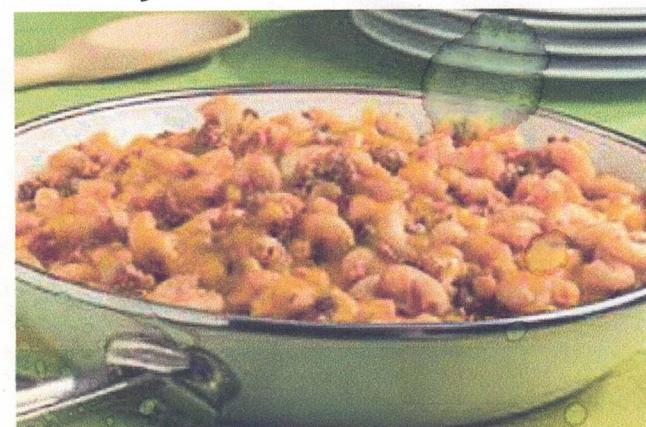


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Cheesy Pasta Salsa Skillet



time

prep: 5 min total: 25 min

what you need

- 1 lb. ground beef
- 1 jar (16 oz.) TACO BELL® Thick & Chunky Salsa
- 1-1/2 cups water
- 2 cups elbow macaroni (7 oz.), uncooked
- 1 can (15.25 oz.) whole kernel corn, drained
- 1-1/4 cups KRAFT Shredded Sharp Cheddar Cheese, divided

make it

BROWN meat in large skillet; drain.

ADD salsa and water; stir. Bring to boil. Stir in macaroni. Reduce heat to medium-low; cover. Simmer 15 minutes or until macaroni is tender.

ADD corn and 1 cup of the cheese; cook until cheese is melted and mixture is heated through, stirring occasionally. Sprinkle with remaining 1/4 cup cheese; cover. Let stand 1 minute or until cheese is melted.

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kraft kitchens tips

SERVING SUGGESTION

Serve with a crisp green salad tossed with your favorite KRAFT Dressing, such as Light CATALINA Dressing.

servings

total:
4 servings

servings

total:
4 servings

1/2 recipe:

1/2 bag frozen beef (thawed)
 ~1 cup salsa
 3/4 cup water
 1 cup pasta
 ~1 cup corn (frozen)
 lots of cheese

nutritional info per serving

per serving

Calories	650	Total fat	27 g	Saturated fat	13 g
----------	-----	-----------	------	---------------	------

Real Macaroni & Cheese

4
2 cups

INGREDIENTS

macaroni (vegetable or whole wheat is best)	750 mL
butter	125 mL
white flour	100 mL
milk	500 mL
salt Mrs Dash	5 mL
grated cheddar cheese	750 mL

1/2 tsp dry mustard
1/2 tsp worcestershire sauce

UTENSILS

grater
2 pots: 1 large, 1 medium
measuring cups
measuring spoons
colander
whisk
mixing spoon
casserole dish,
9" x 13" (22 cm x 33 cm)

Double for family

the pot into the colander and let them drain.

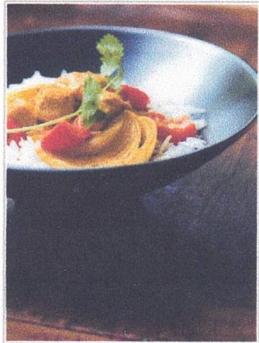
- (4) In a medium-sized pot, melt the butter over low heat. Add the flour all at once and stir quickly with a whisk. Keep stirring for 1 minute (count slowly to 60). Now gradually add the milk to the sauce with one hand while you stir the mixture with the other hand. As you add the milk slowly, the sauce will become thicker. Don't lose patience. Keep stirring.

- (5) Now gradually add the milk to the sauce with one hand while you stir the mixture with the other hand. As you add the milk slowly, the sauce will become thicker. Don't lose patience. Keep stirring.
- (6) After about 5 minutes, stir 2 cups (500 mL) of the cheese into the sauce. Add 1 tsp (5 mL) of salt. Turn off the heat, add the drained noodles and mix with a spoon. Sprinkle some butter over the inside of a casserole dish. Pour the noodles and sauce into the casserole and sprinkle with the remaining cup (250 mL) of cheese.

- (7) Bake for 25 minutes. While the macaroni is baking, you will have time to clean up the counter and pots. Use oven mitts to remove the casserole from the oven.

Caution: Take care not to burn the top before baking.

- (1) Preheat the oven to 375°F (190°C).
- (2) Grate the cheddar and divide into two amounts: a 2-cup (500-mL) pile and a 1-cup (250-mL) pile.
- (3) Fill a big pot 2/3 full with water. Add 1 tsp. (5 mL) of salt. Turn the heat to high. When the water boils, add the macaroni slowly. Let boil for 10 minutes. (Turn the heat down a bit if the water looks as if it might boil over.) Set a colander in the sink. Using a potholder, pour the noodles from



Chicken Curry with Red Peppers and Coconut Milk

Preparation 10 MIN

Cooking 15 MIN

Servings 4

Freezes

Ingredients

- 1 large onion, cut into 10 wedges
- 1 red bell pepper, cored and cut into squares
- 2 tablespoons (30 ml) olive oil
- 1 1/2 lb (675 g) skinless, boneless chicken breast, cut into cubes
- 2 cloves garlic, finely chopped
- 2 teaspoons (10 ml) chili powder
- 2 teaspoons (10 ml) curry powder
- 1/2 teaspoon (2.5 ml) ground turmeric
- 1 can (398 ml/14 oz) coconut milk
- 1 tablespoon (15 ml) honey
- Salt and pepper

Preparation

1. In a large skillet over high heat, sauté the onion and bell pepper in the oil until soft and gold-coloured. Add the chicken, garlic and spices. Sauté for about 2 minutes. Season with salt and pepper.
2. Add the coconut milk and honey. Bring to a boil, reduce the heat and simmer gently until the chicken is cooked through, about 8 minutes. Adjust the seasoning.
3. Serve with basmati rice.



Turkey a la King



Prep

10 m

Cook

15 m

Ready In

25 m

allrecipes*Recipe By:* KARIN

"Turkey, peas and mushrooms in a creamy sauce to serve over puff-pastry boats, biscuits, toast or rice."

Ingredients

2 tablespoons butter

1/2 cup heavy cream

3 fresh mushrooms, sliced

1 cup chopped cooked turkey

1 tablespoon all-purpose flour

1/3 cup frozen peas, thawed

1 cup chicken broth

salt and pepper to taste

Directions

- 1 In a large skillet over medium low heat, cook butter until golden brown. Saute mushrooms until tender. Stir in flour until smooth. Slowly whisk in chicken broth, and cook until slightly thickened. Stir in cream, turkey and peas. Reduce heat to low, and cook until thickened. Season with salt and pepper.

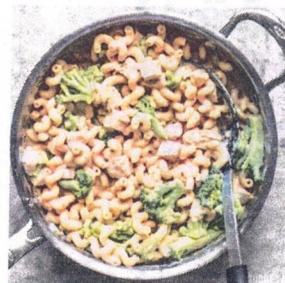
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White Cheddar Mac and Cheese with Chicken and Broccoli

Simple, delicious, and totally comforting, this White Cheddar Mac and Cheese is the perfect quick fix for weeknight dinners.

Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins



★★★★★

4.75 from 28 votes

Course: Dinner, Lunch, Main Course Cuisine: American
Total Cost: \$6.66 recipe / \$1.67 serving Servings: 4

Ingredients

- 1/2 lb. pasta (any short shape) \$0.67
- 1/2 lb. frozen broccoli florets \$1.30
- 1 boneless, skinless chicken breast (about 2/3 lb.) \$2.00
- 1 pinch salt and pepper \$0.05
- 1 Tbsp cooking oil \$0.04
- 2 Tbsp butter \$0.26
- 1 cup evaporated milk \$0.53
- 1/4 tsp garlic powder \$0.02
- 1/4 tsp smoked paprika \$0.02
- 1/4 tsp salt \$0.02
- 8 oz. extra sharp white cheddar, shredded \$1.75

Instructions

1. Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until tender. Add the frozen broccoli florets to the pot of boiling water and pasta, and continue to cook for 2 minutes. Drain the pasta and broccoli together in a colander.
2. While the pasta is cooking, prepare the chicken. Season both sides of the chicken breast with a pinch of salt and pepper. Add one tablespoon cooking oil to a large, deep skillet and heat over medium. Once hot, swirl the oil to coat the surface of the skillet, add the chicken breast, and cook on each side until golden brown and cooked through (about 5-7 minutes per side). Remove the cooked chicken to a clean cutting board and allow it to rest for five minutes, then chop it into small cubes.
3. Turn the heat under the skillet used to cook the chicken down to medium-low, and add the butter. Allow the butter to melt, and use a whisk to scrape up the browned bits from the bottom of the skillet. Pour in the evaporated milk and continue to whisk to dissolve the browned bits completely off the bottom.
4. Whisk the garlic powder, smoked paprika, and salt into the evaporated milk. Once the evaporated milk is hot, begin adding the shredded white cheddar, one handful at a time, whisking until it is fully melted before adding the next handful. Once all the cheese has been whisked into the hot sauce, turn the heat down to low.
5. Add the cooked and drained pasta and broccoli, and the chopped chicken to the skillet with the cheese sauce. Stir to combine and fully coat the pasta, broccoli, and chicken in the sauce, then enjoy!

See how we [calculate recipe costs here](#).

Nutrition

Serving: 1 Serving | Calories: 699.63kcal | Carbohydrates: 53.58g | Protein: 42.1g | Fat: 34.28g | Sodium: 816.75mg | Fiber: 3.6g

White Cheddar Mac and Cheese with Chicken and Broccoli <https://www.budgetbytes.com/white-cheddar-mac-and-cheese/>

allrecipes

Bountiful Garden Zucchini Enchiladas



These vegetarian enchiladas are easy to make, delicious and very filling. They are also very accommodating to modifications. I frequently add mushrooms and other vegetables.

By Annabelle

Prep: 25 mins

Cook: 25 mins

Total: 50 mins

Servings: 4

Yield: 4 servings



Ingredients

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, minced

3 cups diced zucchini

¼ cup canned diced green chiles

1 teaspoon chili powder

¼ teaspoon black pepper

2 tablespoons butter

2 tablespoons all-purpose flour

¼ teaspoon salt

1 teaspoon chili powder

⅛ teaspoon black pepper

1 cup milk

¼ cup canned diced green chiles

1 cup shredded Monterey Jack cheese

8 (8 inch) flour tortillas

½ cup shredded Monterey Jack cheese

1 ½ cups chopped tomatoes

Directions

Step 1

Preheat an oven to 400 degrees F (200 degrees C). Heat oil in a large skillet over medium-high heat. Cook the onion and garlic in the oil until tender, about 5 minutes. Stir in zucchini, 1/4 cup diced chiles, 1 teaspoon chili powder, and 1/4 teaspoon black pepper. Cook until softened, 3 to 5 minutes. Remove zucchini mixture from skillet and reserve.

Step 2

Melt butter in the skillet over medium low heat. Stir in flour, salt, remaining 1 teaspoon chili powder, and 1/8 teaspoon pepper. Cook, stirring, for 1 minute. Pour in milk; whisk until thickened, 3 to 5 minutes. Stir in the remaining 1/4 cup of diced chiles and 1 cup of Monterey Jack cheese.

Step 3

Stir 1/2 cup of cheese sauce into the zucchini mixture. Spoon 1/3 cup squash mixture down the center of each tortilla; roll up. Place filled tortillas in prepared baking dish, pour remaining cheese sauce over. Cover and bake in preheated oven until hot, about 25 minutes. Remove from oven; sprinkle with remaining 1/2 cup Monterey Jack cheese and the chopped tomatoes.

Nutrition Facts

Per Serving:

662.2 calories; protein 24.2g 48% DV; carbohydrates 73.9g 24% DV; fat 30.8g 47% DV; cholesterol 57.9mg 19% DV; sodium 1135mg 45% DV.

Broccoli and Rice Chicken Casserole



Alyssa Rivers

Broccoli and rice chicken casserole is a delicious, easy, family-friendly dish! It is creamy and filled with flavors that perfectly complement each other! You will love it!

4 from 1 vote



PREP TIME

10 mins

COOK TIME

25 mins

TOTAL TIME

35 mins



COURSE
Dinner, Main Course

CUISINE
American



SERVINGS
6 people

CALORIES
564 kcal

INGREDIENTS

- 3 Tablespoons butter
- 1 small onion chopped
- 4 cups fresh broccoli florets
- 2 cups rice cooked
- 1 cup cheddar cheese
- 1 can cream of chicken soup OR homemade cream of chicken soup
- 1/2 cup sour cream
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 cups cooked chicken (rotisserie chicken works great)

Topping:

- 1/2 cup Panko
- 2 Tablespoons parmesan
- 3 Tablespoons butter melted

INSTRUCTIONS

1. Preheat oven to 350 degrees. In a medium-sized saucepan add the butter and onion and sauté over medium-high heat until almost tender. Add in the broccoli and sauté until they start to soften about 3-4 minutes.
2. In a large bowl combine the broccoli and onion, rice, cream of chicken soup, sour cream, milk, salt, pepper, garlic powder, and chicken.
3. Spread evenly into a 9x13 inch casserole dish.

Topping:

1. Combine the Panko, parmesan, and butter. Sprinkle on top of casserole and bake for 20-25 minutes or until golden brown on top and heated through.

NUTRITION

Dad's Beef and Red Wine Chili

Author: Girl Versus Dough

Prep time: 15 mins Cook time: 1 hour 30 mins Total time: 1 hour 45 mins

Yields: 6 servings

Ingredients

- 2 tablespoons olive oil
- 2 yellow or white onions, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 teaspoons minced garlic
- 1 lb lean (at least 80/20) ground beef
- 1 cup red wine (Merlot, Pinot Noir or Cabernet Sauvignon are some good options)
- 1 (28 oz) can crushed tomatoes
- 1 chipotle chile in adobo sauce
- 1 (15 oz) can black beans
- 1 (15 oz) can dark red kidney beans
- 1 (15 oz) can Northern white beans
- 2 to 3 tablespoons chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- Salt and pepper, to taste
- Beef broth (optional)
- Shredded cheese, sour cream, sliced jalapenos/avocado, chopped cilantro, etc. for topping

Directions

1. In a large, heavy-bottomed saucepan or skillet over medium high heat, heat oil. Add onions and bell peppers. Sauté 4 to 5 minutes until golden brown and softened. Add garlic; cook 1 minute.
2. Add ground beef; break apart with a wooden spoon and cook 10 minutes until browned.
3. Pour in red wine. Increase heat to high; boil 10 minutes, stirring often and scraping up any bits that stick to bottom of pan. Reduce heat to a simmer.
4. In a food processor or blender, puree crushed tomatoes and chipotle chile pepper until smooth. Add to pan along with beans (do not drain). Stir in chili powder, smoked paprika, cumin and salt and pepper to taste. If chili is too thick, pour in some beef broth.
5. Cover and simmer 1 hour, stirring occasionally. Adjust seasonings as needed, and add more beef broth to thin out as needed. Serve with your favorite toppings.

Recipe by Girl Versus Dough at <http://www.girlversusdough.com/2014/12/11/dads-beef-red-wine-chili/>

Chicken Pot Pie

(Best of Bridge - Thanks for the memories)

1/4 cup butter (60 ml)

1/4 cup flour (60 ml)

salt & pepper to taste.

2 TBSP Finely chopped onion (30 ml)

3 cups Chicken Broth (750 ml)

2 carrots chopped in small pieces

2 celery stalks - chopped in small pieces

2 potatoes cubed in small pieces

3 cups sliced mushrooms

2 TBSP Butter

1/2 cup peas

3 cups cooked & diced chicken

pastry to cover 3-QT (3L) casserole

or frozen puff pastry dough.

Melt butter in large saucepan over medium heat. Blend in flour, salt, pepper and onion. Gradually stir in chicken broth. Cook, stirring constantly, until smooth and thickened. Add carrots, celery and potatoes. Cook until fork tender. In a small frying pan. Cook the mushrooms in butter. Add mushrooms, peas and chicken to vegetable mixture. Mix well and pour into large casserole. Cover with rolled pastry and slash (watch it!) to allow steam to escape. Bake in preheated 400°F oven for about 45 mins or until pastry is golden. If pastry becomes too brown cover loosely with foil.

HOT BEEF AND BEAN DIP

Prep: 10 Minutes **Total Time:** 50 Minutes **Servings:** 10



INGREDIENT LIST

1 lb ground beef

8 oz cream cheese, at room temperature

1 packet (1 oz) Old El Paso™ Original Taco Seasoning Mix

2 cans (16 oz) Old El Paso™ Traditional Refried Beans

2 cans (4 oz) Old El Paso™ Chopped Green Chiles

8 oz Cheddar cheese, shredded

1 package (7 oz) Old El Paso™ Shredded 3 Pepper Blend Cheese

cilantro

PREPARATION

1. Preheat the oven to 350°F.
2. In a medium skillet, cook the ground beef until cooked through, breaking it up as it cooks.
3. While the beef cooks, beat the cream cheese and the taco seasoning together in a large bowl.
4. Stir in the refried beans and the green chiles. Add 3/4 of the Cheddar and 3/4 of the Pepper Jack, then the cooked ground beef. Stir to combine.
5. Pour the mixture into a baking dish. Top with the remaining cheese. Bake until heated through and the cheese is melted and bubbly, 20-30 minutes.
6. Top with chopped cilantro before serving. Serve with tortilla chips.

EXPERT TIPS

Top this beef and bean dip with sliced green onions for even more fresh color and flavor.

Make it your own! Instead of beef, try using ground turkey or ground pork for this bean dip. Just be sure to use a nonstick pan to brown your meat of choice.

For a pretty presentation, make and bake this ground beef and bean dip in one dish! Brown the beef in a large cast iron skillet and use the same skillet to bake the dip.

Christina's

Sausage & Peppers

Ingredients (4-6 adult portions)

- 6 Sausages (about 1 1/2 per person), cut into 2" pieces.
 - Italian sausages are the most "traditional", but you can use any savoury sausages, really. You'll want to stay away from sweet sausages, and I generally don't prefer German-style bratwurst, or those lighter sausages. (The ones we used were the Save-On Roasted Red Pepper & Asiago, as well as their Tuscan sausages)
- 3-4 Bell peppers (depending on the size of your peppers, but I usually go with about 1 "normal-sized" pepper per person - you can definitely throw in more), cut roughly into 3/4" wide strips
- 1-2 yellow onions (about the size of a tennis ball), roughly chopped to match the size of the pepper pieces
- 1 lb mini yellow potatoes, halved
- 3 cloves of garlic, minced
- 2 tbsp olive oil (or more if needed to coat)
- kosher salt
- black pepper
- Italian seasoning (I put about a loonie sized pile in my hand, probably about a 1 tbsp)
- dry mustard (just enough to give a dusting over the veggies in the bowl. Maybe 1/2 - 1 tsp.)
- 1/4-1/2 cup (ish) dry white wine (I prefer Chardonnay, but a Sauvignon Blanc would work) - if you don't like cooking with wine, you could also use chicken broth

Method

1. Preheat oven to 400°F.
2. In a big bowl, toss the peppers, onion, garlic, and potatoes, and drizzle with the olive oil. Sprinkle salt, black pepper, dry mustard over top. Pour Italian seasoning into hand & crush between palms while sprinkling over top of veggies. Toss until coated & pour onto a foil-lined baking sheet in a single layer (may need 2 baking sheets).
3. Put sausage pieces in same bowl, with a little bit of olive oil, and black pepper, arrange tucked in amongst the veggies.
4. Put in oven & bake for about an hour, or until veggies are soft & sausage is cooked through.
5. After about half an hour of cooking time, pour the wine evenly over the baking sheet & toss gently to help unstick veggies. (If there's still a lot of juice, I'll wait a little longer so not to boil the veggies, but I don't want the pan to be totally dry.) If using two baking sheets & one is on top of the other, swap them.
6. ENJOY!

aka Benbow Potluck chicken

Easy Apricot Chicken (only 5 ingredients)



You can make this easy, flavorful apricot chicken in the oven, slow cooker, pressure cooker, or even on the grill. You just can't go wrong with this recipe!

Course Main Course
Cuisine American
Keyword Apricot Chicken

Prep Time 5 minutes
Cook Time 30 minutes
Total Time 35 minutes

Servings 6 servings

INGREDIENTS (with Amazon Links)

- 3 chicken breasts (boneless, skinless)
- 1 cup apricot preserves
- 1 cup Catalina salad dressing (or Russian dressing)
- 2 tablespoons Dijon mustard
- 1 (2 oz.) package dried onion soup mix

INSTRUCTIONS

1. Cut chicken breasts in half or into serving-sized portions.
2. In a medium-sized bowl, combine apricot preserves, Catalina dressing, onion soup mix, and Dijon mustard. Mix well. → warm in microwave to help mix better.

Baked Instructions:

1. Preheat oven to 375-degrees. Place chicken in a greased 9x13 baking dish. Pour apricot mixture evenly over chicken and bake 40-45 minutes or until chicken is cooked through.

Slow Cooker Instructions:

1. Place chicken in slow cooker. Pour apricot mixture over chicken and cook on high for 2-3 hours or on low heat for 4-6 hours. Serve as whole pieces or shred.

Pressure Cooker (Instant Pot) Instructions:

1. Put 1/3 c. water in the Instant Pot. Place chicken in the water and then pour the apricot mixture over the top. Place lid (make sure release tab is set to "sealing") and cook on high pressure for 10 minutes and allow to natural release for additional 5 minutes.

Grilled Instructions:

1. Place chicken in a large sealing freezer bag. Place half of the apricot mixture in a bowl and set aside. Pour the rest of the apricot mixture in the bag with the chicken and place in refrigerator for 2-3 hours. Remove chicken from bag and discard marinade.
2. Grill chicken over medium-high heat for about 5-6 minutes on each side or until chicken is completely cooked through (internal temp of 165-degrees), brushing with remaining apricot mixture while grilling.



Red Cabbage and Apples

Looking for something new? Try this sweet and sour apple and red cabbage dish.

Submitted by **CHRISTYJ**

Servings: 3

Ingredients

2 tablespoons vegetable oil

2-4 cups 8 cups shredded red cabbage

1/2 1 onion, chopped

1 2 tart apples, peeled, cored, and sliced

2 tablespoons water

1 ½ teaspoons salt

ground black pepper to taste

3 tablespoons white sugar, or to taste

(apple cider vinegar)

3 tablespoons distilled white vinegar, or to taste

Directions

Step 1

Heat oil in a medium saucepan. Add cabbage and onion; cook until wilted. Stir in apples, water, salt, and black pepper; cover and simmer about 25 minutes.

Step 2

Stir in sugar and vinegar; taste for desired sweet and sour level. Cook 5 to 6 minutes more.

Nutrition Facts

Per serving: 250 calories; total fat 10g; saturated fat 1g; sodium 1216mg; total carbohydrate 42g; dietary fiber 7g; total sugars 31g; protein 3g; vitamin c 113mg; calcium 99mg; iron 2mg; potassium 606mg

Brown Butter Sage Cauliflower

This nutty, crunchy, creamy version of cauliflower is a whole new take on what's typically a boring side dish.

Servings	Prep Time	Cook Time
5 SERVINGS	5 MINUTES	20 MINUTES

Ingredients

- 1 head cauliflower
- 1/2 stick butter unsalted
- 6 fresh sage leaves
- 2 ounces goat cheese
- salt to taste

Instructions

1. Prepare cauliflower by washing & removing any leaves and stalk. Cut cauliflower vertically and then cut each half into large florets. Break florets into smaller pieces of varying sizes over a bowl.
2. In a large skillet over medium heat, melt the butter. Allow butter to continue to heat until brown (approximately 3-5 minutes), being careful to not burn the butter. While the butter browns, add three sage leaves. Once a nutty aroma develops, you're ready to add cauliflower after removing the wilted sage leaves.
3. In small batches (to prevent grease splash), add cauliflower florets to pan and toss all to coat in brown butter. Reduce heat if necessary to minimize splashing, tossing occasionally. Once cauliflower is fully coated, increase heat to medium-high and let cauliflower sear until partially browned (approximately 5-7 minutes).
4. OPTIONAL: for a softer texture cauliflower, cover the skillet with a lid for 5-7 minutes to steam.
5. Add the remaining sage leaves to pan for no more than 30 seconds just until the leaves have absorbed the brown butter and darkened. Add salt to taste.
6. Plate cauliflower into a bowl and crumble chunks of goat cheese over top by hand. Serve immediately.

Recipe Notes

This take on cauliflower really helps take what's traditionally a boring, bland, steamed vegetable to new heights. It's diverse and unique enough to be the showstopper at your new dinner party.

martha stewart

Roasted Cabbage Wedges



Super simple to make, this healthy side dish packs a crunchy, flavorful punch. Try serving the roasted wedged alongside our Slow-Cooker Corned Beef.

**Servings: 6**

Ingredients

1 tablespoon plus 2 more tablespoons extra-virgin olive oil

1 medium head green cabbage, cut into 1-inch-thick rounds

Coarse salt and ground pepper

1 teaspoon caraway or fennel seeds

Directions

Step 1

Preheat oven to 400 degrees. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil. Place 1 medium head green cabbage, cut into 1-inch-thick rounds, in a single layer on sheet and brush with 2 tablespoons oil. Season with coarse salt and ground pepper and sprinkle with 1 teaspoon caraway or fennel seeds. Roast until cabbage is tender and edges are golden, 40 to 45 minutes.

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Lemon Chicken in Dill Cream Sauce

★★★★★
5 from 9 votes

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

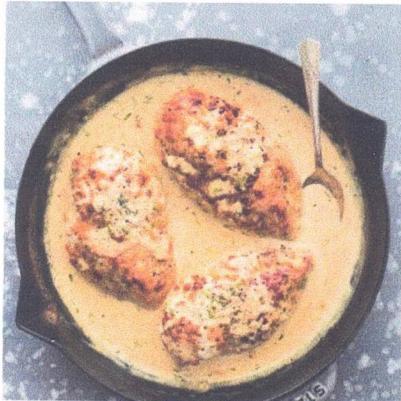
Lemon Chicken in Dill Cream Sauce is a 30 minute meal you'll make over and over again. This baked chicken in lemon cream sauce is so flavorful and tender, and incredibly easy to make - you will want to lick the pan clean!

Course: Main Course

Cuisine: American

Keyword: Chicken, healthy

Servings: 4 people



Ingredients

- 4 boneless skinless chicken breasts OR 4-6 chicken thighs
- salt and pepper, to taste
- 1 tablespoon oil
- 2 tablespoons butter
- 1 tablespoon honey
- 1/2 teaspoon each dried oregano, dried basil, garlic powder

Creamy Dill Sauce

- 1 tablespoon butter
- 2 teaspoons minced garlic
- 1/2 cup low sodium chicken broth
- 2/3 cup heavy cream OR half & half plus 1 tablespoon corn starch
- juice of 1/2 lemon about 2 tablespoons
- 1 tablespoon chopped fresh dill
- cracked black pepper, to taste

Instructions

1. Preheat oven to 375 degrees. Season chicken with salt and pepper, to taste along with garlic powder, oregano, and basil. Combine butter and oil in a large oven-safe skillet (see note), once butter is melted add honey and stir to combine.
2. Add chicken to pan, brown chicken 2-3 minutes on each side. Transfer chicken to a plate (it won't be cooked through at this point). Add garlic and saute for 1 minute until fragrant. Add chicken broth, heavy cream, and lemon juice and stir over medium heat for 2-3 minutes.
3. Return chicken to pan and transfer to preheated oven. Bake for 15 minutes or until chicken is cooked through. Spoon pan sauce over the chicken and sprinkle dill over the chicken and sauce, add cracked black pepper to taste and serve.

Recipe Notes

If you don't have an oven-safe skillet, use a regular pan for steps one and two, then transfer to a baking dish before proceeding with step three.

Beef and Cabbage Stir Fry

★★★★★
4.86 from 200 votes



Prep Time
15 mins

Cook Time
15 mins

Total Time
30 mins

This fast and easy Beef and Cabbage Stir Fry is a filling low carb dinner with big flavor and endless possibilities for customization.

Total Cost: \$7.14 recipe / \$1.79 serving

Servings: 4 (1.5 cups each)

Author: Adapted from Tasteaholics

[Print](#)

Ingredients

STIR FRY SAUCE

- 2 Tbsp soy sauce \$0.18
- 1 Tbsp toasted sesame oil \$0.33
- 1 Tbsp sriracha* \$0.05
- 1/2 Tbsp brown sugar \$0.02

STIR FRY

- 1/2 head green cabbage \$1.78
- 2 carrots \$0.22
- 3 green onions \$0.17
- 1/2 Tbsp neutral cooking oil \$0.02
- 1/2 lb. lean ground beef \$3.90
- 2 cloves garlic \$0.16
- 1 Tbsp fresh grated ginger \$0.13
- Pinch of salt and pepper \$0.05

GARNISHES (optional)

- 1 Tbsp sesame seeds \$0.08
- 1 Tbsp sriracha \$0.05

Instructions

1. Prepare the stir fry sauce first. In a small bowl stir together the soy sauce, toasted sesame oil, sriracha, and brown sugar. Set the sauce aside.
2. Shred the vegetables so they are ready to go when you need them. Cut one small cabbage in half, remove the core, and then finely shred the leaves of one half the cabbage (4-6 cups once shredded, save the other half for another recipe). Peel two carrots, then use a cheese grater to shred them (1 cup shredded). Slice three green onions. Mince two cloves of garlic. Peel a knob of ginger using either a vegetable peeler or by scraping with the side of a spoon, then grate it using a small-holed cheese grater.
3. Heat a large skillet over medium heat. Once hot add the cooking oil, ground beef, garlic, ginger, and a pinch of salt and pepper. Cook the beef until browned (about five minutes).
4. Add the cabbage and carrots to the skillet and continue to stir and cook until the cabbage is slightly wilted (or fully wilted, if you prefer). Stir in the prepared sauce and the green onions. Top with a sprinkle of sesame seeds and a drizzle of sriracha, then serve.

Recipe Video

Beef & Cabbage Stir Fry

Fast, easy, and incredibly addictive, this Beef

Fry is just as healthy as it is delicious!

Roasted Kale & Napa Cabbage

This roasted kale and napa cabbage recipe is a healthy and light side dish to chicken or fish. The mild peppery flavour of the napa cabbage is a great compliment to the smokey and buttery flavour from the roasted kale and oh those crunchy kale bits.... yum!



5 from 7 votes

Course: Side Dish Cuisine: American

Keyword: 21 Day Fix, Kale, Napa Cabbage, Nappa Cabbage, Vegan Recipes, Vegetable Dish

Servings: 4 cups Calories: 104kcal Author: [Alisa Infanti | The Delicious Spoon](#)

Equipment

- Oven
- Baking Sheet
- Aluminum Foil
- Knife
- Measuring Spoons

for 1/2 family side dish.

Ingredients

- 1 bunch of kale chopped, stems removed
- 1/2 large head of napa cabbage chopped
- 2 cloves of garlic thinly sliced or minced
- 2 tbsp olive oil
- 3/4 tsp sea salt

Instructions

1. Preheat oven to 375 degrees F. Line a baking sheet with aluminum foil.
2. Place the napa cabbage, kale, garlic, olive oil and sea salt on the lined baking sheet.
3. Mix by hand or with a spoon to evenly coat the napa cabbage and kale with the olive oil and salt.
4. Roast for 20 minutes turning the oven 2 broil for the last 2 minutes if needed to get some of the kale bits crunchy. Watch carefully to avoid burning. Serve immediately.

Notes

Substitutions:

Savoy cabbage is a good replacement for napa cabbage

Removing the Kale Stems:

Using a sharp knife make a slice on each side of the centre of the stem/vein in the kale leaf. Remove and discard.

21 Day Fix Container Count:

If following the 21 Day Fix Container System a serving of this recipe would be considered 1 green and 2 tsp.

Nutrition

Serving: 1 cup | Calories: 104kcal | Carbohydrates: 8g | Protein: 3g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 0g | Monounsaturated Fat: 0g | Trans Fat: 0g | Cholesterol: 0mg | Sodium: 164mg | Potassium: 511mg | Fiber: 2g | Sugar: 1g | Vitamin A: 0IU | Vitamin C: 0mg | Calcium: 130mg | Iron: 1.6mg

Recipes by Alisa Infanti | The Delicious Spoon

Roasted Kale & Napa Cabbage | The Delicious Spoon | The Delicious Spoon

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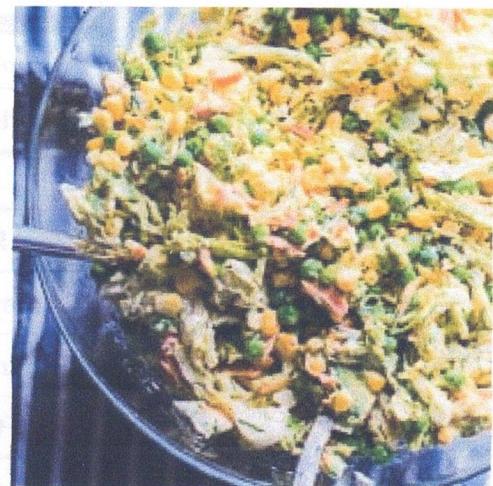
Savoy Cabbage Salad



5 from 10 reviews

Got savoy cabbage and don't know how to cook it?

Try this super easy savoy cabbage salad inspired by my Ukrainian roots.



- **Author:** Olena of ifoodreal.com
- **Prep Time:** 15 minutes
- **Cook Time:** 0 minutes
- **Total Time:** 15 minutes
- **Yield:** 6 servings
- **Category:** Salad
- **Method:** No cook
- **Cuisine:** Ukrainian

SCALE

Ingredients

- 2 lbs (1/2 large head) savoy cabbage, finely shredded
- 3 large carrots, coarsely grated
- 2 cup peas, fresh or frozen (thawed)
- 2 cups corn, canned, cooked or frozen (thawed)
- 3 large avocados, diced

Healthy Ranch Dressing:

- 1 1/2 cups plain Greek yogurt (3.5% and higher fat content)
- 1 small bunch dill, finely chopped
- 1 small garlic clove, grated
- 1 tsp salt
- Ground black pepper, to taste

Instructions

1. In a large bowl, add savoy cabbage, carrots, peas, corn and avocado.
2. In a medium bowl, whisk **Healthy Ranch Dressing Ingredients**, pour over vegetables and gently toss to combine. Serve cold.

Store: You can prepare savoy cabbage salad for up to 3 days ahead, if you refrigerate vegetables covered in a bowl and add dressing before serving. Dressed salad refrigerates well in an airtight container for up to 48 hours.

★ Did you make this recipe? Please give it a star rating in the comments.

Nutrition Facts

Serves 6

Amount Per Serving

Calories	367	% Daily Value*	
Total Fat 19.4g	25%		
Cholesterol 9.3mg	3%		
Sodium 496.6mg	22%		
Total Carbohydrate 40.3g	15%		
Sugars 14.4g			
Protein 16g	32%		
Vitamin A	45%	Vitamin C	91%

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An Elite CafeMedia Food Publisher

3. Meanwhile, do some prep: First, remove fennel fronds from **1 fennel bulb** and reserve for making the sauce. Cut fennel head in half lengthwise. Place halves cut side down on cutting board, then cut each half into $\frac{1}{2}$ " wedges.
4. Peel and slice **2 shallots** into quarters lengthwise.
5. Cut **1 tomato** crosswise into $\frac{1}{8}$ " rounds.
6. Trims ends off **1 lemon**. Cut half of the lemon into thin rounds (about $\frac{1}{8}$ "). Reserve remaining half of lemon for later.
7. Adjust heat to medium-high and add sliced fennel, shallots, and lemon rounds to skillet. Cook, stirring occasionally, until fennel just begins to soften, about 4 minutes. Season with **salt** and **pepper** and give mixture another stir. Remove skillet from heat.
8. Arrange tomato rounds and chicken over fennel mixture; season with salt and pepper.
9. Transfer skillet to oven and roast until chicken thighs are cooked through (an instant-read thermometer inserted into thickest part near the bone should register 165°), juices run clear, and vegetables begin to caramelize around edges of pan, 16–20 minutes. Carefully remove skillet from oven and let rest 5 minutes.
10. While chicken is roasting, finely chop reserved **fennel fronds** until you have about $\frac{1}{4}$ cup.
11. Squeeze juice from reserved lemon half into a small bowl. Add chopped fronds to bowl and stir in remaining $\frac{1}{4}$ cup oil; season with salt and pepper.
12. Spoon fennel oil over chicken and serve with toast alongside.

Recipe by Andy Baraghani

Related Video

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One-Skillet Lemony Chicken with Fennel and Tomatoes

Published July 2018

Ingredients

- 6 skin-on, bone-in chicken thighs (about 2 lb. total)
- Kosher salt
- 2 Tbsp. plus $\frac{1}{4}$ cup extra-virgin olive oil
- 1 fennel bulb
- 2 medium shallots
- 1 large heirloom tomato or beefsteak tomato
- 1 lemon
- Freshly ground black pepper
- Toasted bread (for serving)

Equipment

- [Measuring Spoons](#)[Buy](#)
- [Measuring Cups](#)[Buy](#)
- [Paper Towels](#)[Buy](#)
- [Large Skillet](#)[Buy](#)
- [Tongs](#)[Buy](#)
- [Plate](#)[Buy](#)
- [Chef's Knife](#)[Buy](#)
- [Cutting Board](#)[Buy](#)
- [Wooden Spoon](#)[Buy](#)
- [Instant-Read Thermometer](#)[Buy](#)
- [Small Bowl](#)[Buy](#)

Steps

1. Place a rack in top third of oven; preheat to 425°. Pat **6 chicken thighs** dry with paper towels; season all over with **salt**.
2. Place a large ovenproof skillet on stovetop and pour in **2 Tbsp. oil**. Transfer chicken thighs to skillet, skin side down, and heat over medium. (That's right: Those chicken thighs are going into a cold pan, and then you turn the heat on. Trust!) Cook, rotating skillet to encourage even browning, until opaque around the edges and skin is deeply golden brown, 8–11 minutes. Transfer skin side up to a plate.



Kale, Swiss Chard, Chicken, and Feta Salad



Prep Ready In
20 m 20 m

Recipe By: Bettebet

"Delicious salad! You can use lemon juice in place of the cider vinegar. Also can use Gorgonzola or shaved Parmesan cheese in place or in addition to feta!"

Ingredients

- | | |
|---------------------------------------|--------------------------------------------------------------|
| 1/2 cup cider vinegar | 1 bunch kale, torn into bite-sized pieces |
| 2 teaspoons honey | 1 bunch Swiss chard, torn into bite-sized pieces |
| 1/2 teaspoon salt | 1 pound grilled skinless, boneless chicken breast, sliced |
| 1/2 teaspoon ground black pepper | 1 (6 ounce) container crumbled feta cheese, or more to taste |
| 1/2 teaspoon dried oregano (optional) | 1/3 cup raisins |
| 1/2 cup olive oil | 1/3 cup chopped, toasted walnuts |

Directions

- 1 Whisk the vinegar, honey, salt, pepper, and oregano in a bowl until the honey has dissolved. Whisk in the olive oil until evenly blended. Place the kale, Swiss chard, chicken, feta cheese, raisins, and walnuts into a bowl. Toss with the dressing to serve.



Winter Leek and Potato Soup



Prep
20 m

Cook
45 m

Ready In
1 h 5 m

The Allrecipes logo, featuring the word "allrecipes" in a red, lowercase, sans-serif font with a small spoon icon integrated into the letter "i".

Recipe By: Sassa

"A great-tasting, hearty and satisfying soup that's perfect for a lunch or to start an otherwise light dinner."

Ingredients

2 tablespoons butter, or more if needed	1 cup half-and-half
2 leeks, cleaned and chopped	4 ounces shredded Cheddar cheese (optional)
1/2 cup chopped onion	1 tablespoon chopped fresh parsley
6 potatoes, peeled and cubed	1 teaspoon garlic powder
4 cups chicken broth	salt and ground black pepper to taste

Directions

- 1 Melt butter in a pot over medium heat. Cook and stir leeks and onion until vegetables are tender, about 5 minutes.
- 2 Stir potatoes and chicken broth into onion mixture; simmer until potatoes are tender, 20 to 25 minutes.
- 3 Pour half-and-half into potato soup and continue to simmer until slightly thickened, about 15 minutes more.
- 4 Stir Cheddar cheese, parsley, garlic powder, salt, and black pepper into soup until cheese is melted, about 5 minutes.

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TURKEY BROCCOLI CHEDDAR SOUP



Nutritional Information

Per serving

Calories:	400 - Per serving (1/8th recipe)
Protein:	32 g
Fat:	23 g
Carbohydrates:	15 g
Sodium:	650 mg

Credit

Manitoba Turkey Producers

● Serves: 6-8 servings

🕒 Prep Time: 45 mins

🕒 Cook Time: 15 mins

Ingredients

1 Package Granny's Boneless, Skinless Turkey Breast
 2 tbsp | 30 ml unsalted butter
 1/2 cup | 125 ml onion, finely chopped
 1 cup | 250 ml yellow potato, peeled and cut into cubes
 1/2 cup | 125 ml carrot, peeled and diced
 1 lb | 450 g broccoli, stems and florets separated and cut into 1/2 inch (1 cm) pieces
 1/4 cup | 65 ml all-purpose flour
 6 cups | 1.5 L homemade or low sodium turkey or chicken stock
 1 cup | 250 ml milk
 3 cups | 750 ml old Cheddar cheese, shredded
 2 tbsp | 30 ml apple cider vinegar
 1 tbsp | 15 ml fresh dill, chopped
 To taste sea salt and cracked black pepper

Excellent source of vitamin A, vitamin C, vitamin K, niacin and calcium. Good source of riboflavin, folate, vitamin B12, zinc and selenium.

Directions

- Preheat oven to 425°F (220°C).
- Place turkey breast on a parchment lined baking sheet. Cook for 30 minutes until an internal temperature of turkey breast reads 170°F (77°C).
- Remove from oven and let cool. Remove skin and cut turkey into 1/2-inch cubes. Set aside.
- Meanwhile, in a large heavy-bottom saucepan, melt butter over medium heat.
- Add onion, potato and broccoli stems only and carrots, stirring often, for about 8 minutes until vegetables are soft.
- Sprinkle in flour and cook, stirring constantly, for about 2 minutes.
- Whisk in stock. Add broccoli florets, reserving one cup of broccoli florets. Cook for 15 minutes or until thickened and potatoes are soft.
- Transfer soup to a heat-resistant blender or food processor. Blend.
- Return to pot and add turkey, milk, cheese and remaining broccoli florets.
- Cook over low heat, stirring constantly, until cheese melts and broccoli is soft about 4 minutes.
- Add dill and season to taste with salt and pepper.

Ingredients you'll need

- 1 lemon
- 500g Jerusalem artichokes
- 1 leek
- 1 celery stick
- 1 bay leaf
- 1 vegetable stock cube
- 2 Bramley apples
- A handful of chives

From your kitchen

- 1 tbsp olive oil
- Sea salt
- Freshly ground pepper
- 800ml boiling water

Step by step this way

1. Juice the lemon into a large bowl of water. Peel the Jerusalem artichokes. Chop them into small chunks and drop them into the water as you go (this helps stop them turning brown). Set aside.
2. Trim the roots and tips from the leek. Slice a cross 3cm into the top and open it out to rinse out any grit. Finely slice the leek. Trim the dry ends off the celery and finely slice it.
3. Warm a large pan over a medium heat for 1 min. Add 1 tbsp oil, the leek and celery. Season with salt and pepper. Cook for 8 mins, stirring often, till the veg have softened.
4. Drain the Jerusalem artichokes and add them to the pan. Add the bay leaf and crumble in the stock cube. Pour in 800ml boiling water. Cover, bring to the boil and simmer for 20 mins till the artichokes are soft. Lift out the bay leaf.
5. While the soup simmers, peel, core and chop the apples. Add them to the pan. Simmer for 5 mins. Ladle them into a blender and blitz till smooth, or use a hand-held blender in the pan.
6. Taste the soup and add more salt or pepper if you think it needs it. Finely chop the chives and swirl them into the soup. Ladle into warm bowls and serve.

This recipe is from

makes ~5 cups

*See this
week's box*



Beetroot & Apple
Soup with
Horseradish Yogurt

Roast Squash,
Coconut & Harissa
Soup



Pour in the stock, stir well, put the lid back on and simmer for a further 20 minutes or until the vegetables are soft.

You can then blend all or half of the soup. I personally prefer to leave some veggie chunks in mine!

Taste to check the seasoning, re-heat and serve.

CARROT, POTATO AND JERUSALEM ARTICHOKE SOUP

Recipe by Tina and Dave

CHEF'S NOTE

"This is gorgeous comfort food"

READY IN: 55mins

UNITS: US

*Serves: 6-8
Jerusalem artichokes
carrots
potatoes
medium onion
garlic cloves
butter
dash olive oil
light stock
chili powder
paprika
dried thyme
salt
fresh ground pepper*

INGREDIENTS

500	g	jerusalem artichokes, scrubbed, sliced
500	g	carrots, sliced
500	g	potatoes, sliced
1		medium onion, chopped
2		garlic cloves, crushed
75	g	butter
1		dash olive oil
3 1/2	pints	light stock
1/2 - 1 1/2	teaspoon	chili powder
1/2	teaspoon	paprika
1	teaspoon	dried thyme
		salt
		fresh ground pepper

DIRECTIONS

Melt the butter with a dash of olive oil in a large pot and soften the onion for a few minutes, before adding the garlic.

After a few minutes add spices and herbs, the carrots, potatoes and artichokes, and let them sweat for 10 minutes on a low heat with the lid on.

Cream of Jerusalem Artichoke Soup



Rated: ★★★★★

Prep Time: 20 Minutes

Ready In: 50 Minutes

Submitted By: Michelle Chen

Cook Time: 30 Minutes

Servings: 4

"Jerusalem artichokes, potatoes and onions cooked in chicken stock are pureed before combining with brandy and heavy cream. Served hot with minced parsley."

INGREDIENTS:

1/4 cup butter	1 tablespoon all-purpose flour
2 onions, minced	3 cups chicken broth
1 pound Jerusalem artichokes, roughly chopped	3/4 cup heavy whipping cream - <i>1% milk</i>
2 potatoes, peeled and cubed	salt and pepper to taste
1 tablespoon brandy	1/4 cup chopped fresh parsley, for garnish

+ 2 cloves garlic

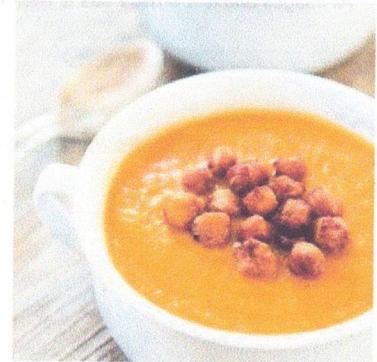
DIRECTIONS:

- Melt the butter in a large pan over medium heat until foamy. Add the onions, artichokes and potatoes and cook, covered, over low heat for 10 minutes. Uncover and cook for an additional 8 minutes.
- Stir in the brandy, and flour, and cook for 1 minute. Gradually stir in about 2 cups of the stock, stirring continuously, until the soup boils and thickens. Simmer for a further 5 minutes. Transfer to a food processor and puree until smooth, adding more stock if needed.
- Return to the pan, add the cream and season well with salt and freshly ground black pepper, then reheat. Sprinkle with the chopped parsley, to serve.

SLOW COOKER BUTTERNUT SQUASH SOUP WITH MAPLE ROASTED CHICKPEAS

Our favorite butternut squash soup recipe...and the best part? It is made in the slow cooker! Garnish with maple roasted chickpeas for an extra special soup!

**yield: SERVES 6 prep time: 20 MINUTES cook time: 3-6 HOURS
total time: 3 HOURS 20 MINUTES**



INGREDIENTS:

FOR THE BUTTERNUT SQUASH SOUP:

- 1 medium yellow onion, chopped
- 3 medium carrots, peeled and chopped
- 1 medium butternut squash, peeled, seeded and chopped into 1-inch cubes (about 5 cups)
- 1 large apple, peeled and chopped (I used Granny Smith)
- 2 (14 oz) cans low sodium vegetable broth *28oz = 825ml (~3 1/2 cups)*
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- Salt and freshly ground black pepper, to taste

Fall 2018

FOR THE MAPLE ROASTED CHICKPEAS:

- 1 (15 oz) can chickpeas (garbanzo beans)
- 1 tablespoon olive oil
- 1 1/2 tablespoons pure maple syrup
- 1 tablespoon brown sugar
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt

DIRECTIONS:

1. Add the onion, carrots, butternut squash, and apple to the slow cooker. Pour the vegetable broth over all of the ingredients. Cook on low for 6 hours or on high for 3 to 4 hours or until the vegetables are soft.
2. Once vegetables are cooked and soft, puree the soup using an immersion blender. Add the cinnamon, nutmeg, and maple syrup. Season with salt and pepper, to taste. If you don't have an immersion blender, you can carefully transfer the soup to a blender (in batches) and puree until smooth. Pour the soup back into the slow cooker and season with spices and maple syrup.
3. While the soup is cooking in the slow cooker, make the maple roasted chickpeas. Preheat the oven to 375 degrees F. Rinse and drain the chickpeas and pat dry with a towel. Remove the skins by rolling them on the towel. In a small bowl, combine the canola oil, maple syrup, brown sugar, cinnamon, and salt. Place the

Lemon Blueberry Scones



4.9 from 286 reviews

Author: [Sally](#) Prep Time: 30 minutes Cook Time: 25 minutes Total Time: 1 hour Yield: 8 large scones

Ingredients

2 cups (250g) **all-purpose flour** (spooned & leveled), plus more for hands and work surface
6 Tablespoons (75g) **granulated sugar**
1 Tablespoon fresh **lemon zest**
2 and 1/2 teaspoons **baking powder**
1/2 teaspoon **salt**
1/2 cup (8 Tbsp; 113g) **unsalted butter**, frozen
1/2 cup (120ml) **heavy cream** (plus 2 Tablespoons for brushing)
1 large **egg**
1 and 1/2 teaspoons **pure vanilla extract**
1 heaping cup (140g) fresh or frozen **blueberries** (do not thaw)
for topping: [coarse sugar](#)

Lemon Icing

1 cup (120g) **confectioners' sugar**
3 Tablespoons fresh **lemon juice**

Instructions

- 1 Whisk flour, sugar, lemon zest, baking powder, and salt together in a large bowl. Grate the frozen butter using a [box grater](#). Add it to the flour mixture and combine with a [pastry cutter](#), two forks, or your fingers until the mixture comes together in pea-sized crumbs. See video above for a closer look at the texture. Place in the refrigerator or freezer as you mix the wet ingredients together.
- 2 Whisk 1/2 cup heavy cream, the egg, and vanilla extract together in a small bowl. Drizzle over the flour mixture, add the blueberries, then mix together until everything appears moistened.
- 3 Pour onto the counter and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more Tablespoons heavy cream. Press into an 8-inch disc and, with a sharp knife or [bench scraper](#), cut into 8 wedges.
- 4 [Brush](#) scones with remaining heavy cream and for extra crunch, sprinkle with coarse sugar. (You can do this before or after refrigerating in the next step.)
- 5 Place scones on a plate or lined baking sheet (if your fridge has space!) and refrigerate for at least 15 minutes.
- 6 Meanwhile, preheat oven to 400°F (204°C).
- 7 Line a large baking sheet with parchment paper or silicone baking mat. After refrigerating, arrange scones 2-3 inches apart on the prepared baking sheet(s).
- 8 Bake for 22-25 minutes or until golden brown around the edges and lightly browned on top. Remove from the oven and cool for a few minutes before topping with lemon icing.
- 9 **Make the icing:** Whisk the icing ingredients together. Drizzle over warm scones.
- 10 Leftover iced or un-iced scones keep well at room temperature for 2 days or in the refrigerator for 5 days.

Notes

- 1 **Special Tools** (affiliate links): [Glass Mixing Bowl](#) | [Whisk](#) | [Box Grater](#) | [Pastry Cutter](#) | [Citrus Juicer](#) | [Citrus Zester](#) | [Bench Scraper](#) | [Brush](#) | [Baking Sheet](#) | [Silicone Baking Mat](#) or [Parchment Paper](#)
- 2 **Sugar:** These scones are sweet, but feel free to increase to 1/2 cup (100g) of granulated sugar for sweeter scones.

Glazed Lemon Blueberry Scones by Sally's Baking Addiction <https://sallysbakingaddiction.com/glazed-lemon-blueberry-scones/>

Freeze Before Baking: Freeze scone wedges on a plate or baking sheet until frozen. Once glazed, store in the freezer.

can layer them in a freezer-friendly bag or container. Bake from frozen, adding a few minutes to the bake time. Or thaw overnight, then bake as directed.

- 4 **Freeze After Baking:** Freeze the baked and cooled scones before topping with icing. I usually freeze in a freezer-friendly bag or container. To thaw, leave out on the counter for a few hours or overnight in the refrigerator. Warm in the microwave for 30 seconds or on a baking sheet in a 300°F (149°C) oven for 10 minutes.
- 5 **Overnight Instructions:** Prepare scones through step 4. Cover and refrigerate overnight. Continue with the recipe the following day.
- 6 **Over-spreading:** Start with very cold scone dough. Expect some spread, but if the scones are over-spreading as they bake, remove from the oven and press back into its triangle shape (or whatever shape) using a rubber spatula.

Find it online: <https://sallysbakingaddiction.com/glazed-lemon-blueberry-scones/>



Gluten-Free Peanut and Chocolate Chex™ Bars

★★★★★

Prep	Total	Servings
15 MIN	1 HR 15 MIN	24



Ingredients

- 4 cups Chocolate Chex™ cereal
- 1/2 cup salted peanuts
- 1/2 cup light corn syrup
- 1/4 cup sugar
- 1/2 cup creamy peanut butter
- 1/4 cup M&M's™ chocolate candies

Steps

- 1 Butter bottom and sides of 9-inch square pan, or spray with cooking spray. In large bowl, mix cereal and peanuts.
- 2 In 1-quart saucepan, heat corn syrup and sugar over medium heat, stirring constantly, just to boiling. Remove from heat; stir in peanut butter until smooth.
- 3 Pour over cereal mixture in bowl, stirring until evenly coated. Stir in candies. Press firmly in pan. Cool 1 hour. Cut into 6 rows by 4 rows. Store loosely covered.

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*360g box is ~8cups (double recipe)

From: Loaves and fishes and
Other dishes

from the congregation of
Robert McClure United Church

Gramma's Buns

1 pkg. yeast
1/2 c. luke warm water
1 tsp. sugar
2 c. warm water
1/2 c. shortening
1/2 c. sugar
1 tsp. salt
2 eggs, well beaten
flour, enough to make a soft dough

Dissolve yeast in 1/2 cup water and 1
tsp. sugar. Let stand for 10 minutes.
In a large mixing bowl place 2 cups warm
water, shortening, sugar and salt. Add
eggs. Beat in flour until mixture is a
soft dough. Knead 10 minutes. Cover
and let rise until double in bulk. Make
into buns. Cover and let rise for 2
hours. Bake 400 F. for 10 - 15 minutes.
Yield: 4 dozen.

Variation: Substitute whole wheat flour,
Sunny boy cereal and/or bran for up to
half the flour.

Comment: My Gramma always lets me make
some buns when I come to visit.

Cathy McKenzie



Whetstone flower pot: Sharpen a knife on
the rim of a clay flower pot to razor
sharpness. Sharpen by keeping the blade
of the knife almost flat on the rim.

To make dough in Bread Machine $\frac{1}{2}$ the
recipe and use $\frac{4}{5}$ cups of flour



Dark Chocolate Raspberry Fondue

★★★★★

Prep
15 MIN

Total
20 MIN

Servings
16



Ingredients

- 2/3 cup** whipping cream
- 1/3 cup** seedless raspberry preserves
- 1 tablespoon** honey
- 1 bag (12 oz)** semisweet chocolate chunks
- Assorted dippers (fresh fruit pieces, pretzels, shortbread cookies, pound cake cubes or angel food cake cubes), if desired

Steps

- 1** In fondue pot or 2-quart saucepan, mix whipping cream, raspberry preserves and honey. Heat over warm/simmer setting or medium-low heat, stirring occasionally, just until bubbles rise to surface (do not boil).
- 2** Add chocolate; stir with wire whisk until melted. Keep warm over warm/simmer setting. (If using saucepan, pour into fondue pot and keep warm over warm/simmer setting.) Serve with dippers.

Oatmeal Butterscotch Cookies

- $\frac{1}{2}$ cup margarine
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{1}{2}$ cups rolled oats
- $\frac{3}{4}$ cups butterscotch chips



1. Preheat the oven to 375 degrees F (190 degrees C).
2. Beat butter, white sugar, and brown sugar together in a large bowl with an electric mixer until light and fluffy.
3. Add eggs and vanilla.
4. Stir together flour, baking soda, cinnamon, and salt in a separate bowl. Gradually add flour mixture to butter mixture and mix until blended.
5. With a wooden spoon, mix in oats and butterscotch chips until combined.
6. Drop dough by spoonfuls onto an ungreased cookie sheet. Bake in the preheated oven until the edges begin to brown, 8 to 10 minutes.

CHOCOLATE PUMPKIN BREAD

Chocolate pumpkin quick bread is a real fall treat. Bake a loaf to enjoy for breakfast, brunch, or dessert.

*yield: 1 LOAF prep time: 15 MINUTES cook time: 50 MINUTES
total time: 1 HOUR 5 MINUTES*

INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup Dutch process cocoa
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1 1/2 cups pumpkin puree (not pumpkin pie filling)
- 3/4 cup packed light brown sugar
- 1/2 cup canola oil or vegetable oil
- 1/4 cup buttermilk, at room temperature
- 2 large eggs, at room temperature, slightly beaten
- 1 1/2 teaspoons pure vanilla extract
- 1 cup semisweet chocolate chips, divided

DIRECTIONS:

1. Heat your oven to 350°F. Grease a 9-by-5-inch loaf pan with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together the flour, cocoa powder, pumpkin pie spice, baking soda, and sea salt. Set aside.
3. In a large bowl, combine the pumpkin puree, brown sugar, oil, buttermilk, eggs, and vanilla extract. Stir until smooth and combined.
4. Stir the dry ingredients into the wet ingredients, don't overmix. Stir in 3/4 cup of the chocolate chips.
5. Pour batter into prepared pan. Sprinkle the remaining 1/4 cup of chocolate chips over the top of the bread. Bake for 50-60 minutes, or until a toothpick inserted into the center of the bread comes out mostly clean, you might have some melted chocolate chips on the toothpick and that is fine. You just don't want a lot of gooey batter. Oven times will vary so make sure you check it at 50 minutes to be safe.
6. Remove the pan from the oven and set on a wire cooling rack. Let the bread cool in the pan for 15 minutes. Run a knife around the edges of the bread and carefully remove from the pan. Let the bread cool on the wire cooling rack until slightly warm. Cut into slices and serve.

Note-the bread will keep on the counter, wrapped in plastic wrap, for up to 4 days. This bread also freezes well. To freeze, cool the bread completely and wrap in plastic wrap and aluminum foil. Freeze for up to 1 month. Defrost before slicing.



Pumpkin puree
pre heat @ 400
- cut pumpkin in half
- scoop seeds + stringy bits
- sprinkle with salt
- place face down + pierce skin
- bake until flesh is pulling away
~45-60 mins
- cool
- scoop out flesh + blend

MINI WHEAT COOKIES

THRIFTISM



PREP TIME	COOK TIME	SERVES
20 MIN	8-12 MIN.	36

DOUGH INGREDIENTS

2 CUP	CRUSHED MINI WHEATS	2 CUP	Flour
1.5 CUP	CHOCOLATE CHIPS	1 TSP	BAKING POWDER
1 CUP	BROWN SUGAR	1 TSP	BAKING SODA
1 CUP	GRANULATED SUGAR	0.5 TSP	SALT
2 EA	EGGS		
1 TSP	VANILLA EXTRACT		

HERE'S HOW

- 1 Preheat oven to 350.
- 2 Blend Mini Wheats and 1/2 cup chocolate chips in a food processor (or blender) until fine.
- 3 Cream butter with sugar (combine brown and white sugar).
- 4 Add eggs and vanilla. Mix well.
- 5 Add flour, baking powder, baking soda, and salt. Mix well.
- 6 Add Mini Wheats mixture and continue mixing.
- 7 Add remaining chocolate chips. Mix.
- 8 Spoon 1 Tbsp Dough onto greased cookie sheet. Bake for 8-12 minutes until the top is browned and a toothpick in the center comes out clean.

Brat Sheet Pan Dinner with Roasted Veggies

Deanne Frieders

This Brat Sheet Pan Dinner with Roasted Veggies is an easy meal to make for dinner without any fuss! It has everything you need for a wholesome, balanced meal.

5 servings



Prep Time	Cook Time	Total Time
10 minutes	35 minutes	45 minutes

INGREDIENTS

- 5 bratwurst
- 12 ounces Brussels sprouts trimmed and halved
- 24 ounces baby potatoes halved
- 1 onion cut into 6 pieces (leave root intact)
- 1 bell pepper cut into $\frac{3}{4}$ inch strips
- 1 Tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon parsley
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper

INSTRUCTIONS

1. Preheat your oven to 400°F.
2. In a small bowl, mix together paprika, garlic powder, parsley, salt and pepper. Set aside.
3. Line a rimmed sheet pan with parchment paper. Place bratwurst on the pan, spreading them throughout.
4. In a large bowl, combine vegetables. Toss with olive oil, then season with prepared seasoning.
5. Add vegetables to the sheet pan, spreading throughout in an even layer.
6. Bake for 35-40 minutes until vegetables are tender and brats are cooked through to a temperature of 160°F.
7. Serve as is or load the brats until buns and top them with your favorite condiments.

If you'd like to serve these brats on buns, add those to your shopping cart too!

Easy Chicken Fajitas

PREP TIME	10 minutes
COOK TIME	15 minutes
TOTAL TIME	30 minutes
SERVINGS	4 servings
AUTHOR	<u>Holly Nilsson</u>



4.99 from 412 votes

These Easy Chicken Fajitas are the perfect weeknight meal because they're on the table in about 20 minutes start to finish!

Ingredients

- 3 chicken breasts
- 1 medium onion
- 1 lime
- 3 bell peppers red, yellow, green or orange
- 3 tablespoons olive oil divided
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon black pepper
- ½ teaspoon cumin optional
- salt to taste

Instructions

1. Cut onion into slivers & slice peppers.
2. In a separate bowl, combine 1 tablespoon olive oil, juice of ½ lime, chili powder, paprika, onion powder, pepper, cumin and salt. Cut chicken into strips and toss with the spice mixture.
3. Preheat 1 tablespoon olive oil over medium high. Add ½ of the chicken and cook until just cooked, about 3-5 minutes. Remove from pan and set aside. Repeat with remaining chicken.
4. Set chicken aside and add 1 tablespoon oil to the pan. Drain onions well (if soaking per note below) and cook 2 minutes. Add in sliced peppers and cook an additional 2 minutes or just until hot. Add chicken back to the pan and stir to combine.
5. Squeeze additional lime overtop and serve over tortillas.

Notes

Optional: If I am serving these to kids, I find soaking the onions in cold water for a bit takes a bit of the "bite" out of them.

Nutrition Information

Calories: 334, Carbohydrates: 10g, Protein: 37g, Fat: 15g, Saturated Fat: 2g, Cholesterol: 108mg, Sodium: 210mg, Potassium: 882mg, Fiber: 3g, Sugar: 5g, Vitamin A: 3115IU, Vitamin C: 122.9mg, Calcium: 27mg, Iron: 1.5mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Greek Lemon Potatoes

Recipe video above. The idea behind this recipe is that the potatoes suck up the amazing lemon-garlic-oregano flavoured broth, then roasted until golden crispy edges. These won't go super crunchy because of the way they're cooked - but you won't miss the crunch because they have flavour unlike any other ordinary roasted potato! If crunch is what you're after, try these recipes: Duck Fat Potatoes, or Truly Crunchy Roast Potatoes.



4.97 from 207 votes

Prep Time	Cook Time	Total Time
10 mins	1 hr 10 mins	1 hr 20 mins

Course: Sides Cuisine: Greek Keyword: Greek Lemon Potatoes, Greek Potatoes Servings: 5
 Calories: 349cal Author: Nagi

Ingredients

- 1.2 kg / 2.5lb potatoes (Aus: Desiree, US: Yukon Gold, UK: Maris Piper) (Note 1)
- 1 1/2 cups chicken stock/broth , low sodium (Note 2)
- 1/2 cup olive oil
- 1/3 cup lemon juice
- 5 garlic cloves , finely grated using microplane (Note 3)
- 1 tbsp dried oregano
- 2 tsp salt (Note 4)

Garnish (optional)

- Lemon wedges, fresh oregano leaves

Instructions

1. **Preheat** oven to 200°C/390°F (180°Cfan).
2. **Cut potatoes:** Peel potatoes and cut large ones into thick wedges - about 3cm / 1.2" thick - and medium ones into 3 (see photo in post).
3. **Coat potatoes:** Place potatoes in a roasting pan with all the other ingredients. Toss well.
4. **Roast 45 minutes:** Roast for 20 minutes. Turn potatoes, roast for a further 25 to 30 minutes until the liquid is mostly absorbed by potatoes/evaporated and you're left with mainly oil in the pan.
5. **To crisp the potatoes (optional):** Transfer potatoes to a separate tray. (Note 3) Tilt the original roasting pan and scoop off as much of the oil as you can (some juices is ok), then drizzle over the potatoes.
6. **Roast 35 minutes:** Transfer potatoes to oven and roast for 35 - 40 minutes, turning once or twice, until potatoes are golden and a bit crispy on the edges.
7. **Heat pan juices:** Return pan #1 with the garlic juices to the oven for the last 5 - 10 minutes or so to reduce down and make the garlic golden. (Optional, Note 4)
8. **Plate up:** Transfer potatoes to serving platter. Drizzle over the reduced garlic pan juices (or toss potatoes in the pan). Serve, garnished with lemon wedges and oregano if desired.

1. Potatoes - use starchy, not waxy potatoes, as they absorb flavour better.

Australia: Sebago potatoes (the common dirt brushed potatoes) are a good alternative. They are marginally less crispy, but almost nearly as good!

2. Braising liquid - Can use water + 2 stock cubes or 2 tsp powder instead, but liquid stock is tastier. Can use veg stock instead of chicken.

3. Garlic - it's best to use a microplane to finely grate the garlic so it dissolves in the stock so you don't end up with burnt little garlic bits at the end. *This is a recipe improvement added in March 2021.*

4. Salt - I know it sounds like a lot of salt but potatoes need it!

5. You can skip this step to transfer the potatoes to a separate tray but you'll either have to make do with non-crispy-not-really-even-golden potatoes OR golden potatoes with burnt edges and tons of burnt garlic everywhere. You choose...

If you're ok with less colour, you can leave them in the same pan and keep roasting for another 20 minutes, but don't let them go too far such that the garlic burns.

I like to drizzle the residual garlic pan juices over the potatoes, rather than tossing them, just to preserve the crispy edges. You could in fact just use pan juices without reducing, up to you. This step is also optional.

6. Nutrition per serving, slightly over because you actually lose a lot of oil in the pan with the cooking method I use to make them extra crispy.

Nutrition

Calories: 349cal | Carbohydrates: 32g | Protein: 7g | Fat: 22g | Saturated Fat: 3g | Sodium: 976mg | Potassium: 1079mg | Fiber: 6g | Vitamin C: 34mg | Calcium: 80mg | Iron: 8.1mg

CRANBERRY COUSCOUS SALAD

Food

Submitted by flower7

"I got this delicious recipe from a co-worker after she brought it to a potluck. It was definitely one of the hits of the day! Originally from Southern Living. Update Dec '09: I've now made this multiple times since originally posting; it is one of my absolute favorites for a potluck! I usually double it but find that if you cook double the amount

🕒 Ready In: 25mins

🍽️ Serves: 6

🥣 Ingredients: 10

DIRECTIONS

1. Combine broth, cranberries, cinnamon, and cumin in a medium saucepan. Bring to a boil.
2. Remove broth from heat and stir in couscous. Cover and let stand for 5-7 minutes. Fluff with a fork and set aside to cool slightly, uncovered.
3. Whisk oil and vinegar together; pour over couscous. Add remaining ingredients and toss well.
4. Serve either chilled or at room temperature.

INGREDIENTS

$1\frac{1}{2}$	cups	chicken broth or $1\frac{1}{2}$ cups vegetable broth
$\frac{1}{2}$	cup	dried cranberries
1	teaspoon	ground cinnamon
$\frac{1}{4}$	teaspoon	ground cumin
1	cup	uncooked couscous
$\frac{1}{4} - \frac{1}{3}$	cup	vegetable oil
2	tablespoons	rice vinegar
$\frac{1}{3} - \frac{1}{2}$	cup	sliced almonds, toasted
$\frac{1}{3}$	cup	chopped green onion
2	tablespoons	chopped fresh mint

jewelled rice

The exquisite Persian flavours in this stunning dish will tempt you to make it again and again. So embrace the lengthy ingredient list!

Serves 6

Ingredients

1 cup water	1/4 tsp cumin
1/2 cup sugar	1/4 tsp turmeric
2 medium carrots, peeled and julienne	1/2 tsp saffron threads, soaked in 1/2 cup hot water
1 orange, zest of	1/4 cup dried cranberries, soaked in hot water for 10 minutes and drained
1 1/2 cups raw basmati rice	1/4 cup raisins, soaked in hot water for 10 minutes and drained
2 tbsp butter	1/2 cup dried apricots, chopped and soaked in hot water for 10 minutes
2 tbsp olive oil	1/4 cup unsalted pistachios, toasted
1 medium onion, diced	1/4 cup slivered almonds, toasted
1 tsp salt	
1/4 tsp cardamom	

Method

Bring 1 cup water and sugar to a boil in a medium saucepan, stirring to dissolve sugar.

Add carrots and orange zest, reduce heat and simmer, stirring occasionally, about 15 minutes.

Drain saucepan with orange zest and carrots and discard the syrup.

Cook rice according to package instructions.

Heat butter and olive oil in a large frying pan over medium heat.

Add onion and salt and cook until soft, about 5 minutes.

Add cardamom, cumin, turmeric and saffron mixture and sauté for about 2 minutes.

Reduce heat to low and add cranberries, raisins, apricots, pistachios, almonds and the carrot and orange mixture.

Preheat oven to 325°F.

Grease an ovenproof casserole dish.

Put the cooked rice and the "jewel" mixture in the casserole and combine until well mixed.

Bake covered for 20 minutes.

Remove foil and garnish with more chopped pistachios.

Beautifully paired with any grilled meat or fish.

Marinated Chicken Breasts



Recipe courtesy of Food Network Kitchen

Show: How to Boil Water Episode: Your Freezer, Your Friend



Level: Easy
Total: 8 hr 15 min
Prep: 5 min
Inactive: 8 hr
Cook: 10 min
Yield: 4 servings

Ingredients:

1 to 2 tablespoons vinegar, like cider, balsamic, or red wine
2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf
1 to 2 tablespoons mustard, whole grain or Dijon
1 to 2 teaspoon garlic or onion powder, optional
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper
4 boneless, skinless chicken breast, each about 6 ounces

Directions:

- 1 Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast in the bag. Close and shake the bag to coat evenly. Freeze for up to 2 weeks.
- 2 Thaw in the refrigerator overnight, under cold, running water, or in the microwave at 30 percent power for 1 minute at a time.
- 3 Heat a grill or grill pan. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375 degree F oven for 15 minutes, or until cooked through.



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Marry Me Chicken

by **ZAHRA KASMANI**

January 11, 2024

4.9

PREP TIME

10 min

COOK TIME

25 min

YIELDS

6 servings

INGREDIENTS

3 boneless, skinless chicken breasts

½ tsp salt, plus more to season the sauce

¼ tsp black pepper, plus more to season the sauce

1/3 cup all purpose flour

2 Tbsp olive oil, divided

2 Tbsp unsalted butter, divided

1 small onion, finely chopped

1 tsp minced garlic

3 tsp tomato paste

¾ tsp dried oregano

½ - 1 tsp chili flakes, to taste

1 cup chicken broth, plus more as desired

1 cup 35% cream

1/3 cup sun-dried tomatoes, finely chopped

1/2 cup grated Parmesan

2-3 sprigs fresh thyme, stems removed, plus more to garnish

2 Tbsp fresh basil, finely chopped into strips, plus more to garnish

Pasta or bread, to serve

DIRECTIONS

Step 1

Slice each chicken breast lengthwise, into cutlets, ending with a total of 6 pieces of chicken.

Step 2

Season each breast lightly with salt and pepper, repeat on both sides.

Step 3

Dredge each breast in flour, shaking off the excess. This can be done in a plate, or freezer bag.

Step 4

Heat a large skillet on medium high, add in 1 tablespoon olive oil and 1 tablespoon butter.

Step 5

Place the chicken in the skillet, cook for about four minutes per side, until lightly golden and cooked through. Remove from the skillet and set aside.

Step 6

In the same skillet, add the remaining olive oil and butter. Once the butter has melted, add in the onions, cook until softened and translucent about three to five minutes.

Step 7

On medium heat, add in the minced garlic and cook for another 30 seconds, until aromatic.

Step 8

Add in the tomato paste, dried oregano and chili flakes, mix to combine. Cook for another minute.

Step 9

Pour in the chicken broth, cream, sun-dried tomatoes, Parmesan, thyme, plus salt and pepper to taste, stir to combine.

Step 10

Simmer on low medium to allow the sauce to thicken for about 3 minutes, adding more broth to thin the sauce if required.

Step 11

Add the chicken breasts back into the skillet, coating with the sauce. Simmer for another two minutes.

Step 12

Garnish with more fresh basil and thyme, serve over pasta or with crusty bread.