

Honey-Lime Sweet Potato, Black Bean and Corn Tacos (Cooking Classy)

Ingredients

1 1/2 lbs sweet potatoes, peeled if desired and diced into 1/2-inch cubes
4 Tbsp olive oil, divided
1 tsp cumin
1 tsp paprika
1/4 tsp ground coriander
1/8 - 1/4 tsp cayenne pepper
Salt and freshly ground black pepper
1 small yellow onion, diced (1 cup)
1 clove garlic, minced
1 (14.5) oz can black beans, rinsed and drained
1 cup frozen yellow corn, thawed and drained
3 Tbsp honey
3 Tbsp fresh lime juice
2 Tbsp chopped fresh cilantro
Corn or flour tortillas
Romain lettuce or purple cabbage, cotija or feta cheese (Monterrey or manchengo would also be good), diced avocados, fresh salsa or pico de gallo and hot sauce (optional)

Instructions

Preheat oven to 425 degrees. Line a baking sheet with foil then place sweet potatoes on foil. Drizzle with 3 Tbsp olive oil and toss to evenly coat. Sprinkle evenly with cumin, paprika, coriander, cayenne pepper and season lightly with salt and pepper to taste then toss to evenly coat. Bake in preheated oven 15 - 20 minutes until tender, removing from oven and tossing once halfway through baking.

Meanwhile, in a large skillet, heat remaining 1 Tbsp olive oil over medium-high heat. Once hot add onion and sauté until caramelized (golden brown on edges and tender), about 5 - 6 minutes, adding in garlic during last 30 seconds of sautéing. Reduce heat to medium-low, add in drained black beans, corn, honey and lime juice. Heat until warmed through. Toss in roasted sweet potatoes and cilantro. Serve over warm tortillas with desired toppings.

White Cheddar Broccoli Mac & Cheese (Unmeasured Scoop)

Ingredients

2 boxes cooked [Annie's Organic White Cheddar Mac & Cheese](#) (Annie's is the best mac around – love it. You could use others but you would regret it!)

2c steamed broccoli florets (to steam: place in bowl with 4 Tbs water and cover with plastic wrap, microwave for 3-4 minutes)

Instructions

While your boiling your Annie's shells, place broccoli in microwave and steam. Mix broccoli in with prepared mac & cheese and enjoy. I pull out a bowl of grapes as a side and we call it a night!

Kale & Wild Rice Casserole (Half Baked Harvest)

Ingredients

2 large bunches of Kale, leaves torn
1 pound cremini mushrooms, sliced
2 tablespoons olive oil
1 tablespoon butter
2 cloves garlic, minced or grated
2 tablespoons fresh thyme, chopped
1/4 teaspoon nutmeg
1/4 teaspoon salt
1/2 teaspoon pepper
4 tablespoons flour
1 cup milk (I used 2%)
1 cup chicken broth (or veggie broth)
1/4 cup heavy cream or canned coconut milk
4 cups cooked wild rice
1 1/2 cup gruyere cheese, shredded
2 tablespoons olive oil
2 large sweet onions, sliced into thin rings
salt and pepper

Instructions

Grease a 2-3 quart casserole dish. Set aside. Heat a very large skillet (the largest you have!) over medium-high heat. Add all of the torn kale to the skillet and add 1 cup of water. Cover the skillet and cook for 10-15 minutes, stirring occasionally until the kale is wilted. Once the kale is wilted and all of the water has been absorbed, remove the kale from the skillet and set aside. Return the skillet to medium heat and add 2 tablespoons olive oil. When the skillet is hot, sprinkle in the mushrooms in a single layer. Don't stir them! Let them sizzle until they have caramelized on the bottom, about 2 minutes. When the bottoms are caramelized, toss them once and season with salt and pepper, to taste. Continue to cook without stirring for about 5 minutes. Now add the butter to the skillet and cook until the butter begins to brown. Once the butter is browned reduce the heat and add the garlic, thyme and nutmeg and cook for about 10 seconds. Now add the kale back to the skillet with the mushrooms, garlic and spices and toss well. Sprinkle the flour over the kale and mushrooms and cook for 1 minute. Add the milk and chicken broth, bring to a boil and cook 2-3 minutes or until there is a thick sauce. Add the cream and stir to combine. Remove from the heat and stir in the cooked wild rice. Pour the mixture into the

prepared casserole dish. Preheat the oven to 375 degrees F. Now wipe the skillet and add the olive oil, cook over medium-high heat. Add the onions and 1/4 teaspoon each salt and pepper. Cook, stirring constantly, until the onions begin to soften, about 5 minutes. Continue to cook until the onions are golden brown, about 20 minutes. Sprinkle half the cheese over the casserole and then add the onions and the remaining cheese. Bake the casserole for 20-25 minutes or until the cheese is melted and the onions are crispy. Serve!

Grilled Cheese & Tomato Soup (Unmeasured Scoop)

Ingredients

Amy's Chunky Tomato Bisque
Whole wheat bread
Sharp cheddar cheese slices
Butter

Instructions

Heat soup in microwave and butter outside of whole wheat bread. Place cheese in between bread and place in skillet over medium high heat. Flip when bread is browned and remove from heat when both sides are browned. If the cheese is not completely melted, pop in microwave.

Eggplant Involtini (Big Girl Small Kitchen)

Ingredients

2 small Italian eggplants (or 1 large), cut lengthwise into 1/4-inch-thick slices
Vegetable oil
16 ounces ricotta
1 teaspoon thyme
1/2 teaspoon salt
16 ounces tomato sauce
1/4 cup milk or heavy cream
Parmesan cheese (optional)

Instructions

Preheat the oven to 425°F. Place the eggplant slices in a colander and lightly salt them. Let sit for 20 minutes until some moisture has been released. Pat the slices dry with paper towels.

Meanwhile, place a large (15-inch) cast iron skillet over a medium-high flame. Pour in enough oil to reach at least 1/4 inch up the sides. Heat the oil until it sizzles when you place the first eggplant slice in. Fry the eggplant in batches (about 4 or 5 slices at a time), flipping once, until lightly browned on each side and slightly flimsy to the touch. Remove

to a plate lined with paper towels. Repeat with the remaining eggplant, adding more oil as necessary to keep a thin layer at all times. Allow the eggplant to cool enough so you can handle it. Drain any remaining oil from the pan. In a small bowl, combine the ricotta, thyme, and salt. On a clean work surface, spoon a scant tablespoon of the ricotta mixture onto the end of an eggplant slice. Roll it up lengthwise until sealed. Repeat with the remaining eggplant. Pour the tomato sauce into the skillet so it comes up about a 1/2 inch on the sides; if using a smaller skillet, you may not need the full amount. Arrange the eggplant in the pan—they can be snug. Spoon the milk or cream over the eggplant rolls. Bake in the oven for 20-25 minutes, until the sauce has reduced enough to form a film around the sides of the pan, and the eggplant is golden brown. Garnish with grated Parmesan and serve alongside crusty bread or pasta.

Quinoa Cranberry Pecan Chicken Salad (Unmeasured Scoop)

Ingredients

4c shredded chicken (I used 8 chicken cutlets, drizzled olive oil, seasoned with salt/pepper and cooked at 350 degrees for 20 min. Use your standing mixer with paddle attachment and place whole cooked chicken breasts in there, put on medium speed and it shreds the chicken for you!)

2c cooked red quinoa (I liked the pretty color but u could use wild rice or other grain)

1c dried cranberries

1c chopped pecans

1c chopped celery

dressing:

3/4c olive oil

1/2c white wine vinegar

1Tbs dried tarragon

1 tsp salt

1 tsp pepper

Instructions

Combine shredded chicken, quinoa, cranberries, pecans, and celery. In separate bowl combine olive oil, white wine vinegar, tarragon, salt and pepper. Whisk together and pour over chicken salad. Mix throughout chicken salad and serve over spinach. If I am not serving the salad right away and am refrigerating it. I also whip up an extra batch of dressing and keep it on hand to drizzle over salad right before I serve!

