

Tex Mex Chicken in a Skillet

TEX MEX CHICKEN AND RICE BAKE

- 1 can (10 oz/284 mL) CAMPBELL'S® Condensed Low Fat Cream of Chicken Soup
- 1 soup can 1% milk
- ¾ cup uncooked regular long-grain white rice
- 1 ½ tsp chili powder
- 1 ½ cups mixture of red and green pepper strips, chopped onion
- ½ cup frozen corn
- 4 boneless, skinless chicken breast halves (about 1 lb)
- ½ cup shredded Tex Mex cheese (or Cheddar and Monterey Jack mixture)



Prep: 10 min Cook Time: 45 min Serves: 4

1. Mix soup, milk, rice and chili powder in shallow 2 qt (2 L) baking dish. Spread evenly with vegetables.
2. Top with chicken. Sprinkle chicken with cheese and additional chili powder, if desired. Cover.
3. Bake at 400°F (200°C) until chicken is cooked through and rice is tender – about 45 minutes. Remove cover and broil until cheese is golden and bubbly – about 3 minutes. Remove chicken and stir rice before serving.

Per serving: 360 kcal, 8g fat, 570mg sodium, 42g carbohydrates, 3g fibre, 30g protein, 15% DV calcium

Asparagus and Mushroom with Ginger and Soy Sauce

I simply add asparagus to this recipe by replacing 1/2 the pound of mushrooms with 1/2 a pound (1/2 a bunch) of asparagus. I don't usually add the green onions and I use frozen grated ginger cubes.

ORIENTAL MUSHROOM SAUTÉ

We've updated fried mushrooms with a light bath of soy sauce and gratings of fresh gingerroot. Fabulous with grilled steak, veal chops or chicken.

Preparation time: 10 minutes / Cooking time: 5 minutes

Makes: 4 servings

- 1 lb (500 g) fresh mushrooms
- 1 tbsp each of butter and vegetable oil
- 1 tbsp soy sauce
- 2 whole green onions, thinly sliced
- 2 tsp finely grated fresh gingerroot
- Pinch of freshly ground black pepper

1. Clean the mushrooms and slice them. Set aside.
2. In a medium-size frying pan, heat the butter and oil over medium heat. Add mushrooms, soy sauce, green onions and gingerroot. Sauté for 3 to 5 minutes or until the mushrooms are tender. Season with pepper.

PER SERVING: 89 calories, 2.9 g protein, 6.4 g carbohydrates, 6.8 g fat, 8.9 mg calcium, 1.7 mg iron, 1.7 g fiber.

Cauliflower and Ham Casserole

Cauliflower and Ham Gratin

Ham and cauliflower are a wonderful combination. Dill adds extra flavor and red pepper adds color and crunch. This recipe is adapted from a Foodland Ontario recipe.

½	head cauliflower	½
1 ½ tbsp	soft margarine	20 mL
2 tbsp	all-purpose flour	25 mL
1 cup	skim milk	250 mL
¼ cup	freshly grated Parmesan cheese	50 mL
¼ cup	grated low-fat mozzarella cheese	50 mL
¼ cup	chopped fresh dill*	50 mL
	Freshly ground pepper	
½ cup	diced cooked ham (2 oz/60 g)	125 mL
½	sweet red pepper, coarsely chopped	½
½ cup	fresh bread crumbs	75 mL

Cut cauliflower into florets, about 2-in/5 cm pieces. In large pot of boiling water, blanch cauliflower for 5 minutes or until tender-crisp; drain and set aside.

In saucepan, melt margarine; add flour and cook over low heat, stirring, for 1 minute. Pour in milk and bring to simmer, stirring constantly. Simmer, stirring, for 2 minutes. Add Parmesan and mozzarella cheeses, dill, and pepper to taste; cook, stirring, until cheese melts.

In lightly greased 11- by 7-in/2 L shallow baking dish, arrange cauliflower, ham and sweet pepper; pour sauce evenly over. Sprinkle with bread crumbs. Bake in 375°F/190°C oven for 30 minutes or until bubbly. Makes 4 servings.

*If fresh dill is unavailable, use ¼ cup/50 mL fresh parsley plus 1 tsp/5 mL dried dillweed.

Ham, Asparagus & Dill Cream Sauce with Pasta

Fettuccine w/ Ham & Asparagus

1 lb asparagus trimmed
¼ c unsalted butter
3 cloves garlic, finely chopped
pinch red hot chili flakes
1 c real whipping cream
1 t grated lemon peel
¾ lb Black Forest Ham, cut in strips
1 T Russian style or Dijon mustard
salt & pepper to taste
¾ lb Fettuccine
2 T chopped fresh dill
2 T butter

cook asparagus 3-4 min, rinse, pat dry, cut into 2" pieces

make sauce adding ham & asparagus last

before serving add dill & butter

4-6 servings

Chantal

Lemon Roasted Chicken Thighs with Orzo & Dill

<http://www.savvymom.ca/index.php/eatsavvy/meals/lemon-roasted-chicken-thighs-with-dilled-orzo>

So yum! I skipped the garnishes, used regular mustard, squeeze dill (vs. chopped fresh... you can buy a bunch of herbs that way and they keep much better than the fresh bunches, since you never use the entire bunch for anything). Oh and I used boneless, skinless chicken thighs.

Chicken Tetrazini

<http://www.savvymom.ca/index.php/eatsavvy/meals/chicken-tetrazzini>

Stout and Chicken Stew

http://www.eatingwell.com/recipes/stout_chicken_stew.html

I can't say enough good things about this! It was so delish, and makes loads so there were leftovers :) I was a bit worried about Guinness in the stew for the kids sake - I love it but will they? - but it made the most wonderful gravy. I put 1/2 cup more stock in and would 1/2 the peas - there were just so many!. We ate it on its own for the first meal but as leftovers we ate it with egg noodles.

Oh, and I don't have a slow cooker so cooking approach is slightly different, not too much though. Once the meats were cooked and everything was added together I simmered for 1 hour or so.

3 Meat Pizza Cassarole

<http://cullyskitchen.com/3-meat-pizza-casserole-recipe/>

A big hit with those I fed it to - big boys (hubby and brother in law) and kids but really not much different than a pasta casserole. Guess they just get excited seeing pepperoni on top of it!