



20 easy

WEEKNIGHT
DINNERS

CHELSEA LORDS | CHELSEASMESSYAPRON.COM

Welcome

And thanks for signing up to receive email updates from Chelsea's Messy Apron!

If you're anything like me, the last thing you want to do after a long day of work is slave away over dinner in the kitchen. That's why I put together a collection of some of my favorite easy weeknight dinners so you can spend less time in the kitchen and more time doing the things you love. (Netflix binging anyone?)

I hope you enjoy making these recipes as much as I enjoyed creating them.

All the best,

Chelsea

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CROCKPOT CREAMY CHICKEN TACO CHILI

PREP 10 MIN | SERVES 6-8



INGREDIENTS

1 lb chicken thighs or breasts

1 can tomato sauce

2 cans chili-ready diced tomatoes

1 can diced and fire-roasted green chili peppers

1 can chili beans

1 can kidney beans

1 can corn

1 can black beans

1 cup chicken broth

1 tablespoon chili powder

1/4 teaspoon each: garlic powder, onion powder, dried oregano, crushed red pepper flakes

1/2 teaspoon paprika

1 and 1/2 teaspoons cumin

1 package cream cheese

Optional: lime, cheddar cheese, sour cream, guac/avocado, tortilla chips

DIRECTIONS

I use a 6 quart crockpot for this recipe. You'll want a big one 😊

Trim any fat and then place the chicken breasts or thighs whole in the crockpot.

Add in the tomato sauce, undrained diced tomatoes, green chile peppers, undrained chili beans, drained and rinsed kidney beans, drained corn, drained and rinsed black beans, and chicken broth.

Add in all the seasonings.

Cover and cook on low for 4-6 hours or high for 3-5 hours or until chicken is completely cooked through and easily shreds.

Remove the chicken from the crockpot, shred it, and set aside.

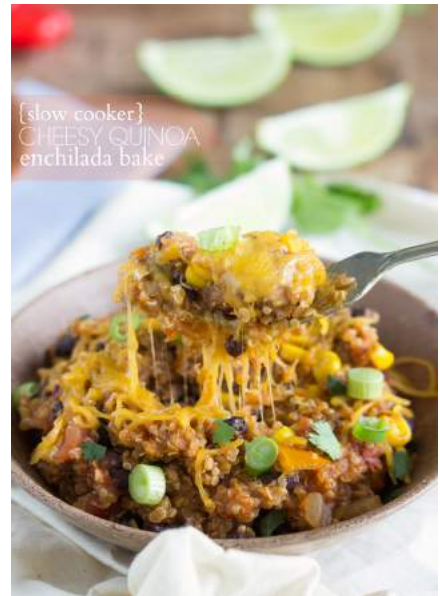
Soften and cube the cream cheese and add to the crockpot. Turn the crockpot on high for 30 minutes stirring every 10 or so minutes to help the cheese melt.

Add the chicken back in and stir until the cream cheese is completely melted. Season with salt and pepper to taste.

Serve with your favorite "taco" add-in's. I love cheddar cheese, sour cream, and fresh cilantro. Also good is a chopped avocado or a bit of guac and tortilla chips.

CROCKPOT ENCHILADA QUINOA

PREP 10 MIN | SERVES 6-8



INGREDIENTS

1 pound ground turkey
1 and 1/2 cups quinoa
1 can (15 ounces) black beans
1 cup frozen corn
1 can (10 ounces) diced tomatoes and green chilies
1/2 cup salsa
1 teaspoon minced garlic
1/2 cup onion
1/2 cup sweet bell peppers
1 cup water
1 can (19 ounces) enchilada sauce
1 tablespoon chili powder
1 teaspoon cumin
2 cups cheddar or Mexican cheese
1/3 cup fresh cilantro, chopped

Optional: 2 tbsp. lime juice, sour cream, green onions, jalapeño

DIRECTIONS

In a large skillet, cook the ground turkey until browned through. Drain out any grease and place in the slow cooker.

Add in the uncooked quinoa (make sure to rinse first), the black beans (drained and rinsed), the frozen corn, the diced tomatoes and green chilies (do not drain), the salsa (I used medium), and minced garlic.

Chop up the onion and sweet bell pepper into small pieces. Add to the slow cooker. If desired chop up a jalapeño and add it too.

Add in the water, enchilada sauce (I used mild, but use whatever you like best), chili powder, and cumin.

Stir everything together really well. Cover the slow cooker and cook on high for 3 to 3 and 1/2 hours or until the liquid is all absorbed into the mixture.

Once it is done cooking, remove the lid and stir everything again. Stir in the cheese and cilantro (stems removed and chopped).

If desired add in the lime juice.

Add a dollop of sour cream and some chopped green onions if desired.

NOTE: If you want to make these into more of traditional enchiladas: warm up the tortillas, spread some cheese on one side, a large spoonful of the mixture on top of the cheese, and more cheese on top of the mixture. Roll it up and top with more salsa or enchilada sauce. Add sour cream, green onions, and cilantro if desired.

CROCKPOT QUINOA TACOS

PREP 10 MIN | SERVES 6-8



INGREDIENTS

1 cup quinoa

1 cup chicken stock or vegetable broth

2 cans (15 ounces each) black beans

1 can (14.5 ounces) diced tomatoes in tomato juice

1 can (10 ounces) enchilada sauce

1 can (15 ounces) corn

3 tablespoons or 1 packet (1.25 ounces) taco seasoning

Corn or flour tortillas

Optional: queso fresco cheese, diced avocado, cilantro, fresh lime

DIRECTIONS

Rinse the quinoa in a fine mesh sieve to remove bitter saponin coating.

In a large crockpot (I use a 6 quart crockpot), add in the quinoa, chicken stock (vegetable broth to keep vegetarian), drained and rinsed black beans, undrained diced tomatoes in tomato juice, enchilada sauce, drained corn, and packet taco seasoning (or homemade taco seasoning).

Stir. Cover and cook on high 2.5 hours to 4 hours depending on the heat of your slow cooker.

Important notes with cooking quinoa in slow cooker: slow cookers cook at different temperatures! You'll want to watch this carefully if you have a slow cooker that runs hot so the quinoa doesn't get mushy. This recipe doesn't work on low because quinoa will get mushy when cooked on low for long time periods.

When quinoa is cooked through, serve on corn or flour tortillas and top with your desired toppings.

Garnish with a squeeze of fresh lime, cilantro, a diced avocado, and lots of queso fresco cheese!

CROCKPOT QUINOA, CHICKEN, & VEGGIE SOUP

PREP 10 MIN | SERVES 6-8



INGREDIENTS

1 pound boneless skinless chicken breasts or (4-6) thighs

1 can pinto beans

1 can corn

1/2 cup thinly sliced carrots

1/2 cup (2 stalks) sliced celery

1/3 cup diced yellow onion

3/4 cup quinoa

1/2 cup orange juice

1 can diced tomatoes with green chiles

1 can tomato paste

2 teaspoons minced garlic

5 cups chicken broth or stock

1-2 bay leaves

1 teaspoon chicken seasoning blend

2 teaspoons cajun seasoning

1 teaspoon oregano

1/2 teaspoon ground cumin

1/2 teaspoon paprika

Optional toppings: low-fat sour cream, fresh cilantro, fresh lime wedges or lime juice

DIRECTIONS

Trim the fat off the chicken breasts or thighs. If using breasts, cut each breast into 3 large even pieces.

Place the chicken breasts or thighs in the bottom of a large crockpot. I use a 6 quart crockpot.

Add in the drained and rinsed pinto beans, drained corn, thinly sliced carrots, sliced celery, diced onion, quinoa (rinse if not pre-rinsed to remove the bitter saponin coating), orange juice (or extra broth), undrained can of diced tomatoes with green chiles (such as Ro-Tel), tomato paste, minced garlic, and chicken broth or stock.

Add about 1 teaspoon seasoned salt (or to taste) and 1 teaspoon pepper (or to taste), bay leaves, chicken seasoning blend, cajun seasoning, oregano, ground cumin, and paprika.

Stir and then cover and cook on high for 3-5 hours or until the chicken easily shreds and the quinoa has "popped." My crockpot takes about 3 hours. The longer it cooks, the more liquid the quinoa absorbs which is why I don't recommend cooking on low unless you are fine with a stew 😊

Remove the chicken and shred. Return to the crockpot.

Remove the bay leaves and then enjoy the soup topped with optional toppings such as fresh cilantro, fresh lime, sour cream (we use low fat), and additional cajun seasoning, salt, pepper.

GRILLED CHICKEN MARINADE

PREP 20 MIN (DOES NOT INCLUDE MARINATING TIME) |
SERVES 6



INGREDIENTS

1 and 1/2 pounds chicken
3/4 cup vegetable oil
1/4 cup + 2 tablespoons low sodium soy sauce
3 tablespoons Worcestershire sauce
1/4 cup red wine vinegar
2 large lemons (zest and juice), separated
1/2 tablespoon black pepper
2 teaspoons Italian flat leaf parsley, chopped
3 tablespoons prepared yellow mustard
1-2 teaspoons minced garlic
4 tablespoons honey, separated
3 tablespoons butter
3 tablespoons olive oil

DIRECTIONS

Combine the vegetable oil, soy sauce, Worcestershire sauce, red wine vinegar, about 3-4 tablespoons lemon juice, 1 teaspoon lemon zest, black pepper, chopped parsley, prepared yellow mustard, 1-2 teaspoons minced garlic (for a more intense flavor use 2), and 1 tablespoon honey in a large bowl.

Set aside 1/3 cup of the marinade and reserve for later.

Remove fat from the chicken and pound the chicken to an even width (about 1 inch wide everywhere.) This ensures even grilling.

Place the chicken in the marinade and marinate for at least 30 minutes to 6 hours. The chicken is best at 5-6 hours. Too much longer and it tends to get salty/cooked by the vinegar.

Make sure your grill grates are clean and greased. To grease, dredge a paper towel in vegetable oil and holding it with tongs rub it all over the grate.

Preheat the grill to medium heat about 375-450 degrees F. Don't go hotter than 450 to avoid drying out the chicken.

Grill the chicken until completely cooked through (about 4-6 minutes per side depending on heat of the grill) Chicken should be at 165 degrees F at its thickest part.

Generously brush chicken with the reserved marinade mix as it grills.

OPTIONAL: For a quick lemon butter sauce to serve over the chicken, combine: 3 tablespoons melted butter, 3 tablespoons lemon juice, 1-2 teaspoons lemon zest, 3 tablespoons olive oil, and 3 tablespoons honey in a small bowl. Add some pepper and parsley if desired. Serve with the chicken.

LIGHTER CHICKEN, BACON, BROCCOLI ALFREDO

PREP 25 MIN | SERVES 4-6



INGREDIENTS

1 and 1/2 cups cooked chicken
1 and 1/2 tablespoons olive oil
1/2 tablespoon minced garlic
3 tablespoons white flour
1 cup chicken broth or stock
2 and 1/2 cups 1% milk
Seasoned salt
1/4 teaspoon chicken seasoning, optional
2 ounces reduced-fat cream cheese, at room temperature
3/4 cup freshly grated Parmesan cheese, separated
Pinch of nutmeg
12 ounces uncooked broccoli
8 ounces linguine
8-10 slices Butterball Turkey Bacon
Optional: 1 lemon, fresh parsley, freshly ground pepper, red pepper flakes (for a kick)

DIRECTIONS

Prepare the chicken: starting with either leftover grilled chicken or a rotisserie chicken, chop cooked chicken into small bite-sized pieces.

Fill a pot with a few inches of water, add a large pinch of seasoned salt, and put a steamer basket over top. Be certain the water does not touch the bottom of the basket. Bring the water to a simmer over medium-high heat. Add in chopped broccoli florets and cover. Steam for 3 to 5 minutes or until tender. Remove broccoli and add more water to the same pot, bringing the water to a boil.

Cook the linguine and drain. Place the turkey bacon in a large dry skillet and cook until crispy, flipping occasionally. Coarsely chop.

Using the same skillet you cooked the bacon in (wipe out any grease), add in the olive oil. Heat to warm and then add in the minced garlic and stir until fragrant. Add in the flour and briskly whisk until a thick dough forms. Cook for about 1 minute over medium heat.

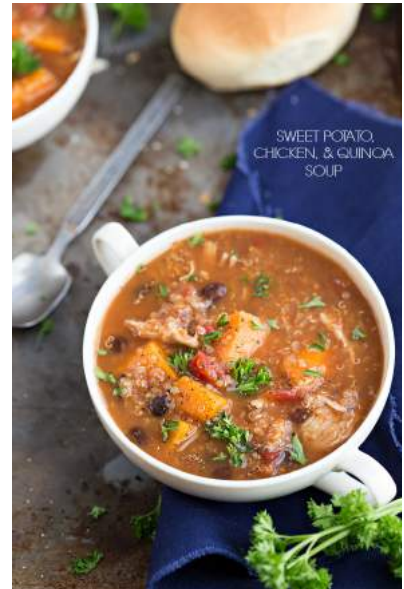
VERY slowly pour in the chicken broth while vigorously whisking. Whisk until completely smooth. Again, very slowly add in two cups of milk (at room temperature preferred) whisking constantly. Save the last 1/2 cup for later. Add in 1/2 teaspoon seasoned salt, chicken seasoning, and pepper (I add about a heaping 1/4 teaspoon pepper). Allow to slightly thicken.

Stir in the room temperature cream cheese, 1/2 cup Parmesan cheese, pinch of nutmeg, and if desired 1/2 teaspoon lemon zest and 1 teaspoon fresh lemon juice.

Add the chicken, pasta, bacon, and broccoli to the cream sauce. Toss and add the extra 1/2 cup milk if needed to thin. Add remaining 1/4 cup Parmesan cheese. Garnish with fresh parsley if desired and a sprinkle of red pepper flakes for a little touch of heat.

SWEET POTATO, CHICKEN, & QUINOA SOUP

PREP 10 MIN | SERVES 6-8



INGREDIENTS

1 and 1/2 pounds boneless skinless chicken breasts

1 cup quinoa (I used a black bean quinoa package)

2 large sweet potatoes (1 pound or ~3.5 cups)

1 can (15.25 ounces) black beans

1 can (14.5 ounces) petite diced tomatoes

1 teaspoon minced garlic

1 packet (1.25 ounces) chili seasoning mix

5 cups chicken broth

Optional: fresh parsley

DIRECTIONS

Coat the inside of a slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker along with the rinsed quinoa.

(I found a black beans seasoned quinoa package which I used and loved, but regular quinoa will work as well. Just make sure to rinse it well.)

Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.

Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.

Place on high for 3-5 hours (It took 4 hours on high for my crockpot.)

Using two forks, shred the chicken and stir all the ingredients together.

Add salt and pepper and if desired fresh parsley.

Serve immediately.

SWEET POTATO BURRITO BOWLS

PREP 25 MIN | SERVES 2-4



INGREDIENTS

1 cup brown rice

2 large sweet potatoes

2 red bell peppers

1/4 cup olive oil, separated

1/2 teaspoon paprika

1/2 teaspoon chipotle chili powder

Salt and pepper (1/2 tsp each)

1 can (15 ounces) black beans

Serve with: cilantro, fresh lime, avocado(s), jalapeños

1/2 cup full fat regular mayo, no substitutes

3 tablespoons freshly squeezed lime juice, 1/4 teaspoon lime zest

1/8 teaspoon ground cumin

1/4 teaspoon paprika

1/2 teaspoon chili powder

1 teaspoon Sriracha

DIRECTIONS

Preheat the oven to 425 degrees F.

Start by cooking the brown rice according to package directions. Allow to cool before assembling the final bowls.

Peel the sweet potatoes and chop into bite-sized chunks. Slice the bell peppers and set aside.

Toss the potatoes with 3 tablespoons olive oil, paprika, and chipotle chili powder.

Place the potatoes in the oven for 15 minutes. Remove from oven and add in the sliced peppers and toss around with the remaining 1 tablespoon oil.

Return to the oven and cook for another 15-20 minutes or until the peppers are crisp tender and the potatoes are tender.

Remove and toss on the tray with the rinsed and dried black beans.

Allow these roasted veggies to cool down to just above room temperature.

While everything is cooking, in a small bowl, combine all of the dressing ingredients (mayo, lime juice and zest, ground cumin, paprika, chili powder, and Sriracha) and whisk together until completely combined.

Prep the toppings: chop cilantro, slice an avocado, slice a jalapeno, and slice a lime.

Make the bowls: fill a bowl with cooked and cooled rice, top with cooled veggies and beans, and add toppings and dressing.

Enjoy immediately.

GREEN CHILE ENCHILADA SOUP

PREP 10 MIN | SERVES 6-8



INGREDIENTS

1 can (10 ounces) green enchilada sauce

1 can white beans

2 cans black beans

1 pound boneless skinless chicken thighs, or breasts

2 cans (4 ounces each) diced fire-roasted green chiles

1 can (10.5 ounces) diced tomatoes, optional

4 teaspoons ground chili powder

1 tablespoon ground cumin

3/4 teaspoon paprika

2-3 tablespoons fresh cilantro, optional

2 cups chicken broth or stock

1 package (8 ounces) cream cheese, softened

Optional add-ins: pepper-jack cheese, sour cream, fresh lime, additional cilantro

DIRECTIONS

In a large crockpot (I use a 6-quart crockpot) pour in the green enchilada sauce, drained and rinsed white beans, drained and rinsed black beans, and fat-trimmed boneless skinless chicken thighs or breasts.

Add the undrained diced fire-roasted green chiles, diced tomatoes (if desired, it's great with or without them), chili powder, cumin, paprika, about 1 teaspoon salt (I prefer seasoned salt), about 1/4 teaspoon pepper, coarsely chopped fresh cilantro, and chicken broth or stock.

Cover and cook on low for 5-7 hours or high for 3-5 hours or until the chicken easily shreds.

Remove the chicken from the crockpot and place in another bowl. Add softened cream cheese (cube into smaller pieces) into the crockpot.

Cover and cook on high for another 30 minutes or until the cream cheese melts completely and is easily stirred into the soup.

Shred the chicken with 2 forks and then add back into the soup.

Serve with desired toppings. I love a big handful of pepper-jack cheese, fat-free sour cream, a wedge of lime, and cilantro.

BEST TUNA MACARONI SALAD

PREP 25 MIN | SERVES 8-12



INGREDIENTS

3 and 1/2 cups COOKED elbow macaroni noodles

2 (5 ounces each) Genova Albacore tuna fish

1/3 cup prepared Ceasar salad dressing

3/4 cup regular mayo

3/4 cup sour cream, I use fat-free

Seasoned salt and pepper

1/2 teaspoon garlic powder

1 cup frozen peas

1/2 cup bread and butter pickles

1/2 cup (1/2 of a pepper) red pepper

1/2 cup (2 stalks) celery

1 cup carrot sticks

1/2 cup onion, diced

DIRECTIONS

Cook the macaroni noodles according to package directions.

Drain and rinse the noodles under cold water.

Meanwhile toss together the dressing: combine the Ceasar salad dressing, mayo, sour cream, 1/2 teaspoon salt, 1/4 teaspoon pepper, and garlic powder.

Prep the veggies (measure all AFTER dicing): let the peas thaw, dice the bread and butter pickles, dice the bell pepper, dice the celery, dice the carrot sticks, dice the onion.

Add the veggies into the dressing.

Add in the cooled macaroni.

Thoroughly drain the tuna and mix that in.

Stir until everything is well coated.

Store in the fridge until served (best once the salad has been chilled)

ONE PAN LEMON PARMESAN CHICKEN

PREP 20 MIN | SERVES 4-6



INGREDIENTS

1 and 1/2 pounds boneless skinless chicken breasts or tenders

1/3 cup flour

1 cup panko*

1 cup parmesan cheese, separated

1 teaspoon dried parsley

1/2 teaspoon garlic powder

3-4 lemons

1 tablespoon minced garlic

1 stick (1/2 cup) melted butter, separated

1 tablespoon lemon pepper seasoning

1 pound asparagus

3 tablespoons olive oil

3 tablespoons honey

Optional: fresh parsley, 1 lemon for topping

DIRECTIONS

Preheat the oven to 400 degrees F. Line a large sheet pan with parchment paper and set aside. Grab three bowls. Add the flour to one bowl.

Combine panko, 1/2 cup freshly grated parmesan cheese, dried parsley, garlic powder, about 1/2 teaspoon each of salt (I use seasoned salt) and pepper. Stir.

In the final bowl, add 1-2 teaspoons lemon zest, 4-5 tablespoons lemon juice (depending on lemon flavor intensity desired), minced garlic, and 5 tablespoons melted butter. Stir. Remove 4 tablespoons of this mixture and set aside.

Slice chicken breasts to the size of tenders (about 1 and 1/4th inch strips) or use chicken tenders. Coat in flour, heavily dredge in garlic lemon mixture, and then coat in the Parmesan panko mixture.

Place on prepared sheet pan. Use any remaining Parmesan panko mixture and sprinkle over tenders. Sprinkle lemon pepper seasoning over the tenders (I use Mrs. Dash lemon pepper)

Bake in preheated oven for 10 minutes and remove. Flip the tenders to the other side. Place the asparagus next to the tenders and drizzle the reserved lemon butter sauce. Sprinkle remaining 1/2 cup Parmesan cheese over the asparagus and toss with tongs.

If desired place lemon slices over the chicken (optional) Return to the oven and bake for another 10-12 minutes or until the internal temperature of the chicken has reached 165 degrees F.

Meanwhile, whisk remaining 3 tablespoons melted butter, 3 tablespoons lemon juice, 1-2 teaspoons lemon zest, 3 tablespoons olive oil, and 3 tablespoons honey in a small bowl. Add some pepper and parsley if desired.

Remove from the oven and top with the honey lemon mixture and fresh parsley if desired and enjoy immediately.

Do not top chicken breasts with the honey lemon mixture unless eating immediately and aren't planning on having leftovers since it will make it soggy.

ONE PAN SAUSAGE AND VEGGIES

PREP 20 MIN | SERVES 4



INGREDIENTS

2 small (1 cup) red potatoes

3/4 pound green beans

1 large head of broccoli (1 and 1/2 cups)

2 large or 6-7 mini (1 and 1/2 cups) sweet bell peppers

9 ounces sausage, I use turkey or chicken

6 tablespoons olive oil

1/4 teaspoon red pepper flakes, optional

1 teaspoon paprika

1/2 teaspoon garlic powder

1 tablespoon dried oregano

1 tablespoon dried parsley

1/4 teaspoon salt

1/4 teaspoon pepper

Optional: fresh parsley, quinoa/ rice to serve with, Parmesan cheese

DIRECTIONS

Preheat the oven to 400 degrees F.

Line a large sheet pan with foil or parchment paper.

Prep the veggies: chop the red potatoes (pretty small pieces here so they will be tender in time), trim the green beans and halve (see video above recipe), chop the broccoli, chop the peppers into thick squares, and coin the sausage in thick slices.

Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat.

Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.

If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.

Enjoy with rice or quinoa and fresh parsley if desired.

ONE POT CHICKEN GNOCCHI

PREP 25 MIN | SERVES 4



INGREDIENTS

1 tablespoon olive oil
2 cups sliced mushrooms
1 small yellow onion, chopped
1 and 1/2 teaspoons minced garlic
4 tablespoons butter
1/4 cup white flour
2 teaspoons chicken seasoning
Salt and pepper
1/4 teaspoon ground cayenne pepper, optional
2 cups milk (2% or whole, 1% works as a lighter but less creamy meal)
1 and 1/4 cups chicken broth
1 package (16 ounces) gnocchi
2 cups prepared rotisserie chicken
2 cups spinach
1/2 cup parmesan cheese
Optional: fresh parsley, salt and pepper

DIRECTIONS

Move a rack in your oven to the upper third of the oven and then preheat to 425 degrees F.

Place a large oven-safe skillet (I use a 12 inch lodge skillet) on the stove over medium-high heat. Pour in the olive oil.

Add in the mushrooms and chopped onion and stir until the onion is transparent and mushrooms lightly browned or about 5-6 minutes. Add in the garlic and stir for another 30 seconds. Remove to a small bowl or plate and quickly wipe out the skillet.

Place the butter in the skillet and melt. Gradually whisk in the flour until smooth, and continue cooking, whisking constantly for about 3 minutes. Add in the chicken seasoning, about 1/2 teaspoon salt, 1/4 teaspoon pepper, and cayenne pepper if desired.

Very gradually whisk in the milk and chicken broth until the mixture is smooth. While whisking constantly allow the mixture to thicken (about 5 minutes).

Add in the prepared chicken (remove skin and bones and shred or cut into small pieces OR use prepared rotisserie chicken that has already been cut into pieces), gnocchi (uncooked), cooked mushrooms and onions mixture, and spinach. Stir until all is coated.

Top with Parmesan cheese and place in the oven.

Bake for 17-22 minutes. If desired, turn on the broiler and then broil for another 2-3 minutes for a delicious crispy top.

Remove from the heat, top with additional salt, pepper, and some chopped fresh parsley if desired. Enjoy immediately.

ONE SKILLET CAPRESE CHICKEN

PREP 20 MIN | SERVES 4



INGREDIENTS

1 pound boneless skinless chicken breasts

1/4 cup flour

Seasoned salt + pepper

2 tablespoons butter or 3 tablespoons olive oil

2 teaspoons Italian seasoning

2 teaspoons chicken seasoning

1 roma tomato

3-4 ounces mozzarella cheese

Handful of fresh basil

3 tablespoons balsamic vinegar

3 tablespoons prepared zesty Italian dressing

Optional: fresh parmesan cheese

DIRECTIONS

Trim the fat from 2-3 large boneless skinless chicken breasts.

Butterfly (slice in half) the chicken breasts to give them a uniform thickness so they will cook evenly.

Fill up a bowl with the flour and about 1/2 teaspoon each of seasoned salt and pepper. Dredge the breasts in the flour mixture until evenly covered in flour.

Place a large skillet over medium high heat. Add the butter or olive oil.

When the butter is completely melted (or the oil sizzling), place the chicken breasts in the skillet.

Reduce the heat to just above medium and cook for 4 minutes.

Evenly sprinkle (on the breasts) 1 teaspoon Italian seasoning and 1 teaspoon chicken seasoning.

Flip the chicken and sprinkle the remaining Italian seasoning and chicken seasoning on the chicken.

Cook for another 3-4 minutes or until the chicken is completely cooked through (the chicken should register 165 degrees with a meat thermometer).

Meanwhile, slice the roma tomato into thin slices. Slice the mozzarella cheese into thin slices, and slice the fresh basil.

In a small bowl, whisk together the balsamic vinegar and zesty Italian dressing.

Remove the cooked chicken and top with the cheese, tomatoes, and basil.

Sprinkle on some salt and pepper if desired and some parmesan cheese if desired (optional).

Pour the balsamic mixture over the chicken right before serving.

ONE SKILLET CHEESY TACO PASTA

PREP 15 MIN | SERVES 6



INGREDIENTS

1 pound extra lean ground beef

1/2 cup onion, finely chopped

1/2 tsp. minced garlic

2 cups water, separated

1 cup salsa

1 cup frozen corn

1 packet taco seasoning

2 cups (10 ounces) elbow macaroni

1 cup taco sauce

1 and 1/2 - 2 cups taco cheese, shredded

Optional toppings: green onions, sour cream, diced tomatoes, diced avocado

DIRECTIONS

Brown the ground beef in a large skillet.

Drain the fat and add in the onion and garlic. Stir until fragrant - about 30 seconds to a minute on medium-high heat.

Add in one cup of water, salsa, corn, and taco seasoning. Stir well and add in the uncooked pasta and taco sauce.

Bring to a boil and then lower to low-medium heat and cover the skillet with a lid.

Let simmer for about 5-7 minutes and then add in the last cup of water and stir everything together again. Return lid and let simmer until pasta is tender, about another 5-7 minutes.

(If you don't have a nonstick skillet, you will need to stir this every 3-4 minutes so it doesn't stick to the bottom.)

Remove from heat and sprinkle with cheese. Top with optional toppings of choice.

Serve immediately.

ONE SKILLET TOMATO BASIL & SAUSAGE TORTELLINI

PREP 20 MIN | SERVES 4-6



INGREDIENTS

1 small yellow onion
3 cloves garlic
2 tablespoons olive oil
1 pound Italian Pork Sausage
2 cans (28 ounces each)
crushed tomatoes
1-2 teaspoons Italian
seasoning
1 package (19 ounces)
FROZEN cheese tortellini
1 cup freshly grated
mozzarella cheese
2 and 1/2 cups fresh spinach
1/3 cup freshly grated
Parmesan cheese
Optional: fresh parsley or basil,
cracked pepper

DIRECTIONS

Move a rack in your oven to the upper third of the oven and then preheat to 425 degrees F.

You will need a LARGE 12-inch skillet for this recipe. I use a 12-inch Lodge cast iron skillet and found that works well.

Dice the onion and mince the garlic. Pour the olive oil in the skillet and add in the onion. Cook over medium-high heat until the onion turns translucent and then add in the garlic and stir for an additional 20 seconds.

Add in the sausage and cook until browned through. Break the sausage into small pieces as you stir it.

Drain off any extra grease.

Add in two cans of crushed tomatoes, Italian seasoning, uncooked frozen tortellini, grated mozzarella cheese, and spinach.

Stir to just mix things together and press the tortellini's below/into the tomato mixture.

Top with the Parmesan cheese, freshly cracked pepper, and a pinch of salt.

Cook, uncovered, in the oven for 17-22 minutes.

If desired, turn on the broiler and then broil for another 2-3 minutes for a delicious crispy top.

Remove from the oven and top with chopped fresh parsley if desired. Enjoy immediately.

ONE SKILLET SAUSAGE & WHITE BEAN GNOCCHI

PREP 20 MIN | SERVES 6-8



INGREDIENTS

1 tbsp. olive oil
2 cloves garlic, minced
1 medium onion, chopped
13 ounces turkey sausage
1/4 cup water or chicken broth
1 tbsp. dried oregano
1 tbsp. dried parsley flakes
1/2 teaspoon garlic powder
1/2 teaspoon paprika, optional
1 can cannellini beans
1 can Italian diced tomatoes
1 package gnocchi
1 and 1/2 cups fresh spinach
1/2 cup mozzarella cheese
1/4 cup Parmesan cheese
Optional: fresh parsley

DIRECTIONS

Move a rack in your oven to the upper third of the oven and then preheat to 425 degrees F.

Put a large oven-safe skillet (I use a 12 inch lodge dutch oven skillet), on the stove at medium-high heat. Pour in the olive oil.

Add in the chopped onion and stir until the onion is transparent -- about 4 minutes. Add in the garlic and stir for another 30 seconds.

Coin the turkey sausage and add to the skillet. Cook over high heat until lightly browned or about 3-4 minutes.

Add in the water or broth, undrained Italian diced tomatoes, oregano, parsley, garlic powder, paprika, seasoned salt and pepper, THOROUGHLY rinsed, drained, and dried cannellini beans, and uncooked gnocchi. Stir until everything is well combined. Gently stir in the spinach and make sure it's covered with liquid.

Top with mozzarella and Parmesan cheese and place in the oven.

Bake for 17-22 minutes. If desired, turn on the broiler and then broil for another 2-3 minutes for a delicious crispy top.

Remove from the heat, top with additional salt, pepper, and some chopped fresh parsley if desired. Enjoy immediately.

TIN FOIL SAUSAGE & VEGGIES

PREP 20 MIN | SERVES 4-6



INGREDIENTS

1 red bell pepper
2 ears corn on the cob
1/2 large yellow (1 medium) onion
4-5 small red potatoes
1 medium sized zucchini
1 package (13 ounces) Hardwood Smoked Turkey Sausage
5 tablespoons olive oil
1 tablespoon dried oregano
1 tablespoon dried parsley flakes
1/2 teaspoon garlic powder
1 teaspoon paprika
Seasoned salt and pepper
Optional: freshly chopped parsley

DIRECTIONS

Cut the top off the pepper and remove the seeds. Thinly slice.

Remove husk from corn and cut into 1 inch disks. Coarsely chop the onion.

Cut the potatoes into small bite-sized pieces -- about 8-10 pieces per potato depending on size.

Coin the zucchini.

Coin the turkey sausage.

Preheat the grill to medium heat.

In a small bowl, stir together the olive oil, oregano, parsley, garlic powder, paprika, about 1/2 teaspoon (or to taste) seasoned salt and pepper. Stir.

Add seasonings mixture to the veggies + meat and toss well.

Place 2 pieces of tin foil on top of each other.

Put a generous amount of the mixture in the center and then fold up the first piece of foil and then the next piece of foil to form a secure encasing.

Grill covered over medium heat for 16-24 minutes (depending on heat of grill) until veggies are crisp tender.

Remove and top with freshly chopped parsley if desired.

BERRY CHICKEN SPINACH SALAD

PREP 25 MIN | SERVES 2



INGREDIENTS

1 large boneless, skinless chicken breast (plus olive oil)

4 cups baby spinach (remove stems if desired)

1/2 cup fresh blueberries

1/2 cup fresh strawberries

1/2 cup clementine or mandarine oranges

2-3 tablespoons feta cheese

2-3 tablespoons slivered almonds

Salt and pepper

Dressing

1/4 cup olive oil

1 tablespoon balsamic vinegar

1/2 teaspoon Dijon mustard

1/2 teaspoon honey

Optional: squeeze of lemon, Mrs. Dash chicken grilling blends seasoning, salt

DIRECTIONS

Prepare the fruits and lettuce by washing and completely drying. If the spinach is still wet it won't absorb the dressing very well.

Remove strawberry stems and slice them. Remove clementine skins and separate into sections. OR drain a can of mandarine oranges.

Remove fat from chicken. Sprinkle both sides of the chicken breast with salt, pepper, and Mrs. Dash chicken grilling blends to taste.

Lightly coat a large skillet with 2 to 3 teaspoons olive oil.

Preheat the skillet over medium-high heat until hot. Place the chicken in the skillet and then reduce the heat to medium and cook until the meat is no longer pink and the juices run clear, or about 8 to 12 minutes.

As the chicken cooks, turn it occasionally so it browns evenly. If it starts to brown too quickly, reduce the heat to medium-low.

Combine all of the dressing ingredients (olive oil, balsamic vinegar, Dijon mustard, and honey) into an airtight jar. Add some salt to taste. Shake until well combined. Toss the dressing with the spinach in a large bowl. Add in the fruit and feta cheese and toss again. If desired squeeze some fresh lemon over the salad.

Toast the almonds in a small skillet over medium heat for about 1-2 minutes stirring constantly. Add the almonds to the salad.

Once the chicken is finished, remove from heat and slice or chop it. Let it cool and then add it to the salad.

If not enjoying immediately do not toss with the dressing or feta cheese!

BAKED COCONUT CHICKEN

PREP 20 MIN | SERVES 4



INGREDIENTS

1 and 1/4 pounds boneless skinless chicken tenders

1 can full-fat coconut milk, optional

1/2 cup white flour

Salt and Pepper

1/4 teaspoon paprika

2 large eggs

1 cup shredded sweetened coconut

1 cup Panko*

2 tablespoons coconut oil

3/4 cup real mayo

1 tablespoon yellow mustard

1 and 1/2 teaspoons lemon juice

3 tablespoons honey

2 tablespoons honey BBQ sauce

Salt and pepper

DIRECTIONS

Trim the fat from the tenders and place them in a large bowl.

Cover with 1 can of coconut milk. Cover the bowl and place in the fridge for at least 30 minutes up to 8 hours.

Preheat the oven to 400 degrees F.

Set out three bowls. Fill one with the white flour, about 1/4 teaspoon pepper, about 1/2 teaspoon salt, and paprika. Stir.

Fill the next bowl with the eggs and lightly beat with a fork.

Place the coconut in a blender or food processor and process to crumbs. Place the coconut crumbs in the third bowl with the panko and stir.

Remove the marinated chicken and discard the coconut milk.

Place the tenders in the flour mixture, then the egg, then the coconut mixture making sure to evenly and thoroughly coat each piece.

Melt the coconut oil and spread evenly over a cooking sheet.

Place the tenders on the sheet and then place in the oven.

Cook for 15 minutes and then flip the tenders and cook for another 5-8 minutes or until the internal temperature of the chicken reaches 165 degrees F.

Remove and enjoy immediately with the dipping sauce!

To make the sauce, whisk all the ingredients together. Add a pinch of salt and pepper, taste, and adjust any of the ingredients to personal preference.