



Skillet **SUPPERS**



RECIPES

GREEK SHRIMP FETA SKILLET

Makes 4 servings

1¼ cup = 240 calories, 16g carbs, 25g protein, 8g fat

1 tablespoon olive oil

1 medium onion, finely chopped

3 garlic cloves, minced

1 teaspoon dried oregano

½ teaspoon pepper

¼ teaspoon salt

2 cans (14½ ounces each) diced tomatoes, undrained

¼ cup white wine (optional)

1 pound uncooked medium shrimp,
peeled & deveined

2 tablespoons minced fresh parsley

¾ cup crumbled feta cheese

In a large skillet, heat the olive oil over medium-high heat. Add chopped onion; cook and stir 4-6 minutes or until tender. Add minced garlic and seasonings; cook 1 minute longer. Stir in canned tomatoes and, if desired, wine. Bring to a boil. Reduce heat; simmer, uncovered, 5-7 minutes or until sauce is slightly thickened. Add the shrimp and parsley; cook 5-6 minutes or until shrimp turn pink, stirring occasionally. Remove from heat; sprinkle with cheese. Let stand covered, until the cheese is softened, and serve.



RECIPES

CAPRESE CHICKEN SKILLET

Makes 4 servings

¼ recipe = 419 calories, 21g carbs, 47g protein, 16g fat

½ cup + 1 tablespoon balsamic vinegar, divided
1 tablespoon + 1 teaspoon honey, divided
4 small boneless, skinless chicken breasts (24 oz)
1¼ teaspoons kosher salt, divided
½ teaspoon ground black pepper, divided
2 tablespoons extra virgin olive oil, divided
1 small red onion, diced (*about 1 cup*)
4 cloves garlic, minced (*about 4 teaspoons*)

4 cups sliced tomatoes: halved cherry or grape tomatoes (*2 pints*), or ½ inch diced peak season plum or other garden tomatoes
¼ teaspoon dried thyme
4 ounces part-skim mozzarella pearls (*scant 1 cup*), or 4 ounces block-style part-skim mozzarella cheese cut into bite-sized cubes
¼ cup tightly packed fresh basil leaves, thinly sliced

CAPRESE CHICKEN SKILLET

In a small saucepan, combine $\frac{1}{2}$ cup of the balsamic vinegar and 1 tablespoon of the honey. Gently simmer over medium-low heat, stirring occasionally, until thickened and reduced by a little more than half - about 15 minutes. Remove from the heat and set aside. While the balsamic reduces, lightly pound the chicken into a $\frac{1}{2}$ -inch thickness. Sprinkle with $\frac{3}{4}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the pepper, seasoning both sides.

In a large, heavy-bottomed skillet, heat 1 tablespoon of the oil over medium-high heat. Once the oil is hot, add the chicken. Let cook undisturbed for 4 minutes, or until lightly browned. Flip and cook for an additional 3 minutes. Check for doneness. Cook more if needed, then remove to a plate and cover to keep warm. Without wiping out the pan, reduce the skillet heat to medium. Add the remaining tablespoon of oil, swirl to coat the pan, then add the red onion and let cook until slightly softened, about 3 minutes, scraping the browned bits off the bottom of the pan as it cooks.

Add the garlic and let cook for 30 seconds, just until fragrant. Add the tomatoes, thyme, and remaining 1 tablespoon balsamic vinegar, 1 teaspoon honey, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Increase the heat back to medium-high and cook until the tomatoes begin to soften, about 2 minutes. Return the chicken to the pan, nestling it into the tomatoes, and scatter the mozzarella throughout. Cover the pan and remove from the heat. Let stand for 1 to 2 minutes to allow the mozzarella to become soft and melted. Uncover, and drizzle the balsamic reduction over the top. Sprinkle with fresh basil and serve the dish warm.



RECIPES

BEEFY SKILLET SUPPER

Makes 6 servings

1 ½ cups = 285 calories, 28g carbs, 23g protein, 8g fat

1 tsp olive oil

1 lb lean ground beef

1 cup chopped onion

2 cloves garlic

4 cups mixed frozen vegetables

2 tsp togarashi* (*Japanese pepper blend*)

3 cups uncooked egg noodles

4 cups beef broth

1 cup water

Place oil in a skillet. Add beef, onions, garlic and cook until beef is browned. Add vegetables and the seasoning. Mix well. Add uncooked noodles and mix well. Add broth and enough water for everything to be covered. Bring to a boil. Reduce heat to medium and cook until noodles are tender, approximately 15 minutes.

*Togarashi is a blend of spices that includes a hot Japanese red chili pepper, seaweed, orange zest, ginger, and sesame seeds.



RECIPES

SOUTHWEST BLACK BEAN SKILLET

Makes 6 servings

1/6 recipe = 296 calories, 40g carbs, 15g protein, 9g fat

1/2 white onion

1/2 cup bell pepper (red or green)

2 cloves garlic

1 Tbsp olive oil

2 14.5-oz. cans black beans (unrinsed)

2 cups frozen corn

1/2 cup enchilada sauce

1 cup shredded cheddar cheese

Mini-bell peppers for scooping

Prep ingredients. Dice the onion and bell pepper, and mince the garlic. Heat oil in a large skillet and cook onion and peppers for 3-4 minutes, until they're soft. Add remaining ingredients - garlic, beans, corn, and enchilada sauce - to the skillet and bring to a boil, then lower heat to medium. Cook over medium heat, stirring occasionally, for about 10 minutes & until mixture has thickened. While the skillet meal is thickening up, prep any toppings and mini bell peppers for scooping.

Toppings suggested: chopped cilantro, green onions, chopped avocado, sliced jalapenos (fresh or pickled), sour cream, salsa, & tortilla chips.

GROUND TURKEY AND SWEET POTATO SKILLET

Makes 6 servings

$\frac{1}{6}$ recipe = 389 calories, 27g carbs, 28g protein, 19g fat

3 large sweet potatoes,
peeled & diced (*about 3 cups*)

1 lb ground turkey

1 yellow or red pepper,
chopped

1 cup onion, chopped

$\frac{1}{2}$ cup skim mozzarella,
shredded

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup cilantro (*optional*)

2 Tbsp olive oil

1 $\frac{1}{2}$ tsp ground cumin

1 Tbsp garlic, minced

1 tsp chili powder

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp black pepper

In a large skillet, heat olive oil over medium-high heat. Add garlic and cook for 1 minute and then add ground turkey. Use a wooden spoon to break apart meat and continue cooking approximately 8 minutes until browned. Add spices: cumin, chili powder, salt and pepper. Stir well to incorporate. Add onion and bell pepper. Cook for 3-4 minutes. Add diced sweet potato and water. Stir and cover with a lid for approximately 6-8 minutes until the sweet potatoes soften. If needed, add additional water during this process to keep meat from drying out. Remove the lid and add additional salt and pepper, if needed. Top with shredded mozzarella and allow it to melt. Remove the skillet from heat and garnish with fresh cilantro before serving.