

Five Ingredient Recipes

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Abbreviations & Conversions

Abbreviations

oz = ounce	c = cup
fl oz = fluid ounce	pt = pint
tsp = teaspoon	qt = quart
tbsp = tablespoon	gal = gallon
ml = milliliter	L = liter

Kitchen Conversions

$\frac{1}{2}$ fl oz = 3 tsp = 1 tbsp = 15 ml
1 fl oz = 2 tbsp = $\frac{1}{8}$ c = 30 ml
2 fl oz = 4 tbsp = $\frac{1}{4}$ c = 60 ml
4 fl oz = 8 tbsp = $\frac{1}{2}$ c = 118 ml
8 fl oz = 16 tbsp = 1 c = 236 ml
16 fl oz = 1 pt = $\frac{1}{2}$ qt = 2 c = 473 ml
128 fl oz = 8 pt = 4 qt = 1 gal = 3.78 L

Blueberry Breakfast Bake

Servings: 6

Ingredients:

1 can refrigerated Pillsbury blueberry biscuits

8 oz cream cheese, cubed and softened

1/2 cup powdered sugar

1/3 cup milk

1 cup blueberries

Directions:

1. Preheat your oven to 350 degrees F and spray a 9x13 inch baking dish with nonstick spray.
2. In a mixing bowl, whip together the soft cream cheese, powdered sugar, and milk.
3. Separate the biscuits and cut each biscuit into 8 triangles.
4. Stir the dough triangles into the cream cheese mixture.
5. Fold the blueberries into the mixture.
6. Transfer the whole mixture to the prepared dish and bake for 25-30 minutes then serve.

Slow Cooker Maple Brown Sugar Oatmeal

Servings: 4

Ingredients:

2 cups steel cut oats

1/4 cup maple syrup

1/4 cup packed brown sugar

1/2 tsp salt

1 tsp cinnamon

Directions:

1. Lightly coat the inside of your slow cooker with non-stick spray.
2. Stir together all of the ingredients in your slow cooker.
3. Cook on low for 7-8 hours.
4. Stir well then serve.

Artichoke Parmesan Bites

Servings: 15 (makes 30)

Ingredients:

3 6-oz jars of marinated artichoke hearts, drained

3/4 cup grated parmesan cheese

1 tsp garlic salt

6 oz cream cheese, softened

2 15-count packages of mini phyllo sheets

Directions:

1. Preheat your oven to 350 degrees F.
2. Place the artichoke hearts in a food processor or blender and pulse until they are finely chopped.
3. Add in the parmesan cheese, garlic salt, and cream cheese. Pulse until combined.
4. Scoop into the phyllo sheets and bake for 15-20 minutes.

Caesar Pasta Salad

Servings: 6-8

Ingredients:

- 1 lb rotini pasta
- 1 pint grape or cherry tomatoes
- 1 bunch kale; rinsed, stemmed, and chopped
- 1 16-oz bottle of creamy Caesar salad dressing
- 4 oz parmesan cheese, grated

Directions:

1. Cook the pasta according to package directions to al dente. Drain and place in a large bowl.
2. Preheat your oven to 425 degrees F. Place the tomatoes on a baking pan and roast for 8 minutes or until they begin to burst.
3. Chop the kale into small pieces and add it to the pasta, along with the roasted tomatoes.
4. Add about a cup of salad dressing to the pasta mixture and stir. Add more dressing if desired.
5. Stir in the parmesan cheese.
6. Refrigerate until cold before serving.

Strawberry Salsa

Servings: 6

Ingredients:

1 pint strawberries

1 jalapeno

1 small red onion

3/4 cup of finely chopped fresh cilantro

Juice from one lime

Directions:

1. Remove the stems from the strawberries and finely dice them.
2. Remove the stem and seeds from the jalapeno and finely dice it.
3. Peel and finely dice the onion.
4. Combine all 5 ingredients in a bowl and stir together.

Mango Salsa

Servings: 6

Ingredients:

2 ripe mangoes

1 small red onion

2 small jalapenos

1/2 cup fresh cilantro

Juice from one lime

Directions:

1. Peel, pit, and dice the mango.
2. Peel and dice the onion.
3. Seed and dice the jalapeno.
4. Chop the cilantro.
5. Toss all of the ingredients together in a bowl and stir the lime juice over everything. Stir well.
6. Serve immediately or store in a covered dish in the refrigerator.

Corn Casserole

Servings: 8

Ingredients:

2 cans of corn (I use 1 can of whole kernel and 1 can of creamed corn)

8 oz of cream cheese, cubed

1 cup shredded cheddar cheese

1 stick of butter, melted

1 box of jiffy corn muffin mix

Directions:

1. Preheat your oven to 350 degrees F.
2. In a mixing bowl, microwave the cream cheese cubes until very soft.
3. Mix the melted butter and corn muffin mix into the cream cheese until mixed well.
4. Stir in the corn and the cheese.
5. Pour the mixture into a greased 9x9 baking dish and bake for 50 minutes.

Slow Cooker Roasted Veggies

Servings: 4-6

Ingredients:

2 large bell peppers, chopped
1 sweet potato, peeled and cubed
2 large zucchini, sliced
2 tbsp minced garlic
Salt, to taste

Directions:

1. Add all the vegetables to your slow cooker and season with salt.
2. Cook for 3 hours on high or 6 hours on low, stirring occasionally.

Rosemary Cloud Bread

Servings: 6

Ingredients:

3 eggs, separated

1/4 tsp cream of tartar

3 tbsp cream cheese

1 tsp honey

Dried rosemary

Directions:

1. Preheat your oven to 300 degrees F.
2. Line two baking sheets with parchment paper or silicone baking mats.
3. Mix the 3 egg yolks with the cream cheese and honey until mixed together well.
4. With a hand mixer or stand mixer, mix the cream of tartar and egg whites until stiff peaks form.
5. Fold the yolk mixture into the white mixture.
6. Spoon onto the prepared baking sheets in medium-small circles.
7. Sprinkle with rosemary.
8. Bake for 25 minutes or until golden brown.

Mini Cheese Balls

Servings: 12

Ingredients:

2 1/2 cups shredded cheddar cheese

1 cup grated parmesan cheese

2 eggs, beaten

4 tbsp flour

Oil, for frying

Directions:

1. Combine the cheeses, eggs, and flour in a mixing bowl.
2. Mix until the mixture holds shape well and roll into small balls.
3. Heat oil in a large frying pan (about an inch of oil).
4. When the oil is hot, add in the cheese balls and cook until golden brown, you may need to work in batches depending on how big your frying pan is. Don't overcrowd the pan.
5. Remove the balls from the oil and drain on paper towels.

Chili Cheese Dip

Servings: 10

Ingredients:

2 cups chili with beans

8 oz cream cheese, softened

1 cup shredded cheese

1/2 cup salsa

Directions:

1. Place all of the ingredients into your slow cooker and stir until combined.
2. Cook on low for 4 hours or until ingredients are melted and creamy.
3. Serve with chips, fries, or crackers.

Buffalo Chicken Dip

Servings: 8

Ingredients:

3 chicken breasts, cooked and shredded

8 oz cream cheese, softened

1 cup ranch dressing

1 cup Frank's hot sauce

1 cup shredded cheddar cheese

Directions:

1. Mix together the cream cheese, ranch dressing, hot sauce, and cheddar cheese in a slow cooker.
2. Place shredded chicken into the mixture and combine.
3. Place the lid on the slow cooker and heat on high for 30 minutes-1 hour.
4. Pour it into a serving dish when ready to serve.
5. This can be served with veggie slices, chips, crackers, etc.

Cranberry Fluff Salad

Servings: 6

Ingredients:

- 1 15-oz can of whole berry cranberry sauce
- 1 large can of crushed pineapples, drained
- 1 3/4-oz package of cheesecake (or vanilla) instant pudding
- 1 1/2 cups mini marshmallows
- 1 16 oz container of Cool Whip

Directions:

1. Combine the cranberry sauce, pineapples, and dry pudding mix in a large mixing bowl and stir until mixed well.
2. Stir in the marshmallows and pecans.
3. Fold in the Cool Whip.
4. Cover and refrigerate for 4 hours before serving.

Fried Okra

Servings: 4

Ingredients:

1 lb okra

1 cup cornmeal mix

Vegetable oil

Directions:

1. Slice the okra into 1/4-inch slices. Discard the tips and stems. Rinse and shake off excess water.
2. Place okra in a bowl and pour the cornmeal mix over the okra and toss well.
3. Pour 2 inches of oil into a heavy skillet and heat over medium heat.
4. When the oil is hot, fry the okra in batches until golden brown.

Crab Wontons

Servings: 10 (makes 20)

Ingredients:

8 oz cream cheese, at room temperature
2 sticks imitation crab meat, finely diced
1 tbsp powdered sugar
20 wonton wrappers
Oil

Directions:

1. In a mixing bowl, stir together the cream cheese, diced crab meat, and powdered sugar until combined well.
2. Place 1 tbsp of the mixture into the center of each wonton wrapper.
3. Moisten the edges of each wonton wrapper with water and fold into a wonton shape.
4. Place 2 inches of oil into the bottom of a pot and heat over medium heat.
5. When the oil is hot, fry the wontons until golden brown, turning if necessary.
6. Remove with a slotted spoon onto a paper towel lined plate.
7. Serve with sauce of your choice.

Pot Stickers

Servings: 10

Ingredients:

1/4 lb ground Italian sausage

1/2 lb ground turkey

1 small onion, diced

1 12 oz package of square wonton wrappers

Vegetable oil

Directions:

1. In a medium bowl, combine the sausage, turkey, and diced onion.
2. Spoon 1-2 tsp of the mixture onto each wonton wrapper.
3. Moisten the edges of each wrapper with water and fold to create a triangle.
4. Add enough oil to a large pan to cover the bottom and cook the pot stickers over medium heat. Cook for 2-3 minutes on each side.
5. Remove the pot stickers to a paper lined plate then serve with dipping sauce of your choice.

Broccoli Cheese Soup

Servings: 4-6

Ingredients:

4 cups chicken broth
2 cups chopped broccoli florets
1 small onion, diced
15 oz evaporated milk
2 cups shredded cheddar cheese

Directions:

1. Place all of the ingredients except the cheese in your slow cooker. Cook on low for 6 hours.
2. Add in the cheese and cook for an additional 30 minutes or until the cheese is melted.

Quinoa Stuffed Peppers

Servings: 6

Ingredients:

6 bell peppers, tops and cores removed

1 15-oz can of seasoned black beans

3 cups cooked quinoa

2 cups shredded pepper jack cheese

1 cup salsa

Directions:

1. Preheat your oven to 350 degrees F.
2. Arrange the peppers in a 9x13-inch baking dish, open side up.
3. In a mixing bowl, stir together the black beans, cooked quinoa, 1 1/2 cups shredded cheese, and salsa.
4. Evenly spoon the mixture into each pepper.
5. Sprinkle the peppers with the remaining cheese.
6. Bake for 25 minutes or until peppers are cooked and cheese is melted.

Honey Mustard Chicken

Servings: 4-6

Ingredients:

4 chicken breasts

1/3 cup melted butter

1/3 cup honey

2 tbsp spicy brown mustard

1/4 tsp salt

Directions:

1. Preheat your oven to 350 degrees F.
2. Place the chicken breasts in a shallow square baking pan.
3. Combine the butter, honey, mustard, and salt in a small bowl. Pour this mixture over the chicken.
4. Bake for 1 hour or to a minimal internal temperature of 165 degrees F. Baste every 15 minutes while baking.

Chicken Strips

Servings: 4

Ingredients:

4 chicken breasts, cut into strips

1 egg, beaten

1 cup all-purpose flour

2 tsp Cajun seasoning

Directions:

1. Preheat your oven to 425 degrees F and line a baking sheet with parchment paper.
2. In a shallow dish, combine the flour with the Cajun seasoning.
3. Place the beaten egg in a separate shallow dish.
4. Dip each chicken strip into the egg then the flour mixture until well coated.
5. Place strips on the baking sheet and bake for 18-20 minutes. Turn once halfway through cooking.

Barbeque Chicken Legs

Servings: 4-6

Ingredients:

3 lbs chicken legs

2 cups of your favorite barbeque sauce

Garlic powder

Cajun Seasoning

Salt and pepper

Directions:

1. Preheat your oven to 350 degrees F.
2. Pat the chicken dry with a paper towel and season well with garlic powder, Cajun seasoning, salt and pepper.
3. Place the chicken on a rack inside of a roasting pan.
4. Cover the roasting pan and bake for 45 minutes.
5. Remove the chicken from the oven and brush each piece generously with barbeque sauce.
6. Bake uncovered for 30 more minutes.
7. Increase the heat to 450 degrees and cook for another 5 minutes.

Simple Chicken Cordon Bleu

Servings: 6

Ingredients:

6 thin sliced chicken breasts

1/3 lb thinly sliced black forest ham

1/3 lb thinly sliced Swiss cheese

Salt and pepper, to taste

Directions:

1. Preheat your oven to 350 degrees F.
2. Lay the chicken breasts out on a large cutting board or other clean working surface.
3. Season each breast with salt and pepper.
4. Lay 1-2 slices of ham on each breast.
5. Lay 2 slices of cheese on top of the ham.
6. Roll up each chicken breast tightly and secure with toothpicks.
7. Place each rolled up chicken breast onto a baking pan and bake for 30-35 minutes.

Shredded BBQ Chicken

Servings: 6

Ingredients:

3 chicken breasts
1 12-oz bottle of barbeque sauce
1/2 cup Italian dressing
1/4 cup brown sugar
2 tbsp Worcestershire sauce

Directions:

1. Place the chicken in your slow cooker.
2. In a medium bowl, whisk together the barbeque sauce, Italian dressing, brown sugar, and Worcestershire sauce.
3. Pour this mixture over the chicken.
4. Cook for 6-8 hours on low or 4 hours on high.
5. Shred the chicken with two forks.

Beef Burritos

Serves: 4-5

Ingredients:

- 2 lbs stew meat
- 1 large can enchilada sauce
- 1 beef bouillon
- 7 tortillas, burrito size
- 1 cup shredded cheddar cheese

Directions:

1. Place beef, enchilada sauce, and beef bouillon in the slow cooker and cook on low for 7-8 hours.
2. Shred the beef with a fork.
3. Spoon beef mixture onto each tortilla, add a couple tbsp of cheese to each, and roll up.
4. Place each burrito in a baking dish and broil for 3-4 minutes.

Buffalo Ranch Hot Wings

Servings: 2-4

Ingredients:

12-14 chicken wings

1 12-oz bottle of Frank's Red Hot Sauce

1 packet ranch dry seasoning

Directions:

1. Place the chicken wings in your slow cooker.
2. Cover and cook on high for 2-3 hours.
3. After 2-3 hours, drain the liquid out of the slow cooker.
4. In a small bowl, mix together the ranch seasoning and the hot sauce.
5. Pour this mixture over the chicken in the slow cooker.
6. Cover and cook for 1 hour.
7. Serve with your choice of dipping sauce.

Buffalo Chicken Taquitos

Servings: 4

Ingredients:

1 cup of cooked and shredded chicken
1 cup shredded cheddar cheese
8 fajita sized flour tortillas
1/2 cup buffalo sauce
Blue cheese or ranch dressing, for serving

Directions:

1. Preheat your oven to 425 degrees F.
2. In a mixing bowl, stir together the chicken, cheese, and buffalo sauce.
3. Evenly distribute the chicken mixture between each tortilla. Spread the mixture straight down the middle.
4. Roll each tortilla up and place seam side down in a square baking dish.
5. Spray the tortillas with a little bit of cooking spray then bake for 20-25 minutes or until lightly golden brown.
6. Serve with dressing of your choice.

Spicy Chicken

Servings: 4

Ingredients:

1 lb boneless, skinless chicken tenders

1/2 cup tomato sauce

5 tbsp Sriracha

1/3 cup brown sugar

Salt, to taste

Directions:

1. In a large bowl, combine the tomato sauce, Sriracha, and brown sugar and whisk until smooth.
2. Sprinkle the chicken with salt and toss it into the sauce mixture.
3. Cover and marinate in the refrigerator for at least an hour.
4. Bake at 425 degrees F for 30 minutes or until cooked through.

Tortellini Soup

Servings: 8

Ingredients:

4 cups chicken broth

2 28-oz cans of Italian diced tomatoes

1 20-oz package of precooked cheese tortellini

1 onion, diced

Parmesan cheese

Directions:

1. In a large stock pot, stir together all of the ingredients except for the cheese.
2. Bring to a boil then reduce to medium low. Let simmer for 20 minutes.
3. Serve topped with parmesan cheese.

Corn Dog Muffins

Servings: 10

Ingredients:

2 packages Jiffy cornbread mix

2 eggs

2/3 cup milk

1 cup shredded cheese

10 hot dogs, chopped

Directions:

1. Preheat your oven to 400 degrees and grease a muffin tin.
2. Mix the cornbread mix, eggs, and milk together in a mixing bowl.
3. Stir the chopped hot dogs and cheese to the cornbread mix.
4. Fill muffin tin with cornbread mixture.
5. Bake for 12-15 minutes.

Slow Cooker BBQ Chicken

Servings: 4-6

Ingredients:

2 lbs boneless, skinless chicken breasts

1 cup bbq sauce

1/4 cup Italian dressing

3/4 cup brown sugar

1 tbsp Worcestershire sauce

Directions:

1. Place the chicken in your slow cooker.
2. In a small bowl, whisk together the bbq sauce, Italian dressing, brown sugar, and Worcestershire sauce.
3. Pour the mixture over the chicken.
4. Cook on high for 4 hours or on low for 8 hours.
5. Shred the breasts with two forks and let the chicken soak in the sauce for 20 more minutes.

Slow Cooker Parmesan Chicken

Servings: 2-4

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 1/2 cups of seasoned bread crumbs
- 1/3 cup grated parmesan cheese
- 1 small jar of spaghetti sauce
- 1 cup grated mozzarella cheese

Directions:

1. In a shallow dish, stir together the bread crumbs and parmesan cheese.
2. Dredge the chicken in the bread crumb mixture.
3. Place the coated chicken into your slow cooker.
4. Pour the spaghetti sauce over the chicken.
5. Cook on low for 8 hours.
6. Top with mozzarella before serving.

Slow Cooker White Chicken Chili

Servings: 4

Ingredients:

6 cups chicken broth
2 boneless, skinless chicken breasts
2 cans great northern beans or cannellini beans
2 cups green salsa
2 tsp ground cumin

Directions:

1. Place all of the ingredients into your slow cooker and stir.
2. Cook on low for 8 hours or high for 4 hours.
3. Shred the chicken before serving.

Slow Cooker Meatballs

Makes 50 meatballs

Ingredients:

32 oz bag of frozen fully cooked meatballs

1 18 oz jar of grape jelly

1 18 oz jar of bbq sauce

Directions:

1. Stir the grape jelly and bbq sauce together in your slow cooker.
2. Add the meatballs and stir until they are coated well.
3. Cook on high for 3 hours or low for 6 hours.

Taco Cups

Servings: 6

Ingredients:

- 1 lb ground beef
- 1 cup taco sauce
- 1 tbsp dry minced onion
- 2 10-count packages of canned biscuits (not flaky, and you won't use all of these)
- 1 cup shredded cheddar cheese (or as much as you want)

Directions:

1. Preheat your oven to 400 degrees and spray a muffin tin with non-stick spray.
2. Separate the biscuits and press them into the muffin tins and up the sides.
3. Brown the ground beef and drain off the fat.
4. Stir in the taco sauce and minced onion.
5. Divide the meat mixture between the muffin tins and sprinkle each one with shredded cheddar cheese.
6. Bake for 10-12 minutes or until the biscuits are golden brown.

Stromboli

Servings: 4-6

Ingredients:

- 1 can of thin crust refrigerated pizza dough
- 1 cup pizza sauce
- 3 oz sliced pepperonis
- 2 cups shredded mozzarella cheese

Directions:

1. Preheat your oven to 400 degrees F.
2. Line a baking sheet with parchment paper.
3. Roll the pizza dough out onto the parchment paper.
4. Top the dough with 1/2 cup of sauce, pepperoni, and mozzarella cheese.
5. Starting on one side, gently roll the dough up.
6. Make sure when you finish that the seam is on the bottom.
7. Cut a few diagonal slits into the top of the crust.
8. Bake for 20 minutes or until golden brown.
9. Serve with the rest of the pizza sauce for dipping.

Lemon Chicken

Servings: 4

Ingredients:

2 large boneless, skinless chicken breasts

1/2 cup lemon juice

1 1/2 cups seasoned bread crumbs

Vegetable oil

Lemon zest, to garnish

Directions:

1. Slice each chicken breast in half, width-wise, so that you have 4 thin chicken breasts. Pound them out with a meat mallet to make them as thin as possible.
2. Pour 1/4" of oil into a large skillet and heat over medium.
3. Place the lemon juice in a shallow dish.
4. Place the breadcrumbs in a separate shallow dish.
5. Dredge each chicken breast into the lemon juice then the breadcrumbs.
6. Add the chicken breasts to the hot oil and fry until golden brown on the bottom, and carefully turn over and cook for about 5 more minutes or until cooked through. Don't overcrowd the pan, work in batches if you need to.
7. Transfer to a paper towel lined sheet.
8. Garnish with lemon zest and serve.

Baked Ziti

Servings: 6

Ingredients:

12 oz ziti pasta
1 lb ground Italian sausage
4 cloves garlic, minced
2 cups roughly chopped kale (no stems)
2 cups shredded mozzarella

Directions:

1. Preheat your oven to 375 degrees F.
2. Boil the ziti according to package directions to al dente, drain, and set aside.
3. In a large skillet, brown the sausage until cooked completely.
4. Add the minced garlic to the sausage and cook for another minute. Set aside.
5. Return the pasta to the large pot, and stir in the sausage, 1 cup of cheese, and kale. Mix together well.
6. Pour the mixture into a greased 9x13 inch baking dish. Sprinkle with the remaining cheese.
7. Bake for 20 minutes before serving.

Pork Chops, Potatoes, and Green Beans

Servings: 4

Ingredients:

- 4 8-oz pork chops
- 2 lbs baby red potatoes, halved
- 2 lbs frozen green beans
- 1 package ranch seasoning
- 2 tbsp olive oil

Directions:

1. Preheat your oven to 400 degrees F and spray a 9x13 inch baking dish with nonstick spray.
2. Place the pork chops, potatoes, and green beans in the baking dish.
3. Drizzle the olive oil over everything and sprinkle on the ranch seasoning.
4. Cook in the oven for 25 minutes or until the pork chops are done. Broil for 3 minutes.

Spicy Chicken Tenders

Servings: 4

Ingredients:

1 lb boneless, skinless chicken tenders

1/2 cup ketchup

5 tbsp Sriracha sauce

1/4 cup packed brown sugar

2 tbsp honey

Directions:

1. In a large bowl, mix together the ketchup, Sriracha sauce, brown sugar, and honey until smooth.
2. Add the chicken into the sauce and toss well. Cover and marinate in the refrigerator for at least an hour. I let mine marinate overnight and all day.
3. Preheat oven to 425 degrees F.
4. Transfer the chicken to a casserole dish and bake for 30-35 minutes.

Breaded Lemon Chicken

Servings: 2-4

Ingredients:

2 large boneless, skinless chicken breasts

1/2 cup lemon juice

1 1/2 cups panko crumbs

3 tbsp vegetable oil

More vegetable oil, for frying

Lemon pepper, to taste

Directions:

1. Slice the chicken breasts in half horizontally so that you have 4 thin chicken breasts.
2. Place the chicken breasts, 3 tbsp of oil, and the lemon juice in a large Ziploc bag and refrigerate for 2 hours (or more, I leave it in there overnight).
3. Heat 1/4" of oil in a heavy large pan over medium heat.
4. Place the panko crumbs in a shallow bowl.
5. Press each chicken breast into the panko crumbs then place into the hot oil.
6. Fry until golden brown on the bottom, about 4-5 minutes. Carefully turn the breasts over and fry for another 4 minutes.
7. Transfer to a paper towel lined plate and season with lemon pepper.

Spinach Parmesan Pasta

Servings: 4

Ingredients:

8 oz of pasta of your choice
3 tbsp butter
2 cloves garlic, minced
6 cups packed baby spinach
1/2 cup grated parmesan cheese

Directions:

1. Boil pasta according to package directions to al dente. Drain and reserve 1/2 cup of the pasta water. Set both aside.
2. In a large pot, melt the butter over medium heat and cook the garlic for 2 minutes.
3. Add the pasta and spinach to the melted butter, gently toss and cook until the spinach is wilted. Add pasta water as needed so that the pasta doesn't dry out.
4. Stir in half of the cheese and stir until melted.
5. Pour the pasta into a large serving bowl and top with the rest of the cheese.

Chicken Fingers

Servings: 4

Ingredients:

4 chicken breasts, cut into strips

1 egg, beaten

1 cup all-purpose flour

1/2 tsp salt

1/2 tsp black pepper

Directions:

1. Preheat your oven to 425 degrees F and line a baking sheet with parchment paper.
2. In a shallow dish, combine the flour with the salt and pepper.
3. Place the beaten egg in a separate shallow dish.
4. Dip each chicken strip into the egg then the flour mixture until well coated.
5. Place strips on the baking sheet and bake for 18-20 minutes. Turn once halfway through cooking.

Chicken Pesto Soup

Servings: 4

Ingredients:

4 cups chicken broth

3 cups fresh spinach

2 cups shredded cooked chicken

2 cups of great northern beans, rinsed and drained

1/2 cup pesto

Directions:

1. Stir together the first 4 ingredients in a large saucepan and cook over medium high heat until the soup reaches a slow boil.
2. Reduce heat and stir in the pesto.

Chicken Pot Pie

Servings: 6

Ingredients:

- 3 chicken breasts, cooked and shredded or chopped small
- 1 2-pack package of refrigerated pie crusts
- 1 16-oz package of mixed vegetables (peas, corn, carrots, green beans)
- 1 quart chicken broth (you won't use the whole thing)
- 1 can of cream of celery soup

Directions:

1. Preheat your oven to 350 degrees F.
2. In a saucepan over medium heat, whisk together the cream of celery soup mix and about 1 cup to 1 1/2 cups of chicken broth (just enough to make it the desired consistency).
3. Add the bag of mixed vegetables to the soup mixture and add more broth if necessary. Stir and heat through.
4. Stir the chicken into the saucepan.
5. Press one of the pie crusts into a deep dish pie pan and pierce the crust with a fork.
6. Pour the filling into the pie crust and top the filling with the other pie crust. Seal and trim the edges as necessary.
7. Cut slits in the top pie crust.
8. Bake for 30 minutes or until crust is brown.

Buffalo Chicken Sliders

Makes 20 Sliders

Ingredients:

- 4 chicken breasts
- 1 12-oz bottle of buffalo wing sauce, divided
- 1 package of ranch seasoning mix
- 2 tbsp butter
- 2 packs of Hawaiian rolls

Directions:

1. Place the chicken breasts into your slow cooker and pour in $\frac{3}{4}$ of the wing sauce and all of the ranch seasoning mix. Cover and cook for 6-7 hours or until the chicken easily shreds.
2. Once the chicken is cooked, drain off the liquid.
3. Add the butter, the rest of the buffalo sauce, and shred the chicken with two forks.
4. Spoon the shredded chicken onto Hawaiian rolls and serve.

Chicken Guacamole Taquitos

Servings: 6

Ingredients:

- 3 cups cooked shredded chicken
- 2 cups shredded cheese
- 3 cups guacamole
- 2 cans refried beans
- 2 10-count packages of small flour tortillas

Directions:

1. Preheat your oven to 425 degrees F and grease two large baking sheets with nonstick spray.
2. Spoon 3 tbsp of refried beans in a line down the center of each tortilla.
3. Top the beans with guacamole, then cheese.
4. Top the cheese with a few pieces of chicken.
5. Roll the tortilla up tightly to form a taquito.
6. Place the taquitos into the greased baking sheet, seam-side down.
7. Spray the tops of the tortillas with a little bit of baking spray and bake for 15-20 minutes or until the tortillas are crispy.

Root Beer Pulled Pork Sandwiches

Servings: 10

Ingredients:

2 lb pork roast
1 envelope dry onion soup mix
1 can root beer
2 cups barbecue sauce, divided
10 hamburger buns

Directions:

1. Sprinkle the pork roast with onion soup mix on all sides and place in your slow cooker.
2. In a medium bowl, whisk together the root beer and 1 cup of barbecue sauce. Pour it over the pork roast in the slow cooker.
3. Cook on low for 8 hours.
4. Remove the roast from the slow cooker and shred it.
5. Remove all but about a cup of the juice from the slow cooker.
6. Put the shredded pork back into the slow cooker then add in the remaining barbecue sauce and stir together. Let it cook for about 20-30 more minutes.
7. Serve on hamburger buns.

Peanut Butter Mug Cake

Servings: 1

Ingredients:

3 tbsp creamy peanut butter

1 tbsp + 1 tsp sugar

1 egg, whisked

Directions:

1. Stir together all of the ingredients into a microwave safe large mug until smooth.
2. Microwave for 1 minute then enjoy.

Strawberry Dole Whip

Servings: 4

Ingredients:

2 cups frozen sliced strawberries

1/4 cup milk

1 1/2 tsp sugar

2 tsp lemon juice

Pinch of salt

Directions:

1. Combine all of the ingredients in a blender and blend until smooth.
2. Scoop out and eat.

Vanilla Ice Cream

Servings: 4

Ingredients:

- 1 1/4 cups heavy whipping cream
- 2/3 cup sweetened condensed milk
- 2 tsp vanilla extract

Directions:

1. In a large bowl, whip the cream until stiff peaks form.
2. Add the condensed milk and vanilla and gently fold to combine.
3. Pour the mixture into a freezer-safe container.
4. Smooth out the surface, cover, and freeze for at least 6 hours before serving.

Ice Cream Cake

Servings: 12

Ingredients:

- 1 16 oz container of cool whip, thawed
- 1 jar caramel sauce
- Chocolate syrup
- 1 12 count box of ice cream sandwiches

Directions:

1. Unwrap the ice cream sandwiches and lay them in the bottom of a 9x13 inch casserole dish. You may have to cut a couple of them to make them fit.
2. Pour the caramel sauce over the sandwiches.
3. Spread the cool whip over the caramel sauce.
4. Drizzle chocolate syrup over the cool whip.
5. Freeze for an hour or two before serving.

Muddy Buddies

Servings: 20

Ingredients:

1 14-oz box rice Chex cereal

1 1/2 cups chocolate chips

3/4 cup peanut butter

1 stick butter

4-5 cups powdered sugar

Directions:

1. Place the Chex cereal into a very large bowl.
2. Place the chocolate chips, peanut butter, and butter in a microwave safe bowl and microwave for 30 seconds at a time until melted and smooth, stir between each interval.
3. Pour the chocolate mixture over the Chex and gently stir until the cereal is coated.
4. Place the coated Chex into a very large bag. Usually for me a gallon zip lock bag is too small so I use an unused plastic grocery bag or an unused/unscented garbage bag.
5. Pour the powdered sugar into the bag with the Chex and SHAKE!
6. Transfer to an airtight container.

Lemon Blondies

Servings: 12

Ingredients:

- 1 box yellow cake mix
- 1 stick butter, softened
- 1 can lemon pie filling

Directions:

1. Preheat your oven to 350 degrees F and spray a 9x13 dish with nonstick spray.
2. With a mixer, combine the cake mix and butter in a large bowl until crumbly. Set aside 1/2 cup of this mixture. Press the rest of the mixture into the bottom of the prepared dish.
3. Spoon the lemon pie filling over the crust in the pan and spread evenly.
4. Sprinkle the reserved crumbs on top of the pie filling.
5. Bake for 20-25 minutes or until the crumbs on top begin to turn golden brown.
6. Slice and serve or store in an airtight container in the refrigerator.

Oreo Fudge

Servings: 12

Ingredients:

8 oz cream cheese, at room temp

4 cups powdered sugar

1 tsp vanilla extract

15 oz white chocolate, chopped

20 Oreos, roughly chopped

Directions:

1. In a mixing bowl, beat together the cream cheese, sugar, and vanilla until smooth.
2. Melt the white chocolate in the microwave 30 seconds at a time, stirring after each interval, until completely melted and smooth.
3. Stir the melted chocolate into the cream cheese mixture.
4. Stir 3/4 of the Oreos into the mixture.
5. Line an 8x8-inch baking dish with parchment paper and pour the fudge mixture into the dish.
6. Press the remaining cookies into the top of the fudge.
7. Refrigerate for 2 hours then cut into squares.

No Bake Banana Blondies

Servings: 6

Ingredients:

1/2 cup flour, sifted

1 small banana, mashed

1/4 cup almond butter

1/4 cup maple syrup

Chocolate chips, optional

Directions:

1. Combine the flour and mashed banana in a mixing bowl. It will be crumbly.
2. In a microwave safe bowl, melt together the almond butter and maple syrup in the microwave and stir until mixed well.
3. Pour the almond butter mixture into the flour mixture.
4. Add chocolate chips if you are using them.
5. Transfer the batter to a small baking dish lined with parchment paper.
6. Refrigerate for an hour.

Slow Cooker Blueberry Cobbler

Servings: 4-6

Ingredients:

- 1 18-oz yellow cake mix
- 3 cups frozen or fresh blueberries
- 1 stick butter
- 1/4 tsp cinnamon

Directions:

1. Place the blueberries in your slow cooker.
2. Sprinkle the cake mix onto the blueberries.
3. Slice the butter and put it over the cake mix.
4. Sprinkle with cinnamon.
5. Cook on low for 4 hours.

Wedding Cookies

Makes 4 dozen

Ingredients:

- 1 cup of butter, at room temp
- 1 cup of powdered sugar
- 1 tsp vanilla
- 2 cups flour
- 1 cup crushed pecans

Directions:

1. Preheat your oven to 350 degrees F.
2. In a mixing bowl, beat together the butter, 1/2 cup powdered sugar, and the vanilla until mixed well.
3. Gradually add in the flour on low speed until fully incorporated.
4. Stir in the pecans.
5. Shape the dough into 1-inch balls.
6. Bake 1 inch apart on baking sheets.
7. Bake 13-15 minutes or until the bottoms are lightly browned.
8. Cool slightly on the baking sheet then roll each cookie into the remaining powdered sugar. Place on wire racks to cool completely.

Chess Squares

Servings: 12

Ingredients:

- 1 package of yellow cake mix
- 3 eggs
- 2 sticks of butter
- 8 oz cream cheese, at room temp
- 2 cups of powdered sugar

Directions:

1. Preheat your oven to 350 degrees F and grease a 9x13 inch baking dish.
2. In a mixing bowl, mix together the cake mix, 1 egg, and 1 stick of melted butter with an electric mixer.
3. Spread the mixture into the prepared pan and pat down evenly.
4. In another bowl, beat together the cream cheese, 2 eggs, and 1 stick of melted butter until mixed well.
5. Add in the powdered sugar and mix well.
6. Spread the mixture over the crust layer in the baking dish.
7. Bake for 45-50 minutes or until done, the center will be a tad gooey.

Rocky Road Fudge

Servings: 12

Ingredients:

2 1/2 cups mini marshmallows, divided

24 oz chocolate chips

1/2 cup creamy peanut butter

1 1/2 cups chopped almonds

Directions:

1. Line a square baking dish with parchment paper and pour 1 cup of marshmallows into the bottom of the dish.
2. In a microwave safe bowl, melt together the chocolate chips and peanut butter in the microwave. Stir until they are mixed together well.
3. Fold in the remaining marshmallows and stir until melted and combined. Microwave for a few seconds at a time if they need more heat to melt.
4. Stir in the chopped almonds.
5. Pour the chocolate mixture over the marshmallows in the baking dish.
6. Refrigerate for at least 2 hours.
7. Cut into pieces then serve or refrigerate in an airtight container.

Peanut Butter Ice Cream

Servings: 6

Ingredients:

2 cups very cold heavy whipping cream

1 can of sweetened condensed milk

1/3 cup sugar

1 tbsp vanilla extract

1 18oz jar creamy peanut butter

Directions:

1. With a hand or stand mixer, beat the heavy whipping cream in a mixing bowl until stiff peaks form. Set aside.
2. In a separate mixing bowl, whip together the rest of the ingredients until mixed well.
3. Add the second mixture to the first mixture and whip with your mixer until combined well.
4. Add the ice cream to a freezer safe container and freeze for 4-6 hours or until ready to serve.

Caramel Coffee Ice Cream

Servings: 6

Ingredients:

2 cups very cold heavy whipping cream

1 can sweetened condensed milk

1/4 cup caramel macchiato flavored liquid coffee creamer

2 tsp instant coffee grounds

Caramel syrup

Directions:

1. In a large mixing bowl, with your hand mixer or a stand mixer, whip together all of the ingredients until stiff peaks form. Start out slow and increase speed slowly.
2. Pour half of the mixture into a freezer safe container, drizzle with caramel, add the other half of the mixture, then drizzle with more caramel.
3. Cover and freeze for 4-6 hours or until ready to serve.

Slow Cooker Bread Pudding

Servings: 4-6

Ingredients:

10 slices raisin cinnamon swirl bread, cut into cubes

1 14-oz can sweetened condensed milk

1 cup water

1 tsp vanilla

5 eggs, beaten

Directions:

1. Place the bread cubes into your slow cooker.
2. Mix the sweetened condensed milk, water, vanilla, and eggs together in a bowl and pour the mixture over the bread.
3. Stir to coat the bread evenly.
4. Cook on low for 3-4 hours or until set.

Coffee Frappuccino

Servings: 1

Ingredients:

- 1 chopped and frozen banana
- 1 cup cold strong brewed coffee (can use leftover)
- 1/4 cup milk
- 1 tsp vanilla extract
- 1-2 tbsp flavored liquid coffee creamer, optional

Directions:

1. Place all of the ingredients into your blender and blend until mixed well.
2. Pour into a glass and enjoy!

Simple Brownies

Servings: 12

Ingredients:

9 oz semi-sweet chocolate chips

1 stick butter

1 cup sugar

2 eggs + 1 egg yolk

1 cup all-purpose flour

Directions:

1. Preheat your oven to 350 degrees F and spray an 8x8 dish with cooking spray.
2. In a microwave safe bowl, melt the chocolate chips and butter together in your microwave for 30 seconds or until completely melted. Just make sure you stir every 20-30 seconds.
3. Add in the sugar and mix well.
4. Add in the eggs, egg yolk, and flour. Stir with a wooden spoon until just combined.
5. Pour the batter into the prepared pan and bake for 25-30 minutes.
6. Cut and serve!

Elvis Smoothie

Servings: 1

Ingredients:

1 banana; peeled, chopped and frozen

2 tbsp peanut butter

2 tbsp chocolate syrup

1 cup milk

5 ice cubes

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into glasses and serve.

Apple Pie Smoothie

Servings: 1

Ingredients:

2 cups nonfat Greek yogurt

3/4 cup applesauce

1 apple; peeled, cored, and diced

1/2 tsp cinnamon

1/4 tsp ground nutmeg

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into glasses and serve.

Orange Apricot Smoothie

Servings: 1

Ingredients:

1/4 cup orange juice

1 cup nonfat Greek yogurt

1 apricot; pitted and chopped

1 tsp honey

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a glass and serve.

Carrot Mango Smoothie

Servings: 1

Ingredients:

1 1/2 cup frozen mango chunks

1 cup carrot juice

Dash of cinnamon

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and serve!

Green Banana Pear Smoothie

Servings: 1

Ingredients:

- 1 cup frozen pear slices
- 2 cups kale, no stems
- 1 banana, peeled and cut up
- 1 cup orange juice

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and serve!

Coffee Banana Smoothie

Servings: 1

Ingredients:

1 banana; peeled, sliced, frozen

1 cup almond milk

1/2 cup strong brewed black coffee

Sweetener, to taste

3 ice cubes

Directions:

1. Place the ingredients in your blender.
2. Blend until smooth.
3. Add more liquid if necessary.
4. Pour into a glass and serve.

Final Thoughts...

I love cooking and sharing recipes with others. I hope you found something delicious to share with your family! If you have a moment, I kindly ask that you leave a review. Your reviews are the livelihood of my work. I would love to hear your thoughts and opinions! Have a wonderful day.

LEAVE A REVIEW!