

A Month of Hot-Lunches

a collection of our favorite recipes from around the internet





APPLE CHICKEN QUESADILLA

by Elise Bauer of Simply Recipes

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

YIELD: MAKES 12 QUESADILLA TRIANGLES

INGREDIENTS

- 4 Flour tortillas (approximately 8-inches wide)
- 1 cup cooked, shredded or chopped, chicken meat
- 1/4 lb cheddar or Monterey jack cheese, sliced or grated
- 1 apple, sliced
- 1/4 cup salsa

INSTRUCTIONS

1. Heat a large skillet on medium high heat. Place one tortilla in the skillet. Flip it a couple of times with a spatula, then let it sit in the pan heating up until air pockets form and parts of the tortilla begin to puff up. Flip it again.
2. Place cheese slices on half of the tortilla, at least 1/2-inch from the edge of the tortilla. Add chicken pieces on top of the cheese. Fold the tortilla over like an omelette, and press down on the folded tortilla with the spatula. Lower the heat to medium. At this point, if you have enough room in your skillet, you can add a second tortilla to the pan to begin to heat it up.
3. When the cheese inside the quesadilla has melted, remove the quesadilla to a cutting board. Open it wide and layer on apple slices and salsa. Fold the tortilla back again, and cut it into 3 triangles, as if you were cutting a pie. (You don't have to cut the quesadilla into triangles, it just makes it easier for kids to eat.)
4. Repeat with the remaining tortillas.



SLOPPY JOE RECIPE

by Elise Bauer of Simply Recipes

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

YIELD: SERVES 4

The trick to this recipe is to brown the meat well. Don't crowd the pan, work in batches, and don't stir the meat until it is well browned on one side. It helps to use a large cast iron pan, or an anodized aluminum pan, as these pans can handle the heat and are relatively stick-free.

INGREDIENTS

- 1 Tbsp olive oil
- 1/2 cup minced carrots (can sub chopped bell pepper)

- 1 cup finely chopped onion (about 1 medium onion)
- 1/2 cup finely chopped celery
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1 1/4 lb ground beef
- 1/2 cup ketchup
- 2 cups tomato sauce (or 1 15-ounce can whole tomatoes, puréed)
- 1 Tbsp Worcestershire sauce
- 1 Tbsp red wine vinegar
- 1 1/2 Tbsp brown sugar
- Pinch ground cloves
- 1/2 teaspoon dried thyme
- Pinch cayenne pepper
- 2 turns of freshly ground black pepper
- 4 hamburger buns

INSTRUCTIONS

1. Sauté the carrots, onions, celery, and garlic: Heat olive oil in a large sauté pan on medium high heat. Add the minced carrots and sauté for 5 minutes. (If you are using bell pepper instead of carrots, add those at the same time as the onions.)
Add the chopped onion and celery. Cook, stirring occasionally until onions are translucent, about 5 more minutes.
Add the minced garlic and cook for 30 more seconds. Remove from heat. Remove vegetables from the pan to a medium sized bowl, set aside.
2. Brown the ground beef: Using the same pan (or you can cook the meat at the same time as the vegetables in a separate pan to save time), crumble the ground beef into the pan. You will likely need to do this in two batches, otherwise you will crowd the pan and the beef won't easily brown.
Sprinkle with salt.
Do not stir the ground beef, just let it cook until it is well browned on one side. Then flip the pieces over and brown the second side. Use a slotted spoon to remove the ground beef from the pan (can add to the set-aside vegetables) and repeat with the rest of the ground beef.
If you are using extra lean beef, you will likely not have any excess fat in the pan. If you are using 16% or higher, you may have excess fat. Strain off all but 1 tablespoon of the fat.
3. Add ketchup, tomato sauce, Worcestershire, vinegar, sugar, spices to the ground beef and vegetables: Return the cooked ground beef and vegetables to the pan. Use a wooden spoon to break up any chunks of ground beef into smaller bits.
Add the ketchup, tomato sauce, Worcestershire sauce, vinegar and brown sugar to the pan. Stir to mix well. Add ground cloves, thyme, and cayenne pepper.
Lower the heat to medium low and let simmer for 10 minutes. Adjust seasonings to taste.
4. Serve with toasted hamburger buns.



ENCHILADAS RECIPE

by Elise Bauer of Simply Recipes

PREP TIME: 15 MINUTES

COOK TIME: 35 MINUTES

YIELD: SERVES 4

INGREDIENTS

- Peanut oil, canola oil, or other high smoke point oil
- 12 corn tortillas
- 2 teaspoons olive oil (or peanut or canola)
- 1/2 onion, chopped (about 3/4 cup)
- 1 clove of garlic, minced (about 1 teaspoon)
- 14-ounce can (about 1 3/4 cup) crushed tomatoes (preferably fire roasted)
- 3/4 cup of chopped cooked green chiles (about a 4-ounce can), or 1/3 cup chopped pickled jalapeños (more or less to taste, depending on the heat of the chiles and how spicy you want your enchiladas)
- 1/2 cup water
- 1/2 teaspoon dried oregano
- 1 lb (4 cups) of jack cheese, mild cheddar, or a mix, grated
- A handful of cilantro
- 1 cup of sour cream
- Half a head of iceberg lettuce

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a large frying pan at medium-high heat add a tablespoon of oil. When the oil is shimmering and hot (not quite smoking), add a corn tortilla to the pan. Cook it for 2-3 seconds, use a metal spatula to turn it over, and cook it for 2 to 3 seconds more. Lift up the tortilla with a spatula, add another tortilla underneath. Cook the second tortilla for 2-3 seconds, lift both tortillas, and add another tortilla underneath. Repeat the process with all the tortillas, adding more oil as needed. This way you can brown and soften the tortillas without using a lot of fat. It's important to pre-cook the tortillas because not only does cooking them help soften them for rolling, cooking them in a little fat helps develop the flavor of the tortillas. As the tortillas brown a little, remove them to a plate.
3. Heat olive oil in a large sauté pan on medium heat. Add the chopped onion and cook for 5-6 minutes, until translucent. Add the garlic and cook for a minute more. Add the crushed tomatoes. Add the green chiles. Add 1/2 cup of water. Add the oregano. Bring to a simmer and taste. If the sauce tastes too vinegary, add half a teaspoon of sugar to the sauce. Remove from heat.
Put a little olive oil on the bottom of a 3-quart casserole pan. Take a tortilla, cover 2/3 of it lightly with the shredded cheese, then roll up the tortilla and place it in the casserole pan. Continue until all tortillas are filled and rolled.
4. Add sauce to the top of the tortillas in the the casserole pan. Make sure the rolled up tortillas are covered with the sauce. If not, add a little water to thin the sauce to spread it more evenly over the tortillas. Cover the whole thing with the rest of the grated cheese. Put the casserole in the oven for 10-15 minutes or until the cheese melts.
5. Serve with sliced iceberg lettuce that has been dressed only with vinegar and salt. Garnish enchiladas with cilantro and sour cream.



FETTUCCINE WITH CREAMY TOMATO ITALIAN SAUSAGE SAUCE RECIPE

by Elise Bauer of Simply Recipes

PREP TIME: 6 MINUTES

COOK TIME: 45 MINUTES

YIELD: SERVES 6

INGREDIENTS

- 2 Tbsp olive oil
- 3 shallots, chopped
- 2 large garlic cloves, chopped
- 1/2 pound sweet Italian sausage, casings removed
- 1/2 pound spicy or hot Italian sausage, casings removed
- 1 cup whipping cream
- 2 14.5-ounce cans diced tomatoes in juice
- 1 Tbsp dried sage
- 3/4 pound fettuccine
- 1/2 cup grated Parmesan cheese
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INSTRUCTIONS

1. Put a large pot of salted water on to boil (1 Tbsp salt for every 2 quarts of water). While the pasta water is heating, prepare the sauce in the next step.
2. Heat olive oil in a large sauté pan on medium heat. Add the shallots and garlic and cook, stirring frequently, until beginning to soften, about 3 minutes. Break up the sweet and spicy Italian sausages as you add them to the pan. Toss with the shallots, increase the heat to medium high, and cook until no longer pink, about 5 minutes. Stir in the cream and simmer for 5 minutes. Stir in the tomatoes, their juices, and the sage. Simmer for about 15 minutes, stirring occasionally, until the sauce thickens.
3. The pasta water should be boiling by now. After the sauce has simmered for about 5 minutes, add the pasta to boiling salted water and cook, uncovered at a rolling boil, until the pasta is al dente, cooked through but still a little firm to the bite. Reserve 1/2 cup of the pasta water and drain the pasta.
4. Toss the pasta with the sauce and add a little of the reserved pasta water if dish seems dry.
5. Season with salt and pepper and sprinkle with cheese to serve.



SAUSAGE, SPINACH & CREAM CHEESE LASAGNA ROLLS

By Stephanie Keeping of Spaceships and Laserbeams

INGREDIENTS

- 1.5 pounds Johnsonville Italian Sausage
- 8 ounces reduced fat cream cheese
- 1 cup mozzarella

- 3 handfuls of fresh spinach (or one frozen package, thawed and drained)
- 10 lasagna noodles
- 1 jar pasta sauce

INSTRUCTIONS

1. In a skillet over medium heat, cook sausage until browned. Drain fat. Add fresh (or frozen) spinach and cook until spinach has wilted.
2. Bring water to a boil and add lasagna noodles. Cook until al dente and drain.
3. Turn heat off and add cream cheese and stir until cream cheese has completely melted. Stir in mozzarella.
4. Preheat oven to 350. On each lasagna noodle, spread a layer of sausage mixture and roll up. Place in a 9x13 pan. Repeat until all noodles have been filled and rolled. Pour sauce over noodles and sprinkle with Parmesan. Bake at 350 for 20-25 minutes.



FRENCH TOAST ROLL-UPS

By Christy Denney of The Girl Who Ate Everything

INGREDIENTS

- 8 slices white sandwich bread
- softened cream cheese, diced strawberries, or Nutella
- 2 eggs
- 3 tablespoons milk
- ½ cup granulated sugar
- 1 heaping teaspoon ground cinnamon
- butter, for greasing the pan

INSTRUCTIONS

1. Cut the crust from each slice of bread and flatten it out with a rolling pin.
2. Place about 1-2 teaspoons of your chosen filling 1 inch from one end of the bread in a strip. Roll the bread up tightly and repeat with the remaining pieces of bread. I really like cream cheese with diced strawberries as one combination and Nutella with diced strawberries as another combination.
3. In a shallow bowl whisk the eggs and milk until well combined.
4. In a separate shallow bowl mix the sugar with the cinnamon.
5. Heat a skillet set over medium heat and melt a tablespoon of butter.

6. Dip each bread roll in the egg mixture coating well and then place them in the pan seam side down. Cook in batches until golden brown, turning them to cook and brown on all sides, about 2 minutes per side. Add butter to the pan as needed.
7. Add cooked rolls immediately from the pan to the cinnamon sugar and roll until completely covered in sugar. You can serve with syrup for dipping but I think they're perfectly good all by themselves.



THAI COCONUT PEANUT CHICKEN

By Christy Denney of The Girl Who Ate Everything

SERVES: 8

INGREDIENTS

- 1 (12 ounce) box angel hair pasta, cooked and drained
- Peanut Sauce:
 - 1 cup creamy peanut butter
 - 1 (13.5 oz) can light coconut milk (about 1½ cups)
 - ½ cup low-sodium chicken broth
 - 2 tablespoons low-sodium soy sauce
 - 2 tablespoons brown sugar
 - 2 teaspoons garlic, minced
 - 2 teaspoons ground cumin
 - 2 teaspoons curry powder
 - salt, to taste
 - cayenne pepper, to taste
- For the chicken:
 - 1-2 tablespoon sesame oil, to taste
 - 4 (4 ounce) boneless skinless chicken breasts, raw, cut into chunks
 - 1 bunch green onions, sliced (about 1 cup)
 - 1 cup carrot, shredded
 - juice of 1 lime or 1 lemon
 - chopped peanuts, garnish

INSTRUCTIONS

1. Cook pasta according to package directions.
2. For the Sauce: Heat coconut milk, peanut butter, and broth in a saucepan over medium heat, stirring constantly until smooth and heated through (do not let boil).

3. Add remaining sauce ingredients, seasoning to taste, stirring constantly until the sauce thickens to the consistency of thin spaghetti sauce.
4. Remove from heat and cover, if will continue to thicken off the heat.
5. To prepare the chicken: Heat some sesame oil in a large skillet over medium high heat and stir fry the chicken chunks until almost cooked through.
6. While the chicken is cooking, squeeze some lime juice into the pan to add moisture, as much as needed.
7. Set aside about ½ cup of the diced scallions for a garnish later, and add the rest to the chicken, along with the carrots and stir fry until the veggies are tender and the chicken is fully cooked, adding even more lime juice as needed for moisture.
8. Pour some of the peanut sauce over the chicken in the pan and toss to coat (about ½ -1 cup).
9. Portion cooked pasta onto serving plates and ladle some more peanut sauce on top of each (or if you prefer, toss pasta with some of the sauce first).
10. Ladle chicken mixture on top of each portion, and drizzle with a bit more peanut sauce if desired.
11. Sprinkle with some cayenne pepper and some reserved scallions (and nuts if desired) as garnish.



SWEET CORN AND CHICKEN ENCHILADAS

By Christy Denney of The Girl Who Ate Everything

INGREDIENTS

- 2 cups cooked and shredded chicken
- 1 bag (11.8 oz) Green Giant™ Seasoned Steamers™ frozen honey roasted sweet corn
- 2 cups shredded Mexican blend cheese
- 2 cans (10 oz) green enchilada sauce
- 1 package (6-inch) soft flour tortillas
- (Optional) salsa, sour cream, and guacamole for topping

INSTRUCTIONS

1. Preheat the oven to 350 °. Spray a 13x9-inch baking dish with cooking spray.
2. Cook corn as directed on the bag.

3. In a medium bowl, add the chicken, corn, 1 cup of the cheese, and ½ cup of the enchilada sauce. Mix together well.
4. Spoon about ½ cup of the mixture down the center of a tortilla. Roll it up and place seam side down in the baking dish. Repeat with the remaining tortillas.
5. Pour the remaining enchiladas sauce on top of the tortillas. Sprinkle the remaining 1 cup of cheese on top.
6. Bake for 15-20 minutes or until cheese has melted and enchiladas are hot.
7. Top with salsa, sour cream, and guacamole for serving.

20-MINUTE TERIYAKI CHICKEN

By Ali Ebright of Give Me Some Oven



YIELD: 2-3 SERVINGS
PREP TIME: 8 MINS
COOK TIME: 12 MINS
TOTAL TIME: 20 MINS

INGREDIENTS

- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- salt and pepper
- 1 tablespoon peanut oil (or any cooking oil)
- 1 batch teriyaki sauce (see below)
- optional toppings: toasted sesame seeds, thinly-sliced green onions

TERIYAKI SAUCE INGREDIENTS

- 1 clove garlic, peeled and minced
- 1/4 cup soy sauce
- 2 tablespoons honey
- 2 tablespoons mirin (sweet rice wine)
- 2 tablespoons rice wine vinegar
- 1 tablespoon cornstarch
- 1/2 teaspoon sesame oil
- 1/4 teaspoon ground ginger

INSTRUCTIONS

TO MAKE THE CHICKEN

1. Season the chicken with a few generous pinches of salt and pepper. Set aside.
2. In a large saute pan or wok, heat oil over medium-high heat. Add chicken and saute, stirring occasionally, until the chicken is cooked through and no longer pink on the inside.
3. Meanwhile, as the chicken is cooking, prepare your teriyaki sauce.
4. Once the chicken is ready to go, pour the teriyaki sauce over it, then toss to combine until the chicken is evenly coated. Continue cooking until the sauce reaches a simmer and thickens.
5. Remove from heat, and serve immediately, garnished with optional toppings if desired.

TO MAKE THE SAUCE

1. Whisk all ingredients together until combined.
2. I served this teriyaki chicken with rice (cooked in 20 minutes in my rice cooker) and broccoli (which I steamed, then tossed with a little bit of soy sauce and sesame oil while the chicken was cooking).

CHICKEN FLORENTINE GRILLED CHEESE



By Ali Ebright of Give Me Some Oven

PREP TIME: 5 MINS
COOK TIME: 15 MINS
TOTAL TIME: 20 MINS

INGREDIENTS

- 2 teaspoons olive oil
- 1 small boneless skinless chicken breast*
- Kosher salt and freshly-cracked black pepper
- 2 slices of bread (I used sourdough)
- butter
- 3-4 [Arla NaturallyGood Fontina Cheese Slices](#)
- 2 tablespoons roughly-chopped sun-dried tomatoes
- 1 handful fresh baby spinach**

DIRECTIONS

1. Heat oil in a medium saute pan over medium-high heat. While the oil is heating, season the chicken with a generous pinch of salt and black pepper. Add the chicken to the pan and cook for 6-8 minutes, turning once, until the chicken is cooked through and no longer pink on the inside. Remove pan from heat, then transfer the chicken to a cutting board and let it rest for 5 minutes. Then slice it into thin strips.
2. While the chicken is resting, butter one side of each piece of bread.
3. Place one slice (butter-side down) on your prep surface. Layer it evenly with 1-2 cheese slices, followed by the chicken slices, sun-dried tomatoes, spinach, and the remaining slice of bread (butter-side up).

4. Rinse out the saute pan (if needed), then return it to the stove over medium-high heat. Carefully transfer the sandwich to the pan and cook for 4-5 minutes on the first side, or until the bread is toasted and the cheese starts to melt. Carefully flip the sandwich to the other side, and cook for 3-4 minutes or until the bread is toasted.
5. Remove from pan, slice the sandwich down the middle, and serve warm.



PASTA WITH GOAT CHEESE, CHICKEN, ASPARAGUS & MUSHROOMS

By Ali Ebright of Give Me Some Oven

YIELD: 2-3 SERVINGS

PREP TIME: 5 MINS

COOK TIME: 25 MINS

TOTAL TIME: 30 MINS

INGREDIENTS:

- 1 pound (16 ounces) pasta (I used farfalle)
 - 2 tablespoons olive oil, divided
 - 2 boneless skinless chicken breasts
 - salt and freshly-ground black pepper
 - 1 shallot, peeled and minced
 - 6 cloves garlic, peeled and minced
 - 1 bunch (about 1 pound) asparagus, cut into bite-sized pieces, ends trimmed off
 - 16 ounces (2 cartons) fresh baby bella or white button mushrooms, halved
 - 8 ounces goat cheese
 - 1/3 cup milk
 - 1/2 cup freshly-grated Parmesan cheese, divided
- Tomatoes red, ripe and ready to use

DIRECTIONS:

1. Cook the pasta al dente in a large stockpot of generously-salted water, according to package instructions. Once the pasta is nearly ready, scoop out 1 cup of pasta water and reserve it on the side (we will use it later). Then drain the pasta and set aside. (<-- For ideal timing, I recommend adding the pasta to the boiling water around the time you begin cooking the asparagus and mushrooms.)
2. While the pasta water is heating, season the chicken breasts on both sides with salt and freshly-ground black pepper. In a large saute pan, heat 1 tablespoon olive oil over medium-high heat. Add the chicken and cook for 6-8 minutes (flipping halfway through) until both sides are golden, and the center is cooked through and no longer pink. Transfer chicken to a clean cutting board, and set aside. Add the remaining 1 tablespoon olive oil to the hot pan, and add the shallot. Saute for 2 minutes, stirring occasionally. Stir in the asparagus and mushrooms, and continue sauteing for another 4-6 minutes, stirring occasionally, until the mushrooms have softened. Stir in the

garlic and cook for an additional 1-2 minutes, or until fragrant, stirring occasionally. Remove pan from heat and set aside.

3. In a separate small mixing bowl, add the goat cheese, milk, 1/4 cup Parmesan and 1/2 cup of the reserved hot pasta water. Whisk until combined.
4. Once the pasta is cooked and drained, immediately add the vegetable mixture and the goat cheese sauce to the pasta, and toss to combine. If the sauce is too thick, you can stir in an extra 1/4 to 1/2 cup of the reserved hot pasta water to thin it out. Otherwise, serve immediately, garnished with extra Parmesan and black pepper, if desired.



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By Ali Ebright of Give Me Some Oven

YIELD: 4 SERVINGS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

TOTAL TIME: 20 MINS

INGREDIENTS:

STIR-FRY INGREDIENTS:

- 12 ounces (dry) rice stick noodles
- 2 Tablespoons peanut or vegetable oil, divided
- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces*
- 5 cups (packed) Chinese broccoli, chopped into bite-sized pieces with the stems and leaves separated
- 3 cloves garlic, peeled and minced
- 2 eggs, whisked
- stir-fry sauce (see below)
- (optional: fried garlic, lime wedges, for serving)

STIR-FRY SAUCE:

- 3 Tablespoons dark sweet soy sauce
- 1 Tablespoon oyster sauce
- 1 Tablespoon (regular) soy sauce
- 1 Tablespoon rice wine vinegar
- 2-3 teaspoons sugar or honey
- optional: 1-2 teaspoons chili garlic sauce, to taste

INSTRUCTIONS

TO MAKE THE STIR-FRY:

1. Prepare noodles al dente according to package instructions. (Or if there are no instructions, I recommend placing the noodles in a large mixing bowl and pouring boiling water on top of them until they are submerged. Wait 3-5 minutes until they are soft and al dente, then drain the water and set the noodles aside until ready to use, breaking them up with your fingers so that they don't stick together.)
2. Meanwhile, heat 1 Tablespoon oil in a large saute pan or wok over high heat. Stir in the chicken and Chinese broccoli stems and garlic and cook for 4-6 minutes, flipping and stirring occasionally, until the chicken is just cooked through. (The chicken should be no longer be pink on the inside.) Transfer the mixture to a separate plate and set aside.
3. Add 1 teaspoon of the remaining oil to the saute pan or wok. Add the eggs, and quickly scramble them, stirring occasionally, until they are cooked. (Alternately, you can also scramble the eggs beforehand and set aside until ready to use, or cook them simultaneously in another saute pan, if your current pan isn't big enough.)
4. Add in the remaining 2 teaspoons oil, the cooked noodles, chicken and broccoli stems, broccoli leaves, stir-fry sauce, and give the mixture a good toss until everything is combined. Continue cooking for 2-3 more minutes, tossing frequently. Taste, and season with salt and pepper if needed.
5. Serve immediately, with optional garnishes if desired.

TO MAKE THE STIR-FRY SAUCE:

1. Whisk all ingredients together until combined. If you'd like to add in some heat, add in 1-2 teaspoons chili garlic sauce to taste.

*Feel free to substitute in 1 pound of steak, shrimp, pork, or tofu in place of the chicken. Just saute until it is cooked through, and proceed with the rest of the recipe as instructed.



CREAMY PASTA WITH CHICKEN AND SUN-DRIED TOMATOES

By Ali Ebright of Give Me Some Oven

YIELD: 4-6 SERVINGS

PREP TIME: 10 MINS

COOK TIME: 20 MINS

TOTAL TIME: 30 MINS

INGREDIENTS:

PASTA INGREDIENTS

- 12 ounces whole wheat pasta (I used farfalle, aka "bow tie" pasta)
- 2 cooked chicken breasts, cut into bite-sized pieces
- 1 (6-ounce) jar sun-dried tomatoes, drained and chopped
- 1/3 cup chopped or julienned fresh basil, loosely-packed
- creamy garlic sauce (recipe below)
- optional toppings: crushed red pepper flakes, extra Parmesan, toasted pine nuts

CREAMY SAUCE INGREDIENTS

- 1 tablespoon butter or olive oil
- 5 cloves garlic, pressed or minced
- 3 tablespoons all-purpose flour
- 2 cups Almond Breeze original unsweetened almond milk
- 1/2 cup freshly-grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

TO MAKE THE PASTA

1. Cook pasta in a large stockpot of (generously) salted water according to package instructions. Drain and set aside.
2. While the pasta water is heating, begin making your cream sauce. (See instructions below.) Once the sauce and pasta are cooked, toss them together with the chopped chicken breasts, sun-dried tomatoes and half of the fresh basil until evenly combined. Serve immediately, garnished with the remaining fresh basil and optional toppings (if desired).

TO MAKE THE SAUCE

1. Heat olive oil (or butter) in a large saute pan over medium-high heat. Add garlic and saute 1-2 minutes, stirring occasionally, until fragrant. Stir in the flour, and saute for an additional minute, stirring occasionally.
2. Slowly add in the almond milk, whisking to combine until smooth. Continue cooking until the mixture reaches a simmer and thickens. Stir in Parmesan cheese, salt and pepper until the cheese is melted. Reduce heat to low until pasta reaches al dente and you are ready to toss the sauce with the pasta.



SKINNY HONEY LEMON CHICKEN

By Ali Ebright of Give Me Some Oven

YIELD: 4 SERVINGS
PREP TIME: 10 MINS
COOK TIME: 10 MINS
TOTAL TIME: 20 MINS

INGREDIENTS:

SKINNY HONEY LEMON CHICKEN INGREDIENTS:

- 1.5 lbs. boneless, skinless (raw) chicken breasts, cut into bite-sized pieces
- 3 tablespoons soy sauce (if making this gluten-free, be sure to use GF soy sauce)

- 2 tablespoons rice wine vinegar
- salt and pepper
- 1 tablespoon olive oil
- Honey Lemon Sauce (see below)
- optional toppings: toasted sesame seeds, thinly-sliced green onions, extra lemon zest, lemon slices

HONEY LEMON SAUCE INGREDIENTS:

- 3/4 cup chicken stock
- 1/4 cup fresh lemon juice
- 3 tablespoons honey (or more/less to taste)
- 2 tablespoons cornstarch
- zest of 1 lemon
- pinch of ground ginger
- (optional: sriracha, for heat)

INSTRUCTIONS:

1. Combine the chicken, soy sauce and rice wine vinegar to a large ziplock bag, and toss until the chicken is evenly coated. Refrigerate for at least 10 minutes, or up to 8 hours.
2. When you are ready to cook the chicken, drain and transfer it to a separate plate. Season the chicken on both sides with a few generous pinches of salt and pepper. And in a separate bowl, whisk the honey lemon sauce ingredients together until combined.
3. Heat oil in a large saute pan over medium-high heat. Add the chicken and saute for 5-7 minutes or until it is cooked through and no longer pink inside, stirring and turning the chicken occasionally for even cooking. Transfer the chicken to a separate (clean) plate with a slotted spoon.
4. Pour the (whisked) honey lemon sauce into the empty saute pan. Cook over medium-high heat for 2-3 minutes, or until the sauce reaches a low boil and thickens. Add in some sriracha if you would like for extra heat, to taste. (Feel free to also season with extra salt and pepper, or extra honey or lemon.)
5. Add the chicken back into the pan and toss until it is evenly coated with the sauce. Remove from heat and serve the chicken immediately, topped with optional toppings if desired.



10-MINUTE SPINACH LASAGNA

By Ali Ebright of Give Me Some Oven

YIELD: 6-8 SERVINGS
 PREP TIME: 10 MINS
 COOK TIME: 35 MINS
 TOTAL TIME: 45 MINS

INGREDIENTS

- 3 cups (or 1 24-ounce jar) marinara sauce, homemade <http://www.gimmesomeoven.com/marinara-sauce-recipe/> or store-bought
- 9 no-boil lasagna noodles (you may not use the entire package)
- 1 (15 ounce) container ricotta cheese (or cottage cheese)
- 2 cups shredded Mozzarella cheese
- 2 cups chopped fresh spinach leaves, loosely packed
- 3/4 cup roughly-chopped fresh basil leaves, loosely packed and divided
- 1/3 cup freshly-grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In an 8x8-inch or 9x9-inch baking pan, spread 3/4 cup of marinara sauce evenly across the bottom of the pan. Layer 3 lasagna noodles in an even layer, followed by half of the ricotta cheese, 1 cup of Mozzarella, 1 cup spinach and 1/4 cup fresh basil. Repeat with a second layer of marinara, noodles, ricotta, Mozzarella, spinach and basil. Then finish with a final layer of marinara, noodles, marinara and Mozzarella.
3. Cover pan with aluminum foil and bake for 20 minutes. Remove the foil and bake for an additional 10-15 minutes until the cheese is melted and begins to brown around the edges.
4. Remove and set on a cooling rack. Sprinkle with Parmesan cheese and the remaining fresh basil. Serve warm.



Easy Chicken Cordon Bleu

By Ali Ebright of Give Me Some Oven

SERVES: 6 SERVINGS

INGREDIENTS

FOR THE CORDON BLEU:

- 3 large, thick boneless, skinless chicken breasts, cut in half length-wise (to make two thinner chicken breast cutlets; you will have 6 total thin chicken breasts)
- 12 slices good quality deli ham
- 1 cup bread crumbs (preferably fresh)
- 2 tablespoons butter, melted
- ½ pound (8 ounces) thinly sliced Swiss cheese

FOR THE PARMESAN-DIJON CREAM SAUCE:

- 2 tablespoons butter

- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 teaspoon chicken bouillon granules (or 1 bouillon cube, crushed)
- ½ teaspoon salt
- 1 tablespoon Dijon mustard
- ½ teaspoon Worcestershire sauce
- ½ cup grated Parmesan cheese

INSTRUCTIONS

1. Lightly grease a 9X13-inch baking dish with cooking spray and preheat the oven to 350 degrees. In a bowl, combine the bread crumbs and melted butter. Set aside.
2. Lay the cut chicken breasts in a single layer in the 9X13-inch dish. Layer each chicken breast with two slices of ham and top with slices of Swiss cheese, layering across the chicken breast to make sure the entire chicken breast is covered with ham and cheese. Sprinkle the bread crumbs over the top of the chicken.
3. Bake the chicken for 30-35 minutes, until the chicken is cooked through completely, the cheese is bubbling and the bread crumbs are golden.
4. When the chicken is almost done, in a medium saucepan, melt the 2 tablespoons butter. Stir in the flour, whisking constantly. Cook the flour/butter mixture for 1-2 minutes. Slowly pour in the milk while whisking quickly. Stir in the chicken bouillon granules and salt. Whisk mixture constantly over medium heat until the mixture begins to simmer and thicken, about 3-5 minutes.
5. Once the sauce has bubbled and thickened, remove from heat and stir in the mustard, Worcestershire sauce and Parmesan cheese. Stir until the cheese is melted. Keep the sauce warm until the chicken is finished baking. If your sauce is too thick, whisk in some more milk. If it's too thin, simmer longer.
6. Serve each chicken cordon bleu portion with warm sauce.



Bacon Cheeseburger Mini Boats

By Christy Denney of The Girl Who Ate Everything

SERVES: 12 MINI TACOS

INGREDIENTS

- 4 strips of bacon
- ¾ lb ground beef
- ½ small onion, diced
- 2 teaspoons Worcestershire
- 1 tablespoon ketchup

- 1 tablespoon mayonnaise
- 12 Old el Paso Taco Boats mini soft flour tortillas
- ¾ cup shredded cheddar cheese
- Toppings: lettuce, tomato, mustard, ketchup

INSTRUCTIONS

1. Cook bacon in a skillet until done and drain on a paper towel.
2. In a skillet, brown the beef and onion until done. Drain. Add salt and pepper to taste. Remove from heat. Stir in the Worcestershire, ketchup, and mayonnaise.
3. Place the mini soft flour tortillas on a baking sheet. Divide meat mixture evenly into the boats and sprinkle with the cheese.
4. Bake for just a couple minutes or until cheese melts.
5. Remove from oven and top with crumbled bacon, lettuce, tomato, and mustard (or whatever toppings you like).



CHIPOTLE SOFRITAS TACOS

By Christy Denney of The Girl Who Ate Everything

YIELD: 6-8 SERVINGS
 PREP TIME: 15 MINS
 COOK TIME: 15 MINS
 TOTAL TIME: 30 MINS

INGREDIENTS

SOFRITAS TACOS INGREDIENTS:

- 1 (14 ounce) package extra-firm organic tofu, drained
- 1 batch chipotle sauce (see below)
- 2 tablespoons vegetable oil
- 1 large red bell pepper or poblano pepper, cored and diced
- 1 (15 ounce) can black or pinto beans, rinsed and drained
- warmed corn or flour tortillas
- optional toppings for serving (choose your favorites): any kind of salsa (*see recipe below for my corn salsa), Mexican crema or sour cream, guacamole, crumbled queso fresco, chopped fresh cilantro and white onion, fresh lime wedges, etc.

CHIPOTLE SAUCE INGREDIENTS:

- ¾ cup water or vegetable stock
- 2 chipotles in adobo sauce
- 1 clove garlic, peeled
- quarter of a small white onion, peeled
- 1 cup fire-roasted crushed tomatoes
- 1 tablespoon red wine vinegar
- 1/2 teaspoon ground cumin

- 1/4 teaspoon oregano
- generous pinch of Kosher salt and black pepper

INSTRUCTIONS

HOW TO MAKE THE SOFRITAS TACOS:

1. Roll up the block of tofu in a few layers of paper towels, then place the covered tofu on a plate and place something heavy on top of it to help it drain. I usually use a plastic cutting board on top, covered with a few cookbooks. Let the tofu drain for at least 15 minutes, replacing the paper towels if they get too wet. (*To speed this up even more, cut the tofu into four skinny rectangles, and do the same process with them. The tofu will drain faster if it's not quite as thick.)
2. While the tofu is draining, make the chipotle sauce (see below).
3. When you're ready to cook the sofritas, heat the oil over medium-high heat in a stockpot or large saute pan. Add the tofu and red pepper and saute for 5-7 minutes, gently stirring every minute or so, until the tofu is cooked and slightly browned around the edges, and the red pepper is cooked and softened.
4. Add in the beans and chipotle sauce, and stir to combine. Continue cooking over medium-high heat until the sauce reaches a simmer. Then reduce heat to medium-low and simmering for 5 more minutes.
5. Remove from heat and serve immediately, spooning the sofritas into warmed tortillas, topped with your desired toppings.

HOW TO MAKE THE CHIPOTLE SAUCE:

1. Add all ingredients to a blender or food processor. Blend until completely smooth.
2. Taste and season with extra salt and black pepper (or other ingredients), if needed.

CORN SALSA INGREDIENTS:

- 1 jalapeno, cored and finely-diced
- 1 (15 ounce) can whole kernel corn
- 1/3 cup chopped fresh cilantro
- 1/3 cup finely-diced red onion
- 1 tablespoon fresh lime juice
- pinch of salt and ground cumin
-

CORN SALSA INSTRUCTIONS

- Toss all ingredients until combined. Use immediately, or refrigerate in a sealed container for up to 2 days.



GARLICKY BAKED SHRIMP

By Christy Denney of The Girl Who Ate Everything

YIELD: 4-6 SERVINGS
 PREP TIME: 9 MINS
 COOK TIME: 11 MINS
 TOTAL TIME: 20 MINS

INGREDIENTS:

- 1 ½ pounds raw shrimp, peeled and de-veined
- 6 cloves garlic, peeled and minced
- 3 tablespoons white wine
- Kosher salt and freshly-ground black pepper
- ¼ cup (4 tablespoons) melted butter
- ½ cup Panko bread crumbs
- 1-2 tablespoons freshly-squeezed lemon juice
- 2 tablespoons fresh Italian-leaf parsley, chopped

INSTRUCTIONS

1. Preheat oven to 425°F.
2. In a medium mixing bowl, add the shrimp, garlic, and white wine and toss to combine. Transfer the shrimp mixture to a 9 x 13-inch baking dish, and spread the shrimp out in an even layer. Season with with salt and pepper.
3. Rinse out the mixing bowl, then add the melted butter and Panko, and use a fork to stir everything together until it's evenly combined. With your fingers, sprinkle the mixture evenly in the baking dish over the shrimp.
4. Transfer dish to oven and bake for about 7 minutes, or until the shrimp are just turning pink. Switch the oven over to the "high" broiler setting. Then broil the shrimp for 2-3 more minutes or until they are totally pink and cooked through, and the Panko starts to toast and turn slightly golden.
5. Remove and drizzle the lemon juice evenly over the shrimp, and sprinkle on the parsley. Serve immediately.



BAKED LEMON CHICKEN

By Christy Denney of The Girl Who Ate Everything

YIELD: 4 SERVINGS
PREP TIME: 20 MINS
COOK TIME: 15 MINS
TOTAL TIME: 35 MINS

INGREDIENTS:

- 4 boneless skinless chicken breasts, that have been pounded to even thickness and brined in saltwater (*see easy instructions below)
- 4 cloves garlic, peeled and minced
- 3 tablespoons melted butter
- 2 tablespoons freshly-squeezed lemon juice
- 1 teaspoon fresh thyme leaves
- 1 teaspoon Kosher salt
- 1/2 teaspoon freshly-cracked black pepper
- optional garnishes: fresh lemon slices, extra fresh thyme sprigs

INSTRUCTIONS

1. *To brine your chicken breasts, simply fill a large bowl with 1 quart of warm water and 1/4 cup kosher salt. Stir to combine until most of the salt is absorbed. Add the chicken breasts and let them sit in the mixture to brine for 15 minutes. Or you can also cover the bowl and refrigerate for up to 6 hours. Remove the chicken breasts from the brine, rinse them with cold water, then pat them dry with some paper towels.
2. Heat oven to 450°F.
3. In a medium bowl, whisk together the garlic, melted butter, lemon juice, and thyme until combined. Set aside.
4. Pour the melted butter mixture into the baking dish, and place the chicken breasts on top of it in an even layer. Use a pastry brush to brush the butter mixture all over the chicken breasts until they are completely coated on both sides. Then sprinkle each chicken breast evenly with a generous pinch of salt and pepper.
5. Bake for 5 minutes. Then remove the pan from the oven and brush the chicken again thoroughly with the butter mixture. Bake again for 5 minutes, remove and brush. Bake again for 5-8* minutes, or until the chicken is cooked through and no longer pink. (So the chicken will bake for 15-18 minutes total. If you use a cooking thermometer to measure the temperature thickest part of the breast, it should be between 160-170°F. The FDA recommends 170°F.)
6. *Or, if you want the chicken to be a little bit browned and crispier on top, you can turn the broiler on high for the final 3-5 minutes and broil the chicken until it is cooked through and extra browned on top. Keep a close eye on the chicken so that it does not overcook and/or burn.
7. Once the chicken is cooked, remove the pan from the oven and brush the chicken thoroughly with the butter mixture once more. Loosely cover the pan with aluminum foil, and let the chicken rest for at least 5-10 minutes. Serve immediately, garnished with extra lemon slices and thyme sprigs if desired.

Thanks for Reading!

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