



**101 Recipes**  
*in a* **FLASH**

**Healthy Gourmet Meals  
in 30 Minutes or Less...**

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## Word from the Author

Last year, I would have said that 101 recipes isn't a very big list at all. It sure doesn't sound like a lot...Does it?

I mean, of course you can go onto any internet search engine today, type in "dinner recipes," and watch ten million results pop up...So a mere 101 recipes is nothing, right?

Well, hold on. This is not your typical recipe book.

I'll tell you right now, I'm not a professional chef or ever worked in a kitchen - Although, I might consider getting into gourmet cooking when I retire.

My first love is business...and then food!

Let me tell you why I wrote this book, especially with YOU in mind: Like many people today, I run my own online and offline businesses that I manage, day-in and day-out. It gets quite tiresome sometimes, and there's no other way to cap off your day than with a big meal. But, making myself a meal was out of the question; I never had the patience or experience to cut, mince, dice or blend...in other words, cook myself a meal that probably takes an hour to prepare and cook, then another half hour to indulge my creation. Or I'll end up just finding a local fast food joint, which also takes a lot of time and money.

So, I did some research one day for some quick and easy recipes I could make in a snap. Unfortunately, the only quick and easy meals I could find were burger, fries and pizza-related

recipes...meals I like once in a while, but not every day.

I wanted great tasting meals, made in a quick and efficient amount of time. The type of meal you'd see on television made by Emeril Lagasse or Bobby Flay; and yet created in a short amount of time like Iron Chef! (under an hour).

When this book was still in its planning phase, I experimented and used cookbooks I found collecting dust around my house. The goal I kept in mind was, "how can I turn these intricately-made-meals into 101 quick and easy recipes?" 101 just sounded like a catchy number to me...

My goal was set and I tried a new recipe everyday - creating the meal and then finding a way to shorten the recipes directions.

By the time I got to, somewhere around 52, I realized 101 is one heck of a number. 53...60...75...90...finally, 101 quick and easy meals for me to use when I have an empty stomach.

So what you'll find here is a collection of unique, original, and traditional recipes that were recreated to be made in 30 minutes or less, and still taste great!

Considering the months I put into this project, and knowing how hard it was to compile these, I feel pretty confident in saying that there's never been, nor will ever be, a better collection of fast and easy to make recipes than what you're about to read.

Instead of reading these one after another after another and creating these recipes in order, you should mix it up a bit. Try a #57 today and maybe

#89 tomorrow...Combine meals #35 and #101 for you and your significant other.

But any way you choose to approach this list, I hope you'll have fun reading it. And if you're ready, here are **ONE HUNDRED AND ONE Meals in a FLASH...**

## **1. ORANGE ROSEMARY PORK CHOPS**

Prep and Cook Time:  
25 min.

Ingredients:

4 (6-oz.) boneless pork chops  
1 tablespoon chopped fresh rosemary  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
2 tablespoons olive oil  
1 shallot, peeled and minced  
1/3 cup beef broth  
1/3 cup orange juice

Directions:

Season pork chops with rosemary, salt and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove to a serving platter and cover to keep warm. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes. Pour over pork chops and serve garnished with extra rosemary.

## **2. GROUND BEEF STROGANOFF**

Prep and Cook Time:  
28 min.

Ingredients:

1 lb. ground beef  
1/2 cup chopped onion  
1/2 cup drained mushrooms  
1-1/4 cups condensed Cream of Mushroom soup  
1/4 cup water, red wine or beef broth  
1/2 cup sour cream

Directions:

In a fry pan, brown the ground beef and onion; drain well. Stir in mushrooms, soup and water. Cover and simmer for 15-20 minutes. Stir in sour cream; heat through, but do not boil. Serve over noodles or rice.

### **3. ITALIAN CHICKEN**

Prep and Cook Time:  
30 min.

Ingredients:

4 to 6 boneless, skinless chicken breasts  
1 lg. jar spaghetti sauce of choice  
2 cups grated mozzarella cheese  
Parmesan cheese  
Salt, pepper, garlic  
Fettuccine noodles

Directions:

Grease large casserole dish. Season chicken breasts with salt, pepper and garlic. Place flat in casserole dish. Bake for 20 minutes turning

once. Pour spaghetti sauce over chicken and sprinkle generously with mozzarella cheese. Bake until bubbly and cheese has melted. Prepare noodles according to directions and serve chicken and sauce over noodles. Top with grated parmesan cheese.

#### **4. JAMAICAN JERKED CHICKEN**

Prep and Cook Time:  
28 min.

Ingredients:  
3-1/2 pounds fresh chicken legs  
2 tablespoons olive oil  
2 tablespoons jerk seasoning  
2 limes, juiced

Directions:  
Preheat oven to 400°. Brush chicken with oil and sprinkle with Jerk Seasoning. Place in a shallow roasting pan and bake 30 minutes or until cooked thoroughly. Sprinkle with lime juice and serve hot.

#### **5. CREAMY CHICKEN & NOODLES**

Prep and Cook Time:  
17 min.

Ingredients:  
1 (16 ounce) package wide egg noodles  
2 (5 ounce) cans chunk chicken, drained  
2 (10.75 ounce) cans condensed cream of mushroom soup  
1/2 teaspoon garlic salt  
1/2 teaspoon ground black pepper

Directions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Return pasta to pot with chicken, soup, garlic salt and pepper over medium heat. Heat through, 5 minutes.

## **6. CREAMY RANCH SKILLET POTATOES**

Prep and Cook Time:  
22 min.

Ingredients:

4 to 5 medium potatoes, peeled and cubed  
1/3 cup onion, chopped  
1 envelope ranch-style dressing mix (1 ounce)  
1/3 cup sour cream  
2 cups milk  
1 teaspoon parsley

Directions:

Precook potatoes in microwave or boil until slightly tender. Spray a large skillet with non-stick cooking spray. Over medium heat, brown onions and potatoes. Add remaining ingredients and simmer just until sauce thickens.

## **7. CRISPY PARMESAN FISH FILLETS**

Prep and Cook Time:  
28 min.

Ingredients:

6 (4 ounce) fine-textured fish fillets (such as flounder, sole or cod)  
1 egg, beaten



1/2 cup grated Parmesan cheese  
1/2 cup cornflake crumbs  
1/4 teaspoon ground red pepper (optional)

Directions:

Heat oven to 450 degrees. Dip fish in egg; coat with combined cheese, crumbs and pepper. Place in greased shallow baking dish. Bake 5 to 10 minutes or until fish flakes easily with fork. Makes 6 servings. Variation: Substitute boneless skinless chicken breast halves for fish. Decrease oven temperature to 400 degrees F. Bake 15 to 20 minutes or until chicken is cooked through.

## **8. EASY ENCHILADAS**

Prep and Cook Time:

30 min.

Ingredients:

12 Corn tortillas  
1 package enchilada sauce mix  
1 lb. ground beef  
2 tbl. instant minced onion or 1/2 cup chopped fresh onion  
2 cups shredded Cheddar or Monterey Jack Cheese  
1/4 cup chopped or sliced black olives

Directions:

In a medium, saucepan prepare enchilada sauce mix as directed on the package. In a large fry pan, brown the ground beef and onion. Drain excess fat. Stir 1/2 cup enchilada sauce into the meat mixture. To assemble, dip each tortilla into the sauce. Spoon about 2 tbl. Meat mixture and 1 tablespoon cheese down the center of each tortilla. Roll into thirds and place seam side down in a 9 by 13 inch baking dish. When all the tortillas are assembled, pour the remaining sauce over the top. Sprinkle

with olives and extra cheese. Cover with foil; bake for 20 minutes until heated through and the cheese is melted.

## **9. CHICKEN FRIED RICE**

Prep and Cook Time:  
22 min.

### Ingredients:

2 teaspoons peanut oil  
1/2 cup chopped green onions  
1/4 cup sliced celery  
1/4 cup chopped seeded red bell pepper  
1 clove garlic, crushed  
1/2 teaspoon grated gingerroot  
1/4 teaspoon crushed red pepper flakes  
6 tablespoons liquid egg substitute  
3 cups cooked long-grain rice  
2 cups diced cooked chicken  
2 tablespoons lite soy sauce  
1 teaspoon sugar

### Directions:

Heat oil over medium-high heat in a large, non-stick skillet or wok. Add green onions, celery, bell pepper, garlic, ginger and red pepper flakes and sauté until tender-crisp (about 5 minutes). Pour in egg substitute; cook, stirring occasionally, until mixture is set (about 3 minutes). Stir in rice, chicken, soy sauce and sugar; cook until heated thoroughly. Serve hot.

## **10. CHILI & CORNMEAL CRUSTED CHICKEN**

Prep and Cook Time:  
18 min.

Ingredients:

1-1/2 pounds fresh boneless, skinless chicken breasts, see cooking tip section  
1/4 cup cornmeal  
2 tablespoons chili powder  
1 teaspoon cumin  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
2 eggs, beaten  
2 tablespoons vegetable oil

Directions:

Pound chicken breasts between 2 pieces of plastic wrap or waxed paperto about ¼-inch thickness; set aside.

In a shallow dish combine cornmeal, chili powder, cumin, salt and pepper. Dip chicken breasts in beaten egg, then into cornmeal mixture. Heat oil in a large, nonstick skillet over medium-high heat. Add chicken and cook on both sides until golden and no longer pink inside, about 10 minutes total.

## **11. BRUNSWICK STEW**

Prep and Cook Time:

14 min.

Ingredients:

1 chicken (5 lbs.)  
4 cups cold water  
1 can condensed tomato soup  
1 small can tomatoes  
1 onion, sliced thin  
1 can green lima beans  
3 potatoes, sliced thin  
1 tbl. sugar  
Salt & pepper  
1 stick butter or margarine  
1 can whole kernel corn

Directions:

Stew chicken, remove from bone and cut in 1 inch pieces. Return to kettle and add tomato soup, tomatoes, onion, lima beans, potatoes and seasonings. Cook until vegetables are tender. Add corn and butter.

Cook 5 minutes. If desired, thicken with flour mixed with cold water.

Serves 8.

## **12. CARIBBEAN RICE**

Prep and Cook Time:

24 min.

Ingredients:

2 tbl. vegetable oil

1 tbl. julienne strips peeled fresh ginger

1 1/2 cups long-grain rice, rinsed well in several changes of water and drained

1 3/4 cups water

1/3 cup canned unsweetened coconut milk

1 small bay leaf

1/2 teaspoon salt

Tabasco to taste

2 scallions, minced

2 tbl. minced fresh cilantro

1 tsp. of coconut extract (optional)

Directions:

In a medium saucepan, heat oil over moderately high heat until hot, but not smoking.auté ginger for about 2 minutes, stirring frequently. Add rice and cook 2 minutes, stirring frequently.

Add water, coconut milk, bay leaf, salt, Tabasco, and extract. Bring mixture to a boil. Reduce heat

to low and cook covered, 20 minutes, or until rice is tender and liquid is absorbed.

Remove pan from heat and sprinkle rice with scallions and cilantro. Let rice stand 5 minutes and fluff with a fork. Discard bay leaf and serve.

### **13. ROSEMARY LAMB CHOPS**

Prep and Cook Time:

15 min.

Ingredients:

12 lamb chops

6 TBS fresh lemon juice

3 TBS chopped fresh rosemary,

3 medium cloves garlic pressed,  $\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp black pepper

Directions:

Mix together lemon juice, rosemary, pressed garlic, salt and pepper. Rub lamb chops with mixture. Set aside on plate. (you might want to prepare the rest of your meal at this point)

Preheat broiler on high heat, and place a metal oven-proof pan big enough to hold lamb chops under heat to get hot, about 5-7 inches from the heat source. Heat pan for about 10 minutes.

Once pan is hot, place lamb chops in pan, and return to broiler for about 4-5 minutes, depending on thickness of lamb. Lamb is cooked quickly as it is cooking on both sides at the same time. This is our (Quick Broil) cooking method.

Serves 4

### **14. STIR FRIED CHICKEN & BOK CHOY**

Prep and Cook Time:  
20 min.

Ingredients:

1 cup chopped scallion  
2 TBS fresh minced ginger  
2 skinless, boneless chicken breasts cut into bite size pieces  
1½ cups sliced fresh shiitake mushrooms  
4 cups chopped bok choy  
2 TBS soy sauce  
1 TBS rice vinegar  
salt and white pepper to taste  
pinch of red pepper flakes

Directions:

Healthy Stir Fry scallion in a stainless steel wok or sauté pan for 2 minutes and add ginger. Continue to stir fry for another minute and add chicken stirring constantly.  
After about 2-3 minutes add shiitake mushrooms and bok choy. Continue to stir fry for another 3-4 minutes and add soy sauce, rice vinegar, salt and pepper. Serve.

Serves 4

## 15. SOUTHWESTERN SALMON & BLACK BEANS

Prep and Cook Time:  
30 min.

Ingredients:

1½ lb salmon cut into 4 pieces,  
skin and bones removed  
1 small sized onion minced  
1 small sized red bell pepper diced 1/4 inch  
4 medium cloves garlic pressed  
½ cup + 1 TBS chicken or vegetable broth  
15oz can black beans, drained

1½ TBS red chili powder  
about 2 cups shredded romaine lettuce, outer leaves discarded  
1 medium avocado cut into cubes

Sauce:

2 TBS fresh cilantro chopped  
1 TBS fresh mint chopped  
1 TBS fresh basil chopped  
3 TBS fresh lemon juice  
3 TBS olive oil  
1 TBS chopped pumpkin seeds  
salt and pepper to taste

Directions:

Season salmon with a little salt and pepper. Set aside while you chop and sauté vegetables.

Heat 1 TBS broth in a stainless steel 10-12 inch skillet. Healthy Sauté onion, bell pepper and garlic in broth over medium heat for about 5 minutes stirring frequently.

Add ½ cup broth, drained beans, and red chili powder. Cook for another 10 minutes. Season with salt and pepper to taste.

While beans are cooking preheat broiler on high. Place a metal skillet large enough for salmon under the heat to get hot. This takes about 10 minutes. Mix together in a bowl cilantro, mint, basil, lemon juice, olive oil, pumpkin seeds, salt and pepper. Place salmon in the hot pan and return to broiler about 5 inches from the heat source for best results. This is usually the upper part of the oven or broiler. Broil salmon for about 3-4 minutes for medium doneness. This is our Quick Broil cooking method. Serve salmon, beans and lettuce together on a plate. Top salmon and lettuce with cilantro topping.

Serves 4

## 16. STIR FRIED SEAFOOD WITH ASPARAGUS

Prep and Cook Time:

25 min.

Ingredients:

1 medium onion cut in half and sliced medium thick

1 TBS chicken or vegetable broth

1 TBS minced fresh ginger

3 medium cloves garlic, chopped

2 cups fresh sliced shiitake mushrooms

1 bunch thin asparagus cut in 2" lengths (discard bottom fourth)

¼ cup fresh lemon juice

2 TBS soy sauce

2 TBS mirin wine

pinch red pepper flakes

¾ lb snapper fillet cut into 1 inch pieces

8 large scallops

8 large shrimp, peeled and deveined

1 cup cherry tomatoes cut in quarters

¼ cup chopped fresh cilantro

salt and white pepper to taste

Directions:

Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Healthy Stir Fry onion in broth over medium high heat for 2 minutes, stirring constantly. Add ginger, garlic, mushrooms and asparagus. Continue to stir fry for another 3 minutes, stirring constantly. Add lemon juice, soy sauce, mirin, red pepper flakes, snapper, scallops, shrimp and stir to mix well. Cover and simmer for just about 5 minutes stirring occasionally on medium heat.

Toss in tomatoes, cilantro, salt and pepper. Serve.

Serves 4



## 17. 15 MINUTE ASIAN TUNA

Prep and Cook Time:  
15 min.

### Ingredients:

4 6oz tuna steaks  
1 TBS fresh lemon juice to rub on tuna  
1 cup minced scallion  
3 medium cloves garlic pressed  
1 TBS minced fresh ginger  
2 cups thick sliced fresh shiitake mushrooms  
(remove stems)  
1 TBS chicken broth  
1 cup fresh squeezed orange juice  
2 TBS soy sauce  
2 TBS chopped cilantro  
salt and pepper to taste

### Directions:

Rub tuna with lemon juice and season with a little salt and white pepper. Set aside.  
Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté scallion, garlic, ginger and mushrooms in broth for about 2 minutes, stirring constantly over medium heat.  
Add orange juice and cook for another 2 minutes, and add rest of ingredients.  
While sauce is simmering, preheat another non-stick skillet big enough to hold tuna over medium high heat for 3-4 minutes and place tuna in it. Cook for about 1½ -2 minutes and turn. Cook for another 1½ - 2 minutes. This is our (Stovetop Searing) cooking method. Place on plates and pour mushroom sauce over each steak. Or you can lay a bed of mushroom sauce on each plate and place tuna on top.

## **18. HEALTHY CAESAR SALAD**

Prep and Cook Time:

10 min.

Ingredients:

2 large head romaine lettuce, outer leaves removed  
& discarded

\* (optional) 1/4 cup walnuts

Dressing:

2 TBS roasted tahini

1 2oz can anchovies, drained of oil, rinsed and  
chopped

4 medium cloves garlic, chopped

3 TBS lemon juice

2 TBS balsamic vinegar

2 TBS extra virgin olive oil

salt & cracked black pepper to taste

Directions:

Rinse lettuce, cut into bite size pieces, and dry. Try to get lettuce as dry as possible so dressing is not diluted. If you have a salad spinner it is best. Blend dressing ingredients together for 1-2 minutes, drizzling olive oil at end a little at a time. Toss romaine with desired amount of dressing and walnuts if using them. There will be dressing left over. It saves very well in your refrigerator for 2 weeks.

Serves 4

## **19. BBQ MEATBALLS**

Prep and Cook Time:

22 min.

Ingredients:

1 lb. hamburger

1 cup minced onion  
1 egg  
1/4 cup milk  
1/4 cup bread crumbs  
1 tsp. salt  
1/4 tsp. pepper  
2 tbl. cooking oil  
2 (8 oz.) cans tomato sauce  
1/2 cup brown sugar  
2 tbl. vinegar  
1 tsp. seasoned salt

Directions:

Combine first seven ingredients and shape into 12 meatballs. Brown in oil in skillet, remove excess fat. Combine tomato sauce, brown sugar, vinegar and seasoned salt. Pour over meatballs. Simmer over low heat 10-15 minutes, turning frequently until meatballs are well glazed. Serve over rice or noodles.

**20. 15 MINUTE TURKEY CHEF'S SALAD**

Prep and Cook Time:

15 min.

Ingredients:

½ lb mixed salad greens  
1 cup fresh basil leaves torn into pieces  
¾ lb sliced turkey breast  
1 small jar of prepared roasted peppers, (about 7 oz)  
4 oz Kalamata olives  
½ basket cherry tomatoes, cut in half  
1 medium avocado cut into cubes  
\*optional 4 oz goat cheese

Dressing:

2 TBS balsamic vinegar

2 TBS extra virgin olive oil  
Salt and cracked black pepper to taste

Directions:

Rinse and dry salad greens. This is done best in a salad spinner.

Divide between 4 plates and top with rest of ingredients.

Whisk together vinegar, oil, salt and pepper and drizzle on top of salad.

Serves 4

## **21. POACHED EGGS, COLLARD GREENS & SHIITAKE MUSHROOMS**

Prep and Cook Time:  
20 min.

Ingredients:

6 cups chopped collard greens (stems removed)  
1 medium onion cut in half and sliced thin  
6 fresh shiitake mushrooms, sliced medium thick  
stems removed  
4 fresh free range chicken eggs  
about 4 cups water  
1 TBS apple cider vinegar, or any white wine vinegar

Dressing:

1 TBS fresh lemon juice  
1 TBS minced fresh ginger  
3 medium cloves garlic pressed  
1 TBS soy sauce  
1 TBS extra virgin olive oil  
salt and white pepper to taste

Directions:

Bring lightly salted water to a boil in a steamer. Rinse greens well, fold leaves in half and pull or

cut out stem. Discard stems. Chop leaf and steam for about 7 minutes. Add mushrooms, onion and steam for another 5 minutes.

While steaming greens, get ready for poaching by bringing water and vinegar to a fast simmer in a small, shallow pan. You can start on high heat, and once it comes to a boil, reduce heat to a simmer before adding eggs. Make sure there is enough water to cover eggs.

Mix together lemon juice, ginger, garlic, soy sauce, olive oil, salt, and pepper in a small bowl. When greens are almost done poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over.

Press greens with the back of a spoon slightly to remove excess water. Remove vegetables from steamer and toss with dressing. Remove eggs from water with a slotted spoon and place on plate of tossed greens.

Serves 4

## **22. ITALIAN TOFU FRITTATA**

Prep and Cook Time:  
30 min.

Ingredients:

1 cup onion, chopped fine  
4 cloves garlic, minced  
1 cup zucchini, diced  
1 cup red bell pepper, diced  
2 cups finely chopped kale, (remove stems)  
1 cup chopped fresh tomato  
¼ cup chicken or vegetable broth  
2 TBS red wine vinegar

5 oz firm light tofu, drained  
4 egg whites  
1 TBS dried Italian seasoning  
 $\frac{1}{4}$  tsp turmeric  
salt and white pepper to taste  
2 TBS chopped fresh parsley

Directions:

Prepare vegetables by chopping them and having them ready.

Pureé tofu with egg whites, Italian seasoning and turmeric in blender. In 10 inch stainless steel pan, Healthy Sauté onion, garlic, zucchini, bell pepper, kale, and tomato for about 1 minute over medium low heat, stirring often. Add broth and red wine vinegar. Pour tofu mixture over vegetables, cover and cook over low heat until mixture is completely firm and cooked, about 12 minutes. Top with chopped parsley.

Serves 4

### **23. BREAKFAST BAGEL**

Prep and Cook Time:  
15 min.

Ingredients:

2 whole wheat bagels  
4 large free-range chicken eggs  
1 tsp apple cider vinegar, or any light vinegar  
1 large tomato, sliced  
1 bunch arugula  
2 TBS extra virgin olive oil  
2 medium cloves garlic, pressed  
salt and black pepper to taste

Directions:

Bring water and 1 tsp vinegar to a light boil in a shallow pan. Make sure there is enough water to cover eggs.

While water is coming to a boil, slice bagels in half and toast. Press garlic into oil and brush on cut side of toasted bagels.

Garnish bagel with arugula and sliced tomato.

To poach eggs, crack into water and cook about 5 minutes, just until the white is set and the yolk has filmed over. Remove with slotted spoon. Place on top of bagel and vegetables. Season with salt and pepper to taste. Serve open faced.

Serves 4

#### **24. ANGEL HAIR PASTA WITH LEMON CHICKEN**

Prep and Cook Time:

20 min.

Ingredients:

1 pkg. (9 oz.) refrigerated Angel Hair Pasta

1-1/2 cups cooked diced chicken

1/3 cup butter, melted

2 tablespoons lemon juice

2 tablespoons chopped fresh parsley, (or 1 teaspoon dried parsley)

1/4 teaspoon marjoram

1/4 teaspoon garlic powder

Directions:

Prepare pasta according to package directions.

Toss pasta with remaining ingredients. Season with salt and ground black pepper.

#### **26. BASIL FRITTATA**

Prep and Cook Time:

15 min.

Ingredients:

½ medium onion, minced  
1+1 TBS chicken broth  
3 medium cloves garlic, pressed  
1 cup thinly sliced crimini mushrooms  
½ medium tomato, seeds removed, and diced  
3 large eggs  
3 TBS chopped fresh basil  
salt and black pepper to taste

Directions:

Heat 1 TBS broth in a 10-inch stainless steel skillet. Healthy Sauté onion over medium heat 3 minutes, stirring frequently. Add garlic, mushrooms and continue to sauté for another 2 minutes. Add 1 TBS broth, tomato, salt, pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.

Serves 2

## **27. BAKED PASTA IN A HURRY**

Prep and Cook Time:

30 min.

Ingredients:

1 Large jar chunky or thick spaghetti sauce  
1- 1/2 cups water  
1 bag pasta (shells, bow-tie, etc.)  
2 cups shredded Mozzarella cheese  
Parmesan cheese



Directions:

Lightly coat large baking dish with Crisco to make clean up easy. Heat oven to 425. In a mixing bowl, stir sauce, water and pasta until well coated. Pour pasta & sauce into a baking dish.

Cover with foil and bake for 30 minutes. Top with shredded cheese, return to oven for 10 minutes.

Sprinkle with Parmesan and serve.

**28. 15 MINUTE BROILED CHICKEN SALAD**

Prep and Cook Time:

15 min.

Ingredients:

4 boneless chicken breasts

½ lb mixed salad greens

¼ cup sliced fresh basil leaves

2 TBS fresh oregano leaves

2 oz gorgonzola cheese

2 TBS fresh lemon juice

salt and cracked black pepper to taste

Dressing:

2 TBS fresh lemon juice

1 TBS extra virgin olive oil

salt and cracked black pepper to taste

Directions:

Preheat broiler on high with rack in the middle of the oven, about 7 inches from the heat source.

Place shallow metal ovenproof pan under the heat to get very hot for about 10 minutes.

While pan is getting hot, rinse and spin dry salad greens along with basil and oregano leaves. For oregano, simply run your fingers down the stem to remove leaves and place whole in salad.

When pan is hot, reduce heat to low, season chicken breasts with a little salt and pepper and place on hot pan skin side up. Return to broiler and cook for about 15 minutes, or until done, depending on the thickness of the breasts. The breasts cook fast because they are cooking on both sides at the same time. This is our Quick Broil cooking method. When chicken is just about done, remove skin and top breasts with a little gorgonzola cheese and return to broiler to melt. (If you're not sure if chicken is done, make a little slice with a small sharp knife to check. It should be only slightly pink. Toss greens with lemon juice, olive oil, salt and pepper. Distribute greens onto 4 plates. Place chicken breasts on top of greens. Serve.

Serves 4

## **29. BEEF & VEGETABLE STIR FRY**

Prep and Cook Time:

23 min.

Ingredients:

1 beef bouillon cube

1/4 cup hot water

3 tablespoons reduced-sodium soy sauce

2 tablespoons dry white wine or water

1 tablespoon cornstarch

1/4 to 1/2 teaspoon ground ginger

1/4 teaspoon ground black pepper

1/4 tablespoon vegetable oil

1 pound lean beef sirloin steak, cut into 2-inch strips

2 cloves garlic, finely chopped

2 tablespoons water

1 package (16 oz.) frozen mixed vegetables

1/2 cup (about 3) 1-inch slices green onions

4 cups cooked brown rice

Directions:

Dissolve bouillon in 1/4 cup water in a small bowl. Stir in soy sauce, wine, cornstarch, ginger, and pepper.

Heat vegetable oil in a large, nonstick skillet over medium-high heat. Add beef and garlic; cook, stirring constantly, for 3 to 4 minutes or until beef is no longer pink. Remove from skillet.

Heat 2 tablespoons water in same skillet. Add vegetables; cook, stirring occasionally, for 3 to 5 minutes or until vegetables are tender. Return beef to skillet; stir in bouillon mixture and green onions. Cook, stirring frequently, for 2 to 3 minutes or until sauce is thickened. Serve over rice.

### 30. GOLDEN SQUASH SOUP

Prep and Cook Time:

30 min.

Ingredients:

1 medium sized butternut squash, peeled and cut into about ½ inch pieces (about 3 cups)

1 large onion, chopped

3 medium cloves garlic, chopped

1 TBS chopped fresh ginger

1 tsp turmeric

1 tsp curry powder

2 3/4 cups + 1 TBS chicken or vegetable broth

6 oz canned coconut milk

2 TBS chopped fresh cilantro

salt & white pepper to taste

Directions:

Peel squash and cut into pieces.

Heat 1 TBS broth in medium soup pot. Healthy Sauté onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent.

Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.

Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

Serves 4-6

### **31. ZESTY MEXICAN SOUP**

Prep and Cook Time:  
28 min.

#### Ingredients:

1 medium onion minced  
4 medium cloves garlic, chopped  
2 TBS red chili powder  
3 cups + 1 TBS chicken, or vegetable broth  
1 small to medium green bell pepper diced, 1/4 inch pieces  
1 small zucchini diced, 1/4 inch pieces  
1 cup finely chopped collard greens  
1 15oz can diced tomatoes  
1 15oz can rinsed black beans  
1 cup frozen yellow corn  
1 4oz can diced green chili  
1 tsp dried oregano  
1 tsp cumin  
1/4 cup chopped pumpkin seeds  
1/2 cup chopped fresh cilantro  
salt and pepper to taste

Directions:

Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion, garlic, and green peppers in broth over medium heat for about 5 minutes, stirring often.

Add red chili powder, mix in well and add broth, zucchini, collard greens and tomatoes. Cook for another 5 minutes and add beans, corn, green chili, oregano, and cumin.

Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer uncovered for 15 minutes longer. (Simmering uncovered enhances the flavor) Add chopped cilantro, pumpkin seeds, salt and pepper.

Serves 6

## **32. BAKED HALIBUT WITH HERBS**

Prep and Cook Time:

30 min.

Ingredients:

1 1/2 lbs halibut steak or fillet, cut into 8 pieces

¼ cup chicken or vegetable stock

2 TBS lemon juice

3 medium cloves garlic, pressed

2 TBS capers

2 TBS chopped fresh parsley

1 TBS chopped fresh tarragon

1 TBS chopped fresh chives

salt and pepper to taste

Directions:

Preheat oven to 450. Place the fish in a baking dish just large enough to hold them, and add

remaining ingredients. Cover, and bake until done, about 15 minutes; don't overcook. Serve at once, pouring the pan juices over the fish.

Serves 4

### **33. BAKED CHICKEN BREAST WITH HONEY MUSTARD SAUCE**

Prep and Cook Time:  
30 min.

Ingredients:

4 boneless, skinless chicken breasts  
1 ½ cups chicken broth  
1 TBS fresh lemon juice  
2 ½ TBS honey  
2 TBS Dijon mustard  
¼ cup sliced dried apricots  
2 TBS coarsely chopped walnuts  
1 TBS chopped parsley  
4 bunches fresh spinach, stems removed and rinsed thoroughly  
salt and pepper to taste

Directions:

Preheat oven to 375. Place chicken breasts in baking dish. Season with salt and pepper and cover. Bake for about 30 minutes, or until done. While chicken is baking, bring salted water to a boil to cook spinach. While water is coming to a boil, begin sauce. Combine broth, lemon juice, honey, and mustard in a small saucepan. Whisk together and bring to a boil on high heat. Once it comes to a boil, simmer for about 20 minutes. This can be cooking while chicken is baking. You want it to be reduced to a little less than half the volume you start with. This will thicken and intensify the flavor.

Add apricots and cook on high for another 5 minutes. When sauce is done add chopped walnuts, parsley, salt and pepper.

Cook spinach for only 2 minutes at the most. Drain and press dry. Season with a little salt and pepper. Divide spinach between 4 plates. Slice chicken breast and place over bed of spinach. Spoon sauce over chicken and spinach.

Serves 4

### **34. BEEF STEW IN A HURRY**

Prep and Cook Time:  
27 min.

Ingredients:

1 can (1 lb.) sliced carrots  
1 can (8 oz.) whole potatoes  
1 can (8 oz.) cut green beans  
1/4 cup all-purpose flour  
1 envelope dry onion soup mix  
3 cups cut-up cooked beef

Directions:

Drain vegetables, reserving liquid. Combine flour and soup mix in large skillet. Add water to reserved liquid to measure 3 cups; stir into mixture in skillet. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in vegetables and beef. Cover; cook over low heat about 10 minutes or until it is heated through. 4 servings, about 1-1/2 cups each.

### **35. BLUE RIBBON CHILI**

Prep and Cook Time:

30 min.

Ingredients:

2 pounds ground beef  
1/2 onion, chopped  
1 teaspoon ground black pepper  
1/2 teaspoon garlic salt  
2 1/2 cups tomato sauce  
1 (8 ounce) jar salsa  
4 tablespoons chili seasoning mix  
1 (15 ounce) can light red kidney beans  
1 (15 ounce) can dark red kidney beans

Directions:

In a large saucepan over medium heat, combine the ground beef and the onion and saute for 10 minutes, or until meat is browned and onion is tender. Drain grease, if desired.

Add the ground black pepper, garlic salt, tomato sauce, salsa, chili seasoning mix and kidney beans. Mix well, reduce heat to low and simmer for 20 minutes.

### **36. BREAKFAST BURRITOS**

Prep and Cook Time:

17 min.

Ingredients:

4 slices turkey bacon  
2 flour tortillas (7 inch)  
2 Tbl. shredded Sharp Cheddar Cheese  
1 large egg white  
1 Tbl. chopped green chilies

Directions:

Cook turkey bacon in a nonstick skillet on medium heat 8 to 10 minutes or until lightly browned.



Place 2 turkey bacon slices on each tortilla; sprinkle with cheese. Beat egg and chilies; add to hot skillet. Cook and stir 2 minutes or until set. Divide egg mixture between tortillas; fold tortillas over filling. Top with Salsa, if desired.

### **37. CHEESE & CORN QUESADILLAS**

Prep and Cook Time:

19 min.

Ingredients:

4 (10-in.) flour tortillas

1 can (15-oz.) corn, drained

1-1/2 cups shredded Monterey Jack cheese

2 medium roma tomatoes, seeded and diced

Directions:

Preheat oven to 350°F. Spray 2 baking sheets with vegetable cooking spray.

Place tortillas on prepared baking sheets. Evenly sprinkle each tortilla with corn, cheese and tomatoes. Bake for 4 minutes, or until cheese begins to melt and tortilla is still pliable. Fold tortilla in half. Carefully flip tortilla over, and bake another 5 minutes. Cut each quesadilla into 4 wedges; serve warm.

### **38. CHICKEN BURRITOS**

Prep and Cook Time:

18 min.

Ingredients:

1 tablespoon vegetable oil

1 pound boneless, skinless chicken breast halves, cut into 2-inch strips

1-1/4 cups water

1 package (1.5-oz.) Taco Seasoning Mix  
8 (10-in.) burrito-size flour tortillas, warmed

Directions:

Heat vegetable oil in large skillet over medium-high heat. Add chicken; cook for 3 to 4 minutes or until no longer pink. Add water and seasoning mix. Bring to a boil. Reduce heat to low; cook for 3 to 4 minutes or until mixture thickens.

Spoon chicken mixture evenly over tortillas. Top with shredded cheddar cheese, shredded lettuce, chopped green onions, sliced olives and Salsa, if desired. Fold into burritos.

### **39. CHICKEN CURRY IN A HURRY**

Prep and Cook Time:

25 min.

Ingredients:

2 teaspoons brown sugar  
2 teaspoons curry powder  
1/2 teaspoon dry mustard  
1/4 teaspoon pepper  
4 boneless chicken breast halves, cut in bite-size pieces  
14.5 ounces chicken broth or about 1-3/4 cups  
1 1/2 cups orange juice  
1 1/4 cups long grained rice, uncooked  
10 ounce package frozen Peas

Directions:

Combine first 5 ingredients; sprinkle 1 tbsp seasoning mixture over chicken, tossing to coat. Reserve remaining seasoning mixture. Bring chicken broth, orange juice, rice and reserved seasoning mixture to a boil in a large non stick skillet. Add chicken; reduce heat, cover and simmer 15 minutes.

Stir in peas; cover and simmer 10 minutes or until liquid is absorbed.

#### **40. COCONUT SHRIMP**

Prep and Cook Time:  
30 min.

Ingredients:  
40 medium shrimp  
2 tsp. garlic and herb seasoning  
1 tsp. black pepper  
1-1/2 cups flour  
4 medium eggs, well-beaten  
2 cups shredded coconut

Directions:  
Preheat oven to 400°F. Spray a large baking sheet with nonstick spray. Sprinkle garlic and herb seasoning and pepper evenly over the shrimp. Place the flour, egg, and coconut in three small separate bowls. Dip shrimp into the egg, then the flour, then the egg again, and then into the coconut. Place shrimp on the baking sheet at least 1 inch apart. Bake for about 12-15 minutes, or until they are crisp and golden brown. Serving suggestion: dip in mango sauce.

#### **41. CORNMEAL WAFFLES**

Prep and Cook Time:  
20 min.

Ingredients:  
1 cup yellow cornmeal  
1 cup flour  
2 tablespoons sugar  
4 teaspoons baking powder

1/2 teaspoon salt  
1-3/4 cups milk  
2 eggs, lightly beaten  
1/3 cup butter, melted

**Directions:**

In a large bowl, combine cornmeal, flour, sugar, baking powder and salt. In a separate bowl with an electric mixer at medium speed, beat together milk, eggs and butter. Add to dry ingredients and mix to blend. Pour batter onto a hot, greased waffle iron and bake until browned and crisp. Serve with butter and syrup or jam.

**42. GARLIC MASHED POTATOES**

Prep and Cook Time:

25 min.

**Ingredients:**

2 pounds potatoes, peeled and cut into large chunks  
8 cloves garlic, peeled and smashed  
1/4 cup whipping cream  
2 tablespoons butter, softened  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

**Directions:**

Add potatoes and garlic to a large saucepan; cover with 2 inches of water. Bring to a boil and simmer until tender, about 15 to 20 minutes. Drain well and put back in pan. Add milk, butter, salt and pepper; mash with a potato masher until creamy. Serve immediately.

**43. GLAZED MICROWAVE CHICKEN**

Prep and Cook Time:

20 min.

Ingredients:

4 boneless and skinless chicken breasts  
2 tsp. paprika  
8 thin lemon slices  
1/4 cup honey  
1/4 cup spicy brown mustard  
1/4 tsp. onion powder  
1 tsp. lemon juice  
1 tsp. curry powder

Directions:

Sprinkle chicken breasts with paprika and then top with lemon slices.

Place in microwave dish, cover loosely with wax paper, and microwave for about 8-10 minutes, turning dish halfway through cooking. Remove chicken from the dish; (leave behind any liquid).

In a small microwave bowl, mix remaining ingredients. Microwave the sauce for 2 minutes. Spoon sauce over chicken and microwave again for about 2 minutes, or until the glaze is hot and a fork can be inserted into the chicken with ease.

#### **44. MANDARIN PORK CHOPS**

Prep and Cook Time:

29 min.

Ingredients:

4 pork chops  
1 tablespoon oil  
1/2 cup orange juice  
1/4 cup water  
3 tablespoons brown sugar  
2 tablespoons lemon juice  
1 tablespoon cornstarch  
2 chicken bouillon cubes, crushed  
11 fluid ounces Mandarin orange sections

1 green bell pepper, sliced

Directions:

In a large skillet, brown pork chops in oil; remove from the pan. Add orange juice, water, brown sugar, lemon juice, cornstarch, and crushed chicken bouillon cubes to the skillet. Cook and stir until slightly thickened. Return the pork chops, cover, and simmer for 20 minutes, or until tender. Add mandarin orange sections (drained) and sliced green bell pepper; heat through.

#### **45. MEATBALLS AND RICE**

Prep and Cook Time:  
24 min.

Ingredients:

1 package hamburger  
1 package beefy onion soup mix  
2 cans cream of mushroom soup  
1 cup rice

Directions:

Mix hamburger and soup mix together. Roll meat into ½" balls. Brown in pan, until fully cooked. Add cream of mushroom soup. Cook until soup is bubbly. Cook rice according to package directions. Serve meatballs and gravy over rice. Add your favorite vegetable on the side and you've got a great meal!

#### **46. MEXICAN CHICKEN PIZZA**

Prep and Cook Time:

20 min.

Ingredients:

1 package taco seasoning (DO NOT use if using pre-seasoned chicken)  
1-1/2 cups Thick-n-Chunky style salsa  
1 can refrigerated pizza crust  
1 cup grated Monterey Jack cheese  
1 cup grated Velveeta cheese

Directions:

Preheat oven to 425 degrees. Unroll dough, place on pizza or baking pan, pressing dough until thin crust is formed to edge of pan. Bake crust for 8 minutes or until crust begins to brown. Brown chicken; mix in taco seasoning. Spread salsa on crust, followed by chicken and cheeses. Return to oven, bake additional 7-12 minutes, or until edges of crust are golden brown and cheese is melted.

**47. WHIPPED SWEET POTATO CASSEROLE**

Prep and Cook Time:

30 min.

Ingredients:

2 pounds sweet potatoes, peeled and cubed  
2 tablespoons orange juice  
3/4 cup brown sugar  
1/8 teaspoon ground nutmeg  
2 tablespoons butter, cubed  
1 cup miniature marshmallows

Directions:

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan cook sweet potatoes in salted water over medium high heat for about 20 minutes, or until done. Drain, and add orange juice, brown sugar, nutmeg and butter. Whip until smooth. Spread into a medium size casserole dish and top with marshmallows.

Bake in preheated oven for about 10 minutes, or until marshmallows are golden brown.

#### **48. TUNA TORTELLINI SALAD**

Prep and Cook Time:  
25 min.

Ingredients:

1 pkg. (20 oz.) refrigerated family size Three Cheese Tortellini, cooked, rinsed and drained  
1/2 pound green beans, cut into 1-inch pieces, cooked  
2 cans (6 1/8 oz. each) solid white tuna packed in water, drained  
1 large chopped tomato, diced  
3/4 cup sliced ripe black olives, sliced  
4 green onions, sliced  
3/4 cup mayonnaise  
3 tablespoons balsamic vinegar  
3/4 teaspoon celery salt  
1 small can corn

Directions:

Combine tortellini, green beans, tuna, tomato, olives corn and onion in a large bowl. Combine mayonnaise, vinegar and celery salt in a small bowl. Stir mayonnaise mixture into pasta mixture. Season with salt and pepper.



#### **49. TUNA & TARRAGON SALAD SANDWICHES**

Prep and Cook Time:

18 min.

Ingredients:

1 can 6-oz. tuna, drained  
1 small tomato, chopped  
2 tablespoons chopped trimmed green onions  
2 tablespoons mayonnaise  
1/4 teaspoon crushed dried tarragon  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
4 slices French bread

Directions:

Combine all ingredients in a large mixing bowl except bread; mix well.

Spread mixture on bread and serve.

#### **50. SPEEDY CHILI**

Prep and Cook Time:

24 Min.

Ingredients:

1 lb. ground beef  
2 tbl. instant minced onion or 1/2 cup onion, chopped  
1/2 cup celery  
2 cups 1-1/4 cups tomato soup (10 3/4 oz. can)  
2 cups (15 oz. can) kidney beans  
2 tsp. chili powder  
1 tsp. salt  
dash pepper

Directions:

In a large fry pan, brown ground beef, onion and celery. Drain excess

fat. Add remaining ingredients and mix well. Cover and simmer 15 to 20 minutes to heat well.

### **51. SMOKED TURKEY CLUB SALAD**

Prep and Cook Time:  
15 min.

Ingredients:

4 slices smoked turkey breast, cut into strips  
1 small tomato, chopped  
1/4 cup real bacon pieces or bits  
4 cups mixed salad greens  
1/2 cup finely shredded Cheddar cheese

Directions:

Arrange turkey, tomato and bacon over greens on a large platter.  
Sprinkle with cheese.

### **52. SLOPPY JOES**

Prep and Cook Time:  
18 min.

Ingredients:

1/2 cup catsup  
1 tsp. Worcestershire sauce  
1 tbl. vinegar  
2 tbl. brown sugar

Directions:

Pour over a pound of hamburger, browned in a skillet. simmer for 15 minutes. Serve on a hamburger bun.

### **53. POTATO CRUSTED WHITE FISH**

Prep and Cook Time:  
18 min.

Ingredients:

4 boneless white fish fillets, fresh or frozen  
4 medium potatoes, peeled  
1 cup oil  
1 tsp. salt  
1 tsp. pepper  
1 tsp. onion powder  
1 tsp. garlic powder

Directions:

If using frozen fish, thaw in a dish filled with milk. Dry with a paper towel. Shred the potatoes. Heat oil in a skillet. Take the shredded potatoes and form a coating around the fish until the entire fish is encased in shredded potato. Sprinkle salt, pepper, onion powder, and garlic powder over the fish. Place fish in frying pan and cook on each side for about 2-3 minutes, or until each side is golden brown. Remove fish and set on a plate with paper towels to drain off any excess oil. Suggestion: Serve with rice and steamed vegetables.

### **54. PINEAPPLE PORK CHOPS**

Prep and Cook Time:  
22 min.

Ingredients:

3 Tbl. orange juice  
2 Tbl. honey  
4 1" thick pork loin chops  
1 20-oz. can pineapple chunks, drained

1 Tbsp. chopped fresh mint

Directions:

Mix orange juice and honey. Place pork chops on broiler pan. Brush with the orange juice mixture. Broil about 5" from heat about 5-6 minutes or until brown. Turn, brush with more orange juice mixture and broil 6-9 minutes or until brown and to desired doneness.

In a small saucepan, combine remaining orange juice mixture, pineapple and mint. Heat to boiling, stirring occasionally. Boil for 2 minutes and serve with the pork chops.

**55. PARMESAN CHEESE BREAD**

Prep and Cook Time:

10 min.

Ingredients:

1/2 cup butter

3 tablespoons sour cream

1/3 to 1/2 cup freshly grated parmesan cheese

1 tablespoon sesame seed

1 loaf French bread

Directions:

Mix all ingredients; spread on both halves of your favorite french bread split lengthwise. Broil until cheese melts and begins to turn golden-keep a close eye on

**56. MU SHU CHICKEN**

Prep and Cook Time:

25 min.

Ingredients:

2 cups cooked rice (white)  
2 cups broccoli, chopped  
3 boneless, skinless chicken breasts  
3 egg whites  
1 tsp brown sugar  
3 Tbl. Chinese marinade or sweet and sour sauce  
1/2 cup plum sauce  
6 flour tortillas or Chinese pancakes

Directions:

Prepare rice according to package directions.  
Place broccoli in a microwave-safe dish; cook on high until done.  
Spray a skillet with nonstick cooking spray. Grill chicken until done.  
Add egg whites and scramble into chicken mixture.  
Add sugar and marinade/sauce.  
Add plum sauce, rice and chicken/broccoli mixture to tortilla/pancake.  
Roll up and serve.

**57. MOROCCAN CHICKEN**

Prep and Cook Time:

28 min.

Ingredients:

2 fresh boneless, skinless chicken breasts, about 4-oz. each  
2/3 cup apricot jam  
1/2 cup sliced black olives  
1 tablespoon lemon juice  
2 teaspoons grated gingerroot  
1 teaspoon cinnamon, ground

Directions:

Place chicken breasts in a steamer basket or on a metal rack over 1-inch of water. Cover; bring water to a boil. Reduce to a simmer; steam chicken for 15 to 20 minutes or until done.

Meanwhile combine apricot jam, black olives, lemon juice, gingerroot and cinnamon in a small saucepan; heat until bubbly. Transfer chicken to a serving dish; dress with sauce. Serve Warm. Serve with rice pilaf and a salad

### **58. TORTELLINI STIR FRY**

Prep and Cook Time:  
25 min.

Ingredients:

1 package (9 oz.) Refrigerated Three Cheese Tortellini, prepared according to package directions, drained

1 tablespoon vegetable oil

1 package (16 oz.) loose-pack frozen stir-fry vegetables

1/3 cup prepared peanut- or garlic-flavored stir-fry sauce 2 tablespoons

Water 1/8 teaspoon crushed red pepper (optional)

2 tablespoons chopped unsalted cashews or peanuts

Directions:

Heat oil in a large skillet over medium-high heat. Add vegetables; cook, stirring occasionally, for 7 to 8 minutes or until crisp-tender.

Stir in cooked pasta, stir-fry sauce, water and crushed red pepper; cook for 1 to 2 minutes or until mixture is heated through. Sprinkle with nuts just before serving.

### **59. THE BEST CHICKEN SALAD**

Prep and Cook Time:  
15 min.

Ingredients:

2 boneless chicken breast halves, cooked  
1/4 cup creamy salad dressing  
4 tablespoons cole slaw dressing  
1 stalk celery, chopped  
1/4 onion, chopped  
salt and pepper to taste

Directions:

In a food processor, combine the chicken, creamy salad dressing, coleslaw dressing, celery, onion, and salt and pepper. Mix until well chopped

**60. SPRING FLING SHRIMP STIR FRY**

Prep and Cook Time:  
20 min.

Ingredients:

2 tablespoons vegetable oil  
1 pound medium shrimp, peeled and deveined  
1/2 pound snow peas, trimmed  
1 clove large garlic, peeled and thinly sliced  
1 tangerine, juiced  
1 lemon, juiced  
1 tablespoon soy sauce  
1/2 teaspoon salt  
1/4 teaspoon ground white pepper  
2 tablespoons chopped fresh cilantro  
3 cups cooked short-grain rice

Directions:

Heat wok or a large sauté pan over medium-high heat. Add oil and swirl to coat. When hot, but not smoking, add shrimp and stir-fry for 1 minute. Add

snow peas and garlic and stir-fry until peas are crisptender, about 2 minutes. Add tangerine juice, lemon juice, soy sauce, salt and pepper and continue cooking until vegetables and shrimp are well coated, about 1 minute. Mix in cilantro. Transfer stir-fry to a warm platter and serve with steamed rice.

Cooking Tip:

If you want a thicker sauce, mix 2 teaspoons of cornstarch in the tangerine juice before adding to the stir-fry.

## **61. SKILLET SPAGHETTI**

Prep and Cook Time:  
30 min.

Ingredients:

1 28-oz. jar spaghetti sauce  
1-1/2 cups water  
1 lb. frozen fully cooked meatballs  
2 handfuls spaghetti pasta, broken in half  
1 cup grated Parmesan cheese

Directions:

In 12" skillet, combine spaghetti sauce and water and stir to combine.

Bring to a boil. Add meatballs and spaghetti. Stir well, making sure spaghetti is under the sauce.

Cover, reduce heat and simmer for 20-25 minutes, stirring frequently. You may add more water if the mixture appears to be too dry. Cook until spaghetti is al dente. Serve with cheese.

Serves 4 to 6.

## **62. SAUSAGE BRUNCH CASSEROLE**



Prep and Cook Time:  
25 min.

Ingredients:

1-1/2 pounds ground pork sausage  
1 (8 ounce) package refrigerated crescent roll  
dough  
2 cups Mozzarella cheese  
4 eggs, beaten  
3/4 cup milk  
salt and pepper to taste

Directions:

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 425 degrees F (220 degrees C).

Lightly grease a 9x13 inch baking pan. Lay crescent rolls flat in the bottom of the pan. Combine cooked sausage, cheese, eggs, milk, salt and pepper; pour over crescent rolls.

Bake in preheated oven for 15 minutes, until bubbly and rolls are baked.

### **63. CHICKEN QUESADILLAS**

Prep and Cook Time:  
15 min.

Ingredients:

4 large flour tortillas  
1/2 cup canned refried beans  
1/2 cup salsa  
3/4 lb. roasted chicken meat, chopped  
4 green onions, chopped  
1 cup fat-free cheddar cheese  
1/2 cup nonfat sour cream  
2 cups lettuce, shredded

2 medium tomatoes, chopped

Directions:

Turn on broiler. Arrange tortillas on a cookie sheet. Spread refried beans over tortillas. Add salsa; then layer with chicken, onions, and cheese. Place cookie sheet under broiler 1-2 minutes or until the cheese melts and the tortillas are crisp. Serve topped with sour cream, lettuce and tomatoes.

**64. PAN FRIED ASPARAGUS**

Prep and Cook Time:

18 min.

Ingredients:

1/4 cup butter

2 tablespoons olive oil

1 teaspoon coarse salt

1/4 teaspoon ground black pepper

3 cloves garlic, minced

1/2 pound fresh asparagus spears, trimmed

Directions:

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

**65. ORANGE ROSEMARY PORK CHOPS**

Prep and Cook Time:

25 min.

Ingredients:

4 (6-oz.) boneless pork chops

1 tablespoon chopped fresh rosemary

1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
2 tablespoons olive oil  
1 shallot, peeled and minced  
1/3 cup beef broth  
1/3 cup orange juice

Directions:

Season pork chops with rosemary, salt and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove to a serving platter and cover to keep warm. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes. Pour over pork chops and serve garnished with extra rosemary.

**66. ORANGE BURGUNDY CHICKEN**

Prep and Cook Time:  
30 min.

Ingredients:

2-1/2 to 3 lbs. frying chicken, cut up  
2 tbl. butter or margarine, melted  
1/2 tsp. seasoned salt blend  
1/8 tsp. pepper  
3 tbl. brown sugar  
1 tbl. cornstarch  
1/4 tsp. salt  
1/8 tsp. ground ginger  
1/3 cup orange juice  
1/3 cup orange marmalade  
1 tsp. lemon juice  
1/3 cup Burgundy  
1 orange, thinly sliced

Directions:

In a large frying pan, brown the chicken in butter. Season with salt and pepper. Add the remaining ingredients, except Burgundy and orange slices. Reduce heat; cover. Simmer, stirring occasionally, 25 minutes until tender. Add Burgundy and orange slices. Continue simmering 10 minutes. Serve hot.

**67. MEXICAN CHICKEN PIZZA**

Prep and Cook Time:

20 min.

Ingredients:

1 package taco seasoning (DO NOT use if using pre-seasoned chicken)  
1-1/2 cups Thick-n-Chunky style salsa  
1 can refrigerated pizza crust  
1 cup grated Monterey Jack cheese  
1 cup grated Velveeta cheese

Directions:

Preheat oven to 425 degrees. Unroll dough, place on pizza or baking pan, pressing dough until thin crust is formed to edge of pan. Bake crust for 8 minutes or until crust begins to brown.

Brown chicken; mix in taco seasoning.

Spread salsa on crust, followed by chicken and cheeses.

Return to oven, bake additional 7-12 minutes, or until edges of crust are golden brown and cheese is melted.

**68. CRANBERRY CHICKEN**

Prep and Cook Time:

30 min.

Ingredients:

8 (4-6 oz.) fresh boneless, skinless chicken breasts  
1/2 cup flour  
1 cup whole berry cranberry sauce  
2 tablespoons red cooking wine  
1 tablespoon soy sauce  
1 clove garlic, crushed  
1 teaspoon finely grated gingerroot  
1 teaspoon ground black pepper  
4 tablespoons butter

Directions:

Dredge chicken lightly in flour; set aside.  
In a small saucepan, combine cranberry sauce, cooking wine, soy sauce, garlic, ginger and pepper. Warm over low heat until cranberry sauce melts and sauce is thoroughly mixed. Set aside.  
In a large frying pan, melt butter over medium-high heat until hot. Add chicken and sauté for 5 minutes. Turn over and continue cooking for 5 minutes more or until chicken is cooked through. Pour cranberry sauce over chicken and let simmer 1 to 2 minutes, continuously spooning sauce over chicken. Serve on a bed of white rice.

**69. CRAWFISH ETOUFFEE**

Prep and Cook Time:

16 min.

Ingredients:

1/4 cup butter  
1 cup chopped peeled onion  
1 cup chopped seeded green bell pepper  
1/2 cup sliced celery  
2 cloves garlic, crushed  
1 pound crayfish tail meat

1 can (10.75-oz.) condensed cream of celery soup  
1/2 cup chicken broth  
1/4 cup chopped fresh parsley  
1 teaspoon salt  
1/2 teaspoon hot pepper sauce  
1/8 teaspoon pepper  
3 cups cooked long-grain rice

**Directions:**

Melt butter in a large, deep skillet over medium-high heat. When foam subsides, add onion, green bell pepper, celery and garlic and sauté until tender-crisp, about 4 minutes. Stir in crayfish, soup, chicken broth, parsley, salt, hot pepper sauce and pepper. Bring to a boil, reduce heat and simmer for 10 to 15 minutes. Serve warm over rice.

**70. CREAMY CHICKEN & NOODLES**

Prep and Cook Time:

22 min.

**Ingredients:**

1 (16 ounce) package wide egg noodles  
2 (5 ounce) cans chunk chicken, drained  
2 (10.75 ounce) cans condensed cream of mushroom soup  
1/2 teaspoon garlic salt  
1/2 teaspoon ground black pepper

**Directions:**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Return pasta to pot with chicken, soup, garlic salt and pepper over medium heat. Heat through, 5 minutes.

## **71. CRESCENT TWIST APPETIZERS**

Prep and Cook Time:  
15 min.

### Ingredients:

1 can Crescent Dinner Rolls  
1 tbl. melted butter  
2 tbl. shredded Cheddar cheese  
Garlic salt

### Directions:

Preheat oven to 375\*.  
Separate dough into 4 rectangles. Press perforations to seal. Brush two of the rectangles with melted butter; sprinkle with Cheddar cheese and Parmesan cheese. Sprinkle with garlic salt. Place remaining 2 rectangles on top of seasoned rectangles. Cut each crosswise into ten 1/2 inch strips. Twist each strip 5 to 6 times. Place on ungreased cookie sheet; securing ends by pressing to the sheet.  
Bake for 10-12 minutes until golden brown.

## **72. CRISPY EGGPLANT**

Prep and Cook Time:  
30 min.

### Ingredients:

1 eggplant  
1 egg, beaten  
1 (8 ounce) container sour cream  
2 cups Italian seasoned bread crumbs

3 tablespoons all-purpose flour

**Directions:**

Preheat oven to 325 degrees F (165 degrees C).

Grease a cookie sheet.

Wash eggplant and slice into 1/4 to 1/2 inch slices. In a medium bowl, stir together the egg and sour cream until well blended. Toss the egg plant slices with the flour to coat. Dip one slice at a time into the batter then coat with the seasoned bread crumbs. Place coated eggplant onto the prepared cookie sheet and spray the tops with cooking spray.

Bake in the preheated oven for 15 minutes, then turn the slices over and continue to cook for an additional 15 minutes, or until both sides are brown and crisp.

### **73. MEXICAN CALZONES**

Prep and Cook Time:

27 min.

**Ingredients:**

1 (15-oz.) package refrigerated pie crust, room temperature

1 pound ground beef

1 (4-oz.) can diced green chiles

1/4 cup water

1 (1.25-oz.) package Taco Seasoning Mix

1 cup shredded mild Cheddar or Monterey Jack cheese, divided

Garnish suggestions: Salsa, shredded lettuce, sour cream, diced tomatoes, sliced green onions

**Directions:**

Preheat oven to 425 degrees F.

Brown beef in large skillet; drain. Add chilis, water and seasoning mix; mix well.



Place unwrapped pie crusts on cutting board; unfold. Cut each crust in half, making 4 half circles. Place 1/2 cup beef filling on half of each half circle. Place 1/4 cup cheese on top of each. Dampen edge of crust with water. Fold sides over filling; crimp edges with tines of fork. Place on ungreased baking sheet. Bake for 10 to 15 minutes or until golden brown. Cool on baking sheet for 5 minutes. Garnish as desired.

#### **74. FRUIT SALAD**

Prep and Cook Time:  
12 min.

Ingredients:

24 ounces cottage cheese  
1 (12 ounce) container frozen whipped topping,  
thawed  
1 (6 ounce) package orange flavored gelatin mix  
2 (11 ounce) cans mandarin oranges, drained  
1 (20 ounce) can pineapple chunks, drained

Directions:

In a large bowl, combine the cottage cheese, whipped topping and gelatin mix. Stir in the oranges and pineapple. Chill in the refrigerator.

#### **75. GINGER PEACHY CHICKEN**

Prep and Cook Time:  
30+ min.

Ingredients:

8 skinless, boneless chicken breast halves  
3/4 cup brown sugar  
4 fresh peaches - peeled, pitted and sliced  
1/8 teaspoon ground ginger  
1/8 teaspoon ground cloves  
2 tablespoons fresh lemon juice  
Preheat oven to 350 degrees F (175 degrees C).

Directions:

Preheat oven to 350 degrees F (175 degrees C).  
Place chicken in a lightly greased 9x13 inch baking dish and sprinkle with 1/2 cup of brown sugar.  
Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger, cloves and lemon juice.  
Bake at 350 degrees F (175 degrees C) for about 30 minutes, basting with juices, or until chicken is cooked through and juices run clear.

## **76. SALSA CHICKEN & RICE**

Prep and Cook Time:  
30 min.

Ingredients:

2 cups cooked white rice, kept warm  
1 tablespoon vegetable oil  
1 pound boneless, skinless chicken breast halves, cut into strips  
1 medium onion, chopped  
1 small red bell pepper, sliced  
1 jar (16 oz.) Salsa - Homestyle Recipe (Mild)  
1/2 cup shredded Mexican-blend cheese  
1 container (8 oz.) sour cream (optional)  
1/4 cup chopped fresh cilantro (optional)

Directions:

Heat oil in a large skillet over medium-high heat.  
Add chicken, onion and bell pepper; cook, stirring

occasionally, for 10 to 12 minutes or until chicken is no longer pink. Stir in salsa; bring to a boil. Remove from heat; sprinkle with cheese. Cover; let stand for 5 minutes or until cheese is melted. SERVE over rice. Garnish with sour cream and cilantro.

### **77. CREAMY CHICKEN & RICE CASSEROLE**

Prep and Cook Time:  
30 min.

Ingredients:

2 cups cooked, cubed chicken  
2 cups instant rice  
2 cans cream of chicken soup  
2 cups milk  
1-1/2 cups shredded cheddar cheese  
1 tsp. pepper  
1 tsp. seasoned salt

Directions:

Mix all together in large bowl. Pour into greased 13 x 9 baking pan. Bake at 350 degrees for 30 min.

### **78. CREAMY RANCH SKILLET POTATOES**

Prep and Cook Time:  
27 min.

Ingredients:

4 to 5 medium potatoes, peeled and cubed  
1/3 cup onion, chopped  
1 envelope ranch-style dressing mix (1 ounce)  
1/3 cup sour cream  
2 cups milk  
1 teaspoon parsley

Directions:

Precook potatoes in microwave or boil until slightly tender. Spray a large skillet with non-stick cooking spray. Over medium heat, brown onions and potatoes. Add remaining ingredients and simmer just until sauce thickens.

**79. DIJON SALMON**

Prep and Cook Time:

23 min.

Ingredients:

(4 ounce) fillets salmon  
3 tablespoons prepared Dijon-style mustard  
salt and pepper to taste  
1/4 cup Italian-style dry bread crumbs  
1/4 cup butter, melted

Directions:

Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil. Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter. Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.

**80. GARLIC CHICKEN**

Prep and Cook Time:

20 min.

Ingredients:

3 tablespoons butter  
4 skinless, boneless chicken breast halves

2 teaspoons garlic powder  
1 teaspoon seasoning salt  
1 teaspoon onion powder

Directions:

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Saute about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.

**81. GLAZED CARROTS**

Prep and Cook Time:

18 min.

Ingredients:

10 to 12 small carrots, washed & trimmed  
2 tbl. margarine  
1 tsp. brown sugar  
2 tbl. honey  
Dash of parsley, if preferred

Directions:

Cook carrots in a small amount of boiling salted water 10 minutes.

When tender, drain and set aside. Melt margarine in medium skillet.

Add sugar and honey. Blend. Add carrots. Cook 3 to 4 minutes over low heat, stirring so each carrot is glazed. Sprinkle with parsley.

**82. RED BEANS, RICE AND SAUSAGE**

Prep and Cook Time:

15 min.

Ingredients:

1 pound pork sausage  
1/2 cup rice  
1 can red beans  
1 tsp salsa  
1 pinch garlic powder  
Flour tortillas

Directions:

Prepare rice according to package. Brown pork sausage.  
Heat beans, salsa and garlic powder Heat tortillas in the microwave for 20 seconds.  
Spoon rice, sausage and beans into the center of the tortilla, roll up and enjoy!

### **83. REUBEN CASSEROLE**

Prep and Cook Time:

30 min.

Ingredients:

1 Granny Smith apple, peeled and chopped  
6-oz. corned beef, cut into 1/2" cubes  
1 14-oz. can sauerkraut, rinsed and drained  
1 package refrigerated mashed potatoes  
2 cups shredded Havarti cheese with caraway

Directions:

Preheat oven to 350 degrees. In microwave safe dish, cook chopped apple on high power for 1-3 minutes or until tender, stirring once.  
Drain, if necessary. Combine with corned beef and sauerkraut in a medium bowl and mix to combine.

Spread half of the potatoes in a greased 8" square glass baking dish.

Sprinkle with 1/2 cup shredded cheese. Top with all of the corned beef mixture, then remaining potatoes. Sprinkle with remaining cheese. Bake at 350 degrees for 20-25 minutes or until casserole is hot and cheese is melted.

#### **84. SAUSAGE BRUNCH CASSEROLE**

Prep and Cook Time:  
25 min.

Ingredients:

1-1/2 pounds ground pork sausage  
1 (8 ounce) package refrigerated crescent roll  
dough  
2 cups Mozzarella cheese  
4 eggs, beaten  
3/4 cup milk  
salt and pepper to taste

Directions:

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Preheat oven to 425 degrees F (220 degrees C).

Lightly grease a 9x13 inch baking pan. Lay crescent rolls flat in the bottom of the pan. Combine cooked sausage, cheese, eggs, milk, salt and pepper; pour over crescent rolls.

Bake in preheated oven for 15 minutes, until bubbly and rolls are baked.

## **85. SESAME CHICKEN & BEAN SALAD**

Prep and Cook Time:

20 min.

Ingredients:

1 pound asparagus, cut into 1-inch pieces  
3/4 cup Italian dressing  
2 tablespoons sesame oil  
3 tablespoons soy sauce  
1-1/2 teaspoons grated gingerroot  
1/3 cup green onions  
2 cans (15-oz.) pinto or black beans, rinsed and drained  
1 pound fresh boneless, skinless chicken breasts, broiled or grilled, and shredded  
6 cups spinach leaves, rinsed  
2 tablespoons sunflower kernels

Directions:

Steam asparagus until crisp-tender, about 3 minutes. Set aside to cool.  
Whisk together Italian dressing, sesame oil, soy sauce and ginger in a small bowl.  
Combine beans, chicken, asparagus and green onion in a large bowl.  
Drizzle with Sesame Dressing and toss to coat.  
Arrange spinach on plates; spoon bean mixture on top and sprinkle with sunflower kernels.

## **86. BLACK BEAN SALAD**

Prep and Cook Time:

15 min.

Ingredients:

1 15 oz can black beans, drained and rinsed  
1 cup frozen corn, thawed  
8 cherry tomatoes, quartered (gently squeeze out



seeds)

½ cup minced onion

2 medium cloves garlic, pressed

½ cup diced red bell pepper

2 TBS pumpkin seeds coarsely chopped

1/4 cup chopped fresh cilantro

2 TBS extra virgin olive oil

3 TBS fresh lemon juice

salt and black pepper to taste

\* optional: dandelion greens

Directions:

Mix all ingredients together and serve. This salad will keep for a couple of days and gets more flavorful if you let it marinate in the refrigerator for awhile.

## **87. MEDITERRANEAN PASTA SALAD**

Prep and Cook Time:

25 min.

Ingredients:

¼ lb fusilli pasta, (corkscrew)

1 large bunch asparagus cut into 1 inch lengths,  
(remove bottom fourth and discard)

½ medium onion, minced

½ basket cherry tomatoes, quartered, (gently  
squeeze to remove seeds)

5-6 medium cloves garlic, pressed

3 TBS chopped fresh basil

1 TBS chopped fresh tarragon

3 TBS fresh lemon juice

1 TBS balsamic vinegar

3 TBS extra virgin olive oil

salt, cracked black pepper to taste

Directions:

Cook pasta according to instructions on package. While pasta is cooking prepare rest of the ingredients. Place everything but asparagus in a bowl and set aside.

When pasta is about 3 minutes from being done, add asparagus to cooking pasta. (If asparagus is thick you may want to add at 4 minutes. Or if it is thin, add at 2 minutes. 3 minutes is for medium thick asparagus.) Drain and rinse in cold water through colander when done. Make sure it drains well so it doesn't dilute flavor.

Toss with rest of ingredients, and season with salt and pepper.

## **88. ASIAN MUSHROOM SAUTÉ**

Prep and Cook Time:

15 min.

Ingredients:

2 cups fresh shiitake mushrooms sliced thick

2 TBS chicken or vegetable broth

1 TBS minced fresh ginger

2 medium cloves garlic, chopped

1 cup coarsely chopped scallion

2 TBS soy sauce

salt and white pepper to taste

Directions:

Prepare all ingredients by washing, slicing and chopping.

Simmer ginger, garlic, mushrooms, and scallion in broth for about 3 minutes on medium high heat.

Season with soy sauce, salt and pepper.

## 89. CALF'S LIVER & ONIONS

Prep and Cook Time:

28 min.

Ingredients:

1 lb calf's liver

¼ cup ground sunflower seeds

¼ tsp salt

¼ tsp black pepper

1 tsp dried sage

Topping:

2 medium onions cut in half & sliced thin

3 medium cloves garlic chopped

2 TBS balsamic vinegar

½ cup + 1 TBS chicken broth

2 TBS chopped fresh thyme

salt and pepper to taste

Directions:

Turn broiler on high and place a metal oven-proof pan large enough for liver underneath heat to get hot. Do not use glass or pyrex for this. Rack should be just above the middle of oven or broiler, about 7 inches from the heat source. Heat the pan for about 10 minutes.

While pan is getting hot heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onions in broth over medium low heat for 15 minutes stirring frequently.

Add garlic, vinegar, thyme, and vinegar. Mix and add rest of the broth. Continue to cook for another couple of minutes.

While onions are cooking mix ground sunflower seeds with dried sage, salt and black pepper. Dust liver with this mixture.

Remove hot pan from broiler and place liver in it. Return to broiler, turn heat to low, and Quick Broil for about 3-5 minutes depending on thickness

of liver. Do not turn, as it is cooking on both sides simultaneously. Serve topped with onions.

## 90. SOUTHWESTERN SNAPPER SAUTÉ

Prep and Cook Time:

25 min.

Ingredients:

1 medium onion, cut in half and sliced medium thick

6 medium cloves garlic, pressed

1-2 tsp minced jalapeno pepper, seeds removed, or to taste

1 TBS chicken broth

2 cups diced zucchini (1/2 inch cubes)

1lb snapper filet cut into 1 inch pieces

15 oz can diced tomatoes

3 TBS fresh lemon juice

2 TBS chopped fresh cilantro

1 TBS chopped fresh oregano

1 ripe but firm medium avocado, diced into 1 inch pieces

salt and black pepper to taste

Directions:

Prepare all the ingredients before starting the sauté.

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium heat, stirring frequently for 5 minutes.

Add garlic, zucchini, jalapeno, and continue to sauté for another 2 minutes.

Add snapper and continue to sauté for another 2 minutes, stirring frequently.

Add rest of ingredients, except avocado, and cook for another 2 minutes. Add avocado, season with salt, pepper and serve.

## 91. POACHED EGGS OVER SPINACH & MUSHROOMS

Prep and Cook Time:  
22 min.

### Ingredients:

4 large free-range chicken eggs  
1 tsp light vinegar, (rice, white wine, or apple  
cider)  
1 TBS chicken or vegetable broth  
½ medium onion, chopped  
2 cups sliced crimini mushrooms  
1 medium tomato, seeds and excess pulp removed,  
chopped  
3 medium cloves garlic, chopped  
10oz package frozen spinach, thawed and excess  
water removed  
salt and black pepper to taste

### Directions:

Bring water to a high simmer in a 10-inch skillet  
with 1 tsp of vinegar.

In a separate skillet heat 1 TBS broth. Healthy  
Sauté onion and mushrooms in broth for 5 minutes  
over medium heat stirring frequently.

Add tomato, garlic, spinach, salt and pepper and  
sauté for another 2-3 minutes.

When water comes to a high simmer poach eggs for  
about 5 minutes, or until whites are firm. Remove  
from water with a slotted spoon and place over  
spinach mixture.

## 92. HERBED CHICKEN BREASTS

Prep and Cook Time:  
20 min.

### Ingredients:

4 boneless chicken breasts with skin on  
2 medium cloves garlic pressed  
1 TBS fresh squeezed lemon juice  
2 tsp chopped fresh sage  
2 tsp chopped fresh thyme  
1 tsp chopped fresh rosemary  
1/4 cup chicken broth  
salt and cracked black pepper

### Directions:

Preheat broiler on high. Place ovenproof metal pan under broiler to get hot. Do not use glass or pyrex for this.

Season chicken with a little salt and pepper. When pan is very hot, about 5 minutes, put chicken in pan and return to broiler. Turn heat to low. Don't put too close to flame. It is best to put in middle of the oven, about 7 inches from the heat source.

(Quick Broil) for about 15 minutes, or until done, depending on thickness of chicken.

While chicken is cooking chop herbs.

In a separate small skillet add chopped herbs, lemon juice, broth, pressed garlic, salt and pepper. Heat on medium heat for just ½ minute.

When chicken is done remove skin, slice, and place on platter. Drizzle herb sauce over chicken.

## 93. SALMON, CUCUMBER CHILI SALAD

Prep and Cook Time:  
20 min.

Ingredients:

3 cups thinly sliced washed cucumber, do not peel  
2 tsp minced jalapeno pepper, seeds and stem removed (or to taste)  
½ cup chopped scallion  
3 TBS chopped fresh cilantro  
1½ TBS chopped fresh mint  
1½ lb salmon fillet, deboned and skin removed cut into 4 pieces  
2 + 1 TBS fresh lemon juice  
1 TBS soy sauce  
1 TBS extra virgin olive oil  
salt and cracked black pepper to taste

Directions:

Start chopping the first 5 ingredients.  
While chopping ingredients, preheat a stainless steel 10-12 inch skillet on medium high heat for 2 minutes. Rub salmon with 1 TBS lemon juice and season with a little salt and pepper.  
Place salmon in hot pan and cook for 2-3 minutes. Turn and cook another 2-3 minutes, depending on thickness of salmon. This is our (Stove top Searing) cooking method.  
While salmon is cooking, finish chopping ingredients and whisk together lemon juice, soy sauce, olive oil, salt and pepper. When ready to serve toss with cucumber mixture. Do not toss ahead, as it will dilute the flavor.  
Place cucumber salad on a platter and place salmon on top. Garnish with a sprig of cilantro and serve.

**94. SPICY POSOLE SOUP**

Prep and Cook Time:  
28 min.

Ingredients:

1 medium onion, chopped  
6 medium cloves garlic, chopped  
4 cups + 1 TBS chicken or vegetable broth  
2 TBS fresh lime juice  
3 cups kale rinsed and chopped fine (remove stems)  
2 cups canned hominy, drained  
15oz can diced tomatoes  
4oz can diced green chili  
3 TBS chopped fresh cilantro  
salt and pepper to taste

Directions:

Rinse kale and remove stems. Chop fine.  
Heat 1 TBS broth in medium sized soup pot. Healthy  
Sauté onion in broth over medium heat for 5 minutes  
stirring frequently, until translucent. Add garlic  
and continue to sauté for another minute. Add  
remaining ingredients except cilantro. Bring to a  
boil on high heat. Once it comes to a boil, reduce  
heat to medium low and simmer for 15 minutes,  
uncovered. Add cilantro, salt and pepper.

## **95. LAMB WITH SWEET POTATOES**

Prep and Cook Time:  
30 min.

Ingredients:

½ lb ground or minced lamb shoulder or leg  
1 medium sized onion quartered and sliced thin  
2 TBS minced fresh ginger  
3 medium cloves garlic, pressed  
1 tsp garam masala  
5 cups finely chopped kale



3 cups sweet potatoes, peeled and cut in 1 inch cubes (about 1 large potato)  
1 cup + 1 TBS chicken broth  
salt and white pepper to taste

Directions:

Prepare all the vegetables by chopping and have ready.

Heat 1 TBS broth in a medium stainless steel large size braising pot or skillet. Healthy Sauté onion, garlic, ginger and lamb in broth over medium heat for about 5 minutes, stirring frequently.

Add garam masala, mixing well for about half a minute. Add 1cup broth and stir in sweet potatoes and kale. Simmer on medium low heat covered for about 15 minutes, stirring occasionally, or until lamb, potatoes and kale are tender. Season with salt and pepper

## **96. STIR FRIED CHICKEN & ASPARAGUS**

Prep and Cook Time:

15 min.

Ingredients:

1 medium onion cut in half and sliced medium thick  
1 bunch asparagus cut into 1 inch lengths (about 2 cups when cut) discard bottom fourth  
1 TBS chicken broth  
1 TBS minced fresh ginger  
3 medium cloves garlic, pressed  
1 large boneless, skinless chicken breasts cut into 1inch pieces  
2 TBS soy sauce  
1 TBS rice vinegar  
pinch red chili flakes  
salt and white pepper to taste

Directions:

Heat 1 TBS broth in a stainless steel wok or 12-inch skillet. Healthy Stir Fry onion and asparagus in broth for about 3 minutes over medium high heat, stirring constantly.

Add ginger, garlic, chicken, and continue to stir-fry for another 3-4 minutes stirring constantly.

Add soy sauce, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes.

This may have to cook for an extra couple minutes if the asparagus is thick. Season with salt and pepper to taste.

## 97. SEAFOOD GAZPACHO

Prep and Cook Time:

25 min.

Ingredients:

3 cups tomato juice

¼ cup fresh lemon juice

1 medium yellow bell pepper, diced, 1/4 inch pieces

1 medium tomato, chopped, seeds and excess pulp removed

2/3 cup diced cucumber, (cut lengthwise and scoop out seeds)

½ medium onion, finely minced

3 medium cloves garlic, pressed

4oz can diced green chili

3 TBS chopped fresh cilantro

2 TBS extra virgin olive oil

¼ lb small cooked shrimp, rinsed and patted dry

½ lb bay scallops, rinsed and patted dry

salt and cracked black pepper to taste

Directions:

Rinse and dry scallops. Put into lemon juice. Peel cucumber, scoop out seeds and dice. Mix with rest of ingredients in a bowl. Add scallops and lemon juice at end. Letting the scallops sit in the lemon juice while preparing rest of ingredients allows them to marinate. If you can prepare this soup ahead of time and place in refrigerator for an hour or more, the taste improves.

## 98. MISO SOUP

Prep and Cook Time:  
10 min.

### Ingredients:

¼ cup sliced dulse seaweed  
5 cups hot water  
1 TBS minced, fresh ginger  
5oz firm tofu, cut in ¼ inch cubes  
½ cup minced scallion  
3 TBS miso  
¼ tsp white pepper  
salt to taste

### Directions:

Heat 1TBS water in a medium soup pot. Healthy Sauté ginger in broth over medium low heat for about 1 minute stirring constantly.  
Add rest of water, tofu and seaweed. Simmer for about 5 minutes over medium heat.  
Add scallion, miso, salt and pepper. Mix and serve.

### **99. SAUTÉED CHICKEN BREASTS WITH MUSTARD, TARRAGON**

Prep and Cook Time:

15 min.

Ingredients:

1 medium onion cut in half and sliced medium thick  
2 boneless, skinless chicken breasts cut into lynch pieces

5 medium cloves garlic, pressed

3 TBS Dijon mustard

½ cup + 1 TBS chicken broth

2 tsp honey

1 TBS chopped fresh tarragon

2 TBS chopped fresh parsley

salt and white pepper to taste

Directions:

Heat 1 TBS broth in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth over medium heat for 2 minutes.

While onions are sautéing, cut chicken into pieces. Add chicken pieces and continue to sauté for another 3 minutes, stirring frequently to seal chicken on all sides. Add garlic and continue to sauté for another minute.

Add mustard, ½ cup broth, and honey. Mix thoroughly and simmer uncovered for about 7-8 minutes on medium high heat stirring occasionally to cook chicken evenly. This will also reduce sauce.

While chicken is cooking chop herbs and add at end with salt and pepper to taste.

### **100. PASTA WITH CLAMS**

Prep and Cook Time:  
20 min.

Ingredients:

¼ lb whole wheat spiral pasta  
1 medium sized onion, minced  
½ cup + 1 TBS chicken or vegetable broth  
10 oz can whole clams with juice  
1 TBS tomato paste  
1 15oz can diced tomatoes  
pinch red chili flakes  
½ cup chopped fresh basil  
6 medium cloves garlic, pressed  
2 TBS extra virgin olive oil  
salt and black pepper to taste

Directions:

Bring water to a boil and cook pasta according to package instructions.

While water is coming to a boil and pasta is cooking, heat 1 TBS broth over medium heat in a 10-12 inch stainless steel skillet. Healthy Sauté onion in broth for about 4 minutes stirring frequently.

Add tomato paste, and diced tomatoes. Cook for another 10 minutes on high heat to reduce and intensify sauce. Add clams and cook for another 2 minutes.

Add pressed garlic, chopped basil, olive oil, salt, pepper and chili flakes. Remove from heat immediately and toss with cooked, drained pasta.

**101. SESAME BRAISED CHICKEN & CABBAGE**

Prep and Cook Time:  
30 min.

Ingredients:

2 boneless, skinless chicken breasts cut into 1 inch pieces.  
4 cups green cabbage sliced thin,  
4 cups finely chopped kale, stems removed  
1 medium sized onion cut in half & sliced thin  
1 TBS minced fresh ginger  
2 medium cloves garlic, minced  
½ cup + 1 TBS chicken broth  
1 tsp turmeric  
1 tsp ground coriander  
1 15 oz can diced tomatoes, drained  
2 TBS rice vinegar  
1 TBS extra virgin olive oil  
¼ cup chopped scallion tops  
1 TBS sesame seeds  
salt and white pepper to taste

Directions:

Prepare ingredients as listed above.  
Heat 1 TBS broth in a stainless steel wok or large skillet. Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, ginger and continue to sauté for another minute.  
Add chicken pieces and cook for a couple of minutes. Add turmeric, coriander, and mix with chicken. Add kale. Sauté for another couple of minutes, stirring constantly.  
Add ½ cup broth and bring to a boil on high heat Reduce heat and simmer over low heat covered for about 3 minutes stirring occasionally.  
Add cabbage, diced tomatoes, vinegar and simmer for another 4 minutes. Remove from heat, toss with olive oil, salt and pepper.  
Serve sprinkled with minced scallion and sesame seeds.

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