

CREAMY CHICKEN BACON PESTO PASTA

Servings: 4

INGREDIENTS

6 bacon strips, cut into 1-inch pieces
2 boneless, skinless chicken breasts, cubed
2 teaspoons salt
1 teaspoon pepper
1 teaspoon garlic powder
2 onions, sliced
4 garlic cloves, minced
 $\frac{3}{4}$ cup spinach
5 cups milk
1 pound fettuccine
 $\frac{1}{2}$ cup pesto
1 cup Parmesan, grated Parmesan
Fresh parsley

PREPARATION

- In a large pot or dutch oven over medium-high heat, cook the bacon until crispy.
- Add chicken and season with salt, pepper, and garlic powder.
- Cook until the chicken is no longer pink, then remove.
- Add onion and garlic and cook until softened. When onions are caramelized, add spinach and cook until wilted.
- Add milk and bring to boil. Add fettuccine into boiling mixture and cover.
- Cook fettuccine on medium heat until milk thickens and pasta is cooked, about seven minutes.
- Add the chicken back to the pot. Stir in the pesto and Parmesan.
- Top with parsley and additional Parmesan. Enjoy!

CHICKEN AND VEGGIES

Servings: 3-4

INGREDIENTS

1 pound fingerling potatoes
½ pound carrots,
1 medium red onion, thickly sliced
4-6 garlic cloves, peeled
1 tablespoon olive oil
2 teaspoons salt, divided
1½ teaspoons black pepper, divided
1 teaspoon rosemary, finely chopped
6 boneless, skin-on chicken thighs

PREPARATION

- Preheat oven to 425°F/220°C
- Assemble potatoes, carrots, onion, and garlic on a parchment-lined baking sheet. Drizzle with olive oil and sprinkle with rosemary, 1 teaspoon of salt salt, and half the black pepper. Use your hands to ensure vegetables are evenly coated with seasonings.
- Sprinkle remaining salt and pepper on either side of each chicken thigh. Arrange chicken thighs skin-side up on top of the vegetables.
- Roast for 40-50 minutes or until the chicken reads 165°F/73°C internal temperature and skin is crispy. Serve and enjoy!

SHRIMP FAJITAS

Servings: 5

INGREDIENTS

5 flour tortillas

½ red bell pepper, seeds removed and sliced lengthwise

½ green bell pepper, seeds removed and sliced lengthwise

½ orange bell pepper, seeds removed and sliced lengthwise

½ red onion, sliced

1 pound shrimp, peeled and deveined

Olive oil

1 teaspoon salt

½ teaspoon pepper

1 teaspoon garlic powder

1 teaspoon cumin

Juice of 1 lime

Salsa

Guacamole

Cilantro

PREPARATION

- Preheat oven to 400°F/200°C.
- Wrap the tortillas in foil and place on the corner of a baking sheet.
- Add the bell peppers, red onion, and shrimp to the sheet and season with olive oil, salt, pepper, garlic powder, cumin, and lime.
- Toss to coat.
- Place in the oven and bake for 10 minutes, flipping the shrimp halfway through.
- Serve with warm tortillas, salsa, guacamole, cilantro, and lime. Enjoy!

SAUSAGE AND PEPPERS PASTA

Servings: 4-5

INGREDIENTS

1 pound short pasta (we used bow ties)
1 tablespoon olive oil
3 hot Italian sausages
3 sweet Italian sausages
1 red bell pepper, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
½ white onion, sliced
2 cloves of garlic, peeled and sliced
28 ounce can diced tomatoes
1 teaspoon oregano
1 teaspoon salt
1 teaspoon black ground pepper

PREPARATION

1. Bring a large pot of water to a rolling boil, add a generous amount of salt, and cook pasta 2 minutes less than the package instructions.
2. Strain pasta and set aside. Toss with a small amount of oil to prevent sticking
3. In the same pot, heat the olive oil and fry sausages, working in batches as needed, until deeply browned on all sides.
4. Remove sausages, slice in $\frac{3}{4}$ -inch pieces, and set aside.
5. Sauté the bell peppers, onion, and garlic for about 2 minutes.
6. Add the canned tomatoes, all of the spices, and the sliced sausage to the pot.
7. Cover, and simmer about 10 minutes.
8. Add the pasta back to the pot and stir gently until all the ingredients are coated in the sauce. Continue simmering until pasta is al dente
9. Serve with grated parmesan.
10. Enjoy!

LEMON PEPPER CHICKEN & RICE

Servings: 4

3tablespoons lemon pepper

2tablespoon paprika

2 cloves garlic, minced

1 tablespoon olive oil

2 lb chicken thighs with skin

4 tablespoons butter

1 yellow onion, diced

1 ½ cups arborio rice

¼ cup white wine

4 cups chicken broth

1 ½ cups milk

Pepper, to taste

1 cup parmesan cheese

¼ cup fresh parsley, optional

Preparation

- Combine lemon pepper, paprika, and 2 cloves of minced garlic in a small bowl.
- In a large oven-proof pot, heat olive oil on medium heat. Season both sides of the chicken and place in the pot skin side down. Cook for three minutes, turn the heat up to medium high and cook for an additional two minutes (or until browned). Turn the chicken over and cook for another 3-4 minutes. Remove chicken from the pot and set aside. (Don't worry! It will finish cooking when you put it in the oven.)
- With a paper towel, carefully wipe out excess fat, leaving the seasoning.
- Preheat your oven to 350°F (175°C).
- On medium high, melt two Tbsp. of butter in the pot and add the diced onions and the rest of the minced garlic. Cook until onions are translucent (1-2 minutes).
- Add the rice and stir until it becomes translucent (1-2 minutes).
- Pour in the white wine and let it cook until most of the wine has evaporated (about two minutes).
- Add the chicken broth, one cup of milk, and a dash of pepper and stir. Bring it to a simmer.
- Place the chicken back into the pot. Cover with a lid or foil and bake for 30 minutes (remove lid after 20 minutes).
- Remove the chicken from the pot and broil on high for 2-3 minutes or until the skin has nicely browned.
- Add the other two Tbsp. butter, parmesan, ½ cup (118 ml) of milk and parsley to the rice. Stir until well combined. Return the chicken on top of rice.