

# SWEET POTATO AND BLACK BEAN QUESADILLAS

## INGREDIENTS

1 sweet potato, cooked and mashed

1 cup black beans

1 teaspoon cumin

1 cup shredded cheese

2 tortillas

1 tablespoon oil



## DIRECTIONS

Mix sweet potato, black beans, cumin, and cheese.

Spread mixture on tortilla and fold.

Cook in a skillet with oil until golden on both sides.

Slice and serve warm.

# SHORTCUT CHICKEN PARMESAN SKILLET

## INGREDIENTS

- 2 chicken breasts, sliced or pounded thin
- 1 cup marinara sauce
- 1 cup mozzarella cheese, shredded
- ¼ cup Parmesan cheese
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil in a skillet and cook chicken until browned. Season with salt, pepper, and Italian seasoning.
2. Pour marinara sauce over chicken.
3. Top with mozzarella and Parmesan.
4. Cover and cook until cheese melts.
5. Serve warm.

# CRISPY TOFU AND VEGETABLE RICE BOWLS

## INGREDIENTS

200g tofu, cubed

1 cup cooked rice

1 cup mixed vegetables  
(broccoli, carrots, peppers)

2 tablespoons soy sauce

1 tablespoon sesame oil

1 teaspoon garlic, minced

Cornstarch (optional  
for crispiness)



## DIRECTIONS

1. Optional: coat tofu in cornstarch and pan-fry until crispy.
2. Sauté vegetables in sesame oil.
3. Add garlic and soy sauce.
4. Add tofu and cook 2–3 minutes.
5. Serve over rice.

# MEDITERRANEAN BAKED COD

## INGREDIENTS

- 2 cod fillets
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- ½ cup cherry tomatoes
- ¼ cup olives
- 1 teaspoon oregano
- Salt and pepper to taste



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place cod in baking dish.
3. Top with tomatoes, olives, garlic, and seasonings.
4. Drizzle olive oil and lemon juice.
5. Bake 12–15 minutes until flaky.
6. Serve warm.

# GROUND TURKEY TACO BOWLS

## INGREDIENTS

200g ground turkey

1 teaspoon cumin

1 teaspoon chili powder

1 cup cooked rice

½ cup black beans

½ cup corn

Lettuce, salsa, avocado  
(optional)



## DIRECTIONS

1. Cook turkey in a pan until browned. Add cumin and chili powder.
2. Assemble rice in bowls.
3. Top with turkey, beans, and corn.
4. Add lettuce, salsa, and avocado if desired.
5. Serve warm.

# CREAMY TOMATO BASIL PENNE

## INGREDIENTS

2 cups cooked penne pasta

1 cup tomato sauce

½ cup cream

2 garlic cloves, minced

1 tablespoon olive oil

Fresh basil leaves

Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil and sauté garlic.
2. Add tomato sauce and simmer 5 minutes.
3. Stir in cream.
4. Add cooked penne and mix well.
5. Add basil, salt, and pepper.
6. Serve warm.

# HONEY MUSTARD BAKED CHICKEN THINS

## INGREDIENTS

- 2 chicken breasts, sliced thin
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- Salt and pepper to taste



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix honey, mustard, oil, garlic, salt, and pepper.
3. Coat chicken slices in sauce.
4. Spread on baking tray.
5. Bake 15–20 minutes until cooked and slightly caramelized.
6. Serve warm.

# TURKEY AND SPINACH MEATLOAF MUFFINS

## INGREDIENTS

- 500g ground turkey
- 2 cups spinach, chopped
- 1 egg
- ½ cup breadcrumbs
- ¼ cup grated Parmesan
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Optional: ketchup or BBQ sauce topping



## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix turkey, spinach, egg, breadcrumbs, Parmesan, garlic, and seasonings.
3. Divide mixture into a greased muffin tin.
4. Top with a little ketchup or BBQ sauce if desired.
5. Bake 20–25 minutes until cooked through.
6. Let cool slightly and serve.

# SESAME GINGER GROUND BEEF BOWLS

## INGREDIENTS

- 200g ground beef
- 1 teaspoon ginger, grated
- 2 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey
- 1 cup cooked rice
- Sesame seeds (optional)



## DIRECTIONS

- Cook beef in a skillet until browned.
- Add garlic and ginger.
- Stir in soy sauce, sesame oil, and honey.
- Simmer until slightly thickened.
- Serve over rice and top with sesame seeds.

# ITALIAN SAUSAGE AND WHITE BEAN SKILLET

## INGREDIENTS

- 2 Italian sausages, sliced
- 1 can white beans, drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup spinach
- 1 tablespoon olive oil
- ½ cup chicken broth
- Salt and pepper to taste



## DIRECTIONS

1. Heat olive oil in a skillet and cook sausage until browned.
2. Add onion and garlic and sauté until soft.
3. Stir in white beans and broth. Simmer for 5–7 minutes.
4. Add spinach and cook until wilted.
5. Season and serve warm.

# PESTO CHICKEN AND ZUCCHINI BAKE

## INGREDIENTS

2 chicken breasts, cubed

2 zucchinis, sliced

3 tablespoons pesto

1 tablespoon olive oil

Salt and pepper to taste

Optional: mozzarella cheese



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken and zucchini with pesto, oil, salt, and pepper.
3. Spread in baking dish.
4. Bake 25–30 minutes until chicken is cooked.
5. Add cheese on top and bake 5 more minutes if desired.
6. Serve warm.

# BEEF ENCHILADA SKILLET

## INGREDIENTS

- 200g ground beef
- 1 onion, chopped
- 1 cup enchilada sauce
- 1 cup black beans
- 1 cup corn
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 cup shredded cheese



## DIRECTIONS

1. Cook beef and onion in a skillet until browned.
2. Add chili powder and cumin.
3. Stir in beans, corn, and enchilada sauce.
4. Simmer for 10 minutes.
5. Top with cheese and cover until melted.
6. Serve warm.

# ONE-POT VEGETARIAN CHILI

## INGREDIENTS

- 1 cup kidney beans
- 1 cup black beans
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 1 bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 2 cups vegetable broth
- Salt and pepper to taste



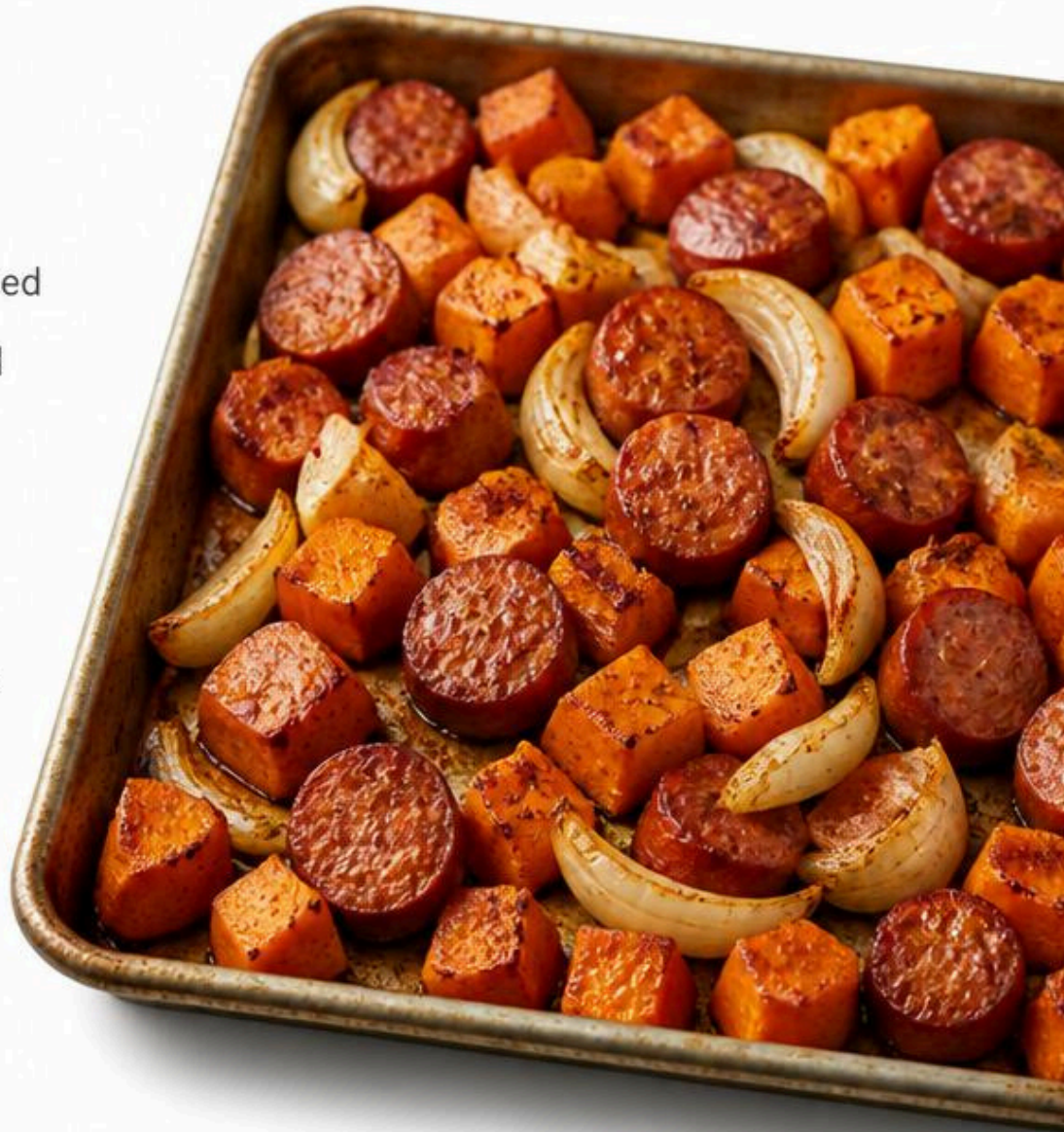
## DIRECTIONS

1. Cook onion and garlic in a pot until soft.
2. Add bell pepper and cook 3 minutes.
3. Add beans, tomatoes, spices, and broth.
4. Simmer 25–30 minutes.
5. Season and serve hot.

# SMOKED SAUSAGE AND SWEET POTATO BAKE

## INGREDIENTS

- 2 smoked sausages, sliced
- 2 sweet potatoes, cubed
- 1 onion, sliced
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Salt and pepper to taste



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss sweet potatoes, onion, oil, and spices.
3. Spread on a sheet pan and bake 20 minutes.
4. Add sausage slices and bake another 15–20 minutes.
5. Serve hot.

# LEMON GARLIC SHRIMP ANGEL HAIR

## INGREDIENTS

- 200g shrimp, peeled
- 2 cups cooked angel hair pasta
- 2 tablespoons olive oil or butter
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- Salt and pepper to taste
- Parsley (optional)



## DIRECTIONS

1. Cook angel hair pasta and set aside.
2. Heat olive oil in a pan and sauté garlic until fragrant.
3. Add shrimp and cook until pink.
4. Stir in lemon juice, zest, salt, and pepper.
5. Toss with cooked pasta.
6. Garnish with parsley and serve warm.

# GARLIC BUTTER BAKED SALMON

## INGREDIENTS

- 2 salmon fillets
- 2 tablespoons butter, melted
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Parsley (optional)



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix butter, garlic, lemon juice, salt, and pepper.
3. Place salmon on a baking tray.
4. Brush with garlic butter mixture.
5. Bake 12–15 minutes until flaky.
6. Garnish with parsley and serve.

# CLASSIC BEEF AND BROCCOLI SKILLET

## INGREDIENTS

- 200g beef, sliced
- 2 cups broccoli florets
- 2 tablespoons soy sauce
- 1 teaspoon ginger, grated
- 2 garlic cloves, minced
- 1 tablespoon oil
- 1 teaspoon honey (optional)



## DIRECTIONS

1. Heat oil in a skillet and cook beef until browned.
2. Add garlic and ginger.
3. Add broccoli and cook 5-7 minutes.
4. Stir in soy sauce and honey.
5. Cook until sauce coats everything.
6. Serve hot.

# SHEET PAN CHICKEN FAJITAS

## INGREDIENTS

- 2 chicken breasts, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Tortillas for serving
- Lime wedges (optional)



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken, peppers, and onion with oil and spices.
3. Spread evenly on a sheet pan.
4. Bake for 20–25 minutes until chicken is cooked.
5. Serve in tortillas with lime.

# CHICKPEA AVOCADO SALAD WRAPS

## INGREDIENTS

- 1 cup chickpeas, mashed
- 1 avocado, mashed
- 1 tablespoon lemon juice
- 1 tablespoon Greek yogurt or mayo (optional)
- 1 tortilla wrap
- Lettuce or spinach
- Salt and pepper to taste



## DIRECTIONS

1. Mash chickpeas and avocado together in a bowl.
2. Add lemon juice, yogurt/mayo, salt, and pepper.
3. Spread mixture onto tortilla.
4. Add lettuce or spinach.
5. Roll tightly into a wrap.
6. Serve chilled or fresh.

# BEEF BBQ SLOPPY JOES

## INGREDIENTS

300g ground beef

1 onion, chopped

½ cup BBQ sauce

1 tablespoon ketchup

1 teaspoon Worcestershire  
sauce (optional)

Salt and pepper to taste

Burger buns



## DIRECTIONS

1. Cook beef and onion in a pan until browned.
2. Drain excess fat if needed.
3. Stir in BBQ sauce, ketchup, and Worcestershire sauce.
4. Simmer 5–10 minutes until thick.
5. Spoon mixture onto buns. Serve warm.

# SHEET PAN GNOCCHI AND ROASTED TOMATOES

## INGREDIENTS

- 1 package gnocchi
- 2 cups cherry tomatoes
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Optional: Parmesan or basil



## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss gnocchi and tomatoes with olive oil, garlic, and seasoning.
3. Spread evenly on a sheet pan.
4. Roast 20–25 minutes until gnocchi is crispy and tomatoes burst.
5. Top with Parmesan or basil if desired. Serve warm.

# SPINACH AND CHEESE TORTELLINI SOUP

## INGREDIENTS

2 cups cheese tortellini

2 cups spinach

1 onion, chopped

2 garlic cloves, minced

4 cups chicken or  
vegetable broth

1 cup diced tomatoes

Salt and pepper to taste



## DIRECTIONS

1. Cook onion and garlic until soft.
2. Add broth and tomatoes and bring to a simmer.
3. Add tortellini and cook until tender.
4. Stir in spinach and cook until wilted.
5. Season and serve warm.

# QUICK SHRIMP FRIED RICE

## INGREDIENTS

- 200g shrimp, peeled
- 2 cups cooked rice
- 2 eggs
- 1 cup mixed vegetables  
(peas, carrots, corn)
- 2 tablespoons soy sauce
- 1 tablespoon oil
- 2 garlic cloves, minced



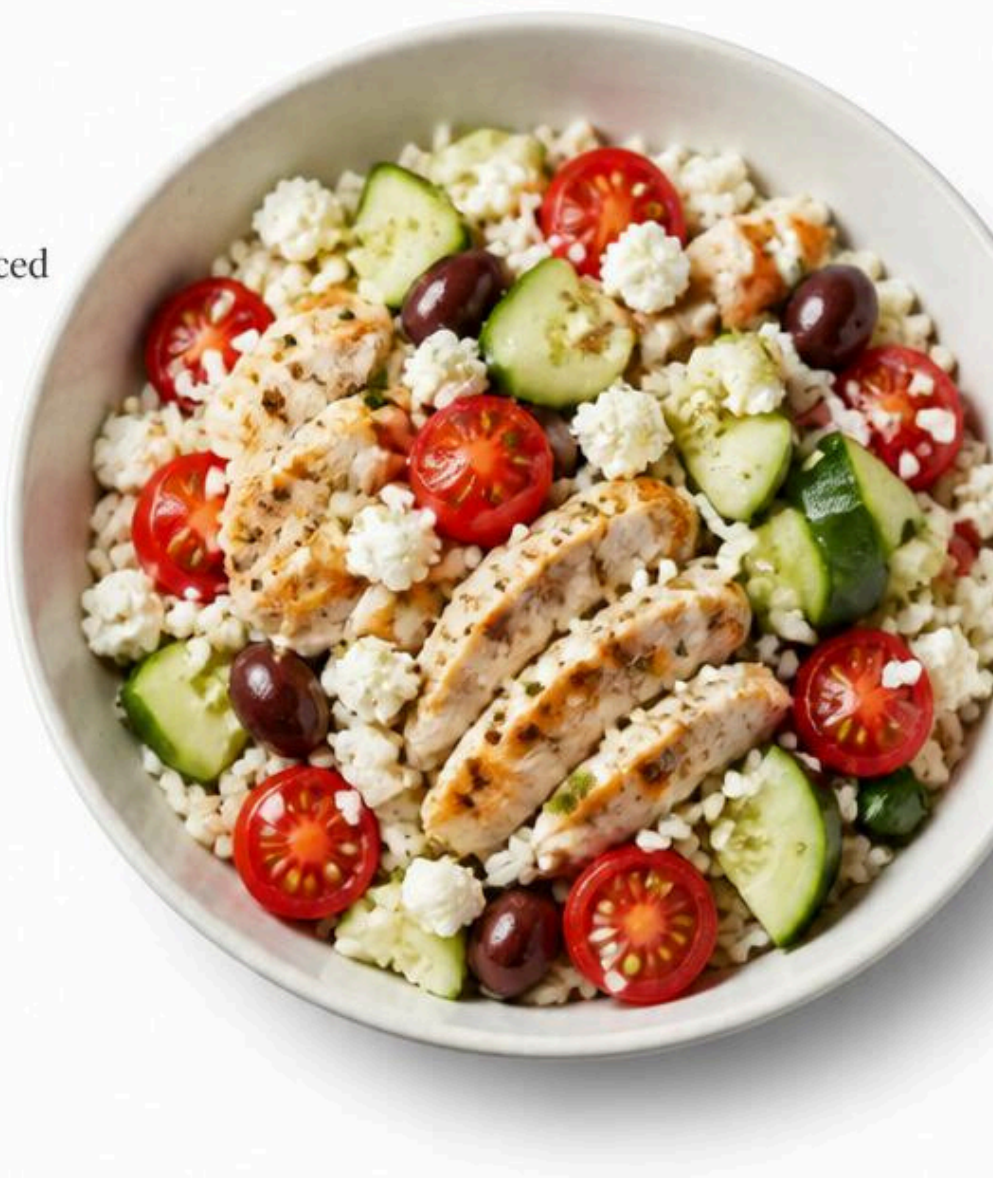
## DIRECTIONS

1. Heat oil in a pan and cook garlic.
2. Add shrimp and cook until pink.
3. Push aside and scramble eggs.
4. Add vegetables and rice.
5. Stir in soy sauce and mix well.
6. Cook until hot and serve.

# GREEK CHICKEN AND RICE SALAD

## INGREDIENTS

- 1 cup cooked rice (or quinoa)
- 1 chicken breast, grilled and sliced
- ½ cucumber, chopped
- ½ cup cherry tomatoes, halved
- ¼ cup olives
- 2 tablespoons feta cheese
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste



## DIRECTIONS

1. Cook rice and let it cool slightly.
2. Combine rice, chicken, cucumber, tomatoes, and olives.
3. Add feta cheese.
4. Whisk olive oil, lemon juice, oregano, salt, and pepper.
5. Pour over salad and toss.
6. Serve fresh or chilled.