

Pear & Brie Panini (Unmeasured Scoop)

Ingredients

(a lot of these measurements will depend on the size of your bread so just adjust with more or less ingredients to fill your bread)

4 slices thick whole grain bread

6-8 slices of brie

4 lengthwise slices of ripe pear

1/4 c pure maple syrup

1/2 tsp cinnamon

Handful of spinach leaves

Instructions

Take maple syrup and cinnamon and whisk in small bowl, brush across both slices of bread. Place two length wise slices of pear onto bread, followed by brie and spinach. Place other slice of bread on top. Grease pan and place over medium heat. Place Panini in pan with Panini press or plate over it to weigh it down. Watch carefully and flip sandwich over when bread is browned. Remove from heat when other side is browned and brie is melted. If your bread is browned but your cheese is still not fully melted, remove it from heat and pop it in the microwave for 15-20 seconds.

Vegetarian Breakfast Burritos (Coffee & Quinoa)

Ingredients

1 cup cooked black beans

juice of 1/2 lime (or 1/4 lemon, in a pinch)

1/2 tsp cumin

1/4 tsp paprika

4 eggs

2 Tbsp milk

sprinkle of salt and pepper

1/2 tsp olive oil

4 medium-sized tortillas

arugula

1/2 avocado, sliced

goat cheese or cotija cheese, crumbled

salsa

Instructions

First, get your beans ready. Sprinkle beans with lime juice, cumin, and paprika and stir to combine. Set aside. Next, scramble your eggs. In a medium-sized bowl, whisk together the eggs and milk with a sprinkle of salt and pepper. Heat a non-stick pan or skillet over medium heat, add olive oil, and pour in egg mixture. Cook, stirring frequently, until no longer runny, 2-4 minutes. While the eggs are cooking, heat tortillas, either in a microwave or toaster. Keep covered until ready to serve. Just before serving, heat beans for 30 seconds to a minute in the microwave. To assemble the burritos, layer tortillas with arugula, bean mixture, scrambled eggs, avocado, cheese, and salsa. I like to have each person assemble their own burrito. Enjoy immediately!

Baked Mustard Chicken (Unmeasured Scoop)

Ingredients

4 chicken cutlets (using cutlets allows these to crisp up nicely and cook faster, if you live near a Kroger check out their [Simple Truth Chicken Cutlets](#))

1/2c dijon mustard

1 clove chopped garlic

2/3c panko breadcrumbs

1/4c grated parmesan cheese

1Tbs parsley

1 Tbs ground thyme

1Tbs oregano

salt

pepper

Instructions

Spray baking pan with pam. Season your chicken cutlets with salt and pepper. Prepare two plates. The first, mix mustard and garlic together. The second, mix the panko, parmesan, parsley, oregano and thyme. Dip one cutlet at a time in the mustard mixture, coating both sides. Then dip cutlet in panko mixture covering both sides. Place cutlet on pan. Repeat for rest of cutlets. Place cutlets in refrigerator for at least an hour before placing in oven. Preheat oven to 450 degrees. Bake chicken for 20-25 minutes until cooked thoroughly.

Easy Taco Skillet (Unmeasured Scoop)

Ingredients

2 c cooked whole grain elbow macaroni (I love [Barilla Plus!](#))

1 14.5 oz can diced tomatoes

1 8oz can tomato sauce

1 chopped red bell pepper

3/4 c frozen corn
1 15 oz can black beans (drained)
1 15oz can dark kidney beans (drained)
1 tsp ground cumin
1/2 tsp chili powder (or more if you like the heat)
1 tsp garlic powder
1/2 tsp paprika
1/2 tsp oregano
1/4 tsp salt
1/2c chopped fresh cilantro

Instructions

While your pasta is cooking, combine diced tomatoes, tomato sauce, bell pepper and spices in skillet over medium heat until it comes to a slight boil. Reduce heat to simmer. Add frozen corn and drained beans and place on low heat. Once pasta is cooked, drain and transfer 2c to skillet. Mix all ingredients together in skillet until combined. Serve up in bowl with fresh cilantro, cheese, plain Greek yogurt, etc.

Sesame Noodles (Pioneer Woman)

Ingredients

12 ounces, fluid Thin Noodles, Cooked And Drained
1/4 cup Soy Sauce
2 Tablespoons Sugar
4 cloves Garlic, Minced
2 Tablespoons Rice Vinegar
3 Tablespoons Pure Sesame Oil
1/2 teaspoon Hot Chili Oil
4 Tablespoons Canola Oil
4 whole Green Onions, Sliced Thin

Instructions

Whisk all ingredients (except noodles and green onions) together in a bowl. Taste and adjust ingredients as needed. Pour sauce over warm noodles and toss to coat. Sprinkle with green onions and toss. Serve in a bowl with chopsticks. Yummy!