Balsamic Thyme Chicken

Browned chicken breast, baked with a balsamic vinegar and thyme sauce with onion slices

Yield:

2-3 servings

Ingredients:

3 tablespoons butter
2-3 large boneless skinless chicken breasts
garlic powder, salt, and pepper
1/2 cup chicken broth
1/2 onion, sliced
1 teaspoon thyme
4 tablespoons balsamic vinegar
1 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon pepper

Instructions:

1. Melt butter in skillet. Add chicken and brown each side well, sprinkling each side with garlic powder, salt, and pepper.

2. Grease a small baking dish and lay browned chicken breasts inside. Pour broth into skillet; add onions and thyme. Simmer for 10 minutes.

3. Lift vegetables from skillet with a slotted spoon and arrange on chicken in baking dish. In a small bowl, combine vinegar, sugar, salt, and pepper. Pour into skillet and simmer 5 minutes. Pour over chicken.

4. Cover and bake at 350 degrees for 45 minutes or until chicken tests done inside.



This recipe is from Tammy’s Recipes.

Homemade Taco Pizza

A soft homemade pizza crust topped with pizza sauce, seasoned ground beef, and shredded cheese; baked and served with sour cream, lettuce, cheese and tomatoes

Yield:

12 slices

Ingredients:

Dough Ingredients:

1 cup water
2 teaspoons sugar
1 teaspoon salt
2 tablespoons oil
3 cups flour
1 tablespoon dry yeast

Topping Ingredients:

1/2 pound ground beef
1/2 onion, diced

1 small garlic clove, minced
1/4 teaspoon black pepper
2 teaspoons freshly ground cumin
1 teaspoon chili powder
1/2 teaspoon paprika
salt, to taste
1 cup pizza sauce
2 cups (8 ounces) shredded mozzarella cheese
Sour cream, for serving*
4 cups shredded lettuce, for serving
1-2 cups (4-8 ounces) shredded cheddar cheese, for serving
2 cups diced fresh tomatoes, for serving
1/2 cup sliced black olives, for serving

Instructions:

1. Combine flour and yeast in a large mixing bowl. In another bowl, combine the rest of the dough ingredients and mix. Add to flour and knead until a soft dough forms. Knead for 8-10 minutes.

2. Lightly grease the top of the dough and then put a towel over the bowl and set the dough in a warm place to rise for about 45 minutes.

3. Brown ground beef with onions and garlic. Drain fat and add pepper, cumin, chili powder, paprika, and salt. Mix well.

4. Grease a 16-inch pizza pan. Knead pizza dough for a minute or two to remove air bubbles and then press onto prepared pan to edges. Spread pizza sauce over dough and sprinkle meat on top of sauce.

5. Top with the shredded mozzarella cheese and bake at 450 degrees for 15 minutes or until browned on top. Turn off oven, crack oven door, and leave pizza in warm oven for another 5-10 minutes.

6. To serve, drizzle sour cream over the top of the pizza.*

Sprinkle on lettuce, cheese, tomato, and black olives. Slice into 12 slices.



This recipe is from Tammy’s Recipes.

Taco Pizza Bake

A cornmeal crust, topped with seasoned taco meat filling and cheese, baked and then topped with lettuce, sour cream, shredded cheese, diced tomatoes, and black olives

Yield:

16 slices

Ingredients:

Crust Ingredients:

1 1/4 cups cornmeal
1 1/4 cups flour
2 teaspoons baking powder
2/3 cup milk

1/3 cup oil
1 four-ounce can green chilies, drained*

Meat Ingredients:

3/4 pound ground beef or turkey
1 medium onion, diced
1 garlic clove, minced
1 cup (8 ounces) diced tomatoes (may be canned)
1 cup (8 ounces) mild salsa (If using thin salsa, add 1/4 cup water, also)
1 six-ounce can tomato paste
2 teaspoons chili powder
1 tablespoon ground cumin

8 ounces (2 cups) shredded mozzarella cheese

Topping Ingredients:

Shredded lettuce
Diced tomato
Sliced black olives
Sour cream
Shredded cheese

Instructions:

1. Brown ground meat with the onion and garlic. Drain and add remaining meat ingredients. (Not cheese) Heat until simmering. Simmer for 5 minutes.

2. Combine cornmeal, flour, and baking powder in a large bowl. Add milk, oil, and green chilies, stirring just enough to form a sticky lump of dough.

3. Grease a 16-inch pizza pan. Put the ball of dough in the center of the pan and start flattening it with your hands and spreading it towards the sides of the pan. When your hands get a little sticky, just wet them with a little water and continue pressing. Bake crust for 10 minutes at 400 degrees.

4. Pour meat mixture over hot crust. Sprinkle mozzarella cheese on top. Bake for an additional 10 minutes at 400 degrees.

5. When pizza is done, add additional topping ingredients as desired and cut into 16 slices.



This recipe is from Tammy’s Recipes.

Spicy Grilled Turkey Burgers

Seasoned ground turkey, formed into patties and grilled for a quick and easy spicy turkey burger

Yield:

4 burgers

Ingredients:

1 pound ground turkey (85% lean)
1/8 cup water
2 tablespoons minced onions
1 small garlic clove, minced
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon crushed red pepper flakes

1/4 teaspoon paprika

Instructions:

1. Combine all ingredients in mixing bowl and mix with hands until seasonings are evenly distributed. Allow to set at room temperature for about 10 minutes, or refrigerate for up to overnight.

2. Form meat into 4 patties. Grill according to grill instructions, just until done,* flipping patties halfway through grilling time.



This recipe is from Tammy’s Recipes.

Quiche with Whole Wheat Pie Crust

A whole wheat pie crust filled with a combination of ground turkey, spinach, eggs, and seasonings, topped with cheese and baked

Yield:

8 servings

Ingredients:

Whole Wheat Pie Shell Ingredients:

1 1/3 cups whole wheat flour
1/2 teaspoon salt
1 teaspoon sugar
1/2 cup (1 stick) butter, softened
1 teaspoon vinegar
1 egg
1 tablespoon cold water

Quiche Filling Ingredients:

1 large onion, chopped
1 pound ground turkey (85% lean or leaner)*
9 ounces fresh spinach leaves, coarsely chopped**
3/4 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon ground nutmeg
2 large eggs
3/4 cup whole milk
4 to 6 ounces shredded sharp cheddar or mozzarella cheese

Instructions:

1. To make crust, combine flour, salt, and sugar. Cut in butter. In a separate small bowl, lightly beat egg, vinegar, and water. Add to dry mixture and knead with hands for a few minutes, until smooth.

2. On a lightly floured surface, roll dough into a circle and place in a 10-inch pie plate. Trim and flute edges. Prick with a fork on bottom and sides. Preheat oven to 475 degrees and bake for 8 minutes. Remove from oven.

3. To make filling, brown turkey with the chopped onion. Drain grease, return to skillet, and add the chopped spinach. Over

medium-low heat, cook and stir until spinach starts to wilt. Remove from heat.

4. In a large mixing bowl, lightly beat eggs, salt, pepper, and nutmeg. Add milk and mix. Add turkey and spinach mixture, stirring to combine. Pour into pre-baked pie shell. Top with shredded cheese.

5. Bake at 375 degrees for 30 minutes. Let stand 10 minutes before cutting into pieces and serving.



This recipe is from Tammy’s Recipes.

Vegetarian Black and White Bean Chili

A light and simple flavorful vegetable chili with black and great northern beans

Yield:

4 servings

Ingredients:

1 teaspoon butter or oil
1/2 red bell pepper, diced
1/2 green bell pepper, diced
1 medium onion, diced
1 large clove garlic, minced
2 trimmed, seeded, and diced jalapeno chiles, optional
1 tablespoon freshly ground cumin
2 tablespoons chili powder
1 teaspoon black pepper
1/2 teaspoon (packed) brown sugar
2 cups diced tomatoes*
2 cups cooked Great Northern beans*
2 cups cooked black beans*
3-4 cups water or vegetable broth
1 large (fresh or dried) anaheim pepper with seeds removed, optional
1 teaspoon salt (or to taste)
Shredded cheese, sour cream, fresh cilantro, and tortilla chips: optional, for topping

Instructions:

1. In stock pot over medium heat, saute peppers, garlic, and onion in the butter or oil until vegetables are tender.

2. Add seasonings (except salt), tomatoes, beans, and broth or water. Stir well and add the anaheim pepper (whole) if using.

3. Cover and bring to a boil. Stir and simmer, covered, for at least 45 minutes or until chili is to desired consistency. Remove anaheim pepper. Add salt to taste.

4. Spoon into bowls. Top with desired toppings.



This recipe is from Tammy’s Recipes.

Easy Cheeseburger Casserole

A baked cheesy medley of ground turkey, red bell pepper, carrot, tomatoes, and seasonings, tossed with egg noodles

Yield:

8 servings

Ingredients:

1 pound ground turkey
1 medium onion, chopped
1 clove garlic, minced
1 large red bell pepper, chopped
1 large carrot, finely shredded
2 cups diced tomatoes
1 1/2 teaspoons thyme
1 teaspoon salt
1 1/2 teaspoons sugar
1 teaspoon ground black pepper

12 ounces egg noodles, cooked according to package instructions
2 cups (8 ounces) shredded sharp cheddar cheese

Instructions:

1. Brown ground turkey with the chopped onion and minced garlic over medium heat. Drain grease and return to skillet.

2. Raise heat to medium-high and add the red bell pepper, carrot and thyme. Cook and stir for about 5-7 minutes, until pepper is starting to get tender. Turn heat to medium again.

3. Add tomatoes, salt, sugar, and ground black pepper. Cook until bubbly, stirring constantly. Turn off heat and stir in the cooked egg noodles.

4. Pour hot mixture into a greased 9 x 13-inch baking dish. Top with the shredded cheese and bake at 350 degrees for 15 minutes, until cheese is hot and melted.



This recipe is from Tammy’s Recipes.

Cheesy Tortilla Casserole

Cheese, meat, onions, black olives, and kidney beans sandwiched between two layers of tortillas and topped with a homemade salsa sauce and cheese

Yield:

6 servings

Ingredients:

1 pound ground turkey
1 large onion, chopped
1 clove garlic, minced
1 cup salsa
2 tablespoons water, if using thick salsa (above)
1/2 tablespoon ground cumin
1/2 tablespoon chili powder
1 teaspoon paprika
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon ground black pepper
1 can (15 ounces) dark red kidney beans, drained
1 can (15 ounces) black olives, sliced
12 ounces (3 cups) shredded sharp cheddar cheese
5 medium-sized flour tortillas

Instructions:

1. Brown ground turkey with the onion and garlic. Drain fat and put meat into a large mixing bowl. Set aside.

2. Return skillet to the stovetop and heat salsa, water (if your salsa is thick), cumin, chili powder, paprika, salt, sugar, and pepper over medium heat until hot. You should end up with a sauce that is thin enough to spread, like pizza sauce.

3. Add beans, olives, and 2 cups of the cheese to the meat mixture and toss to combine.

4. Grease a 9 x 13-inch baking dish. Using about 2 1/2 of the flour tortillas, arrange them in a single layer across the bottom of the pan. Tear tortillas as needed (doesn’t have to be perfect).

5. Spread meat mixture in a layer over the tortillas. Top with remaining tortillas, again, in a single layer, tearing as needed to cover gaps.

6. Spread salsa mixture over top tortillas and sprinkle with remaining cup of cheese. Bake at 375 degrees for 25-30 minutes, until cheese is melted and casserole is heated through.



This recipe is from Tammy’s Recipes.

Creamy Dijon Grilled Cheese Sandwiches

A creamy, tangy twist on traditional grilled cheese sandwiches!

Yield:

4 sandwiches

Ingredients:

1 ounce cream cheese, softened
2 tablespoons Dijon mustard
8 slices whole wheat bread
6 ounces (1 1/2 cups) shredded sharp cheddar cheese

Instructions:

1. Lightly butter one side of each slice of bread.

2. Stir together cream cheese and mustard until creamy. Spread evenly on four of the slices of bread. (Spread on un-buttered side.)

3. Top slices with equal amounts of cheese. Put remaining bread slices on top, butter-side up.

4. Heat a large skillet over medium heat. Cook sandwiches, two at a time, for about 3-4 minutes per side, until golden brown.



This recipe is from Tammy’s Recipes.

Stuffed Chicken Breasts Florentine

Chicken breasts stuffed with spinach and feta cheese, seasoned and browned in a skillet

Yield:

4 servings

Ingredients:

4 cups (packed, about 9 ounces) coarsely chopped fresh spinach
1 clove garlic, minced
1/2 cup crumbled feta cheese (plain, or tomato and basil)
4 boneless skinless chicken breasts (about 5 ounces each)
2 Tablespoons oil
1/8 teaspoon salt (because feta cheese is salty)
1/2 teaspoon pepper
4 toothpicks

Instructions:

1. In a large skillet, heat 1 Tablespoon oil over medium heat and saute garlic and spinach for a few minutes, until spinach is wilted. Remove from heat and toss with feta cheese.

2. Cut a deep pocket into the side of each chicken breast, and fill each with 1/4 of the spinach mixture. Secure with a toothpick.

3. Wipe out skillet and add 1 Tablespoon oil over medium-high heat. Lay chicken breasts in skillet, and brown on both sides, sprinkling sides with salt and pepper.

4. Reduce the heat to medium-low, cover, and heat for an additional 10 minutes or until chicken is cooked through. Serve hot.



This recipe is from Tammy’s Recipes.