

SIMPLE QUICK AND EASY DINNERS USING EVERYDAY INGREDIENTS

FOOD TEAM

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DINNERS MADE SIMPLE QUICK AND EASY DINNERS USING EVERYDAY INGREDIENTS



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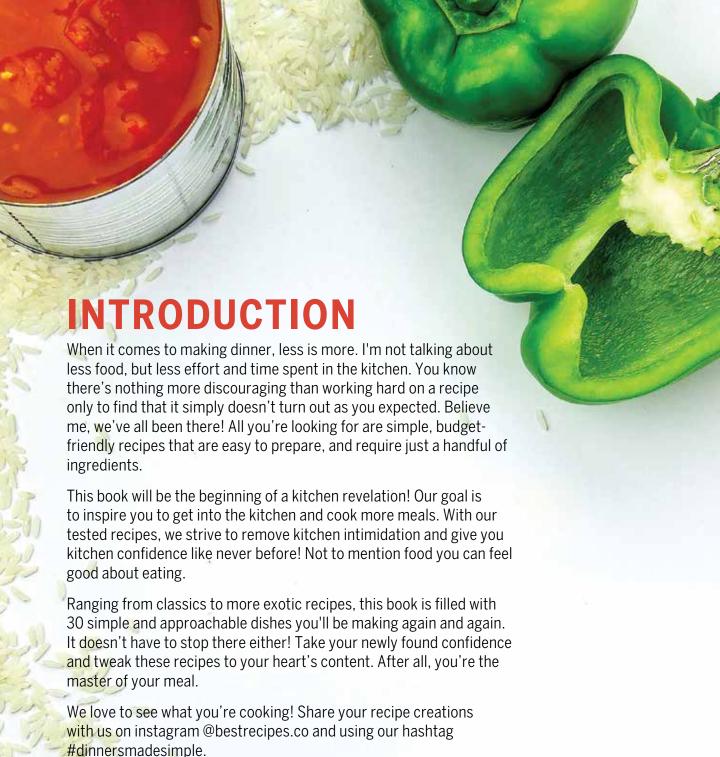






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INGREDIENTS

- 1 (16-ounces) package spaghetti noodles
- 1 tablespoon canola oil
- ½ medium onion, diced
- 2 garlic cloves, crushed
- 2 tablespoons tomato paste
- 1 (14-ounce) can diced tomatoes
- 1 (9-ounce) jar marinated artichoke hearts, drained and cut into 1/4-inch pieces
- 1/2 cup freshly grated parmesan
- 6 basil leaves, chopped
- 1 tablespoon chopped parsley

TOMATO AND ARTICHOKE PASTA

- **1.** Bring a large pot of water to a boil, add the pasta, and cook according to the package directions. Be sure to reserve one cup of the pasta water, then drain and set aside.
- 2. Meanwhile, in a large pan over medium heat, warm the oil. Add the garlic and onion and cook for 5-7 minutes, until the onions are translucent. Stir in the diced tomatoes and bring the mixture to a boil. Reduce heat and simmer for 10 minutes. Add the artichokes and cook for about 3 minutes, until heated through. Pour the sauce over the spaghetti, add the parmesan and basil, and toss.
- **3.** Serve with more parmesan and fresh parsley.

CHICKEN



CURRY PASTE

- 1 cup fresh cilantro, chopped
- 3 tablespoons canola oil
- 1 stalk lemongrass, minced (or 2 tablespoons bottled lemongrass)
- 1 tablespoon soy sauce
- 2 jalapeños, seeded (omit if heat is not desired)
- 4 green onions, quartered
- 4 garlic cloves
- 1 1-inch piece fresh ginger, peeled
- 1 teaspoon brown sugar
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

INGREDIENTS

- 2 cups water
- 1 cup uncooked basmati rice
- 1 tablespoon canola oil
- 4 boneless skinless chicken thighs, cut into 1-inch cubes
- 1 (14-ounce) can coconut milk
- 1/2 pound snow peas, ends trimmed
- 1/2 cup chicken stock or water
- 1 large lime, cut into wedges

THAI GREEN CURRY

- 1. In the bowl of a food processor, fitted with an "S" blade, add the cilantro, oil, lemongrass, soy sauce, jalapeños, green onion, garlic, ginger, brown sugar, cumin, salt, and pepper. Process until smooth, about 1 minute. Set aside.
- **2.** In a medium pot, bring the water to a boil. Add the rice, return to a boil, then cover and reduce the heat to low, cooking for 15-20 minutes, or until the rice is tender.
- **3.** Meanwhile, in a large pan over medium-high heat, warm the oil. Add the chicken, stirring until almost cooked through, about 5-6 minutes. Stir in the prepared curry paste, coconut milk, and chicken stock (or water). Bring to a simmer and cook for 3 minutes. Add the snow peas, reduce the heat to medium-low, and simmer for another 3 minutes. Serve over rice and garnish with lime wedges.



INGREDIENTS

- 1/2 cup mayonnaise
- 1 tablespoon lime juice
- 1 pound ground chicken or turkey
- 1/2 cup plain, dried bread crumbs
- 1 1/2 teaspoons seasoned salt
 - ½ teaspoon chili powder
 - 1/4 teaspoon ground cayenne pepper
 - 2 garlic cloves, minced
 - 1 teaspoon canola oil
 - 4 brioche buns
 - 4 slices pepper jack cheese
 - 1 avocado, sliced Corn chips

FIESTA CHICKEN BURGERS

- **1.** In a small bowl, stir together the mayonnaise and lime juice. Place in the refrigerator until ready to serve.
- 2. In a medium bowl, using clean hands, combine the ground chicken or turkey, bread crumbs, seasoned salt, chili powder, cayenne pepper, and garlic. Divide and shape the mixture into 4 equal patties. Refrigerate until ready to cook.
- **3.** Preheat the grill or a grill pan to medium-high heat. Lightly oil, add the patties, and cook for 6 minutes per side, or until the internal temperature reaches 165° F. Serve the burgers on buns topped with pepper jack cheese, lime mayonnaise, avocado slices, and corn chips.



INGREDIENTS

- 2 chicken breasts, beat to \frac{1}{4}-inch thick with tenderizer
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons canola oil
- ½ cup vermouth
- 1 teaspoon dried thyme
- 1 garlic clove, minced
- 2 tablespoons dijon mustard
- 2 tablespoons fresh parsley, chopped, optional

CHICKEN WITH DIJON MUSTARD SAUCE

- **1.** Season the chicken with the salt and pepper. In a large pan over medium heat, warm the oil. Add the chicken and cook for about 5 minutes per side, until golden brown. Remove from pan and set aside.
- 2. In the same pan, add the vermouth, thyme, and garlic. Bring to a simmer, cooking 5-7 minutes, until reduced by half. Remove the pan from the heat and stir in the dijon mustard until smooth. Pour the sauce over the chicken and sprinkle with fresh parsley.



INGREDIENTS

- 6 tablespoons butter
- 1 medium onion, diced
- 3 ribs celery, sliced
- 2 carrots, sliced
- 1 garlic clove, minced
- 8 tablespoons flour
- 1 teaspoon thyme
- 3 cups chicken broth
- 1 cup green beans chopped
- 3 cups cooked chicken, cut into 1-inch cubes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 sheet puff pastry, thawed
- 1 egg, beaten

CHICKEN POT PIE

- 1. Preheat oven to 375°F. In a large pan over medium-high heat, melt the butter. Add the onion, celery, carrots, and garlic. Cook for about 5 minutes, or until the onions are translucent. Add the flour and thyme and stir for 1 minute. While stirring, gradually add in the chicken broth and bring to a boil. Reduce the heat to medium-low and simmer for 5 minutes. Stir in the green beans, chicken, salt, and pepper, cooking for 2 more minutes.
- 2. Divide the filling evenly into four 8-ounce ramekins. Roll out the puff pastry and cut it into four even squares to fit over the ramekins. Make a small X into the center of each pastry square, then place on top of the filled ramekins. Brush the tops of the pastry with the egg and bake for 30-40 minutes, until the filling is bubbling and the crust is golden. Let rest for 5 minutes before serving.



CHICKEN WITH SUMMER SALSA

SERVES 4

SALSA

- 12 cherry tomatoes, diced
- 1/4 green bell pepper, finely diced
- 1 avocado, diced
- 2 teaspoons cilantro, chopped
- 1 tablespoon lemon juice Salt and pepper, to taste

CHICKEN

- 4 boneless skinless chicken breasts
- 2 tablespoons canola oil
- 2 tablespoons lemon juice
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

- **1.** In a medium bowl, stir together the tomatoes, peppers, avocado, cilantro, lemon juice, salt, and pepper. Cover and refrigerate.
- 2. In another medium bowl, stir together the oil, lemon juice, onion powder, garlic powder, chili powder, salt, and pepper. Add the chicken, toss to coat with the mixture, and let marinate for 15 minutes.
- **3.** In a large pan over medium heat, add the chicken and cook for 5-6 minutes per side, until golden brown and the internal temperature is at 165°F on a meat thermometer.
- **4.** Let the chicken rest for 5 minutes, top with the salsa. Serve.



INGREDIENTS

- 6 bone-in chicken thighs
- 1 ½ pounds baby Yukon gold potatoes, quartered
 - 1 lemon, halved
 - 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons canola oil

ONE PAN ROASTED CHICKEN AND POTATOES

DIRECTIONS

1. Preheat the oven to 450°F. Place the chicken, potatoes, and lemon in an ungreased 9x13-inch pan. Season with salt and pepper, add the oil, and toss to coat. Bake for 30 minutes, or until the internal temperature of the chicken is 165°F and the skin is golden brown. Let rest for 5 minutes then squeeze the lemon over the chicken and potatoes. Serve.



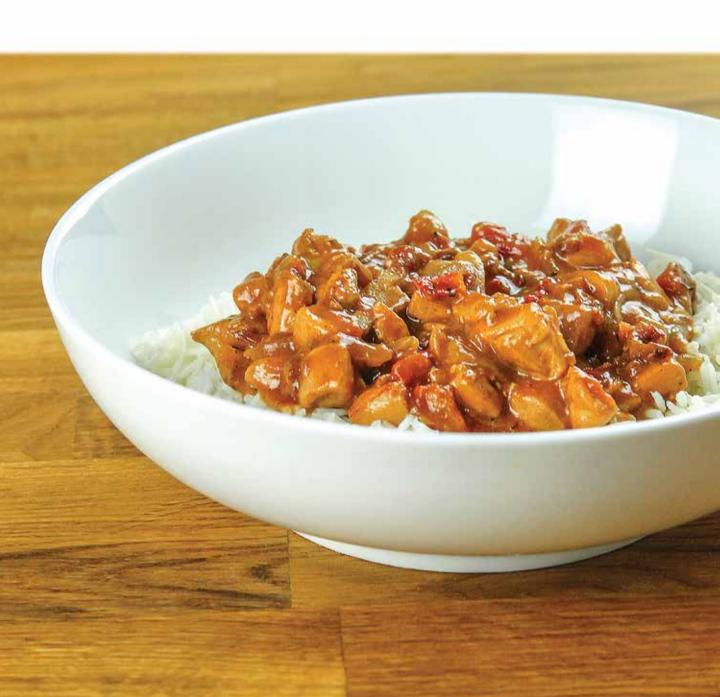
CHICKEN AND CHORIZO PAELLA

SERVES 6

INGREDIENTS

- 2 tablespoons canola oil, divided
- 12 ounces chorizo
- 1 medium onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 (14.5-ounce) can diced tomatoes
- 1 1/2 cups basmati rice
 - 3 cups chicken stock
 - 2 cups cooked shredded chicken
 - 1 cup frozen peas, thawed

- 1. In a large pan over medium-high heat, warm 1 tablespoon of the oil. Add the chorizo and cook about 7 minutes, until browned. Remove chorizo and set aside.
- 2. In the same skillet, add the remaining tablespoon of oil. Add the onions and cook for about 10 minutes, until lightly browned. Reduce the heat to medium, add the pepper and garlic, and cook for 5 minutes, until the pepper is softened. Add the tomatoes and continue cooking until the liquid is reduced by half, about 3-5 minutes. Stir in the rice and broth, bringing to a simmer. Cover, reduce the heat to low, and cook for 12 minutes, stirring occasionally. Stir in the shredded chicken, peas, and chorizo, cooking for an additional 3 minutes, or until the rice is tender and cooked through.



INGREDIENTS

- 2 cups water
- 1 cup basmati rice
- 2 pounds boneless, skinless chicken thighs, cut into ½-inch pieces
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon canola oil
- 1 large onion, cut into thin strips
- 2 garlic cloves, minced
- 2 tablespoons sweet paprika
- 2 tablespoons flour
- 1 (14.5-ounce) can chicken broth
- 1 (14.5-ounce) can diced tomatoes
- ½ cup sour cream
- 1 teaspoon parsley, for garnish

CHICKEN PAPRIKASH

- **1.** In a medium pan, bring the water to a boil. Add the rice, cover, reduce the heat to low and cook for 20 minutes, until the rice is tender and the water is completely absorbed.
- **2.** Season the chicken with salt and pepper. In a large pan over medium-high heat, warm the oil. Add the chicken and cook for 3-4 minutes per side, until golden on all sides. Remove the chicken from the pan and set aside.
- 3. In the same pan, add the onions and cook for about 5 minutes, until softened. Add the garlic, stirring frequently for about 2 minutes, until fragrant. Add the paprika and flour, stirring constantly for 1 minute. Gradually stir in the chicken broth and tomatoes, then return the cooked chicken and simmer for 15 minutes. Remove the pan from the heat and stir in the sour cream. Serve over the prepared rice.



INGREDIENTS

- 1 garlic clove, peeled
- 1 cup fresh spinach
- 2 cups fresh basil leaves
- 1/4 cup toasted pine nuts
- ½ cup canola oil
- 1/4 cup freshly grated parmesan
- 4 chicken quarters
- 2 tablespoons canola oil Salt and pepper
- 1 (18-ounce) package polenta, cut into ¼-inch thick rounds

PESTO CHICKEN

- 1. Preheat the oven to 450°F. In a food processor, fitted with an "S" blade, add the garlic, spinach, basil, pine nuts, and 1 tablespoon of the oil. Pulse until finely chopped. Turn the food processor to blend and pour in the rest of the oil in a slow, steady stream. Add the parmesan, salt, and pepper, continuing to pulse until fully combined.
- **2.** Spread 2 tablespoons of pesto underneath the skin of each chicken quarter. Topping each with the remaining pesto.
- **3.** Spread the oil on the bottom of a roasting pan. Lay the polenta rounds evenly over the bottom of the pan and season with salt and pepper. Place the drip pan on top of the roasting pan and add the chicken quarters. Bake for 35-40 minutes, until the internal temperature of the chicken reaches 165°F. Divide the chicken and polenta to each plate and serve.



INGREDIENTS

- 1 pound ground chicken
- 2 cups dried breadcrumbs, divided
- 3 eggs
- 3 garlic cloves, minced
- 2 teaspoons seasoned salt
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1 teaspoon Italian seasoning
- 8 (1-inch) cubes fresh mozzarella
- 1 cup canola oil
- 1 (16-ounce) package spaghetti noodles
- 1 (20-ounce) jar marinara sauce

SPAGHETTI WITH CHICKEN PARMESAN MEATBALLS

- 1. Preheat the oven to 350° F. In a medium bowl, using clean hands, mix together the chicken, 1 cup of breadcrumbs, 1 egg, garlic, seasoned salt, chili powder, oregano, and Italian seasoning. Divide the meat mixture evenly into 8 disks. Place a cube of cheese in the middle of each disk, then roll the meat around the cube to make a ball.
- 2. Place the remaining breadcrumbs in a small bowl. In a separate small bowl, crack the 2 remaining eggs and whisk. Dip each meatball into the egg wash, coating completely, then roll in the breadcrumbs. Repeat this process until all of the remaining meatballs are coated with the egg and breadcrumbs.
- 3. In a deep, medium pan set over medium heat, warm the oil until it reaches 350°F on a deep fry thermometer. Fry the meatballs in the oil, cooking about 1 minute per side, until all sides are golden brown. Place the fried meatballs on a baking sheet and bake for 8 minutes.
- 4. While the meatballs are cooking, bring a large pot of water to a boil, add the pasta, and cook according to the package directions. Drain and return to the pot until ready to serve. In a small sauce pan over medium heat, add the marinara sauce and cook about 3-4 minutes, until sauce is warmed through, stirring occasionally.
- **5.** Divide the spaghetti between four bowls and top each portion with sauce and two meatballs.

SEAFOOD



INGREDIENTS

- 2 pounds salmon, cut into 6 fillets
- 3 tablespoons parsley, finely chopped
- 2 garlic cloves, minced
- 2 tablespoons dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons fresh lemon juice
- 1 bundle asparagus, rinsed and cut into 2-inch pieces
- 2 tablespoons canola oil

DIJON SALMON

- 1. Preheat the oven to 450°F. Cut the parchment paper into 6 large pieces. In a small bowl, stir together the parsley, garlic, dijon, salt, pepper, and lemon juice.
- **2.** Evenly distribute the asparagus on the parchment pieces and drizzle with oil. Place salmon fillets on each pile of asparagus and brush with mustard mixture. Fold the parchment closed over the salmon and asparagus to create a packet, stapling to keep closed, if necessary. Place the packets on a rimmed baking sheet and bake for 12-15 minutes. Carefully remove from the oven and let rest for 5 minutes before opening and serving.



CREAMY DILL SAUCE

- 1/3 cup mayo
- 1/3 cup sour cream
- 1 teaspoon lemon juice
- 1 teaspoon dill, chopped Salt, to taste

INGREDIENTS

- 10 ounces cooked salmon, broken into large chunks
- 2 eggs, beaten
- 1/2 cup bread crumbs
- 4 green onions, sliced, light green and white ends only
- 2 garlic cloves, minced
- 1 teaspoon dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons canola oil Fresh dill, optional Fresh parsley, optional

SALMON CAKES

- 1. In a small bowl, stir together the mayo, sour cream, lemon juice, dill, and salt. Refrigerate for 20 minutes.
- **2.** In a medium bowl, combine the salmon, eggs, bread crumbs, green onions, garlic, dijon, salt, and pepper. Stir together with a fork until the salmon is broken up and the mixture begins to form into a dough. Divide the mixture evenly into 4 balls.
- **3.** In a large pan over medium heat, warm the oil. Form the salmon balls into disks and gently place them in the pan. Cook for 3-4 minutes per side or until golden brown and cooked through. Serve as a patty or on a bun with the prepared sauce.



SHRIMP WITH BACON AND CHEESY GRITS

SERVES 4

INGREDIENTS

- 5 slices thick-cut bacon, cut into small pieces
- 2 tablespoons butter
- 1 pound large fresh shrimp
- 1 teaspoon Old Bay® seasoning
- 1 green onion, chopped
- 4 cups buttermilk
- 1 cup quick cooking grits
- ½ cup shredded mild cheddar cheese

- 1. In a large skillet over medium-high heat, fry the bacon until crispy, about 5-7 minutes. Remove the bacon from the pan and set aside. Drain the bacon grease, leaving about 1 tablespoon in the pan, and add the butter. Add the shrimp, Old Bay® seasoning, and half of the green onions, cooking about 3 minutes, until the shrimp are cooked through. Crumble the bacon and add it to the skillet. Remove the skillet from the heat and cover.
- 2. In a medium saucepan over medium-low heat, add the buttermilk and bring it to a simmer. Gently stir in the grits, cover, and cook for 5-7 minutes. Remove the grits from the heat and stir in cheese. Serve the shrimp and bacon over the grits.



GARLIC AND PARMESAN SALMON

SERVES 4

INGREDIENTS

- 4 (6-ounce) salmon fillets
- 3 tablespoons canola oil Salt and pepper
- 1 tablespoon minced garlic
- 1 cup fresh grated parmesan
- 1/4 cup fresh parsley, chopped

DIRECTIONS

1. Preheat the oven to 400°F. Pat the salmon dry. Brush all sides of the salmon with the oil, and season with salt and pepper and place the skin side down on a parchment-lined baking sheet. Spread garlic on top, then sprinkle with parmesan and chopped parsley. Bake for 15-20 minutes, then broil for an additional 2-3 minutes, watching closely. Serve.



INGREDIENTS

- 2 cups water
- 1 cup uncooked basmati rice
- 1/4 cup soy sauce
- 1/4 cup honey
- 2 teaspoons toasted sesame oil
- 1 teaspoon canola oil
- 4 (6-ounce) salmon fillets
- ½ teaspoon pepper
- 2 pounds baby bok choy, halved lengthwise
- 1 tablespoon toasted sesame seeds

ASIAN SEARED SALMON WITH BABY BOK CHOY

DIRECTIONS

- 1. In a medium pot, bring the water to a boil. Add the rice, return to a boil, then cover and reduce the heat to low. Cook for 15-20 minutes, or until the rice is tender.
- **2.** Meanwhile, in a small bowl, stir together the soy sauce, honey, and sesame oil. Arrange the salmon fillets in a shallow dish, season with pepper, then cover with half of the sauce.
- 3. In a large skillet over medium heat, warm the oil. Add the salmon and sear skin side up for 4 minutes. Pour the remaining sauce into the skillet, swirling around to release the salmon from the pan. Carefully flip the salmon over. Spooning some of the sauce from the pan over the salmon, and continue cooking for an additional 4 minutes, or until cooked through. Transfer the salmon to a plate, cover with foil to keep warm, and set aside.
- **4.** Add the bok choy to the skillet, cut side down, and cook 2 minutes per side. Remove the bok choy and reduce the sauce, cooking about 2 minutes more. Serve salmon fillets over rice with bok choy on the side. Drizzle with reduced sauce, garnish with the sesame seeds. Serve.

Tip: Want more sauce? Simply double the amount of soy sauce, honey, and sesame oil!



CAJUN SHRIMP JAMBALAYA

SERVES 4

INGREDIENTS

- 2 tablespoons canola oil
- 1 small onion, chopped
- 1 small green bell pepper, chopped
- 2 ribs celery, chopped
- 2 tablespoons chopped garlic
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- 3/4 cup basmati rice
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 cups chicken broth
- 24 medium shrimp, peeled and deveined

DIRECTIONS

1. In a large pan over high heat, warm the oil. Add the onion, pepper, and celery, cooking for 3 minutes. Stir in the garlic, tomatoes, rice, salt, and pepper, slowly stirring in the broth. Reduce the heat to medium and cook for 15 minutes, stirring occasionally, until the liquid is absorbed and the rice is tender. Add the shrimp and cook for about 7-10 minutes, until the shrimp is pink.



PEANUT DRESSING

- 1/3 cup hoisin sauce
- 1/3 cup rice wine vinegar
- 1/4 cup peanut butter
- 2 tablespoons sesame oil
- 1 tablespoon brown sugar
- 2 ½ teaspoons grated fresh ginger
 - 2 teaspoons hot chile paste

SALAD MIX

- 5 cups romaine lettuce, washed, dried, and cut
- 5 cups shredded Napa cabbage
- 1 cup shredded carrots
- 1 cup frozen edamame (soybeans), thawed
- 1 bunch green onions, chopped
- ½ cup fresh cilantro, chopped
- 1 can water chestnuts, sliced
- 1/2 cup sliced almonds
- 1 pound frozen cooked shrimp, thawed
- 2 tablespoons sesame seeds
- 3/4 cup crispy wonton strips

THAI SHRIMP SALAD

- 1. In a small bowl, stir together the hoisin, rice wine vinegar, peanut butter, sesame oil, brown sugar, ginger, and hot chile paste. Set aside.
- **2.** In a large bowl, toss together the romaine, cabbage, carrots, edamame, green onions, cilantro, water chestnuts, almonds, and shrimp. Serve topped with the dressing, sesame seeds, and wonton strips.

PORK



SAUSAGE, PEPPER, AND ONION RAGU

SERVES 4

INGREDIENTS

- 1 tablespoon canola oil
- 1 pound sweet Italian sausage
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 green bell peppers, diced
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (14.5-ounce) can crushed tomatoes
- 1/2 cup fresh parsley, chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (16-ounce) package wide egg noodles

- 1. In a stockpot over medium-high heat, warm the oil. Add the sausages and cook about 4 minutes per side, until browned. Transfer the cooked sausage to a cutting board and cut into 1/4-inch slices.
- 2. Return the sausage to the pot, and add the onions and garlic. Cook for 5-7 minutes, until the onions are translucent. Stir in the green bell peppers and cook for 7-10 minutes, until the peppers are tender. Reduce the heat to medium-low, stir in the diced tomatoes, crushed tomatoes, parsley, salt, and pepper. Bring to a simmer and cover, stirring occasionally, for about 30 minutes, until all the vegetables are tender.
- **3.** Meanwhile, bring a separate large pot of water to a boil, add the pasta, and cook according to the package directions. Serve over the noodles!



ORECCHIETTE WITH TOMATO CREAM SAUCE

SERVES 4

INGREDIENTS

- 1 (16-ounce) package orecchiette pasta
- 1 pound ground Italian sausage
- 1 (24-ounce) can tomato sauce
- 1 (14.5-ounce) can diced fire roasted tomatoes
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 (8-ounce) cream cheese, cubed and softened
- 1/4 cup parmesan cheese

- **1.** Bring a large pot of water to a boil, add the pasta, and cook according to the package directions. Drain and set aside.
- In a large pan over medium-high heat, cook the sausage until browned, about 5-7 minutes. Remove from the pan and set aside.
- 3. Using the same pan, adjust the heat to medium-low and stir together the tomato sauce, diced tomatoes, Italian seasoning, garlic powder, parsley, salt, and pepper. Bring the sauce to a simmer and add in the cream cheese. Continue stirring for about 2-3 minutes, until combined. Return the sausage and simmer for another 4-5 minutes, watching carefully for bubbling. Stir in the parmesan cheese and remove from the heat.
- **4.** Add the cooked pasta to the sauce and stir until well combined. Serve topped with additional parmesan.



POMEGRANATE PORK MEDALLIONS

SERVES 4

INGREDIENTS

- 1 ½ pounds pork tenderloin, trimmed and sliced into ½-inch pieces, pressed to about ¼-inch thick
 - 1/4 cup flour
 - ½ teaspoon salt
 - 1/4 teaspoon pepper
 - 1 tablespoon canola oil
 - 2 cups pomegranate seeds
 - 2 tablespoons pomegranate juice
 - 2 garlic cloves, minced
 - 1/2 teaspoon paprika
 - 1 tablespoon fresh rosemary, chopped
 - 1/4 cup brown sugar

- 1. In a resealable bag, combine the flour, salt, and pepper. Place 1/3 of the sliced pork in the bag, seal, and shake to coat. Remove pork from the bag and shake lightly to remove excess flour from pork.
- **2.** In a non-stick skillet or pan, warm the oil over medium-high heat. Cook the pork slices 2 minutes per side, working in batches. Transfer the cooked pork to a plate and repeat until remaining pork is cooked, adding more oil as necessary.
- 3. Using the same pan, wipe clean, pour in the pomegranate seeds, pomegranate juice, garlic, paprika, rosemary, and brown sugar. Bring to a simmer over medium-low heat, and use a wooden spoon to break up the pomegranate seeds. Continue to simmer until the mixture has thickened slightly, about 10 minutes. Serve the pork with the pomegranate sauce on top.



INGREDIENTS

- 1 cup diced thick cut bacon, raw
- 1 (16-ounce) package spaghetti
- 4 eggs
- 1 ½ cups fresh grated parmesan, plus extra for garnish
- 1/2 cup heavy cream
- ½ teaspoon pepper
- 1/4 teaspoon salt

CARBONARA

- **1.** In a medium pan set over medium-high heat, cook the bacon until crispy, about 8-12 minutes, stirring occasionally. When done, remove the bacon and set aside.
- 2. Meanwhile, bring a large pot of water to a boil, add the pasta, and cook according to the package directions. When the pasta is done, reserve ½ cup of the pasta water for the sauce, then drain the rest.
- 3. In a large bowl, whisk together the eggs, parmesan, and heavy cream. Immediately transfer the hot pasta to the egg mixture, working quickly to toss. Add the pasta water a little at a time to loosen the sauce, if needed. Stir in the bacon, salt, and pepper. Serve immediately and top with additional parmesan cheese.



INGREDIENTS

- 1 (16-ounce) package fettuccine pasta
- 1 teaspoon canola oil
- 1/2 pound sweet Italian sausages
- 1/2 cup water
- ½ cup butter
- 1 cup heavy whipping cream
- 1 ½ cup fresh grated parmesan

SAUSAGE ALFREDO

- **1.** Bring a large pot of water to a boil, add the pasta, and cook according to the package directions. Drain and set aside.
- 2. In a medium pan over medium-high heat, warm the oil. Add the sausage and cook for about 5 minutes per side, until browned. Reduce the heat to medium-low, add the water, and cover. Cook for 12 minutes or until the sausages are no longer pink in the center.
- **3.** Meanwhile, in a small saucepan over medium heat, melt the butter. Add the heavy whipping cream, stirring frequently until mixture comes to simmer. Reduce the heat to low and continue stirring for 6 minutes. Remove from the heat and stir in the parmesan until fully incorporated.
- **4.** Top the fettuccine with the sauce and sausage. Serve.



INGREDIENTS

- 1 (8-ounce) package orecchiette pasta
- 2 large sweet potatoes, peeled and diced into 1-inch cubes
- 1 1/2 teaspoons salt, divided
 - 1 tablespoon canola oil
 - 1 large yellow onion, diced
 - 1 pound ground Italian sausage
 - 2 tablespoons garlic, minced
 - 4 cups kale, ribs removed and shredded
 - 1/2 cup fresh grated parmesan
 - 1/4 teaspoon pepper

SAUSAGE, SWEET POTATO, AND KALE PASTA

- **1.** Bring a large pot of water to a boil, add the pasta, and cook according to the package directions. Drain and set aside.
- **2.** Meanwhile, in a large saucepan bring 5 cups of water to a boil. Add 1 teaspoon of salt and the sweet potatoes. Boil for 10-12 minutes, or until tender. Drain and set aside.
- 3. In a large pan over medium-high heat, warm the oil. Add the onion and cook for 6 minutes, until lightly browned. Add the sausage and cook for another 5 minutes, until browned. Add the garlic and cook for 30 seconds, until fragrant. Stir in the cooked sweet potatoes and cook for another 3 minutes; add the kale on top, cover the pan with the lid, and allow the kale to wilt for about 2-3 minutes. Stir in the pasta, parmesan, remaining salt, and pepper. Serve topped with parmesan.



INGREDIENTS

- 6 cups chicken broth
- 3 pounds russet potatoes, quartered
- 6 tablespoons unsalted butter
- 1 large onion, diced
- 1 garlic clove, minced
- 3 tablespoons flour
- 1/2 cup whole milk or heavy cream
- 4 ounces cream cheese
- 8 ounces shredded medium cheddar cheese
- 1 teaspoon salt
- 2 teaspoons pepper
- 3 ounces shredded mild cheddar cheese
- 12 slices thick cut bacon, cooked and crumbled, for topping
- ½ cup sour cream, for topping Fresh chives, finely chopped, for garnish

LOADED POTATO SOUP

DIRECTIONS

- **1.** In a large pot over medium-high heat, cook potatoes in the chicken broth, covered, for about 20 minutes, or until tender.
- 2. Meanwhile, in a large pan over medium heat, melt the butter. Add the onions, and cook for about 7-10 minutes, until softened and translucent. Stir in the garlic and flour, cook for 1-2 minutes, then slowly whisk in the milk, to avoid lumps.
- **3.** Once the potatoes are tender, pour the onion mixture into the pot. Gently mash the potatoes in the pot. Cook about 10 minutes, until thickened; add in the cream cheese, cheddar, salt, and pepper, for 2-3 minutes, stirring until the cheese is fully melted.
- **4.** Serve topped with bacon, cheddar cheese, sour cream, and chives.

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BEEF



MEDITERRANEAN MEATBALLS

SERVES 4

TZATZIKI SAUCE

- 10 ounces plain Greek yogurt
 - 1 medium cucumber, peeled, seeded, and finely diced (about 1 cup)
- 2 teaspoons lemon juice Salt and pepper, to taste
- 1 teaspoon chopped fresh dill
- 1 garlic clove, minced

INGREDIENTS

- 1 pound ground beef
- 1/4 cup dry breadcrumbs
- 1 large egg
- 1 tablespoon freshly minced garlic
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1 teaspoon ground cinnamon
- 1 teaspoon dried parsley
- 1 teaspoon dried rosemary, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- 1/2 cucumber, chopped
- 1 large tomato, chopped
- 4 Greek flatbread pitas
- 2 teaspoons fresh dill
- 2 teaspoons fresh parsley

- **1.** Preheat the oven to 425°F. In a medium bowl, stir together the yogurt, cucumber, lemon juice, salt, pepper, dill, and garlic. Set aside.
- **2.** In a large mixing bowl, using clean hands, combine the beef, breadcrumbs, egg, garlic, basil, oregano, cinnamon, parsley, rosemary, salt, pepper, and cumin. Form into 1-inch balls and place on a rimmed baking sheet. Cook for 15 minutes, or until browned, turning halfway through.
- **3.** Remove the meatballs from the oven and let rest for 3 minutes before serving. Add tzatziki sauce to a pita, top with 3 to 4 meatballs, garnish with dill and parsley, and roll closed.



INGREDIENTS

- 1 teaspoon canola oil
- 2 pounds ground beef
- 1 large yellow onion, diced
- 2 green bell pepper, chopped
- 2 cups beef broth
- 1 (24-ounce) can crushed tomatoes
- 1 (24-ounce) can diced tomatoes
- 2 cups water
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 cup basmati rice

STUFFED PEPPER SOUP

- 1. In a large pot over medium heat, warm the oil. Add the ground beef, cooking about 5 minutes, until evenly browned. Drain if necessary. Add the onions and peppers, cooking for 15 minutes, until the onions have started to brown and the peppers have softened.
- **2.** Add the beef broth, crushed tomatoes, diced tomatoes, water, salt, and pepper to the meat mixture. Bring to a simmer and stir in the rice. Reduce the heat to low, cover, and cook for about 25 minutes, until the rice is tender, stirring occasionally. Serve.



INGREDIENTS

- 2 cups shredded colby or cheddar cheese
- 1 (4-ounce) jar diced pimentos, drained
- ½ cup mayo
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 2 pounds ground chuck
- 11/2 teaspoons salt
- 1 1/2 teaspoons pepper
 - 1 teaspoon canola oil
 - 6 hamburger buns

PIMENTO CHEESE BURGERS

- **1.** In a small bowl, stir together the cheese, pimentos, mayo, onion powder, garlic powder, and cayenne pepper. Set aside.
- **2.** Using clean hands, add the salt and pepper to the beef and mix well. Divide into 6 patties.
- 3. Preheat the grill or a grill pan to medium-high heat. Lightly oil, add the patties, and cook for 4-6 minutes per side, or until browned. Add 3 tablespoons of the pimento cheese mixture to each patty and cover, allowing the cheese to melt, about 2 minutes. Serve on the hamburger buns.



MEATY MOZZARELLA PASTA BAKE

SERVES 4

INGREDIENTS

- 1 (16-ounce) package short pasta, such as cavatappi
- 1 tablespoon canola oil
- 1 pound ground beef
- 2 tablespoons minced garlic
- 1 (24-ounce) jar good quality pasta sauce
- 1 1/2 teaspoons Italian seasoning
 - 1 teaspoon chili powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 2 cups shredded mozzarella

- **1.** Bring a large pot of water to a boil, add the pasta, and cook according to the package directions. Drain and set aside.
- **2.** In a large pan over medium-high heat, warm the oil. Cook the ground beef for 5-7 minutes, until browned. Add the garlic and cook for 30 seconds. Stir in the sauce, Italian seasoning, chili powder, salt, and pepper, cook for 2 minutes. Add the pasta to the sauce and stir until well combined.
- **3.** Transfer the mixture to a 9x9-inch baking dish, sprinkle with mozzarella, and broil on high until the cheese is melted and bubbling, about 3-5 minutes.



YIELDS 12 TACOS

INGREDIENTS

- 1 tablespoon canola oil
- 1 medium onion, minced
- 3 garlic cloves, minced
- 1 ½ pounds ground beef
 - 4 teaspoons chili powder
 - 1/4 teaspoon cayenne pepper
 - 1 teaspoon cumin
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/2 cup tomato paste
 - 12 soft tortillas or hard taco shells

TOPPINGS

Lime wedges Shredded lettuce Diced tomatoes Shredded cheese

Green onions

CLASSIC BEEF TACOS

DIRECTIONS

1. In a large pan over medium-high heat, warm the oil. Add the onions and cook for 10-12 minutes, until lightly browned. Add the garlic and ground beef, cooking for 5 minutes, or until the meat is no longer pink. Stir in the chili powder, cayenne, cumin, salt, pepper, and tomato paste, cooking for 3-5 minutes. Serve in tortillas or hard taco shells, garnish with desired toppings.



INGREDIENTS

- 1½ cups corn, fresh, canned, or frozen and thawed
 - 8 ounces grape tomatoes
 - bunch green onions, cut into2-inch pieces
 - 2 tablespoons canola oil, divided
- 1/2 small jicama, peeled and diced
- 1 small lime, juiced
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1 pound skirt steak, cut into 4 steaks
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- ½ teaspoon chili powder
- 8 (6-inch) flour tortillas, warmed

SKIRT STEAK FAJITAS

- 1. On a rimmed baking sheet, add the corn, tomatoes, and green onions. Toss with 1 tablespoon of the oil and place under the broiler set to high. Cook for 12-15 minutes, stirring every 2 minutes until the vegetables are starting to char and the tomatoes have burst. Remove from the oven and transfer to a bowl. Add the jicama, lime juice, salt, and sugar, stirring until well coated.
- 2. Season both sides of the steaks with onion powder, garlic powder, salt, pepper, and chili powder. Warm the remaining oil in a large skillet over medium-high heat. Add the steaks and cook for 3-5 minutes per side, until browned. Transfer to a plate, cover with foil, and let rest for 5 minutes.
- **3.** Slice the steak into thin strips, cutting across the grain. Serve on a warmed tortilla topped with the prepared salsa.

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Author and self-taught cook with a mind for creating unique, simple, and delicious recipes. Inspired at a young age while sitting on grandma's countertop, he assisted with everything she baked. After starting what began as a small food blog, to what is now the website and various print publications of BestRecipes.co, he strives to make dinner simple and easy for everyone.



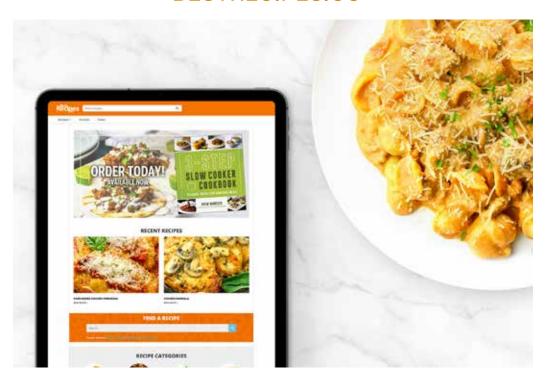
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Starting as a writer, then editor and food stylist, she loves the art behind everything that she does. Learning how to cook came at a young age baking with grandma, which became one of her favorite things. Her writing background is what brought her to the food team at Best Recipes, quickly becoming an integral part of the operations, and her work is seen in every recipe we publish.

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