

Bow Tie Pasta

This is a recipe from my mother-in-law that I have made forever. It is great with or without the chicken and you can use whatever kind of pasta you want. I use Trader Joe's whole wheat rotelle, but I have even used whole-wheat spaghetti. I love the bow ties (farfalle) but I haven't found then made with whole wheat. I often leave the red pepper out and sprinkle on individual servings for those who want it. Serve with bread or sourdough toast.

¼ cup extra virgin olive oil
2 garlic cloves finely chopped
½ pound boneless skinless chicken breasts cut into ½ inch strips
2-3 cups broccoli flowerets
1 8 oz. jar oil packed sun dried julienne tomatoes, drained
1 teaspoon basil
1 pinch red pepper flakes
Salt and pepper to taste
¼ cup dry white wine
¾ cup chicken broth
1 tablespoon butter
½ pound bow tie (or other) pasta
Grated parmesan cheese

Start pot of water for pasta. Meanwhile, heat oil in skillet over medium heat. Sauté garlic and chicken until golden. Add broccoli until crisp tender. Add tomatoes, dried basil, red pepper flakes (optional), salt and pepper. Add wine, broth and butter. Cook 3-5 minutes stirring constantly or simply let it simmer until your pasta is ready. Toss with pasta, sprinkle with parmesan cheese.

Orange Chicken

You can make this by either cubing your chicken and sautéing it or you can simply toss it in the crock pot with the sauce. Serve it with some rice and broccoli and you are set. I use a rice cooker, but you could also use the frozen rice from Trader Joe's to make it even simpler.

1 jar Mandarin Orange Chef Sauce (Trader Joe's)
2-3 boneless skinless chicken breasts
Brown rice
Broccoli

Cut chicken into 1 inch chunks. Heat about 1 tablespoon of olive oil in a skillet. Sauté chicken until nearly done. Add broccoli to skillet and sauté until crisp tender. Add 1 jar Mandarin Orange Chef Sauce and simmer until heated through. Serve with rice. Or... place chicken and sauce in crock pot for about 4 hours. When ready to serve just chunk it up with a spoon and serve with brown rice and broccoli.

“As a child my family's menu consisted of two choices: take it or leave it.”

~ Buddy Hackett



Volume 1, No. 1

Let's Eat!

Easy, Appetizing, Timely Meals

Monday

Chicken Noodle Soup
Bread

Tuesday

Turkey Enchilada Casserole
Fruit or Salad

Wednesday

Grilled Salmon with General Tsao Sauce
Rice
Veggies

Thursday

Bow Tie Pasta
Bread

Friday

Orange Chicken
Rice
Broccoli

Additional Meal Ideas:
- Put some chicken and salsa in the crock pot, shred it up for burritos.
- Make spaghetti with pesto, serve with grilled chicken or a salad.

Hello and welcome to the first edition of Let's EAT. Let's EAT is a monthly newsletter that will hopefully provide you with some, Easy, Appetizing and Timely meals that you can add to your own collection of recipes.

As home schoolers we have busy lives and busy kids. I am a mom of five and although I love to cook I don't want to spend my afternoon or evening in the kitchen slaving over a meal that the kids may not even like! So I try to keep things simple, I often use a crock pot, a rice cooker, I love to shop at Trader Joe's and I try to keep prep and/or cook time to around 30 minutes.

Although I am far from a health nut, or even a chef, I do love a good meal and I love it when it is healthy to boot. I try my best to use whole foods in my recipes. Whole foods are simply foods that are in their most natural form, not a lot of processing. When you eat whole foods, such as whole wheat bread or brown rice, it fills you up longer because your body has to work harder to break it down. By doing this you are also cutting down on those oh so dreaded carbs! No, I am not a nutritionist or dietitian, I simply take an interest in it.

Mealtime can be such a wonderful time in our families. It is a time to sit together, slow down, enjoy each other's company and reflect on the day's events. Of course there are those evening when we simply cram it in as fast as we can. I hope some simple and healthful recipes will help dinner time be less rushed and more fulfilling for you and your families.

Happy Eating!
Katie Allshouse
katie@allshouseengineering.com

Grilled Salmon Fillets with General Tsao Sauce

General Tsao sauce is a stir fry sauce from Trader Joe's. It is sweet, tangy, and a little bit spicy. My kids love this, yet they need to keep a drink near by as the spice can sometimes getcha. My 3 year old likes it with mayonnaise and although I have never made one, I'm sure it would make a nice salmon salad sandwich as leftovers. I use the frozen salmon fillets from Costco. I cook my rice in a rice cooker that I usually get going in the afternoon so it is ready and waiting when it is time to start cooking. On the stove brown rice takes about 1 hour, in my rice cooker it takes nearly 3 hours! So plan accordingly.

4 salmon fillets (or however many you need to feed your family)
1 jar General Tsao sauce (TJ's)
Brown rice
Steamed vegetables

Slather the fillets with sauce and toss on the grill over medium heat. Grill about 10 minutes total. You can also use a grill pan if you don't have (or don't want to use) an outdoor grill. Serve with brown rice, steamed vegetables, and extra sauce for dipping!

Chicken Noodle Soup

Cooking Light

This is a simple and yummy meal. The soy sauce adds a nice salty taste. You can use leftover chicken or turkey, buy a rotisserie or simply put some chicken in the crock-pot and your chicken will be cooked when you are ready for it. I usually make a double batch and serve with some bread.

1 cup (1/4 inch) sliced carrots
3/4 cup chopped onion
4 garlic cloves, minced
1 cup (1/4 inch) sliced celery
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
6 cups chicken broth
2 cups uncooked egg noodles
(I use whole wheat rotelle from TJ's)
1 tablespoon low-sodium soy sauce
1 bay leaf
2 cups shredded cooked chicken (or turkey)

Heat a large saucepan over medium-high heat with olive oil. Add carrot, onion, and garlic, and sauté 5 minutes or until onion is lightly browned. Add celery, salt, and 1/4 teaspoon pepper, and sauté 3 minutes. Add broth and next 3 ingredients; bring to a boil. Reduce heat, and simmer 5 minutes. Add chicken; cook 3 minutes. Discard bay leaf. Ladle into individual bowls. Sprinkle with fresh ground pepper, if desired.

Serves 4

Honey is the only food that does not spoil.

Turkey Enchilada Casserole

Sunset

This casserole is so simple and everyone loves it. I usually use a round casserole dish, but you can also use a square one. It is a simple layering casserole; brown the meat, layer the ingredients and toss it in the oven. Serve it with a salad, some fruit, or perhaps just a handful of carrots!

1 1/2 pounds ground turkey
1/2 cup chopped onion
1 tablespoon minced garlic
1 tablespoon dried oregano
1/2 teaspoon ground cumin
1-2 jars red enchilada sauce from TJ's
Salt to taste
12 corn tortillas (6 in. wide)
2 cups shredded cheese (I use the Mexican blend from TJ's)
cilantro and sour cream (toppings)

1. In a 5-6 quart pan over high heat, stir turkey, onion, garlic, oregano, and cumin in oil until turkey is crumbly and no longer pink. Stir in 1 jar of enchilada sauce. Add salt to taste.

2. Meanwhile, arrange one fourth of the tortillas in the bottom of a shallow 3-quart casserole (cut in half if necessary, overlapping to fit). Sprinkle one fourth of the cheese (a handful) over the tortillas, then top with one third of the turkey mixture and about 1/2 cup of enchilada sauce. Repeat to make two more layers of tortillas, cheese, turkey mixture, and sauce. Finish with a layer of tortillas and sauce, then cheese.

3. Bake in a 425° oven until cheese is melted and casserole is hot, about 18-20 minutes. Sprinkle with cilantro and a dollop of sour cream.

Serves 8-10