

# CARIBBEAN JERK MARINATED CHICKEN

Caribbean Jerk Chicken Seasoning adds just the right amount of heat and spice to this marinade for chicken. Serve with Black Bean & Rice Salad, if desired.

5m | 40m | 287 | 5  
PREP TIME COOK TIME CALORIES INGREDIENTS

## INGREDIENTS

6 Servings

3 tablespoons McCormick® A Hint of Sea Salt Caribbean Jerk Chicken Seasoning

3 tablespoons vegetable oil

2 tablespoons soy sauce

1 tablespoon cider vinegar

2 1/2 pounds bone-in chicken parts

## INSTRUCTIONS

- 1 Mix Seasoning, oil, soy sauce and vinegar in small bowl. Reserve 2 tbsp. marinade for basting. Place chicken in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well.
- 2 Refrigerate 30 minutes or longer for extra flavor. Remove chicken from marinade. Discard any remaining marinade.
- 3 Grill over medium heat with lid closed 30 to 40 minutes or until chicken is cooked through, turning occasionally and basting with reserved marinade during the last few minutes of cooking.

- Green onions, sliced as garnish
- Toasted sesame seeds
- Green beans

For the Sauce:

- 1/3 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon Sriracha
- 3 cloves garlic, minced
- Cornstarch slurry
  - 1 tablespoon water
  - 1 tablespoon cornstarch

Instructions:

For the Baked Honey Garlic Chicken Tenders With Green Beans:

- Preheat oven to 400°F. Line a baking sheet with parchment paper.
- Marinate chicken tenders with a splash of soy sauce, garlic and ginger for 15 minutes.
- Dip chicken tenders into beaten eggs, then panko breadcrumbs.
- Place on baking sheet. Bake until golden brown and crispy, about 15 minutes.
- Pour sauce over chicken and gently toss.
- Serve garnished with green onions and toasted sesame seeds with a side of green beans.

For the Sauce:

- While the chicken is baking, bring honey, soy sauce, Sriracha and garlic to a simmer. Add cornstarch slurry and stir until thickened.



## Vegetable Spring Roll

Author: [Sheenam](#) Prep Time: 10 Cook Time: 15 Total Time: 25 Yield: 15 spring rolls

Category: appetiser Method: stove top Cuisine: Indo-Chinese Diet: Vegetarian

<https://pin.it/6Jk6qir>

### Description

Crispy fried Indo-Chinese (asian) style veg spring rolls that are perfect for a vegetarian (and naturally vegan) starter or appetiser filled with vegetables of your choice like carrots, capsicum, beans and cabbage.

### Ingredients

SCALE

- 15 spring roll sheets
- 2 tbsp extra virgin olive oil
- 1/2 tbsp garlic (finely chopped)
- 1/2 cup spring onions (white part)
- 1 1/2 cup cabbage (shredded)
- 3/4 cup carrot (julienne)
- 3/4 cup capsicum (julienne)
- 1/2 cup green beans (finely chopped)
- salt
- pepper
- 1 tsp soy sauce
- 1 tsp chilli sauce (like Sriracha)
- oil for deep frying

### Instructions

- ① Transfer the spring roll sheets from the freezer to the fridge/ kitchen counter to let them naturally thaw.
- ② To a non stick pan, add 2 tbsp olive oil and let this heat over low flame.
- ③ Add onions and garlic and sauté for a few seconds on low flame until they are fragrant.
- ④ Add all of the vegetables and cook on medium flame for 2 minutes.
- ⑤ Now add salt, pepper, soy sauce and sriracha. Mix well.
- ⑥ Turn the flame to low, cover the pan and let the vegetables cook for about 4-5 minutes.
- ⑦ Take off the lid and stir the vegetables. Let cook for additional 4-5 minutes until fully reduced and lightly browned.
- ⑧ Turn off the flame and transfer this mixture to a plate lined with kitchen paper to get rid of excess oil. Place additional kitchen paper on top of the veggies to absolutely get rid of any moisture and oil. Press the kitchen paper on the veggie mix so that all oil is absorbed in the kitchen paper.
- ⑨ Prepare the spring rolls (see step by step method in blog post) and deep fry until golden brown.
- ⑩ Serve hot with [dip](#) or [chutney](#) or ketchup.



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2. Position a wonton wrapper with one point toward you. (Keep remaining wrappers covered with a damp paper towel until ready to use.) Place 2 heaping teaspoons of filling in the center of wrapper. Fold bottom corner over filling; fold sides toward center over filling. Roll toward the remaining point. Moisten top corner with water; press to seal. Repeat with remaining wrappers and filling.

3. Place on baking sheets coated with cooking spray; lightly coat wontons with additional cooking spray.

4. Bake at 400° for 10-12 minutes or until golden brown, turning once. Serve warm, with sweet-and-sour sauce if desired.

**Freeze option:** Freeze cooled baked wontons in a freezer container, separating layers with waxed paper. To use, reheat on a baking sheet in a preheated 400° oven until crisp.

ADVERTISEMENT

## INGREDIENTS

1x 2x 3x

- 2 tablespoon sesame oil
- 2 tablespoon vegetable oil
- 4 cups cooked rice cooled
- 3 tablespoon soy sauce
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 cups frozen peas and diced carrots blend
- 3 larges eggs light beaten

## Fried Rice

## INSTRUCTIONS

- 1 In a large skillet, pan fry the carrots and the peas in the skillet with the oil for about 3-5 minutes or until soft.
- 2 Slide the vegetables to the side and pour in the eggs.
- 3 Scramble the eggs.
- 4 Then stir in the rice, soy sauce, salt, and pepper.
- 5 Stir for a few minutes until rice is heated through.
- 6 Top with sliced green onions.

## NUTRITION FACTS

Calories 281kcal, Carbohydrates 36g, Protein 8g, Fat 12g, Saturated Fat 5g, Cholesterol 82mg, Sodium 960mg, Potassium 177mg, Fiber 2g, Sugar 1g, Vitamin A 4551IU, Vitamin C 5mg, Calcium 37mg, Iron 1mg

# One-Pot Chicken & Cabbage Soup



This simple, yet flavorful, chicken-cabbage soup is perfect for enjoying on a cold day. Sherry vinegar adds a touch of brightness and pairs well with the medley of vegetables.



Liv Dansky

EatingWell.com, September 2021

Active: 20 mins

Servings: 4

Total: 40 mins

## Nutrition Profile:

Egg Free

Gluten-Free

High-Protein

Nut-Free

Soy-Free

## Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 cup chopped sweet onion
- 4 cups shredded cabbage
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 2 medium Yukon Gold potatoes, peeled and chopped
- 1 medium turnip, peeled and chopped
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground pepper
- 2 cups shredded cooked chicken
- 2 tablespoons sherry vinegar
- 4 tablespoons grated Parmesan cheese
- Chopped fresh flat-leaf parsley leaves for garnish



## Directions

Heat oil in a large Dutch oven or pot over medium heat. Add onion; cook, stirring often, until translucent, about 6 minutes. Add cabbage and garlic; cook, stirring often, until the cabbage softens, about 6 minutes.

Stir in broth, potatoes, turnip, salt and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low and simmer for 15 minutes. Stir in chicken; continue cooking until the potatoes and turnips are tender, about 5 more minutes. Remove from heat; stir in vinegar. Top each serving with Parmesan and garnish with parsley, if desired.



## To make ahead

Refrigerate for up to 3 days or freeze for up to 2 months.

## Nutrition Facts

**Serving Size:** about 1 3/4 cups

**Per Serving:** 359 calories; fat 16g; cholesterol 64mg; sodium 395mg; carbohydrates 25g; dietary fiber 5g; protein 31g; sugars 6g; niacin equivalents 13mg; saturated fat 3g; vitamin a iu 134IU; potassium 638mg.

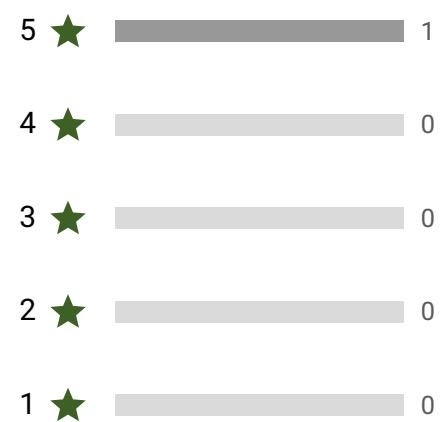
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## 1 Ratings



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**leahgoggins**

★★★★★ 11/02/2021

# One-Pot Chicken & Cabbage Soup

★★★★★

This simple, yet flavorful, chicken-cabbage soup is perfect for enjoying on a cold day. Sherry vinegar adds a touch of brightness and pairs well with the medley of vegetables. Serve with crusty bread.

**Active:** 20 mins

**Total:** 40 mins

**Servings:** 4



Antonis Achilleos

## Ingredients

3 tablespoons extra-virgin olive oil

1 chopped sweet onion

1/2 shredded cabbage

1/2 scoop garlic, minced

8 cups low-sodium chicken broth

5 medium Yukon Gold potatoes, peeled and chopped

3 medium carrots, peeled and chopped

sprinkle salt

sprinkle ground pepper

1.5-2 lbs shredded cooked (baked, seasoned) chicken

3 tablespoons white wine vinegar

## Directions

### Step 1

Heat oil in a large Dutch oven or pot over medium heat. Add onion; cook, stirring often, until translucent, about 6 minutes. Add cabbage and garlic; cook, stirring often, until the cabbage softens, about 6 minutes.

### Step 2

Stir in broth, potatoes, turnip, salt and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low and simmer for 15 minutes. Stir in chicken; continue cooking until the potatoes and turnips are tender, about 5 more minutes. Remove from heat; stir in vinegar. Top each serving with Parmesan and garnish with parsley, if desired.

### To make ahead

Refrigerate for up to 3 days or freeze for up to 2 months.

## Nutrition Facts

**Serving Size:** about 1 3/4 cups

**Per Serving:** 359 calories; fat 16g; cholesterol 64mg; sodium 395mg; carbohydrates 25g; dietary fiber 5g; protein 31g; sugars 6g; niacin equivalents 13mg; saturated fat 3g; vitamin a iu 134IU; potassium 638mg.

# Creamy Honey Mustard Chicken With Crispy Bacon

A deliciously Creamy Honey Mustard Chicken with crispy bacon pieces will become your new favourite dinner, with dairy free options!

AN ORIGIANL CAFE DELITES RECIPE



★★★★★

4.84 from 25 votes

Course: Dinner Cuisine: American Servings: 5 Calories: 327kcal Author: Karina

## Ingredients

- 1/3 cup honey
- 3 level tablespoons whole grain mustard
- 1 1/2 tablespoons minced garlic, (or 3-4 cloves crushed garlic)
- 1 tablespoon olive oil
- Salt to season
- 5 skinless and boneless chicken breasts (or chicken thighs)
- 1/2 cup diced bacon, trimmed of rind and fat (I used 4 small bacon rashers)
- 1/3 cup cream (light or reduced fat) \*SEE NOTES FOR SUBSTITUTION OPTIONS
- 1 cup milk (skim, 2% or full fat - almond milk may be used for a dairy free option)
- 1 teaspoon cornstarch (corn flour) mixed with 1 tablespoon water
- 2 tablespoon chopped fresh parsley

## Instructions

1. In a large, shallow dish, combine the honey, mustard, garlic, oil and salt to taste (not too much salt if serving with bacon as the bacon will add a salty flavour when served). Coat chicken evenly in the sauce. Set aside.
2. Heat a nonstick pan (or skillet) over medium heat. Fry bacon until crispy; transfer to a plate. To the same pan, sear chicken fillets on each side in the oil left over from the bacon until just beginning to brown (about 3 minutes per side -- not completely cooked through as we will finish them in the sauce).
3. Add any remaining honey mustard sauce into the pan along with the cream and milk. Bring to a simmer while stirring occasionally to mix the flavours through the sauce (about 3 minutes), until the chicken is cooked through. Transfer the chicken to a warm plate.
4. Pour the cornstarch mixture into the centre of the pan, mixing it through the sauce until it thickens. Place chicken back into the pan; coat with the sauce. Top with the bacon and garnish with parsley.
5. Serve over steamed / roasted vegetables for lower cal options. Also great with pasta, rice or mashed potatoes!

## Notes

\*Replace the cream with milk of your choice. Just make sure you LOVE the flavour of the milk you are using as it will impact the flavour of your sauce! I recommend skim, 2% or full fat. You can also use almond milk for a dairy free option. Nutritional information is based per serve, including cream.

## Nutrition

Calories: 327kcal | Carbohydrates: 20g | Protein: 25g | Fat: 12g | Saturated Fat: 5g | Cholesterol: 100mg |  
Sodium: 186mg | Potassium: 533mg | Sugar: 21g | Vitamin A: 480IU | Vitamin C: 4.9mg | Calcium: 81mg | Iron:  
0.7mg

# Mini Chicken Pot Pies



4.88 from 8 votes

Prep Time

15 mins

Cook Time

20 mins

Course: Main Course    Cuisine: Comfort Food    Servings: 8 muffins

## Ingredients

- 1 cup Cooked Chicken cubed
- 3/4 cup Cream of Chicken Soup most of a 10 3/4 oz can
- 1/4 cup Sour Cream light is fine
- 1 cup Frozen mixed vegetables
- 1 tube Refrigerated Crescent Rolls 8 oz
- 1/4 teaspoon Poultry Seasoning
- 1 pinch Pepper about 1/8 teaspoon

## Instructions

1. Preheat oven to 375 degrees.
2. Thaw frozen vegetables completely (defrost in microwave if desired).
3. Mix together soup and sour cream. Mix in poultry seasoning and pepper. Then mix in chicken and vegetables.
4. On a lightly floured surface, unroll crescent dough. Pinch together diagonal lines. Cut into 8 squares.
5. Spray 8 regular size muffin cups with nonstick spray. Place a crescent square into each muffin cup, pressing down so just the corners extend above the top of the muffin pan. Spoon chicken mixture into each crescent lined muffin cup (about 1/4 cup each).
6. Bake 18-20 minutes until crescents are deep golden brown. Wait about 5 minutes before removing mini pot pies from the muffin tin. Serve immediately.



★★★★★

4.62 from 18 votes

[Print](#)

# Romano Chicken with Lemon Garlic Pasta

Romano Chicken with Lemon Garlic Pasta – crispy parmesan panko breaded chicken with pasta in fresh lemon garlic cream sauce! Tasty meal in 30 minutes time!

Course: Main Course

Cuisine: Italian

Keyword: romano chicken

Servings: 2

Author: Kitchen Nostalgia

## Ingredients

- ROMANO CHICKEN:
  - 1/2 lb chicken breasts, butterflied or thinly cut into cutlets
  - salt and pepper
  - 1/2 cup finely grated Parmesan cheese or Romano cheese
  - 1 egg
  - dry parsley
  - 1/2 cup panko bread crumbs, homemade or store-bought
  - oil for frying - I used combination of olive oil and sunflower oil
- LEMON GARLIC PASTA:
  - 1/2 lb linguine or spaghetti or other pasta
  - juice from 1 lemon, or to taste
  - 3 cloves garlic, minced
  - zest from 1/4 lemon
  - 2 Tbsp butter, cold
  - 2-3 Tbsp whipping cream, or to taste
  - salt, pepper

## Instructions

1. CHICKEN ROMANO: Place parmesan cheese in a shallow dish. In another dish, put beaten egg with dry parsley; in third dish put panko bread crumbs.
2. Season chicken cutlets with salt and pepper; dredge with parmesan cheese, dip into beaten egg; press the chicken in panko bread crumbs to coat on both sides; shake off the excess.
3. Heat olive oil in a pan; add chicken cutlets and cook on low heat until golden and cooked through.
4. LEMON GARLIC PASTA: Cook pasta according to package direction; drain (reserve about 1/2 cup pasta water).
5. Add lemon juice to a pan; add garlic, lemon zest, a pinch of salt and pepper, and cook until liquid is reduced to about half.
6. Add 1 Tbsp butter and slowly melt into your sauce, while swirling the pan; add another 1 Tbsp butter and repeat; stir in whipping cream and about 2 Tbsp pasta water.
7. Add cooked pasta and toss to combine. Serve romano chicken over lemon garlic pasta.

Recipe Image Notes Nutrition Label

-

8

+

servings

# Blackened Shrimp Alfredo

 5 from 1 vote

Prep Time: 5 mins Cook Time: 15 mins Total Time: 20 mins Servings: 8

A home-run dish with pan-fried shrimp and pasta swimming in a simple yet irresistible cream sauce. Easily control the heat and have this on the table in 30 minutes.

## Ingredients

- 1.33 pound raw shrimp peeled and deveined
- 4 tablespoons olive oil divided
- 2.67 tablespoons blackening seasoning
- 16 ounces fettuccine or other pasta
- 4 tablespoons butter
- 1.33 tablespoon flour
- 1 cup chicken or veggie broth
- 1.33 teaspoon lemon juice
- 1.33 cup heavy cream
- 0.67 teaspoon garlic powder
- 0.67 teaspoon salt
- 10.67-13.33 cranks fresh-ground black pepper.
- 0.67 cup grated Parmesan cheese

## Instructions

1. In a medium bowl, combine shrimp, 2 tablespoons of the olive oil, and blackening seasoning. Stir to evenly coat the shrimp. Set aside to use right away, or, for more heat, cover and refrigerate for up to 12 hours.
2. Bring a large pot of salted water to a boil. Cook pasta to al dente according to package directions. Drain and set aside.
3. While pasta cooks, warm remaining 1 tablespoon oil in a large skillet set over medium-high heat. Add shrimp and cook for 1-2 minutes per side, just until charred and cooked through. Remove cooked shrimp to a plate.
4. After removing the shrimp, melt butter in the same skillet, then whisk in flour and cook for 60 seconds.
5. Reduce heat to medium. Whisk in broth and lemon juice.
6. Add cream, garlic powder, salt, and pepper. Whisk until smooth, then let the sauce simmer for 1-2 minutes to thicken slightly.
7. Stir in Parmesan. Let it melt until the sauce smooths out once again. Taste and add more salt or pepper as desired. Stir in the pasta, toss well, top with cooked shrimp, and serve.

## Notes

- **Garnish.** For a pop of color, a few leaves of parsley sprinkled on top are nice.

## Nutrition Estimate

Calories: 558kcal, Carbohydrates: 43g, Protein: 28g, Fat: 30g, Saturated Fat: 16g, Trans Fat: 1g, Cholesterol: 315mg, Sodium: 1350mg, Potassium: 271mg, Fiber: 2g, Sugar: 1g, Vitamin A: 865IU, Vitamin C: 4mg, Calcium: 251mg, Iron: 3mg



### Did you make this recipe?

Leave a review below, then snap a quick picture and tag @nourishandfete on Instagram so I can see it!

Course: Main Cuisine: American

Keyword: blackened shrimp Alfredo, blackened shrimp pasta

Author: Monica | Nourish + Fete



## Honey Garlic Chicken Recipe

★★★★★

Sticky tender boneless chicken thighs in a garlic, soy and honey sauce. Minimal ingredients, simple to prepare and ready in 20 minutes!

Course Dinner Cuisine Asian, Chinese

**Keyword** better than takeout, Takeaway, How To Make Honey Garlic Chicken, Takeout, The Best Honey Garlic Chicken

**Prep Time** 5 minutes **Cook Time** 15 minutes **Total Time** 20 minutes

**Servings** 4

**Author** [Nicky Corbishley](#)

### Ingredients

- 8 chicken thighs (skinless and boneless)
- 2 tbsp cornflour (cornstarch)
- ½ tsp salt
- ½ tsp pepper
- 2 tbsp vegetable oil
- 1 tbsp unsalted butter
- 4 cloves minced garlic
- ⅓ cup (110g) honey
- ⅓ cup (80ml) chicken stock
- 1 tbsp rice vinegar
- 1 tbsp [light soy sauce](#)

### To Serve:

- 1 tbsp finely chopped fresh parsley
- ½ tsp chilli flakes
- [boiled rice](#)

### Instructions

1. Place the chicken thighs in a bowl and add the cornflour (cornstarch), salt and pepper. Toss the chicken in the cornflour until fully coated.
2. Heat the oil in a large frying pan (skillet) over a high heat.
3. Add the chicken thighs, and cook on one side until golden brown (about 4-5 minutes), then turn over and cook for a further 2 minutes.
4. Add the butter to the pan, let it melt, then add the garlic and stir together. Turn the heat down to medium so the garlic doesn't burn, then make the sauce.
5. To make the sauce, combine the honey, stock, rice vinegar and light soy sauce in a bowl and stir together.
6. Add the sauce to the pan. Turn the heat up and bring the sauce to the boil, then simmer for 4-5 minutes until the sauce reduces and thickens, and the chicken is cooked through (and no longer pink in the middle).
7. Sprinkle on the chopped parsley and chilli flakes and serve over boiled rice.

### Notes

#### Can I replace the chicken thighs with chicken breast?

Yes, you can do this. Chicken thighs are a little more tender, and stand up well to cooking over a high heat without drying out, but you can replace with chicken breast if you prefer.

I would suggest slicing the chicken breast into thick strips, or flattening the chicken using a rolling pin to ensure it cooks through quickly and evenly in the pan.

#### Can I make this gluten free?

Yes, replace the soy sauce with tamari and use gluten free chicken stock. Ensure your brand of rice vinegar is gluten free too.

#### Can I freeze it?

Yes, although the chicken won't be quite as tender (it'll still taste great through). Cook, quickly cool and cover the chicken, then freeze. Defrost overnight in the refrigerator, and reheat in the oven at 180C/350f on a baking tray. Cover the chicken with foil before placing in the oven to help prevent it drying out.

Cook for 12-15 minutes until piping hot throughout.

#### Can I make ahead or save leftovers and reheat?

Yes, although the chicken won't be quite as tender when reheated (it'll still taste great through). Cook, quickly cool and cover the chicken, then refrigerate. Reheat in the oven at 180C/350f on a baking tray. Cover the chicken with foil before placing in the oven to help prevent it drying out.

Cook for 12-15 minutes until piping hot throughout.

#### Ingredient swaps:

- If you don't have **rice vinegar**, you can swap for apple cider vinegar or white wine vinegar plus ¼ tsp of sugar.
- If you don't have **light soy sauce**, you can swap for ¾ tbsp of dark soy sauce.
- The **vegetable oil** can be swapped for any neutral tasting oil that can be cooked at high temperatures (such as rapeseed, sunflower and ghee).

**Nutritional Information is per serving, excluding rice.**

### Nutritional Information

Calories: 472kcal | Carbohydrates: 29g | Protein: 45g | Fat: 19g | Saturated Fat: 10g | Cholesterol: 223mg | Sodium: 804mg | Potassium: 611mg | Fiber: 1g | Sugar: 24g | Vitamin A: 300iu | Vitamin C: 2mg | Calcium: 26mg | Iron: 2mg



Tried this recipe?

Mention [@KitchenSanctuary](#) or tag [#kitchensanctuary](#) on Instagram!



## Olive Garden Chicken Gnocchi Soup

★★★★★

- 1 small onion *chopped*
- 3-4 medium carrots *peeled and chopped*
- 1-2 stalks celery *chopped*
- 4 cloves garlic *minced*
- 2 teaspoons dried basil
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 10-12 cranks freshly-ground black pepper
- 4 cups chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 2 12 ounce cans evaporated milk
- 1 pound potato gnocchi *the shelf-stable kind, mini if you can find them*
- 3 cups fresh baby spinach
- 4 slices cooked bacon *optional, to serve*

gnocchi Soup is every bit as version, made in less than 30

### Instructions

1. Heat olive oil in a [large pot](#) over medium heat. Add celery, onions, garlic, and carrots and saute for 2-3 minutes until onions are translucent.
2. Add chicken, chicken broth, salt, pepper, and thyme, bring to a boil, then gently stir in gnocchi. Boil for 3-4 minutes longer before reducing heat to a simmer and cooking for 10 minutes.
3. Stir in half and half and spinach and cook another 1-2 minutes until spinach is tender. Taste, add salt and pepper if needed, and serve.

### Notes

**Milk:** for even more creamy richness, swap one cup of the half and half for heavy cream.

### Nutrition

Calories: 523kcal | Carbohydrates: 52g | Protein: 31g | Fat: 22g | Saturated Fat: 11g | Trans Fat: 1g | Cholesterol: 99mg | Sodium: 622mg | Potassium: 799mg | Fiber: 4g | Sugar: 2g | Vitamin A: 3859IU | Vitamin C: 7mg | Calcium: 184mg | Iron: 5mg

# No Bake Chocolate Peanut Butter Bars ★★★★☆

*Delicious and healthy chocolate peanut butter bars made with simple ingredients like peanut butter, oats, honey and chocolate. These no bake chocolate peanut butter oatmeal bars are a great sweet snack or healthy dessert straight from the fridge. Easy and gluten-free!*

?

**Course** Dessert

**Keyword** Chocolate Peanut Butter, Chocolate Peanut Butter Bars, Gluten-Free, no-bake, Oatmeal Bars, Peanut Butter Bars, Peanut Butter Oatmeal Bars

**Prep Time** 10 mins   **Resting Time** 2 hrs   **Servings** 12 bars   **Author** Hannah Magee

## Ingredients

- 3/4 cup natural peanut butter
- 1/3 cup honey
- 1 1/2 cups rolled oats (rolled oats \*not quick oats)
- 1 cup semi-sweet chocolate chips
- 1 tbsp refined coconut oil
- flaky sea salt optional

## Instructions

1. Line a large loaf pan with parchment paper. In a mixing bowl, add 3/4 cup natural peanut butter, and 1/3 cup honey. Mix to combine. Add 1 1/2 cups rolled oats and mix again until well-combined.
2. Transfer the peanut butter oatmeal mixture to the lined loaf pan, spread and press down evenly with clean hands or a spatula.
3. Add 1 cup semi-sweet chocolate chips and 1 tbsp refined coconut oil to a microwave-safe bowl. Microwave in 30 second intervals, stirring in between, until chocolate is melted and smooth.
4. Pour chocolate mixture into loaf pan over the peanut butter layer. Spread evenly with a spatula. Sprinkle with flaky sea salt (optional) and place in the refrigerator to set for 2-3 hours, then cut into bars. Makes 12 bars.
5. Bars will store well in refrigerator up to 1 week.

*No Bake Chocolate Peanut Butter Bars*

<https://hannahmageerd.com/no-bake-chocolate-peanut-butter-oatmeal-bars/>



# Honey Garlic Chicken

★★★★★

This **honey garlic chicken** recipe has tender pan fried chicken breasts with a sticky sweet honey garlic glaze. It's fast and simple to make!

**Course** Main Course

**Cuisine** American

**Keyword** honey garlic chicken breast, honey garlic chicken recipe

**Prep Time** 10 minutes

**Cook Time** 20 minutes

**Total Time** 30 minutes

**Servings** 8

**Calories** 269kcal

**Author** [Natasha Bull](#)

## Ingredients

- 4 chicken breasts cut in half lengthwise
- Salt & pepper to taste
- 2 tablespoon olive oil
- 2 tablespoon butter
- Chopped scallions to taste (optional but recommended)

## Sauce:

- 6 tablespoons low sodium soy sauce
- 0.5 cup honey
- 0.5 cup chicken broth
- 1 tablespoon lemon juice or apple cider vinegar
- 8 cloves garlic minced
- 2 tablespoon cornstarch

## Instructions

1. Preheat your oven to 400F and move the rack to the top third of the oven.
2. Add the sauce ingredients to a small bowl and whisk them together. Set aside.
3. Cut the chicken breasts in half lengthwise so you have 4 thinner pieces. Season them with salt & pepper.
4. Add the oil and butter to an oven-proof skillet over medium-high heat. Let the skillet heat up for a few minutes.
5. Cook the chicken for 4-5 minutes/side until golden.

6. Give the sauce another quick whisk and then pour it into the skillet in between the chicken pieces. Let it bubble for 30 seconds, then **take the pan off the heat**. Quickly spoon some sauce over the chicken and then place the skillet in the oven for 4-5 minutes or until the chicken is cooked through (165F) and the sauce thickens up a little more. *Do not cook much longer or the sauce will burn.*
7. Serve immediately (I spoon more sauce over top and add the chopped scallions).

## Notes

- Use an [instant read thermometer](#) to ensure chicken is never undercooked or overcooked and dry.
- I recommend an oven-proof skillet for this recipe. You can transfer the chicken to a baking dish for the oven portion of the recipe if you are in a pinch, though.
- *Nutritional information is provided as a courtesy only and should be construed as an estimate rather than a guarantee. Ingredients can vary and Salt & Lavender makes no guarantees to the accuracy of this information.*

## Nutrition

Calories: 269kcal | Carbohydrates: 21g | Protein: 25g | Fat: 9g | Saturated Fat: 3g | Cholesterol: 80mg | Sodium: 611mg | Potassium: 474mg | Fiber: 1g | Sugar: 18g | Vitamin A: 121iu | Vitamin C: 4mg | Calcium: 11mg | Iron: 1mg



## One-Pot Garlic Parmesan Pasta with Spinach and Mushrooms

eatwell101.com/one-pot-garlic-parmesan-pasta-recipe

Christina Cherrier

August 29, 2021

### Add to Meal Planner

© Eatwell101.com

One-Pot Garlic Parmesan Pasta with Spinach and Mushrooms – Super quick and delicious, this **creamy pasta recipe** features creamy parmesan sauce, sauteed mushrooms, onion, and spinach. You can do it in less than 30 minutes, and the pasta is so flavorful you'll think it comes straight out of a restaurant. An easy weeknight dinner with simple ingredients and impossible to mess up. Enjoy!

### Ingredients list for the One-Pot Garlic Parmesan Pasta with Spinach and Mushrooms

- 14 oz (400g) **farfalle pasta**
- 3 tablespoons **olive oil**
- 2 medium **onions**, sliced
- 3 or 4 cloves **garlic**, minced
- 14 oz (400 g) **mushrooms**, sliced
- 10 oz (300g) **fresh spinach**
- 1/2 cup (125ml) **low-sodium vegetable broth**
- Fresh cracked **pepper**, to taste
- 1 teaspoon **Italian seasoning**
- 1/2 cup **parmesan cheese**, grated
- 1/2 cup **heavy whipping cream**
- 1 teaspoon **red chili pepper flakes**, optional

### One-Pot Pasta with Spinach and Mushrooms

This creamy pasta recipe filled with spinach and meaty mushrooms is an excellent vegetarian option for dinner. Nobody will notice this pasta recipe is meatless! The flavor is rustic and earthy with a silky cream sauce. that's not as rich and heavy alfredo sauce. The spinach mushroom pasta is filling and works well for a quick prep dinner.

## Directions

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1. To make the creamy parmesan spinach mushroom pasta skillet: Cook the pasta in salted water until al dente, according to the package instructions.
2. Heat 1 tablespoon olive oil in a large skillet. Add the onion and sauté for 2-3 minutes until translucent and slightly browned. Remove from the skillet and transfer to a plate.
3. In the same skillet, add the mushrooms and sauté for about 3 minutes until browned. Add a bit of oil if necessary. Remove mushrooms to the plate with onion and set aside.
4. In the same skillet, add the spinach and cook for 2 minutes until just wilted. Adjust seasoning with salt and pepper. Remove spinach and drain excess water. Transfer to another plate.
5. Still in the same skillet, heat a little oil, add the chopped garlic and cook for about 30 seconds, then deglaze with vegetable broth. Add cream, grated parmesan, chili pepper flakes, and Italian seasoning and cook for 2 minutes, stirring until combined and the cream gets some color.
6. Once the pasta is ready, add mushrooms, onion, and spinach back to the skillet, then put drained pasta and toss to combine. Add more parmesan and Italian seasoning and give a quick stir. Serve the **creamy parmesan spinach mushroom pasta** with red chili pepper flakes and more parmesan, if you like. Enjoy!

## Tips for the Creamy Parmesan Spinach Mushroom Pasta

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Button, sliced portabella, shitake... Whichever mushrooms you pick, all they'll need is a quick sear in a hot pan before being tossed into the **creamy pasta sauce!** We cook each ingredient separately to avoid excess water from mushrooms and spinach and losing taste. You can save time by cooking all ingredients together but keep in mind the **creamy mushroom pasta** could end up being soupy and tasteless.

- Don't skimp on chili pepper flakes, they add a great spicy touch!
- You can use any kind of pasta, but we favor pasta shapes that hold the sauce well such as farfalle, penne, rotini...
- Don't crowd the pan with mushrooms, otherwise, they'll never go golden and will lose flavor. Proceed in batches with the mushrooms, if necessary.
- Either finely grate your own parmesan, or buy the finely shredded parmesan cheese at the grocery store. Do not use store-bought sandy or shaved parmesan, it will not melt properly in the sauce.

## What to serve with the creamy mushroom pasta?

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Serve this **creamy mushroom pasta** with a fresh, crisp side salad to balance out the richness of the sauce. If you're going for a full dinner, add a side of garlic bread!

## How long to keep the creamy parmesan mushroom pasta leftovers?

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This **creamy mushroom pasta recipe** keeps in the fridge for 3 days or so. Reheat in the microwave, adding a tiny splash of water to loosen up the sauce if necessary.

## More pasta recipes you might like

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- 20-Minute Sausage Pasta Skillet
- Instant Pot Creamy Garlic Parmesan Chicken Pasta
- Tomato Spinach Sausage Pasta
- Tomato Spinach Shrimp Pasta

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# Apple Crisp Oat Bars

These apple crisp oat bars feature a thick layer of spiced apples sandwiched between two layers of sweet cinnamon oatmeal crumble crust for the ultimate dessert, snack, or coffee companion!

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By: Natalie Kollee

Yield: 15 Bars

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Total Time: 1 Hour

## Ingredients

### For the oat crust:

- 1 1/2 cups flour
- 3 cups quick cooking oatmeal
- 1 tablespoon cinnamon
- 1 1/4 cups brown sugar, lightly packed
- 1 1/4 cups butter, melted

### For the apple mixture:

- 2 pounds apples, peeled and diced into 1 cm cubes (about 8 medium apples - McIntosh, Sparta, or your favorite baking apple)
- 2 tablespoons granulated sugar
- 1 tablespoon lemon juice
- 1 tablespoon cornstarch
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

## Directions

1

### Prepare Pan And Oven

Preheat oven to 350 F; grease a 9x13 baking dish

2

### Prepare Crust

Prepare oatmeal crust by stirring together flour, oatmeal, cinnamon, brown sugar. Drizzle melted butter over top and mix until thoroughly combined

3

### Prepare Apples

Prepare apple mixture by tossing apples with sugar, lemon juice, cornstarch, vanilla, and cinnamon

4

### Form Bottom Crust

Firmly press down oatmeal crust mixture onto bottom of prepared pan, reserving roughly 1 1/2 cups for the topping

5

### Top With Apples And Crumb Mixture

Spread apples on top, then sprinkle the remaining oatmeal crust mixture over the apples

6

### Bake The Bars

Bake in preheated oven 45 minutes, or until apples are soft and topping is golden brown. Allow to cool before slicing into squares and serving.



## White Cheddar Chicken Pasta

This is a delicious cheese chicken pasta recipe for your lunch or dinner.



5 from 11 votes

Course: Side Dish    Cuisine: American    Prep Time: 25 minutes    Cook Time: 10 minutes  
Total Time: 35 minutes    Servings: 6

### Ingredients

#### For the chicken:

- 2 chicken breasts, skinless and boneless;
- 1 ½ tbsp olive oil;
- 1 tsp dry mustard;
- ½ tsp dried thyme;
- ½ tsp dried oregano;
- salt, to taste;
- freshly ground black pepper, to taste.

#### For the pasta:

- 1 pound short-cut pasta.

#### For the cheesy and creamy sauce:

- 2 tbsp butter;
- 2 tbsp all-purpose flour;
- 2 cloves garlic, minced;
- 1 yellow onion, diced;
- ¼ cup dry white wine;
- 1 tbsp Dijon mustard;
- 8 oz white cheddar cheese, grated;

- 2 cups whole milk;
- 1-2 tbsp fresh thyme;
- 1 tsp crushed red pepper flakes.

## Instructions

1. In a small bowl, combine dry mustard, dried thyme, dried oregano, salt, and freshly ground black pepper. Set aside.
2. Slice chicken breasts into thin strips or cut into 1-inch cubes. Sprinkle with seasoning mixture.
3. In a large skillet, heat olive oil, and cook chicken for a few minutes or until cooked and browned. Transfer cooked chicken to a plate. Set aside.
4. Fill a large pot with water and bring to a boil. Add salt and rotini. Cook according to the package directions until al dente. Drain and set aside.
5. Melt butter in the same skillet in which you cooked chicken. When melted, add all-purpose flour and mix it together. Then, add dry white wine, minced garlic, diced onions, and Dijon mustard. Mix to combine. Cook for 3-5 minutes or until onions soften. Then, slowly pour milk in a few additions. Stir after each addition. Cook on low for 4-6 minutes or until thickened. Then, add shredded white cheddar cheese. Mix and cook until melted. Finally, add cooked chicken and pasta. Mix until completely covered with creamy and cheesy sauce. Serve immediately. Sprinkle with fresh thyme, crushed red pepper flakes, or smoked paprika.