

Santa Fe Chicken Skillet

Instructions:

1. Season chicken with Mrs. Dash (or salt-free seasoning) and black pepper.
2. In a large skillet over medium-high heat, heat the olive oil. Add the chicken and cook until it is no longer pink. Transfer to a plate.
3. Add the garlic, onion and red pepper to the skillet and cook for about 10 minutes, or until tender. Stir in the black beans until warmed through, then transfer mixture to a bowl.
4. Reduce heat to low and return chicken to the skillet. Top with cheddar cheese, cover with lid and cook until the cheese is melted.
5. Spoon the mixture over the chicken when ready to serve and enjoy!

Ingredients:

- 1 pound boneless chicken breast
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 red onion, chopped
- 2 bell peppers, chopped
- 1 - 15 ounce can black beans, rinsed and drained
- 1/4 teaspoon Mrs. Dash OR salt-free seasoning
- 1/4 teaspoon black pepper
- 1 cup shredded cheddar cheese



Southwest Chicken Skillet

Instructions:

1. In a large skillet, combine the rice, salsa, chicken, black beans, chili powder and chicken broth. Stir until everything is combined.
2. Place a tight-fitting lid on the skillet, turn the heat to high, and let the skillet come to a full boil. As soon as it begins to boil, turn the heat down to low and let it simmer for 15 minutes. Make sure it is simmering the entire time, turning the heat up if needed.
3. After 15 minutes, turn off the heat and let it rest with the lid in place for 5 minutes.
4. Remove the lid and fluff the mixture with a fork. All of the liquid should be absorbed, and the rice should be tender.
5. Sprinkle 1 cup of shredded cheese over the top, replace the lid and let it sit until the cheese is melted. Meanwhile, slice the green onions and sprinkle over the top.

Ingredients:

- 1 cup uncooked rice of choice
- 1 cup salsa
- 1½-2 cups precooked shredded chicken
- 1 - 15 ounce can black beans, rinsed and drained
- 1 tablespoon chili powder
- 2 cups low sodium chicken broth
- 1 cup shredded cheese
- 2-3 green onion, sliced

Teriyaki Chicken and Rice Skillet

Instructions:

1. Cut the chicken breast into ½ to ¾ inch pieces.
2. Add the cooking oil, onion, garlic and ground ginger to a large, deep skillet. Cook over medium heat for about 1 minute, then add the chicken and continue to sauté until the outside of the chicken is no longer pink.
3. Add the uncooked rice to the skillet and sauté for about 2 minutes. You should hear the rice popping at this point.
4. Add water in and give everything a brief stir to make sure there is no rice stuck to the bottom of the skillet.
5. Place a lid on the skillet, turn the heat up to medium-high and allow the water to come to a full boil. Once boiling, turn the heat down to low and let it simmer for 10 minutes.
6. While the skillet is simmering mix together soy sauce and brown sugar into a small bowl. It is okay if the brown sugar does not fully dissolve. Set the sauce aside.
7. After the rice has been simmering for 10 minutes, lift the lid briefly to sprinkle the frozen vegetables evenly on top, then replace the lid. Let the skillet continue to heat over low for an additional 5 minutes.
8. Turn off the heat and let the skillet rest for an additional 5 minutes.
9. Give the sauce another brief stir, lift the lid on the skillet and drizzle the sauce over the vegetables. Make sure to scrape all the sugar from the bottom of the bowl. Stir all the ingredients together until everything is mostly coated in the sauce.
10. Place the lid back on top and let the skillet rest for 5 minutes to let the flavor soak in. Sprinkle sliced green onions over the top just before serving.

Ingredients:

- 1 boneless, skinless chicken breast
- 1 tablespoon cooking olive oil OR canola oil
- 1 yellow onion, diced
- 4 cloves garlic, chopped into tiny pieces
- 1 teaspoon ground ginger (optional)
- 1½ cups uncooked jasmine rice
- 2½ cups water
- 12 ounces frozen stir fry vegetables
- ¼ cup low-sodium soy sauce
- 2 tablespoons brown sugar
- 2 green onions, sliced

Ranch Chicken and Vegetable Skillet

Instructions:

1. In a large skillet, add the cooking oil and chicken. Cook over medium-high heat for 3 to 5 minutes, flipping every so often so all sides cook evenly. Chicken should be about 70% cooked through.
2. Sprinkle half of the ranch seasoning packet over the chicken.
3. Add in the broccoli and zucchini and evenly sprinkle with the remainder of the ranch seasoning mix. Drizzle the lemon juice and then stir to coat evenly.
4. Cover the skillet and allow the vegetables to steam for about 3 minutes, or until tender.
5. Add in the spinach and cook uncovered for 1 to 2 minutes, or until wilted, stirring every so often.
6. Serve immediately.

Ingredients:

- 3 tablespoons olive oil OR canola oil
- 1 ½ pounds boneless, skinless chicken breasts, diced into bite-size pieces
- 2 cups broccoli, cut into bite-size pieces (use florets and stalks)
- 1 cup zucchini, diced in ¼ inch pieces
- One packet ranch salad dressing and seasoning mix packet
- 2 tablespoons lemon juice
- 3 cups fresh spinach leaves, cut into bite-size pieces if necessary (2 to 3 big handfuls)





White Cheddar Mac & Cheese with Chicken & Broccoli

MAIN DISH

Instructions:

1. Bring a pot of water to boil for the pasta. Once boiling, add the pasta and continue to boil until tender.
2. Add in the frozen broccoli florets to the pot of boiling water and pasta, then continue to cook for 2 minutes. Drain the pasta and broccoli together in a colander.
3. While the pasta is cooking, season both sides of the chicken breast with Mrs. Dash (or salt-free seasoning) and black pepper. Add one tablespoon cooking oil to a large, deep skillet and cook over medium heat. Once hot, swirl the oil to coat the surface of the skillet, then add the chicken breast and cook on each side until golden brown and cooked through. Remove the cooked chicken to a clean cutting board and allow it to rest for 5 minutes, then chop into small cubes.
4. Turn the heat down to medium-low, then add butter and melt. Use a whisk or spatula to scrap the browned bits on the bottom of the pan. Pour in the evaporated milk and continue to whisk to dissolve the browned bits completely.
5. Add in garlic powder, paprika and Mrs. Dash (or salt-free seasoning) into the evaporated milk. Once the evaporated milk is hot, begin adding in the shredded white cheddar, one handful at a time, whisking until it is fully melted before adding in the next handful. Once all the cheese has been added, turn the heat down to low.
6. Add the pasta, broccoli and chopped chicken to the skillet with the cheese sauce. Stir to combine and fully coat the pasta, broccoli and chicken in the sauce, then enjoy!

Ingredients:

- 2 cups pasta of your liking
- 2 cups frozen broccoli florets
- 1 boneless, skinless chicken breast
- 1 tablespoon olive oil OR canola oil
- 2 tablespoons butter
- 1 cup evaporated milk
- 1 tablespoon garlic powder
- 1 teaspoon paprika
- 8 ounces extra sharp white cheddar cheese, shredded
- Mrs. Dash OR salt-free seasoning
- ¼ teaspoon black pepper

Unstuffed Bell Peppers

Instructions:

1. If you have whole garlic cloves, then chop them into tiny pieces. Also dice the onion and bell pepper.
2. Add the cooking oil and ground turkey/beef to a deep skillet. Cook over medium heat until it is fully browned.
3. Add in the diced onion, bell pepper, chopped garlic, Italian seasoning and black pepper to the skillet. Continue to cook and stir until the onions are soft.
4. Next, add the diced tomatoes (with juices), uncooked rice and low-sodium beef broth. Give everything a brief stir to combine.
5. Place a lid on the skillet and turn the heat up to medium-high. Allow the broth to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it rest, lid still in place for another 5 minutes.
6. Add in the tomato sauce and continue to stir until everything is mixed well. Then, add the shredded mozzarella cheese over the top. Place the lid back on and let the heat from the skillet melt the mozzarella cheese.

Ingredients:

- 2 tablespoons minced garlic
- 1 yellow onion, diced
- 2 bell peppers, any color
- 1 tablespoon olive oil OR canola oil
- ½ pound ground turkey OR ground beef
- 1 - 15 ounce can diced tomatoes
- 1 cup uncooked brown rice
- 2 teaspoons Italian seasoning
- 1 teaspoon black pepper
- 1½ cups low-sodium beef broth
- 1 - 8 ounce can tomato sauce
- 1 cup shredded mozzarella cheese