NEVER RUN OUT OF THINGS TO COOK / FREE SAMPLE

Look inside your recipe library

These are selected pages from the 220-recipe interactive cookbook. The page numbers printed on them belong to the full book.

Try Dinner → 30 min or less → Chicken, or read the sample recipes. Only links to pages included in this preview are active. Download and open in a PDF reader that follows internal links for the best experience.

Open the cookbook menu

Try the Dinner finder path

Never Run Out of Things to Cook

220 Easy Recipes



Browse the cookbook →

Find a recipe →

YOUR EVERYDAY RECIPE COLLECTION

Find your next recipe

Pick a meal, the time you have, and what sounds good. Or browse all 220 recipes by chapter.

What should I cook today? →

A-Z recipe index →

BROWSE BY MEAL



Breakfast
50 recipes →



Lunch
55 recipes →



Dinner
75 recipes →



Snacks & Treats
40 recipes →

How to use this book →

← Back to cover

START HERE

How to use this book

Pick a recipe and go straight to the ingredients and steps.

01 **Find something to cook**

Use Find a recipe at the top of any page. Choose the meal, set a time limit, then pick an ingredient or craving. Tap a result to open the recipe. Use the chapter tabs or the A-Z index if you already know what you want.

02 **Measure and time it**

For this book, 1 cup is 240 mL, 1 tablespoon is 15 mL, and 1 teaspoon is 5 mL. If your measures differ, use a scale or a jug marked in mL. Oven temperatures are conventional. Total time includes listed waits, but not suggested sides, thawing or preparing ingredients listed as ready to use.

03 **Check the center**

Use an instant-read thermometer. Cook poultry, casseroles and reheated leftovers to 165°F (74°C), ground beef or pork and egg dishes to 160°F (71°C), and fish to 145°F (63°C). For whole beef and pork cuts, cook to 145°F (63°C) and rest at least 3 minutes. Keep raw meat, seafood and their utensils away from ready-to-eat food.

04 **Store leftovers safely**

Keep refrigerated food at 40°F (4°C) or colder. Chill perishables within 2 hours, or 1 hour above 90°F (32°C). Cool cooked rice in shallow portions within 1 hour and refrigerate for no more than 24 hours. Reheat only the portion you need, only once. Freeze at 0°F (-18°C) or colder. Thaw in the fridge and use the earlier recipe or package date.

05 **Read the nutrition estimates**

Estimates use USDA FoodData Central values for the measured recipe, not suggested sides. Brands, portions and cooking methods affect the numbers. Check package labels for allergens; finder tags describe dishes, not dietary requirements.

Find a recipe →

On a phone, zoom into either column of a recipe. If links don't work in your preview, download and open the file in a PDF reader.

01 / 03 PICK A MEAL

What should I cook today?

Choose a meal to narrow the collection to recipes that fit.

01 **Breakfast** → 50 recipes

02 **Lunch** → 55 recipes

03 **Dinner** → 75 recipes

04 **Snacks & Treats** → 40 recipes

Next, choose how much time you have and what sounds good. Tap any recipe title in the results to go straight to it.

Open the A-Z index →

A-Z recipe index

Ap to Be | Be to Ch | Ch to Cl | Cl to Cr | Cr to Gr | Gr to Le | Le to Ov | Pa to Sp | Sp to Ve | Ve to Yo

Apple Cinnamon Breakfast Muffins
47 min total / Serves 12

Apple Cinnamon Overnight Oats
8 hr 10 min total / Serves 2

Apple Crumble
1 hr 6 min total / Serves 6

Asian Sesame Chicken Salad
16 min total / Serves 4

Avocado Toast with Eggs
15 min total / Serves 2

Bacon, Egg and Cheese English Muffin
20 min total / Serves 2

Baked Apple Cinnamon Oatmeal
58 min total / Serves 6

Baked BBQ Chicken Thighs
55 min total / Serves 4

Baked Blueberry Oatmeal
58 min total / Serves 6

Baked Chicken Drumsticks with Potatoes
1 hr 1 min total / Serves 4

Baked Eggs with Spinach and Tomatoes
29 min total / Serves 2

Baked Macaroni and Cheese
55 min total / Serves 6

Baked Mozzarella Sticks
1 hr 27 min total / Serves 6

Baked Sweet Potato with Black Beans
1 hr 3 min total / Serves 4

Banana Oat Breakfast Muffins
46 min total / Serves 12

Banana Oat Energy Bites
44 min total / Serves 14

Banana Oat Pancakes
30 min total / Serves 4

BBQ Bacon Cheeseburgers
32 min total / Serves 4

BBQ Chicken Flatbread
23 min total / Serves 4

Beef and Broccoli Noodle Bowl
33 min total / Serves 4

Beef and Broccoli Stir-Fry
30 min total / Serves 4

Beef and Cheese Enchiladas
52 min total / Serves 4

Beef Lasagna
1 hr 50 min total / Serves 8

Beef Shepherd's Pie
1 hr 16 min total / Serves 6

← Back to home

Next page →

CHAPTER 01 / 50 RECIPES



Breakfast

Pancakes, eggs, oats and bakes for both quick mornings and slower ones.

Browse all breakfast recipes →

Find by time or craving →

JUMP TO RECIPES BY NUMBER

001 to 024 →

025 to 048 →

049 to 050 →

QUICK PICKS IN THIS CHAPTER

Strawberry Banana Smoothie →
5 min total / Serves 2

Green Spinach and Mango Smoothie →
5 min total / Serves 2

Mango Pineapple Smoothie →
5 min total / Serves 2

Strawberry Yogurt Granola Bowl →
8 min total / Serves 2

Peanut Butter Banana Smoothie →
5 min total / Serves 2

Breakfast Smoothie Bowl →
8 min total / Serves 2

BREAKFAST / RECIPE 001

Fluffy Buttermilk Pancakes

Tall, tender pancakes with golden edges and a little buttermilk tang.

SERVES	PREP	COOK	TOTAL
4	10 min	20 min	35 min

About 12 pancakes / Rest 5 min / Large skillet or griddle

Ingredients

- 1½ cups (180 g) all-purpose flour
- 2 tbsp (25 g) granulated sugar
- 1½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp fine salt
- 1 large egg
- 1½ cups (360 mL) cultured buttermilk
- 2½ tbsp (35 g) unsalted butter, divided

How to make it

01 **Make the batter.** Whisk the flour, sugar, baking powder, baking soda and salt in a bowl. In another bowl, whisk the egg and buttermilk, then whisk in 2 tbsp of melted, slightly cooled butter.

02 **Let it rest.** Pour the wet mix into the flour mix. Fold just until there are no dry streaks. Small lumps are fine. Let the batter stand for 5 minutes. Do not stir it again.

03 **Cook in batches.** Heat a large skillet over medium heat. Brush it with a little of the remaining butter. Drop about 3 tbsp batter per pancake, leaving room between them.

04 **Flip once.** Cook until the edges look matte and the bubbles on top stay open, about 2 to 3 minutes. Flip and cook for 1 to 2 minutes, until golden and set at the center. Repeat, greasing lightly between batches.

PAIR WITH

Maple syrup and raspberries, or scrambled eggs for a bigger breakfast.

STORAGE

Refrigerate the cooked pancakes in a sealed container for up to 2 days, or freeze with parchment between layers for up to 2 months for best texture. Toast or warm until hot throughout.

ESTIMATED NUTRITION / PER SERVING

306 kcal Calories	9 g Protein	45 g Carbs	10 g Fat	1 g Fiber

BREAKFAST / RECIPE 003

Banana Oat Pancakes

Ripe bananas sweeten these small blender pancakes. Keep them small so they are easy to flip.

SERVES	PREP	COOK	TOTAL
4	6 min	20 min	30 min

About 12 pancakes / Rest 4 min / Blender and large nonstick skillet

Ingredients

- 1 2/3 cups (135 g) old-fashioned rolled oats
- 2 ripe bananas (about 230 g peeled)
- 2 large eggs
- ½ cup (120 mL) 2% milk
- 2 tsp baking powder
- ½ tsp ground cinnamon
- 1 tsp (5 mL) vanilla extract
- ¼ tsp fine salt
- 2 tsp (10 mL) neutral oil, for the pan

How to make it

01 **Blend.** Put the oats, bananas, eggs, milk, baking powder, cinnamon, vanilla and salt in a blender. Blend until the oats are finely ground and no banana chunks remain, about 45 seconds. Let stand for 4 minutes.

02 **Pour small rounds.** Heat a nonstick skillet over medium heat. Wipe a little oil over the surface. Use about 3 tbsp batter per pancake. The batter should fall from a spoon in a thick ribbon.

03 **Wait to flip.** Cook for 2 to 3 minutes, until the edges hold their shape and a spatula slides underneath cleanly. Turn gently and cook for 1 to 2 minutes more, until golden and set inside.

04 **Adjust the heat.** Repeat with the rest of the batter and oil. If the undersides darken too fast, reduce the heat to medium-low so the middles have time to cook.

PAIR WITH

A spoonful of Greek yogurt and sliced strawberries.

STORAGE

Refrigerate cooked pancakes for up to 2 days. Freeze with parchment between layers for up to 2 months for best texture. Reheat until hot throughout.

ESTIMATED NUTRITION / PER SERVING

255 kcal Calories	9 g Protein	39 g Carbs	8 g Fat	5 g Fiber

BREAKFAST / RECIPE 014

Scrambled Eggs on Sourdough

SERVES	PREP	COOK	TOTAL
2	5 min	7 min	12 min

Small nonstick skillet

Ingredients

- 4 large eggs
- 1 tbsp (15 mL) 2% milk
- 1 tbsp (14 g) unsalted butter
- 2 slices of sourdough
- ¼ tsp fine salt
- 1/8 tsp ground black pepper
- 1 green onion (spring onion)

How to make it

01 **Get ready.** Toast the sourdough. Beat eggs, milk and salt until no white streaks remain. Finely slice the green onion.

02 **Scramble gently.** Melt the butter in a skillet over medium-low. Add the eggs and sweep a spatula across the base slowly, drawing soft curds toward the middle. Cook until no liquid egg remains, about 3 to 5 minutes.

03 **Serve.** Spoon the eggs onto the toast with the green onion and pepper.

KITCHEN NOTES

PAIR WITH

Grilled tomatoes and sliced avocado.

STORAGE

Refrigerate promptly in a sealed container and eat within 2 days. If reheating, heat gently until the center reaches 165°F (74°C).

ESTIMATED NUTRITION / PER SERVING

322 kcal Calories	18 g Protein	25 g Carbs	16 g Fat	1 g Fiber

CHAPTER 02 / 55 RECIPES



Lunch

Salads, wraps, soups and bowls. Start with the time you have.

Browse all lunch recipes →

Find by time or craving →

JUMP TO RECIPES BY NUMBER

051 to 074 →

075 to 098 →

099 to 105 →

QUICK PICKS IN THIS CHAPTER

Turkey Avocado Wrap →
10 min total / Serves 2

Chicken Salad Croissant Sandwich →
13 min total / Serves 4

Tuna Salad Lettuce Wraps →
12 min total / Serves 2

Buffalo Chicken Wrap →
14 min total / Serves 2

Chicken Avocado Wrap →
12 min total / Serves 2

Mediterranean Chickpea Salad →
15 min total / Serves 4

LUNCH / RECIPE 054

Mediterranean Chickpea Salad

A no-cook lunch with crunchy cucumber, chickpeas, tangy feta and a lemon dressing.

SERVES	PREP	COOK	TOTAL
4	15 min	No cook	15 min

4 bowls / Colander and large bowl

Ingredients

- 2 cans chickpeas, rinsed and drained (about 480 g drained)
- 1 English cucumber (250 g)
- 1 cup (150 g) cherry tomatoes
- 1/3 cup (50 g) finely diced red onion
- ½ cup (75 g) crumbled feta
- 2 tbsp (8 g) chopped flat-leaf parsley
- 3 tbsp (45 mL) extra-virgin olive oil
- 2 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) Dijon mustard
- ¼ tsp fine salt
- ¼ tsp ground black pepper

How to make it

01 **Drain and chop.** Rinse the chickpeas in a colander and shake off excess water. Dice the cucumber into bite-size pieces, halve the cherry tomatoes and finely chop the onion and parsley.

02 **Make the dressing.** Whisk the lemon juice, mustard, salt and pepper in a large bowl. Slowly whisk in the olive oil until the dressing looks evenly blended.

03 **Toss and finish.** Add the chickpeas, cucumber, tomatoes, onion and parsley and toss until coated. Fold in the feta last so some crumbles stay whole. Divide between four bowls.

PAIR WITH

Warm pita and hummus, or a bowl of soup.

STORAGE

Refrigerate in a sealed container for up to 2 days. For the crispest vegetables, keep the dressing separate until serving. Do not freeze.

ESTIMATED NUTRITION / PER SERVING

329 kcal Calories	12 g Protein	34 g Carbs	17 g Fat	9 g Fiber

LUNCH / RECIPE 055

Southwest Chicken Salad

SERVES	PREP	COOK	TOTAL
4	15 min	No cook	15 min

Salad bowl

Ingredients

- 6 cups chopped romaine (cos) lettuce
- 325 g (about 11½ oz) cooked chicken breast
- 180 g canned black beans, rinsed and drained
- 120 g canned sweet corn, drained
- 1 ripe avocado (flesh)
- 150 g cherry tomatoes
- ½ cup plain low-fat Greek yogurt
- 2 tbsp (30 mL) lime juice
- 1 tbsp (15 mL) olive oil
- ½ tsp ground cumin
- ¼ tsp fine salt

How to make it

01 **Whisk dressing.** Stir yogurt, lime juice, oil, cumin and salt until smooth.

02 **Build the salad.** Chop and dry the romaine. Dice cooked chicken and avocado and halve tomatoes. Rinse the beans and drain the corn well.

03 **Toss.** Combine in a large bowl, toss with half the dressing, then serve the rest alongside.

KITCHEN NOTES

PAIR WITH

Warm tortilla chips or a cup of black bean soup.

STORAGE

Refrigerate within 2 hours and use within 2 days or the earlier ingredient date. Keep bread, greens or crisp toppings separate; add dressing as you serve if possible.

ESTIMATED NUTRITION / PER SERVING

346 kcal Calories	35 g Protein	24 g Carbs	13 g Fat	9 g Fiber

LUNCH / RECIPE 059

Classic Tuna Melt

Crisp bread, sharp cheddar and a lemony tuna filling with bits of celery and pickle.

SERVES	PREP	COOK	TOTAL
2	7 min	8 min	15 min

2 sandwiches / Large skillet and spatula

Ingredients

- 2 cans light tuna in water (about 220 g drained)
- 2 tbsp (28 g) mayonnaise
- 1 celery rib (30 g), finely diced
- 2 tbsp (20 g) chopped dill pickle
- 2 tsp (10 mL) lemon juice
- ¼ tsp ground black pepper
- 4 slices sourdough (about 160 g)
- 4 thin slices sharp cheddar (56 g total)
- 1 tbsp (14 g) softened unsalted butter

How to make it

01 **Make the filling.** Drain the tuna well and flake it with a fork. Mix with the mayonnaise, celery, pickle, lemon juice and pepper. It should hold together without liquid pooling in the bowl.

02 **Build the melts.** Spread butter on one side of each bread slice. Lay two slices buttered-side down. Add one slice of cheddar to each, divide the tuna over them, then add the remaining cheese and bread, buttered-side up.

03 **Toast slowly.** Cook both sandwiches in a wide skillet over medium-low heat for about 3 to 4 minutes per side. Flip with a broad spatula. If the bread browns before the cheddar melts, turn down the heat and cover briefly.

PAIR WITH

Cucumber spears or a cup of tomato soup.

STORAGE

Best hot from the skillet. Refrigerate leftover filling in a sealed container within 2 hours and use within 2 days. Store the filling separately and toast fresh bread when serving.

ESTIMATED NUTRITION / PER SERVING

578 kcal Calories	37 g Protein	43 g Carbs	29 g Fat	2 g Fiber

LUNCH / RECIPE 102

Egg Drop Soup with Scallions

SERVES	PREP	COOK	TOTAL
4	9 min	11 min	20 min

Saucepan and whisk

Ingredients

- 4 cups (960 mL) low-sodium chicken stock
- 3 large eggs
- 1½ tbsp cornstarch (cornflour)
- 3 tbsp (45 mL) water
- 1 tsp grated fresh ginger
- 1 tsp reduced-sodium soy sauce
- 1 tsp toasted sesame oil
- 3 green onions (spring onions)
- 1/8 tsp ground black pepper

How to make it

01 **Season the broth.** Bring stock, ginger, soy and pepper to a gentle simmer. Whisk starch with cold water and stir into the stock; simmer 1 minute until lightly thickened.

02 **Make ribbons.** Beat eggs well. Stir broth in one direction and drizzle the eggs in a thin stream. Leave a few seconds before stirring gently. Simmer until the egg ribbons are set and hot throughout.

03 **Serve.** Add sesame oil and sliced scallions and ladle into bowls.

KITCHEN NOTES

PAIR WITH

Steamed dumplings or a cucumber salad.

STORAGE

Chill in shallow containers within 2 hours. Refrigerate for 2 days or freeze for up to 3 months for best quality. Reheat once to 165°F (74°C), stirring well.

ESTIMATED NUTRITION / PER SERVING

96 kcal Calories	8 g Protein	5 g Carbs	5 g Fat	0 g Fiber

CHAPTER 03 / 75 RECIPES



Dinner

Skillet dinners, pastas, seafood and slow Sunday suppers.

Browse all dinner recipes →

Find by time or craving →

JUMP TO RECIPES BY NUMBER

106 to 129 →
130 to 153 →
154 to 177 →
178 to 180 →

QUICK PICKS IN THIS CHAPTER

Honey Garlic Chicken →
20 min total / Serves 4

Blackened Fish Tacos →
22 min total / Serves 4

Garlic Butter Salmon →
20 min total / Serves 4

Shrimp Scampi →
23 min total / Serves 4

Spaghetti Aglio e Olio →
22 min total / Serves 4

Garlic Butter Steak Bites →
24 min total / Serves 4

DINNER / RECIPE 106

Garlic Butter Chicken Breast

Pan-seared chicken cutlets with a savory garlic butter sauce you can spoon over the side dish.

SERVES	PREP	COOK	TOTAL
4	10 min	15 min	25 min

4 chicken cutlets / 12 in (30 cm) skillet and thermometer

Ingredients

- 2 large boneless, skinless chicken breasts (560 g total)
- ½ tsp fine salt
- ¼ tsp ground black pepper
- ½ tsp sweet paprika
- 1 tbsp (15 mL) olive oil
- 3 tbsp (42 g) cold unsalted butter, cubed
- 4 garlic cloves, finely minced
- 1/3 cup (80 mL) low-sodium chicken stock
- 1 tbsp (15 mL) lemon juice
- 1 tbsp chopped flat-leaf parsley

How to make it

01 **Make four cutlets.** Slice each breast in half horizontally. Aim for even pieces about ½ in (1.5 cm) thick. Pat dry and season both sides with the salt, pepper and paprika.

02 **Sear until done.** Heat oil in a large skillet over medium-high. Sear in one layer, about 3 to 4 minutes per side, to 165°F (74°C) at the thickest point. Transfer to a clean plate.

03 **Build the sauce.** Lower the heat to medium. Stir the garlic in the pan for about 30 seconds, just until fragrant. Add the stock and scrape up the browned bits. Simmer for 2 to 3 minutes, until roughly halved.

04 **Finish off the heat.** Take the pan off the burner and swirl in the cold butter a few cubes at a time. Stir in the lemon juice and parsley. Return the chicken and any juices to the skillet and spoon sauce over each piece.

PAIR WITH

Mashed potatoes and green beans to catch the extra sauce.

STORAGE

Refrigerate chicken and sauce in a shallow container within 2 hours. Use within 2 days or freeze for up to 2 months for best quality. Reheat to 165°F (74°C).

ESTIMATED NUTRITION / PER SERVING

281 kcal Calories	32 g Protein	2 g Carbs	16 g Fat	0 g Fiber

DINNER / RECIPE 108

Creamy Garlic Parmesan Chicken

SERVES	PREP	COOK	TOTAL
4	10 min	18 min	28 min

Large skillet and thermometer

Ingredients

- 600 g (about 21 oz) boneless, skinless chicken breast
- 1 tbsp (15 mL) olive oil
- ½ tsp fine salt
- ¼ tsp ground black pepper
- 2 tbsp (28 g) unsalted butter
- 4 garlic cloves
- ½ cup (120 mL) low-sodium chicken stock
- ¾ cup (180 mL) heavy whipping cream
- 65 g grated Parmesan
- 2 tbsp chopped parsley

How to make it

01 **Sear the cutlets.** Slice breasts through the middle to make four even cutlets. Pat dry, season with salt and pepper. Heat oil over medium-high and sear about 4 to 5 minutes per side, until golden and 165°F (74°C) in the thickest part. Transfer to a clean plate.

02 **Make a smooth sauce.** Lower the heat. Melt butter, stir in minced garlic for 30 seconds, then add stock and scrape up the browned bits. Simmer 2 minutes. Add cream and simmer gently until it coats a spoon.

03 **Finish off heat.** Stir in finely grated Parmesan, return chicken and scatter parsley. Thin the sauce with a splash of stock or water if needed.

PAIR WITH

Steamed broccoli and mashed potatoes.

STORAGE

Cool in shallow containers and refrigerate within 2 hours. Use within 2 days. Reheat once to 165°F (74°C), stirring or turning so the center heats through.

ESTIMATED NUTRITION / PER SERVING

489 kcal Calories	40 g Protein	5 g Carbs	34 g Fat	0 g Fiber

DINNER / RECIPE 109

Honey Garlic Chicken

Bite-size chicken pieces in a sticky honey, garlic and soy glaze.

SERVES	PREP	COOK	TOTAL
4	8 min	12 min	20 min

4 portions / 12 in (30 cm) skillet and thermometer

Ingredients

- 1.1 lb (500 g) boneless, skinless chicken breasts
- 1½ tbsp (12 g) cornstarch (cornflour)
- 3 tbsp (63 g) honey
- 1½ tbsp (22.5 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) apple cider vinegar
- 2 tbsp (30 mL) water
- 3 garlic cloves, finely minced
- 1 tbsp (15 mL) neutral oil
- 2 green onions (spring onions), thinly sliced

How to make it

01 **Mix the glaze first.** Whisk the honey, soy sauce, vinegar and water together. Slice the green onions and mince the garlic. Cut the chicken into 1 in (2.5 cm) pieces, pat dry and toss with the cornstarch.

02 **Brown the chicken.** Heat the oil in a large skillet over medium-high heat. Add the chicken in one layer. Leave it for 2 minutes, then turn and stir for another 4 to 5 minutes, until browned and nearly cooked.

03 **Glaze and check.** Lower the heat to medium. Stir in the garlic for 30 seconds, then pour in the glaze. Simmer for 1 to 2 minutes, turning the pieces, until glossy. Check that the largest pieces reach 165°F (74°C), then top with green onions.

PAIR WITH

Steamed rice and broccoli. Start the rice first if it is not already cooked.

STORAGE

Refrigerate chicken and glaze within 2 hours for up to 2 days, or freeze for up to 2 months for best quality. Reheat to 165°F (74°C) with a splash of water if the glaze is thick.

ESTIMATED NUTRITION / PER SERVING

249 kcal Calories	29 g Protein	17 g Carbs	7 g Fat	0 g Fiber

DINNER / RECIPE 110

Lemon Butter Chicken

SERVES	PREP	COOK	TOTAL
4	10 min	16 min	26 min

Large skillet and thermometer

Ingredients

- 600 g (about 21 oz) boneless, skinless chicken breast
- 1 tbsp (15 mL) olive oil
- ½ tsp fine salt
- ¼ tsp ground black pepper
- 42 g unsalted butter
- 3 tbsp (45 mL) lemon juice
- 1 tsp finely grated lemon zest
- 1/3 cup (80 mL) low-sodium chicken stock
- 2 tbsp chopped parsley

How to make it

01 **Sear the cutlets.** Slice breasts through the middle to make four even cutlets. Pat dry, season with salt and pepper. Heat oil over medium-high and sear about 4 to 5 minutes per side, until golden and 165°F (74°C) in the thickest part. Transfer to a clean plate.

02 **Make the lemon sauce.** Add stock, lemon juice and zest to the skillet and scrape up the browned bits. Simmer 2 minutes to concentrate. Take the skillet off the heat and swirl in cold cubed butter a cube at a time.

03 **Serve.** Return chicken to the skillet with its juices, coat with sauce and scatter parsley.

KITCHEN NOTES

PAIR WITH

Rice pilaf and green beans.

STORAGE

Cool in shallow containers and refrigerate within 2 hours. Use within 2 days. Reheat once to 165°F (74°C), stirring or turning so the center heats through.

ESTIMATED NUTRITION / PER SERVING

290 kcal Calories	34 g Protein	1 g Carbs	16 g Fat	0 g Fiber

DINNER / RECIPE 116

Sheet Pan Chicken Fajitas

SERVES	PREP	COOK	TOTAL
4	13 min	20 min	33 min

One large or two small sheet pans and thermometer

Ingredients

- 600 g (about 21 oz) boneless, skinless chicken breast
- 2 red bell peppers
- 1 green bell pepper
- 1 yellow onion
- 2 tbsp (30 mL) olive oil
- 1 tbsp mild US-style chili powder blend
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1 tsp garlic powder
- ¾ tsp fine salt
- 2 tbsp (30 mL) lime juice
- 8 small flour tortillas (6 in / 15 cm)

How to make it

01 **Prep.** Heat oven to 425°F (220°C). Cut chicken into ½ in (1 cm) strips and slice the vegetables. Put both on a rimmed sheet. Toss with oil, chili powder blend, cumin, paprika, garlic powder and salt.

02 **Roast.** Spread in one layer, using two pans if crowded. Roast 16 to 20 minutes, turning once, until vegetables have browned edges and chicken reaches 165°F (74°C).

03 **Serve.** Squeeze lime over the pan and spoon into warmed tortillas.

KITCHEN NOTES

PAIR WITH

Salsa, lime wedges or black beans.

STORAGE

Chill cooked fillings or finished pieces promptly and use within 2 days. Keep fresh toppings separate. Reheat in a skillet or oven until the center reaches 165°F (74°C).

ESTIMATED NUTRITION / PER SERVING

490 kcal Calories	41 g Protein	46 g Carbs	16 g Fat	6 g Fiber

DINNER / RECIPE 122

Teriyaki Chicken Stir-Fry

SERVES	PREP	COOK	TOTAL
4	14 min	15 min	29 min

Wok or wide skillet

Ingredients

- 560 g (about 20 oz) boneless, skinless chicken breast
- 280 g broccoli florets
- 1 red bell pepper
- 100 g carrots
- 1½ tbsp (22.5 mL) neutral oil
- 1/3 cup (80 mL) teriyaki sauce
- 2 tsp grated fresh ginger
- 2 garlic cloves
- ¼ cup (60 mL) water
- 1 tsp cornstarch (cornflour)
- 1 tbsp sesame seeds

How to make it

01 **Prep and sear.** Cut chicken into strips, broccoli into florets and vegetables into small pieces. Sear chicken in half the oil over medium-high to 165°F (74°C). Transfer to a clean plate.

02 **Fry vegetables.** Add remaining oil, broccoli, pepper and carrot; stir-fry 3 to 4 minutes. Add ginger and minced garlic for 30 seconds.

03 **Glaze.** Stir teriyaki, water and starch together. Add to the pan and simmer until glossy. Toss in chicken and top with sesame.

KITCHEN NOTES

PAIR WITH

Steamed jasmine rice or noodles.

STORAGE

Cool in shallow containers and refrigerate within 2 hours. Use within 2 days. Reheat once to 165°F (74°C), stirring or turning so the center heats through.

ESTIMATED NUTRITION / PER SERVING

294 kcal Calories	36 g Protein	14 g Carbs	10 g Fat	4 g Fiber

DINNER / RECIPE 133

Swedish Meatballs

SERVES	PREP	COOK	TOTAL
4	20 min	23 min	43 min

Large skillet and thermometer

Ingredients

- 300 g (about 10½ oz) 90% lean ground beef (mince)
- 225 g (about 8 oz) ground pork (mince)
- ½ cup fine dry breadcrumbs
- 1/3 cup (80 mL) 2% milk
- 1/3 yellow onion
- 1 large egg
- ¼ tsp ground allspice
- ¼ tsp ground nutmeg
- ¾ tsp fine salt
- ¼ tsp ground black pepper
- 1 tbsp (15 mL) neutral oil
- 2 tbsp (28 g) unsalted butter
- 2 tbsp all-purpose flour
- 1½ cups (360 mL) low-sodium beef stock
- ½ cup (120 mL) heavy whipping cream
- 1 tsp Dijon mustard

How to make it

01 **Shape.** Soak crumbs in milk. Mix in grated onion, egg, spices, salt and pepper. Add beef and pork, mix lightly and roll into 22 to 24 small meatballs.

02 **Brown.** Fry in oil over medium-high in batches, turning to brown on several sides, then set aside. Melt butter in the skillet, whisk in flour for 1 minute, then whisk in stock gradually.

03 **Finish in sauce.** Return meatballs and simmer until 160°F (71°C), about 6 to 9 minutes. Stir in cream and mustard; simmer gently until sauce coats a spoon.

PAIR WITH

Mashed potatoes and lingonberry jam.

STORAGE

Cool in shallow portions and refrigerate within 2 hours for up to 2 days. Freeze for up to 2 months for best quality. Thaw in the refrigerator and reheat once to 165°F (74°C).

ESTIMATED NUTRITION / PER SERVING

570 kcal Calories	31 g Protein	16 g Carbs	42 g Fat	1 g Fiber

DINNER / RECIPE 146

Classic Baked Ziti

SERVES	PREP	COOK	TOTAL
6	15 min	38 min	1 hr 1 min

Rest 8 min / 9 x 13 in (23 x 33 cm) baking dish

Ingredients

- 450 g dry ziti
- 730 g marinara sauce
- 250 g ricotta
- 200 g low-moisture mozzarella
- 55 g grated Parmesan
- 1 tsp Italian herb seasoning
- ¼ tsp ground black pepper
- 1 tsp olive oil

How to make it

01 **Prep.** Heat oven to 400°F (200°C). Oil the dish lightly. Cook ziti 2 minutes short of the package time; drain.

02 **Layer.** Toss pasta with most of the sauce, seasoning and pepper. Spread a little remaining sauce in dish, add half the pasta, dollops of ricotta and half the mozzarella. Add remaining pasta, sauce and cheeses.

03 **Bake.** Cover for 15 minutes, then uncover for 8 to 12 minutes until bubbling and 165°F (74°C) in the center. Rest 8 minutes.

KITCHEN NOTES

PAIR WITH

Lemon-dressed greens or sautéed broccoli.

STORAGE

Cool in shallow portions and refrigerate within 2 hours for up to 2 days. Freeze for up to 2 months for best quality. Thaw in the refrigerator and reheat once to 165°F (74°C).

ESTIMATED NUTRITION / PER SERVING

553 kcal Calories	24 g Protein	70 g Carbs	19 g Fat	5 g Fiber

DINNER / RECIPE 147

Creamy Garlic Parmesan Pasta

SERVES	PREP	COOK	TOTAL
4	8 min	16 min	24 min

Pasta pot and skillet

Ingredients

- 320 g dry fettuccine
- 42 g unsalted butter
- 4 garlic cloves
- ¾ cup (180 mL) heavy whipping cream
- 95 g grated vegetarian Parmesan-style cheese
- 2 tsp lemon juice
- 2 tbsp chopped parsley
- ¼ tsp ground black pepper

How to make it

01 **Boil the pasta.** Cook the fettuccine in salted water according to the package. Make the sauce while it boils. Reserve 1 cup (240 mL) of cooking water, then drain.

02 **Simmer the cream.** Melt butter on medium-low. Stir minced garlic for 30 seconds, add cream and simmer gently 3 minutes.

03 **Toss off heat.** Stir in cheese, lemon and pepper. Toss with pasta and enough reserved water to make a smooth sauce. Finish with parsley.

KITCHEN NOTES

PAIR WITH

Roasted mushrooms or steamed broccoli.

STORAGE

Chill within 2 hours and use within 2 days. Reheat once to 165°F (74°C) with a splash of water to loosen the sauce.

ESTIMATED NUTRITION / PER SERVING

631 kcal Calories	19 g Protein	66 g Carbs	33 g Fat	3 g Fiber

DINNER / RECIPE 150

Spaghetti Aglio e Olio

SERVES	PREP	COOK	TOTAL
4	9 min	13 min	22 min

Pasta pot and skillet

Ingredients

- 350 g dry spaghetti
- 1/3 cup (80 mL) olive oil
- 7 garlic cloves
- ½ tsp crushed red pepper flakes
- 3 tbsp chopped parsley

How to make it

01 **Boil the pasta.** Cook the spaghetti in salted water according to the package. Thinly slice the garlic while it cooks. Reserve 1 cup (240 mL) of cooking water, then drain.

02 **Infuse the oil.** Cook garlic gently in olive oil over medium-low until pale gold, stirring so it does not brown. Add pepper flakes for 10 seconds.

03 **Toss.** Add drained spaghetti and ¼ cup of reserved pasta water to the pan. Toss over low heat until glossy, adding a little more water if dry. Stir in the parsley off heat.

KITCHEN NOTES

PAIR WITH

A tomato salad or sautéed greens.

STORAGE

Chill within 2 hours and use within 2 days. Reheat once to 165°F (74°C) with a splash of water to loosen the sauce.

ESTIMATED NUTRITION / PER SERVING

493 kcal Calories	12 g Protein	67 g Carbs	19 g Fat	3 g Fiber

DINNER / RECIPE 179

Honey Mustard Pork Chops

SERVES	PREP	COOK	TOTAL
4	10 min	15 min	28 min

Rest 3 min / Heavy skillet and thermometer

Ingredients

- 620 g (about 22 oz) boneless pork chops, 4 even chops
- 1 tbsp (15 mL) olive oil
- 2 tbsp Dijon mustard
- 2 tbsp (30 mL) honey
- 1 tbsp (15 mL) apple cider vinegar
- 1/3 cup (80 mL) low-sodium chicken stock
- 1 tbsp (14 g) unsalted butter
- ½ tsp fine salt
- ¼ tsp ground black pepper

How to make it

01 **Sear.** Pat chops dry and season. Heat oil over medium-high. Cook about 4 minutes per side, depending on thickness, until the thickest part reaches 145°F (63°C). Move to a clean plate and rest at least 3 minutes.

02 **Glaze.** Whisk mustard, honey, vinegar and stock. Add to skillet over medium heat and scrape up browned bits. Simmer 2 to 3 minutes until syrupy, then swirl in butter off the heat.

03 **Serve.** Spoon glaze over the rested pork.

KITCHEN NOTES

PAIR WITH

Mashed potatoes and green beans.

STORAGE

Cool in shallow containers and refrigerate within 2 hours. Use within 2 days. Reheat once to 165°F (74°C), stirring or turning so the center heats through.

ESTIMATED NUTRITION / PER SERVING

334 kcal Calories	34 g Protein	9 g Carbs	17 g Fat	0 g Fiber

CHAPTER 04 / 40 RECIPES



Snacks & Treats

Something crunchy, something sweet, and plenty to share.

Browse all snacks recipes →

Find by time or craving →

JUMP TO RECIPES BY NUMBER

181 to 204 →

205 to 220 →

QUICK PICKS IN THIS CHAPTER

Homemade Trail Mix →
8 min total / Serves 10

Homemade Popcorn with Parmesan →
13 min total / Serves 4

Fresh Guacamole and Tortilla Chips →
10 min total / Serves 4

Caprese Skewers →
13 min total / Serves 6

Classic Hummus with Pita →
12 min total / Serves 6

Mini Margherita Pizzas →
21 min total / Serves 8

SNACKS & TREATS / RECIPE 181

Classic Chocolate Chip Cookies

Golden edges and soft centers. No dough chilling needed; timing assumes the butter is already soft.

SERVES	PREP	COOK	TOTAL
24	16 min	24 min	45 min

24 cookies; 1 per serving / Cool 5 min / Two sheet pans, parchment and mixer

Ingredients

- 1¼ cups (150 g) all-purpose flour
- ½ tsp baking soda
- ¼ tsp fine salt
- ½ cup (113 g) unsalted butter, softened
- 1/3 cup (70 g) packed light brown sugar
- 1/3 cup (67 g) granulated sugar
- 1 large egg
- 1 tsp (5 mL) vanilla extract
- ¾ cup (130 g) semisweet chocolate chips

How to make it

01 **Heat the oven.** Heat oven to 350°F (180°C) with a center rack. Line two sheet pans with parchment. Whisk flour, baking soda and salt.

02 **Mix the dough.** Beat the softened butter and both sugars for about 2 minutes, until lighter and creamy. Beat in the egg and vanilla. Stir in the flour mix just until no dry streaks remain, then fold in the chocolate chips.

03 **Portion and bake.** Make 24 portions of about 24 g each. Place 12 on each tray, about 2 in (5 cm) apart. Bake one tray at a time for 10 to 12 minutes, until the edges are light golden and the middles look just set.

04 **Cool on the tray.** Let each tray stand for 5 minutes so the cookies firm enough to move, then transfer to a rack. Keep the second pan cool until it goes into the oven.

PAIR WITH

Cold milk or a scoop of vanilla ice cream.

STORAGE

Cool completely before sealing. Keep airtight at room temperature for up to 4 days for best texture, or freeze baked cookies for up to 2 months. Thaw at room temperature.

ESTIMATED NUTRITION / PER SERVING

108 kcal Calories	1 g Protein	14 g Carbs	6 g Fat	0 g Fiber

SNACKS & TREATS / RECIPE 204

Fresh Guacamole and Tortilla Chips

A chunky avocado dip with lime and a little jalapeño, served with crisp corn chips.

SERVES	PREP	COOK	TOTAL
4	10 min	No cook	10 min

4 snack portions / Medium bowl and fork

Ingredients

- 2 medium ripe avocados (about 300 g flesh)
- 2 tbsp (30 mL) lime juice
- 2 tbsp (20 g) finely chopped red onion
- 1 small plum tomato, seeded and diced (60 g)
- 2 tbsp (6 g) chopped cilantro (coriander leaves)
- ½ small jalapeño, seeded and minced
- ¼ tsp fine salt
- 4¼ oz (120 g) corn tortilla chips

How to make it

01 **Mash the avocados.** Halve the avocados, remove the pits and scoop the flesh into a bowl. Add the lime juice and salt. Mash with a fork until mostly creamy but still a little chunky.

02 **Fold in the chopped ingredients.** Add the onion, drained tomato, cilantro and jalapeño. Start with half the chopped jalapeño if it is especially hot, then add the rest to taste.

03 **Serve right away.** Spoon the dip into a shallow serving bowl. Divide the chips among four snack portions or serve them on the side so they stay crisp.

PAIR WITH

Serve alongside tacos, or add carrot and cucumber sticks to the snack plate.

STORAGE

Press food wrap against the dip and refrigerate promptly. Eat within 1 day for best color and texture. Keep the chips sealed and dry, separate from the dip.

ESTIMATED NUTRITION / PER SERVING

269 kcal Calories	4 g Protein	29 g Carbs	17 g Fat	7 g Fiber

SNACKS & TREATS / RECIPE 205

Classic Hummus with Pita

SERVES	PREP	COOK	TOTAL
6	12 min	No cook	12 min

Food processor

Ingredients

- 350 g canned chickpeas, rinsed and drained
- 65 g tahini
- 3 tbsp (45 mL) lemon juice
- 1 garlic clove
- 1½ tbsp (22.5 mL) olive oil
- ¼ cup (60 mL) water
- ¼ tsp ground cumin
- ½ tsp fine salt
- 3 pitas (6 in / 15 cm)

How to make it

01 **Blend the base.** Purée tahini, lemon juice, garlic, cumin and salt with half the cold water until pale and creamy.

02 **Add chickpeas.** Add drained chickpeas and most of the oil. Blend, scraping down the bowl, and drizzle in more water until smooth and scoopable.

03 **Serve.** Spoon into a bowl, make a shallow swirl and add remaining oil. Cut pitas into wedges for dipping.

KITCHEN NOTES

PAIR WITH

Cucumber sticks or roasted red peppers.

STORAGE

Seal and refrigerate promptly. Use within 2 days or an earlier ingredient use-by date. Keep the pita sealed separately and serve chilled or at room temperature briefly.

ESTIMATED NUTRITION / PER SERVING

260 kcal Calories	9 g Protein	33 g Carbs	11 g Fat	5 g Fiber

SNACKS & TREATS / RECIPE 213

Chocolate-Dipped Strawberries

SERVES	PREP	COOK	TOTAL
6	13 min	5 min	38 min

Chill 20 min / Heatproof bowl and lined tray

Ingredients

- 430 g strawberries, tops on, for dipping
- 170 g semisweet chocolate chips

How to make it

01 **Dry the berries.** Wash and pat very dry, leaving stems on for dipping. Line a tray.

02 **Melt and dip.** Melt chocolate in a dry bowl in short microwave bursts, stirring between bursts, or over hot water. Hold each berry by its top, dip most of the way and let excess drip off.

03 **Set.** Place on the tray and chill 20 minutes, until the chocolate hardens.

KITCHEN NOTES

PAIR WITH

Coffee or a scoop of vanilla yogurt.

STORAGE

Cover and refrigerate promptly. Eat within 1 day for best texture. Do not freeze if you want the berries to stay firm.

ESTIMATED NUTRITION / PER SERVING

129 kcal Calories | **1 g** Protein | **20 g** Carbs | **7 g** Fat | **3 g** Fiber

02 / 03 DINNER

How much time do you have?

This is total time, including any required rest, chill or freeze.

01 **30 min or less**
23 recipes to choose from →

02 **45 min or less**
48 recipes to choose from →

03 **Any time**
75 recipes to choose from →

← Change meal

03 / 03 DINNER

What sounds good?

30 min or less. Choose a craving or tap Show all.

- **Chicken** — 5 matching recipes →
- **Beef** — 7 matching recipes →
- **Fish & shrimp** — 8 matching recipes →
- **Pasta** — 3 matching recipes →
- **Vegetables & beans** — 2 matching recipes →
- **Pork & sausage** — 1 matching recipe →
- **One pot** — 14 matching recipes →
- **Oven bakes** — 3 matching recipes →
- **Show all** — 23 matching recipes →

← Change time

YOUR MATCHES / DINNER

Pick a recipe

5 matches / 30 min or less / Chicken

Honey Garlic Chicken
20 min total / Serves 4 →

Garlic Butter Chicken Breast
25 min total / Serves 4 →

Lemon Butter Chicken
26 min total / Serves 4 →

Creamy Garlic Parmesan Chicken
28 min total / Serves 4 →

Teriyaki Chicken Stir-Fry
29 min total / Serves 4 →

← Change craving