



Dining In

ON A BUDGET

Get ready to dine in style — without breaking your budget!

We've prepared 40 absolutely delicious recipes that are easy on your time and easy on your wallet. Each recipe will serve a family of four or more for just \$8 or less.

Get out those oven mitts and get ready to cook up a storm!

Dinner is served ... within budget!



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Dairy & Pasta



Pizza with Red Wine Sauce

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Southwestern Panini

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One-Pot Wonder Tomato Basil Pasta

Not Your Usual Pasta and Broccoli

Lasagna Soup

Zucchini Quiche



Pizza with Red Wine Sauce

There's nothing like the smell of a fresh pizza baking in the oven. Why order in when you can make it at home for half the price and double the taste?

You can substitute some or all of the flour for whole-wheat flour and no one will be the wiser. Get the kids involved by having them shape their own mini pies before sprinkling on their favorite toppings.

INGREDIENTS

Dough

3 cups flour

1 cup water

2 ¼ teaspoons dry yeast (1 envelope)

1 ¼ teaspoons salt

1 teaspoon sugar

1 tablespoon oil

Cornmeal, for dusting

Shredded mozzarella cheese

Any other desired toppings

Red Wine Sauce

4 tablespoons tomato paste

4 tablespoons water

1 tablespoon red wine

1 ½ teaspoon sugar

¼ teaspoon salt

¼ teaspoon dried oregano

¼ teaspoon garlic powder

DIRECTIONS

Mix the flour, water, yeast, salt and sugar in a mixing bowl.

Mix at medium speed for two minutes (you may need to add 1-2 tablespoons of water or flour if the dough is too dry or too wet).

Add the oil and mix for an additional 30 seconds.

Dust the dough with flour, cover and allow to rise for 30 minutes.

While the dough rises, combine all ingredients for the sauce.

Preheat oven to 475°F.

Dust four 8-inch baking pans with cornmeal.

Divide dough into 4 parts. Use a rolling pin to roll out each part into thin circles.

Transfer circles to baking pans and spread tomato sauce mixture on each dough. Top with shredded cheese and your toppings of choice.

Bake for 9 minutes, or until cheese starts browning.

Yield: 4 8-inch pizzas.



Bundt-pan Lasagna

It's everyone's favorite pasta dinner served with a beautiful twist!

INGREDIENTS

4 cups grated mozzarella cheese

1 pound ricotta cheese

2 eggs, whisked

½ cup chopped flat-leaf parsley

1 ¾ cups chopped spinach

Kosher salt

Freshly cracked black pepper

1 teaspoon dried oregano

18-20 lasagna noodles, cooked al dente

4 cups homemade or jarred tomato sauce

2 ½ tablespoons extra virgin olive oil



DIRECTIONS

Preheat oven to 350°F. Grease a 14-cup bundt pan.

Spoon 1 cup of tomato sauce on the bottom of the pan.

In a medium bowl, mix the cheeses together, then add whisked eggs, parsley and spinach. Season with salt, pepper and oregano.

On a cutting board or a clean countertop, lay down 1 cooked lasagna noodle. Spread on 3 tablespoons of cheese mixture. Roll up noodle and place, rolled side down, in the greased pan. Continue with remaining noodles until 1 layer is complete. Drizzle 1 cup of sauce over rolls.

Add a second layer of noodles and drizzle with sauce. Continue layering until all noodles, cheese and sauce have been used.

Cover the pan with foil and bake at 350°F for 45 minutes. Uncover and continue baking for another 15 minutes until the cheese is bubbling and a golden-brown color.

Allow the lasagna to sit for at least 30 minutes before inverting on a serving platter. Alternatively, you can serve it right out of the pan!

Yield: 10 servings

Fresh Herb Fettuccine

Who doesn't love pasta? Take a simple spaghetti dish to the next level by using fettuccine, fresh herbs and mushrooms.

INGREDIENTS

2 tablespoons olive oil

2 cloves garlic, minced

1 cup mushrooms, stemmed and sliced

2 teaspoons freshly grated lemon zest

2 tablespoons lemon juice

Salt and freshly ground pepper to taste

8 ounces whole-wheat fettuccine

1/2 cup freshly grated Parmesan cheese

1/2 cup chopped fresh basil, divided

DIRECTIONS

Cook pasta according to package directions.

Drain and reserve 1/2 cup of cooking liquid.

Heat oil in large nonstick skillet over low heat.

Add garlic and stir until fragrant but not browned, about 1 minute.

Add mushrooms and increase heat to medium-high; cook, stirring occasionally, until tender and lightly browned, 4 to 5 minutes.

Stir in lemon zest, lemon juice, salt and pepper.

Remove from heat.

Add pasta, reserved cooking liquid, cheese and 1/4 cup basil to the skillet; toss to coat well.

Serve immediately, garnished with remaining basil.

Yield: 4 servings





Southwestern Panini

If you need to get dinner on the table quickly, try this low-cost and delicious hot sandwich. No panini grill? No problem! Our easy stovetop method is healthy and quick. Reheat some leftover soup, and you've got a full meal!

INGREDIENTS

4 ounces shredded cheddar cheese

1 cup shredded zucchini

1/2 cup shredded carrot

1/2 red onion, finely chopped

1/4 cup salsa

1 tablespoon chopped jalapeño pepper (optional)

8 slices whole-wheat bread

2 teaspoons canola oil

DIRECTIONS

Combine cheddar, zucchini, carrot, onion, salsa and jalapeño in a medium bowl. Divide among 4 slices of bread and top with the remaining bread.

Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat.

Place 2 panini in the pan. Place the medium skillet on top of the panini, then weigh it down with an unopened can on each sandwich.

Cook the panini until golden on one side, about 2 minutes.

Reduce heat to medium-low, flip the panini, replace the top skillet and cans.

Cook until the second side is golden, 1 to 3 minutes more.

Repeat with another teaspoon of oil and the remaining sandwiches.

Yield: 4 panini

Poor Man's Lasagna

A nice twist on classic lasagna, our version uses lower-cost cheese and requires less prep time.

INGREDIENTS

8-12 ounces penne pasta

1 pound ground beef or ground turkey

Italian seasoning (optional)

16 ounces cottage cheese

8 ounces cream cheese, softened

1 (24-ounce) jar red pasta sauce

1 1/2 cups shredded cheese

DIRECTIONS

Boil pasta according to package instructions.

Meanwhile, brown the ground beef, adding Italian seasoning to the meat.

Drain meat and set aside.

Drain pasta.

While the pasta is still warm, add cream cheese and cottage cheese to the pot with the noodles. Gently stir together until combined.

Layer a 9-by-13-inch pan with pasta mixture, meat and pasta sauce. Repeat. Add shredded cheese on top, and bake uncovered at 350° F for about 30 minutes.

Yield: 4-6 servings



One-pot Wonder Tomato Basil Pasta

Bring back this Martha Stewart-inspired pasta this holiday season. With just one pot to wash, it's a no-brainer!

INGREDIENTS

12 ounces linguine pasta

1 15-oz can diced tomatoes, with liquid

1 medium sweet onion, cut into ¼-inch julienne strips

4 garlic cloves, very thinly sliced

Red pepper flakes

2 ½ teaspoons dried oregano leaves

4 ½ cups vegetable broth

2 tablespoons extra virgin olive oil

1 bunch fresh basil, diced

Parmesan cheese for garnish

DIRECTIONS

Place pasta, tomatoes, onion and garlic in a large pot. Pour in vegetable broth. Sprinkle with pepper flakes and oregano, then drizzle with oil.

Cover pot and bring mixture to boil. Reduce to a simmer, cover, and cook for about 10 minutes, stirring every 2 minutes. Cook until most of the liquid has evaporated.

Season to taste with salt and pepper. Add basil leaves and stir pasta several times to distribute the liquid in the bottom of the pot evenly throughout the pasta as you are serving.

Garnish with grated with Parmesan cheese.

Yield: 5 servings





Not Your Usual Pasta and Broccoli

Cooking on a budget can make it difficult to be creative, but this recipe is easy to modify and begs for additions of whatever you happen to have on hand. Most of the ingredients are traditional standbys you likely already have – allowing you to clear your cupboard and refrigerator without making an extra trip to the store. Additionally, the breadcrumbs give the dish a different texture, so it really isn't your usual pasta and broccoli dish.

INGREDIENTS

2 cloves chopped garlic, separated

16-ounce box of bowtie pasta (or whatever pasta you have on hand)

½ cup breadcrumbs

1 head broccoli florets

½ bell pepper (any color), chopped

½ can chicken broth

1 can chickpeas, drained and rinsed

¼ cup fresh basil, chopped

Pepper to taste

Olive or coconut oil

Optional add-ins:

Any vegetable that sautées well (such as squash, tomatoes, chopped asparagus, corn cut from the cob)

Shredded chicken

Shredded parmesan

DIRECTIONS

Cook pasta according to package instructions. Drain.

Return to pot.

While pasta cooks, warm a tablespoon of oil in a skillet. Add 1 clove garlic and cook until lightly browned. Add breadcrumbs and cook until toasted. Remove from skillet and set aside.

In the same skillet, warm a tablespoon of oil. Add 1 clove garlic and cook until lightly browned. Add broccoli, bell pepper and any additional veggies. Cook until crisp.

Mix vegetables into the pot with the pasta. Add chicken broth, chickpeas and basil and mix thoroughly.

Add breadcrumbs and stir.

Add additional add-ins, such as cooked and shredded chicken and Parmesan.

Serve warm.

Yield: 4 servings

Lasagna Soup

Love lasagna, but lack the time to put it all together? Try this innovative lasagna soup! It's great for warming up on a cold night, and inexpensive, too!

INGREDIENTS

1 tablespoon olive oil

1 onion, diced

2 cloves garlic, minced

1 pound meat (such as ground beef, Italian sausage, meatballs, etc.)

2 teaspoons oregano

2 teaspoons basil

Pinch of salt

1/4 teaspoon red pepper flakes

2 cups spaghetti sauce

4 cups chicken stock

2 bay leaves

8 ounces pasta (such as rotini, fusilli, campanelle, corkscrew, etc.)

1 tablespoon fresh parsley

Shredded mozzarella cheese

DIRECTIONS

In a large Dutch oven, heat oil on a medium flame and sauté onion until golden. Add garlic and stir for 1 minute before adding meat. Brown the meat; drain to remove any extra fat.

Add oregano, basil, red pepper flakes, spaghetti sauce, chicken stock and bay leaves. Simmer for 15 minutes.

Add pasta and increase heat. Bring to a boil and cook for recommended time on pasta box for al dente preparation.

Discard bay leaves. Add salt and pepper. Stir in fresh parsley and serve with a sprinkling of shredded mozzarella cheese.

Yield: 4-6 servings



Zucchini Quiche

Quiche is not only easy, it's super low cost and makes everyone happy. Try this recipe – your family will love it!

INGREDIENTS

1 onion, chopped

1 cup baking mix (such as Jiffy or Bisquick)

4 eggs

1/2 cup melted butter

1/2 cup Parmesan cheese

1 teaspoon parsley

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 teaspoon basil

3 to 3 1/2 cups grated zucchini

1/2 cup grated mozzarella cheese

DIRECTIONS

Heat oven to 350° F.

Combine all ingredients, except zucchini and mozzarella, in a bowl.

Stir in zucchini and pour into a buttered 9-inch pie plate.

Bake at 350° F for 30 minutes or until lightly browned.

Sprinkle mozzarella on top and bake another 10 minutes.

Yield: 6 servings



Spring Pasta

This recipe brings the colors and vibrancy of spring to a dish of pasta. It's light enough to enjoy even when it's hot out, and the bold flavors lend it a spectacular flavor. If you prefer a heartier, more savory dish, add Parmesan cheese; it's delicious either way.

INGREDIENTS

½ lb penne pasta, cooked and drained

3 tablespoons olive oil

1 medium onion, sliced

1 package fresh button mushrooms

1 ½ cups fresh spinach leaves

4 cloves garlic, minced

1 teaspoon salt

¼ teaspoon pepper

¼ cup grated Parmesan cheese
(optional)

DIRECTIONS

In a medium saucepan, saute onions and mushrooms for seven minutes, or until mushroom liquid has evaporated.

Add spinach leaves and mix and cook until leaves wilt.

Add garlic and stir for two minutes, until garlic becomes fragrant.

Add salt and pepper. Mix together with prepared pasta.

Yield: 4 servings

Vegetarian Fare

Baked Coconut Lentils

Crispy Potatoes with Green

Beans and Eggs

Stuffed Sweet Potatoes with

Mango-Black Bean Salsa

Hearty Vegetarian Stew

Meatless Sloppy Joes





Baked Coconut Lentils

*A vegetarian dinner filled with sweet and savory Indian style flavor!
Healthy, inexpensive and brimming with protein.*

INGREDIENTS

1 tablespoon coconut oil (can substitute olive oil)

1 yellow onion

1 teaspoon ground ginger

½ teaspoon turmeric

1 pound dry lentils (about 2 ¼ cups)

1 cup pitted dates

2 teaspoons tamari soy sauce

½ cup shredded coconut

6 cups water

DIRECTIONS

Heat oven to 350° F.

Chop onion and dates separately, and set aside.

Heat coconut oil in a large saucepan over medium heat.

Add chopped onion to oil, cook until it softens and starts to brown (about 8 minutes).

Stir ginger and turmeric into saucepan, cook 1 minute.

Add water, lentils and dates to saucepan. Bring to boil.

Reduce heat to medium-low, simmer 30 minutes.

Stir in tamari soy sauce.

Transfer lentils into a 2-quart baking or casserole dish. Cover and bake 30 minutes.

Uncover and top with coconut.

Bake another 15-20 minutes until coconut looks golden and lentils are tender.

Yield: 4 servings

Crispy Potatoes with Green Beans and Eggs

Fresh, healthy and low cost, here's a quick and innovative way to serve eggs, our favorite inexpensive protein.

INGREDIENTS

1 cup fresh green beans, cut into 1-inch pieces

2 tablespoons olive oil

2 pounds potatoes, peeled and cut

3 cloves garlic, minced

1/8 teaspoon crushed red pepper

1/2 teaspoon salt

Freshly ground pepper to taste

4 large eggs

Pinch of paprika

DIRECTIONS

Cook green beans in a large saucepan of boiling water until crisp-tender.

Drain under cold water.

Heat oil in a large nonstick skillet over medium heat until hot enough to sizzle a piece of potato.

Spread potatoes in an even layer and cook, turning every few minutes with a wide spatula, until brown, about 15 to 20 minutes.

Stir in green beans, garlic, crushed red pepper, salt and pepper.

Crack each egg into a small bowl and slip them into the pan one at a time on top of the vegetables, spacing evenly.

Cover and cook over medium heat until the whites are set and the yolks are cooked to your preference, less than 5 minutes.

Sprinkle the eggs with paprika and serve immediately.

Yield: 4 servings



Stuffed Sweet Potatoes with Mango-Black Bean Salsa

Stuffed sweet potatoes are full of unexpected and exotic tangy flavor. They're nutritious, vegetarian, and even soy- and gluten-free. Perfect for those with food allergies, those who have a sweet tooth or anyone searching for a solid meal under \$5.

INGREDIENTS

4-6 medium-large sweet potatoes

2 medium mangoes

1 can black beans, drained and rinsed

1 small green pepper

1/2 red onion

1 tablespoon lime juice

1 teaspoon ground cumin

1/2 teaspoon ground cinnamon

Pinch or two of salt

Butter (optional)

DIRECTIONS

Heat oven to 350° F.

Slit unpeeled sweet potatoes. Place in baking dish and add ¼ inch water. Cover with foil and bake for 45 minutes to 1 hour.

Meanwhile, chop green pepper and red onion; cube the mango.

Toss mango, green peppers, red onion and drained black beans in a mixing bowl.

Sprinkle with lime juice, cumin, cinnamon and salt. Mix gently.

When potatoes are ready, cool for 10 minutes, slice open and break the potato apart with a fork, leaving the peel on.

Add butter, if you'd like, and top with mango-black bean salsa.

Serve warm.

Yield: 4-6 servings

Hearty Vegetarian Stew

Whether you're a full-time vegetarian thriving on tofu or simply love the taste, nutritional benefits, and the low cost it offers, this stew makes for a quick, satisfying and economical meal-in-a-bowl. Perfect dinner idea for those cold winter nights!

INGREDIENTS

2 teaspoons olive oil

2 celery stalks, sliced

1 carrot, sliced

1 onion, diced

3 garlic cloves, minced

1 (14½-oz) can diced tomatoes

1 cup canned red kidney beans, rinsed and drained

1 cup canned small white beans, rinsed and drained

½ cup vegetable broth

1¼ cups firm tofu, diced

1 tablespoon chopped fresh cilantro

½ teaspoon salt

¼ teaspoon freshly ground pepper

DIRECTIONS

Heat oil in a large saucepan over medium heat. Add celery, carrot, onion and garlic; cook, stirring occasionally, until softened, about 10 minutes.

Stir in tomatoes, kidney beans, white beans and broth; bring to a boil. Cover and reduce heat. Simmer, stirring occasionally until flavors are blended, about 30 minutes.

Add tofu, cilantro, salt and pepper; cook, stirring occasionally, until tofu is heated through, about 5 minutes.

Tip: You can substitute the red kidney beans and white beans with black beans, pinto beans, pink beans or chickpeas.

Yield: 4 servings



Meatless Sloppy Joes

You don't need to be a vegan to enjoy these delicious sandwiches!

INGREDIENTS

2 15.5 oz cans dark red kidney beans,
drained and divided

2 tablespoons olive oil

1/2 medium-sized onion, diced

1/2 teaspoon salt

1/4 teaspoon pepper

1 1/2 teaspoons chili powder

1 teaspoon brown sugar

1/2 teaspoon dried oregano

1/4 teaspoon crushed red pepper flakes
(optional)

2 cups canned crushed tomatoes

4 hamburger buns

DIRECTIONS

In a food processor, pulse half of the kidney beans.

In a large pan, heat olive oil over medium-high heat. Add onion, garlic, salt and pepper and cook until onion is translucent, about five minutes.

Add chili powder, sugar, oregano, and red pepper flakes to the pan and cook for an additional 2 minutes.

Stir in crushed tomatoes and bring to a boil.

Reduce heat to low-medium and cook for 10 minutes, or until thickened.

Stir the mashed beans and remaining whole beans into the tomato mixture.

Heat thoroughly and serve mixture on the sandwich rolls.

Yield: 4 servings



Favorite Chicken Dinners

Fake 'n Bake Chicken

Chicken Fingers with Cranberry BBQ Sauce

Creamy Chicken and Broccoli Curry

Asian Drumsticks

Slow-Cooker Chicken Cacciatore

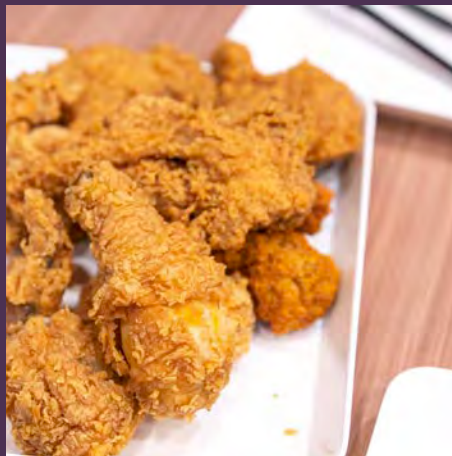
Ranch Seasoning Chicken and Potato Casserole

Honey-Mustard Chicken

Creamy Slow-Cooker Mexican Chicken

Sticky Asian Nuggets

Asian-Inspired Slow-Cooker Chicken





Fake 'N Bake Fried Chicken

*Fake it till you make it with this quick, oven-baked "fried" chicken.
Try other dressings for variety.*

INGREDIENTS

4-pound chicken, cut and skin removed

1 cup ranch dressing

2 cups instant mashed potato flakes

DIRECTIONS

Heat oven to 450° F.

Coat a baking sheet with vegetable cooking spray.

Lightly brush chicken pieces with ranch dressing, then roll in the potato flakes.

Arrange on the baking sheet and place in oven.

Lower the oven to 350° F and bake for 35 minutes, or until juices run clear when the chicken is pierced with a fork.

Yield: 4 servings

Chicken Fingers with Cranberry-BBQ Dipping Sauce

There's no need to cook twice to please both the adults and kids in the family. These chicken fingers are kid favorites, but are also sophisticated enough for adults to savor. The cranberry-BBQ sauce adds kick to the crunch and the flavor will bring back a taste of summer.

INGREDIENTS

For the chicken

1 lb. boneless, skinless chicken breasts,
cut into long, thin strips

4 cup flour

1 teaspoon kosher salt

¼ tablespoon coarse black pepper

½ teaspoon sweet paprika

1 egg

1 dash hot sauce

1 cup panko crumbs

½ teaspoon parsley flakes

Pinch kosher salt

Pinch coarse black pepper

For the cranberry BBQ Sauce

¼ (14-oz) can whole cranberry sauce

1 1/3 cup BBQ sauce

1 ½ tablespoons brown sugar

¾ tablespoons teriyaki sauce



DIRECTIONS

In a shallow dish, combine flour, salt, black pepper and paprika.

In a second shallow dish, whisk together eggs and hot sauce.

In a third shallow dish, mix panko crumbs, parsley, salt and black pepper.

Dip each piece of chicken in the flour mixture, then in the egg mixture, and lastly in the panko mixture.

Heat oil in a deep fryer or saucepan to 350°F. Add chicken and fry for 3½-4 minutes.

To prepare the dipping sauce: Using a food processor or immersion blender, blend the cranberry sauce until smooth. Whisk in BBQ sauce, brown sugar and teriyaki sauce.

Serve with chicken fingers.

Tip: This sauce recipe makes a large amount; it freezes well.

Yield: 4 servings

Creamy Chicken and Broccoli Curry

This savory dish is full of East Indian flavor. It's less than a dollar per serving and packed with nutrition and flavor. Serve with a side of rice.

INGREDIENTS

1 ½ pounds chicken tenders

¾ teaspoon kosher salt

½ teaspoon pepper

¼ cup all-purpose flour

3 tablespoons vegetable oil

1 large onion, coarsely chopped

1 1/2 teaspoon hot (madras) curry powder

1 (14-ounce) can chicken broth

1 (10-ounce) box thawed frozen broccoli florets

1/2 cup sour cream

DIRECTIONS

Place chicken tenders in a large bowl and sprinkle with ½ teaspoon salt and ¼ teaspoon of pepper.

Add flour to bowl. Stir chicken in the flour until coated.

Heat 1 ½ tablespoons of oil in a large skillet over medium-high heat. Add half the chicken. Cook for 4 minutes, flipping once or twice, until golden on both sides. Set aside, and repeat with remaining oil and chicken, setting aside the chicken when ready.

Combine onion, curry powder and remaining salt and pepper in a pan and cook for about 5 minutes or until the onion softens.

Add broth to the onion and spice mixture. Bring to a boil. Reduce heat and simmer for 3-4 minutes.

Add chicken to the pan with sauce and cook, turning the chicken for 2 minutes. Add broccoli and stir for 1-2 minutes.

Transfer chicken and broccoli to plates, using a slotted spoon.

Remove the pan with the sauce from heat and stir in sour cream.

Spoon sauce on top of the chicken and serve.

Yield: 4-6 servings





Asian Drumsticks

This tasty chicken dish can be grilled in the oven, too. Tastes great when served cold the next day, so pack leftovers for a healthy lunch!

INGREDIENTS

8 chicken drumsticks
1/8 teaspoon chili powder
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 teaspoon mustard
2 teaspoons garlic powder

DIRECTIONS

Heat lightly oiled barbecue grill to medium.
Meanwhile, mix all ingredients, except drumsticks, in a small mixing bowl and brush over chicken drumsticks.
Place drumsticks on grill and heat 10-12 minutes.
Turn drumsticks, grill an additional 10-12 minutes.
Serve with rice.

Yield: 4 servings



Slow-Cooker Chicken Cacciatore

There's nothing like coming home to a fragrant, hearty dinner you don't even remember putting together before leaving the house in the morning. Here's our favorite "set it and forget it" chicken dish – just pick up a loaf of bread on your way home!

INGREDIENTS

2 large boneless, skinless chicken breasts

Salt, pepper and Italian seasoning to taste

1/4 cup red cooking wine (optional)

1 small white onion, sliced

1 green bell pepper, seeded and sliced

1 red bell pepper, seeded and sliced

1 (28-ounce) can crushed tomatoes

DIRECTIONS

Place chicken breasts in the base of the slow cooker and season with Italian seasoning, salt and pepper. Add 1/4 cup red cooking wine (optional) around the chicken.

Add the sliced onion and bell peppers over the top of the chicken.

Pour crushed tomatoes over the top. Add Italian seasoning and a little more salt and pepper.

Set slow cooker on low and cook for 8 hours.

Just before dinner, prepare a side of bread, pasta or rice.

Yield: 4 servings

Ranch Seasoning Chicken and Potato Casserole

This hearty potato dish will leave you full and satisfied. It's an all-in-one meal. Cheesy, meaty and delicious, it brings potatoes to a whole new level!

INGREDIENTS

1 pound boneless, skinless chicken breast, cut into 1/2-inch pieces

3 pounds potatoes, peeled and quartered

1 teaspoon dried parsley

½ teaspoon dried basil

1 teaspoon dill

1 teaspoon garlic powder

1 teaspoon onion powder or minced onion

Salt and pepper

1 cup shredded cheddar cheese

Optional toppings: green onions, chives, sour cream

DIRECTIONS

Heat oven to 400° F. Lightly grease a 9-by-13-inch pan with nonstick cooking spray.

Toss potatoes with chicken breasts, parsley, basil, dill, garlic powder, onion powder, salt and pepper.

Place mixture in prepared pan and bake for 45 minutes until chicken is cooked and potatoes are soft.

Add cheese to pan and bake an additional 5-10 minutes until cheese melts.

Serve warm. Top with green onions, chives and sour cream, if desired.

Yield: 4 servings



Honey-Mustard Chicken

Sweet enough for the kids, sophisticated enough for the adults and easy enough for mom. This recipe is a real keeper! You can skip the suggested vegetables, or add in whichever you prefer.

INGREDIENTS

1.5 lb chicken breast

¼ teaspoon salt

Dash of pepper

4 tablespoons oil

2 Spanish onions, diced

1 red pepper, cut into strips

1 cup fresh string beans

4 tablespoons honey

4 tablespoons mustard

4 tablespoons soy sauce

DIRECTIONS

Cut chicken breast into 2-inch strips and season with salt and pepper.

Heat oil in a large skillet over medium heat. Add onions and cook 5 minutes, or until golden brown.

Add chicken strips and cook for 5 minutes. Add vegetables and cook an additional minute.

Add honey, mustard and soy sauce. Cook 8 minutes, or until sauce reduces and clings to the chicken.

Serve warm over rice.

Yield: 4 servings





Creamy Slow-Cooker Mexican Chicken

This recipe is easy, low-cost and tasty.

INGREDIENTS

2 1/2 pounds boneless, skinless chicken breast

2 (15 ounce) cans black beans, rinsed and drained

2 cups salsa

1 can corn, drained (optional)

8 ounces cream cheese

Cooked rice (optional)

Shredded cheese (optional)

DIRECTIONS

Toss all ingredients into slow cooker. Cook on high for 2 1/2 to 3 hours.

Shred chicken and serve over cooked rice, or use as tortilla wrap filling.

Top with shredded cheese, if desired.

Yield: 6 servings

Sticky Asian Nuggets

These Asian-inspired nuggets will wow your family and have them begging for more. And best of all, they take just six minutes to prepare. 'Nuff said!

INGREDIENTS

1 lb. chicken breast, cubed

½ cup flour

¼ cup honey

1 tablespoon ketchup

1 tablespoon soy sauce

1 tablespoon chili sauce

1 tablespoon teriyaki sauce

1 ¼ teaspoon brown rice vinegar

1 teaspoon sesame oil

1 clove garlic, crushed

DIRECTIONS

Preheat oven to 350° F.

Place flour in a large zipper bag. Add chicken, and shake vigorously to coat.

In a medium bowl, whisk sauce ingredients until smooth.

Place flour-coated nuggets into a 9 x13 pan. Pour sauce over nuggets and toss well, until all nuggets are coated on all sides.

Bake uncovered at 350° F for 15-20 minutes, until cooked through.

Yield: 3-4 servings



Asian-Inspired Slow-Cooker Chicken

Fill the house with the delicious smell of dinner all afternoon long!

INGREDIENTS

1 bag of 5-minute rice

6 chicken thighs

1 tablespoon extra-virgin olive oil

Kosher salt

Freshly ground black pepper

½ cup soy sauce

½ cup ketchup

¼ cup honey

4 cloves garlic, minced

½ oz. freshly chopped ginger

2 tablespoons Sriracha sauce

Juice of 1 lime

Freshly chopped cilantro, for garnish

DIRECTIONS

Heat oil in a large skillet over medium-high heat.

Season chicken thighs with salt and pepper. Sear until golden, 3 minutes per side.

Transfer chicken thighs to slow cooker.

Whisk together soy sauce, ketchup, honey, garlic, ginger, Sriracha, and lime juice. Pour sauce over chicken and toss to combine.

Cover and cook on low for 6 hours or high for 2 hours, until chicken is no longer pink.

Prepare rice according to package directions.

Plate chicken with rice and garnish with cilantro.

Yield: 4 servings



Dinner with a Twist

Butternut Squash Chili

Korean Beef with Rice

Baked Chicken with Ranch and Bacon

Potato Chip-Crusted Halibut

French Meatballs and Spaghetti

Peanut Chicken Satay with Ginger Vinaigrette

Bacon Waffles and Eggs

Fiesta Turkey Burgers

South of the Border Salad

Quinoa with Pan-Roasted Brussels Sprouts



Butternut Squash Chili

Great for a cold night, this chili includes all the protein and vegetables you need to call it a well-rounded meal. Serve with rolls. For added flavor, toast the bread with butter and garlic and serve it as a side of garlic bread.

INGREDIENTS

1 1/2 pounds ground beef

1 onion, diced

1 butternut squash, diced

1 pound carrots, sliced

2 (15-ounce) cans diced tomatoes

1 (15-ounce) can black, red or pinto beans, drained and rinsed

2 tablespoons chili powder

1 teaspoon garlic powder

Salt and pepper to taste

8 homemade or store-bought rolls

DIRECTIONS

Brown ground beef along with diced onion in a large saucepan.

Drain and then return to the pot.

Add squash, carrots, diced tomatoes with juices, black beans and about 4-5 cups of water (add more or less depending on how thick you want it to be).

Stir in chili and garlic powder.

Bring to a rolling boil, then reduce heat to simmer for 20-30 more minutes, or until the squash cubes are soft.

Season with salt, pepper and crushed red pepper (optional).

Yield: 8 servings





Korean Beef with Rice

A complete dinner in just 15 minutes – and it's delicious too!

INGREDIENTS

1 bag of 5-minute rice

1 pound ground beef

1 cup beef stock

¼ cup soy sauce

3 tablespoons sesame oil

1 tablespoon minced onion

1 teaspoon garlic powder

¾ teaspoon ground ginger

¼ teaspoon salt

¼ teaspoon pepper

1 teaspoon cornstarch dissolved in a tablespoon of water

DIRECTIONS

Cook rice according to package directions.

In a large skillet, brown and drain the ground beef.

In a small bowl, whisk together all remaining ingredients except cornstarch.

Pour sauce over the browned ground beef. Reduce heat to medium-low and sauté for 6 minutes.

Dissolve cornstarch in a tablespoon of water and swirl it into the meat mixture. Simmer for several minutes until the sauce thickens.

Serve over rice.

Yield: 4 servings

Baked Chicken with Ranch and Bacon

This is going to be your new favorite dinner. Seriously. Think chicken. And bacon. And top that with oozing cheese. This is completely addictive. Consider yourself warned!

INGREDIENTS

4 small boneless, skinless chicken breasts
1 cup ranch dressing
8 slices bacon
2 cups shredded cheddar cheese

DIRECTIONS

Preheat oven to 400° F.
Place chicken breasts into a 9 x 13 baking dish.
Drizzle ranch dressing directly onto the chicken, then add two strips of bacon to cover the chicken.
Bake 40 minutes, or until chicken is cooked through.
Add shredded cheese and bake another 10 minutes, or until cheese is melted.
Tip: This dish pairs well with warmed dinner rolls and fresh garden salad.

Yield: 4 servings



Potato Chip-Crusted Halibut

Bring “Fish n’ Chips” to a whole new level with this fun and easy dinner!

INGREDIENTS

Cooking spray

1/4 cup sour cream

2 tablespoons finely chopped fresh flat-leaf parsley, plus more for garnish

2 garlic cloves, finely chopped

1 tablespoon lemon zest

6 (6-oz.) halibut fillets

Kosher salt

Freshly ground black pepper

1 cup salted potato chips, finely crushed

Lemon wedges, for serving

DIRECTIONS

Preheat oven to 425°F.

Set a wire rack in a baking sheet; lightly grease rack.

In a medium-sized bowl, stir sour cream, parsley, garlic and lemon zest.

Season both sides of fish with salt and pepper to taste. Arrange fish on prepared rack.

Spread sour cream mixture on top of fish, dividing evenly. Top with crushed chips, pressing lightly to adhere.

Bake until chips are golden brown and fish flakes easily with a fork, approximately 20 minutes.

Garnish with parsley and serve with lemon wedges.

Tip: To up the “fun factor” on this dish, experiment with different-flavored chips.

Yield: 6 servings





French Meatballs and Spaghetti

Shake up the old-hat meatballs and spaghetti with this French-inspired twist!

INGREDIENTS

1 pound spaghetti

1 pound ground beef or turkey

1 egg

1 slice white bread, soaked in water and squeezed well

2 ½ tablespoons ketchup

1 clove garlic, minced

Freshly ground black pepper

4 tablespoons white vinegar

¾ cup brown sugar

1 ½ tablespoons soy sauce

½ 20-oz. can pineapple tidbits, with juice

1 tablespoon cornstarch dissolved in 3 tablespoons water

Oil, for frying

DIRECTIONS

In a large stock pot, heat water for pasta.

Meanwhile, in a medium-sized bowl, combine ground meat, egg, bread, ketchup and garlic. Season to taste with black pepper.

Heat oil in a large skillet over medium-high heat.

Form mixture into balls and fry for several minutes, until browned on all sides.

In a medium-sized saucepan, bring vinegar, brown sugar, soy sauce and pineapple to boil. Stir in dissolved cornstarch and cook over medium heat until sauce thickens.

Add meatballs and cook for 30 minutes.

While meatballs are cooking, cook and drain the spaghetti.

Yield: 5 servings

Peanut Chicken Satay with Ginger Vinaigrette

How about something different for dinner tonight that's still easy on the budget?

INGREDIENTS

1 lb. chicken breast, cut
into thin strips
4 flour tortillas

For the marinade

1 tablespoon peanut
butter
3 tablespoons soy sauce
2 tablespoons sesame oil
1 clove garlic, crushed
 $\frac{3}{4}$ teaspoon curry powder

For the vinaigrette

2 cloves garlic
 $\frac{3}{4}$ tablespoon fresh
ginger
2 green onions
2 tablespoons soy sauce
2 tablespoons sesame oil
2 tablespoons honey
4 tablespoons extra-
virgin olive oil

DIRECTIONS

In a small bowl, whisk marinade ingredients until smooth. Marinate chicken in the mixture and refrigerate for a minimum of two hours or up to two days.

In a food processor or with a hand blender, blend all vinaigrette ingredients.

When ready to use chicken, remove from marinade and discard marinade.

Heat a grill pan over a medium-high heat and cook chicken strips for 3 minutes a side or until cooked through.

Fill each tortilla with chicken satay and dip into vinaigrette.

Tip: You can stuff some rice into the tortillas along with chicken for an even more filling meal!

Yield: 4 servings



Bacon Waffles and Eggs

Move over, breakfast! It's waffles, bacon and eggs for dinner!



INGREDIENTS

4 slices bacon

1 cup all-purpose flour

1 ¼ teaspoon baking soda

1 ¼ teaspoon baking powder

Kosher salt

Freshly ground black pepper

5 large eggs, divided

1 cup buttermilk

3 tablespoons butter, melted and divided

¾ cup grated sharp cheddar cheese

DIRECTIONS

Cook bacon in a large skillet over medium-high heat until crisp and brown, about 8 minutes.

Transfer bacon to a paper towel-lined plate to drain and then chop. Pour out bacon grease from the pan, reserving 1 tablespoon. In a small bowl, whisk together flour, baking soda, and baking powder; season with salt and pepper.

In a medium bowl, whisk together 1 egg, buttermilk and 1 tablespoon butter.

Add dry ingredients to wet ingredients, whisking until smooth. Add bacon and cheddar to the batter.

Heat a waffle maker and brush with melted butter. Cook waffles in batches until golden.

Heat skillet with the reserved bacon grease over medium-high heat and cook remaining 4 eggs until whites are set. Season with salt and pepper.

Serve waffles with an egg on top.

Yield: 4 servings



Fiesta Turkey Burgers

Sometimes, grilling up burgers and hot dogs can start getting old. Give your next BBQ a fresh twist with these fantastic turkey burgers.

Note: If you cannot find ground white meat or dark meat turkey, standard ground turkey can be substituted.

INGREDIENTS

1 lb. ground white-meat turkey

1 lb. ground dark-meat turkey

1 tablespoon lime juice

1 teaspoon fine sea salt

½ teaspoon freshly ground black pepper

¼ teaspoon ground cumin

1 teaspoon ground oregano

1 teaspoon garlic powder

6 hamburger buns

1 red onion, sliced thinly

1 avocado, peeled, pitted, and thinly sliced

½ cup medium or hot salsa

DIRECTIONS

In a medium-sized bowl, combine white-meat turkey, dark-meat turkey, lime juice, salt, pepper, cumin, oregano and garlic powder. Divide the meat into six equal portions and form into patties. Heat the grill to 375° F and grill burgers 5-7 minutes on each side. After you remove the burgers from the grill, place the buns on the grill cut-side down. They will toast and pick up awesome flavor this way. Assemble burgers: Place a few slices of red onion on the bottom bun. Top with turkey burger, add a few slices of avocado and a dollop of salsa before closing with the top bun.

Yield: 6 servings

South of the Border Salad

Bring the unique flavors of Latin America into your home with this supremely delectable salad. A full meal that both adults and kids will love, this spicy salad is just what you need to warm you up on those cold winter nights.

INGREDIENTS

For the Salad

1 lb. ground beef, turkey or chicken
 2 tablespoons canola oil
 Salt, to taste
 1 head of romaine lettuce, cut into bite-sized pieces
 1 box cherry tomatoes, halved
 ¼ cup sliced green olives
 ¼ cup sliced black olives

½ 15-oz can corn
 ½ 15-oz can black beans (optional)
 ½ 15-oz can hearts of palm
 Plain or flavored taco chips, crushed coarsely

For the Dressing

4 tablespoons mayonnaise
 1 12-oz jar medium or hot salsa
 Salt and pepper to taste

DIRECTIONS

Heat two tablespoons of oil in a medium-sized saucepan. Add chicken, turkey or beef and brown over medium-high heat for about 10 minutes, breaking into small pieces.

Combine lettuce with other salad ingredients.

Whisk dressing ingredients together and pour over salad, mixing well.

Top with crumbled meat and crushed taco chips.

Yield: 4 servings



Quinoa with Pan-Roasted Brussels Sprouts

This meal has a grain, a vegetable and a protein ... all in one dish.

INGREDIENTS

1 cup uncooked quinoa

1 tablespoon olive oil

1 pound Brussels sprouts, stemmed and halved

2 lemons

6 strips bacon, cooked crispy and crumbled

2 tablespoons minced onion, or 1 small white onion, finely chopped

2 teaspoons pepper

Salt to taste

DIRECTIONS

Combine quinoa with 2 cups water. Bring to boil and lower the temperature, simmering until all water is absorbed (around 20 minutes). Heat olive oil in a large skillet. Add Brussels sprouts, any stray leaves, bacon and onion.

Squeeze lemon juice onto vegetables and sauté 5-7 minutes over medium-high heat until sprouts have turned bright green and begun to brown slightly. Remove from heat.

Stir in pepper and salt to taste.

Toss Brussels sprouts mixture with the quinoa.

Serve warm.

Yield: 4 servings



Just for Kids (& Kids at Heart)

Gourmet Grilled Cheese

Tater Tot Lasagna

Award Winning Batter-Dipped Chicken Fingers

Pastrami Pizza

BLTs with Bacon Mayonnaise





Gourmet Grilled Cheese

There's nothing a kid needs more after a long school day than an attentive parent and some good comfort food. Help your child settle into the new school year with this all-time favorite. The artisan bread lends a depth of flavor to an old classic and will have both kids and adults begging for more.

INGREDIENTS

1 large onion, thinly sliced

8 oz. white mushrooms, diced

2 tablespoons olive oil

8 slices caraway rye bread

8 deli slices Havarti or Gouda cheese

2-4 tablespoons butter

DIRECTIONS

Heat a large skillet over a medium-high flame. Add olive oil and heat.

Add onions and cook, stirring often until translucent.

Add mushrooms and continue sauteing until onions have caramelized and mushrooms have cooked through. Transfer to a plate to cool slightly.

To assemble sandwiches, layer mushroom mixture with the cheese between two slices of bread.

Return skillet to stove over a medium flame and melt 1 tablespoon of butter.

Place 2 sandwiches in pan and fry a few minutes on each side, until bread browns and cheese has melted. Add butter to the pan in between sandwiches as needed.

Serve hot.

Yield: 4 servings

Tater Tot Lasagna

This awesome twist on an old favorite will have everybody reaching for seconds!

INGREDIENTS

1 pound ground beef, chicken or turkey

1 ½ teaspoon garlic powder

1 24-oz jar marinara sauce

1 cup water

2 cups shredded mozzarella cheese, divided

½ cup grated Parmesan, divided

1 15-oz container low-fat ricotta cheese

1 egg, beaten

1 bag frozen tater tots

DIRECTIONS

Preheat oven to 350° F.

In a large skillet, brown and crumble the ground meat over medium-high heat. Sprinkle garlic powder and mix into the meat.

When meat is browned, drain and return to skillet.

Add marinara sauce and then add the water to the skillet. Stir until combined, then turn off burner.

In a large mixing bowl, combine 1 cup mozzarella, ¼ cup grated parmesan, all the ricotta and the beaten egg.

Pour enough of the meat mixture sauce to lightly coat the bottom of a 13 X 9 pan. Top with a layer of tater tots, then the ricotta mixture, and a layer of meat sauce. Cover with another layer of tots, add more meat sauce, then sprinkle remaining mozzarella and Parmesan cheese.

Bake 45 minutes, or until cheese has melted and tots are lightly browned.

Yield: 12 servings



Award-Winning Battered Chicken with Dipping Sauce

Feed your inner child with these awesome, fun-to-eat chicken fingers!

INGREDIENTS

1.5 lbs. chicken breast, cleaned, and cut into “fingers”

Batter

1 cup all-purpose flour

½ teaspoon baking powder

1 teaspoon salt

1 tablespoon sweet paprika

½ cup water

2 eggs

Oil, for frying

Dipping Sauce

2 tablespoons white vinegar

2 tablespoons ketchup

2 tablespoons brown sugar

¼ cup water

2 teaspoons lemon juice

¼ cup sugar

¾ tablespoon cornstarch dissolved in 1 tablespoon water

DIRECTIONS

In a large bowl, whisk flour, baking powder, salt and paprika until combined. Add water and eggs. Mix until it forms a batter. Dredge chicken fingers in the batter.

In a medium-large pot, heat two inches of oil to 350° F.

Fry chicken fingers until golden-brown on both sides, for no more than 5 minutes total. Depending upon size of your pot, you may need to do this in several batches.

Drain chicken fingers on a paper towel-lined plate.

In a small saucepan, bring all dipping sauce ingredients, except for cornstarch mixture, to a simmer, stirring constantly until smooth.

Add cornstarch mixture and stir until sauce slightly thickens.

Serve chicken fingers immediately, alongside dipping sauce.

Yield: 5 servings





Pastrami Pizza

Bring your pizza dinner up a notch with this homemade treat that's an instant favorite with kids and adults alike!

INGREDIENTS

1 package ready-made pizza dough

12 oz. sliced deli pastrami, cut into long, thin strips

2 Spanish onions, diced

1 cup mayonnaise

2 cloves garlic, minced

½ teaspoon black pepper

1 teaspoon sugar

½ teaspoon mustard

3 medium-sized sour pickles, finely diced (optional)

¼ cup hickory-flavored barbecue sauce, for drizzling

Oil, for sautéing

DIRECTIONS

Heat 3 tablespoons oil in a large skillet, over medium-high heat. Sauté diced onions for 5 minutes, or until golden (Tip: to achieve perfectly golden onions, it's best to keep flame on high for the first 5 minutes, and then lower to medium-low heat).

Add pastrami strips and sauté for an additional 5 minutes.

In a small bowl, whisk together mayonnaise, garlic, black pepper, sugar, mustard and pickles.

Preheat oven to 350° F.

Spread a thin layer of the mayonnaise mixture over the pizza crust, then top with pastrami mixture. Drizzle with barbecue sauce.

Bake for 25 minutes.

Tip: If you're left with more mayonnaise mixture than you can use, add 2 tbsp of water and 1 tsp of sugar for a delicious salad dressing. Makes a wonderful, healthy side to round out your dinner!

Tip: You can swap the pastrami for pepperoni slices or your favorite deli meat.

Yield: 4 servings

BLTs with Bacon Mayonnaise

Quick, easy and a real family favorite!

INGREDIENTS

1/2 cup mayonnaise
1/2 cup chopped bacon or bacon bits
4 slices bread, toasted
Handful of spinach leaves
2 tomatoes, sliced
8 slices bacon, cooked
Salt and pepper

DIRECTIONS

Combine mayonnaise and bacon bits.
Spread each slice of toast with bacon mayonnaise.
Layer spinach leaves, tomato slices and bacon slices.
Season with salt and pepper, if desired.
Note: The mayonnaise will be even better if you mix it up the day before to let the bacon flavor permeate.

Yield: 4 servings

