

# -- Spencer's Weekly Recipes --



## Buffalo Chicken Stuffed Peppers

- 3 large bell peppers – any color, cut in half lengthwise and seeds removed
- 4 cups cooked shredded chicken – a rotisserie chicken will be about the perfect amount of chicken
- 1 cup mayonnaise
- 1/2 cup hot sauce or buffalo sauce – I love Frank's red hot
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 2 TBS nutritional yeast (optional)
- 1 bunch of green onions, white and light green parts thinly sliced
- Ranch for garnish (optional)

### Instructions

1. Preheat the oven to 400 degrees.
2. Arrange cut and de-seeded bell peppers in a lightly greased large skillet or baking dish, cut side up.
3. In a large bowl combine pre-cooked shredded chicken, mayonnaise, hot sauce, garlic powder, onion powder, salt, black pepper, nutritional yeast, and green onions. Mix to thoroughly combine.
4. Fill prepared peppers with the buffalo chicken mixture – making sure to pack it in.
5. Cover baking dish and bake stuffed peppers for 30 minutes. Remove foil and bake another 20 minutes – until peppers are tender and the stuffing is bubbling and slightly browned.
6. Top with a drizzle of ranch dressing, thinly sliced green onion, and fresh herbs if desired and serve!

[Buffalo Chicken Stuffed Peppers - Whole30, Paleo, GF, Low Carb \(nyssaskitchen.com\)](#)

## Quinoa Enchilada Casserole

- 1 cup quinoa
- 1 10oz enchilada sauce
- 1 4.5-oz can chopped green chiles, drained
- 1/2 cup corn kernels, *frozen, canned or roasted*
- 1/2 cup canned black beans, *drained and rinsed*
- 2 tbs. chopped fresh cilantro leaves
- 1/2 tsp cumin
- 1/2 tsp chili powder
- Kosher salt and freshly ground black pepper, *to taste*
- 3/4 cup shredded cheddar cheese, *divided*
- 3/4 cup shredded mozzarella cheese, *divided*
- 1 avocado, *diced*
- 1 Roma tomato, *diced*



### Instructions

- In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
- Preheat oven to 375 degrees F. Lightly oil an 8x8" or 2-quart baking dish or coat with nonstick spray.
- In a large bowl, combine quinoa, enchilada sauce, green chiles, corn, black beans, cilantro, cumin, and chili powder; season with salt and pepper, to taste. Stir in 1/2 cup cheddar cheese and 1/2 cup mozzarella cheese.
- Spread quinoa mixture into the prepared baking dish. Top with remaining cheeses. Place into oven and bake until bubbly and cheeses have melted, about 15 minutes.
- Serve immediately, garnished with avocado and tomato, if desired.

[Quinoa Enchilada Casserole - Damn Delicious](#)



## Peach Crumble Bars

### Crust and Crumbles

- 1 cup all-purpose flour
- 1 cup and 1/3 cup rolled oats
- 3/4 cup granulated sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon salt (optional)
- 2/3 cup unsalted butter, melted and cooled

### Peach filling

- 2 cups peaches, peeled and cut into small pieces\*
- 2 tablespoons granulated sugar
- 2 teaspoons cornstarch
- 1 teaspoon fresh lemon juice
- 1 teaspoon almond extract

### Instructions

1. Preheat the oven to 350°F. Grease 8 in. square dish and line the bottom and sides with parchment paper, about 2 in. of overhang on each side.
2. Chop the peaches into almost 1/2 -1 inch pieces. First, mix peaches with lemon juice and then with almond extract. Next, toss with cornstarch and sugar. Set aside.
3. Mix the flour, rolled oats, sugar, cinnamon, salt (if using) well in a medium bowl. Then add melted butter and stir with a spoon or spatula.
4. Place 2/3 of the mixture into an oven-proof dish that is lined with parchment paper. Use your hands or a spoon to spread the mixture evenly.
5. Next, cover the crust with the peach mixture but leave the excess liquid in the bowl. You may want to use this liquid later if there is too much left.
6. Sprinkle remaining dough over peaches. Press crumbles into peaches.
7. Bake for 33-35 min until top becomes golden brown and the crumbles are crunchy. Let it cool at room temperature for almost 1 hr. Then keep in the fridge for extra 1.5 hours until it is cooled so you can have nicely cut bars.

[Peach Crumble Bars - Pastry & Beyond \(pastryandbeyond.com\)](#)



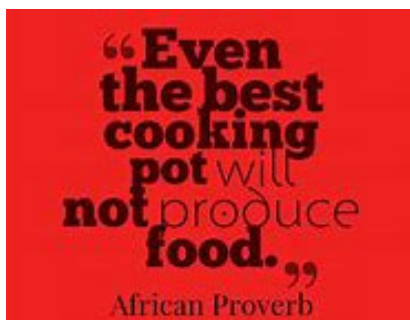
## Potato and Sausage Soup

- 1 onion diced
- 1 tablespoon butter
- ½ pound smoked sausage sliced
- 3 cloves garlic minced
- 1 stalk celery chopped
- 1 carrot chopped
- 1 large potato peeled and diced
- 3 cups cabbage chopped
- 4 cups low sodium beef broth
- 2 cups water
- 1 bay leaf
- 1 teaspoon Italian seasoning
- 1/2 teaspoon dried dill
- 15 ounces diced tomatoes with juice
- 1-2 tablespoons cornstarch

### Instructions

1. Cook onion, butter, garlic, celery, and sausage in a soup pot until onion is tender, about 5 min.
2. Add potatoes, carrot, cabbage, broth, water, bay leaf and seasonings. Simmer uncovered 15 min. or until potatoes are tender.
3. Stir in tomatoes with juices and cornstarch and simmer 10 min. more.
4. Discard bay leaf and season with salt & pepper to taste. Serve with sour cream if desired.

[Potato and Sausage Soup {Loaded with Veggies!} - Spend With Pennies](#)



## Blueberry Peach Feta Salad

- 1-pint fresh blueberries
- 2 peaches, diced
- 2 Persian cucumbers, sliced
- 1/2 cup crumbled feta
- 3 tablespoons fresh lemon juice
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 tablespoon finely chopped basil
- Kosher salt and fresh ground black pepper to taste



### Instructions

1. In a large serving bowl combine the blueberries, peaches, cucumbers, and feta.
2. In a jar with a lid or measuring cup combine the lemon juice, dijon, honey, olive oil, basil, salt and pepper. Shake or whisk together the vinaigrette until well combined.
3. Pour the vinaigrette over the salad and gently mix everything together. Taste for seasoning and garnish with extra basil. Serve or cover and refrigerate the salad until ready to serve.

[Blueberry Peach Feta Salad - Recipe Runner](#)



## Cheesy Bacon BBQ Chicken Bake

- 2 lbs boneless, skinless chicken breast 3-4 chicken breasts
- 1 sweet yellow onion
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/3 cup BBQ sauce
- 1/2 cup cheddar cheese
- Toppings (optional)**
- 1/4 cup crumbled bacon
- 2 tbsp chopped green onions

### Instructions

1. Preheat the oven to 400°F.
2. Thinly slice the onion and place it in the bottom of a casserole dish.
3. Combine the salt, pepper, garlic powder, and onion powder and season both sides of the chicken. Lay the chicken on top of the onions.
4. Spread the BBQ sauce equally over each chicken breast. Sprinkle cheese over the top of the dish.
5. Cover and bake covered for 25 min., then uncovered for an additional 15-20 min. or until chicken is cooked through (165°F internal temperature.)
6. Top with crispy crumbled bacon and green onions. Enjoy! [Cheesy Bacon BBQ Chicken Bake · Easy Family Recipes](#)