

# Chicken Enchiladas

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**Mix:**

**1pd cooked, cubed chicken**

**6oz can green chilies**

**1 pint sour cream**

**2 c Monterey jack cheese**

**pinch of salt**

**1/2 c salsa**

**fill 6-8 tortillas with filling.**

**Pour some green enchilada sauce in 8x8 pan.**

**Roll tortillas and place in pan.**

**Top with rest of green enchilada sauce.**

**Bake till cheese is melted.**

**Sprinkle with fresh chopped tomatoes and green onions.**

# Jamaican Jerk Chicken Salad

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## Ingredients:

1 TBSP Olive Oil  
1 TBSP Jamaican Jerk Rub  
1lb chicken tenders  
1 medium pineapple  
1 red bell pepper  
3 green onions  
2 heads romaine lettuce  
1 can (15oz) black beans, drained  
6 slices bacon, cooked, drained and crumbled

2 limes  
1/3c mayonnaise  
2 TBSP pineapple preserves

1. Whisk together oil and jerk rub in bowl, add chicken tenders and mix well to coat. Peel pineapple and cut in half (reserve half for another use). Cut in half again and remove core, slice into ¼ inch slices. Heat grill pan over medium heat 5 minutes. Add chicken to grill pan; cook 3-5 mins on each side, turning once, remove from pan. Cut chicken in to bite size pieces; set chicken and pineapple slices aside.
2. Thin slice bell pepper and green onions. Chop romaine and place in large bowl (this salad could also be served with cooked pasta rather than romaine). Drain and rinse beans.
3. For dressing, zest one lime. Juice both limes into small bowl. Add lime zest, mayonnaise, and pineapple preserves into small bowl; mix well.
4. Layer in large bowl; lettuce, beans, bell pepper, chicken, pineapple, bacon and green onions. Drizzle dressing over salad in bowl. Serves about 6.

# Creamy Orzo with Chicken and Mushrooms

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## Ingredients:

1 ½ TBSP Olive Oil  
1 onion, chopped  
1 garlic clove, minced  
¾lb fresh shitake mushrooms, stems discarded, caps sliced  
1/3cup dry sherry  
1 ½ cups 1% milk  
4tsp cornstarch  
¼ tsp salt  
¼ tsp ground pepper  
1/8 tsp ground nutmeg  
2 ½ cups cooked orzo  
1 (10oz) package carved roasted skinless chicken breasts  
¼ cup chopped fresh parsley

1. Heat the oil in large skillet over med-high heat. Add the onion and garlic. Cook, stirring, until softened, about 3 minutes. Add the mushrooms and cook, stirring occasionally, until tender and lightly browned, 4-5minutes. Add the sherry and cook until it evaporates, about 1 minute.
2. Combine the milk, cornstarch, salt, pepper, and nutmeg in a bowl until smooth. Add the milk mixture to the skillet and cook over med- low heat, stirring constantly, until the mixture bubbles and thickens, about 3 minutes. Stir in the orzo and chicken. Cook, stirring occasionally, until heated through, about 1 minute. Remove from the heat and stir in the parsley. About 6 servings.

Per serving (1 cup): 254calories, 7g fat, 249mg Sod, 27g Carb, 2g Fiber, 21g Protein

Recipe from Weight Watchers In One Pot Cookbook pg219

# Chicken Fettuccine Alfredo

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## Ingredients:

6oz uncooked fettuccine  
1c fresh or frozen broccoli florets  
2TBSP butter  
1 lb skinless boneless chicken breast, cubed  
1 can (10.75oz) cream of mushroom soup  
½ c parmesan cheese  
½ c milk  
¼ tsp fresh ground pepper

1. Prepare fettuccine according to package directions. Add broccoli for last 4 mins, drain.
2. In skillet over medium/high heat, heat butter. Add chicken and cook until browned, stir often. Add soup, milk, cheese, pepper and fettuccine mixture and cook through- stir occasionally. Serves 4.

# Homemade Pizza

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## **Ingredients:**

Trader Joe's pizza dough

Spaghetti sauce

1lb shredded mozzarella (per pizza)

Various toppings as desired (pineapple tidbits, ham, bell pepper, onion, olives, pepperoni...)

# Vegetable Sausage Soup

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\*warning these are very rough estimates\*

Chop and place in slow cooker:

carrots (about 3c?)

celery (about 1/2 of a bunch?)

1 onion

4 cloves of garlic (minced)

Add:

2 large cans of seasoned chopped tomatoes

1 can tomato paste

4 chicken/apple sausages (or other favorite flavor- chopped small)

1-2c TVP

Stir and cook in crockpot for about 6 hours and add water as needed.

Serve over rice. Makes 8-10 1c servings, for us thats about 2 dinners

# Chef Salad

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## **Ingredients:**

3 Romaine hearts, washed and chopped

6 eggs, hard boiled and sliced

2 tomatoes, chopped

Chopped ham

Shredded cheese

1 cucumber, chopped

2 bell peppers, chopped

1 can sliced olives, drained

Bacon bits (optional)

Dressing of choice (Jalapeno Ranch, Brianna's Blush Wine Vinegarrete....)

Layer all in large bowl and serve!

# Spicy Chicken and Apricot Couscous

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## Ingredients:

2tsp canola oil  
1lb skinless boneless chicken thighs, trimmed of all visible fat and cut into 2 ½ inch chunks  
1 onion, chopped  
1 TBSP minced peeled fresh ginger  
1 garlic clove, chopped  
2 tsp cinnamon  
2 tsp ground cumin  
¼ tsp red curry paste  
1 cup low sodium chicken broth  
1 cup orange juice  
1 (6oz) bag baby spinach, chopped  
½ cup dried currants  
1/3 cup dried apricots, chopped  
1 TBSP honey  
½ tsp salt  
1 cup plain couscous  
3 TBSP toasted slivered almonds (optional)

1. Heat 1 tsp of the oil in large skillet on med-high heat. Add the chicken and cook, turning occasionally, until browned, about 6 minutes. Transfer to a bowl and set aside.
2. Add the remaining 1 tsp oil to same skillet, then add the onion, ginger and garlic. Cook over medium heat, stirring frequently, until fragrant, 3-4minutes. Add the cinnamon, cumin and curry paste; cook, stirring constantly, about 1 minute.
3. Stir in the broth, juice, spinach, currants, apricots, honey and salt; return the chicken to the skillet and bring to a simmer. Remove from the heat and stir in the couscous. Cover and let stand until the liquid is absorbed and the couscous is tender, about 5 minutes. Fluff the mixture with a fork, then sprinkle with the almonds just before serving.

Per serving (1cup and ½ TBSP almonds): 372 calories, 9g Fat, 50g Carbs, 5g Fiber, 23g Protein



# Chicken Stir Fry

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## Ingredients:

3c dry white rice  
1lb boneless skinless chicken breast, raw and thawed  
1c broccoli florets  
1 onion (yellow or white, medium)  
1 bunch green onions  
2 carrots  
1can crushed pineapple  
1c mushrooms  
Garlic, fresh  
fresh ginger  
your choice of marinating sauce (soy sauce, honey, teriyaki sauces...)  
oil (olive oil and hot chili oil)

1. Cook rice according to package instructions
2. Make a sauce from the teriyaki sauce, honey, soy sauce and juice from canned pineapple- mix together in small bowl. Chop chicken and place in bowl of sauce to marinate.
3. Wash and chop/slice all vegetables. Mince the garlic and place in small prep bowl, mince the ginger and place in another small prep bowl.
4. Heat stir fry pan, without oil, to high heat. After pan is appropriately hot then add a bit of oil and some ginger to swirl. Add chicken in single layer at base of pan and cook until 'white frame' is seen, then flip to other side and cook for about the same amount of time. After each batch of chicken place in new clean covered bowl to continue to heat and use fresh oil/ginger as needed in hot pan.
5. Next add more oil and ginger to pan and add vegetables and ginger, cook in order of density, adding broccoli last. Once broccoli has oxidized (cooked till bright green) add back in chicken and bring back to full heat. Serve over rice.

# Fresh Rolls

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## Ingredients:

The main tip I learned from snopping in the kitchen is that they use more than one round to make a fresh roll. The lady in the kitchen used two, overlapping like a ven diagram and the nutrition fact break down makes me wonder if some people use 3 to make them. She dipped the rounds in a plate of water (I held them under the sink running water), then she laid them on a big cutting board overlapping. All the directions I've ever read said to 'work quickly' and this lady did anything but that. She was slow and meticulous about her work. Everything was washed and ready around her in bowls but she was very deliberate about choosing perfect leaves of romaine, trimming them to the right size, laying them at just the right angle- by the time she got to rolling them the wrappers had been laying wet for several minutes (I think this is part of my past failure, they weren't pliable enough yet). Anyhow so she wet the wrappers, laid them down, she trimmed the toughest ribs of the romaine leaves off and cut/tore them into peices about 3"x3", she came back to the rounds and rubbed her hand over them in a massaging circular motion, then she started adding the filling (near the center of the ven diagram but more to one side) and she put a very tall pile of layered leaves (about a full packed cup worth, so taller than that), she put other things as well and then started rolling (the extra wrapper made a huge difference in having the room I needed to make a strong tight roll).

The ones they make at the thai restraunt have two shrimp laid down first (so they show through the 'skin' of the wrapper- you could put little scattered herb leaves placed to show through) then the greens (romaine), then some strips of cucumber and a few pieces of cooked chicken breast and finished it off with fresh herbs before rolling. The herbs were hard to tell from where I was standing but there was definitely cilantro (or flat leave parsley) and possibly basil. The dip they serve with this is a thicker peanut butter plum sauce.

The ones I made where greens first, then a small amount of lunch meat, a few slivers of onion, then rolled up. Sauce was a bit of mayo, mustard and relish mixed together.

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# Lasagna

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## Ingredients:

1 small onion, diced  
1 clove garlic, chopped  
¼ c olive oil  
1 large can chopped tomatoes  
3 TBSP chopped parsley  
1 tsp sweet basil  
6oz can tomato paste  
1 TBSP sugar  
1 lb ground meat  
¼ c Italian bread crumbs  
1/8 c milk  
1 egg, beaten  
3TBSP parmesan cheese  
1 lb shredded mozzarella cheese  
1 lb ricotta cheese  
6-8 lasagna noodles  
parmesan cheese  
salt and pepper

1. Cook onion and garlic in oil in saucepan. Add canned tomatoes, 1TBSP parsley, sweet basil, salt and pepper, tomato pastes, and sugar- simmer.
2. In a large bowl, mix ground meat, bread crumbs, milk, egg, 3TBSP Parmesan cheese, 2TBSP parsley, salt and pepper. Brown meat mixture in some oil. Add to tomato sauce. Simmer 20mins.
3. In 13x9" dish, start with sauce on bottom, then a layer of raw noodles, 4-5TBSP Ricotta cheese, some shredded mozzarella cheese. Finally spread 1/3 of sauce. Repeat ending with sauce on top with parmesan cheese. Bake 45mins at 350deg. Serves 6-8

Recipe from Clover Creek Bible Fellowship Fishes and Loaves Cookbook,  
entry by Margie Frohlich

# Spaghetti Sauce

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## Ingredients:

1 small diced onion  
1 clove garlic, minced  
¼ c olive oil  
1 lg can chopped tomatoes  
3 TBSP chopped parsley  
1 tsp sweet basil  
6oz can tomato paste  
1 TBSP sugar  
1 lb lean ground meat (opt)  
¼ italian bread crumbs  
1/8 c milk  
1 beaten egg  
3 TBSP parmesan cheese

1. Cook onion and garlic in oil in saucepan. Add canned tomatoes, 1TBSP parsley, basil, salt and pepper, tomato paste, and sugar. Simmer.
2. In a large bowl, mix ground beef, bread crumbs, milk, egg, 3TBSP parm cheese, 2TBSP parsley, salt and pepper. Brown meat mixture in some oil. Add tomato sauce. Simmer 20minutes.
3. ----> side note: I add large quantities of grated vegetables (such as zuchinni) to this recipe and it goes farther and is yummy