

## Chicken Basil Sausage with honey noodles & Sweet Onions - *about 30 minutes*

### INGREDIENTS

- 1lb chicken basil sausage (sliced or rolled in ball)
- 2 Tbl of olive oil
- 1/2 cup sliced sweet yellow onions
- 1 clove sliced garlic
- 2 handfuls of spinach
  
- 1/2 box of whole wheat spaghetti noodles
- 3 Tbl of honey
- 2 Tbl of melted butter :)

### DIRECTIONS

1. Prepare water in large pot to boil noodles (meanwhile...)
2. Heat oil on medium in a large frying pan.
3. Add sliced onions to heated oil and cook for 1-2 minutes
4. Add noodles to boiling water and add vegetables of choice to separate saucepan and steam.
4. Add sausage and garlic to frying pan and cook until browned.
5. Mix spinach with sausage for about a minute to heat up a bit
5. When noodles are cooked, drain and set aside in large bowl
6. Toss noodles in melted butter and honey mixture



## Shepherd's Pie - *about 45 minutes to one hour*

### INGREDIENTS

- 4 large potatoes
- 1 Tbl butter
- 1/4 cup of milk
- 1/4 cup shredded cheese
- Salt and pepper as desired
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- 1/2 cup of frozen peas
- 1/2 cup of frozen corn
- 1/2 cup of green beans
- 1/2 cup of chopped carrots (you can find mixed bags)
  
- 2 tbl of olive oil
- 1 chopped onion
- 1 lb ground beef
- 2 Tbl of flour
- 1 Tbl of ketchup
- 1/2 cup of beef broth
- 1/4 cup of Worcestershire

### DIRECTIONS

1. Preheat oven to 375 F
2. Prepare water to boil, in the meantime peel and cut potatoes
3. Add frozen vegetables to small saucepan and steam (set aside when ready)
4. Heat oil in large frying pan
5. Cook onion until clear
6. Add ground beef to frying pan and pour off fat
7. Stir in flour and cook 1 minute
8. Add ketchup, broth, and Worcestershire
9. Bring to boil & simmer for 5 minutes
  
10. Drain boiled potatoes and mash with butter and milk
  
11. Place beef on bottom of greased oven proof dish and layer vegetables and then mashed potatoes on top. Top with shredded cheese.
12. Bake for 20 minutes



## Baked Dijon Salmon with Almond Brussels Sprouts and Couscous - about 30 - 40 minutes

### INGREDIENTS

- 1/4 cup of butter, melted
- 3 Tbl of Dijon mustard
- 1 1/2 Tbs of honey
- 1/4 cup dry bread crumbs
- 4 teaspoons of fresh parsley (or 2 ts dried)
- 4 (4 oz) salmon filets
- salt and pepper to taste
- 1 lemon (optional)
  
- 1/4 cup of water
- 2 Tbl of olive oil
- sliced almonds
- Brussels sprouts for 4 people
  
- 1 cup of couscous
- 1-2 Tbl butter or olive oil
- 1 cup water or broth
- 1/2 teas. salt

### DIRECTIONS

1. Preheat oven to 400 F
2. In a small bowl, stir together butter, mustard and honey. Set aside. In another bowl mix together bread crumbs and parsley.
3. Brush each salmon filet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.
4. Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper and garnish with wedge of lemon.
  
5. In a frying pan "steam" trimmed and halved brussels sprouts in 1/4 cup of water. Leave lid OFF and let water evaporate. When water is gone and brussels sprouts are a lively green add olive oil and lightly fry to make a little crispy. Make sure they don't stick! Add almonds at the end and heat up a bit.
6. Bring water & butter for couscous to boil in a small saucepan(I LOVE how fast this cooks up).
7. Remove the pan from heat and pour in the couscous and salt. Stir to make it even.
8. Cover the pan and let it sit for 5-7 minutes. Fluff with fork before serving! yum!

(salmon recipe from allrecipes.com by Esmee)



## Beef Taco Rice - about 35 - 45 minutes

### INGREDIENTS

- 2 Tbl butter
- 1 1/2 cups long grain rice
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper (optional)
- 1 clove garlic, minced
- 2 cups water
- 1 (14 1/2 oz) can diced tomatoes (with green chiles if you like it spicy!)
- 1 tsp chili powder
- 1 tsp salt
- 1 cup shredded cheddar
  
- 1 lb ground beef
- 1 clove of garlic, sliced
- 1 (14 oz) can of black beans or other pinto beans
- 1/2 bag of frozen corn
- 1 Tbl chili powder
- 1 tsp cumin
- 1 tsp oregano

### DIRECTIONS

1. In a large saucepan, melt the butter over med-heat.
2. Add the rice, onion, peppers, and garlic to the saucepan.
3. Cook until the rice is browned and vegetables are tender.
4. Stir in the water, tomatoes, chili powder, and salt and bring to a boil
5. Reduce the heat and simmer, covered, until the rice is tender (timing depends on type of rice purchased)
6. Stir in cheese when cooked
  
7. Brown ground beef with garlic and drain off excess fat
8. Add 1/4 cup of water to meat and add beans, corn, chili powder, cumin and oregano
9. Let the beef, vegetables, and seasonings lightly simmer for about 5 minutes.
  
10. When finished layer the taco rice and the meat. Add your choice of avocados, sour cream, salsa, etc. on top



## Perfect Pan Roasted Chicken Thighs with skillet fried potatoes - *about 35 - 40 minutes*

### INGREDIENTS

- 6 skin on, boneless chicken thighs (I have also used skinless/boneless and had fine results)
- salt and pepper
- 2 Tbl olive oil
  
- 2 large potatoes, thinly sliced
- 1/4 cup of water
- 1/2 sliced green bell pepper
- 1/2 sliced yellow onion
- salt and pepper
- 2 Tbl olive oil
  
- vegetable side of choice :)

### DIRECTIONS

1. Preheat oven to 475 F
2. Season chicken with salt and pepper
3. Heat oil in a 12" cast iron or heavy nonstick skillet (oven proof!) over high heat until hot but not smoking
4. Nestle chicken in skillet, skin side down, and cook 2 minutes
5. Reduce heat to med-high; continue cooking skin side down, rotating pan and rearranging thighs to not stick now and then, about 12 minutes
6. Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 5 minutes longer. Transfer to a plate; let rest 5 minutes before serving
  
7. In a deep skillet bring 1/4 cup water to boil with sliced potatoes (cut as thin & equal as possible!)
8. When water evaporates add oil and onions
9. Season with salt and pepper
10. Add sliced green bell peppers
11. Let the sides of the potatoes "sit" on one side in the oil without moving often to gain the crispiness. Stir them around too much and they get soggy/broken.



HOLY HEN HOUSE

(chicken recipe from epicurious.com by The Bon Appetit Test Kitchen)