l'm not a bot



One pan minutes superior

Chicken Breasts in Creamy Spinach Parmesan Sauce - Tender and delicious, our simple and easy chicken breast recipe uses skinless and boneless chicken breasts in Creamy, buttery parmesan sauce with an irresistible garlicky flavor. Keto and low-carb friendly, the chicken recipe is ready in just 25 minutes! Try Our Most Popular RecipesTable of Contents Photo credit: © Eatwell101.com Ingredients list for the Creamy Chicken Breast Recipe 2 chicken breasts 3 tablespoons butter, divided 1/2 teaspoon salt and pepper, or to taste 1 teaspoon oregano 1 medium onion, minced 4 cloves garlic, minced 1 small jar sun-dried tomatoes, drained from oil and chopped 1/2 cup chicken broth 1/2 cup heavy cream 1/3 cup grated Parmesan cheese 1 cup spinach (or more if you like) Photo credit: © Eatwell101.com How to make the creamy chicken breasts with salt, pepper, and oregano. Cook chicken in a large skillet for 4 minutes on each side until browned. Transfer chicken breasts to a plate and set aside. To make the cream sauce, add butter to the same pan and cook until wilted. Add the chicken broth, heavy cream, and Parmesan cheese and simmer for 2-3 minutes. Add spinach to the mixture and cook until wilted. Add the chicken broth, heavy cream, and Parmesan cheese and simmer for 2-3 minutes. breasts back to the pan and reheat for 2-3 minutes, before serving. Photo credit: © Eatwell101.com This creamy chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner Here are a few reasons why you'll love this chicken recipe is a winner the second why you'll love this chicken recipe is a winner the second why you'll love this chicken recipe is a winner the second why you'll love this chicken recipe is a winner the second why you'll love the second why you'llove the second why you'll love garlic. The combination of heavy cream and Parmesan cheese in the sauce creates a rich and creamy texture that is sure to leave you feeling satisfied. Easy to make - With simple instructions and easy-to-find ingredients, this chicken recipe is perfect for those who want to make a delicious meal without spending too much time in the kitchen. Family friendly - This chicken breast recipe is a crowd-pleaser and is loved by people of all ages. It's a great dish for family dinners or when hosting guests. If you like this type of recipe, check out our 40 best creamy chicken recipes! Photo credit: © Eatwell101.com Photo credit: © Eatwell101.com Photo credit: © Eatwell101.com Directions How to make the creamy chicken breast: 1. Thoroughly season chicken breasts with salt, pepper, and 1/2 teaspoon oregano on both sides. 2. In a large skillet, melt 2 tablespoons of butter with a bit of oil from the sun-dried tomatoes over medium-high heat. Add chicken breasts and cook for about 4 minutes on each side until browned. Once done and no longer pink, transfer grilled chicken breasts to a plate and set aside. 3. To make the creamy spinach parmesan sauce, add the remaining tablespoon or egano, and sun-dried tomatoes. Slowly add chicken broth, heavy cream, and Parmesan cheese and mix to combine until smooth while simmering for 2-3 minutes. Adjust seasoning with salt and pepper. 4. Add spinach to the mixture and continue cooking until wilted. 5. Add the chicken breasts with spinach and parmesan sauce immediately, garnished with fresh chopped parsley. Enjoy! • Photo credit: © Eatwell101.com Tips for the creamy chicken breast recipe Remove chicken breasts from the refrigerator about 15 minutes before cooking to bring them close to room temperature. Season chicken just before cooking to prevent drawing out the meat. If you have large chicken breasts, pound them or slice them horizontally to even out the thickness. This will cook the chicken faster. You can substitute crispy bacon for sun-dried tomatoes for a nice flavor. For a variant of this creamy spinach chicken breast recipe "This is amazing!! Winner in our house! The sauce is so delicious, cannot say enough good things about it. I have given the recipe to all my friends. Thank you!" - Nichole "Really delicious! I substituted the half and half (almond and coconut) and used thin chicken breasts. First time trying a dairy-free half and half and it was definitely a win!" - Leah 'This is one of the tastiest and easiest recipes I've made in a long time. Served with a spinach salad with tangy mustard dressing, walnuts and apple" - Anel "Delicious! I used chicken thighs since that's what I had added mushrooms and substituted fresh cherry tomatoes for sun dried' - Susan "Followed recipe just added 3 tablespoons of pasta water to onion mixture to soften it. Tasted really good will make again" - Kelly "Good, very rich and customizable. [...] Served over rice, but this could go on anything. I had large chicken breasts, so doubled sauce, cooked chicken longer, added more spinach, a few chopped artichoke hearts, and sliced mushrooms. Some substitutions that I did are using grated Parmesan, Romano & Asiago cheese blend, Tuscan seasoning blend, and chicken bone broth. I bet corn and zucchini would be good additions." - Tanya How and how long to keep the creamy chicken leftovers? You can keep the creamy chicken with spinach for up to 2 days in your refrigerator, using an airtight container. Reheat the chicken gently in a skillet with a few drops of water to loosen the sauce. More chicken recipes Photo credit: © Eatwell101.com Viral food influencer Emma Petersen's no-nonsense dinners, from garlic prawn orzotto to chimichurri chicken thighs What began as a secret Instagram account during Emma Petersen's days training to become a corporate lawyer, has since evolved into a culinary empire. Now with more than 1 million followers, Petersen's food platform, The Fit Londoner, has built a loyal audience thanks to its no-fuss, high-protein recipes made with minimally processed ingredients and free from refined sugar - all crafted to be as delicious as they are nutritious.Petersen left her corporate job to pursue her love of cooking (Image credit Lizzie Mayson)"I'm all about speedy, low-effort meals that deliver big flavours and good-for-you ingredients, which is why I love one pan meals," says Petersen, who quit her job and became a full-time content creator. "They aren't just about preventing faff in the kitchen and saving time on washing up (although we can all agree that's what we love about them the most!), they're also about maximising flavour in minimal time. "Often cooking all the ingredients together allows the flavours to mingle and develop throughout the process, creating dishes that are remarkably complex and super tasty. It's minimum effort and mess, but maximum taste, which is what I love."Here, she shares three recipes from her debut cookbook Healthyish...Serves 4 400g raw king prawns/jumbo shrimp 4 garlic cloves, minced 1 onion, finely diced 1 courgette, sliced thinly into half moons 250g orzo 1 litre vegetable stock 1 tbsp low-fat crème fraîche 1 tbsp roughly chopped parsley, plus extra to serve juice of half a lemon 1 tbsp grated Italian hard cheese, plus extra to serve salt and pepper olive oil in a lidded frying pan over medium-high heat. Season the prawns with salt, pepper and one minced garlic clove. Add the prawns to the pan and fry for two minutes on each side, or until just cooked through and charred on the outside. Remove from the pan and set aside. Into the same pan, re-oiling if necessary, add the onion, remaining minced garlic cloves and the courgette moons. Cook over medium heat for five minutes until the courgette has softened. Tip in the orzo, stir to coat the pasta, then pour in ³/₄ of the stock. Bring it to the boil, then cover and reduce the heat to a simmer for six to 10 minutes, according to your orzo's packet instructions. Remove the lid and stir every few minutes to ensure the orzo doesn't stick to the bottom of the pan. If the mixture starts to look a little dry, add in the remainder of the stock. After six to 10 minutes have passed, remove the lid and raise the heat. Cook, uncovered, for a final few minutes, stirring frequently, until the liquid is mostly absorbed and the orzo is al dente. Take the pan off the heat and stir through the crème fraîche, parsley, lemon juice and grated cheese. Season to taste with salt and pepper. Return the prawns to the pan and stir them in. Serve the orzo with a sprinkle of parsley and grated cheese and a lemon wedge on the side. Vibrant chimichurri chicken thighs and giant couscous (Photo: Lizzie Mayson) Serves 3-4 600g skinless, boneless chicken thighs and giant couscous 400ml chicken stock salt and pepper olive oil, for cooking For the chimichurri 3 tbsp extra virgin olive oil 1 tbsp wine vinegar 2 tbsp finely chopped 1 tsp dried oregano 1 tsp fine sea salt ½ tsp pepper Heat 1 tbsp of olive oil in a deep lidded frying pan over medium-high heat. Add the chicken thighs, season them well with salt and pepper, and cook for about five minutes on each side until they gain some colour and are fully cooked through then transfer to a clean plate and cover with foil and set aside. Return the same pan to a medium heat, adding more oil if needed. Add the onion and pepper and sauté for about two minutes until they start to soften. Add the green beans and cook for an additional four minutes. Add the couscous and briefly stir to coat the grains in the oil, then pour in the stock. Season to taste. Reduce the heat to a simmer, cover and let the mixture bubble away for 10 minutes, stirring halfway through, until the couscous is tender and the liquid is mostly absorbed. Meanwhile, whisk together the chimichurri ingredients in a small bowl until well combined. Once the couscous is ready, nestle the chicken and couscous is ready, nestle the chicken and couscous is ready, nestle the chicken thighs back into the pan, allowing them to warm through in the mixture. as a main, 6 as a side 1 red onion, finely diced 3 garlic cloves, minced 100g pitted Kalamata olives 1 x 200g can chickpeas, drained 80g sundried tomatoes, roughly chopped 1 tsp dried oregano 250g orzo 500g passata 500ml vegetable stock 20g crumbled feta handful of roughly chopped dill handful of roughly chopped parsley salt and pepper olive oil Heat 1 tbsp of olive oil in a deep lidded frying pan over medium heat. Sweat the onion and garlic for three minutes, stirring often. Tip in the orzo and stir to coat all of the pasta in the mixture. Pour in the passata and stock, season to taste with salt and pepper. Stir once more before bringing to the boil, then reduce the heat, cover the pan, and simmer for about six to 10 minutes, according to your orzo's packet instructions. Take the lid off to stir occasionally, and if the mixture looks too dry, add a splash of water from the kettle. After six to 10 minutes of cooking time, test a piece of orzo. If it needs more time, re-cover and continue to simmer. You're looking for the orzo to be tender and the liquid mostly absorbed. Once done and ready to serve, crumble the feta over the top and finish with a sprinkling of dill and parsley. Recipes extracted from Healthyish: All the goodness with none of the fuss by Emma Petersen (£20, Pavilion) Tired of spending more time cleaning up after dinner than actually enjoying it? We feel you! Enter the magical world of one-pan dinners. These recipes are designed for minimal cleanup and more time scrubbing and more time relaxing. Get ready to say goodbye to mountains of dirty dishes and hello to delicious, easy weeknight meals! From crispy roasted chicken to vibrant veggie medleys, this list has something for everyone. So, grab your favorite sheet pan (or skillet!) and get ready to cook up a storm - a storm that requires almost zero cleanup, that is. Let's dive in! This classic combination is a crowd-pleaser for a reason. The chicken gets beautifully browned and crispy while the veggies soak up all the delicious lemon-herb juices. Feel free to swap out the veggies for your favorites - potatoes, carrots, and broccoli are always a good choice. Trust us, this is one recipe you'll make again and again! Get Full Recipe This is a quick and easy dinner that's perfect for busy weeknights. Just toss Italian sausage and bell peppers with some olive oil and seasonings, and roast until tender. Serve on hoagie rolls for a satisfying sandwich or enjoy it on its own with a side salad. It's a flavorful? This garlic shrimp and asparagus recipe is just the ticket. The shrimp cooks guickly and gets infused with the delicious garlic flavor, while the asparagus becomes tender and slightly crisp. Serve over rice or quinoa for a complete and healthy meal. It's ready in under 30 minutes! Get Full Recipe Salmon and Brussels sprouts are a match made in heaven! Roasting them together in one pan makes for a simple and healthy dinner that's packed with flavor. The salmon becomes flaky and tender, while the Brussels sprouts get slightly caramelized and crispy. A drizzle of balsamic glaze adds a touch of sweetness. Get Full Recipe Skip the restaurant and make your own chicken fajitas at home! This one-pan version is incredibly easy to make and just as delicious. Simply toss chicken strips, bell peppers, and onions with fajita seasoning and roast until tender. Serve with tortillas, salsa, sour cream, and all your favorite toppings. Get Full Recipe Who doesn't love pizza? This sheet pan pizza recipe is perfect for feeding a crowd or simply enjoying a fun and easy weeknight meal. Use your favorite toppings to create a customized pizza that everyone will love. It's a guaranteed crowd-pleaser! Get Full Recipe This lemon parmesan chicken and green beans recipe is a simple and elegant dinner that's perfect for any occasion. The chicken gets a crispy parmesan crust, while the green beans become tender and flavorful. A squeeze of lemon juice adds a bright and refreshing touch. Get Full Recipe Pork tenderloin and apples are a classic combination that's both sweet and savory. Roasting them together in one pan makes for a delicious and easy dinner that's perfect for a chilly evening. The pork becomes tender and juicy, while the apples get soft and caramelized. Get Full Recipe Skip the takeout and make your own beef and broccoli at home! This one-pan version is quick, easy, and healthier than the restaurant version. Simply stir-fry beef strips and broccoli florets with a savory sauce until tender. Serve over rice for a complete meal. Get Full Recipe This roasted vegetable medley is a healthy and delicious way to use up all those veggies in your fridge. Toss your favorite vegetables with olive oil, herbs, and spices, and roast until tender and slightly caramelized. It's a perfect side dish or a light and flavorful main course. Get Full Recipe A comforting classic made easy! This one-pan chicken and rice recipe is a simple and satisfying dinner that's perfect for busy weeknights. The chicken cooks alongside the rice, infusing it with flavor. Add your favorite vegetables for a complete and balanced meal. Get Full Recipe A low-carb twist on a classic! This shrimp scampi with zucchini noodles is a light and flavorful dinner that's perfect for those watching their carbs. The shrimp cooks quickly in a garlic-butter sauce, while the zucchini noodles provide a healthy and delicious alternative to pasta. Get Full Recipe Meatloaf and roasted potatoes recipe is a comforting and satisfying dinner that's perfect for a cozy night in. The meatloaf is moist and flavorful, while the potatoes and golden brown. Get Full Recipe Simple yet satisfying! This one-pan lemon roasted potatoes and sausage recipe is a quick and easy dinner that's packed with flavor. The potatoes become crispy and golden brown, while the sausage gets juicy and savory. The lemon adds a bright and refreshing touch. Get Full Recipe This balsamic chicken and veggies recipe is a simple and elegant dinner that's perfect for any occasion. The chicken is marinated in a balsamic glaze, while the vegetables become tender and flavorful. Serve over rice or quinoa for a complete meal. Get Full Recipe is a quick and easy dinner that's perfect for busy weeknights. The chicken and broccoli are coated in a delicious honey garlic sauce and baked to perfection. Get Full Recipe A taste of Italy in one pan! This Italian herb chicken and potatoes recipe is a flavorful and satisfying dinner that's perfect for a family meal. The chicken and potatoes are seasoned with Italian herbs and roasted until tender and golden brown. Get Full Recipe Nachos for dinner? Yes, please! This sheet pan nachos recipe is a fun and easy meal that's perfect for a casual get-together. Load up tortilla chips with your favorite toppings and bake until the cheese is melted and bubbly. Get Full Recipe Healthy and flavorful! This Mediterranean quinoa bowl is a light and refreshing meal that's perfect for a casual get-together. Load up tortilla chips with your favorite toppings and bake until the cheese is melted and bubbly. and a lemon-herb vinaigrette. Get Full Recipe Spice things up! This roasted chickpea and vegetables are roasted in a curry sauce and served over rice. Get Full Recipe Light and zesty! This Lemon Pepper Tilapia with Roasted Asparagus recipe is a quick, easy, and healthy dinner option. The tilapia gets flaky and flavorful, while the asparagus roasts to tender perfection. Get Full Recipe Comfort food made simple! This One-Pan BBQ Chicken and Sweet potato fries are perfectly crispy. Get Full Recipe Bring the flavors of Spain to your kitchen! This Chorizo and Shrimp Paella recipe is a simple side dish or light meal The rosemary adds a fragrant touch that perfectly complements the root vegetables. Get Full Recipe Veggie burger night made easy! This One-Pan Teriyaki Chicken and Pineapple recipe is a sweet and savory delight that's perfect for a quick and easy weeknight meal. Get Full Recipe Karlina Valeiko 09 lant-based protein. Toss with your favorite veggies and spices for a customized meal. Get Full Recipe Karlina Valeiko 09 lant-based protein. January 2024 Inspiration Be the first to comment View All ({ { vm.comments.length } }) Do you want to comment on this article? You need to be signed in for this feature One-Pan Dinner Recipes - One-pan meals go way beyond just sheet pans. If you own a good, sturdy cast-iron skillet, you have the only equipment you need! These easy and quick one-pan dinner recipes combine veggies and protein for a nutritious and satisfying meal. From steak and zucchini noodles to chicken and asparagus, there's something for everyone in this list. Enjoy! This garlic butter shrimp recipe is delicious and cooks super quickly - The easiest and flavor packed shrimp ever! Cooking time: 10 minView recipe >> the easiest and flavor packed shrimp ever! Cooking time: 10 minView recipe >> the easiest and flavor packed shrimp ever! Cooking time: 10 minView recipe >> the easiest and flavor packed shrimp ever! Cooking time: 10 minView recipe >> the easiest and flavor packed shrimp ever! 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Cooking time: 10 minView recipe and flavor packed shrimp ever! Cooking time: 10 minView recipe and flavor packed shrimp ever! Cooking time: 10 minView recipe and flavor packed shrimp ever! Cooking time: 10 minView recipe and flavor packed shrimp ever! Cooking time: 10 minView recipe and flavor packed shrimp ever! Cooking time: 10 minView recipe and flavor packed shrimp ever! Cooking time: 10 minView recipe and flavor Save to recipe box You'll love this pepper steak stir-fry recipe: A restaurant-quality beef stir-fry you can make in less than 20 minutes, using simple and fresh ingredients. Cooking time: 10 minView recipe >> Save to recipe box This garlic butter chicken and potatoes skillet is the easiest and tastiest weeknight dinner - One skillet for amazing flavors!Cooking time: 20 minView recipe >> Save to recipe box Delicious Asado chicken breast recipe is a winner for dinnertime! Forget dry chicken: Boneless chicken breasts are marinated then grilled and served with sauteed lemon zucchini.Cooking time: 20 minView recipe >> Save to recipe box Our one pot chicken and vegetables recipe takes 20 minutes to make and will wow your family with its amazing flavor! Super easy to make, this chicken breast and vegetables recipe is also excellent for meal prep.Cooking time: 15 minView recipe >> Save to recipe box This grilled steak recipe with zucchini noodles has so much flavor and is nearly IMPOSSIBLE to mess up. You next favorite steak recipe!Cooking time: 15 minView recipe >> Save to recipe box This parmesan spinach mushroom pasta skillet is super quick and impossible to mess up - The ultimate win for vegetarian weeknight dinners! Cooking time: 15 minView recipe >> Save to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with cream cheese to recipe box one-pot creamy ground beef pasta in a thick and creamy salsa sauce with creamy salsa sauce with creamy sauce with crea This creamy beef pasta is the weeknight dinner everyone raves about!Cooking time: 20 minView recipe >> Save to recipe box These turkey meatballs make an easy and nourishing skillet meal that keeps carbs low and morale high for dinner! Turkey meatballs are lighter than regular meatballs are throw together!Cooking time: 20 minView recipe >> Save to recipe box This creamy shrimp pasta recipe will become your new favorite! Ready in 25 minutes, shrimp is cooked in acoust of throw together!Cooking time: 15 minView recipe >> Save to recipe box This creamy shrimp pasta recipe will become your new favorite! Ready in 25 minutes, shrimp is cooked in acoust of the save to recipe box This creamy shrimp pasta recipe will become your new favorite! Ready in 25 minutes, shrimp is cooked in acoust of the save to recipe box This creamy shrimp pasta recipe box This creamy shrimp pasta recipe box The save to recipe box This creamy shrimp pasta recipe box This creamy shrimp pasta recipe box The save to recipe box This creamy shrimp pasta recipe box This creamy shrimp pasta recipe box The save to recipe box The save to recipe box The save to recipe box This creamy shrimp pasta recipe box The save to recipe box This creamy shrimp pasta recipe box This creamy shrimp pasta recipe box The save to recipe box creamy garlic sauce with sun-dried tomatoes. A simple and fast shrimp recipe for an easy weeknight dinner! Cooking time: 15 minView recipe >> Save to recipe box These ovenbaked chicken bites recipe with asparagus are guick to make and don't reguire any frying. The chicken bites are so juicy, tender, and delicious you'll eat them hot right off the sheet pan!Cooking time: 25 minView recipe >> Save to recipe box This one-skillet Lemon Garlic Butter Chicken recipe is a snap to fix. The chicken thighs and green beans are cooked with lemon garlic butter sauce in the same pan. So addicting! Cooking time: 20 minView recipe >> Save to recipe box This flavor-packed one-pan fish and quinoa dish to treat the family to a healthy weeknight meal! This fish, quinoa, and tomatoes recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe >> Save to recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe >> Save to recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe >> Save to recipe this can be cooked in a flash without worrying about a sink full of dishes. 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Cooking time: 25 minUiew recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe this can be cooked in a flash without worrying about a sink full of dishes. Cooking time: 25 minUiew recipe this can be cooked in a flash without worrying about a s time: 20 minView recipe >> Save to recipe box This garlic butter pork and asparagus recipe is super flavorful and so easy to throw together! This skillet chicken recipe box So much flavor and so easy to throw together - A total winner for dinner!Cooking time: 20 minView recipe >> Save to recipe box So much flavor and so easy to throw together. easier.Cooking time: 25 minView recipe >> Save to recipe box This fried cabbage recipe with sausage is an easy throw-together recipe you can make in 30 minutes. Perfect for your weeknight dinners!Cooking time: 25 minView recipe >> Save to recipe box This mediterranean baked chicken breast and zucchini is a great meal for those busy weeknights. The chicken bake is easy to put together, and can be on the table in just 30 minutes! Cooking time: 20 minView recipe >> Save to recipe box This cod and asparagus - Healthy, tasty, simple and quick to cook! Cooking time: 20 minView recipe >> Save to recipe box The best chicken tenders recipe ever! You'll make this chicken tenders recipe at least once a week when you realize how much everyone loves it! Cooking time: 20 minView recipe >> Save to recipe box This quick tasty chicken and broccoli recipe is a great keto option for a quick dinner or meal prep! Chicken breasts have never been so delicious!Cooking time: 10 minView recipe >> Save to recipe box Try this amazing French onion tortellini pasta recipe with a savory cream sauce and caramelized onions for a quick and easy one-post pasta dinner your family will love!Cooking time: 30 minView recipe >> Save to recipe box This Air fryer salmon recipe with asparagus is a delicious and healthy dish that will be ready in no time. This easy salmon dinner make in Air fryer chicken recipe box This air fryer chicken and vegetables make a complete and healthy low-carb or keto meal in under 20 minutes! Cooking time: 10 minView recipe >> Save to recipe box Did you make one of these quick one-pan meals: less clutter, less fuss, and of course, fewer dishes to wash! One-pan dinners are great for when you're busy or new to cooking easy and hard to mess up. These 21 recipes use simple ingredients, are easy to follow, and are perfect for anyone who wants a quick, good meal without too much work. Whether you're short on time or just starting out in the kitchen, these one-pan recipes are sure to be a hit. Creamy Dijon Chicken. Photo credit: Real Balanced. Tuscan Garlic Shrimp and Spinach. Photo credit: Real Balanced. Prepare a flavorful meal in just 30 minutes with this one-pan Tuscan Garlic, makes for a surprisingly easy-to-make dinner. Plus, the simplicity of using one pan means cooking and cleanup are both a breeze. Get the Recipe: Tuscan Garlic Shrimp and Spinach Creamy Italian Sausage Soup is a comforting blend of sausage, cream cheese, and tomatoes, ready in just 30 minutes. It's a perfect choice for those seeking a warm, hearty meal without spending hours in the kitchen. The ease of a one-pot recipe not only simplifies the cooking process but also ensures quick cleanup, making your dinner routine more efficient. Get the Recipe: Creamy Italian Sausage Soup Cabbage and Sausage. Photo credit: Real Balanced. Enjoy this straightforward meal with Cabbage and Sausage, ready in less than 30 minutes. This one-pan dish combines the heartiness of sausage with the simplicity of cabbage, offering a quick and filling dinner option. The minimal cleanup required afterward adds to the appeal, making it an excellent choice for those evenings when time is of the essence.Get the Recipe: Cabbage and Sausage Creamy Dijon Chicken. Photo credit: Real Balanced. Get a delicious chicken dinner on the table in just 30 minutes with this Creamy Dijon Chicken. It's really simple - chicken dinner on the table in just 30 minutes with this Creamy Dijon Chicken. pot. Perfect for those nights when you want something comforting without too much fuss. Get the Recipe: Chicken Bites. Photo credit: Real Balanced. If you've got enough time to whip up these Garlic Butter Chicken Bites. They're cooked in a pan with this amazing garlic butter sauce that's so good. It's super simple, and the chicken turns out really juicy and flavorful. Definitely a go-to when you need something quick and deicious. Get the Recipe: Garlic Butter Chicken Bites Sweet Potato and Red Pepper Soup. It's this creamy, comforting soup you can make in an hour. It's great for those days when you want something warm and filling, plus it's really easy to put together.Get the Recipe: Sweet Potato and Red Pepper Soup Chicken Corn Soup. Photo credit: Real Balanced. Here's a great idea for a filling dinner when you're short on time: Chicken Corn Soup. It's a one-pot deal, ready in less than an hour, with chicken, veggies, and broth. It's super easy, even if you're not too confident in the kitchen, and it makes a complete meal.Get the Recipe: Chicken Corn Soup Sausage Curry? It's this flavorful, one-pan meal that's ready in no time. Just mix sausage, veggies, and a nice curry sauce. It's a great pick for those busy weeknights when you want something a bit different but still quick and easy.Get the Recipe: Sausage Curry Creamy Ground Beef and Cauliflower Rice is. It's all done in one pan and ready in 30 minutes. It's a mix of ground beef, cauliflower rice, cheddar cheese, and mushrooms. The cauliflower rice keeps it light, and the cheese adds a nice richness. It's so straightforward that you'll want to make it part of your regular dinner lineup.Get the Recipe: Creamy Ground Beef Skillet with Cauliflower Rice Fried Cabbage with Bacon. Photo credit Real Balanced. Fried Cabbage with Bacon is a quick, 30-minute dish that's really flavorful. You cook the cabbage and bacon together in a skillet, and the bacon gives the cabbage a smoky kick. It's simple but adds a lot to your meal. Perfect when you need something easy but a little different. Get the Recipe: Fried Cabbage with Bacon Creamy Tuscan Chicken. Photo credit: Real Balanced. Have 40 minutes? That's all you need for this Creamy Tuscan Chicken. It's a one-pan meal with chicken thighs in a delicious Tuscan Sauce. It's a great balance of quick and flavorful – a dish you'll find yourself coming back to often. Get the Recipe: Creamy Tuscan Chicken with Creamy Mushroom Sauce. Photo credit: Real Balanced. Here's a quick idea for a weeknight dinner: Chicken with Creamy Mushroom Sauce adds a great flavor to the chicken breasts. It's easy to prepare and even easier to clean up, making it a practical choice for a busy night. Get the Recipe: Chicken with Creamy Mushroom Sauce Hungarian Mushroom Soup. Photo credit: Real Balanced. Hungarian Mushroom Soup is ready in 45 minutes and it's really something special. It's a one-pot soup, so it's not a hassle to make or clean up. It's great for anyone, no matter how good you are in the kitchen. Plus, it's filling enough to be your whole meal. Great for a chilly evening or just when you want something a bit cozy.Get the Recipe: Hungarian Mushroom Soup Creamy Sun Dried Tomato Chicken is a great option when you need a meal in a hurry. It's a 30-minute, one-pan dish with boneless chicken thighs and a lovely sun-dried tomato sauce. The sauce keeps the chicken moist and adds a lot of flavor. It's a meal that's both easy and impressive. Get the Recipe: Creamy Garlic Chicken when you need something quick. You can make it in about 30 minutes, and it's all done in one pan. The chicken is cooked in a garlic and Parmesan sauce, which keeps it really moist. It's the kind of dish that's perfect for those busy weeknights but still feels a bit special.Get the Recipe: Creamy Garlic Chicken Curry Salmon with Coconut Milk and Bok Choy. Photo credit: Real Balanced. If you're in the mood for something a bit different, give this but still feels a bit special.Get the Recipe: Creamy Garlic Chicken Curry Salmon with Coconut Milk and Bok Choy. Curry Salmon with Coconut Milk and Bok Choy a try. It takes just 30 minutes and everything cooks in one pan. The salmon and bok choy make a balanced meal, and the coconut milk adds a nice smoothness to the dish. The homemade curry paste really brings it all together. It's a great choice for a quick, flavorful dinner. Get the Recipe: Curry Salmon with Coconut Milk and Bok Choy Sausage and Veggies Sheet Pan Dinner. Photo credit: Real Balanced. For a super easy dinner, you can't go wrong with this Sausage and veggies add some color and nutrition, while the sausage makes it hearty. It's the kind of meal that's easy to throw together and always turns out great. Get the Recipe: Sausage and Veggies Sheet Pan Dinner Creamy Skinless Chicken Thighs with Artichoke Hearts dish is a winner. It's ready in about 30 minutes and only uses one pan. The artichoke hearts add a unique texture, and they go so well with the creamy sauce. It's filling enough to stand on its own, and it's so easy to make that you'll find yourself coming back to this recipe again and again. Get the Recipe: Creamy Skinless Chicken Thighs with Artichoke Hearts Cauliflower Risotto with Mushrooms. Photo credit: Real Balanced. Try this Cauliflower Risotto with Mushrooms for a quick dinner idea. It's ready in about 30 minutes and is really easy to make. The cauliflower is a great low-carb option, and the mushrooms add a nice earthy flavor. It's all made in one pan, so there's not much to clean up. This dish is a great go-to for a quick and memorable meal.Get the Recipe: Cauliflower Risotto with Mushrooms Keto Zuppa Toscana. Photo credit: Plays Well With Butter. You'll love this version of Zuppa Toscana, inspired by the popular restaurant dish. It's ready in just 1 hour and is a one-pot wonder. Radishes are used here instead of potatoes, but you won't miss a thing flavor-wise. It's hearty enough to be a full meal and it's both filling and nutritious. It's a great recipe for when you want something warm and comforting, and it's easy to make too.Get the Recipe: Zuppa Toscana Green Chile Chicken with Leftover Shredded Chicken with Leftover Shredded Chicken Thighs. Photo credit: Real Balanced. Got some leftover chicken thighs? Turn them into this amazing Green Chile Chicken dish in just 20 minutes. You can even use rotisserie chicken as a shortcut. The green chile gives the dish a nice kick. It's all done in one skillet, so it's super easy to make and even easier to clean up. It's a fantastic way to make and even easier to clean up. It's a fantastic way to make and even easier to clean up. It's a fantastic way to make a quick, flavorful meal out of leftovers. Get the Recipe: Green Chile Chicken with Leftover Shredded Chicken Thighs Lemon Garlic Scallops. Photo credit: Real Balanced. These Lemon Garlic Scallops are a real treat and surprisingly easy to make. In about 30 minutes, you can cook them up in just one pan. The lemon and garlic sauce adds so much flavor and keeps the scallops moist. This dish is perfect for those nights when you want to make something a bit fancy but don't have a lot of time.Get the Recipe: Lemon Garlic Scallops Spiced chicken & rice traybake 1 hr 15 mins One-pan kedgeree-style rice 40 mins One-pan kedgeree traybake 1 hr 2 mins Roasted veg with Camembert fondue 1 hr 2 mins Easiest cornbread 41 mins Gnocchi puttanesca in a bag 25 mins Crispy paprika spatchcock chicken 1 hr Lemon-tzatziki chicken 2 hrs Beef short ribs 4 hrs 26 mins Spaghetti frittata 51 mins Giant Yorkshire pudding 55 mins Rosemary roast chicken 1 hr 5 mins Roasted mushroom salad 48 mins Cajun chicken traybake 1 hr 7 mins Scruffy veg lasagne 45 mins Outrageous pulled pork 5 hrs 15 mins Veggie casserole 2 hrs 3 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 6 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 6 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mins Chocolate party cake 1 hr 7 mins Sesame seared salmon 21 mi Speedy folded flatbread 13 mins Smoky mussel laksa 16 mins My mom is famous for her Spanish rice recipe, the ultimate comfort food. When I want a taste of home, I whip up this dish. Punch up the flavor with a little lime and extra chili powder. —Joan Hallford, North Richland Hills, Texas Also try this simple, versatile and healthy chicken stir fry recipe that can be made with almost whatever you have on hand. Go to Recipe 1/53 3/53 Spaghetti & Meatball Skillet Supper Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe 2/53 3/53 Spaghetti and meatball dish to cut down on cooking time on busy nights. The beans, artichokes and tomatoes bump up the nutrition factor, while the lemon and parsley make it pop with brightness. —Roxanne Chan, Albany, California Nutrition Facts: 1-1/3 cups: 330 calories, 10g fat (2g saturated fat), 43mg cholesterol, 1051mg sodium, 38g carbohydrate (5g sugars, 6g fiber), 20g protein. 4/53 One-Pan Tuscan Ravioli Recipe photo by Taste of Home Total Time 25 min Servings 4 servings From the Recipe Creator: Sometimes I use chickpeas instead of cannellini beans, grated Asiago or Provolone instead of cannellini beans, grated Asiago or Provolone instead of cannellini beans, grated fact), 36mg cholesterol, 1096mg sodium, 56g carbohydrate (11g sugars, 8g fiber), 16g protein. 5/53 Potato Kielbasa Skillet Recipe photo by Ruthie Darling for Taste of Home Total Time 30 min Servings From the Recipe Creator: No need to hunt through kielbasa and potato recipes, this smoky take steals the show as a hearty home-style, all-in-one meal. It's especially perfect on those cold late fall and early winter nights. —Taste of Home Test Kitchen, Milwaukee, Wisconsin Nutrition Facts: 1-1/2 cups: 472 calories, 31g fat (10g saturated fat), 66mg cholesterol, 873mg sodium, 31g carbohydrate (10g sugars, 3g fiber), 17g protein. 6/53 Veggie Tacos Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: These vegetarian tacos are stuffed with a blend of sour cream. —Taste of Home Test Kitchen Nutrition Facts: 2 tacos: 430 calories, 22g fat (5g saturated fat), 14mg cholesterol, 770mg sodium, 47g carbohydrate (8g sugars, 10g fiber), 12g protein. 7/53 Total Time 25 min Servings From the Recipe Creator: Barbecue chicken is a sure bet with guests, but it's also messy at times. My stovetop BBQ chicken recipe lets you savor that flavor without a pile of napkins. —Evelyn Cleare, Miami, Florida Nutrition Facts: chicken breast half with 1/4 cup sauce: 250 calories, 6g fat (1g saturated fat), 63mg cholesterol, 657mg sodium, 21g carbohydrate (17g sugars, 1g fiber), 23g protein. 8/53 Taste of Home Total Time 20 min Servings 8 servings From the Recipe Creator: Beef fajitas get an eastern spin with gingerroot, sesame oil and wasabi, a type of Japanese horseradish. You can find it in the Asian section at your supermarket. —Taste of Home Test Kitchen Nutrition Facts: 1 fajita: 287 calories, 9g fat (2g sugars, 3g fiber), 17g protein. Diabetic Exchanges: 2 starch, 2 lean meat, 1/2 fat. 9/53 Mediterranean Turkey Skillet Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: I've always heard that it's important to eat a rainbow of colors to get all of the nutrients we need. Thanks to my garden-grown veggies, this dish certainly fits the bill. -Nicole Ehlert, Burlington, Wisconsin Nutrition Facts: 1 cup: 259 calories, 10g fat (2g saturated fat), 65mg cholesterol, 504mg sodium, 20g carbohydrate (6g sugars, 6g fiber), 24g protein. Diabetic Exchanges: 3 lean meat, 1 vegetable, 1/2 fat. 10/53 Weeknight Chicken Cordon Bleu Recipe from a magazine and find you missed part of Home Total Time 25 min Servings 4 ser it? I winged it for a Cordon Bleu my son calls his top choice. --Mary Ann Turk, Joplin, Missouri Nutrition Facts: 1 chicken breast half with 1/2 cup vegetables: 367 calories, 16g fat (5g saturated fat), 119mg cholesterol, 763mg sodium, 7g carbohydrate (3g sugars, 2g fiber), 47g protein. 11/53 Pineapple Shrimp Fried Rice Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: My husband often ordered pineapple fried rice at Thai restaurants, so I surprised him by tweaking some similar recipes to come up with a version that's both simple and delicious. —Bonnie Brien, Pacific Grove, California Nutrition Facts: 1-1/2 cups: 491 calories, 18g fat (3g saturated fat), 138mg cholesterol, 513mg sodium, 54g carbohydrate (22g sugars, 5g fiber), 28g protein. 12/53 Total Time 30 min Servings 4 servings From the Recipe Creator: When I'm invited to a potluck, I easily double or triple this healthy Moroccan chickpea stew to treat the crowd to an exotic dish of enticing, bold flavors. —Heather Demeritte, Scottsdale Arizona Nutrition Facts: 1-1/2 cups: 217 calories, 6g fat (1g saturated fat), 0 cholesterol, 455mg sodium, 38g carbohydrate (11g sugars, 9g fiber), 7g protein. 13/53 Total Time 30 min Servings 4 servings From the Recipe Creator: This recipe is tasty, quick and easily doubled for last-minute dinner guests. Cook it in the oven or on the grill, and add the veggies of your choice. —Judy Batson, Tampa, Florida Nutrition Facts: 2 cups: 491 calories, 37g fat (13g saturated fat), 64mg cholesterol, 1430mg sodium, 22g carbohydrate (13g sugars, 5g fiber), 18g protein. 14/53 ALEJANDRO MONFORT FOR TASTE OF HOME Total Time 30 min Servings 8 servings (2 quarts) From the Recipe Creator: While growing up in Texas, I spent a lot of time helping my grandma cook. Lemon and cilantro add a deliciously different twist to turkey soup. --Margarita Cuellar, East Chicago, Indiana Nutrition Facts: 1 cup: 166 calories, 4g fat (1g saturated fat), 42mg cholesterol, 1047mg sodium, 17g carbohydrate (1g sugars, 1g fiber), 13g protein. 15/53 Taste of Home Total Time 25 min Servings 2 servings From the Recipe Creator: This is one of my husband's all-time favorite meals. I've even converted some friends to fish after they've eaten this. I serve the dish with fresh melon when it's in season to balance the subtle heat of the cabbage mixture. —Elizabeth Bramkamp, Gig Harbor, Washington Nutrition Facts: 1 serving: 293 calories, 16g fat (2g saturated fat), 83mg cholesterol, 663mg sodium, 6g carbohydrate (1g sugars, 3g fiber), 33g protein. Diabetic Exchanges: 5 lean meat, 3 fat, 1 vegetable. 16/53 Taste of Home Total Time 20 min Servings From the Recipe Creator: I come from a town with a big German heritage, and each year we have a huge celebration for Oktoberfest. This recipe packs in all the traditional German flavors my whole family loves. —Deborah Pennington, Decatur, Alabama Nutrition Facts: 1 serving: 341 calories, 28g fat (10g saturated fat), 73mg cholesterol, 1539mg sodium, 9g carbohydrate (3g sugars, 3g fiber), 14g protein. 17/53 Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: I love an easy weeknight meal! This meal comes together quickly and uses up the half block of cream cheese that always ends up in my fridge. —Amy Lents, Grand Forks, North Dakota Nutrition Facts: 1-1/3 cups: 510 calories, 18g fat (7g saturated fat), 79mg cholesterol, 981mg sodium, 54g carbohydrate (8g sugars, 5g fiber), 32g protein. 18/53 Taste of Home Total Time 20 min Servings From the Recipe Creator: My husband was completely bowled over by this on-a-whim goat cheese and chicken mixture: 251 calories 11g fat (3g saturated fat), 74mg cholesterol, 447mg sodium, 8g carbohydrate (5g sugars, 3g fiber), 29g protein. Diabetic Exchanges: 4 lean meat, 2 fat, 1 vegetable. 20/53 Spicy Beef Stir Fry Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: Think of this stir-fry as your chance to play with heat and spice. I balance the savory beef with coconut milk and a spritz of lime. —Joy Zacharia, Clearwater, Florida Nutrition Facts: 3/4 cup: 312 calories, 16g fat (5g saturated fat), 46mg cholesterol, 641mg sodium, 15g carbohydrate (10g sugars, 2g fiber), 26g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1 vegetable, 1/2 starch. 21/53 Quinoa and Black Beans Recipe photo by Christine Ma for Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: Some vegan quinoa recipes are boring, but this one definitely isn't. My daughter's college asked parents for the best quinoa recipes to use in the dining halls. This healthy quinoa recipe fits the bill. -Lindsay McSweeney, Winchester, Massachusetts Nutrition Facts: 1-1/4 cups: 375 calories, 10g fat (1g saturated fat), 0 cholesterol, 668mg sodium, 60g carbohydrate (5g sugars, 10g fiber), 13g protein. 22/53 Black Bean Chicken with Rice Recipe photo by Taste of Home Total Time 25 min Servings 4 servings From the Recipe Creator: This spicy family favorite calls for just a few basic ingredients, including chicken, black beans and rice, so it's quick and easy to stir up in your skillet on a weeknight. --Molly Newman, Portland, Oregon Nutrition Facts: 1 chicken breast half with 3/4 cup bean mixture and 1/2 cup cooked rice: 400 calories, 7g fat (1g saturated fat), 63mg cholesterol, 670mg sodium, 52g carbohydrate (4g sugars, 8g fiber), 32g protein. 23/53 Taste of Home Total Time 20 min Servings 4 servings From the Recipe Creator: Secret ingredient alert: A pinch of coffee crystals gives my jambalaya its roasty, toasty flavor. This quick and easy dinner is one of my husband's top picks. —Betty Henagin, Medford, Oregon Nutrition Facts: 1-1/2 cups: 297 calories, 10g fat (4g saturated fat), 70mg cholesterol, 1398mg sodium, 32g carbohydrate (7g sugars, 2g fiber), 18g protein. 24/53 One-Pot Meaty Spaghetti Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe creator: I used to help my mom make this when I was growing up, and the recipe stuck. It was a beloved comfort food at college and is now a weeknight staple for my fiance and me. -Kristin Michalenko, Seattle, Washington Nutrition Facts: 1-1/3 cups: 292 calories, 6g fat (2g saturated fat), 46mg cholesterol, 737mg sodium, 40g carbohydrate (6g sugars, 8g fiber), 24g protein. Diabetic Exchanges: 3 starch, 2 lean meat. 25/53 BBQ Beef & Vegetable Stir-Fry Recipe photo by Taste of Home Total Time 25 min Servings 4 servings From the Recipe Creator: This was a spur-of-the-moment experiment when we wanted something nice and filling, but also easy. I had steak, peppers and onions on hand, and this is what my mind created. We make it often. For something different, try it in tortillas for fajitas. —Rochelle Dickson, Potwin, Kansas Nutrition Facts: 1 cup beef mixture with 3/4 cup rice: 387 calories, 6g fat (2g saturated fat), 46mg cholesterol, 673mg sodium, 51g carbohydrate (12g sugars, 5g fiber), 30g protein. Diabetic Exchanges: 3 starch, 3 lean meat, 1 vegetable. 26/53 Taste of Home Total Time 30 min Servings From the Recipe Creator: Flavorful pork sausage, fresh zucchini and instant rice make this stovetop sensation a favorite. Everyone I have shared this recipe with tells me how delicious it is. -Connie Putnam, Clayton, North Carolina Nutrition Facts: 1-1/4 cups: 381 calories, 25g fat (8g saturated fat), 61mg cholesterol, 1153mg sodium, 24g carbohydrate (6g sugars, 3g fiber), 16g protein. 27/53 Tomato & Garlic Butter Bean Dinner Recipe photo by Taste of Home Total Time 15 min Servings 4 servings From the Recipe Creator: On the days I get home late and just want a warm meal, I stir together tomatoes, garlic and butter beans. Ladle it over noodles if you're in the mood for pasta. —Jessica Meyers, Austin, Texas Nutrition Facts: 1-1/4 cups (calculated without pasta and cheese): 147 calories, 4g fat (1g saturated fat), 0 cholesterol, 353mg sodium, 28g carbohydrate (8g sugars, 9g fiber), 8g protein. Diabetic Exchanges: 2 starch, 1 lean meat, 1/2 fat. 28/53 Honey Chicken Stir-Fry Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: I'm a new mom, and my schedule is very dependent upon our young son, so I like meals that can be ready in as little time as possible. This all-in-one chicken stir fry recipe with a hint of sweetness from honey is a big time-saver. —Caroline Sperry, Allentown, Michigan Nutrition Facts: 1 cup stir-fry: 249 calories, 6g fat (1g saturated fat), 63mg cholesterol, 455mg sodium, 21g carbohydrate (15g sugars, 3g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 2 vegetable, 1/2 starch. 29/53 Creamy Chicken Rice Soup Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: I came up with this creamy chicken Rice Soup recipe while making some adjustments to a favorite stovetop chicken casserole. We like this soup for lunch with a crisp roll and fresh fruit. —Janice Mitchell, Aurora, Colorado Nutrition Facts: 1-1/4 cups: 312 calories, 9g fat (3g saturated fat), 71mg cholesterol, 699mg sodium, 26g carbohydrate (6g sugars, 1g fiber), 29g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 fat. 32/53 Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: Perfect for fall nights, my simple version of comforting chicken and dumplings is speedy, low in fat and a delicious one-dish meal. —Nancy Tuck, Elk Falls, Kansas Nutrition Facts: 1 cup: 260 calories, 4g fat (1g saturated fat), 54mg cholesterol, 964mg sodium, 28g carbohydrate (6g sugars, 2g fiber), 27g protein. 33/53 One-Skillet Lasagna Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe creator: This is hands-down one of the best skillet lasagna recipes our testing panel has ever tasted. And with classic flavors and cheesy layers, it's definitely kid-friendly. —Taste of Home Test Kitchen Nutrition Facts: 1 serving: 478 calories, 20g fat (8g saturated fat), 128mg cholesterol, 1552mg sodium, 43g carbohydrate (15g sugars, 4g fiber), 31g protein. 34/53 Total Time 30 min Servings From the Recipe Creator: Here's one of my husband's favorite dishes. When it's in season, substitute fresh corn for frozen. Add a dash of cayenne pepper if you like a little heat. —Sheila Gomez, Shawnee, Kansas Nutrition Facts: 1-1/4 cups: 347 calories, 9g fat (1g saturated fat), 31mg cholesterol, 692mg sodium, 45g carbohydrate (4g sugars, 7g fiber), 18g protein. Diabetic Exchanges: 3 starch, 2 lean meat, 1/2 fat. 35/53 Taste of Home Total Time 30 min Servings From the Recipe Creator: I came up with these everything-in-one seafood packets for a family reunion, since the recipe can be increased to feed a bunch. The packets steam up inside, so open them carefully. -Allison Brooks, Fort Collins, Colorado Nutrition Facts: 1 serving: 509 calories, 30g fat (7g saturated fat), 181mg cholesterol, 1302mg sodium, 21g carbohydrate (5g sugars, 3g fiber), 40g protein. 36/53 Taste of Home Total Time 25 min Servings From the Recipe Creator: Spanish Rice Dinner has been a family favorite since I discovered it in our church cookbook. I always have the ingredients on hand, and it reheats very well in the microwave. —Jeri Dobrowski, Beach, North Dakota. Nutrition Facts: 1 cup: 319 calories, 10g fat (5g saturated fat), 56mg cholesterol, 1197mg sodium, 32g carbohydrate (10g sugars, 3g fiber), 23g protein. 37/53 Cashew Chicken with Ginger Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: There are lots of recipes for cashew chicken, but my family thinks this one stands alone. We love the flavor from the fresh ginger and the crunch of the cashews. Another plus is it's easy to prepare. —Oma Rollison, El Cajon, California Nutrition Facts: 3/4 cup chicken mixture: 349 calories, 19g fat (3g saturated fat), 64mg cholesterol, 650mg sodium, 18g carbohydrate (6g sugars, 2g fiber), 28g protein. Diabetic Exchanges: 3 lean meat, 3 fat, 1 starch. 38/53 Tacos in a Bowl Recipe photo by Taste of Home Total Time 25 min Servings From the Recipe Creator: This easy skillet dish offers a delicious use for leftover taco meat. Garnish it with sour cream and salsa for southwestern flavor. —Sue Schoening, Sheboygan, Wisconsin Nutrition Facts: 1 cup: 480 calories, 21g fat (10g saturated fat), 85mg cholesterol, 1279mg sodium, 40g carbohydrate (3g sugars, 2g fiber), 30g protein. 39/53 Taste of Home Total Time 30 min Servings 2 servings From the Recipe Creator: Bacon adds flavor to this comforting stovetop supper my mom frequently made when we were growing up. Now I prepare it for my family. -Kelli Jones, Peris, California. Nutrition Facts: 1-1/4 cups: 371 calories, 14g fat (5g saturated fat), 103mg cholesterol, 887mg sodium, 31g carbohydrate (7g sugars, 3g fiber), 30g protein. 40/53 Taste of Home Total Time 20 min Servings 4 servings From the Recipe Creator: Just open the fridge and go to town making this throw-together curry. We prefer turkey, but if you like chicken, shrimp, even bean sprouts and carrots, by all means, add them. —Lauren Rush, Clark, New Jersey Nutrition Facts: 3/4 cup turkey mixture with 1/2 cup rice: 287 calories, 7g fat (1g saturated fat), 60mg cholesterol, 351mg sodium, 31g carbohydrate (7g sugars, 3g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 fat. 41/53 BBQ Hot Dog & Potato Packs Recipe photo by Taste of Home Total Time 20 min Servings 4 servings From the Recipe Creator: For these nifty foil packs, small hands make quick work of topping potato wedges with a hot dog, onions and cheese. — Kelly Westphal, Wind Lake, Wisconsin Nutrition Facts: 1 serving: 293 calories, 16g fat (7g saturated fat), 33mg cholesterol, 1227mg sodium, 25g carbohydrate (9g sugars, 4g fiber), 11g protein. 42/53 Eric Kleinberg for Taste of Home Total Time 25 min Servings From the Recipe Creator: I used to make this dish with beef, but substituting with portobella mushrooms turned it into my family's vegetarian favorite. It's quick, nutritious, low fat and tasty. —Greg Fontenot, The Woodlands, Texas Nutrition Facts: 2 tacos: 300 calories, 14g fat (6g saturated fat), 30mg cholesterol, 524mg sodium, 33g carbohydrate (5g sugars, 6g fiber), 13g protein. Diabetic Exchanges: 2 vegetable, 1-1/2 starch, 1 medium-fat meat, 1/2 fat. 43/53 Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: My halibut with a burst of lemon comes together in one pan and stays super moist. Try it with polenta, angel hair pasta or crusty bread. —Danna Rogers, Westport, Connecticut Nutrition Facts: 1 fillet with 1 cup sauce: 224 calories, 7g fat (1g saturated fat), 56mg cholesterol, 651mg sodium, 17g carbohydrate (8g sugars, 4g fiber), 24g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1/2 fat. 44/53 One-Pan Chicken Rice Curry Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: I've been loving the subtle spice from curry lately, so I incorporated it into this saucy chicken and rice dish. It's a one-pan meal that's become a go-to dinnertime favorite. --Mary Lou Timpson, Colorado City, Arizona Nutrition Facts: 1 cup: 300 calories, 9g fat (4g saturated fat), 78mg cholesterol, 658mg sodium, 27g carbohydrate (2g sugars, 2g fiber), 27g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1-1/2 fat. 45/53 Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: Cooking mahi mahi with a mix of vegetables may seem complex, but I developed this skillet recipe to bring out the wow factor without the hassle and fuss. -Solomon Wang, Arlington, Texas Nutrition Facts: 1 serving: 307 calories, 12g fat (2g saturated fat), 124mg cholesterol, 606mg sodium, 15g carbohydrate (9g sugars, 3g fiber), 35g protein. Diabetic Exchanges: 4 lean meat, 3 vegetable, 2 fat. 46/53 Taste of Home Total Time 30 min Servings From the Recipe Creator: Pork and apples are such a good match, and this down-home supper is proof. I really like that the lean cut of meat is tender and juicy, but healthy, too. —Clara Coulson Minney, Washington Court House, Ohio Nutrition Facts: 3 ounces cooked pork with 1/2 cup apples: 251 calories, 10g fat (4g saturated fat), 85mg cholesterol, 335mg sodium, 15g carbohydrate (10g sugars, 3g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 1 fruit, 1/2 fat. 47/53 Saucy Barbecue Chicken Recipe photo by Taste of Home Total Time 55 min Servings 12 servings From the Recipe Creator: Is there a better place than Texas to find a fantastic barbecue sauce? That's where this one is from—it's my father-in-law's own recipe. We have served it at many family reunions and think it's the best! —Bobbie Morgan, Woodstock, Georgia Nutrition Facts: 4 ounces cooked chicken: 370 calories, 19g fat (5g saturated fat), 104mg cholesterol, 622mg sodium, 15g carbohydrate (14g sugars, 0 fiber), 33g protein. 48/53 Total Time 30 min Servings 4 servings From the Recipe Creator: As a military spouse living overseas, I got the chance to try many styles of cooking. Here's a Mediterranean-inspired recipe that we still love today. —Stacey Boyd, Springfield Virginia Nutrition Facts: 1 fillet with toppings: 246 calories, 12g fat (2g saturated fat), 68mg cholesterol, 706mg sodium, 6g carbohydrate (2g sugars, 2g fiber), 29g protein. Diabetic Exchanges: 4 lean meat, 1-1/2 fat, 1 vegetable. 49/53 MARK DERSE FOR TASTE OF HOME Total Time 30 min Servings 4 servings From the Recipe Creator: I love quick and bright meals like this one-skillet wonder. The way it tastes, you'd think it takes a lot more effort, but it goes from prep to dinner table in half an hour. The recipe works well with any light fish, or even shrimp. —Tammy Brownlow, Dallas, Texas Nutrition Facts: 1 serving: 203 calories, 4g fat (1g saturated fat), 83mg cholesterol, 522mg sodium, 8g carbohydrate (5g sugars, 2g fiber), 34g protein. Diabetic Exchanges: 5 lean meat, 1 vegetable, 1/2 fat. 51/53 Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: Back when I was a girl, I couldn't wait until I was grown up and could start cooking for my own family! Now that I am, I really enjoy using pork. The tender meat and the rich mustard sauce in this recipe are delectable together. —Irma Pomeroy, Enfield, Connecticut Nutrition Facts: 2 slices pork with 3 tablespoons sauce: 292 calories, 21g fat (12g saturated fat), 119mg cholesterol, 311mg sodium, 2g carbohydrate (1g sugars, 0 fiber), 24g protein. 52/53 Chicken Veggie Packets Recipe photo by Jackie Alpers for Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: People think I went to a lot of trouble when I serve these packets. Individual aluminum foil pouches hold in the juices during baking to keep the herbed chicken moist and tender. Facts: 1 serving: 175 calories, 3g fat (1g saturated fat), 63mg cholesterol, 100mg sodium, 11g carbohydrate (6g sugars, 2g fiber), 25g protein. Diabetic Exchanges: 3 lean meat, 2 vegetable.

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