

Miracle Mango Salsa Chicken



6 boneless, skinless chicken thighs
1 cup long-grain white rice
One 16-ounce jar mango salsa

Staple Ingredients:

Kosher salt and freshly ground black pepper
Olive oil

Directions: ⁴serv.
Exc! 8/10

1 Preheat a large cast-iron skillet over medium-high heat.

2 Sprinkle the chicken thighs with salt and pepper on both sides. Add 2 tablespoons oil to the skillet and sear the chicken thighs until browned well, 2 to 3 minutes per side. Remove the chicken to a plate.

3 Add the rice, 1 1/4 cups water and 1 cup of the mango salsa. Stir and bring to a boil. Add the chicken back to the top of the rice, reduce to a simmer, cover and cook until the chicken and rice are cooked through, 17 to 20 minutes.

4 Serve up a pile of rice, topped with the chicken and garnished with additional mango salsa.





Baked Spaghetti



Exc!

Prep

25 m

Cook

1 h

Ready In

1 h 25 m

5/16
did double batch.
prob. feeds 16
athletes

could use ricotta
if wanted

Recipe By: CALLIKO

~~Feeds~~

"A comforting baked spaghetti casserole with plenty of melted cheese is the perfect dish for potlucks, family gatherings, or a week-night dinner."

Ingredients

1 (16 ounce) package spaghetti

1 pound ground beef

1 onion, chopped

1 (32 ounce) jar meatless spaghetti sauce

1/2 teaspoon seasoned salt

2 eggs

1/3 cup grated Parmesan cheese

5 tablespoons butter, melted

2 cups small curd cottage cheese, divided

4 cups shredded mozzarella cheese, divided

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- 2 Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes. Drain.
- 3 Heat a large skillet over medium heat; cook and stir beef and onion until meat is browned and onions are soft and translucent, about 7 minutes. Drain. Stir in spaghetti sauce and seasoned salt.
- 4 Whisk eggs, Parmesan cheese, and butter in a large bowl. Mix in spaghetti to egg mixture and toss to coat. Place half the spaghetti mixture into baking dish. Top with half the cottage cheese, mozzarella, and meat sauce. Repeat layers. Cover with aluminum foil. *But top 4 layers.*
- 5 Bake in preheated oven for 40 minutes. Remove foil and continue to bake until the cheese is melted and lightly browned, 20 to 25 minutes longer. *1683*

Baked Ziti with Sausage



Recipe By: Ashley

"This is quite possibly the one thing that I am constantly asked to make. This is a ziti with a lot of flavor."

Ingredients

- | | |
|---------------------------------------|---|
| 1 (16 ounce) package dry ziti pasta | 1 teaspoon dried oregano |
| 1 pound mild Italian sausage | 1/2 teaspoon salt |
| 1 (15 ounce) container ricotta cheese | 1/2 teaspoon ground black pepper |
| 1 egg | 1 1/2 (26 ounce) jars spaghetti sauce, divided |
| 1 large yellow onion, minced | 1 (8 ounce) package shredded Italian cheese blend |
| 2 teaspoons minced garlic | 1 teaspoon dried basil (optional) |

Directions

- 1 Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- 2 Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the ziti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.
- 3 While pasta is cooking, heat a large skillet over medium heat. Add the sausage, and cook and stir until brown, about 10 minutes. Drain sausage and set aside.
- 4 Stir together the ricotta, egg, onion, garlic, and oregano in a large bowl until well combined. Stir in the drained pasta, the drained sausage, salt, pepper, and 1/2 jar of the spaghetti sauce; mix well.
- 5 In the prepared baking dish, cover the bottom with 1/3 jar of spaghetti sauce. Layer 1/2 of the pasta mixture, 1/3 jar of spaghetti sauce, and 1/2 of the shredded cheese. Then layer the remaining 1/2 of the pasta, 1/3 of the sauce, and 1/2 of the cheese. Sprinkle with basil. Cover the dish tightly with aluminum foil.
- 6 Bake in the preheated oven until heated through, about 20 minutes. Uncover; return to the oven and bake until cheese is melted, 5 to 10 more minutes.

Pesto Pasta

(ingredients from Trader Joe's)

- 1 lb. farfalle (bow tie) pasta
- 1 7.5- to 8.5-ounce jar sun-dried tomato pesto
- 1 container feta cheese, crumbled
- ½ cup toasted pine nuts

Cook pasta according to package directions. Gently stir in pesto sauce, feta cheese and pine nuts. Serve warm, or chill for a pasta salad.



Orecchiette with Sausage, Peppers, and Feta

If you can't find orecchiette pasta, substitute penne or farfalle.

- 8 ounces uncooked orecchiette ("little ear" pasta, about 2 cups)
- 1 teaspoon olive oil
- 3 cups (1/4-inch-thick) slices red bell pepper, each cut in half crosswise
- 1/2 teaspoon salt, divided
- 8 ounces turkey Italian sausage
- 1 teaspoon dried oregano
- 1 garlic clove, minced
- 3/4 cup (3 ounces) crumbled feta cheese
- 1/4 cup sliced pitted kalamata olives
- 1/4 teaspoon freshly ground black pepper

1. Cook the orecchiette according to package directions, omitting salt and fat. Drain the pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the bell pepper and 1/4 teaspoon salt; sauté 2 minutes. Remove casings from the sausage. Add sausage, oregano, and garlic to pan; cook 4 minutes or until sausage is done, stirring to crumble sausage. Add pasta, reserved cooking liquid, 1/4 teaspoon salt, cheese, olives, and black pepper; cook for 2 minutes or until thoroughly heated, stirring frequently. Yield: 4 servings (serving size: 1 1/2 cups).

CALORIES 393 (29% from fat); FAT 12.8g (sat 5.3g, mono 4.6g, poly 2g); PROTEIN 21.6g; CARB 48.6g; FIBER 3.6g; CHOL 67mg; IRON 3.4mg; SODIUM 947mg; CALC 137mg



Grilled Rosemary Chicken Thighs with Sweet & Sour Orange Dipping Sauce

Serves four to six.

- 1 Tbs. plus 1 tsp. minced fresh rosemary
- 2 tsp. dark brown sugar
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1 tsp. crushed red pepper flakes
- 2 Tbs. vegetable oil; more for the grill
- 2½ lb. boneless, skinless chicken thighs (about 8 large, 10 medium, or 12 small), trimmed of excess fat
- 1 cup orange marmalade
- ¼ cup rice vinegar

In a small bowl, mix the 1 Tbs. rosemary with the brown sugar, salt, pepper, and red pepper flakes. In a shallow pan, drizzle the oil over the chicken and toss to coat. Sprinkle the chicken evenly with the rosemary mixture.

Warm the marmalade, vinegar, and remaining 1 tsp. rosemary in a small saucepan over low heat until just warm; set aside in a warm spot.

Prepare a hot charcoal fire or heat a gas grill with all burners on medium high for 10 minutes. Clean the hot grate with a wire brush and then lubricate it with an oil-soaked paper towel. Put the chicken on the grate and grill (covered on a gas grill or uncovered over a charcoal fire) until one side has dark grill marks, 5 to 6 minutes for large thighs or 4 to 5 minutes for medium and small thighs. Turn and continue to grill until well marked on the other sides and cooked through, 5 to 6 minutes longer for large thighs or 4 to 5 minutes for medium and small thighs.

Move the thighs to a platter and let rest 4 to 5 minutes. Serve hot, warm, or at room temperature with individual bowls of warm marmalade dipping sauce.

Skewer up some kebabs

Chicken thighs lend themselves to kebabs, which make a nice change of pace on the grill. Any of these recipes can be cooked on skewers in roughly the same amount of time.

To make kebabs, trim the thighs and then slice them lengthwise into 1½- to 2-inch-wide strips. Toss with the flavoring of choice; then thread the chicken onto six 8- or 12-inch skewers (soak wood skewers in water for at least 20 minutes first), folding each strip in half as you skewer it. If some strips are very thick, cut them in half crosswise rather than folding them so that all the pieces of chicken are roughly the same size. Grill the kebabs, turning them every 4 to 5 minutes as dark grill marks form, until cooked through, 12 to 15 minutes total.

1 1/2 pounds lean ground beef
1 1 ounce packet chili
seasoning (I used
McCormick)
2 15 ounce cans kidney beans,
fully drained and rinsed
2 16 ounce jars chunky salsa
(the chunkiest you can
find!)**see note
1 1/2 cups low sodium beef
broth
1/4 cup chopped fresh cilantro
optional garnishes: sour
cream shredded cheese,
crackers, fresh cilantro,
chopped onions, sliced
jalapeños, or ketchup
**note: if you want your chili
spicy you can grab a spicier
salsa. Works like a charm!

6 INGREDIENT LAZY DAY CHILI ★★★★★

- Heat beef in a dutch oven over medium high heat, crumbling as it cooks.
- Once beef is crumbled, stir in the chili seasoning and continue to stir while it cooks.
- When beef is no longer pink, stir in the beans, salsa, beef broth, and cilantro. Stir to fully combine.
- Reduce heat to simmer and allow to cook for 15-20 minutes.

Pasta with Arugula, Goat Cheese, and Sun-Dried Tomato Pesto

Crisp fried capers make an excellent garnish for this dish.

Serves 4 to 6

- 1** cup oil-packed sun-dried tomatoes (one 8 1/2 ounce jar), drained, rinsed, patted dry, and chopped very coarse
- 6** tablespoons extra-virgin olive oil
- 1/4** cup walnuts, toasted in small dry skillet over medium heat until fragrant, about 6 minutes
- 1** small clove garlic, minced or pressed through garlic press (about 1/2 teaspoon)
- 3/4** ounce grated Parmesan cheese (1/2 cup)
- Table salt and ground black pepper
- 1** pound campanelli or farfalle
- 1** medium bunch arugula (about 10 ounces), washed, dried, stemmed, and cut into 1-inch lengths (about 6 cups)
- 3** ounces goat cheese

Exc
11-05

1. In food processor, pulse sun-dried tomatoes, oil, walnuts, garlic, Parmesan, 1/2 teaspoon salt, and 1/8 teaspoon pepper until smooth, about fifteen 2-second pulses, scraping down bowl as needed. Transfer to small bowl and set aside.
2. Bring 4 quarts water to rolling boil, covered, in stockpot. Stir in pasta and 1 tablespoon salt; cook until al dente. Drain, reserving 3/4 cup cooking water, and return pasta to stockpot; immediately stir in arugula until wilted. Stir pasta-cooking water into pesto; stir pesto into pasta. Serve immediately, dotting individual bowls with 1/2-inch pieces goat cheese.

Mexican Meatball Soup

- 1 tablespoon vegetable oil
- 1/2 small onion, chopped (about 1/2 cup)
- 1/3 cup uncooked long-grain rice
- 2 tablespoons chopped fresh cilantro
- 1 pound ground sirloin beef
- Salt and freshly ground black pepper
- 1 carrot, cut into rounds (about 3/4 cup)
- 1 serrano chile, whole
- 1 Yukon gold potato, skin on, diced (about 1 cup)
- 2 tablespoons tomato paste
- 8 cups vegetable stock
- 2 zucchini, diced (about 1 cup)

In a heavy large pot, heat the vegetable oil over medium-high heat. Add the onions and cook until translucent, about 5 minutes. Cool slightly.

In a medium bowl, mix together the onion, rice, cilantro, ground meat, 1 teaspoon salt, and 1 teaspoon pepper. Using wet hands, shape the meat mixture into 20 to 22 (1-inch) meatballs.

Combine the carrots, serrano chile, potato, tomato paste, and vegetable stock in a saucepan and bring to a boil. Add the meatballs and zucchini and simmer on low heat until the meatballs are cooked through, about 20 minutes. Season the soup with salt and pepper, to taste.

