

**Being a working stay at home mom of three, there are always dishes to be done. Always.**

**This E-book of 50 Easy One Pan Recipes will hopefully ease the load of the many dishes you have to do everyday.**

**These recipes will ease the load of the dishes you do every day because each recipe only requires one dish, pan or bowl! Hope you love them as much as we do!**

## 50 One Pan Recipes

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Oven Baked  
*Omelet*



Six Sisters' Stuff

## Oven Baked Egg Omelet

### Ingredients:

8 eggs  
¾ cup milk  
¼ cup sour cream  
½ teaspoon seasoned salt  
¼ teaspoon garlic powder  
½ cup cooked ham, diced (could also use cooked sausage or bacon)  
½ cup green bell pepper, diced  
½ cup red bell pepper, diced  
1 roma tomato, diced  
2 tablespoons finely diced onion  
1 cup cheddar cheese, shredded

### Directions:

Preheat oven to 350 degrees. Spray an 8x8" baking dish with non-stick cooking spray.

In your baking dish, beat eggs, milk, and sour cream together. Add in remaining ingredients.

Bake (uncovered) for 45 minutes or until eggs are fully cooked (you will want to make sure that the middle of the dish is done).

Dish onto plates and add toppings if desired (I love to put salsa on top of mine).



## Healthy Mini Egg White Omelets

### Ingredients:

24 eggs (just use the egg whites)

Salt and Pepper to Taste

Toppings you like in your omelets, such as:

Onions, mushrooms, red peppers, green peppers, mushrooms, spinach, ham, or bacon.

These omelets have mushrooms, red peppers, and spinach.

### Directions:

Heat oven to 350 degrees.

Spray the muffin tin with non-stick cooking spray, then crack 2 egg whites into each muffin tin hole.

(Or if you want, you could do just one egg with the yolk). Mix egg whites around with a spoon.

Add about 2 tablespoons of the veggies/toppings you like into each tin.

Add Salt and Pepper as needed.

Sprinkle a little bit of cheese on top.

Put into the oven and cook for 20 minutes or until the eggs are a little brown on top. Wait a few minutes then pop them out with a fork.



## Bagel Breakfast Sandwich

### Ingredients:

6 bagels (any flavor, we just used plain)  
6 slices cheese (we used cheddar)  
12 slices of ham  
6 large eggs  
salt and pepper to taste

### Directions:

Spray a small, microwaveable bowl (I used a glass pyrex container that was about the size of the bagel) with cooking spray. Add your egg and a little salt and pepper into the bowl and beat it. Microwave for 60 seconds (or until cooked through). Remove and set aside, and repeat for other 5 eggs. Split the bagels in half and top one half of each bagel with one egg, one slice of cheese, and 2 slices of ham. Replace the top of the bagel. Serve warm.



## Baked Pancakes

### Ingredients:

1 1/2 cups milk  
1/4 cup (1/2 stick) butter, melted  
2 eggs  
2 tablespoons sugar  
2 cups all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon salt

### Directions:

Preheat oven to 350 degrees. Place butter in pan and stick it in the oven to allow the butter to melt. (You don't want it boiling, just melted enough to mix). In the pan, mix together the butter, milk and eggs. Whisk in the remaining ingredients. Cook for 25-30 minutes, remove from oven. Let cool for 5 minutes, then cut into squares and serve.



## Skillet Breakfast Potatoes

### Ingredients:

3 large baking potatoes  
6 pieces bacon, cut into 1 inch pieces  
1 cup onion, chopped  
1 (4 oz can) green chiles, chopped  
1 1/2 teaspoons salt  
1/2 teaspoon ground black pepper  
1 cup shredded sharp cheese

### Directions:

Wash your potatoes and then pierce several times with a fork. Cook in the microwave for 10-15 minutes or until fork tender. Remove and allow to cool.

While the potatoes are cooking, cook the bacon in a frying pan or large skillet over medium heat. Cook until crisp and then remove with a slotted spoon and place on a paper towel lined plate.

Place onions and green chiles in the pan with bacon grease and saute until the onions are translucent. Next, dice the potatoes and then place in the pan. Add salt and pepper and then stir around, breaking up any large pieces. Add cheese and bacon on top and turn heat to low and allow to cook until the cheese is melted.

Serve them with warm tortillas or with eggs.



## One Pan Egg and Turkey Skillet

### Ingredients:

1 pound of lean ground turkey  
1 cup salsa of choice  
6 eggs

### Directions:

Grease skillet and place turkey into it  
Cook on medium high heat until turkey browns.  
Add in salsa and mix to combine, let cook together for 2-3 minutes  
Crack in eggs and cover skillet for 7 minutes or until egg whites are opaque.

### Notes

\*\*Cooking time will vary based on how yolky you want your eggs

This will stay good in the fridge for up to 4 days. Perfect for leftover breakfasts!





## Avocado Baked Eggs

### Ingredients:

2 eggs  
1 avocado  
½ lemon, squeezed  
Sea salt and pepper

### Directions:

Preheat the oven to 425°F.  
Scoop out the inside of the avocado leaving ½" inch rim.  
Break the egg into the avocado. Don't worry if the whites spill over, just clean the sides and place on a baking sheet. Sprinkle lemon juice, salt, and pepper over both avocado halves.  
Bake for 15 minutes or until the yolks set.

Please put some foil on your cookie sheet for a MUCH easier clean up!



## Apple Cinnamon Rolls

### Ingredients:

1 can apple pie filling  
1 tube package cinnamon rolls (found in the refrigerated section of the grocery store- mine had 8 rolls)  
frosting (included with the cinnamon rolls)

### Directions:

Open package and place cinnamon rolls 2" apart in a lightly greased 9x13" baking pan. Scoop a large spoonful of apple pie filling on top of each cinnamon roll. Bake at 350 degrees for 15-20 minutes (time will depend on your oven, so just check often). Remove from oven and drizzle with frosting while they are still warm.



## Bacon Cheesy Bread

### Ingredients:

20 Frozen Rhodes Rolls  
(3/4 cup) shredded Cheddar cheese  
1/2 cup of crumbled bacon or bacon bits  
1/4 cup finely chopped green onions

### Directions:

Heat oven to 350°F. Spray a 9x9 glass baking dish with cooking spray.

Thaw rolls, but don't let them rise yet.

Cut each roll into quarters with scissors and put them in the baking dish.

After you have cut 10 rolls, put them into the pan.

Sprinkle 1/4 cup of bacon bits on top of the rolls.

Finish cutting the rest of rolls and put them on top of the other rolls and bacon bits.

Sprinkle the rest of the bacon, cheese and green onions on top.

Bake at 350 degrees for 23 to 28 minutes or until golden brown. Cut into squares.



## Easy Loaded Side Salad

### Ingredients:

One bag of romaine salad or sutter lettuce salad, chopped into small pieces.

One avocado, diced

One tomato, diced

One can of black beans, rinsed and drained

1/2 can of corn, rinsed and drained (you can use fresh corn)

1 tomato diced

Seasoned chicken breast, cooked and cubes (I used the pre-cooked seasoned chicken that is already packaged by the deli meat so I wouldn't have to cook anything)

1/4 cup of your favorite salad dressing

### Directions:

In a large bowl add all of your ingredients. Pour on 1/4 cup of your dressing and mix well. You can serve right away or let it sit for a few hours to let the dressing soak in. I like using a lite salad dressing to save on calories.



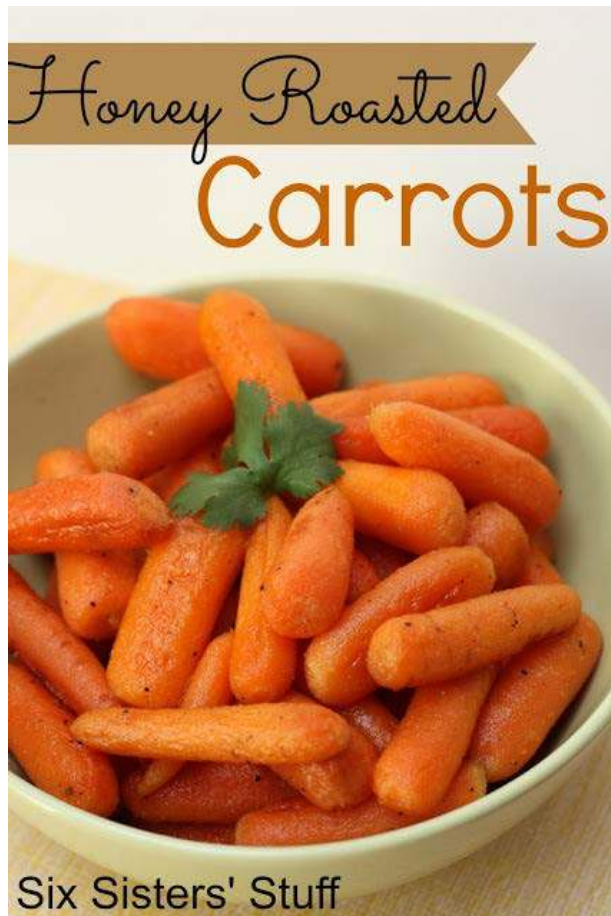
## 5 Minute Jello Salad

### Ingredients:

8 oz container of low fat Cool Whip  
4 oz box of Strawberry Jello  
12 oz container of fat free Cottage Cheese  
1/2 pound of Strawberries, sliced  
1 Banana, sliced

### Directions:

Put the cool whip and jello in a large mixing bowl and whisk until they are well blended and most of the jello dissolves into the cool whip. Next fold in the cottage cheese, strawberries and bananas. Stick into the refrigerator until you are ready to eat!



## Honey Roasted Carrots

### Ingredients:

2 lb bag baby carrots (I got one that has a zip closer - or you could use a ziplock gallon bag)  
4 Tablespoons olive oil  
5 Tablespoons honey  
1/2 Tablespoon of garlic salt  
salt and pepper to taste  
1/2 teaspoon of rosemary (optional)

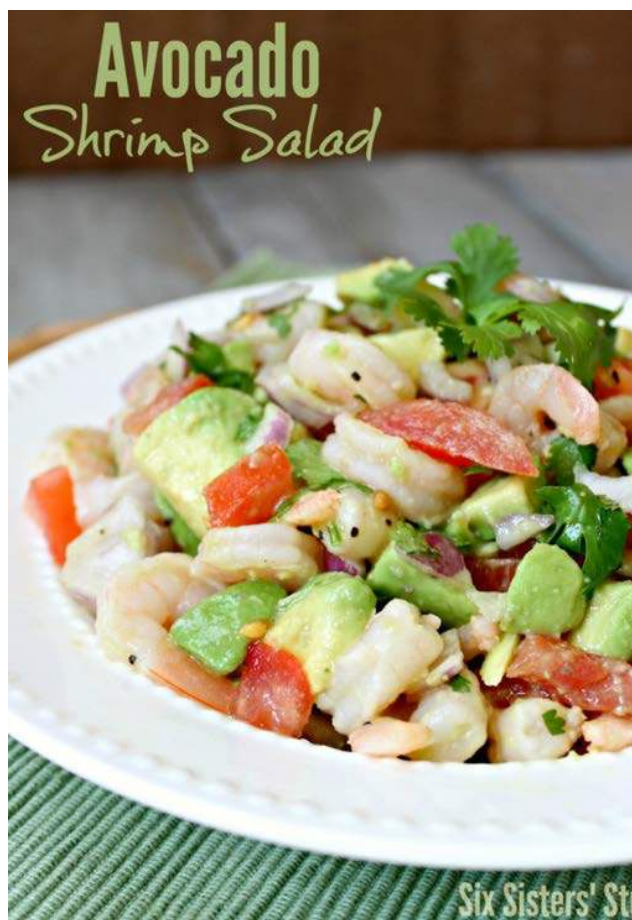
### Directions:

Preheat oven to 400 degrees F.  
In the carrot zip lock bag, drain the small amount of water that the carrots are sitting in. Once it is drained, pour in your olive oil and and garlic salt. Zip up and shake until the carrots are coated in the olive oil and salt. (It might be smart to hold the zip closed, just in case it opens while shaking... yes that did happen to me!) Ha Ha

Spread the carrots in a single layer on the baking sheet. Drizzle the honey over the carrots and sprinkle salt and pepper on top.

Bake uncovered, turning every 10 minutes. Cook until just tender (about 25-30 minutes). Serves 6 to 8 people. I sprinkled a little rosemary on top because I love it on my veggies!

You can also add a little more honey on top before serving! YUMMY!



## Avocado Shrimp Salad

### Ingredients:

1 lb mini cooked shrimp, peeled and deveined  
1 medium tomato, diced  
1 hass avocado, diced  
1 jalapeno, seeds removed, diced fine  
1/8 cup chopped red onion  
2 limes, juiced  
1 tsp olive oil  
1 tbsp chopped cilantro  
salt and fresh pepper to taste

### Directions:

In a large bowl combine red onion, lime juice, olive oil, pinch of salt and pepper. Set aside and let it marinate at least 5 minutes to mellow the flavor of the onion.

Add the shrimp, avocado, tomato, jalapeño and cilantro to the bowl. Mix all the ingredients together. Add salt and pepper to taste.



## Baked Spaghetti Squash

### Ingredients:

Spaghetti squash  
Butter  
Brown sugar

### Directions:

Preheat your oven to 350 degrees.  
Stab it all over with a fork (about 20 times)

Place your squash in a [9x13 pan](#) and pour 1 cup of water into the pan so it surrounds the squash.

Bake in your oven for 90 minutes.  
Take out of the oven and let cool for a little bit.

Cut it open, remove the seeds and clean it out. The pulp should be the perfect texture to remove it with a fork. Scrape it all the way to the edge to get as much pulp as you can.

You can eat it many different ways. I like to use it as noodles for spaghetti or even just throw in a little butter and and brown sugar!





## Oven Roasted Brussel Sprouts

### Ingredients:

1 (12 oz) bag of frozen of brussel sprouts (get the steamable bag)  
2 teaspoons of olive oil  
Garlic Salt to taste

### Directions:

Preheat your oven to 400 degrees.  
Steam your brussel sprouts as directed on the package.  
After they are steamed, place them on a cookie sheet and drizzle the olive oil over them. Then sprinkle with garlic salt. Let them cook 10 minutes then turn them over with a spatula. Cook them for 10 more minutes.  
Add a little more garlic salt for flavor and serve.



## Spaghetti Salad Recipe

### Ingredients:

1 pound thin spaghetti, broke into 3-4" pieces  
3 Roma tomatoes, diced  
1 medium zucchini, diced  
1 medium yellow squash, diced  
1 green pepper, diced  
1 red pepper, diced  
1 red onion, diced  
1 cucumber, diced  
2 (2.25 oz) cans sliced olives, drained  
8 oz cheddar cheese, cut into cubes

### Dressing:

1 (16 oz) bottle Italian dressing  
¼ cup grated Parmesan cheese  
1 teaspoon paprika  
¼ teaspoon garlic powder

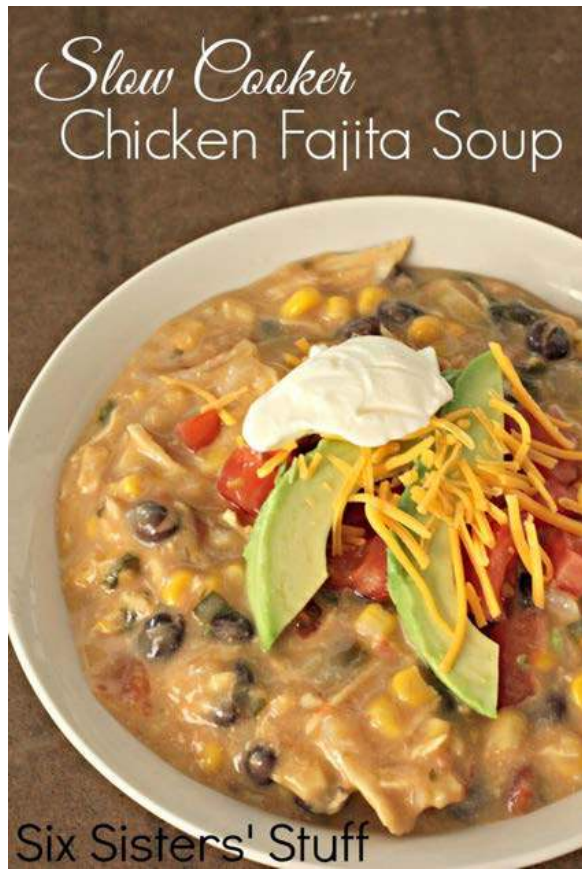
### Directions:

Cook spaghetti according to package directions, then rinse in cold water and drain.

Place tomatoes, zucchini, squash, peppers, onion, cucumber, olives, and cheese in with the noodles and mix well.

Then mix in the dressing, Parmesan cheese, paprika, garlic powder.

Mix until everything is combined well. Let sit in the fridge for at least 2 hours before serving (this salad gets better with time, as the flavors meld together).



## **Creamy Chicken Fajita Soup**

### **Ingredients:**

1 lb boneless, skinless chicken breasts  
2 cans condensed cream of chicken soup  
1 cup salsa  
2 cups frozen corn  
1 (15 oz) can black beans, rinsed and drained  
1 1/2 cups water  
1 teaspoon cumin  
1/2 teaspoon dried cilantro (optional)  
1 cup cheddar cheese, shredded  
favorite toppings

### **Directions:**

Spray slow cooker with non-stick cooking spray. Place chicken into slow cooker. Place in cream of chicken soup, salsa, corn, black beans, water, cumin, and cilantro. Cook on low for 4-6 hours (or high for 2-3 hours). Remove chicken and shred using 2 forks. Put chicken back into slow cooker, add cheese, and let cook for 15 more minutes. Serve with your favorite fajita toppings (tomato, shredded cheese, avocado, sour cream, crushed tortilla chips, etc).

Need it faster? You don't need to use your slow cooker you can use just a stock pot and your stove! Boil your chicken in water until it is cooked all the way through. Drain and shed chicken. Add cream of chicken soup, salsa, corn, black beans, cumin and cilantro. Simmer for 10 minutes then add your cheese and let simmer for another 5 minutes. Serve with your favorite toppings.



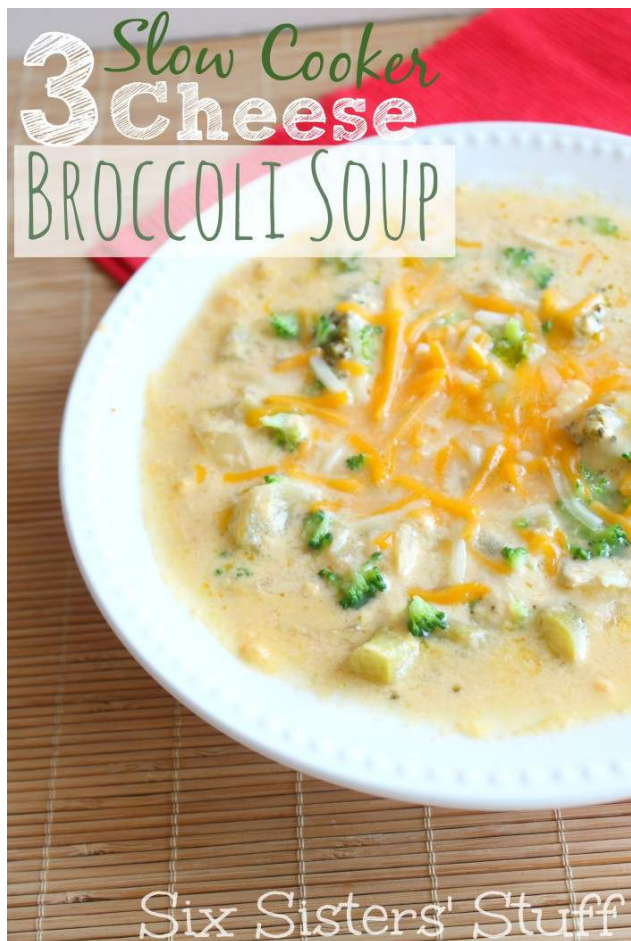
## Slow Cooker Tuscan Soup

### Ingredients:

1 medium onion, diced  
1 large red bell pepper, diced  
2-3 chicken boneless, skinless chicken breasts, diced  
1 15-oz can cannellini beans (white beans), drained and rinsed  
1 14-oz can chicken broth  
¼ cup tomato paste  
2 teaspoons minced garlic  
salt, to taste  
pepper, to taste  
rosemary, to taste  
2 cups fresh baby spinach leaves  
shredded Parmesan cheese, to taste

### Directions:

In your crockpot, combine the onion, pepper, chicken, beans, broth, paste, garlic, salt, and pepper. Cook on low for 5 hours, stirring occasionally. Add rosemary and spinach and let it simmer for an additional 10-15 minutes. Serve topped with shredded Parmesan cheese



## Slow Cooker 3 Cheese Broccoli Soup

### Ingredients:

1/2 onion, finely chopped  
1 can (12 oz) evaporated milk  
4 cups chicken broth  
2 cups of broccoli cut small (you can use fresh or frozen)  
1/2 teaspoon of pepper  
1/4 teaspoon salt  
8 oz of prepared cheese product, cut into cubes (I used Velveeta)  
1 1/2 cups shredded extra-sharp cheddar cheese  
1 cup shredded parmesan cheese

### Directions:

Pour in the chicken broth, onions, milk, broccoli, pepper and salt into the slow cooker and mix well.

Cover; cook on low heat for 4 hours. Add cheese cubes to slow cooker; stir until melted. Add 1 1/2 cups Cheddar cheese and the Parmesan cheese; stir until melted.

TURN OFF THE SLOW COOKER- don't even put it on warm. Just warning you, the cheese will curdle. :)  
Sprinkle individual servings with additional Cheddar cheese. YUMMY!



## Slow Cooker Chicken Noodle Casserole

### Ingredients:

1 (10.75 ounce) can cream of chicken soup  
1 (10.75 ounce) can cream of mushroom soup  
5 cups milk  
2 cups cooked, shredded chicken (*I used a rotisserie chicken*)  
1 (9 ounce) bag frozen mixed vegetables (*green beans, corn, carrots, peas*)  
1 teaspoon seasoned salt  
Salt and pepper, to taste  
2 cups dry egg noodles

### Directions:

Whisk together soups and milk in your slow cooker. Stir in chicken, vegetables and seasoned salt. Season with salt and pepper. Cover and cook on low for 6-8 hours or high for 3-4 hours. Stir in uncooked egg noodles 30 minutes to 1 hour before serving.



## Simple Crab Soup

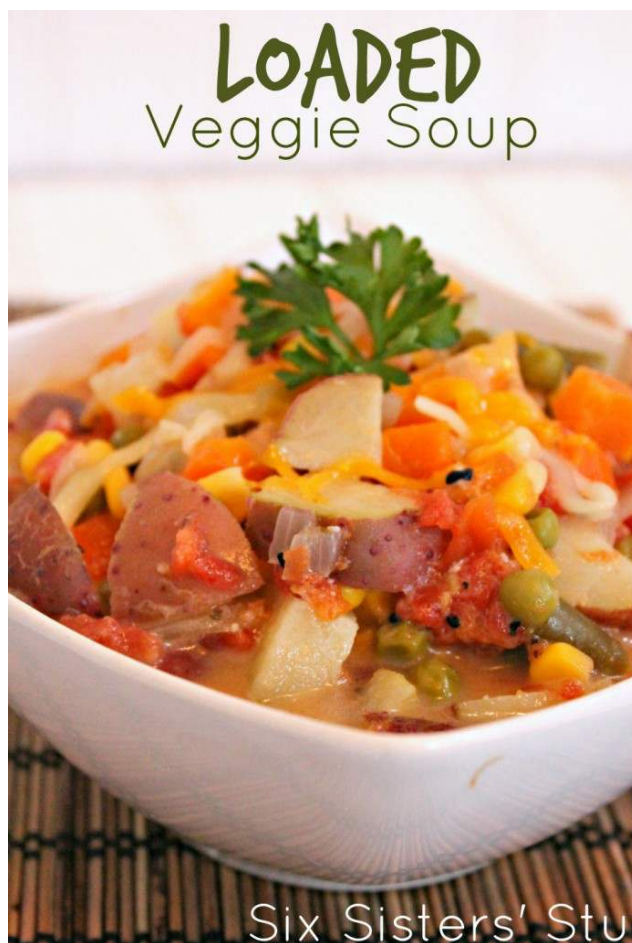
### Ingredients:

2 (6 oz) cans of minced white crab meat  
1 cup onion, finely diced  
1 cup celery, finely diced  
2 cups potatoes, finely diced  
3/4 cup butter  
3/4 cup flour  
1 quart of half and half (for a healthier dish you can use skim milk and it will still taste delicious!)  
2 teaspoons of salt  
Pepper to taste

### Directions:

Place your butter, onion, celery and potatoes in a large pot. Drain your crab meat and pour the crab meat liquid over all the veggies. Then add enough water to cover all of the vegetables. Simmer over medium heat until veggies are tender.

Slowly add your flour, and whisk until smooth. Stir constantly while slowly adding half and half (or milk) Cook and stir with wire whisk until it thickens a bit and is smooth. Then add your crab meat, and salt and pepper to taste.  
Serves 8



## Loaded Veggie Soup

### Ingredients:

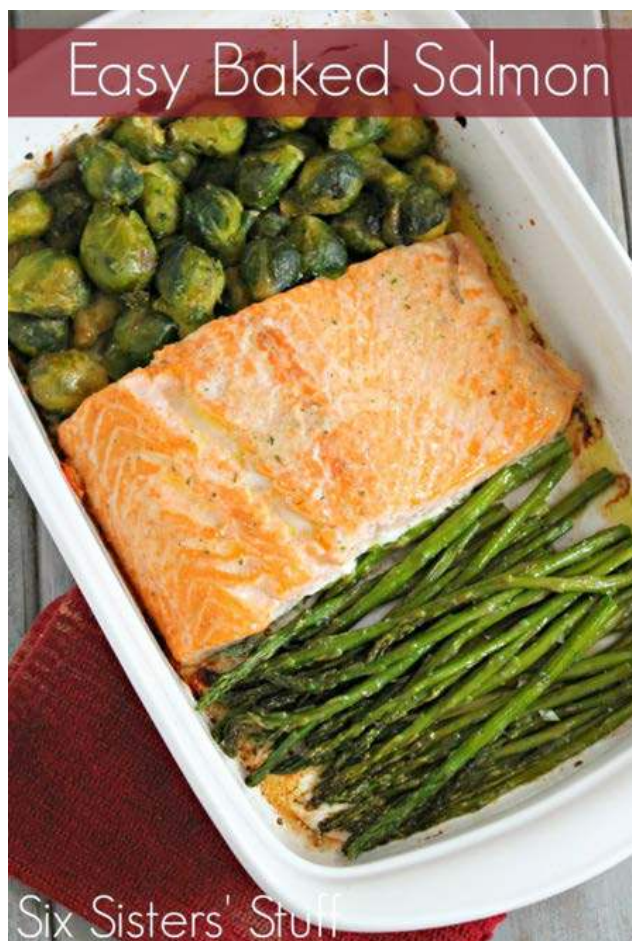
- 1 sweet onion, diced
- 2 cloves garlic, minced
- 1 medium sweet potato, peeled and cut into 1 inch cubes
- 1 pound of small red potatoes, cut into 1 inch cubes
- 2 carrots, peeled and sliced into 1" pieces
- 2 stalks celery, diced
- 1 small bag of frozen peas, carrots, green beans and corn
- Kosher or sea salt to taste
- Garlic Salt to taste
- 1/2 teaspoon black pepper
- 1/8 teaspoon allspice
- 1/2 teaspoon crushed red pepper flakes (optional)
- 4 cups of chicken broth (or you can use vegetable broth)
- 1/4 cup freshly chopped parsley
- 1 (14.5 oz.) can diced tomatoes

### Directions:

Add all the ingredients to the slow cooker, stir to combine, cover and cook on low 6 to 8 hours or until carrots are tender.

One of the best things about this recipe is that you can make it into a freezer meal. Add everything except the chicken broth. Then just throw it in your slow cooker when you are ready to cook it! If you want it to have meat, throw in some raw chicken, let it cook and then shred it before you serve it!





## Easy Baked Salmon and Veggies

### Ingredients:

1 large salmon filet  
1 bag of frozen Brussel sprouts  
1 bunch of thin asparagus  
2 Tablespoons of olive oil  
2 Tablespoons of butter  
Garlic salt, salt and pepper, fish seasoning

### Directions:

Place the salmon skin side down (if it has skin) in the middle of the pan. My trick for cooking Brussel sprouts is to buy them frozen the in ready to steam bag. Steam them as directed on the package. Once they are cooked put them on one side of the salmon. Place the raw asparagus on the other side of the of the salmon.

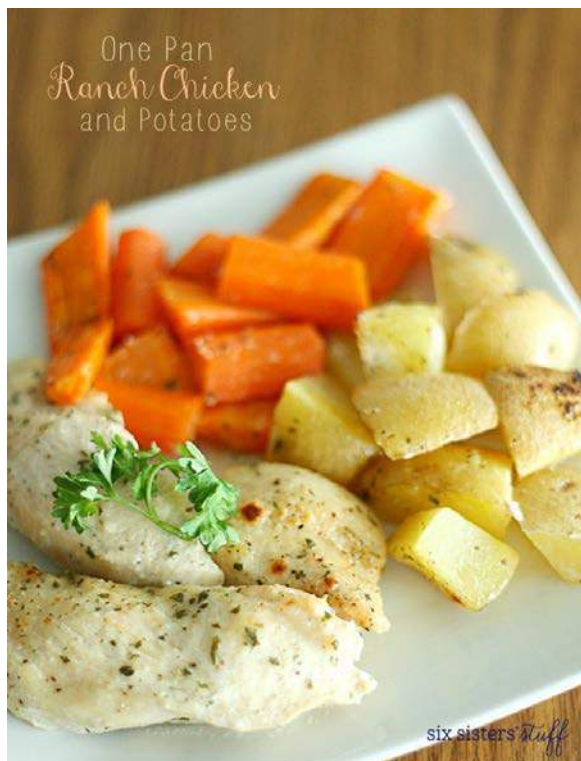
Drizzle olive oil over both vegetables and sprinkle with garlic salt.

Sprinkle your salmon with salt, pepper, garlic salt, and fish seasoning. (my favorite seasoning for my fish is called Jonny's Lemon Dill)

Cut your butter into small chunks and place it all on top of your salmon.

Bake at 400 degrees for 20 minutes (or until salmon is cooked through - check the thickest spot)

Now you have salmon, and two veggies for dinner! So yummy and good for you!



## One Pan Ranch Chicken and Potatoes

### Ingredients:

4 Chicken Breasts, halved to make smaller pieces  
5 Yellow Potatoes Chopped  
5 Large carrots peeled and chopped  
1 (1 Ounce) package of Ranch Seasoning and Salad Dressing Mix  
3 Cloves Garlic chopped  
2 Tablespoons fresh parsley  
2 Tablespoons olive oil  
Salt and Pepper to Taste

### Directions:

Preheat oven to 375 degrees.  
Line 9 inch by 13 inch baking pan with parchment paper.  
Place Chicken, Carrots, Potatoes, and garlic into pan.  
Season chicken with salt and pepper.  
Drizzle olive oil over all the carrots, potatoes, and chicken, and then sprinkle ranch seasoning.  
Toss vegetables and chicken until all are coated in oil and ranch seasoning.  
Bake for 35-40 minutes or until chicken is cooked completely through.  
Cooking time will vary on thickness of chicken and potatoes.  
For a golden or caramelized look, broil your chicken and vegetables for 2-3 minutes after they are done baking.



## One Pan Chili Beef Pasta

### Ingredients:

1-pound ground beef (I used lean ground beef)  
3 tablespoons dried minced onion  
1 tablespoon Worcestershire sauce  
2 teaspoons dried oregano  
2 teaspoons chili powder  
1/2 teaspoon garlic powder  
10 3/4 ounces' tomato soup  
2 cups tomato juice  
1 1/2 cups water  
6 ounces' tomato paste  
1 tablespoon sugar  
3 tomatoes, diced  
1/3 cup parmesan cheese, shredded (shredded mozzarella cheese works great too)  
8 ounces spiral pasta, uncooked

### Directions:

Brown the ground beef over medium high heat in a pan until cooked through. Drain grease.  
Then stir in onion, Worcestershire sauce, oregano, chili powder, and garlic powder.  
Then add tomato soup, tomato juice, water, tomato paste, and sugar. Bring to a boil and stir well and let simmer for 2 minutes. Stir in the pasta and reduce the heat to medium low. Simmer covered for about 20 minutes or until the pasta is tender. Stir every few minutes. Turn heat down if needed.  
Top with diced tomatoes and shredded cheese.



## One Pot Cheesy Chicken Alfredo

### Ingredients:

3 boneless, skinless chicken breasts ,  
cut into bite-sized pieces  
Salt and pepper, to taste  
1/2 teaspoon Italian seasoning  
3 tablespoons olive oil  
2 cloves of garlic, finely chopped  
1 (14 oz) can chicken broth  
1 cup heavy cream  
2 cups penne pasta or any bite-sized  
shape pasta, uncooked  
1/4 teaspoon dried basil  
2 cups grated parmesan cheese  
3/4 cup mozzarella cheese, shredded

### Directions:

Add oil to large skillet pan and heat over medium-high heat. Add chicken and saute for 2-3 minutes or until chicken starts to lightly brown. Add in garlic and saute for another minute.

Pour in chicken broth, cream, pasta and basil and mix to combine. Bring to a boil, then cover pan and reduce to a simmer. Let simmer for 15-20 minutes or until pasta is fully cooked.

Remove from heat and add parmesan cheese and mozzarella cheese. Stir until cheese is melted and fully mixed in, then serve.



## Creamy Spaghetti and Sausage:

### Ingredients:

2 (24 oz) jars Ragu Traditional pasta sauce  
1 lb thin spaghetti noodles  
1 (15 oz) can chicken broth  
1 (14-16 oz) pre-cooked Italian sausage (I used turkey sausage), sliced  
1 cup cherry tomatoes, halved  
1 medium onion, roughly chopped  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/2 teaspoon ground pepper  
1/2 teaspoon Italian seasoning  
1 cup water  
1/2 cup sour cream  
1/2 cup mozzarella cheese, shredded

### Directions:

Pour 1 jar of pasta sauce and chicken broth into the bottom of a large pot. Break spaghetti noodles in half and toss with sauce and broth. Add sausage, tomatoes, onion, garlic powder, salt, pepper, and Italian seasoning.

Pour other jar of spaghetti sauce and 1 cup of water into the pan and turn heat on high. Once it starts to boil, turn heat down to medium heat and let cook for 9-10 minutes (or until the noodles are al dente), stirring every couple of minutes so that the noodles don't stick together and it is evenly cooked.

Turn heat down to low and stir in sour cream and mozzarella cheese. Let it cook over the low heat for 2-3 minutes, or until the cheese is completely melted. Scoop into individual servings and top with fresh parsley and shredded Parmesan cheese (if desired)



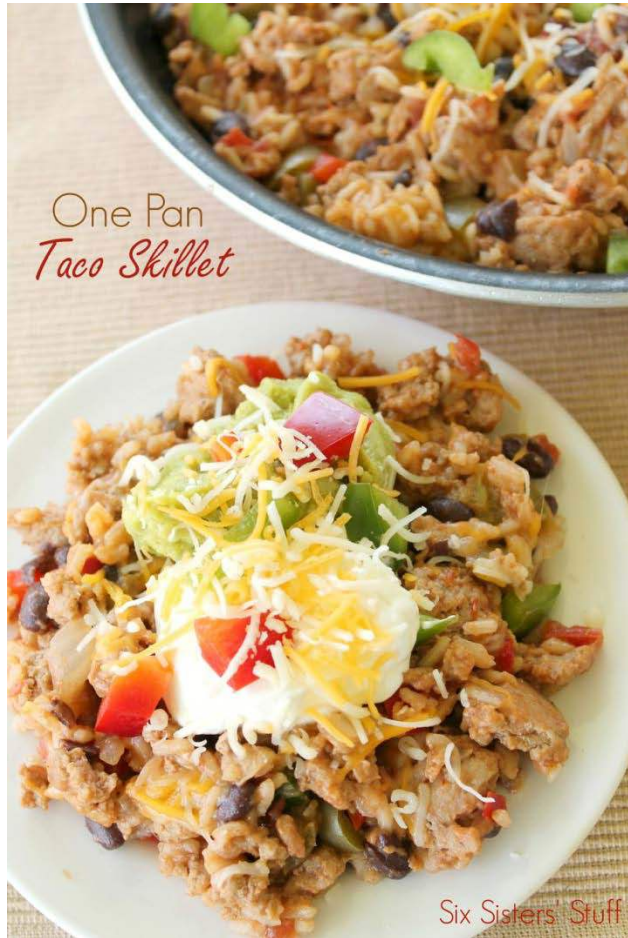
## One Pan Baked Fajitas

### Ingredients:

- 2 lbs of chicken breasts (or chicken tenders)
- 1 pkg of taco seasoning
- 1 cup of salsa
- 1 red pepper, sliced
- 1 yellow pepper (or green pepper), sliced
- 1/2 onion, sliced
- 2 Tablespoons of olive oil

### Directions:

Just lay the chicken down in a baking dish. Sprinkle with 1/2 package of taco seasoning. Put your salsa over the taco seasoning then cover with your cut up veggies. Drizzle the olive oil over top. Bake at 375° 45 minutes or until your chicken is cooked through. Serve on warm tortillas with cheese and your other favorite toppings! (I like avocados, cilantro, and just a little lime).



## One Pan Taco Skillet

### Ingredients:

- 1.25 lbs of Ground Turkey or Beef
- 2 Bell Peppers Diced
- 1 Onion Diced
- 2 Tomatoes Diced
- 1/2 cup salsa
- 1 cup Canned Black Beans (about half a can)
- 1 cup Water
- 1 cup Beef Stock
- 1 cup Long Grained Rice (not minute rice)
- 1 and 1/2 teaspoons of Cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 cup Cheddar Cheese

### Directions:

Begin browning meat in skillet.  
After slightly brown, add diced onion and diced peppers and cook until meat is completely browned.  
On medium heat, stir in water, beef stock, salsa, rice and beans.  
Stir in cumin, garlic powder, and chili powder.  
Cover and simmer for 15 minutes, or until rice is completely cooked and liquid has absorbed.  
Stir in the cheese and top with your favorite taco toppings! We love adding sour cream and guacamole to ours.  
Enjoy!



## One Pan Italian Pasta

### Ingredients:

2 tablespoons olive oil  
1/2 cup diced sweet onion  
1 teaspoon garlic powder  
2-3 chicken breasts, diced  
12 oz pasta (I used Rotini)  
3 cups of water (or chicken broth)  
1 envelope dry Italian dressing mix  
1 cup grape tomatoes, halved  
1 tsp dried basil  
1 cup Mozzarella cheese

### Directions:

Saute the onions in olive oil on medium heat until they are soft.

Add in the chicken and garlic powder, and cook until browned.

Add pasta, water, dressing mix, and tomatoes. Bring to a boil, and let it cook for about 10 minutes (or until the water has evaporated).

Top with Mozzarella cheese and basil, letting it sit for just a minute so the cheese is melted.





## Ham & Cheese Crescents

### Ingredients:

1 8-oz can refrigerated crescent roll dough  
16 slices of deli ham (or you can use carving ham leftovers)  
8 slices cheddar cheese

### Directions:

Preheat oven to 350 degrees.

Separate dough into 8 equal pieces (they usually separate into triangles)

Place 2 slices of ham and 1 slice of cheese (folded in half) on the larger end of the triangle.

Roll the crescent up with the ham and cheese inside, and place it tip side down on a baking sheet (I used a baking mat, but you could line it with aluminum foil for easy clean-up, too).

Bake for 15 minutes, until tops are golden brown.

Serve warm.



## Pizza Skillet Pasta

### Ingredients:

1 lb ground Italian sausage  
1 medium onion, diced  
1 green bell pepper, diced  
2 cloves garlic, minced  
8 ounces sliced fresh mushrooms (optional)  
1 1/4 cups uncooked elbow macaroni  
1 (24 ounce) jar marinara sauce  
1 3/4 cups water  
1 (2 1/2 ounce) can sliced black olives, drained  
1 cup shredded mozzarella cheese  
1 cup shredded cheddar cheese  
sliced pepperoni (about 15-20 slices)  
any other pizza toppings you prefer  
grated Parmesan cheese, to taste  
salt and pepper, to taste  
garlic salt, to taste

### Directions:

Heat oven to 400 degrees.  
In a oven-proof skillet pan, brown sausage, onion, pepper, garlic, and sliced mushrooms over medium-high heat for about 5 minutes or until meat is cooked through; drain excess fat. Add in macaroni, pasta sauce, water, and olives.  
Cook for about 15 minutes or until macaroni is soft.  
Top with shredded cheese and pepperoni (and any other toppings you prefer).  
Bake in a 400 degree oven for about 15 minutes till cheese melted and bubbly.  
Serve and enjoy!



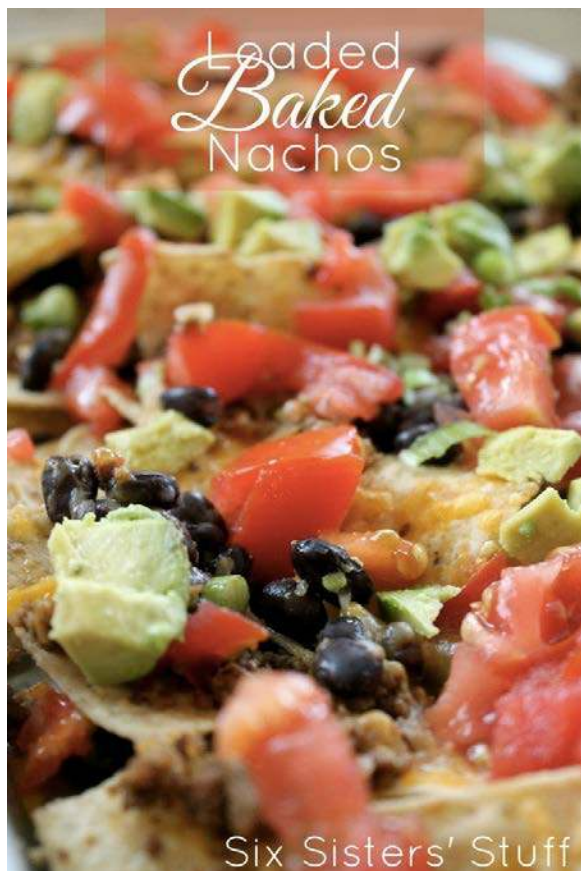
## Baked BBQ Salmon

### Ingredients:

1 large salmon filet  
salt and pepper  
1/2 cup of BBQ sauce

### Directions:

Place the salmon skin side down in the middle of a foil lined pan  
Sprinkle your salmon with salt, pepper  
the pour on your BBQ sauce.  
Bake at 400 degrees for 20 to 30 minutes (or until salmon is cooked through - check the thickest spot)  
Add more BBQ sauce on the side when serving.



## Loaded Baked Nachos

### Ingredients:

Roughly 6 cups of tortilla chips (or enough to fill the bottom of a Cookie Sheet)  
1 pound of rotisserie chicken, chopped  
2 Tablespoons of taco seasoning  
1 (15 oz) can of black beans, drained and rinsed  
2 cups of cheddar cheese  
2 tomatoes, diced  
2 avocados, diced  
4 green onions, diced  
Salsa  
Sour cream

### Directions:

Preheat your oven to 350 degrees

On a cookie sheet, spread out your chips so they cover the majority of the cookie sheet bottom. On top of the chips add your chicken and black beans spreading them out as evenly as possible. Sprinkle on your taco seasoning the best you can on your chicken and beans. Then sprinkle your cheese on top place in the preheated oven for 5 to 7 minutes until your cheese is melted.

Once it is done, remove from the oven and put on the tomatoes, avocados, and green onions, spreading them out as evenly as possible.

Now you are ready to eat! I served mine with salsa and sour cream!



## Zucchini Meatloaf

### Ingredients

2 eggs, slightly beaten  
1 cup shredded zucchini (1 large or 2 small)  
1/2 cup of Italian Bread Crumbs  
1/2 cup chopped onion  
1 teaspoon salt  
1/2 teaspoon dried oregano leaves  
1/4 teaspoon pepper  
1 pound lean ground turkey

### Directions:

Heat the oven to 350°F. In large bowl, mix all meat loaf ingredients until it is well blended. (I use my hands, it works the best for me!) Press the mixture into a greased 9x9 square pan. Bake for 1 hour.



## Goulash

### Ingredients

- 1 1/2 pounds fat-free ground turkey or ground beef
- 1 onion, chopped
- 1 green peppers, chopped
- 15 ounces yellow corn, canned, drained
- 29 ounces tomato sauce
- 30 ounces tomatoes, diced, undrained
- 1/2 cup brown sugar
- 3 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 2 cups macaroni elbow, uncooked

### Directions

In a large frying pan, saute the ground turkey until there is no pink. Drain grease then add your onion and green pepper on Medium heat until tender (about 5 minutes). Add your tomatoes, tomato sauce, brown sugar, corn, salt, Worcestershire sauce, and soy sauce.

Let it simmer for about 5 minutes. Next add your macaroni, stir well, return the lid to the pot and simmer for about 20 minutes. When the macaroni is tender it is done! Serve Hot with cheese and sour cream!



## Chili Campfire Bake

### Ingredients:

1 (16 oz) box elbow macaroni pasta  
1 (15 ounce) can chili  
1 (7 ounce) bag corn chips  
1/2 cup cheddar cheese, shredded  
Salt to taste

### Directions:

Pour the whole box of pasta into a large skillet (approximately 12 inches in diameter). Pour 3 cups of cold water into skillet, ensuring that the water covers the pasta. Turn the burner to high, then set your timer for 10 minutes (optional: add a bit of salt to taste).

Cook on high, stirring occasionally, until almost all of the liquid has evaporated. Add chili and bring to a simmer. Remove from heat and top with corn chips and Cheddar cheese. Serve immediately.



## Man Catching Chicken

### Ingredients:

2 lbs of boneless skinless chicken breasts  
½ cup of Dijon mustard  
¾ cup of maple syrup  
1 Tablespoon of red wine vinegar  
1 teaspoon of dried rosemary

### Directions:

Preheat your oven to 450 degrees. In a 9x13 pan mix together your Dijon mustard, maple syrup, and red wine vinegar.

Place your chicken into the pan and spoon the liquid on top of the chicken and sprinkle with dried Rosemary. Place it uncovered in your preheated oven. Let it bake for 20 minutes and then take them out and flip them over.

Cook for another 20 minutes or until your chicken is browned and cooked through.

Let the chicken cool for 5 minutes before serving. Spoon some extra sauce over the top when you put it on plates.





## Easy Sweet Pork

### Ingredients:

8 to 10 pound pork roast  
2 cups of Coca Cola  
1 cup of brown sugar  
1 (16 oz) container of taco sauce (I suggest using mild taco sauce)

### Directions:

Place your roast in a slow cooker and pour on the Coca Cola. Next dump on your brown sugar followed by your taco sauce.

Let cook in your slow cooker on low for about 10 hours.

(be sure to check to see if your roast is frozen - if it is you might need to cook it even longer.)

Serve on tortillas with your favorite toppings. I like black beans, onions, tomatoes, guacamole, and cheese. You could also serve it on lettuce and make a delicious salad.

## Guacamole Taquitos



## Guacamole Taquitos Recipe

### Ingredients:

1 lb of chicken, cooked and cubed  
1 can of refried beans  
1 (8 oz) container of Guacamole (I love using Wholly Guacamole)  
1 cup cheddar cheese, shredded  
10-15 (6 inch) flour tortillas  
non-stick cooking spray  
salt to taste

Serve with Salsa and more Guacamole

### Directions:

Preheat oven to 425 degrees.  
Cover a large baking sheet (I use a cookie sheet) with aluminum foil and spray lightly with cooking spray.  
Spread 2 Tablespoons of guacamole and 2 Tablespoons of refried beans onto a tortilla. Then spoon 2 Tablespoons of chicken onto it. Add a little bit of shredded cheese and roll it up. Place taquito seam-side down on the baking sheet. Repeat about 10 to 15 times (depending how full you fill them) Once finished, spray the tops of the taquitos with non-stick cooking spray (or you could lightly brush some olive oil on them) and sprinkle with salt (I like to use sea salt).

Place pan in oven and bake for 15-20 minutes (or until edges and tops are golden). Let cool for a couple of minutes. Serve with salsa and more guacamole.



## Broccoli Chicken and Rice Bake

### Ingredients:

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup  
1 $\frac{1}{3}$  cups water  
 $\frac{3}{4}$  cup uncooked regular long-grain white rice  
2 cups fresh broccoli, chopped  
 $\frac{1}{3}$  cup Italian Bread Crumbs  
 $\frac{1}{2}$  teaspoon onion powder  
salt and pepper to taste  
4 skinless large boneless chicken breasts (or 6 smaller ones)  
 $\frac{1}{2}$  cup shredded Mozzarella cheese (or cheddar cheese)

### Directions:

Directions

Preheat oven to 375 degrees.

Stir the soup, water, rice, broccoli and onion powder in 9 x 13 inch baking dish. Place the chicken on top and season with salt and pepper. Sprinkle the bread crumbs on the top of the chicken and rice. Cover with foil

Bake at 375 degrees for 45 minutes or until done. Top with cheese cover again with the foil. Place it on the counter top for 5 minutes to allow the cheese to melt.

## Avocado Chicken Salad Sandwich



## Avocado Chicken Salad Sandwich

### Ingredients:

2 cups shredded chicken (I used rotisserie chicken)  
1 large avocado, remove core and cut up the pulp  
¼ cup cilantro, chopped very small (optional)  
salt & pepper to taste  
4 ciabatta or dinner rolls

### Directions:

Add the chicken, avocado, cilantro and salt and pepper in a small bowl and mix until all ingredients are well combined. I served mine on small ciabatta buns, but you can use any bun you like. I also ate some the next day on whole wheat bread and I added a little salsa - it was delicious!



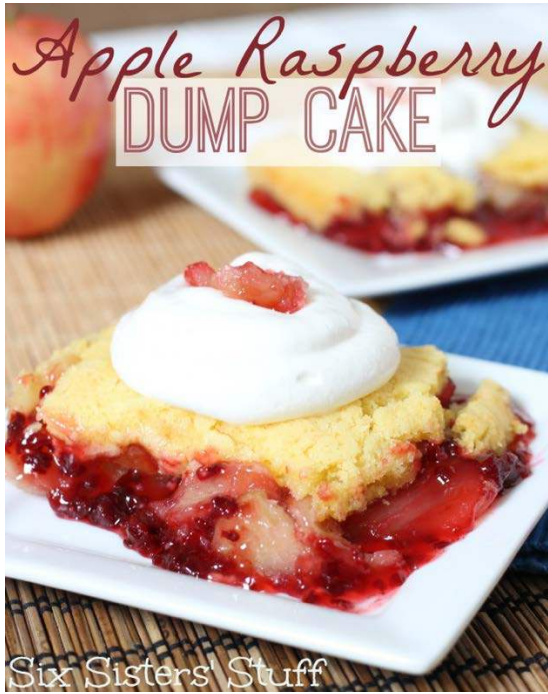
## Peach Cobbler Dump Cake

### Ingredients:

2 (16 ounce) cans of peaches in heavy syrup  
1 (18.25 ounce) package yellow cake mix  
1/2 cup butter  
1/2 teaspoon ground cinnamon, or to taste

### Directions:

Preheat oven to 375 degrees F.  
Empty peaches into the bottom of one 9×13 inch pan. Cover with the dry cake mix and press down firmly. Cut butter into small pieces and place on top of cake mix. Sprinkle top with cinnamon. Bake at 375 degrees F for 45 minutes.



## Apple Raspberry Dump Cake

### Ingredients:

21 ounce can of apple pie filling  
10.5 ounce can of raspberry pie filling  
1 box of white cake mix  
1/2 cup of butter, melted

### Directions:

Preheat your oven to 350 degrees  
Dump your pie fillings into a 9X13 pan,  
mix them together, then spread them  
out so it covers the bottom of the pan.  
Next dump your cake mix onto of the pie  
filling. Make sure there are no big cake  
mix chunks.  
Drizzle melted butter over top of the  
cake mix  
Bake for 30 to 40 minutes or until the  
top is golden brown.

Don't love apple and raspberry? Try  
some other easy variations: Cherry  
filling with yellow cake, blueberry filling  
with white cake, and apple filling with  
spice cake.



## Pumpkin "Dump" Cake Recipe

### Ingredients:

15 ounce can pumpkin puree  
10 ounces evaporated milk  
1 cup brown sugar  
3 eggs  
3 teaspoons pumpkin spice  
1 cup butter (melted)  
1 cup graham crackers (crushed)  
1/2 cup toffee pieces (I used Heath Bar Pieces)  
1 yellow cake mix

### Directions:

Preheat to 350  
Spray 9x13" baking pan with cooking spray.  
Combine pumpkin, milk, sugar, eggs and pumpkin spice in the pan. Stir to combine.  
Sprinkle with cake mix, followed by the graham crackers and toffee.  
Pour melted butter evenly on top.  
Bake 45-50 mins until center is set and edges are browned.  
Serve with ice cream or whipping cream. (Or just eat it right out of the pan....not that I did that.... okay I ate it straight out of the pan and it was Delicious!)



## Disney Magic Cookie Bars

### Ingredients:

2 cups graham cracker crumbs  
1 cup butter, cut up  
6 ounces chocolate chips  
6 ounces butterscotch chips  
1 cup flaked sweetened coconut  
1 14-ounce can sweetened condensed milk  
1 cup pecan halves, chopped  
sprinkles

### Directions:

Preheat oven to 350 degrees F.  
Place butter in a 9x13 pan – place in your oven while it is preheating.  
Once the butter is melted, remove from the pan.  
Sprinkle graham cracker crumbs in the bottom of the pan with butter, pat into the pan to form a crust.  
Cover crust with chocolate chips, butterscotch chips, and coconut.  
Drizzle entire contents of sweetened condensed milk over pan, covering completely.  
Sprinkle nuts and sprinkles evenly over contents.  
Bake for 25-30 minutes, or until golden brown. Cool completely; cut into 24 squares.





## No Bake Cookies (Gorrilla Poops)

### Ingredients:

2 Cups sugar  
2 T butter or margarine  
2 T cocoa  
½ cup milk  
¼ tsp salt  
½ tsp vanilla  
¾ cup peanut butter (crunchy or creamy)  
2 cups quick oats

### Directions:

In a medium saucepan add the sugar, butter, cocoa and milk. Over medium heat stir constantly and bring to a boil. Remove from heat and add the salt, vanilla, peanut butter. Mix well by hand. Then add in the oats and stir in well. Drop from spoon onto foil or waxed paper. Let cool before eating. Makes about 24 cookies



## Chocolate Chip Cheese Ball

### Ingredients:

8 ounces cream cheese, softened  
1/2 cup butter, softened to room temp  
1 cup powdered sugar  
4 tablespoons brown sugar  
1/2 teaspoon vanilla  
1 1/4 cups mini chocolate chips (we used semi sweet)  
Roll cheeseball in:  
3/4 cups pecans, chopped  
1/3 cup mini chocolate chips (we used semi sweet)

### Directions:

In a big mixing bowl combine cream cheese and butter and beat until smooth. Mix in powdered sugar, brown sugar, and vanilla. Stir in the chocolate chips.  
Cover bowl with plastic wrap and chill for about 2 hours.  
Roll into a ball and cover in plastic wrap. Chill for another hour.  
Then unwrap and roll in the chopped pecans and mini chocolate chips.  
Serve with graham crackers and cookies for dipping.



## Cookie Butter No Bake Cookies

### Ingredients:

4 Tablespoons Butter  
1/4 Cup Milk  
1 Teaspoon Vanilla  
1/2 Teaspoon Salt  
2 Cups Rolled Oats  
1 Cup Cookie Butter

### Directions:

Prepare cookie sheet covered in foil or parchment paper.

In a saucepan, bring the butter, milk and vanilla to a boil over medium heat. Let it boil for one minute.

Remove from heat and stir in salt, rolled oats, and cookie butter.

Scoop spoonfuls onto parchment paper or foil and let cool completely before eating.

Place in fridge for faster cooling! We also love to eat them straight from the pot!



## Coconut Pecan Squares

### Ingredients:

1 cup butter, softened and cut into small pieces  
2 cups all-purpose flour  
2 cups coarsely chopped toasted pecans  
1 cup sweetened shredded coconut  
14 ounces sweetened condensed milk

### Directions:

Preheat oven to 350°.

Using an electric mixer on medium speed, beat together butter and flour until crumbly and well combined in a 13"x 9"pan. Pat crust firmly and evenly into the pan. Bake for 15 minutes. Remove from oven and cool for 30 minutes.

Sprinkle pecans and then the coconut over the crust. Pour condensed milk on top, completely covering the coconut. Spread with a spatula if necessary. Bake 30-35 minutes or until lightly golden.

Cool to room temperature. Cover tightly and allow to set overnight before cutting.