

30 Minute Meals



Bacon and Brussels Sprout Penne



- 1 lb. penne pasta
- 6 slice bacon
- 12 oz. Brussels sprouts
- ½ tsp. salt
- ½ tsp. pepper
- 2 medium shallots
- ½ c. golden raisins
- ½ c. dry white wine

Directions

1. Cook penne pasta as label directs, reserving 1/2 cup pasta water before draining.
2. Meanwhile, in 5-quart saucepot, cook chopped bacon on medium-high 5 min. or until crisp, stirring. Transfer bacon to plate.
3. Add Brussels sprouts to fat in skillet, along with salt and pepper. Cover and cook 5 min. (do not stir). Reduce heat to medium. Add shallots and golden raisins. Cook 2 min., stirring occasionally. Add white wine; cook 2 min., scraping up browned bits. To sprouts, add bacon, cooked pasta and reserved pasta water.

<http://www.countryliving.com/food-drinks/recipes/a25385/bacon-brussels-sprout-penne-recipe-ghk0315/>



30 Minute Skillet Chicken Caprese

This is the perfect weeknight meal. It's quick, easy and delicious!

- 1 ½ tsp. herbes de provence
- ½ tsp. garlic powder
- ½ tsp. paprika
- ⅛ tsp. cayenne pepper
- ½ tsp. salt
- ¼ tsp. black pepper
- 3 chicken breasts (boneless, skinless)
- 2 tbsp. olive oil
- 3 thick slices mozzarella cheese
- 1 c. cherry tomatoes*
- ¼ c. basil leaves, chiffonade
- 2 tbsp. quality aged balsamic vinegar



Directions

1. Preheat oven to 400°.
2. In a small prep bowl, combine Herbes de Provence, garlic powder, paprika, cayenne pepper, salt and black pepper. Season the chicken breasts on both sides.
3. Set a large oven-proof skillet over medium-high heat. Add the olive oil. When the oil is hot, add the chicken and sear on both sides until golden brown, about 3 minutes on each side.
4. Place skillet into preheated oven and bake until the chicken reaches an internal temperature of 165°, about 20-22 minutes. Remove from the oven and top the chicken breasts with cheese, return to oven and broil 2-3 minutes or until melty. Remove and top with tomatoes and basil, drizzle with balsamic vinegar and serve immediately.

Notes: You can also use any other kind of tomato, just slice it thinly and place it over the cheese.
<http://lifemadesimplebakes.com/2015/08/30-minute-skillet-chicken-caprese/>

ASIAN SALMON IN FOIL

The best and easiest way to make salmon in foil – and you won't believe how much flavor is packed right in!



- 1/4 cup honey
- 3 cloves garlic, minced
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon freshly grated ginger
- 1 teaspoon Sriracha, optional
- Freshly ground black pepper, to taste
- 2 pounds salmon
- 2 green onions, thinly sliced
- 1/2 teaspoon sesame seeds

DIRECTIONS:

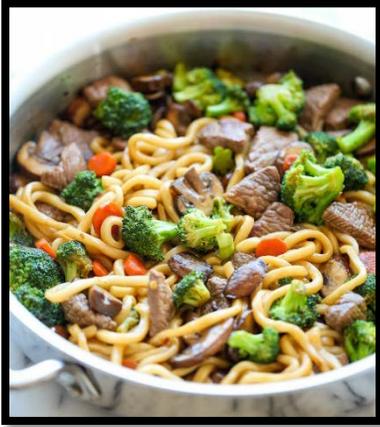
--Preheat oven to 375 degrees F. Line a baking sheet with foil.
In a small bowl, whisk together honey, garlic, soy sauce, rice vinegar, sesame oil, ginger, Sriracha and pepper, to taste.
--Place salmon onto the prepared baking sheet and fold up all 4 sides of the foil. Spoon the honey mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
--Place into oven and bake until cooked through, about 15-20 min.* Open the packet and broil for 2-3 min., or until caramelized and slightly charred.
--Serve immediately, garnished with green onions and sesame seeds, if desired.
Serves 4.

*Baking time may need to be adjusted depending on the thickness of the salmon.
<http://damndelicious.net/2014/12/19/asian-salmon-foil/>

Kitchen Tip: Hook a plastic bag around the faucet head in your kitchen sink then peel potatoes, slice off melon rinds, etc. straight into the bag for easy cleanup.



BEEF NOODLE STIR FRY



The easiest stir fry ever! And you can add in your favorite veggies, making this to be the perfect clean-out-the-fridge type meal!

- 2 (7-oz.) refrigerated udon noodles, seasoning sauce packets discarded
- 1 tablespoon olive oil
- 8 oz. beef top sirloin filet, thinly sliced across the grain
- 8 oz. cremini mushrooms, sliced
- 6 oz. broccoli florets
- 2 carrots, diced

FOR THE SAUCE:

- 1/3 cup reduced sodium soy sauce
- 3 tbsp. oyster sauce
- 1 tbsp. brown sugar, packed
- 1 tbsp. freshly grated ginger
- 2 cloves garlic, pressed
- 1 tsp. sesame oil
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. ground black pepper

DIRECTIONS:

1. In a small bowl, whisk together soy sauce, oyster sauce, brown sugar, ginger, garlic, sesame oil, red pepper flake and ground black pepper; set aside.
2. In a large pot of boiling water, cook udon noodles according to package instructions; drain well.
3. Heat olive oil in a large skillet over medium high heat. Add beef and cook, flipping once, until browned, about 3-4 min.; set aside.
4. Stir in mushrooms, broccoli and carrots to the skillet. Cook, stirring frequently, until tender, about 3-4 min. Stir in udon noodles, beef and soy sauce mixture until well combined, about 2-3 min.
5. Serve immediately.

<http://damndelicious.net/2014/11/28/beef-noodle-stir-fry/>

Success Recipe: 2 cups faith, 2 cups love, 1 cup hard work, 1 cup persistence, 1 tsp vision and a dash of swagger.

EASY SHRIMP AND BROCCOLI STIR FRY

- 1 tbsp. olive oil
- 1 1/2 lb. medium shrimp, peeled and deveined
- 24 oz. broccoli florets*
- 1 tsp. sesame seeds
- 1 green onion, thinly sliced

SAUCE:

- 3 tbsp. reduced sodium soy sauce
- 2 tbsp. oyster sauce
- 1 tbsp. tablespoon rice wine vinegar
- 1 tbsp. brown sugar, packed
- 1 tbsp. freshly grated ginger
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 1 tsp. cornstarch
- 1 tsp. Sriracha, optional



DIRECTIONS:

1. In a small bowl, whisk together soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil, cornstarch and Sriracha; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes. Add broccoli, and cook, stirring frequently, until tender, about 2-3 minutes.
3. Stir in soy sauce mixture until well combined and slightly thickened, about 1-2 minutes.
4. Serve immediately, garnished with sesame seeds and green onion, if desired.

*24 ounces broccoli florets is equal to about 5 cups.

<http://damndelicious.net/2015/01/16/easy-shrimp-broccoli-stir-fry/>

Sun Dried Tomato Chicken Florentine Pasta



- 8 oz. ziti or other pasta
- 1 tbsp. butter
- 1 lb. chicken, cut into bite sized pieces
- 1 tbsp. all-purpose seasoning mix for the chicken
- 1/4 tsp. cayenne
- 1 7-oz. jar sun dried tomatoes, drained
- 3 cloves garlic
- 1/2 cup half and half
- 1 1/2 cups whole milk
- 1/2 cup chicken broth
- 1 1/2 cups Mozzarella cheese
- 1/2 tsp. salt
- 2 cups spinach

Instructions

1. Cook the pasta according to package directions. Drain and set aside.
2. Heat the butter in a skillet over medium high heat. Add the chicken and sprinkle with the seasoning and the cayenne. Sauté until the chicken is cooked through.
3. Drain the oil from the sun dried tomatoes. Chop into smaller pieces if you want. Add them to the pan with the garlic and sauté for a few minutes, until fragrant. You will probably still get some of the oil from the sun dried tomatoes - that's okay.
4. Add the half and half, milk, chicken broth, and Mozzarella cheese. Stir until the sauce is smooth and bubbly and the cheese is melted. It should start to thicken up slightly.
5. Stir in the cooked pasta and spinach - the spinach will start to cook down almost immediately. If needed, add extra water or broth or milk to the sauce to thin it out, or add more cheese to thicken slightly. Serves 6.

<http://pinchofyum.com/sun-dried-tomato-chicken-florentine-pasta>

