

Skillet Cooking

Discover the Amazing Tastes of Frying
with an Easy Skillet Cookbook

By
BookSumo Press
All rights reserved

Published by
<http://www.booksumo.com>



Table of Contents

Potatoes Cheese Enchiladas 7

Italian Worcestershire Soup 8

Meatballs Stew 9

Simply Fried Bread 10

Junka 11

Ramen Coleslaw 12

Ramen Lunch Box Salad 13

Lebanese Radish Salad 14

Khoresh Fesenjan 15

Beale Street Sloppy Joes 16

How to Make Collard Greens 17

North African Style Carrots 18

Tomato Based Chicken and Chickpeas 19

Chives and Ginger Ramen 20

Homemade Chinese Hot and Sour 21

Algerian Honey Puff Pastry 22

Lamb Batna 23

Carrot, Cabbage, and Chicken Skillet 24

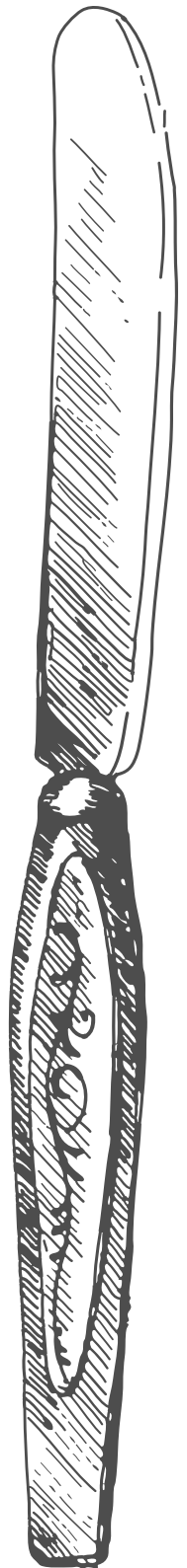
Cashew Chicken Breasts Stir Fry 25

Ramen Chicken Stir Fry 26

Scallion Mushroom Chicken Stir Fry 27

Lover's Brussel Sprouts 28

Thai Style Brussel Sprouts	29
Moroccan Fava Bean Skillet	30
3-Bean Soup in Manitoba	31
Tijuana Ground Beef	32
Dry Mustard Topping for Corned Beef	33
Stewed Cocktail Soup	34
Flavored Scallop Bites	35
Hot Chickpea Salad	36
Tunisian Kitchen Fava Beans	37
30-Minute Mushroom Rotini	38
Italian Seasoned Buttons	39
Country White Rice	40
Beef Stroganoff	41
Seattle Toast	43
Black Tea Chickpeas	44
South Indian Style Long Grain Rice	45
Mushroom Mascarpone and Scallops	46
Seattle Paella	47
Tropical Fruit Skillet Scallops	48
Scallops Forever	49
Malay Spinach Stir Fry	50
Apple & Carrot Stir Fry	51
Peppery Cayenne Tuna	52





April's Paprika Scallops 53

Ramen Green Bean Stir Fry 54

Shoyu Ramen 55

Cast Iron Breakfast Hash 56

Mexican Skillet 57

Broccoli Stir Fry 101 58

Squash & Bell Stir Fry 59

Hot Tofu Wraps 60

Bangkok Meets Morocco Wraps 61

Fruity Tofu Skillet 62

Curried Honey and Pear Skillet 63

Tropical Bean Stir Fry 64

Colorful Bell Stir Fry 65

Alexandria Rice Casserole 66

Lentil and Za'atar Tagine 67

Chipotle Coleslaw I 68

New Mexican Stew 69

Brown Glazed Carrots 70

Coconut Cod Stew 71

Tomato Soup in the Tropics 72

Creole Penne 73

Caribbean Coconut Curry 74

Bangkok City Curry 75

Easy Guyanese Potato Curry 76
Jakarta Inspired Curry 77
Black Bean Casserole 78
5-Ingredient Quesadillas 79
Tampico Steak 80
Chicken & Rice in Mexico 81
Bacon & Turkey Panini Sandwiches with Chipotle Mayo 82
Chipotle Veggies & Black-Eyed Peas 83
Red Bell Brussel Sprouts 84
Hot Bunny Sprouts 85
Balsamic Apple Brussels Sprouts 86
Oniony Sprouts 87
Couscous Ghardaia 88
Algerian Fries 89
Arabic Style Chicken 90
Chicken Chowder for Champions 91
Bengali Style Salmon 92
Curry Russets Indian Style 93
Cambodian Tri-Tip Stir Fry 94
Cambodian Lemongrass Spice Paste Skillet 95
Croquettes Japanese Style 96
Noodles & Shrimp Asian Style 97
Catalina's Spicy Wontons 98



Hot Ginger Wontons 99

Weeknight Dinner 100

Atlanta Deli Sandwiches 101

Fried Tulingan 102

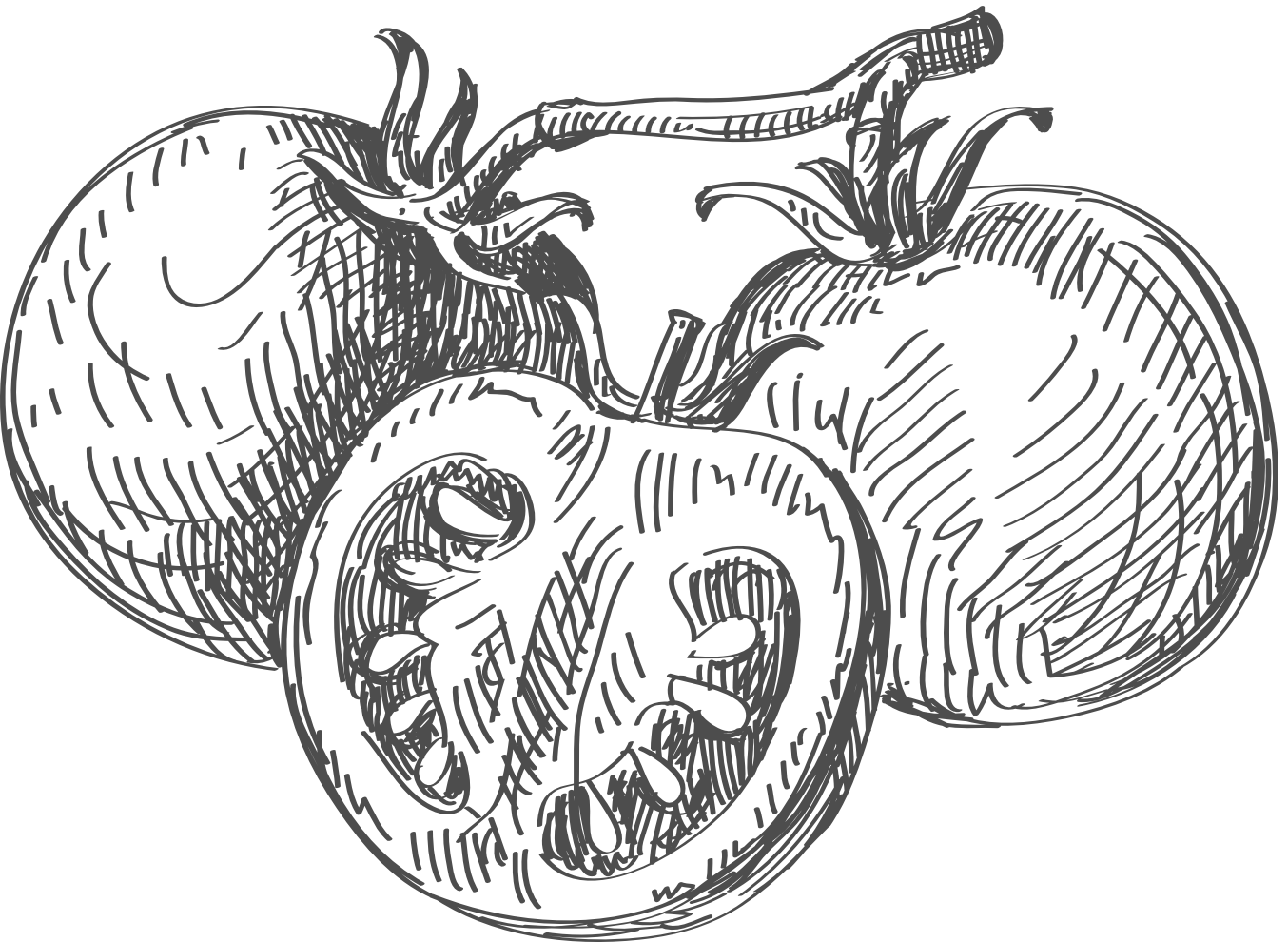
Fried Rice for Thursday Nights 103

Allspice Sweet Quinces Stew 104

Lamb Stew with Turkish Baharat 105

Easy Peasy Chickpea Falafels 106

Chicken Tunis 107



Potatoes

Cheese Enchiladas



Prep Time: 20 mins

Total Time: 40 mins

Servings per Recipe: 12

Calories 358 kcal

Fat 11.9 g

Carbohydrates 53g

Protein 10.8 g

Cholesterol 15 mg

Sodium 728 mg

Ingredients

- | | |
|------------------------------------------------------------------|---------------------------------------------|
| 3 tbsp vegetable oil | 1 (8 oz.) can sweet peas, drained |
| 6 potatoes, peeled and shredded | 1 (8.75 oz.) can whole kernel corn, drained |
| 1 (8 oz.) package processed cheese, melted | 12 (8 inch) flour tortillas |
| 2 (10 oz.) cans diced tomatoes with green chili peppers, drained | |

Directions

1. In a large heavy skillet, heat oil on medium heat and cook the shredded potatoes till golden brown from both sides.
2. In a small bowl mix together the melted processed cheese, diced tomatoes and chilis.
3. Stir in half of the peas and half of the corn and mash them into the hash browns.
4. Add the remaining peas and corn and mash till well combined.
5. Stir in about 1 C. of the cheese and tomato mixture and mix well and cook for about 10 minutes.
6. Place the potato mixture into the tortillas and roll like a burrito and smother with the cheese/tomato mixture.

ITALIAN Worcestershire Soup



Prep Time: 15 mins

Total Time: 7 hrs 25 mins

Servings per Recipe: 6

Calories 264 kcal

Fat 7.9 g

Carbohydrates 30.5g

Protein 118 g

Cholesterol 34 mg

Sodium 1504 mg

Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 green bell pepper, diced
- 3 stalks celery, diced
- 1 (29 oz.) can Italian -style stewed tomatoes, drained
- 1 (15 oz.) can mixed vegetables, drained
- 2 quarts beef broth
- 3 tbsp soy sauce
- 2 tbsp Worcestershire sauce
- 3/4 tsp paprika
- Salt and pepper to taste
- 6 oz. dry fusilli pasta

Directions

1. Place a large skillet over medium heat. Add the beef with garlic, onion, and green bell pepper. Those for 6 min. discard the grease.
2. Place the mix into a greased slow cooker with the rest of the ingredients except for the pasta and stir them. Put on the lid and the soup for 7 h 15 min on low.
3. Add the pasta and the soup for 16 min on low. Adjust the seasoning of the soup then serve it warm.
4. Enjoy.

Meatballs Stew



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 477.1

Fat 25.3g

Cholesterol 101.2mg

Sodium 288.5mg

Carbohydrates 36.0g

Protein 25.5g

Ingredients

- | | |
|------------------------------------------|----------------------------|
| 1 lb. ground meat | 1 potato, peeled and diced |
| 1 onion, peeled and minced | salt |
| 1 C. tomatoes | 4 slices toast |
| 2 green bell peppers, seeded and chopped | |
| 1 quart water | |

Directions

1. Make marble-sized balls from the ground meat.
2. In a skillet, add the peppers, onion, tomatoes and water and bring to a boil.
3. Carefully, stir in the meatballs and simmer for about 30 minutes.
4. Add potatoes and salt and cook for about 10 minutes.
5. Serve stew alongside toast.

SIMPLY FRIED

Bread



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 176 kcal

Fat 6.2 g

Carbohydrates 25.4g

Protein 4.3 g

Cholesterol 1 mg

Sodium 271 mg

Ingredients

1 C. vegetable oil for frying, or as needed

1 C. unbleached flour

1 tsp baking powder

1 tsp powdered milk

1/4 tsp salt

1/2 C. water

Directions

1. In a heavy skillet, heat the oil to 350 degrees F.
2. In a large bowl, sift together the flour, baking powder, powdered milk and salt.
3. Place the water over the flour mixture and mix till a sticky dough forms.
4. With floured hands, make balls from the dough.
5. Fry the dough in the hot oil for about 3-4 minutes per side.
6. Transfer the fry bread to a paper towel-lined plate to drain.

Junka

(South-Indian Style Broccoli)



Prep Time: 15 mins



Total Time: 32 mins

Servings per Recipe: 4

Calories 164 kcal

Fat 12.3 g

Carbohydrates 10.2g

Protein 3.5 g

Cholesterol 0 mg

Sodium 1323 mg

Ingredients

- | | |
|----------------------------|-----------------------------------------|
| 3 tbsp vegetable oil | 2 tsp water |
| 1/2 tsp mustard seed | 2 tsp salt |
| 1 small onion, chopped | 3 tbsp gram flour (garbanzo bean flour) |
| 1/2 tsp cumin seeds | 1 tsp vegetable oil |
| 1 tbsp ginger-garlic paste | |
| 1 tsp chili powder | |
| 1 tsp ground turmeric | |
| 1 head broccoli, chopped | |

Directions

1. In a skillet, heat 3 tbsp of the oil on medium heat and sauté the mustard seeds for about 1-2 minutes.
2. Add the onion and cumin seeds and sauté for about 5-10 minutes.
3. Add the ginger-garlic paste, chili powder and turmeric and sauté for about 1-2 minutes.
4. Add the broccoli and cook for about 8-10 minutes.
5. Stir in the water and salt and cook for about 1 minute.
6. Add the gram flour and cook, stirring continuously for about 5-8 minutes.
7. Drizzle 1 tsp of the oil over junka and serve.

RAMEN

Coleslaw



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 10

Calories 248 kcal

Fat 23.3 g

Carbohydrates 8.3g

Protein 4 g

Cholesterol 12 mg

Sodium 217 mg

Ingredients

- | | |
|-----------------------------------------------------|----------------------|
| 1/4 C. butter | 1/2 C. vegetable oil |
| 1 C. sunflower kernels | 2 tbsp white sugar |
| 1 (3 oz.) package ramen noodles, broken into pieces | 2 tbsp soy sauce |
| 1 head Napa cabbage, chopped | |
| 4 spring onions, diced | |
| 1/2 C. vinegar | |

Directions

1. In a large skillet, melt the butter on medium heat and stir fry the sunflower kernels and ramen noodles for about 3-5 minutes.
2. Remove from the heat and transfer the noodles mixture into a large salad bowl. Keep aside to cool.
3. In the bowl of the noodles, add the Napa cabbage and spring onions.
4. In another salad bowl, add the sugar, vinegar, vegetable oil, and soy sauce and beat till the sugar is dissolved.
5. Place dressing over the salad and toss to coat.

Ramen

Lunch Box Salad



Prep Time: 20 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 340 kcal

Fat 21.9 g

Carbohydrates 33g

Protein 4.2 g

Cholesterol 0 mg

Sodium 446 mg

Ingredients

2 (3 oz.) packages any flavor ramen
noodles, crushed
1/2 C. sunflower seeds
1 (16 oz.) package broccoli coleslaw mix
1/2 C. chopped fresh pineapple
1/2 C. chopped fresh cilantro (optional)
2 green onions (white and green parts),
chopped
Dressing:

1/2 C. white sugar
1/2 C. cider vinegar
1/2 C. olive oil
1/2 tsp sesame oil
2 pinches cayenne pepper (optional)
1/2 tsp freshly ground black pepper

Directions

1. Heat a nonstick skillet on medium-low heat and cook the ramen noodles and sunflower seeds for about 5-10 minutes, stirring occasionally.
2. In a large bowl, mix together the broccoli coleslaw mix, pineapple, cilantro and green onions.
3. In another bowl, add the ramen seasoning packets, sugar, olive oil, sesame oil, vinegar, cayenne pepper and black pepper and beat till smooth.
4. Place the dressing over the slaw mixture and toss to coat.
5. Stir in the toasted ramen noodles and sunflower seeds and serve immediately.

LEBANESE

Radish Salad



Prep Time: 20 mins

Total Time: 25 mins

Servings per Recipe: 4

Calories 155 kcal

Carbohydrates 4.5 g

Cholesterol 0 mg

Fat 14.9 g

Protein 2.7 g

Sodium 202 mg

Ingredients

one cup walnut halves	1/2 tsp honey
one lb radishes, trimmed and sliced into thin rounds	20 fresh mint leaves
3 tbsps extra-virgin olive oil	
2 tsps fresh lemon juice	
3/4 tsp kosher salt	

Directions

1. To make this salad we first need to grab a frying pan or skillet. Get the pan nice and hot with a medium level of heat and throw into the pan your walnuts.
2. Cook the walnuts until they are toasted and you smell their nice fragrance. You'll notice the colour of the walnuts change to a darker one when they are ready for the next step. This should take about 4 mins.
3. Once the walnuts are toasted, we want to dice them nicely.
4. Grab a container and place into it some radishes.
5. Grab another container (but smaller) and place the following in it: honey, oil, salt, and juiced lemons.
6. Mix the contents together in the small bowl. Take this mixture and cover the radishes with it evenly. You may want to toss the radishes to get your even coating.
7. Now we want to grab some mint leaves and place them on top of each other in layers on the counter. Once layered, roll them up, and cut them to create a ribbon like shape.
8. Take your mint ribbons and combine them with the radishes and the walnuts.
9. Serve as is. Enjoy.

Khoresh Fesenjan

(Chicken Pomegranate Stew)



Prep Time: 15 mins



Total Time: 2 hrs 45 mins

Servings per Recipe: 6

Calories 785 kcal

Carbohydrates 95.4 g

Cholesterol 64 mg

Fat 39 g

Protein 24.4 g

Sodium 445 mg

Ingredients

2 tbsps olive oil
one 1/2 lbs chicken legs, cut up
one white onion, thinly sliced
1/2 lb walnuts, toasted and finely ground
in a food processor
one tsp salt
4 cups pomegranate juice

1/2 tsp cardamom (optional)

2 tbsps sugar (optional)

Directions

1. Get a skillet heat olive oil.
2. For 20 mins fry onions, and chicken.
3. Add: cardamom, walnut puree, pomegranate juice, and salt.
4. Heat until boiling. Set heat to low and cover skillet. Let everything simmer for 1.5 hrs.
5. Add some sugar.
6. Simmer for 30 more mins.
7. Serve and enjoy.
8. NOTE: If the contents become too thick then make sure you add some additional warm water.

BEALE STREET

Sloppy Joes



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 207.2

Fat 14.3g

Cholesterol 50.6mg

Sodium 367.9mg

Carbohydrates 3.4g

Protein 15.3g

Ingredients

- 1 lb. 90/10 ground sirloin
- 1 can cream of mushroom soup

Directions

1. Heat a large skillet and cook the ground sirloin till browned completely.
2. Drain the excess grease from the skillet.
3. Add the mushroom soup and simmer, covered for about 5-7 minutes.

How to Make Collard Greens



Prep Time: 25 mins



Total Time: 3 hrs 25 mins

Servings per Recipe: 6

Calories 102.7

Fat 11.4g

Cholesterol 10.8mg

Sodium 17.1mg

Carbohydrates 0.0g

Protein 0.0g

Ingredients

4 bunches collard greens
1/3 C. cold bacon grease
1/2 C. chicken broth
salt and pepper

2 pinches sugar

Directions

1. Fill a large sink with cold water.
2. Place the greens for about 20 minutes.
3. Carefully, remove the greens from the sink and rinse under running cold water.
4. Tear the greens into pieces, discarding the thick veins and stems.
5. In a large skillet, heat the bacon grease on medium-high heat and cook the greens for about 2 minutes, tossing continuously.
6. Stir in the broth, salt, pepper and sugar and simmer, covered for about 3-6 hours.

NORTH AFRICAN Style Carrots



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 148.2

Fat 10.6g

Cholesterol 0.0mg

Sodium 87.1mg

Carbohydrates 13.1g

Protein 1.4g

Ingredients

17.6 oz.. Carrots, peeled and sliced
3 tbsp. oil
3 garlic cloves, minced
1 hot pepper
1/2 tsp. caraway seed
1 tsp. paprika

1 1/2 tbsp. vinegar
salt and black pepper

Directions

1. Bring a skillet of salted water to a boil. Cook in it the carrots for 10 to 14 until they become soft.
2. Combine the garlic with hot pepper, red pepper, caraway seeds and salt. Grind them until they become like a paste.
3. Transfer the mixture to a mixing bowl. Stir into it 1 tbsp. of water with oil. Mix them well.
4. Drain the carrots and transfer them to a skillet. Pour over them the pepper sauce and put on the lid.
5. Cook them for 3 to 4 min then serve them warm.
6. Enjoy.

Tomato Based Chicken and Chickpeas



Prep Time: 5 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 219.0

Fat 4.0g

Cholesterol 7.2mg

Sodium 664.6mg

Carbohydrates 34.2g

Protein 11.5g

Ingredients

- 8 chicken pieces
- 1 small onion, Chopped
- 4 garlic cloves, crushed
- 1/2 tsp. ras el hanout spice mix
- 1/4 tsp. harissa
- 2 allspice berries
- 2 tsp. tomato paste
- 400 g chickpeas, drained
- 2 pints chicken stock

Directions

1. Place a skillet over medium heat. Heat in it 2 tbsp. of oil.
2. Brown in it the chicken pieces for 4 to 5 min on each side.
3. Stir in the garlic, spices, salt, tomato puree and Harissa. Let them cook for 2 to 3 min.
4. Stir in the stock and heat them until they start boiling.
5. Lower the heat and let them cook for 32 min.
6. Stir in the chickpeas and cook them for 10 to 12 min until the stew becomes thick.
7. Adjust the seasoning of your stew then serve it.
8. Enjoy.

CHIVES and Ginger Ramen



Prep Time: 2 mins

Total Time: 4 mins

Servings per Recipe: 1

Calories 478.3

Fat 18.2g

Cholesterol 186.0mg

Sodium 3816.0mg

Carbohydrates 59.1g

Protein 20.0g

Ingredients

1 (3 oz.) packets any flavor ramen
noodles (discard the seasoning packet)
1 egg
1 tbsp freshly grated ginger root
1/4 vegetable bouillon cube (cut off a
small piece)
1/4 C. bean sprouts

2 -3 tbsp soy sauce
1/2 tbsp Sriracha sauce
red pepper flakes, to taste
2 tbsp chives

Directions

1. In a skillet of the boiling water, cook the ramen noodles for about 2 minutes.
2. Add the egg and with a fork immediately stir to combine.
3. Add the ginger, bean sprouts and bullion and cook for about 1 minute.
4. Drain the water.
5. Stir in the soy sauce and Sriracha sauce.
6. Serve with a sprinkling of the red pepper flakes and chives.

Homemade Chinese Hot and Sour



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 466.2

Fat 19.5g

Cholesterol 211.5mg

Sodium 1078.4mg

Carbohydrates 57.6g

Protein 14.7g

Ingredients

1 (3 oz.) packages ramen noodles
2 C. water
1/8 C. mushroom, thinly sliced
1 tbsp rice vinegar
1/8 tsp chili sauce
1 egg, beaten

1/8 C. meat, cooked, sliced thinly. (optional)
1 green onion, light and dark green parts,
sliced thin

Directions

1. In a skillet, add 2 C. of the warm water, ramen noodles and mushrooms and bring to a boil.
2. Add the rice vinegar and chili Sauce and cook for about 5-7 minutes.
3. Reduce the heat to medium.
4. Add the sliced meat and stir to combine.
5. Very slowly drizzle, add the beaten egg, stirring continuously.
6. Divide the soup into serving bowls and serve hot with a sprinkling of the sliced onion.

ALGERIAN

Honey Puff Pastry



Prep Time: 2 mins

Total Time: 22 mins

Servings per Recipe: 4

Calories 437.3

Fat 27.8g

Cholesterol 232.5mg

Sodium 265.5mg

Carbohydrates 40.5g

Protein 8.7g

Ingredients

5 large eggs	1 pinch salt
1/4 C. sunflower oil or vegetable oil	1/2 - 3/4 C. honey
1 tbsp. fine semolina	
2 tbsp. plain flour	
1 1/2 - 2 tsp. baking powder	
1 tsp. Vanilla flavoring or 1/2 tsp. extract	

Directions

1. Get a food processor: Place in it all the ingredients and blend them smooth.
2. Pour the mixture into an oil greased skillet.
3. Cook it over low heat with the cover on for 15 to 16 min until it becomes puffy.
4. Cover it with a plate and flip it into it. Slide it gently into the pan and put on the lid.
5. Cook it for an extra 12 to 16 min until it is done.
6. Drizzle over it some warm honey then serve it.
7. Enjoy.

Lamb Batna



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories 350.0

Fat 19.6g

Cholesterol 86.4mg

Sodium 96.6mg

Carbohydrates 23.4g

Protein 21.0g

Ingredients

2 1/2 lbs. lamb, cubed
3 tbsp. butter
1/2 tsp. ground cinnamon
3 C. water
1/4 C. sugar
16 prunes, soaked and drained
2 tbsp. raisins

2 tbsp. almonds
1 pear, peeled and cubed
1/4 C. orange juice
1 tsp. orange blossom water

Directions

1. Place a large skillet over medium heat. Heat in it the butter until it melts.
2. Cook in it the lamb for 6 min. Stir in the cinnamon with sugar and water.
3. Cook them for 42 min while stirring often with the lid on.
4. Once the time is up, stir in the prunes, raisins, almonds, pear, and orange blossom water.
5. Cook them for an extra 16 min until the sauce becomes thick.
6. Stir in the orange juice and cook it for 5 min.
7. Adjust the seasoning of your stew then serve it hot.
8. Enjoy.

CARROT, Cabbage, and Chicken Skillet



Prep Time: 20 mins

Total Time: 40 mins

Servings per Recipe: 6

Calories 369 kcal

Fat 4.9 g

Carbohydrates 65.1g

Protein 18.1 g

Cholesterol 35 mg

Sodium 789 mg

Ingredients

1 (12 oz) package dried rice noodles
1 tsp vegetable oil
1 onion, finely diced
3 cloves garlic, minced
2 C. diced cooked chicken breast meat

1 small head cabbage, thinly sliced
4 carrot, thinly sliced
1/4 C. soy sauce
2 lemons - cut into wedges, for garnish

Directions

1. Get a large bowl: Fill it with hot water. Place it in the noodles and place it aside until it becomes soft.
2. Place a large skillet over medium heat. Heat the oil in it. Add the garlic with onion and cook them for 3 min.
3. Stir in the carrot with chicken and cabbage. Cook them for 6 min. Stir in the noodles and cook them for 3 min while stirring constantly. Serve your chicken stir fry hot.
4. Enjoy.

Cashew

Chicken Breasts Stir Fry



Prep Time: 15 mins



Total Time: 2 hrs 25 mins

Servings per Recipe: 4

Calories 501 kcal

Fat 24.6 g

Carbohydrates 38g

Protein 36.9 g

Cholesterol 66 mg

Sodium 783 mg

Ingredients

2 (8 oz) skinless, boneless chicken breast halves, cut into thin strips
3 tbsp light soy sauce
1 (2 inch) piece fresh ginger, peeled and finely chopped
1 tbsp chopped fresh tarragon
1 tbsp brown sugar
salt and ground black pepper to taste
1 tbsp vegetable oil

1 C. unsalted cashews
2 large carrots, peeled and cut into matchstick-size pieces
1 head cabbage, sliced
1 C. baby kale
1 tbsp sesame oil

Directions

1. Get a large mixing bowl: Whisk in it the soy sauce, ginger, tarragon, and brown sugar. Add the chicken and stir them to coat.
2. Place a piece of plastic on the bowl to cover it. Place it in the fridge for 3 h.
3. Place a large skillet over medium heat. Heat the oil in it. Remove the chicken from the marinade it add it to the skillet. Cook it for 6 min.
4. Stir in the chicken marinade. Cook them until they start boiling for 4 min. Add the carrots with cashews. Cook them for 2 min.
5. Divide the cabbage and kale on 4 serving plates then drizzle the sesame oil over them. Top them with the chicken stir fry. Serve them right away.
6. Enjoy.

RAMEN

Chicken Stir Fry



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 8

Calories 263 kcal

Fat 9 g

Carbohydrates 31g

Protein 14.3 g

Cholesterol 27 mg

Sodium 695 mg

Ingredients

3 tbsp vegetable oil	with flavor packet
3 skinless, boneless chicken breast halves - cut into strips	1 C. uncooked long-grain rice
2 stalks celery, chopped	1 tbsp cornstarch
2 zucchini, quartered and sliced	1/4 C. cold water
10 mushrooms, sliced	1 tsp vegetable oil
2 C. chopped spinach	1/4 C. soy sauce
1 (3 oz) package ramen noodle pasta	

Directions

1. Place a large skillet over medium heat. Heat the oil in it. Cook in it the chicken for 8 min.
2. Add the celery with zucchini and cook them for 4 min. Stir in the spinach with mushroom and cook them for 3 min.
3. Lower the heat and keep them cooking while stirring from time to time.
4. Cook the rice and ramen noodles according to the instructions on the packages. Drain them and place them aside.
5. Get a small mixing bowl: Whisk in it the cornstarch, water, oil and soy sauce. Stir the mix into the pan with the veggies. Add the noodles and rice then toss them to coat.
6. Cook them for 6 min. Serve your stir fry right away.
7. Enjoy.

Scallion

Mushroom Chicken Stir Fry



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 256 kcal

Fat 7.7 g

Carbohydrates 16.5g

Protein 31.1 g

Cholesterol 70 mg

Sodium 614 mg

Ingredients

1 lemon
1/2 C. reduced sodium chicken broth
3 tbsp reduced-sodium soy sauce
2 tsp cornstarch
1 tbsp canola oil
1 lb boneless skinless chicken breasts,
trimmed and cut into 1-inch pieces
10 oz mushrooms, halved or quartered

1 C. diagonally sliced carrots (1/4-inch thick)
2 C. snow peas, stem and strings removed
1 bunch scallions, cut into 1-inch pieces, white
and green parts divided
1 tbsp chopped garlic

Directions

1. Reserve 1 tbsp of grated lemon zest from the lemon.
2. Get a mixing bowl: Whisk in it 3 tbsp of the juice with broth, soy sauce and cornstarch.
3. Place a skillet over medium heat. Heat the oil in it. Brown in it the chicken for 6 min. Drain it and place it aside.
4. Stir in the mushroom with carrot and cook them for 6 min. Stir in the snow peas, scallion whites, garlic and lemon zest. Cook them for 30 sec.
5. Stir in the lemon juice mix and cook them for 4 min until the sauce becomes thick. Stir in the scallions with cooked chicken. Cook them for 3 min then serve it warm.
6. Enjoy.

LOVER'S

Brussel Sprouts



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 229.2

Fat 19.5g

Cholesterol 22.9mg

Sodium 110.0mg

Carbohydrates 12.6g

Protein 4.3g

Ingredients

15 Brussels sprouts halved lengthwise
1 1/2 tbsp butter
1 1/2 tbsp olive oil
3 cloves garlic, smashed with the flat of
a knife

grated parmesan cheese
salt and pepper

Directions

1. Place a large skillet over medium heat. Heat in the oil with butter.
2. Lower the heat and add the garlic. Fry it for 1 to 2 min until it becomes brown.
3. Drain it and discard it. Stir in the brussels sprouts and cook them for 12 to 16 min until they become soft.
4. Season them with a pinch of salt and pepper. Garnish them with parmesan cheese then serve them warm.
5. Enjoy.

Thai Style Brussel Sprouts



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 3

Calories 185.0

Fat 14.3g

Cholesterol 0.0mg

Sodium 730.9mg

Carbohydrates 12.0g

Protein 5.3g

Ingredients

- | | |
|-------------------------------------------|----------------------|
| 1 lb. Brussels sprout, trimmed and halved | 1 tsp chopped garlic |
| 3 tbsp olive oil | sesame seeds |
| 2 tbsp low sodium soy sauce | |
| 1 tbsp sriracha sauce | |
| 1 1/2 tsp Dijon mustard | |
| 1/2 tsp ground ginger | |

Directions

1. Get a mixing bowl: Whisk in it the olive oil, soy sauce, Sriracha, mustard, ginger, and garlic powder.
2. Add the brussels sprouts and toss them to coat. Let them sit for 5 to 7 min.
3. Place a large skillet over high heat.
4. Add to it the brussels sprouts mixture and cook them for 10 to 14 min while occasionally stirring.
5. Garnish them with sesame seeds then serve them warm.
6. Enjoy.

MOROCCAN

Fava Bean Skillet



Prep Time: 30 mins

Total Time: 45 mins

Servings per Recipe: 2

Calories 574.6

Fat 9.8g

Cholesterol 15.2mg

Sodium 73.9mg

Carbohydrates 90.2g

Protein 34.7g

Ingredients

boiling water

salt

ice

tap water

2 lbs. fresh fava beans, in pods

1 tbsp butter

1 tsp olive oil

2 garlic cloves, minced

salt & ground black pepper

Directions

1. Place a pot over medium heat. Heat 5 C. of water with a pinch of salt until they start boiling.
2. Place the beans and let them cook for 4 min. Drain them and place in an ice bowl.
3. Drain them and discard their shells.
4. Place a skillet over medium heat. Heat the oil with butter and cook in the garlic for 60 sec.
5. Stir in the shelled beans and cook them for 6 min. Serve it warm with your favorite toppings.
6. Enjoy.

3-Bean Soup in Manitoba



Prep Time: 10 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 534.7

Fat 12.3g

Cholesterol 27.5mg

Sodium 1645.2mg

Carbohydrates 86.3g

Protein 22.7g

Ingredients

1/4 C. butter
1 large onion, chopped
1 garlic clove, chopped
4 medium potatoes, cubed
4 medium carrots, chopped
2 stalks celery, chopped
6 C. chicken stock
1 (28 oz.) cans tomatoes, chopped
1 tsp salt
1/2 tsp pepper
1/2 bunch fresh basil, chopped

1 C. French style green bean
1 C. peas
2 (14 oz.) cans romano beans
2 (14 oz.) cans white kidney beans
1 C. pasta shells
2 tbsp parsley, chopped
romano cheese, grated

Directions

1. Place a large skillet over medium heat. Heat the butter. Cook onion for 6 min.
2. Stir in the garlic, potatoes, carrots, and celery. Cook them for 6 min.
3. Add the stock, tomatoes, salt, pepper, and basil. Let them cook until they start boiling.
4. Lower the heat and let them cook for 11 min. Stir in the green beans with peas, beans and pasta.
5. Let them cook for 11 min. Stir in the parsley with a pinch of salt and pepper
6. Serve your soup hot. Garnish it with some cheese.
7. Enjoy.

TIJUANA

Ground Beef (Mexican Style)



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 732 kcal

Carbohydrates 52.1 g

Cholesterol 171 mg

Fat 43.7 g

Protein 33.8 g

Sodium 592 mg

Ingredients

- 1 lb ground beef
- 1 cup salsa
- 1/2 cup water
- 1 green bell pepper, diced
- 1 bunch green onions, diced
- 1 (8 ounce) package wide egg noodles
- 1/2 cup sour cream
- 1/2 cup shredded Cheddar cheese
- 1 tomato, diced

Directions

1. Cook ground beef in a skillet until brown before stirring in water and salsa, and cooking all this for 10 minutes.
2. Now add onions and green pepper into the skillet, and cook all this until you see that the veggies are tender before adding cooked noodles, grated cheese and sour cream.
3. Cover it up until the cheese melts before sprinkling some tomatoes.
4. Serve.

Dry Mustard

Topping for Corned Beef



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 6

Calories 33.1

Fat 1.3 g

Cholesterol 31 mg

Sodium 13.1 mg

Carbohydrates 3.2 g

Protein 1.4 g

Ingredients

125 ml water

125 ml vinegar

4 tsp dry mustard

1 egg

4 tsp sugar

Directions

1. In a skillet, mix together the egg, mustard, sugar and vinegar.
2. Cook till heated completely, without boiling.
3. This sauce can be served with corned beef cold or hot as well.

STEWED Cocktail Soup



Prep Time: 20 mins

Total Time: 8 hrs 20 mins

Servings per Recipe: 6

Calories 306 kcal

Fat 19 g

Carbohydrates 9.4g

Protein 23.4 g

Cholesterol 66 mg

Sodium 1124 mg

Ingredients

- 2 tbsp olive oil
- 1 lb lean beef stew meat
- 1 tbsp seasoning salt, or to taste
- 1/2 tsp ground black pepper
- 1 small onion, finely chopped
- 1/2 green bell pepper, finely chopped
- 2 1/2 C. beef broth
- 1 (15 oz.) can mixed vegetables
- 1 (11.5 fl oz.) can spicy vegetable juice cocktail

Directions

1. Season the beef with some salt and pepper.
2. Place a large skillet on medium heat. Brown in it the beef with bell pepper and onion for 8 min. Spoon the mix to a slow cooker and add to it the broth.
3. Put on the lid and the soup for 7 min on low. Add the rest of the ingredients and put on the lid. The soup for 40 min on low
4. Adjust the seasoning of the soup then serve it warm.
5. Enjoy.

Flavored Scallop Bites



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 8

Calories 161 kcal

Fat 8.4 g

Carbohydrates 2.8g

Protein 17 g

Cholesterol 47 mg

Sodium 438 mg

Ingredients

1 lb. large scallops
4 oz. thinly sliced turkey bacon
toothpicks
2 tbsp olive oil

1/4 tsp freshly ground black pepper
3 tbsp broth

Directions

1. With a thin slice of bacon, wrap each scallop and secure with a toothpick.
2. Season the scallops with the salt and black pepper.
3. In a large skillet, heat the olive oil on medium-high heat and cook the scallops for about 2 minutes per side.
4. Drizzle with the broth and cook for about 1-2 minutes.
5. Transfer the scallops onto a paper towel lined plate to drain.
6. After cooling slightly, transfer the scallops into a serving platter and remove the toothpicks before serving.

HOT

Chickpea Salad



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 6

Calories 226.2

Fat 6.1g

Cholesterol 0.0mg

Sodium 543.2mg

Carbohydrates 39.9g

Protein 6.2g

Ingredients

- 1 1/2 lbs. carrots, quartered and sliced
- 2 tbsp golden raisins
- 2 tbsp canola oil
- 2 onions, sliced
- 1/2 tsp hot red pepper flakes
- 1/2 tsp caraway seed
- 1/2 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 19 oz. chickpeas, drained and rinsed
- 1 pinch cayenne pepper
- 1 lemon

Directions

1. Place a large salted saucepan of water to a boil. Cook in it the carrots until they become soft.
2. Drain them and place them aside to cool down for a while. Place 1/2 C. of the cooking water aside.
3. Get a mixing bowl: Place in it the raisins and cover them with hot water. Let them sit for 12 min then drain them.
4. Place a skillet over medium heat. Heat in it the oil. Cook in it the onion for 12 min.
5. Stir in the raisins with carrot water, red pepper flakes, caraway seeds, cumin, paprika, and a pinch of salt.
6. Cook them until they start boiling. Stir in the carrot slices and let them cook for 5 min.
7. Add the chickpeas with a pinch of cayenne pepper. Cook them for 3 min.
8. Serve your chickpeas salad warm with some lemon wedges.
9. Enjoy.

Tunisian Kitchen

Fava Beans



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 144.9

Fat 5.5g

Cholesterol 7.6mg

Sodium 27.8mg

Carbohydrates 17.9g

Protein 6.8g

Ingredients

12 ounces frozen fava beans
1 tbsp butter
4 -5 scallions, sliced
1 tbsp chopped cilantro
1 tsp chopped of mint

1/2-1 tsp ground cumin
2 tsps olive oil
salt

Directions

1. Bring a salted pot of water to a boil. Cook it the fava beans for 5 min until they become soft.
2. Strain them and peel them.
3. Place a skillet over medium heat. Heat in it the butter. Cook in it the fava beans with scallions for 3 min.
4. Add the cilantro with mint, cumin, olive oil and a pinch of salt. Cook them for 1 min.
5. Serve your salad right away.
6. Enjoy.

30-MINUTE Mushroom Rotini



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 477.1

Fat 9.5g

Cholesterol 17.0mg

Sodium 664.0mg

Carbohydrates 79.6g

Protein 18.8g

Ingredients

- 12 oz. rotini noodles
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 C. onion, chopped
- 1 tbsp thyme
- 4 C. mixed mushrooms, sliced
- 2 tbsp all-purpose flour
- 2 C. milk
- 2 C. spinach, rinsed well & chopped
- 1/2 C. basil, chopped
- 1 tsp salt
- ground pepper
- grated parmesan cheese

Directions

1. Place a skillet over medium heat. Heat in it the oil. Sauté in it the thyme with onion and garlic for 2 min.
2. Stir in the mushroom and cook them for 7 to 9 min.
3. Add the flour and mix them for 1 min while cooking. Stir in the milk gradually.
4. Let them cook until they start boiling. Let them cook for 3 min stirring them all the time until they become thick.
5. Add the spinach with basil, a pinch of salt and pepper. Cook them for 4 min.
6. Serve your creamy mushroom and spinach skillet with some noodles.
7. Enjoy.

Italian Seasoned Buttons



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 151.5

Fat 15.3g

Cholesterol 40.0mg

Sodium 137.7mg

Carbohydrates 2.8g

Protein 2.3g

Ingredients

3 oz. butter	2 tbsp parsley, chopped
2 garlic cloves, crushed	1 tbsp basil, chopped
13 oz. button mushrooms, wiped clean	bread, assorted crusty
salt	
black pepper	
1/4 tsp cayenne pepper	

Directions

1. Place a skillet over medium heat. Heat in it the butter. Sauté in it the garlic for 1 min.
2. Stir in the mushroom. Cook them for 5 min over high heat.
3. Stir in the cayenne, parsley, basil, a pinch of salt and pepper. Let them cook for 2 min.
4. Serve your herbed mushroom skillet warm as a side dish or a topping.
5. Enjoy.

COUNTRY

White Rice



Prep Time: 5 mins

Total Time: 15 mins

Servings per Recipe: 5

Calories 778.3

Fat 10.2g

Cholesterol 24.4mg

Sodium 80.5mg

Carbohydrates 154.0g

Protein 13.0g

Ingredients

3 C. mixed mushrooms, chopped
1 medium onion, diced
1/4 C. butter
5 C. white rice, cooked
soy sauce

salt & ground black pepper
1/2 C. green onion, sliced

Directions

1. Place a skillet over medium heat. Heat in it the butter. Cook in it the mushroom with onion for 6 min.
2. Add the rice, soy sauce, salt, pepper, and green onions. Cook them for 3 min. Serve your rice pan hot.
3. Enjoy.

Beef Stroganoff



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 924.5

Fat 53.3g

Cholesterol 224.4mg

Sodium 145.9mg

Carbohydrates 74.2g

Protein 37.7g

Ingredients

1 1/2 C. canned low sodium beef broth
1 (1/2 oz.) package dried porcini mushrooms
3 tbsp vegetable oil
1/4 C. unsalted butter
8 oz. cremini mushrooms, trimmed, cleaned and sliced
1 lb. beef tenderloin, strips
kosher salt

ground pepper
3 tbsp flour
1 medium onion, sliced
1 tbsp Dijon mustard
1 tsp Worcestershire sauce
5 tbsp crème fraiche
12 oz. egg noodles, cooked
2 tbsp chopped parsley

Directions

1. Prepare the noodles by following the instructions on the package.
2. Place a skillet over medium heat. Stir in it the broth with porcini. Cook them until they start boiling.
3. Turn off the heat and put on the lid. Let them sit for 35 min.
4. Once the time is up, drain the mushroom and chop it. Pour the broth through a fine mesh sieve then place it aside.
5. Place a small pan over medium heat. Heat in it the butter with oil. Cook in it the mushroom for 6 min.
6. Drain it and place it aside.
7. Sprinkle some salt and pepper all over the beef strips. Toss them in flour.
8. Place a skillet over medium heat. heat in it 2 tbsp of oil. Cook in it the beef strips for 1 to 2 min on each side.
9. Drain them and add them to the mushroom.
10. Heat the rest of the butter in the same pan. Cook in it the onion for 5 min.
11. Stir in the strained broth with mustard, Worcestershire sauce, porcini, cremini and beef

12. Cook them until they start simmering. Let them cook for another 2 min.
13. Lower the heat and stir in the crème fraîche. Heat them for few minutes.
14. Serve your mushroom sauce warm with noodles.
15. Enjoy.



Seattle

Toast (Buttered Bread with Mushrooms)



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 634.2

Fat 55.8g

Cholesterol 106.8mg

Sodium 615.4mg

Carbohydrates 29.3g

Protein 7.2g

Ingredients

4 large flat mushrooms, cleaned and sliced	lemon juice
2 oz. butter	2 slices bread, thick and toasted
1 tbsp vegetable oil	
1 clove garlic, minced	
flat leaf parsley	
salt & ground black pepper	

Directions

1. Place a skillet over medium heat. Heat in it half of the oil and butter. Cook in the mushroom for 3 min.
2. Lower the heat and let them cook for 7 min while stirring them often.
3. Add the garlic and cook them for 1 min. Add the parsley with a pinch of salt and pepper.
4. Heat them for 1 min. Stir in the lemon juice and turn off the heat.
5. Spoon the mushroom into the toasted bread slices. Serve them right away with some sour cream.
6. Enjoy.

BLACK TEA Chickpeas



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 6

Calories 279 kcal

Fat 11.1 g

Carbohydrates 38.7g

Protein 8 g

Cholesterol 0 mg

Sodium 1193 mg

Ingredients

- | | |
|--------------------------------------------------------|------------------------------|
| 1/4 C. vegetable oil | 1 1/4 C. brewed black tea |
| 1 onion, chopped | 1 tbsp lemon juice |
| 3 cloves garlic, minced | 1 1/2 tsp salt |
| 1 (10 oz.) can diced tomatoes with green chili peppers | 1 1/2 tsp ground cumin |
| 1 tbsp minced fresh ginger root | 1 1/2 tsp garam masala |
| 3 (15 oz.) cans chickpeas, rinsed and drained | 1 tsp ground coriander |
| | 2 tbsp chopped fresh parsley |

Directions

1. In a large skillet, heat the oil on medium-high heat and sauté the onion and garlic for about 5-7 minutes.
2. Stir in the tomatoes with green chili peppers and cook for about 8 minutes.
3. Stir in the ginger and cook for about 2 minutes more.
4. Stir in the chickpeas, black tea, lemon juice, salt, cumin, garam masala and coriander and bring to a simmer.
5. Reduce the heat to medium-low and cover the skillet loosely.
6. Simmer for about 15-20 minutes, stirring occasionally.
7. Serve with a garnishing of the parsley.

South Indian Style Long Grain Rice



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 349 kcal

Fat 8.6 g

Carbohydrates 59.5g

Protein 8.2 g

Cholesterol 2 mg

Sodium 265 mg

Ingredients

- 4 C. water
- 2 C. long grain rice, rinsed and drained
- 1/2 tsp salt
- 2 tbsp vegetable oil, divided
- 1/4 C. coarsely chopped cashews
- 7 small dried chili peppers
- 1 tsp mustard seed
- 1 tsp cumin seed
- 10 fresh curry leaves
- 1 tsp ground turmeric
- 1/4 C. fresh lime juice
- 2 tbsp tamarind paste
- 1 C. plain yogurt

Directions

1. In a large pan, add the water and bring to a boil.
2. Stir in the rice and salt and reduce the heat to low.
3. Simmer, covered for about 20 minutes.
4. In a small skillet, heat 1/2 tbsp of the oil on medium heat and toast the cashews for about 5 minutes.
5. Remove from the heat and keep aside.
6. In the same skillet, heat the remaining oil on medium heat and sauté the chili peppers, mustard seeds and cumin seeds. Till the seeds start to pop.
7. Stir in the curry leaves and half of the nuts and sauté for about 3 minutes.
8. Remove from the heat.
9. Transfer the cooked rice into a serving bowl and stir in the turmeric, lime juice and tamarind paste, chilies and spices along with the oil from the skillet.
10. Serve with a garnishing of the remaining nuts alongside the plain yogurt.

MUSHROOM

Mascarpone and Scallops



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 714 kcal

Fat 37.8 g

Carbohydrates 63.2g

Protein 35.3 g

Cholesterol 134 mg

Sodium 360 mg

Ingredients

1 (16 oz.) package medium seashell pasta
6 tbsp butter
1 tbsp olive oil
1 tbsp chopped fresh parsley
1 clove garlic, chopped
1 (10 oz.) package sliced fresh button mushrooms
1 bunch asparagus, trimmed and cut into 1 inch pieces

salt and pepper to taste
1/2 tsp onion powder
1 lb. scallops, rinsed and patted dry
1/4 C. milk
1 (8 oz.) container mascarpone cheese
2 tbsp butter

Directions

1. In a large skillet of lightly salted boiling water, cook the pasta for about 7-9 minutes.
2. Drain well and keep aside.
3. In a large skillet, heat the olive oil and 6 tbsp of the butter on medium heat and sauté the parsley and garlic for a couple of minutes.
4. Add the mushrooms, asparagus, salt, pepper and onion powder and cook for about 5 minutes, stirring occasionally.
5. Stir in the scallops and cook for about 3 minutes per side.
6. Transfer the scallops into a plate.
7. Meanwhile, in a small skillet, mix together the milk, mascarpone cheese and remaining butter on medium heat and cook, stirring till butter is melted completely.
8. Add the sauce into the scallops and vegetables along with the pasta and serve immediately.

Seattle Paella



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 2

Calories 400.9

Cholesterol 61.8mg

Sodium 928.6mg

Carbohydrates 9.9g

Protein 22.9g

Ingredients

- 2 C. chicken broth
- 3/4 C. vegetable broth
- 1/2 tsp saffron thread
- 3 tbsp olive oil
- 6 oz. thin spaghetti, broken into 2-inch lengths
- 6 large shrimp, shelled
- 6 large sea scallops
- 6 clams, scrubbed
- 4 oz. frozen artichoke hearts, thawed
- 1 tsp chives

Directions

1. Set your oven to 400 degrees F before doing anything else and arrange a rack in the middle of the oven.
2. In a skillet, heat the broth and stir in the saffron.
3. Keep the skillet on low heat.
4. In an ovenproof skillet, heat the oil on medium-high heat and stir fry the pasta for about 2 minutes.
5. Add the hot broth and simmer for about 5 minutes.
6. Insert the seafood into the pasta mixture and cook the mix in the oven for about 20 minutes.
7. Serve hot with a garnishing of chives.

TROPICAL

Fruit Skillet Scallops



Prep Time: 20 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 223 kcal

Fat 4.6 g

Carbohydrates 15.8g

Protein 29.6 g

Cholesterol 68 mg

Sodium 912 mg

Ingredients

1 small papaya - peeled, seeded and chopped
1 red bell pepper, chopped
1/2 red onion, chopped
2 tbsp fresh lime juice
1 tbsp chopped fresh cilantro
1 tsp minced jalapeno peppers
1 tsp salt

1 tbsp olive oil
2 tbsp all-purpose flour
1/8 tsp ground black pepper
1 lb. sea scallops

Directions

1. In a bowl, mix together the papaya, red pepper, jalapeño, onion, lime juice, cilantro and 1/4 tsp of the salt.
2. In a large sealable bag, mix together the flour, black pepper and remaining 3/4 tsp of the salt.
3. Add the scallops and shake to coat.
4. In a large skillet, heat the oil on medium heat and cook the scallops till golden.
5. Serve the scallops over the papaya mixture.

Scallops Forever



Prep Time: 10 mins



Total Time: 13 mins

Servings per Recipe: 4

Calories 528 kcal

Fat 25 g

Carbohydrates 24.6g

Protein 45.7 g

Cholesterol 149 mg

Sodium 780 mg

Ingredients

4 thick slices Italian bread, toasted
2 tbsp butter
1 1/2 tbsp olive oil
1 1/2 lb. fresh or frozen bay scallops,
thawed, rinsed and patted dry
4 cloves garlic, minced
1/2 C. chicken broth
2 tbsp lemon juice

1/4 C. chopped fresh flat-leaf parsley
4 tbsp cold butter, cut into cubes
1 pinch cayenne pepper
salt and ground black pepper to taste

Directions

1. Spread 1/2 tbsp of the butter on one side of each toasted Italian bread slice and keep aside.
2. In a skillet, heat the olive oil on high heat and cook the scallops for about 30 seconds without stirring.
3. In the pan, toss the scallops and sauté the garlic for about 30 seconds.
4. Stir in the broth and lemon juice and bring to a boil.
5. Cook for about 30 seconds.
6. Stir in the parsley and cold butter and remove from the heat.
7. Immediately, stir in the salt, black pepper and cayenne pepper.
8. Place the scallops over the buttered toast and serve immediately.

MALAY

Spinach Stir Fry



Prep Time: 15 mins

Total Time: 50 mns

Servings per Recipe: 4

Calories 506 kcal

Fat 17.4 g

Carbohydrates 76.7g

Protein 16.2 g

Cholesterol 117 mg

Sodium 346 mg

Ingredients

1 (12 oz.) package uncooked egg
noodles
3 tbsp olive oil
1 tsp finely chopped garlic
1/2 bunch fresh spinach, stems
removed, chopped
1/4 C. chile paste
3 tbsp ketchup

1 egg
1/2 tsp white sugar
1/4 C. water
salt and pepper to taste
1/2 C. fresh bean sprouts
1/2 C. green peas

Directions

1. In a large pan of the lightly salted boiling water, cook the egg noodles for about 6 - 8 minutes.
2. Drain well and keep aside.
3. In a large skillet, heat the oil on medium heat and sauté the garlic for about 1 minute.
4. Stir in the spinach and cook for about 1 minute.
5. Add the cooked noodles, chile paste and ketchup and toss to coat well.
6. Make a hole in the center of the noodle mixture.
7. Carefully, crack the egg in the center and scramble, tossing with the noodle mixture.
8. stir in the sugar, salt, black pepper and enough water and cook for about 6 minutes, stirring continuously.
9. Add the sprouts and peas and cook for about 4 minutes, tossing occasionally.

Apple & Carrot Stir Fry



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 705.2

Fat 34.9g

Cholesterol 0.0mg

Sodium 357.4mg

Carbohydrates 88.9g

Protein 15.9g

Ingredients

2 granny smith apples, cored and diced
1 C. sliced carrot
1 C. snow peas
1/3 C. dry roasted salted peanut
2 tbsp canola oil

1 tbsp basil
2 C. cooked brown rice (steamed)
soy sauce (optional)

Directions

1. In a large skillet, heat the oil on medium heat and sauté the peanuts, carrots and basil for about 5 minutes.
2. Stir in the snow peas and cook for about 5 minutes, stirring frequently.
3. Stir in the apples and soy sauce and remove from the heat.
4. Serve hot over the steamed rice.

PEPPERY

Cayenne Tuna



Prep Time: 5 mins



Total Time: 17 mins

Servings per Recipe: 2

Calories 301 kcal

Fat 17.8 g

Carbohydrates 0.7g

Protein 33.3 g

Cholesterol 71 mg

Sodium 1034 mg

Ingredients

2 (5 oz.) ahi tuna steaks

1 tsp kosher salt

1/4 tsp cayenne pepper

1/2 tbsp butter

2 tbsp olive oil

1 tsp whole peppercorns

Directions

1. Season the tuna steaks with the salt and cayenne pepper.
2. In a skillet, heat the olive oil and butter on medium-high heat and cook the peppercorns for about 5 minutes.
3. Gently place the seasoned tuna in the skillet and cook for about 1 1/2 minutes per side.

April's Paprika Scallops



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 361 kcal

Fat 8.2 g

Carbohydrates 32.8g

Protein 39.5 g

Cholesterol 68 mg

Sodium 631 mg

Ingredients

1 lb. scallops
2 tbsp olive oil
1 tsp sweet paprika
1 pinch cayenne pepper
salt and freshly ground black pepper to taste
1 clove garlic, crushed
1 (12 oz.) bottle butter beans, rinsed and drained

1 lemon, juiced
1/2 tsp Italian seasoning
1 1/2 C. cooked lentils
1 C. arugula

Directions

1. In a bowl, add the scallops, olive oil, paprika, cayenne pepper, salt and black pepper and toss to coat well.
2. Heat a nonstick skillet on high heat and cook the scallops for about 3 minutes per side.
3. Transfer the scallops into a bowl.
4. Reduce the heat to medium and in the same skillet and sauté the garlic for about 30 seconds.
5. Stir in the butter beans, lemon juice and Italian seasoning and stir fry for about 1 - 2 minutes.
6. Stir in the cooked lentils and arugula and cook for about 30 seconds.
7. Stir the scallops into the lentil mixture and cook for about 1 minute.
8. Season with the salt and black pepper and serve.

RAMEN

Green Bean Stir Fry



Prep Time: 7 mins



Total Time: 27 mins

Servings per Recipe: 6

Calories 370.9

Fat 27.2g

Cholesterol 0.0mg

Sodium 338.3mg

Carbohydrates 28.2g

Protein 6.4g

Ingredients

1 1/2 lbs fresh green beans
2 (3 oz.) packages ramen noodles
1/2 C. vegetable oil
1/3 C. toasted almond
salt, as needed

black pepper, as needed

Directions

1. Trim the green beans and slice them into 3 to 4 inches pieces.
2. Place the green beans in a steamer and cook them until they become soft.
3. Get a large skillet. Stir in it the oil with 1 seasoning packet.
4. Crush 1 packet of noodles and stir it into the skillet. Add the steamed green beans and cook them for 3 to 4 min.
5. Adjust the seasoning of your stir fry then serve it warm.
6. Enjoy.

Shoyu Ramen



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 787.2

Fat 30.0g

Cholesterol 68.4mg

Sodium 4837.8mg

Carbohydrates 89.7g

Protein 41.9g

Ingredients

2 boneless skinless chicken breasts
2 tbsp sesame oil
3 tbsp shoyu
1 tbsp rice vinegar
1 garlic clove, minced
2 tsp honey
2 (3 oz.) packages ramen noodles
1/3 C. shoyu

1/3 C. rice vinegar, unseasoned
2 tsp ground ginger
2 tbsp honey
1 piece konbu
1 C. frozen broccoli

Directions

1. Slice the chicken breasts into bite size pieces.
2. Place a skillet over medium heat. Heat 3 tbsp the sesame oil with 3 tbsp shoyu, 1 tbsp of the vinegar, 1 clove of garlic, and 2 tsp of honey. Stir them until they are heated though.
3. Stir the chicken into the pan. Cook it for 6 to 8 min or until it is done.
4. Place a large saucepan over medium heat. Stir in it the remaining shoyu, vinegar, ginger, and honey. Stir enough water that can cover the noodles.
5. Heat them though until they honey melts. Add the veggies with konbu and bring them to a boil.
6. Once the time is up, discard the konbu and stir in the noodles. Cook them for 4 min. Spoon the ramen into serving bowls.
7. Top it with the sweet chicken and serve it warm.
8. Enjoy.

CAST IRON

Breakfast Hash



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 434 kcal

Fat 8.8 g

Carbohydrates 66.2g

Protein 23.3 g

Cholesterol 48 mg

Sodium 718 mg

Ingredients

6 large potatoes, peeled and diced

1 (12 oz.) can corned beef, cut into chunks

1 medium onion, chopped

1 C. beef broth

Directions

1. In a large deep skillet, mix together the potatoes, corned beef, onion and beef broth on medium heat.
2. Simmer, covered till potatoes reaches to mashing consistency and the liquid is almost gone.
3. Stir to combine well and serve.

Mexican Skillet



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 212 kcal

Fat 4.6 g

Carbohydrates 36.8g

Protein 10.1 g

Cholesterol 0 mg

Sodium 818 mg

Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 small zucchini, diced
- 1 fresh poblano chili pepper, seeded and chopped
- 1 C. frozen whole kernel corn
- 1 (15 oz.) can black beans, rinsed and drained
- 1/2 tsp salt

Directions

1. In a large skillet, heat the oil on medium-high heat and sauté the onion and garlic till tender.
2. Add the zucchini and poblano pepper, and sauté till soft.
3. Stir in the corn and beans and cook till heated completely.
4. Season with the salt to taste

BROCCOLI

Stir Fry 101



Prep Time: 25 mins

Total Time: 40 mins

Servings per Recipe: 6

Calories 119 kcal

Fat 9.3 g

Carbohydrates 8g

Protein 2.2 g

Cholesterol 0 mg

Sodium 903 mg

Ingredients

- | | |
|------------------------------------------|---------------------------|
| 1 tbsp cornstarch | 1/2 C. halved green beans |
| 1 1/2 cloves garlic, crushed | 2 tbsp soy sauce |
| 2 tsp chopped fresh ginger root, divided | 2 1/2 tbsp water |
| 1/4 C. vegetable oil, divided | 1/4 C. chopped onion |
| 1 small head broccoli, cut into florets | 1/2 tbsp salt |
| 1/2 C. snow peas | |
| 3/4 C. julienned carrots | |

Directions

1. In a large bowl, add the cornstarch, 1 tsp ginger, garlic and 2 tbsp of the vegetable oil and stir till cornstarch is dissolved.
2. Add the broccoli, carrots, snow peas and green beans and gently, toss to coat.
3. In a large skillet, heat remaining 2 tbsp of the oil on medium heat and cook the vegetable mixture for about 2 minutes, stirring continuously.
4. Stir in onion, soy sauce, water, salt and remaining 1 tsp of the ginger and cook till the vegetables are tender but still crisp.

Squash & Bell Stir Fry



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 531 kcal

Fat 22.8 g

Carbohydrates 64.7g

Protein 17.6 g

Cholesterol 25 mg

Sodium 1111 mg

Ingredients

- | | |
|----------------------------------------------------|------------------------------------------------|
| 8 (8 inch) flour tortillas | 1 yellow squash, halved and sliced into strips |
| 2 tbsp vegetable oil | 1/2 C. salsa |
| 1 red onion, thinly sliced | 1 tsp ground cumin |
| 1 green bell pepper, seeded and sliced into strips | 1/2 tsp salt |
| 1 red bell pepper, seeded and sliced into strips | 1 C. shredded Monterey Jack cheese |
| 1 tsp minced garlic | 1/4 C. chopped fresh cilantro |

Directions

1. Wrap tortillas in a piece of foil.
2. Place wrapped tortillas in your oven and set it to 350 degrees F.
3. Cook in the oven for about 15 minutes.
4. In a 10-inch skillet, heat oil on medium high heat and sauté the bell peppers, onion and garlic for about 5 minutes.
5. Stir in the squash, salsa, cumin and salt and cook, covered for about 5 minutes.
6. Place the vegetable mixture in the centers of each warm tortilla evenly and sprinkle with the cheese and cilantro.
7. Roll up tortillas like burrito and serve.

HOT

Tofu Wraps



Prep Time: 5 mins

Total Time: 15 mins

Servings per Recipe: 1

Calories 368.8

Fat 30.2g

Cholesterol 39.5mg

Sodium 533.3mg

Carbohydrates 9.0g

Protein 18.9g

Ingredients

1 whole wheat sandwich wrap
1/2 C. tomatoes, slices
1 C. chopped lettuce
1/2 C. extra firm tofu, diced
2 tbsp ranch dressing

1/4 C. shredded cheddar cheese
2 tbsp buffalo, sauce
2 tbsp hot sauce

Directions

1. Place a skillet over medium heat. Heat in it a splash of oil.
2. Cook in it the tofu dices until they become golden. Drain them and place them aside.
3. Place the wrap on a serving plate.
4. Top it with ranch dressing, followed by lettuce, tomato, tofu, buffalo sauce, hot sauce, and cheese.
5. Fold the sandwich burrito style then serve it.
6. Enjoy.

Bangkok

Meets Morocco Wraps



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 202.0

Fat 4.0g

Cholesterol 0.1mg

Sodium 615.5mg

Carbohydrates 34.9g

Protein 7.3g

Ingredients

2 (14 oz.) cans chickpeas, drained and rinsed
1 tbsp Thai style chili sauce or sriracha
2 tbsp hoisin sauce
1 tbsp low sodium soy sauce
1 tbsp olive oil
2 tbsp rice vinegar
1/2 tbsp sugar

1 tsp red pepper flakes
1 tbsp hot sauce
1/2 C. chopped basil
6 - 8 lettuce leaves, Bibb

Directions

1. Get a blender: Place in it the chickpeas and pulse them several times until they become chunky.
2. Place a large skillet over medium heat. Heat in it 1 tbsp of olive oil.
3. Cook in it the chunky chickpeas for 4 min while stirring all the time.
4. Stir in the chili and hoisin sauce with soy sauce, rice vinegar, sugar, red pepper flakes, hot sauce, a pinch of salt and pepper.
5. Lower the heat and let them cook for 12 min. Stir in the basil leaves and cook them for 1 min.
6. Spoon the chickpea mixture into the lettuce wraps. Serve them right away.
7. Enjoy.

FRUITY

Tofu Skillet



Prep Time: 15 mins

Total Time: 40 mins

Servings per Recipe: 1

Calories 189.9

Fat 7.1g

Cholesterol 0.0mg

Sodium 310.1mg

Carbohydrates 25.3g

Protein 10.2g

Ingredients

1/2- 3/4 lb. extra firm tofu, diced
cornstarch, to coat
1 - 2 tsp olive oil
1 C. pineapple chunk
2 tbsp vegetarian oyster sauce
1/2 C. water
1 garlic clove, Minced
1 tsp sugar
1/4 tsp salt

1/4 tsp black pepper
2 green onions, Chopped
handful cilantro, Chopped

Directions

1. Coat the tofu pieces with the cornstarch evenly and then, shake off the excess.
2. In a skillet, heat the oil and cook the tofu pieces for about 10 minutes.
3. In a pan, add the pineapple, green onion, garlic, oyster sauce, water, sugar, salt and black pepper over medium heat and mix well.
4. Cook for about 2-3 minutes.
5. Stir in the tofu and remove from the heat.
6. Enjoy with a garnishing of the cilantro.

Curried

Honey and Pear Skillet



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 313.4

Fat 12.2g

Cholesterol 45.9mg

Sodium 1061.6mg

Carbohydrates 31.0g

Protein 22.1g

Ingredients

- | | |
|--------------------------------------|------------------------|
| 2 tbsp sesame oil | 1 tbsp honey |
| 3/4 lb. beef eye round, very sliced | 2 tsp red curry powder |
| 1 Anjou pear, peeled and sliced | 2 red chilies |
| 1 (10 oz.) cans pears in heavy syrup | 2 tsp sesame seeds |
| 6 scallions, slices | |
| 5 garlic cloves, minced | |
| 4 tbsp soy sauce | |

Directions

1. In a skillet, add the oil over medium - high heat and cook until heated.
2. Add the beef and sear for about 2 minutes.
3. Reserve 4 very thin pear slices
4. In the skillet, add the remaining pear, garlic, scallions, honey, soy sauce, sesame seeds and curry powder and cook for about 3 minutes, stirring continuously.
5. Enjoy with a garnishing of the reserved pear slices.

TROPICAL

Bean Stir Fry



Prep Time: 28 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 256 kcal

Fat 9.2 g

Carbohydrates 39.9g

Protein 6.3 g

Cholesterol 0 mg

Sodium 28 mg

Ingredients

Sauce:

1 C. light coconut milk

1/2 C. chopped fresh cilantro

1 lime, juiced

1 inch piece fresh ginger root, minced

1 clove garlic, minced

1 tbsp agave nectar

Stir Fry:

1 tbsp peanut oil

1 red onion, cut into 1 inch long strips

1 green bell pepper, cut into 1 inch long strips

1/2 C. thinly sliced carrot

1 C. canned adzuki beans, drained

2 small mangos - peeled and cut into strips

Directions

1. For the sauce: in a blender, add all the ingredients and pulse till smooth.
2. In a large skillet, heat the peanut oil on medium-high heat and cook the bell pepper, carrot and onion for about 10 minutes.
3. Add the adzuki beans and mango and cook till the mango is heated through, stirring continuously.
4. Serve hot with a topping of the sauce.

Colorful Bell Stir Fry



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 91 kcal

Fat 5.1 g

Carbohydrates 10.9g

Protein 1.8 g

Cholesterol 0 mg

Sodium 151 mg

Ingredients

- | | |
|-------------------------------------|-----------------------------|
| 2 tsp extra - virgin olive oil | 2 tsp minced garlic |
| 2 tsp sesame oil | 1/4 tsp salt |
| 3 green bell peppers, thinly sliced | 1/4 tsp ground black pepper |
| 1 yellow bell pepper, chopped | |
| 1 red bell pepper, chopped | |
| 1 red onion, chopped | |

Directions

1. In a large skillet, heat the olive oil and sesame oil on medium heat and cook the bell peppers, red onion, garlic, salt, and pepper for about 7 - 10 minutes.

ALEXANDRIA

Rice Casserole



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 4

Calories 522.0

Fat 19.3g

Cholesterol 31.4mg

Sodium 226.2mg

Carbohydrates 77.2g

Protein 12.0g

Ingredients

- 1 small onion, sliced
- 4 garlic cloves, crushed
- 2 small oranges, grated and juiced
- 1.5 oz. unsalted butter
- 1 cinnamon stick
- 8 oz. long-grain white rice
- 2 bay leaves
- 2.6 oz. sultanas
- 1/2 tsp turmeric
- 2 1/2 C. chicken stock
- 1 tsp sunflower oil
- 1.5 oz. pistachios, shelled
- 3 sprigs fresh coriander

Directions

1. Place a deep skillet over medium heat. Heat in it the butter. Cook in it the garlic with onion for 3 min.
2. Stir in the rice with cinnamon stick then cook them for 3 min.
3. Stir in the bay leaves with orange zest, orange juice, sultanas, a pinch of salt and pepper.
4. Combine the turmeric with stock. Stir it into the rice pan. Cook them until they start boiling.
5. Lower the heat and put on the lid. Let them cook for 16 min.
6. Stir in the pistachios and cook them for an extra 2 min. Serve your rice casserole warm
7. Enjoy.

Moroccan

Lentil and Za'atar Tagine



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 414.9

Fat 8.1g

Cholesterol 15.2mg

Sodium 299.7mg

Carbohydrates 68.9g

Protein 21.2g

Ingredients

- 2 tbsp butter
- 2 medium onions, diced
- 2 small fresh chili peppers, sliced
- 1 tbsp paprika
- 1/2 tsp cayenne pepper
- 1 tsp ground cumin
- 1 C. dried lentils
- 4 tomatoes, peeled, seeded and chopped
- 1/4 C. tomato puree
- 1 C. chickpeas, cooked
- 1 C. carrot, diced
- 1 1/2 C. green beans, cut into pieces
- 1 zucchini, diced
- 3/4 C. frozen green pea
- 1/2 C. flat leaf parsley, chopped
- 1 tbsp za'atar spice mix, see appendix
- salt and pepper

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the onion with chilies for 11 min. Stir in the paprika, cayenne and cumin. Cook them for 1 min.
3. Stir in the lentils with tomatoes, tomato puree and enough water to cover them. Let them cook for 22 min over low heat.
4. Stir in the chickpeas, carrots, green beans, zucchini, and green peas. Cook them for 12 to 16 min.
5. Serve your lentil stew warm with some rice.
6. Enjoy.

CHIPOTLE Coleslaw I



Prep Time: 20 mins

Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 154 kcal

Fat 9.7 g

Carbohydrates 17.2g

Protein 2.2 g

Cholesterol 0 mg

Sodium 25 mg

Ingredients

1 dried chipotle chili pepper

1/2 C. boiling water

1/2 C. frozen pineapple juice
concentrate

1/2 C. olive oil

6 cloves garlic, minced

2 limes, zested and juiced

1/4 C. cumin seeds

1 small fresh pineapple - peeled, cored,
and cut into chunks

1/2 head green cabbage, cored and
shredded

1/2 head red cabbage, cored and
shredded

1/2 C. chopped cilantro

2 red bell peppers, seeded and cut into
strips

salt and ground black pepper to taste

Directions

1. Add the chipotle peppers in a small pre-heated skillet on medium heat and toast, for about 3-5 minutes, shaking the skillet occasionally.
2. With a scissor, cut the peppers and discard the seeds and the stems and place into a small bowl of boiling water.
3. With plastic wrap, cover the bowl and keep aside for at least 5 minutes.
4. Drain the peppers well and then mince and transfer into a bowl.
5. For the dressing in another large bowl, mix together pineapple concentrate, garlic, lime zest, lime juice and olive oil.
6. Again, heat the small skillet on medium heat and toast the cumin seeds for about 1-2 minutes.
7. Add the cumin seeds and chipotle peppers into the bowl with pineapple concentrate mixture and stir to combine well.
8. In a large serving bowl, add the remaining ingredients and dressing and toss to coat well.
9. Refrigerate, covered, stirring occasionally for at least 1 hour before serving.

New Mexican Stew



Prep Time: 5 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 564 kcal

Fat 33.5 g

Carbohydrates 39.6 g

Protein 27.1 g

Cholesterol 104 mg

Sodium 671 mg

Ingredients

2 lb. ground beef
1 onion, chopped
1 (14.5 oz.) can peeled and diced tomatoes
1 (15 oz.) can pinto beans, drained and rinsed
1 (15.25 oz.) can whole kernel corn, drained
4 potatoes, cubed
1 C. medium salsa

2 C. water
1 tsp ground cumin
salt to taste
ground black pepper to taste
1/2 tsp garlic powder
1/2 C. shredded Cheddar cheese

Directions

1. Place a large skillet on low to medium heat. Greased with a cooking spray or oil then cook in it the beef with onion for 8 min.
2. Stir in the remaining ingredients then season them with some salt and pepper. Put on the lid and cook them on low heat for 45 min.
3. Adjust the seasoning of the stew. Serve it warm.
4. Enjoy.

BROWN

Glazed Carrots



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 103.8

Fat 3.3g

Cholesterol 7.6mg

Sodium 140.5mg

Carbohydrates 18.6g

Protein 1.3g

Ingredients

- 1 lb carrot, sliced
- 1 tbsp butter
- 2 tbsp brown sugar
- 1 tsp hot sauce
- 1 tsp fresh lemon juice
- 1 tsp orange juice
- 1 tsp ground cumin
- 2 garlic cloves, minced
- 1/4 - 1/2 tsp chili powder
- salt, to taste

Directions

1. Place a large skillet over medium heat. Place in it the carrot and pour over it enough water to cover it.
2. Cook them for 12 min until the carrots are soft. Drain it and place it aside.
3. Discard the water from the saucepan. Add the butter to the same saucepan and heat it.
4. Stir in the brown sugar, hot pepper sauce, lemon juice, orange juice (or pineapple juice), cumin, garlic, and chili powder.
5. Cook them for 4 min while stirring all the time to make the sauce. Stir the carrots into the sauce. Serve them warm.
6. Enjoy.

Coconut Cod Stew



Prep Time: 5 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 4

Calories 408.2

Fat 23.2g

Cholesterol 73.3mg

Sodium 152.5mg

Carbohydrates 17.7g

Protein 34.5g

Ingredients

1 1/2-2 lbs cod fish fillets
2 tbsp corn oil
3 garlic cloves, minced
1 large onion, chopped
1 chili, your choice, minced
1 tsp black pepper

1 1/2-2 C. coconut milk
1 C. chopped tomato
1 lime, juice of

Directions

1. Season the fish fillets with a some salt. Place them in a roasting pan and refrigerate them for 1 h.
2. Place a large skillet over medium heat. Heat the oil it. Sauté in it the garlic, onion, chile and pepper for 6 min while stirring from time to time.
3. Add the tomato with coconut milk. Cook them until they start boiling. Lower the heat and simmer it until half of it evaporates.
4. Once the time is up, run the fish fillets under some cold water to discard the salt. Add it to the pan and let it cook for 12 min.
5. Serve your fish stew with some lime juice.
6. Enjoy.

TOMATO SOUP in the Tropics



Prep Time: 25 mins

Total Time: 55 mins

Servings per Recipe: 1

Calories 108.1

Fat 4.1g

Cholesterol 0.0mg

Sodium 166.5mg

Carbohydrates 17.4g

Protein 2.3g

Ingredients

- 2 tbsp olive oil
- 1 C. chopped onion
- 3 C. chopped tomatoes
- 1 (28 ounce) cans tomatoes, undrained
- 1/4 C. chopped basil
- 1 tsp sugar
- 3 tbsp fresh lemon juice
- 1 tbsp fresh orange zest
- 2 C. orange juice
- 3 tbsp chopped cilantro
- 3 tbsp chopped parsley
- 1/2-1 tsp salt
- pepper

Directions

1. Place a large skillet over medium heat. Heat the oil in it.
2. Sauté in it the onion for 12 min. Add the tomato with canned tomatoes with juice, basil, sugar, lemon juice, and orange peel.
3. Cook them until they start boiling. Put on the lid and cook them for 12 min over low heat.
4. Get a food processor: Combine in it the orange juice, cilantro, parsley, salt, and pepper. Process them until they become smooth.
5. Add 2 C. of the tomato soup to the food processor. Blend them again. Stir the mix back into the saucepan.
6. Cook the soup for an extra 12 min over low heat. Serve it warm.
7. Enjoy.

Creole Penne



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 436.7

Fat 106.2mg

Cholesterol 329.4mg

Sodium 11.7g

Carbohydrates 36.2g

Protein 436.7

Ingredients

4 boneless skinless chicken breasts
6 tbsp Cajun seasoning
1 packages chopped spinach
2 tbsp butter or 2 tbsp margarine
2 tbsp flour
2 C. milk
1/4 C. parmesan cheese
1/2 tsp garlic powder

salt and pepper
1 package mostaccioli noodles, or penne
4 tbsp olive oil

Directions

1. Cook the noodles by following the instructions on the package.
2. Place a heavy skillet over medium heat. Heat in it the butter. Mix into it the flour and cook it until it becomes golden.
3. Add to them the milk gradually while whisking all the time. Stir in the spinach, cheese, garlic powder, salt and pepper.
4. Let the sauce cook for 5 to 7 min while stirring it until it becomes thick.
5. Place a large skillet over medium heat. Heat the oil in it.
6. Season the chicken breasts with Cajun seasoning, a pinch of salt and pepper. Cook the chicken breasts in the hot pan 5 to 8 min on each side.
7. Serve your pasta warm with the golden chicken breasts and cheese sauce.
8. Enjoy.

CARIBBEAN

Coconut Curry



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 375 kcal

Fat 20.9 g

Carbohydrates 16.7g

Protein 32.2 g

Cholesterol 78 mg

Sodium 807 mg

Ingredients

2 lb. boneless skinless chicken breasts,
cut into 1/2-inch chunks

1 tsp salt and pepper, or to taste

1 1/2 tbsp vegetable oil

2 tbsp curry powder

1/2 onion, thinly sliced

2 cloves garlic, crushed

1 (14 oz.) can coconut milk

1 (14.5 oz.) can stewed, diced tomatoes

1 (8 oz.) can tomato sauce

3 tbsp sugar

Directions

1. Season the chicken pieces with the salt and pepper evenly.
2. In a large skillet, heat the oil and curry powder on medium-high heat for about 2 minutes.
3. Stir in the onions and garlic and sauté for about 1 minute.
4. Add the chicken and gently, stir to combine with the curry oil.
5. Reduce the heat to medium and cook for about 7-10 minutes.
6. Stir in the coconut milk, tomatoes, tomato sauce and sugar and simmer, covered for about 30-40 minutes, stirring occasionally.

Bangkok City Curry



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 472 kcal

Fat 40.9 g

Carbohydrates 14.6g

Protein 27.1 g

Cholesterol 57 mg

Sodium 935 mg

Ingredients

- 1 lb. skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 tbsp dark soy sauce
- 1 tbsp all-purpose flour
- 2 tbsp cooking oil
- 2 tbsp green curry paste, see appendix
- 2 green onions with tops, chopped
- 3 cloves garlic, peeled and chopped
- 1 tsp fresh ginger, peeled and finely chopped
- 2 C. coconut milk
- 1 tbsp fish sauce
- 1 tbsp dark soy sauce
- 2 tbsp white sugar
- 1/2 C. cilantro leaves, for garnish

Directions

1. Coat the chicken with 1 tbsp of the dark soy sauce and then with the flour evenly.
2. In a large skillet, heat the oil on medium-high heat and cook the chicken cubes for about 5 minutes.
3. Transfer the chicken into a plate.
4. In the same skillet, sauté the curry paste on medium heat for about 1 minute.
5. Add the green onions, garlic and ginger and sauté for about 2 minutes.
6. Add the cooked chicken and stir to coat with the curry mixture.
7. Stir in the coconut milk, fish sauce, 1 tbsp of the soy sauce and sugar and simmer for about 20 minutes.
8. Serve with a garnishing of the cilantro leaves.

EASY

Guyanese Potato Curry



Prep Time: 25 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 574 kcal

Fat 31.4 g

Carbohydrates 36.6g

Protein 36.1 g

Cholesterol 128 mg

Sodium 1908 mg

Ingredients

3 tbsp vegetable oil
1 (3 lb.) chicken, cut into pieces
1 large onion, diced
6 cloves garlic, minced
4 large potatoes - peeled and cubed
2 tbsp salt

1/4 C. Jamaican curry powder, see
appendix
hot pepper sauce to taste

Directions

1. In a large skillet, heat the oil on medium-high heat and cook the chicken, onions and garlic for about 5 minutes.
2. Stir in the potatoes, salt, curry powder and enough water to cover the chicken halfway and simmer, covered for about 30-40 minutes.
3. Stir in the hot pepper sauce and remove from the heat.

Jakarta Inspired Curry



Prep Time: 20 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 385 kcal

Fat 26.5 g

Carbohydrates 18.1g

Protein 23.3 g

Cholesterol 47 mg

Sodium 801 mg

Ingredients

- 1/2 C. coconut milk
- 1 tbsp red curry paste, see appendix
- 1 lb. skinless, boneless chicken breast, cut in bite-sized pieces
- 2 C. coconut milk
- 3 tbsp fish sauce
- 1 tbsp brown sugar
- 3/4 C. bamboo shoots, drained
- 2 C. frozen mixed vegetables, thawed
- 1/2 red bell pepper, sliced
- 1/2 orange bell pepper, sliced
- 3/4 C. fresh Thai basil leaves
- 2 tbsp fresh lime juice

Directions

1. In a heavy skillet, add 1/2 C. of the coconut milk and bring to a boil.
2. Stir in the curry paste and cook for about 5 minutes.
3. Add the chicken and cook for about 5 minutes.
4. Stir in 2 C. of the coconut milk, fish sauce, sugar, vegetables, bamboo shoots and basil and simmer for about 15 minutes.
5. Drizzle with the lime juice and remove from the heat.
6. Serve warm.

BLACK BEAN Casserole



Prep Time: 5 mins

Total Time: 35 mins

Servings per Recipe: 6

Calories 268.8

Fat 4.6g

Cholesterol 7.9mg

Sodium 461.9mg

Carbohydrates 40.7g

Protein 18.0g

Ingredients

- 1 garlic clove, minced
- 1/2 C. chopped onion
- 1 C. chopped tomato
- 1/2 C. chopped green onion
- 1/2 tsp chili powder
- 2 tsp cumin powder
- 1 (8 oz.) cans tomato sauce
- 1 (16 oz.) cans black beans, rinsed and drained
- 1 tbsp chopped cilantro
- salt and pepper
- 12 soft corn tortillas
- 8 oz. low-fat cheddar cheese, shredded

Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 9-inch square baking dish.
2. Heat a greased skillet over medium heat and stir fry the onion, green onion, garlic, tomato, cumin and chili powder for about 4-5 minutes.
3. Stir in the tomato sauce and cook for about 4-5 minutes.
4. Stir in the cilantro, beans, salt and black pepper and remove from the heat.
5. In the bottom of the prepared baking dish, arrange 4 tortillas, followed by 1/3 of the cheese and 1/3 of the bean mixture.
6. Repeat the layers twice, ending with 2 tbsp of the cheese.
7. Cover the baking dish and cook in the oven for about 20 minutes.
8. Uncover and cook for about 10 minutes.

5-Ingredient Quesadillas



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 372.2

Fat 26.8g

Cholesterol 74.5mg

Sodium 592.3mg

Carbohydrates 16.1g

Protein 16.6g

Ingredients

1 tbsp butter	sour cream
2 flour tortillas	
1 C. shredded cheddar cheese	
salsa	

Directions

1. In a skillet, add 1/2 tbsp of the butter and cook until melted completely.
2. Add 1 tortilla and cook one side of the tortilla.
3. Transfer the tortilla onto a plate.
4. In the same skillet, melt the remaining butter and cook one side of the remaining tortilla.
5. Immediately, place the cheese onto uncooked side of the tortilla in the skillet.
6. Now, place the cooked tortilla on top, cooked side up.
7. With a spatula, press the quesadilla and cook until the cheese melts completely.
8. Carefully, remove from the skillet and cut in desired sized wedges.
9. Enjoy with a topping of the salsa and sour cream.

TAMPICO

Steak



Prep Time: 15 mins

Total Time: 25 mins

Servings per Recipe: 2

Calories 417.4

Fat 21.4g

Cholesterol 103.9mg

Sodium 224.2mg

Carbohydrates 17.6g

Protein 39.6g

Ingredients

2 - 3 thin sliced quality cuts steak

seasoning salt

1 small onion

2 roma tomatoes

2 cloves garlic

2 (4 oz.) cans whole roasted green chili

peppers, strips

1 tbsp olive oil

2 - 3 slices Monterey jack pepper cheese,
sliced

Directions

1. In a skillet, add the oil and cook until heated through.
2. Add the tomato, onion and garlic and stir fry for about 3-4 minutes.
3. Remove from the heat and keep aside.
4. Set the broiler of your oven.
5. Season the steak with the seasoning salt evenly.
6. Cook the steaks under the broiler for about 3-4 minutes.
7. Remove from the oven and flip the steaks.
8. Top each steak with the tomato mixture evenly, followed by 2-3 strips of green chile and 1 cheese slice.
9. Cook the steaks under the broiler for about 3 minutes.
10. Enjoy hot.

Chicken & Rice in Mexico (Arroz y Pollo)



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 368.0

Fat 15.9g

Cholesterol 67.7mg

Sodium 824.7mg

Carbohydrates 29.5g

Protein 27.0g

Ingredients

1 lb. boneless skinless chicken, strips
3 tbsp cooking oil
1/2 lb. button mushroom, quartered
1 medium onion, medium diced
2 garlic cloves, minced
2 C. salsa
1 C. Monterey jack cheese, shredded
2 C. chicken stock
2 C. cooked rice

salt and pepper
parsley
1 tsp cumin
1/4 tsp ground cayenne pepper

Directions

1. In a small bowl, mix together the cumin, cayenne, salt and pepper.
2. Season the chicken with spice mixture evenly.
3. Place the oil in a skillet over medium heat and cook until heated completely.
4. Add the onion, mushrooms and garlic and cook for about 2-3 minutes.
5. Stir in the chicken and cook for about 5-6 minutes.
6. Stir in the rice and salsa and cook for about 2-3 minutes, mixing as required.
7. Slowly, add the chicken broth and cook until chicken is done completely.
8. Remove from the heat and stir in the cheese until melted.
9. Enjoy with a garnishing of the parsley.

BACON

& Turkey Panini Sandwiches with Chipotle Mayo



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 699 kcal

Fat 33.2 g

Carbohydrates 65.1g

Protein 34.5 g

Cholesterol 81 mg

Sodium 2276 mg

Ingredients

- 8 slices bacon
- 1 tbsp butter
- 2 cloves garlic, minced
- 1/2 red onion, thinly sliced
- 3 C. fresh spinach leaves
- 1/2 C. reduced-fat mayonnaise
- 2 chipotle peppers in adobo sauce, minced
- 1 tsp adobo sauce from chipotle peppers
- 8 (4 inch) pieces focaccia bread
- 4 slices provolone cheese
- 1/2 pound sliced deli turkey meat

Directions

1. Set your Panini press according to the manufacturer's directions.
2. Cook the bacon in a pre-heated large deep skillet on medium-high heat for about 10 minutes, flipping occasionally.
3. Transfer the bacon slices onto a paper towel lined plate.
4. In another large skillet, melt the butter on medium heat and sauté the onion and garlic for about 10 minutes.
5. Stir in the spinach and cook for about 3 minutes or till wilted.
6. In a small bowl, add the minced chipotle peppers, adobo sauce and mayonnaise and mix till well combined.
7. Spread the chipotle mayo over 4 slices of bread evenly, followed by cheese slices, turkey meat, 2 bacon slices and the spinach mixture.
8. Cover with the remaining slices to make sandwiches and cook in the Panini for about 5 minutes or according to your manufacturer's directions.

Chipotle Veggies & Black-Eyed Peas



Prep Time: 20 mins



Total Time: 8 hrs 20 mins

Servings per Recipe: 20

Calories 165 kcal

Fat 2.7 g

Carbohydrates 26.9g

Protein 9.2 g

Cholesterol 0 mg

Sodium 170 mg

Ingredients

2 tbsps olive oil
1 tbsp balsamic vinegar
1 C. chopped orange bell pepper
1 C. chopped celery
1 C. chopped carrot
1 C. chopped onion
1 tsp minced garlic
2 (16 oz.) packages dry black-eyed peas
4 C. water
4 tsps vegetable bouillon base (such as Better Than Bouillon(R) Vegetable Base)

1 (7 oz.) can chipotle peppers in adobo sauce, chopped, sauce reserved
2 tsps liquid mesquite smoke flavoring
2 tsps ground cumin
1/2 tsp ground black pepper

Directions

1. In a skillet, heat the vinegar and oil and sauté the onion, celery, bell pepper and carrot for about 5-8 minutes.
2. In a slow cooker, transfer the vegetable mixture with the remaining ingredients and stir to combine.
3. Set the slow cooker to Low and cook, covered for about 8 hours.

RED BELL Brussel Sprouts



Prep Time: 20 mins

Total Time: 40 mins

Servings per Recipe: 6

Calories 187.6

Fat 12.1g

Cholesterol 30.5mg

Sodium 121.1mg

Carbohydrates 18.5g

Protein 5.8g

Ingredients

2 lbs. Brussels sprouts, trimmed
2 red bell peppers, seeded, sliced
1 onions, sliced
2 garlic cloves, minced
6 tbsp butter
salt

pepper
2 tbsp lemon juice

Directions

1. Use a sharp knife to make a cut in the shape of X in the bottom of each brussels sprout.
2. Place a large skillet over medium heat. Heat in it the butter.
3. Cook in it the garlic with pepper and onion for 4 min.
4. Stir in the brussels sprouts with a pinch of salt and pepper. Cook them for 4 to 6 min.
5. Stir in the lemon rind then serve them warm.
6. Enjoy.

Hot Bunny Sprouts



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 79.8

Fat 4.2g

Cholesterol 10.1mg

Sodium 293.3mg

Carbohydrates 10.2g

Protein 1.7g

Ingredients

1/2 lb. Brussels sprout, trimmed and halved

1 lb. carrot, sliced

2 tbsp butter

1 tbsp orange zest

1 tbsp fresh parsley

1/2 tsp salt

3 drops hot pepper sauce

Directions

1. Place a large deep skillet over medium heat.
2. Stir in it the carrots with brussels sprouts. Cover them with water and put on the lid.
3. Cook them for 12 min until they become tender.
4. Once the time is up, add the butter, zest, parsley, salt, and hot pepper sauce.
5. Stir them to coat then serve them warm.
6. Enjoy.

BALSAMIC

Apple Brussels Sprouts



Prep Time: 4 mins

Total Time: 19 mins

Servings per Recipe: 2

Calories 256.4

Fat 13.8g

Cholesterol 10.2mg

Sodium 39.2mg

Carbohydrates 31.4g

Protein 5.5g

Ingredients

10 oz. Brussels sprouts stem removed and halved
1 tbsp olive oil
kosher salt
pepper
3 tbsp balsamic vinegar

1 tbsp honey
2 tbsp pistachios, toasted and chopped
1/2 fuji apple, unpeeled and sliced
1 tbsp crème fraiche

Directions

1. Before you do anything, preheat the oven to 450 F.
2. Stir the brussels sprouts with olive oil, a pinch of salt and pepper on a baking tray.
3. Bake them for 18 min.
4. Place a large skillet over medium heat. Stir in it the honey with balsamic vinegar. cook them for 4 min.
5. Get a large mixing bowl: Toss in it the brussels sprouts with vinegar sauce, apple slices, and pistachios.
6. Serve it with some crème fraiche.
7. Enjoy.

Oniony Sprouts



Prep Time: 40 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 246.1

Fat 16.9g

Cholesterol 40.6mg

Sodium 412.1mg

Carbohydrates 20.3g

Protein 7.9g

Ingredients

3 - 4 lbs. Brussels sprouts
2 medium chopped onions
2 C. chicken broth
1 tbsp lemon juice

1/2 C. butter
salt and pepper

Directions

1. Place a skillet over medium heat. Heat in it the butter.
2. Cook in it the onion for 4 min. Stir in the lemon juice with a pinch of salt. Turn off the heat.
3. Place a large saucepan over high heat. Heat in it the broth until it starts boiling.
4. Cook in it the brussels sprouts for 9 min. Drain it and place it aside.
5. Stir the remaining broth into the onion pan and cook them until it evaporates.
6. Add the brussels sprouts and stir them then serve them warm.
7. Enjoy.

COUSCOUS Ghardaïa



Prep Time: 15 mins

Total Time: 30 mins

Servings per Recipe: 6

Calories 226.4

Fat 5.6g

Cholesterol 1.5mg

Sodium 86.0mg

Carbohydrates 38.6g

Protein 6.9g

Ingredients

- 2 tbsp. olive oil
- 1 medium onion, chopped
- 8 oz. mushrooms, sliced
- 1 grated carrot
- 2 garlic cloves, minced
- 1/2 tsp. cumin
- 1/2 tsp. ground coriander
- 1 lemon, zest of
- 1 lemon, juice of
- 1/2 C. raisins
- 1 1/4 C. chicken stock
- 1 C. couscous

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the onion with carrots and mushrooms for 5 min.
3. Stir in the seasonings with lemon zest, raisins, and couscous. Cook them for 2 min.
4. Stir in the lemon juice with stock. Lower the heat and cook them for 3 to 4 min.
5. Put on the lid and turn off the heat. Let it sit for 5 to 6 min. Serve it warm.
6. Enjoy.

Algerian Fries



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 332.8

Fat 13.5g

Cholesterol 53.9mg

Sodium 962.1mg

Carbohydrates 41.6g

Protein 12.2g

Ingredients

2 tbsp. oil	3 C. water
1/2 C. onion, chopped	2 lbs. frozen French fries
1 lb. skinless chicken piece	1 egg, beaten
10 sprigs flat leaf parsley, leaves only, chopped	lemon wedge
1/4 C. chickpeas, cooked	
1 tsp. black pepper	
1 tsp. salt	
1/2 tsp. cinnamon	

Directions

1. Place a large skillet over medium heat. Heat in it the 2 tbsp. of oil.
2. Stir in it the onion, chicken, 1/2 the parsley, chickpeas, pepper, salt and cinnamon.
3. Put on the lid and cook them for 10 to 12 min. Stir in the water and cook them until they start boiling.
4. Prepare the French fries by following the instructions on the package.
5. Stir the beaten egg with fries into the pot and cook them for 10 to 12 min.
6. Garnish it with parsley then serve it hot.
7. Enjoy.

ARABIC STYLE Chicken



Prep Time: 10 mins

Total Time: 45 mins

Servings per Recipe: 6

Calories 331 kcal

Fat 19.7 g

Carbohydrates 3.6g

Protein 29.8 g

Cholesterol 106 mg

Sodium 95 mg

Ingredients

- 1 tsp olive oil
- 1 C. sliced onion
- 2 1/2 lbs skinless, boneless chicken thighs
- 1 tbsp garam masala
- 1/2 tsp curry powder
- 1/2 C. chicken broth
- 2 tbsps balsamic vinegar
- 1 C. fat-free, reduced-sodium chicken broth

Directions

1. In a skillet stir fry your onions in olive oil for 9 mins then place them to the side.
2. Turn up the heat and top your chicken with some curry and masala before laying it in the pan and browning it for 5 mins.
3. Now flip the chicken and cook it for 5 more mins.
4. Add in the broth and vinegar and cook for 2 mins before scraping the bottom of the pan.
5. Add the broth and onions and get everything boiling.
6. Once it is boiling place a lid on the pot, set the heat to low, and let the contents gently simmer for 22 mins.
7. Enjoy.

Chicken

Chowder for Champions



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 5

Calories 691 kcal

Fat 41.3 g

Carbohydrates 35.7g

Protein 43.5 g

Cholesterol 126 mg

Sodium 2209 mg

Ingredients

4 C. chicken broth
1 1/2 C. diced potatoes
1 C. diced celery
1 C. diced carrots
1 C. diced onion
1/3 C. margarine
1/3 C. all-purpose flour

3 C. milk
1 tbsp soy sauce
1 lb. processed cheese, cubed
2 C. chopped, cooked chicken meat

Directions

1. In a large skillet, mix together the chicken broth, potatoes, celery, carrots and onion and cook, covered for about 15 minutes.
2. In a medium skillet, melt the butter on low heat.
3. Stir in the flour and cook for about 1 minute, stirring continuously.
4. Slowly, add the milk, beating continuously.
5. Cook till the mixture becomes thick and bubbly, stirring continuously.
6. Add the flour mixture and soy sauce into the vegetables and stir to combine.
7. Stir in the cheese till melts completely.
8. Stir in the chicken and cook till heated completely.

BENGALI STYLE Salmon



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 435 kcal

Fat 25 g

Carbohydrates 12.8g

Protein 36.8 g

Cholesterol 98 mg

Sodium 153 mg

Ingredients

3 tbsp mustard seed

5 green chili peppers, diced

1/4 C. vegetable oil

4 medium onions, chopped

1 tsp chili powder

1 tsp ground turmeric

salt to taste

1/3 C. water

2 lb. salmon, cut into chunks

Directions

1. In a bowl, add the mustard seed and chili peppers and mash till a fine paste forms.
2. In a skillet, heat the oil on medium heat and sauté the onions till golden.
3. Stir in the mustard paste, chili powder, turmeric, salt and water.
4. Add the salmon and reduce the heat to low and simmer till most of the liquid is absorbed.

Curry

Russets Indian Style



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 5

Calories 268 kcal

Fat 4.7 g

Carbohydrates 52.1g

Protein 6.3 g

Cholesterol 0 mg

Sodium 267 mg

Ingredients

1 C. vegetable oil for frying
2 cloves garlic, pressed
1 tsp cumin seeds
1/2 tsp salt
1/4 tsp ground turmeric
1/4 tsp ground black pepper

5 russet potatoes, peeled and cubed
2 tbsp chopped fresh cilantro
1 tsp mild curry paste

Directions

1. In a skillet, add the enough oil to cover the bottom 1/3-inch deep on medium heat.
2. Add the garlic, cumin, salt, turmeric and black pepper and heat it.
3. Stir in the potatoes and cook for about 10-15 minutes, flipping occasionally.
4. Stir in the fresh cilantro and curry paste and stir fry for about 1 minute.
5. With a slotted spoon, transfer the potatoes into serving dish.

CAMBODIAN

Tri-Tip Stir Fry



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 317.0

Fat 23.1g

Cholesterol 73.7mg

Sodium 772.4mg

Carbohydrates 2.8g

Protein 24.1g

Ingredients

1 lb. tri-tip steak, cut
2 tbsp water
16 oz. frozen broccoli with red peppers
1/4 C. toasted chopped walnuts

Marinade
1/3 C. low sodium soy sauce
1 tbsp dark sesame oil

Directions

1. For the marinade: in a bowl, add all the ingredients and mix well.
2. Reserve 2 tbsp of the marinade in another bowl.
3. In the bowl of the remaining marinade, add the beef steaks and mix well.
4. Cover the bowl and place in the fridge for about 15 minutes.
5. Remove the beef steaks from the bowl and discard marinade.
6. Place a nonstick skillet over medium-high heat until heated completely.
7. Add the steak and cook for about 10-12 minutes, flipping once halfway through.
8. In the same skillet, add 2 tbsp of the water over medium-high heat and cook until heated.
9. Stir in the vegetables and cook for about 4 minutes, mixing often.
10. Stir in the reserved marinade and cook until heated completely.
11. Cut the steaks into slices.
12. Divide the beef and vegetables onto plates and enjoy with a topping of the walnuts.

Cambodian

Lemongrass Spice Paste Skillet



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 551.7

Fat 47.9g

Cholesterol 32.7mg

Sodium 1596.6mg

Carbohydrates 22.5g

Protein 11.6g

Ingredients

Lemongrass Spice Paste	600 g beef
2 stalks lemongrass, sliced	3 tbsp fish sauce
5 garlic cloves, chopped	2 tbsp sugar
1 large shallot, chopped	1/2 tsp salt
1 1/2 tsp galangal, peeled and chopped	1 large onion, peeled and sliced into wedges
6 kaffir lime leaves, deveined	1 red capsicum, sliced
1/2 tsp turmeric	1/2 C. roasted peanuts, ground
2 chilies, chopped and seeded	rice vermicelli
1/2 C. water	
Stir Fry	
3 tbsp vegetable oil	

Directions

1. For the paste: in a food processor, add all the ingredients and pulse until pureed .
2. Transfer the pureed mixture into a bowl with the meat and mix until well combined.
3. In a skillet, add the oil over medium heat and cook until heated through.
4. Add the meat and sea until browned completely.
5. Stir in the sugar, fish sauce and salt and cook until just boiling, stirring continuously.
6. Add the onion wedges and cook for about 4-5 minutes, stirring continuously.
7. Add 6 tbsp of the roasted peanuts and capsicum and cook for about 1 minute, stirring continuously.
8. Enjoy hot with a topping of the remaining peanuts alongside the rice vermicelli noodles.

CROQUETTES

Japanese Style



Prep Time: 30 mins

Total Time: 30 mins

Servings per Recipe: 1

Calories 231.9

Fat 2.8g

Cholesterol 33.1mg

Sodium 461.1mg

Carbohydrates 44.6g

Protein 7.3g

Ingredients

3 - 4 C. leftover mashed potatoes
1 C. corn
1/2 C. flour
1 egg, beaten
1 C. panko breadcrumbs
oil (for frying)

Directions

1. In a bowl, mix together the mashed potatoes and corn.
2. Make flat patties from the mixture.
3. Coat the patties with the flour, then dip in beaten egg and finally with the panko.
4. In a deep skillet, heat the oil and fry the croquettes till browned from all sides.
5. Transfer the croquettes onto a paper towel lined plate to drain.
6. Serve alongside the Tonkatsu sauce.

Noodles & Shrimp Asian Style



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 322 kcal

Fat 6.3 g

Carbohydrates 49g

Protein 15.1 g

Cholesterol 83 mg

Sodium 616 mg

Ingredients

1 lb. fresh Chinese egg noodles
2 tbsp olive oil
1/3 C. chopped onion
1 clove garlic, chopped
3/4 C. broccoli florets
1/2 C. chopped red bell pepper
2 C. cooked shrimp
1/2 C. sliced water chestnuts, drained

1/2 C. baby corn, drained
1/2 C. canned sliced bamboo shoots, drained
3 tbsp oyster sauce
1 tbsp red pepper flakes, or to taste

Directions

1. In a large pan of lightly salted boiling water, cook the egg noodles for about 1-2 minutes.
2. Drain them well and keep everything aside.
3. In a large skillet, heat the oil on medium-high heat, sauté the onion and garlic for about 1 minute.
4. Stir in the bell pepper and broccoli and stir fry everything for about 3 minutes.
5. Stir in the remaining ingredients and cook for about 3 more minutes.
6. Serve the noodles with a topping of the veggie mixture.

CATALINA'S

Spicy Wontons



Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 15

Calories 685.4

Fat 66.0g

Cholesterol 26.0mg

Sodium 263.0mg

Carbohydrates 18.9g

Protein 5.8g

Ingredients

- 1 (8 oz.) packages cream cheese, softened
- 1 C. Monterey Jack cheese, shredded
- 1 (4 oz.) cans jalapeño peppers, diced
- 1 tsp minced garlic
- 3 green onions, diced
- black pepper
- 1 (16 oz.) packages wonton wrappers
- 1 quart vegetable oil

Directions

1. In a bowl, add the Monterey Jack cheese, cream cheese, green onions, garlic, jalapeño peppers and black pepper and mix until well combined.
2. Place 1 tsp of the jalapeño mixture in the center of each wonton wrapper.
3. With wet fingers, moisten the edges of each wrapper and then, fold over the filling in a triangle shape.
4. Now, with your fingers, press the edges to seal completely.
5. In a skillet, add the oil over medium - high heat and cook until heated through.
6. Add the wontons in batches and cook until golden brown completely, flipping occasionally.
7. With a slotted spoon, transfer the wrappers onto a paper towel-lined plate to drain.
8. Enjoy.

Hot

Ginger Wontons



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 2

Calories 378.4

Fat 20.9g

Cholesterol 288.0mg

Sodium 1337.8mg

Carbohydrates 4.5g

Protein 43.4g

Ingredients

- | | |
|-----------------------------|--------------|
| 1 lb. ground chicken | 1 tsp salt |
| 1 large egg | 1 tsp pepper |
| 1 tsp ground ginger | oil |
| 3 garlic cloves, minced | |
| 1/4 C. green onion, chopped | |
| 1/4 tsp allspice | |
| 1/8 tsp cinnamon | |
| 1/4 tsp cayenne pepper | |

Directions

1. In a bowl, add the egg, chicken, green onion and spices and mix well.
2. In a deep skillet, add the oil and cook until its temperature reaches to 375 degrees F.
3. With 1 tsp, place the mixture and cook until golden brown.
4. With a slotted spoon, transfer the wontons onto a paper towel-lined plate to drain.
5. Enjoy alongside your favorite sauce.

WEEKNIGHT

Dinner (Chicken and Biscuits)



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 599.5

Fat 34.9g

Cholesterol 117.8mg

Sodium 1064.8mg

Carbohydrates 34.9g

Protein 35.5g

Ingredients

1/2 large onion, chopped

1 1/2 tsp butter

4 C. chopped cooked chicken

1 (10 3/4 oz.) cans cream of chicken
soup

1 C. sour cream

1/2 C. milk

1/2 C. chopped pimiento

1 C. shredded cheddar cheese

6 frozen biscuits, thawed

Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 11x7-inch baking dish.
2. In a skillet, add the butter and cook until melted.
3. Add the onion and stir fry for about 4-5 minutes.
4. Add the remaining ingredients except the cheese and biscuits and stir to combine.
5. In the bottom of the prepared baking dish, place the chicken mixture evenly.
6. Cook in the oven for about 15 minutes.
7. Remove the baking dish from the oven.
8. Place the biscuits over the chicken mixture and top with the cheese.
9. Cook in the oven for about 20 minutes.
10. Enjoy hot.

Deli Sandwiches



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 517.0

Fat 28.7g

Cholesterol 56.3mg

Sodium 1203.5mg

Carbohydrates 42.6g

Protein 22.9g

Ingredients

2 boneless chicken breasts
2 tbsp lemon pepper seasoning
1 tbsp olive oil
8 slices tomatoes
4 lettuce leaves
4 deli rolls
mayonnaise

1/2 C. ketchup
1/2 C. ranch dressing
1/4 C. prepared mustard

Directions

1. Get a mixing bowl: Whisk in it the ketchup, ranch dressing, and prepared mustard.
2. Place a large skillet over medium heat. Heat in it the oil.
3. Slice the chicken breasts in half lengthwise. Sprinkle on both sides lemon pepper seasonings.
4. Place them in the hot pan and cook them for 5 to 7 min on each side.
5. Coat the inside of the deli rolls with butter. Place them in a hot pan and toast them until they become golden.
6. Transfer them to a serving plate. Arrange over them the chicken breasts, lettuce, tomato, and ranch sauce.
7. Serve your sandwiches immediately.
8. Enjoy.

FRIED

Tulingan (Mackerel)



Prep Time: 10 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 4

Calories 974 kcal

Carbohydrates 0.8 g

Cholesterol 222 mg

Fat 70 g

Protein 77.6 g

Sodium 841 mg

Ingredients

1 (3 1/2) pound whole mackerel, gutted
and cleaned

2 C. water

1 tbsp tamarind soup base

1 tsp fish sauce

oil for frying

Directions

1. Mix mackerel water, fish sauce and a tamarind soup base in a skillet, and cook over medium heat for about 15 minutes.
2. Flip the fish once very carefully and cook for another 15 minutes before turning off the heat and letting it stand as it is for about one hour.
3. Take out the fish and dry it with paper towels before deep frying it in large skillet for about 10 minutes.
4. Serve.

Fried Rice for Thursday Nights



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 315 kcal

Fat 13.1 g

Carbohydrates 28.1g

Protein 20.1 g

Cholesterol 128 mg

Sodium 559 mg

Ingredients

3 tbsp vegetable oil, divided
3 eggs, beaten
3 C. cold, cooked white rice
2 C. chopped cooked chicken
1/2 C. sliced celery
1/2 C. shredded carrot

1 C. frozen green peas, thawed
2 green onions, sliced
3 tbsp soy sauce

Directions

1. In a large skillet, heat 1 tbsp of the oil on medium-high heat and cook the eggs till scrambled.
2. Transfer the scrambled eggs into a plate and keep aside.
3. In the same skillet, heat remaining 2 tbsp of the oil on high heat and stir in the rice.
4. Add the chicken, celery, carrot, peas and green onions and stir to combine.
5. Reduce the heat to medium and cook, covered for about 5 minutes.
6. Stir in the scrambled eggs and soy sauce and cook till heated completely.

ALLSPICE

Sweet Quinces Stew



Prep Time: 20 mins

Total Time: 3 hrs

Servings per Recipe: 4

Calories 681.5

Fat 42.0g

Cholesterol 135.2mg

Sodium 446.0mg

Carbohydrates 45.6g

Protein 33.3g

Ingredients

4 tbsp olive oil
2 lbs lamb, fat removed, cut in 1 inch pieces
1 large onion, chopped
3 tbsp pomegranate molasses
1 C. water
1/2 tsp ground cinnamon
1/2 tsp ground allspice (optional)
1/2 tsp salt
1/4 tsp ground black pepper

2 tbsp butter or 2 tbsp margarine
2 lbs quinces, peeled, cored, and quartered
2 tbsp brown sugar
1 pinch ground cloves (optional) or 1 pinch allspice (optional)
1/2 tsp ground cinnamon

Directions

1. Place a large skillet over medium heat and heat 2 tbsp of oil. cook in it the lamb in batches until it become brown.
2. Drain it and place it aside. add 2 tbsp of oil to the skillet and heat it. sauté in it the onion for 6 min.
3. Stir in the pomegranate molasses and the water. add the browned lamb back with the tsp cinnamon, allspice, salt, and pepper. put on the lid and let them cook for 1 h.
4. Place a skillet over medium heat and heat the butter in it. Stir in the quinces and cook them over high heat for 4 min on each side.
5. Stir in the sugar, cloves, and 1/2 tsp cinnamon. Spoon the quinces mix and place them on over browned lamb mix.
6. Put on the lid and cook them for 32 min over low heat. Serve your lamb quince stew warm.
7. Enjoy.

Lamb Stew with Turkish Baharat



Prep Time: 10 mins



Total Time: 2 hrs

Servings per Recipe: 3

Calories 328.0

Fat 17.9g

Cholesterol 108.5mg

Sodium 170.5mg

Carbohydrates 5.6g

Protein 34.6g

Ingredients

1/2 kg boneless stewing lamb
2 tbsp olive oil
1 medium onion, finely chopped
1 garlic clove, minced
1/4 C. chopped sweet pepper
1/2 C. canned tomatoes, pureed or 3/4 C.
chopped peeled tomatoes
3/4 C. water

1/2 tsp baharat, spice mix Baharat Spice Blend
or 1/2 tsp ground allspice
Salt
Fresh ground black pepper
1/4 C. chopped parsley

Directions

1. Slice the meat with a sharp knife into dices.
2. Place a large skillet over medium heat. Heat 1 tbsp of olive oil in it then brown in it the lamb in batches.
3. Drain it and place it aside. Heat the rest of oil in the same skillet. Sauté in it the onion with sweet pepper and garlic for 4 min.
4. Stir in the water with tomato, baharat, and a pinch of salt, pepper and some of the parsley.
5. Stir the browned lamb back into the skillet. Put on the lid and cook it for 1 h 35 min. serve your stew warm.
6. Enjoy.

EASY PEASY

Chickpea Falafels



Prep Time: 10 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 157.0

Fat 1.3g

Cholesterol 0.0mg

Sodium 611.8mg

Carbohydrates 30.5g

Protein 6.2g

Ingredients

- 1 (15 oz) cans chickpeas, drained
- 1 medium onion, finely chopped
- 1 tbsp minced garlic
- 2 tbsp fresh parsley, finely chopped
- 1 tsp coriander
- 3/4 tsp cumin
- 1/2 tsp salt
- 2 tbsp flour
- canola oil (for frying) or vegetable oil (for frying)

Directions

1. Get a mixing bowl: toss in it the chickpeas, garlic, onion, coriander, flour, cumin, salt and pepper.
2. Use a fork or a potato masher to mash them until they are well combined. Shape the mix into medium sized patties and place them on a lined up baking sheet.
3. Place a large skillet over medium heat and fill 2 inches of it with oil then heat it until it start sizzling.
4. Drop in it the chickpea falafels and cook them on both sides until they become golden brown. Serve them with your favorite toppings.
5. Enjoy.

Chicken Tunis



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 216.3

Fat 4.1g

Cholesterol 75.5mg

Sodium 378.2mg

Carbohydrates 15.6g

Protein 28.7g

Ingredients

1 red onion, finely sliced
4 boneless skinless chicken breasts, cut into strips
2 garlic cloves, chopped
1 tsp coriander seed
1 tsp ground cumin
1 tsp ground cinnamon
1/2 tsp cayenne pepper
6 cardamom pods, crushed with seeds removed

1 1/4 C. chicken broth
2 tbsp all-purpose flour
1 tsp dried oregano
1 (14 oz.) can chopped tomatoes
2 pieces orange peel
2/3 C. orange juice
salt & ground black pepper

Directions

1. Place a large skillet over medium heat. Coat it with a cooking spray.
2. Cook in it the onion for 3 min. Stir in the garlic with chicken. Cook them for 4 min.
3. Stir in the spices with 4 tbsp of broth. Cook them for an extra 2 min.
4. Stir in the rest of the broth with tomato, oregano, orange peel, and juice.
5. Put on the lid and let them cook for 22 min. Serve your stew hot with some rice.
6. Enjoy.