

6-8 bone in , skin on chicken thighs

kosher salt and fresh ground black pepper to taste

about 1/4 pounds carrots, peeled and cut into 1 inch chunks (can sub butternut squash or yams or do a mix)

brussels sprouts, about 1/4 pounds , halved

5 tbsp olive oil, divided

2 cloves garlic, minced

one tablespoon Hidden Valley Original Ranch Seasoning and Salad Dressing Mix

Preheat oven to 400, oil sheet with one tablespoon

toss vegies with 2 tbsp oil, s and p, and one tsp ranch seasoning mix


season thighs on all sides with remaining mix


scatter vegies evenly and nestle thighs on top

drizzle with remaining oil and sprinkle with garlic

roast until chicken done and vegies tender about 30 min

check chicken with instant read thermometer to be sure it is done



GRAND PRIZE WINNER 

Christel S. Zeilinger
SKINNY MINNIE TORTILLA SOUP
Yield: 6 servings

- 1 can (16 oz.) fat-free refried beans
- 1 can (14.5 oz.) low-fat or fat-free chicken broth
- 1 can (5 oz.) 94% fat-free chunk chicken, with liquid
- 1 can (11 oz.) whole kernel corn, with liquid
- 1 can (15.5 oz.) black beans, rinsed and drained
- 3/4 cup chunky salsa
- 2 cups (8 oz.) Sargento Light Shredded Mild Cheddar Cheese, divided
- Low-fat or baked tortilla chips

1. Combine first six ingredients in 3-quart pot. Bring to a boil over medium heat, stirring until the refried beans are completely mixed with the other ingredients. Turn down heat to low and simmer for 10 minutes, stirring occasionally. Add 1 cup cheese and stir until melted. Remove from heat.
2. Crumble 3 to 4 chips in bottom of each serving bowl. Ladle soup over chips and sprinkle with remaining cheese.

GROUND BEEF ZUCCHINI STIR FRY RECIPE WITH PESTO

This easy zucchini stir fry recipe with beef and pesto is ready in 20 minutes, using simple ingredients. A flavorful, naturally low carb way to enjoy ground beef and zucchini!

Find the full recipe, including tips, step-by-step photos, and storage instructions, and save it in your account at:

<https://www.wholesomeyum.com/ground-beef-zucchini-stir-fry/>



🕒 **Prep:** 5 minutes 🕒 **Cook:** 15 minutes 🕒 **Total:** 20 minutes

👤 **Author:** Maya Krampf from WholesomeYum.com

Servings: (adjust to scale recipe)

INGREDIENTS

- 1 lb Ground beef
- 1 tsp Sea salt
- 1/2 tsp Black pepper
- 2 medium Zucchini (sliced into half moons)
- 2 cloves Garlic (minced)
- 3/4 cup Basil pesto (or more to taste)
- 1/2 cup Goat cheese (crumbled)
- 2 tbsp Fresh parsley (chopped)

INSTRUCTIONS

- ① In a large skillet over medium heat, cook minced garlic for about one minute, until fragrant.
- ② Add ground beef. Sprinkle with sea salt and black pepper to taste. Increase heat to medium high. Cook for 7-10 minutes, breaking part with a spoon or spatula, until browned.
- ③ Add zucchini. Cook, stirring occasionally, for 5-7 minutes, until zucchini is starting to soften (but not soggy) and golden.
- ④ Remove from heat. Stir in basil pesto. Toss with goat cheese and fresh parsley.

Serving size: 1/6 of entire pan

Creamed Greens Slab Pie

With a super flaky crust (the secret: frozen grated butter) and a luscious filling of creamed greens, this rustic slab pie from Food & Wine's Justin Chapple makes a perfect vegetarian side dish. Alternately, serve it as a main course alongside a big green salad.

By **Justin Chapple** | Published on November 20, 2018

Active Time: 1 hrs

Total Time: 2 hrs 45 mins

Ingredients

- 2 1/2 cups all-purpose flour
- Kosher salt and freshly ground black pepper
- 2 sticks unsalted butter, frozen for 30 minutes
- 1/3 to 1/2 cup ice water
- 2 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 teaspoon crushed red pepper
- 1 pound chopped stemmed collard greens (2 bunches)
- 1 pound stemmed curly spinach (3 bunches)
- 1/2 cup dry white wine
- 3/4 cup sour cream
- 1/4 teaspoon freshly grated nutmeg
- 1 large egg beaten with 1 tablespoon milk to make an egg wash
- Flaky sea salt, for sprinkling

Directions

Step 1

In a large bowl, whisk the flour with 1 teaspoon of salt. Working over the bowl, grate the frozen butter on the large holes of a box grater. Gently toss the grated butter in the flour. Stir in 1/3 cup of ice water until the dough is evenly moistened; add more water if the dough is too dry. Scrape out onto a work surface, gather up any crumbs and knead gently just until the dough comes together. Cut the dough in half and pat them into squares. Wrap the squares in plastic and refrigerate until chilled, about 1 hour.

NOT SURE I LOVE THIS CRUST.
HARD TO WORK WITH.

Step 2

Meanwhile, in a large saucepan, heat the olive oil until shimmering. Add the onion, garlic, crushed red pepper,

and a generous pinch each of salt and pepper. Cook over moderate heat, stirring occasionally, until the onion is softened, about 8 minutes. Add the collard greens and spinach in large handfuls, letting each handful wilt slightly before adding more, then add the wine. Cover and cook, stirring occasionally, until the mixed greens are wilted and just tender, about 10 minutes. Remove from the heat and let cool. Using a potato ricer, squeeze the excess liquid from the mixed greens and transfer them to a large bowl. Stir in the sour cream and nutmeg; season with salt and pepper.

Step 3

Preheat the oven to 400°. On a floured work surface, roll out 1 piece of the dough to a 13-by-9-inch rectangle. Slide the dough onto a large baking sheet lined with parchment paper. Repeat with the second piece of dough. Refrigerate for 15 minutes.

Step 4

Slide 1 rectangle of dough onto a work surface. Scatter the mixed greens evenly on the dough rectangle on the baking sheet, leaving a 1-inch border. Ease the other rectangle of dough on top of the mixed greens. Fold over the edge and crimp decoratively all around to seal. Brush the pie with the egg wash and sprinkle with flaky sea salt and freshly ground black pepper. Cut 24 small slits in the top and freeze for 15 minutes.

Step 5


Bake the pie for about 50 minutes, until golden and crisp; rotate halfway through baking. Let cool for 15 minutes. Cut the pie into squares and serve.

Make Ahead

The pie can be kept at room temperature for up to 8 hours. Alternately, the pie can be covered with foil and refrigerated overnight. Reheat in a 350° oven for about 20 minutes, until warmed and crisp.



Sheet Pan Pierogies

 Yield: 4 people

Prep Time: 15 mins Cook Time: 25 mins Total Time: 40 mins

These sheet pan pierogies are the easiest ever! Throw frozen pierogies on a sheet pan with some onions and you're good to go. Yum!

★★★★★ 4.94 from 30 votes

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Ingredients

- 4 tablespoons unsalted butter
- 2 large sweet onions, thinly sliced
- kosher salt and pepper
- 1 to 2 tablespoons balsamic vinegar
- 16 ounces frozen pierogies
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- fresh chives or parsley for topping

CHIPOTLE SOUR CREAM

- ¾ cup sour cream
- 1 diced chipotle pepper
- 2 teaspoons adobo sauce from the can of chipotles

Instructions

- 1 Preheat the oven to 400 degrees F.
- 2 Heat the butter in a skillet over medium heat. Add the sliced onions with a big pinch of salt and pepper. Cook, stirring often, until the onions slightly soften, about 10 minutes. Reduce the heat to low and stir in the balsamic vinegar. Continue to stir and cook the onions for 5 more minutes. The onions should be soft and slightly caramely looking. Turn off the heat.
- 3 Spray a sheet pan with olive oil or nonstick spray - make sure the bottom of the pan is covered so the pierogies don't stick and rip. Place the pierogies on and toss them or brush them well in the olive oil. You want all edges of the pierogies covered! Sprinkles with salt, pepper, garlic powder and smoked paprika. Spoon the caramelized onions from the pan (along with any butter in in the pan) all over the pierogies.
- 4 Roast for 20 to 30 minutes, flipping the pierogies once in between. Sprinkle with fresh herbs and serve immediately with the chipotle sour cream.
- 5 Note: alternatively, you can place raw sliced onions (and even peppers) on the baking sheet and toss with olive oil and balsamic. Place the pierogies on top. This eliminates the onion caramelizing step - but they won't be as caramely.

CHIPOTLE SOUR CREAM

- 1 Whisk ingredients together until combined. You can store this in the fridge a day or so ahead of time.

10/20/22

L. Hoffman

Sheet Pan Veggies and Sausage

1/2 medium head cauliflower

1 bag radishes

1 medium butternut squash *

1 lg. red bell pepper

1 lb. smoked sausage, cut into 3" pieces

Oven preheat 450°. Line large sheet pan with foil. Clean veggies cutting into serving pieces about 2x2" or 1x2" strips. Radishes can be left whole. Drizzle or brush lightly with canola oil. Oil preheated sheet (use 2 if needed to allow space between veggies).

Arrange veggies on sheet spaced well. Bake 15-20 minutes until lightly browned. Turn. Continue to cook 20-30 minutes more until evenly browned. Remove fast cooking pieces and return last 3-5 minutes. Add sausage last 10-12 minutes. Season with salt and pepper or a favorite dry rub. Add a drizzle of a favorite salad dressing or dipping sauce on the side.

* We like salt and a drizzle of maple syrup to serve.

** Veggie cooking times vary depending on seasonal moisture, variety, temperature of oven, and oven style (our all electric makes perfect cookies but doesn't vent well for high temp roasting). Know your oven! Helpful hints: raise or lower temps by 25° increments as needed, space well, remove fast cooking pieces and return at end, turn only if browned



Sue

CHICKEN & APPLE SAUSAGE WITH SWEET POTATO

PREP TIME	COOK TIME	INGREDIENTS
15 M	45 M	7



INGREDIENTS

- 1 package *Chicken + Apple Smoked Sausage Links*
- 2 1/2 cup Sweet Potatoes (quartered) - *smaller*
- 1/2 cup Frozen Spinach (coarsely chopped)
- 2 teaspoons cinnamon powder
- 1 teaspoon garlic powder
- 1 tablespoon honey
- 1 tablespoon butter (diced)

COOKING INSTRUCTIONS

1. Slice sausage.
2. Wash and quarter sweet potatoes. Add to baking pan.
3. Chop frozen spinach into tiny pieces and mix into the pan.
4. Add remaining ingredients and stir.
5. Cover pan with foil and bake ~45 minutes at ~375 degrees.

Chicken Enchiladas

8 oz. Enchilada Sauce

8 oz. Sour cream

12.5 oz. can Chicken Breast

16 oz. can Refried Beans

6 oz. can Black Olives

8 oz. (2 cups) shredded Mexican Cheese Blend

8 Flour Tortillas

2 scallions, sliced

1 Tomato Chopped

Shredded lettuce

1. Pour half the Enchilada sauce in the bottom of a 9x13" pan, set aside.
2. Mix Chicken with sour cream. Slice black olives in half.
3. Layer the tortillas with refried beans, the sour cream mixture, black olives and shredded cheese. Roll up, then place each in the 9x13" pan. Continue till all the tortillas are filled. The more filling you use, the less tortillas will fit in the pan.
4. Top each tortilla with a Tablespoon enchilada sauce, shredded cheese, black olives and sliced scallions.
5. Cover with aluminum foil and bake for 15 minutes at 350 degrees. Then remove the foil and bake for 10 more minutes.
6. Garnish with shredded lettuce and chopped tomatoes.

Enjoy a delicious one pan meal

Sharla Cook

Peggy

Chicken Stroganoff

2 ½ cups chicken broth, divided
1 Tbsp. flour
3 Tbsp olive oil, divided
1 lb. chicken breast, cut into 1 inch pieces
1 tsp. salt, divided
¾ tsp. pepper, divided
12 oz. cremini mushrooms, sliced
½ yellow onion, finely chopped
½ tsp. paprika
¼ tsp. thyme
¼ tsp. oregano
1/8 tsp. red pepper flakes
3-4 cloves garlic, minced
½ cup dry white wine
6 oz. uncooked extra wide egg noodle
4 Tbsp. sour cream
1 tsp. whole-grain or Dijon mustard
Chopped fresh parsley, for garnish
Extra black pepper, for garnish

In a small bowl, combine all flour and 1 Tbsp. chicken broth. Whisk to combine.

Add 1 ½ Tbsp. olive oil in a dutch oven. Heat over medium high heat. Add chicken pieces and ¼ tsp. salt and ¼ tsp. pepper. Cook 5 minutes and remove to plate.

Add remaining 1 ½ Tbsp. oil to pan. Add remaining ½ tsp. black pepper, paprika, thyme, oregano, and red pepper, onion + mushroom flakes. Cook 6-7 minutes until mushrooms are slightly golden. Add garlic and cook 30 seconds, stirring so it doesn't burn.

Pour in wine, scraping the bottom to loosen browned bits. Cook 2 minutes or until reduced by half.

Stir in remaining chicken broth and bring to a simmer. Add remaining ¾ tsp. salt and egg noodles. Cook 8 minutes uncovered. Stir occasionally.

Stir in chicken stock/flour mixture. Cook 1 minute.

Turn off heat. Stir in cooked chicken, sour cream and mustard.

Sprinkle with chopped parsley and serve.

Puerto Rican Chicken Stew

ASOPAO IS A PUERTO RICAN SPECIALTY made with rice and chicken. For my version, I replaced the rice with quinoa, a highly nutritious Andean grain that has gained popularity in the United States in recent years. The result is a hearty dish with a rich olive-and-tomato flavor. It's delicious right out of the pot, but it tastes even better as leftovers!

1 In a large bowl, mix the salt, oregano, black pepper, garlic, cilantro, and one tablespoon of oil. Remove the fat and gristle from the chicken parts, then rub them with the mixture. Place the chicken in the bowl, cover, and marinate it in the refrigerator for 30 minutes.

2 In a 5- to 6-quart Dutch oven (preferably nonstick), warm the remaining 2 tablespoons of oil over medium heat. Stir in the paprika or annatto powder, ham, onion, and bell pepper. Sauté, stirring occasionally, until the onion is transparent, about 5 minutes.

3 Add the vinegar, tomato sauce, capers, and olives, and mix well. Cook for 2 more minutes.

4 Add the chicken parts, turning to coat them with the sauce. Cover the pot and cook until the chicken is no longer pink inside, turning pieces occasionally, about 25 minutes (larger pieces of meat may take slightly more time).

5 Pour in the chicken broth and mix well. Bring the stew to a boil, add salt and pepper to taste, and stir in the quinoa. Reduce the heat and continue simmering, uncovered, until the quinoa is transparent, about 15 minutes.

6 Remove the stew from the heat and ladle it into bowls (it will be soupy at this point), or allow it to sit covered to continue cooking and absorb the excess liquid, about 10 minutes. Garnish each serving with peas, roasted red pepper, and a sprinkle of Parmesan. Serves 4 to 6.

Ingredients

- 1 teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon freshly ground black pepper
- 2 cloves garlic, passed through a garlic press
- 2 tablespoons finely chopped fresh cilantro leaves
- 3 tablespoons canola oil
- 6 chicken parts (2 breasts cut in half, 2 legs, and 2 thighs), skins removed
- 1 teaspoon paprika or annatto powder
- 2 ounces (½ cup) cooked ham, cut into ½-inch dice
- 1 medium onion, finely chopped
- 1 small green bell pepper, cored and finely chopped
- 1 tablespoon white vinegar
- ½ cup tomato sauce
- 1 tablespoon small capers
- ½ cup sliced Spanish olives (green with pimiento)
- 3 cups chicken broth
- 1 cup quinoa, thoroughly rinsed

Add-ins: ½ cup cooked peas, 1 roasted red pepper sliced into thin strips, grated Parmesan



Bob + Chris Scarlett