste
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Sweet and Sour Pork

Ingredients:

- 1 pound pork tenderloin, cubed
- 1 bell pepper, diced
- 1 small onion, diced
- 1/2 cup pineapple chunks
- 1/4 cup ketchup
- 1/4 cup rice vinegar
- 1/4 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons cornstarch
- 2 tablespoons vegetable oil
- Cooked rice for serving

Instructions:

- In a bowl, toss pork cubes with cornstarch.
 - Heat vegetable oil in a skillet over medium heat.
 - Cook pork until browned and crispy, then set aside.
 - In the same skillet, sauté diced onion and bell pepper until softened.
 - Stir in pineapple chunks, ketchup, rice vinegar, soy sauce, and brown sugar.
 - Return pork to the skillet and toss to coat in the sauce.
 - Serve over cooked rice.
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Tandoori Chicken

Ingredients:

- 4 boneless, skinless chicken thighs
- 1 cup yogurt
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon garam masala

- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste

Instructions:

- In a bowl, mix yogurt, lemon juice, minced garlic, grated ginger, cumin, coriander, turmeric, paprika, garam masala, cayenne pepper, salt, and pepper.
 - Marinate chicken thighs in the mixture for at least 1 hour.
 - Preheat oven to 400°F (200°C).
 - Place chicken on a baking sheet and bake for 25-30 minutes until cooked through.
 - Serve warm.
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Thai Green Curry**Ingredients:**

- 1 pound chicken breast, cubed
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, sliced
- 1 cup coconut milk
- 1/2 cup chicken broth
- 2 tablespoons green curry paste
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar
- 1/4 cup fresh basil leaves
- 2 tablespoons vegetable oil
- Cooked rice for serving

Instructions:

- In a large skillet, heat vegetable oil over medium heat.
 - Cook diced onion and minced garlic until softened.
 - Add cubed chicken and cook until browned.
 - Stir in green curry paste, coconut milk, chicken broth, fish sauce, and brown sugar.
 - Add sliced bell pepper and simmer for 15 minutes until chicken is cooked through.
 - Stir in fresh basil leaves.
 - Serve over cooked rice.
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Turkey Meatballs**Ingredients:**

- 1 pound ground turkey
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup breadcrumbs
- 1 egg, beaten

- 1/4 cup grated Parmesan cheese
- 1 teaspoon oregano
- 1 teaspoon basil
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 jar (24 ounces) marinara sauce

Instructions:

- In a bowl, mix ground turkey, diced onion, minced garlic, breadcrumbs, beaten egg, grated Parmesan cheese, oregano, basil, salt, and pepper.
 - Form mixture into meatballs.
 - In a skillet, heat olive oil over medium heat.
 - Cook meatballs until browned on all sides.
 - Add marinara sauce and simmer for 20 minutes until meatballs are cooked through.
 - Serve warm.
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Vegetable Stir-Fry

Ingredients:

- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 cup snow peas
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil
- 1 teaspoon cornstarch
- 1/4 cup water
- Cooked rice for serving

Instructions:

- In a small bowl, mix soy sauce, oyster sauce, sesame oil, cornstarch, and water.
 - In a large skillet, heat sesame oil over medium heat.
 - Sauté diced onion and minced garlic until fragrant.
 - Add broccoli, bell peppers, and snow peas, stir-fry until tender.
 - Pour sauce over the vegetables and cook until thickened.
 - Serve over cooked rice.
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Vietnamese Pho

Ingredients:

- 1 pound beef sirloin, thinly sliced
- 8 cups beef broth

- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 piece ginger, sliced
- 2 star anise
- 1 cinnamon stick
- 1 tablespoon fish sauce
- 1 tablespoon soy sauce
- 8 ounces rice noodles
- Fresh basil, cilantro, bean sprouts, lime wedges, and sliced jalapeños for garnish

Instructions:

- In a large pot, bring beef broth to a boil.
 - Add sliced onion, minced garlic, sliced ginger, star anise, and cinnamon stick.
 - Simmer for 30 minutes.
 - Stir in fish sauce and soy sauce.
 - Cook rice noodles according to package instructions.
 - Divide noodles and thinly sliced beef among bowls.
 - Pour hot broth over the top.
 - Garnish with fresh basil, cilantro, bean sprouts, lime wedges, and sliced jalapeños.
 - Serve immediately.
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Yakitori

Ingredients:

- 1 pound chicken thighs, cut into bite-sized pieces
- 1/4 cup soy sauce
- 1/4 cup mirin
- 1/4 cup sake
- 2 tablespoons sugar
- Bamboo skewers
- Sliced green onions for garnish

Instructions:

- In a bowl, mix soy sauce, mirin, sake, and sugar.
 - Marinate chicken pieces in the mixture for at least 30 minutes.
 - Thread chicken onto bamboo skewers.
 - Preheat grill to medium-high heat.
 - Grill chicken, brushing with marinade, until cooked through.
 - Garnish with sliced green onions and serve.
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Zucchini Noodles with Pesto

Ingredients:

- 4 zucchinis, spiralized into noodles

- 1/2 cup basil pesto
- 1/4 cup cherry tomatoes, halved
- 1/4 cup grated Parmesan cheese
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

- In a large skillet, heat olive oil over medium heat.
 - Add zucchini noodles and cook until tender.
 - Stir in basil pesto and cherry tomatoes.
 - Season with salt and pepper.
 - Sprinkle with grated Parmesan cheese and serve.
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Beef and Broccoli

Ingredients:

- 1 pound beef sirloin, thinly sliced
- 2 cups broccoli florets
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup soy sauce
- 1/4 cup beef broth
- 2 tablespoons oyster sauce
- 1 tablespoon cornstarch
- 2 tablespoons vegetable oil
- Cooked rice for serving

Instructions:

- In a small bowl, mix soy sauce, beef broth, oyster sauce, and cornstarch.
 - In a large skillet, heat vegetable oil over medium heat.
 - Cook sliced beef until browned, then set aside.
 - In the same skillet, sauté diced onion and minced garlic until fragrant.
 - Add broccoli florets and stir-fry until tender.
 - Return beef to the skillet and pour sauce over the top.
 - Cook until sauce is thickened.
 - Serve over cooked rice.
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Chicken Fajitas

Ingredients:

- 1 pound chicken breast, sliced
- 1 bell pepper, sliced
- 1 small onion, sliced
- 2 tablespoons fajita seasoning

- 2 tablespoons vegetable oil
- Tortillas for serving
- Shredded lettuce, diced tomatoes, shredded cheese, sour cream, and salsa for toppings

Instructions:

- In a large skillet, heat vegetable oil over medium heat.
 - Cook sliced chicken, bell pepper, and onion until chicken is cooked through and vegetables are tender.
 - Stir in fajita seasoning and cook for an additional 2 minutes.
 - Serve chicken and vegetables in tortillas with desired toppings.
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Chicken Piccata

Ingredients:

- 4 boneless, skinless chicken breasts
- 1/4 cup flour
- 1/4 cup lemon juice
- 1/4 cup chicken broth
- 1/4 cup capers
- 2 tablespoons butter
- 2 tablespoons olive oil
- Salt and pepper to taste
- Chopped parsley for garnish

Instructions:

- Season chicken breasts with salt and pepper, then dredge in flour.
 - In a large skillet, heat olive oil and butter over medium heat.
 - Cook chicken until golden and cooked through, then set aside.
 - In the same skillet, add lemon juice, chicken broth, and capers, simmer until reduced by half.
 - Return chicken to the skillet and coat with the sauce.
 - Garnish with chopped parsley and serve.
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Chicken Pot Pie

Ingredients:

- 1 pound chicken breast, cubed
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup frozen peas and carrots
- 1 cup chicken broth
- 1/2 cup milk
- 1/4 cup flour
- 1/4 cup butter

- 1 teaspoon thyme
- 1 teaspoon rosemary
- Salt and pepper to taste
- 1 pie crust

Instructions:

- Preheat oven to 375°F (190°C).
 - In a large skillet, melt butter over medium heat.
 - Cook diced onion and minced garlic until softened.
 - Add cubed chicken and cook until browned.
 - Stir in flour and cook for 1 minute.
 - Gradually add chicken broth and milk, stirring constantly until thickened.
 - Add frozen peas and carrots, thyme, rosemary, salt, and pepper.
 - Pour mixture into a baking dish and top with pie crust.
 - Bake for 25-30 minutes until crust is golden.
 - Serve warm.
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Chicken Stir-Fry

Ingredients:

- 1 pound chicken breast, sliced
- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil
- 1 teaspoon cornstarch
- 1/4 cup water
- Cooked rice for serving

Instructions:

- In a small bowl, mix soy sauce, oyster sauce, sesame oil, cornstarch, and water.
 - In a large skillet, heat sesame oil over medium heat.
 - Cook sliced chicken until browned, then set aside.
 - In the same skillet, sauté diced onion and minced garlic until fragrant.
 - Add broccoli and bell peppers, stir-fry until tender.
 - Return chicken to the skillet and pour sauce over the top.
 - Cook until sauce is thickened.
 - Serve over cooked rice.
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Coq au Vin

Ingredients:

- 4 chicken thighs
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup red wine
- 1 cup chicken broth
- 1 cup mushrooms, sliced
- 1 cup carrots, sliced
- 1/4 cup bacon, chopped
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 2 tablespoons butter
- 1 teaspoon thyme
- 1 bay leaf
- Salt and pepper to taste

Instructions:

- Preheat oven to 350°F (175°C).
 - In a large pot, melt butter over medium heat.
 - Cook chopped bacon until crispy, then set aside.
 - In the same pot, cook chicken thighs until browned on all sides, then set aside.
 - Add diced onion, minced garlic, sliced mushrooms, and carrots, sauté until softened.
 - Stir in flour and cook for 1 minute.
 - Add red wine, chicken broth, tomato paste, thyme, bay leaf, salt, and pepper.
 - Return chicken and bacon to the pot.
 - Bring to a simmer, then cover and transfer to the oven.
 - Cook for 1 hour until chicken is tender.
 - Serve warm.
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Crab Cakes**Ingredients:**

- 1 pound crab meat
- 1 small onion, diced
- 1/4 cup breadcrumbs
- 1/4 cup mayonnaise
- 1 egg, beaten
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Old Bay seasoning
- 2 tablespoons vegetable oil
- Lemon wedges for serving

Instructions:

- In a bowl, mix crab meat, diced onion, breadcrumbs, mayonnaise, beaten egg, Dijon mustard, Worcestershire sauce, and Old Bay seasoning.
 - Form mixture into patties.
 - In a skillet, heat vegetable oil over medium heat.
 - Cook crab cakes until golden and crispy on both sides.
 - Serve with lemon wedges.
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Enchiladas

Ingredients:

- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14.5 ounces) enchilada sauce
- 1 cup shredded cheese
- 8 tortillas
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 2 tablespoons vegetable oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
 - In a skillet, heat vegetable oil over medium heat.
 - Cook ground beef, diced onion, and minced garlic until browned.
 - Stir in cumin, chili powder, salt, and pepper.
 - Fill tortillas with beef mixture and roll up.
 - Place enchiladas in a baking dish and pour enchilada sauce over the top.
 - Sprinkle with shredded cheese.
 - Bake for 20-25 minutes until cheese is melted and bubbly.
 - Serve warm.
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Fettuccine Alfredo

Ingredients:

- 1 pound fettuccine
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1/4 cup butter
- 2 cloves garlic, minced
- Salt and pepper to taste
- Chopped parsley for garnish

Instructions:

- Cook fettuccine according to package instructions.
 - In a skillet, melt butter over medium heat.
 - Add minced garlic and sauté until fragrant.
 - Pour in heavy cream and bring to a simmer.
 - Stir in grated Parmesan cheese until melted and smooth.
 - Season with salt and pepper.
 - Toss cooked fettuccine with the sauce.
 - Garnish with chopped parsley and serve.
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Fish and Chips

Ingredients:

- 1 pound white fish fillets (such as cod or haddock)
- 1 cup flour
- 1 cup beer
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 large potatoes, peeled and cut into fries
- Vegetable oil for frying
- Lemon wedges for serving

Instructions:

- In a bowl, mix flour, baking powder, salt, and pepper.
 - Gradually whisk in beer until smooth.
 - Heat vegetable oil in a deep fryer or large pot to 350°F (175°C).
 - Dip fish fillets in the batter and fry until golden and crispy.
 - Drain on paper towels.
 - Fry potatoes until golden and crispy.
 - Serve fish and chips with lemon wedges.
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Grilled Cheese Sandwich

Ingredients:

- 8 slices bread
- 4 slices cheddar cheese
- 4 slices mozzarella cheese
- 1/4 cup butter

Instructions:

- Preheat a skillet over medium heat.
- Butter one side of each slice of bread.
- Place a slice of cheddar cheese and a slice of mozzarella cheese between two slices of bread, buttered side out.

- Cook sandwiches in the skillet until golden brown and cheese is melted.
 - Serve warm.
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Grilled Salmon

Ingredients:

- 4 salmon fillets
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste

Instructions:

- Preheat grill to medium-high heat.
 - In a bowl, mix olive oil, minced garlic, lemon juice, chopped dill, salt, and pepper.
 - Brush the mixture over the salmon fillets.
 - Grill salmon for 4-5 minutes per side until cooked through.
 - Serve warm.
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Grilled Shrimp Skewers

Ingredients:

- 1 pound large shrimp, peeled and deveined
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste
- Bamboo skewers

Instructions:

- Preheat grill to medium-high heat.
 - In a bowl, mix olive oil, minced garlic, lemon juice, chopped parsley, salt, and pepper.
 - Thread shrimp onto bamboo skewers.
 - Brush the mixture over the shrimp.
 - Grill shrimp for 2-3 minutes per side until pink and opaque.
 - Serve warm.
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Lamb Chops with Mint Sauce

Ingredients:

- 4 lamb chops
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- Salt and pepper to taste
- 1/2 cup fresh mint leaves
- 1/4 cup white vinegar
- 1 tablespoon sugar

Instructions:

- Preheat grill to medium-high heat.
 - In a bowl, mix olive oil, minced garlic, chopped rosemary, salt, and pepper.
 - Brush the mixture over the lamb chops.
 - Grill lamb chops for 4-5 minutes per side until cooked to desired doneness.
 - In a blender, combine mint leaves, white vinegar, and sugar, blend until smooth.
 - Serve lamb chops with mint sauce.
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Lobster Tail

Ingredients:

- 4 lobster tails
- 1/4 cup butter, melted
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste

Instructions:

- Preheat oven to 425°F (220°C).
 - Using kitchen shears, cut the top shell of the lobster tails lengthwise.
 - Gently pull the lobster meat out of the shell and place it on top.
 - In a bowl, mix melted butter, minced garlic, lemon juice, chopped parsley, salt, and pepper.
 - Brush the mixture over the lobster meat.
 - Place lobster tails on a baking sheet and bake for 12-15 minutes until cooked through.
 - Serve warm.
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Osso Buco

Ingredients:

- 4 veal shanks
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup white wine

- 2 cups beef broth
- 1 can (14.5 ounces) diced tomatoes
- 1 carrot, diced
- 1 celery stalk, diced
- 1 teaspoon thyme
- 1 bay leaf
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 350°F (175°C).
 - In a large pot, heat olive oil over medium heat.
 - Season veal shanks with salt and pepper, then brown on all sides.
 - Remove veal shanks and set aside.
 - In the same pot, sauté diced onion, minced garlic, diced carrot, and diced celery until softened.
 - Stir in white wine, beef broth, diced tomatoes, thyme, and bay leaf.
 - Return veal shanks to the pot and bring to a simmer.
 - Cover and transfer to the oven.
 - Cook for 2 hours until veal is tender.
 - Serve warm.
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Pad See Ew

Ingredients:

- 8 ounces wide rice noodles
- 1/2 pound chicken breast, sliced
- 1 cup broccoli florets
- 2 eggs
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon sugar
- 1 tablespoon vegetable oil

Instructions:

- Soak rice noodles in warm water until softened, then drain.
- In a large skillet, heat vegetable oil over medium heat.
- Cook sliced chicken until browned, then set aside.
- Scramble eggs in the same skillet.
- Add broccoli and stir-fry until tender.
- Add noodles, soy sauce, oyster sauce, and sugar, stir to combine.