

**Taste  
of Home**  
BOOKS

**32**  
FAMILY-  
PLEASING  
RECIPES

- HEARTY  
BREAKFASTS
- EASY SKILLET  
SUPPERS
- 30-MINUTE  
FAST FIXES

# One-Dish MEALS



# One-Dish Meals

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**PICTURED FROM TOP TO  
BOTTOM:**  
Cashew Chicken  
Salad Sandwiches (p. 7),  
Cod with Bacon & Balsamic  
Tomatoes (p. 31) and 30-Minute  
Chili (p. 15).

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**PICTURED ON FRONT COVER:**  
Favorite Skillet Lasagna (p. 23)

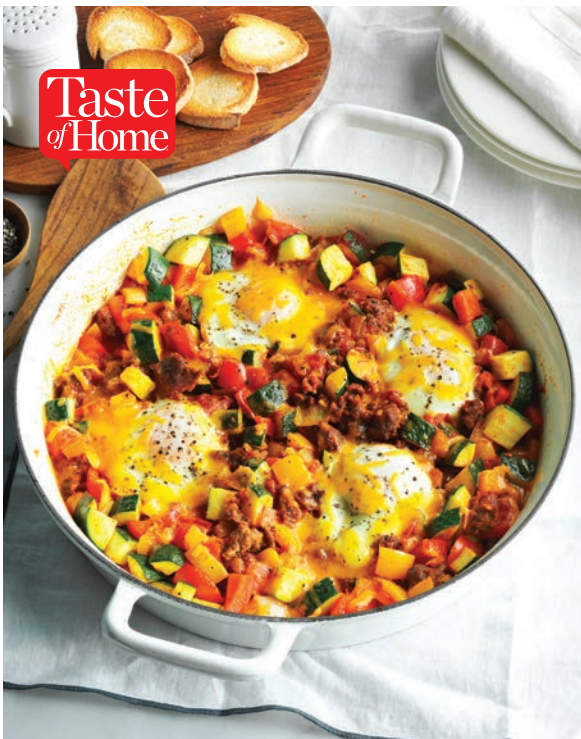
## Summer Breakfast Skillet

Sizzle up spicy chorizo, veggies and eggs for a breakfast that keeps you going all morning. If I want something handheld, I turn it into tacos.

—ANDREA RIVERA WESTBURY, NY

**PREP:** 20 MIN. **COOK:** 15 MIN.  
**MAKES:** 4 SERVINGS

notes



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**FAST FIX**

## Cranberry-Walnut Oatmeal

My family loves cranberries but we can only get them fresh during the holiday season. This recipe lets us enjoy the tartness of cranberry with the comfort of oatmeal all-year long.

—TEENA PETRUS JOHNSTOWN, PA

**PREP/TOTAL TIME:** 15 MIN.  
**MAKES:** 4 SERVINGS

notes



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## Summer Breakfast Skillet

- ½ pound fresh chorizo or bulk spicy pork sausage
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 medium onion, chopped
- 3 medium tomatoes, chopped
- 2 small zucchini, chopped
- 2 garlic cloves, minced
- 1 teaspoon paprika
- 4 large eggs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup shredded cheddar cheese

**1.** In a large skillet, cook chorizo, peppers and onion over medium heat 4-6 minutes or until chorizo is cooked through, breaking chorizo into crumbles; drain. Stir in tomatoes, zucchini, garlic and paprika; cook, covered, 5-7 minutes longer or until vegetables are tender.

**2.** With back of spoon, make four wells in vegetable mixture; break an egg into each well. Sprinkle eggs with salt and pepper. Cook, covered, 4-6 minutes or until egg whites are completely set and yolks begin to thicken but are not hard.

**3.** Remove from heat; sprinkle with cheese. Let stand, covered, 5 minutes or until cheese is melted.



## Cranberry-Walnut Oatmeal

- 3½ cups water
- ¼ teaspoon salt
- 2 cups quick-cooking oats
- 3 tablespoons sugar
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon-sugar
- ½ cup whole-berry cranberry sauce
- ¼ cup chopped walnuts, toasted

**1.** In a large saucepan, bring water and salt to a boil. Stir in oats. Cook 1 minute over medium heat, stirring occasionally.

**2.** Remove from heat; stir in sugar and vanilla. Top servings with cinnamon-sugar, cranberry sauce and walnuts.

**NOTE:** *To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.*



## FAST FIX

## Italian Sausage Breakfast Wraps

My husband leaves for work at 4 a.m., and I want him to have a healthy breakfast to start the day. I usually make half a dozen of these on Sunday and keep them in the fridge so he can grab one and go.

—**DAUNA HARWOOD** UNION, MI

**PREP/TOTAL TIME:** 30 MIN.

**MAKES:** 6 SERVINGS

notes



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## FAST FIX

## Hash Brown & Apple Pancake

Wedges of this crispy hash make a fast and fabulous side dish the whole family will savor. Laced with onions, chives and Swiss cheese, they take only minutes and would go well with all kinds of entrees.

—**SUSAN HEIN** BURLINGTON, WI

**PREP/TOTAL TIME:** 20 MIN.

**MAKES:** 4 SERVINGS

notes



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## Italian Sausage Breakfast Wraps

- $\frac{3}{4}$  pound Italian turkey sausage links, casings removed**
- 1 small green pepper, finely chopped**
- 1 small onion, finely chopped**
- 1 medium tomato, chopped**
- 4 large eggs**
- 6 large egg whites**
- 1 cup chopped fresh spinach**
- 6 whole wheat tortillas (8 inches)**
- 1 cup (4 ounces) shredded reduced-fat cheddar cheese**

- 1.** In a large skillet, cook sausage, pepper, onion and tomato over medium heat until meat is no longer pink and vegetables are tender, breaking up sausage into crumbles; drain and return to pan.
- 2.** In a small bowl, whisk eggs and egg whites until blended. Add egg mixture to sausage. Cook and stir until eggs are thickened and no liquid egg remains. Add spinach; cook and stir just until wilted.
- 3.** Spoon  $\frac{3}{4}$  cup egg mixture across center of each tortilla; top with about 2 tablespoons cheese. Fold bottom and sides of tortilla over filling and roll up.



## Hash Brown & Apple Pancake

- $\frac{1}{4}$  cups frozen shredded hash brown potatoes, thawed**
- $\frac{1}{2}$  cup finely chopped apple**
- $\frac{1}{4}$  cup finely chopped onion**
- 1 large egg white**
- 1 tablespoon minced fresh chives**
- $\frac{1}{4}$  teaspoon salt**
- $\frac{1}{4}$  teaspoon pepper**
- 2 tablespoons butter, divided**
- 2 tablespoons canola oil, divided**
- $\frac{1}{2}$  cup shredded Swiss cheese**

- 1.** In a large bowl, combine the first seven ingredients. In a large nonstick skillet, heat 1 tablespoon butter and 1 tablespoon oil over medium-high heat.
- 2.** Spread half of the potato mixture evenly in pan; sprinkle with cheese. Top with remaining potato mixture, pressing gently into skillet. Cook 5 minutes or until bottom is browned.
- 3.** Carefully invert pancake onto a plate. Heat remaining butter and oil in same pan. Slide pancake into skillet, browned side up. Cook 5 minutes longer or until bottom is browned and cheese is melted. Slide pancake onto a plate; cut into four wedges.

## Super Sloppy Joes

Mother made these fresh-tasting sloppy joes often while I was growing up. People say they're the best sandwiches they've ever tasted.

—ELLEN STRINGER

BOURBONNAIS, IL

**PREP:** 15 MIN. **COOK:** 35 MIN.

**MAKES:** 8-10 SERVINGS

notes

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**5** INGREDIENTS FAST FIX

## Peppered Pork Pitas

Here's a terrific meal for weeknights or anytime. Cracked black pepper and garlic give the strips of pork a nice pop. I load the meat mixture, lettuce and mayo onto fun-to-eat pita breads.

—KATHERINE WHITE

CLEMMONS, NC

**START TO FINISH:** 20 MIN.

**MAKES:** 4 SERVINGS

notes

Taste  
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## Super Sloppy Joes

- 2 pounds ground beef**
- ½ cup chopped onion**
- 2 celery ribs with leaves, chopped**
- ¼ cup chopped green pepper**
- 1⅔ cups canned crushed tomatoes**
- ¼ cup ketchup**
- 2 tablespoons brown sugar**
- 1 tablespoon white vinegar**
- 1 tablespoon Worcestershire sauce**
- 1 tablespoon steak sauce**
- ½ teaspoon garlic salt**
- ¼ teaspoon ground mustard**
- ¼ teaspoon paprika**
- 8 to 10 hamburger buns, split**

- 1.** In a Dutch oven over medium heat, cook beef, onion, celery and green pepper until the meat is no longer pink and the vegetables are tender; drain.
- 2.** Add the next nine ingredients; mix well. Simmer, uncovered, for 35-40 minutes, stirring occasionally. Spoon ½ cup meat mixture onto each bun.



## Peppered Pork Pitas

- 1 pound boneless pork loin chops, cut into thin strips**
- 1 tablespoon olive oil**
- 2 teaspoons coarsely ground pepper**
- 2 garlic cloves, minced**
- 1 jar (12 ounces) roasted sweet red peppers, drained and julienned**
- 4 whole pita breads, warmed**
- Garlic mayonnaise and torn leaf lettuce, optional**

- 1.** In a small bowl, combine pork, oil, pepper and garlic; toss to coat. Place a large skillet over medium-high heat. Add pork mixture; cook and stir until no longer pink. Stir in red peppers; heat through. Serve on pita breads with mayonnaise and lettuce if desired.



## FAST FIX

## Cashew Chicken Salad Sandwiches

I think this is the best chicken salad recipe around! It's good for you, has wonderful flavor and is quick to fix.

—PEGGI KELLY FAIRBURY, NE

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**PREP/TOTAL TIME:** 15 MIN.  
**MAKES:** 6 SERVINGS

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notes



Taste  
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## Italian Sub Sandwiches

I serve these hearty hoagies for a special party treat. Chunks of Italian sausage satisfy the biggest appetites, while the red and green peppers add terrific color and flavor.

—JUDY LONG EFFINGHAM, IL

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**PREP:** 15 MIN. • **COOK:** 40 MIN.  
**MAKES:** 8 SERVINGS

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notes



Taste  
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## Cashew Chicken Salad Sandwiches

- 2 cups diced cooked chicken**
- ½ cup chopped salted cashews**
- ½ cup chopped red apple**
- ½ cup chopped peeled cucumber**
- ½ cup mayonnaise**
- ½ teaspoon sugar**
- ½ teaspoon salt**
- Dash pepper**
- 6 lettuce leaves, optional**
- 6 kaiser rolls or croissants, split**

- 1.** In a large bowl, combine the chicken, cashews, apple and cucumber. In a small bowl, combine the mayonnaise, sugar, salt and pepper. Add to chicken mixture and toss to coat.
- 2.** Place a lettuce leaf if desired and ½ cup chicken salad on each roll bottom; replace tops.



## Italian Sub Sandwiches

- 1½ pounds Italian sausage links, cut into ½-inch pieces**
- 2 medium red onions, thinly sliced**
- 2 medium sweet red peppers, thinly sliced**
- 2 medium green peppers, thinly sliced**
- 1 garlic clove, minced**
- 3 medium tomatoes, chopped**
- 1 teaspoon dried oregano**
- Salt and pepper to taste**
- 8 submarine sandwich buns (about 10 inches), split**

- 1.** In a large skillet, cook sausage over medium heat just until no longer pink; drain. Add the onions, peppers and garlic. Cover and cook for 25 minutes or until vegetables are tender, stirring occasionally. Add tomatoes and oregano. Cover and simmer for 5-6 minutes or until tomatoes are cooked. Season with salt and pepper.
- 2.** Meanwhile, hollow out bottom of roll, leaving ½-in. shell. (Discard removed bread or save for another use). Toast rolls. Fill with sausage mixture.

## FAST FIX

## Smoked Turkey and Apple Salad

An eye-catching dish, this refreshing salad is a great main course for a summer lunch or light dinner. The dressing's Dijon flavor goes nicely with the turkey, and the apples add crunch.

—CAROLYN JOHNS LACEY, WA

**PREP/TOTAL TIME:** 20 MIN.

**MAKES:** 4 SERVINGS

notes



## FAST FIX

## Sun-Dried Tomato & Chicken Spinach Salad

This recipe is fantastic! I sauteed the onions with the tomato mixture and served it on a bed of mixed greens. My husband, who doesn't usually like main dish salads, told me that I can make this again anytime!

—FROM TASTE OF HOME.COM

**PREP/TOTAL TIME:** 20 MIN.

**MAKES:** 4 SERVINGS

notes



## Smoked Turkey and Apple Salad

### DRESSING:

- 5 tablespoons olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon lemon-pepper seasoning
- ½ teaspoon salt, optional

### SALAD:

- 6 to 8 cups torn watercress or romaine
- 1 medium carrot, julienned
- 10 cherry tomatoes, halved
- 8 ounces smoked turkey, julienned
- 4 medium apples, sliced
- ⅓ cup chopped walnuts, toasted

1. Whisk together dressing ingredients; set aside.
2. Just before serving, arrange salad greens on a platter or individual plates. Top with carrot, tomatoes, turkey and apples. Drizzle dressing over salad; toss to coat. Sprinkle with walnuts.



## Sun-Dried Tomato & Chicken Spinach Salad

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts, cut into ¼-inch strips
- ½ cup julienned oil-packed sun-dried tomatoes
- ½ cup julienned roasted sweet red peppers
- 6 ounces fresh baby spinach (about 8 cups)
- 1 cup shredded Parmesan cheese
- 8 bacon strips, cooked and crumbled
- ½ small red onion, thinly sliced
- Salad dressing of your choice

1. In a large skillet, heat oil over medium heat. Add chicken, tomatoes and red peppers; cook and stir 6-8 minutes or until chicken is no longer pink.
2. Divide spinach among four plates; top with cheese, chicken mixture, bacon and onion. Serve with salad dressing.



## FAST FIX

## Garden-Fresh Taco Salad

One night, I planned a sunflower-themed supper. I made this taco salad and served it “potted” with the chips arranged to look like a flower head. Even without the fancy presentation, this main dish salad pleases.

—**HOLLY JOYCE** JACKSON, MN

**START TO FINISH:** 30 MIN.

**MAKES:** 4 SERVINGS

notes



## FAST FIX

## Easy Asian Chicken Slaw

From the first time I made this chicken dish, I knew it was a winner because the bowl came back to the kitchen scraped clean.

—**BESS BLANCO VAIL**, AZ

**PREP/TOTAL TIME:** 15 MIN.

**MAKES:** 8 SERVINGS

notes



## Garden-Fresh Taco Salad

- 1 pound ground beef**
- 1 envelope taco seasoning, *divided***
- 1 large head lettuce, shredded**
- 4 medium tomatoes, seeded and diced**
- 1 medium onion, chopped**
- 2 cups (8 ounces) shredded cheddar cheese**
- 1 cup Miracle Whip**
- 1 tablespoon salsa**
- Leaf lettuce**
- Crushed tortilla chips**

**1.** In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in half of the taco seasoning. Remove from the heat; stir in the shredded lettuce, tomatoes, onion and cheese.

**2.** In a small bowl, combine the Miracle Whip, salsa and remaining taco seasoning. Pour over salad and toss to coat.

**3.** Line a large bowl or platter with leaf lettuce; top with taco salad. Sprinkle tortilla chips around edge.



## Easy Asian Chicken Slaw

- 1 package (3 ounces) ramen noodles**
- 1 rotisserie chicken, skin removed, shredded**
- 1 package (16 ounces) coleslaw mix**
- 6 green onions, finely chopped**
- 1 cup reduced-fat Asian toasted sesame salad dressing**

**1.** Discard seasoning packet from noodles or save for another use. Break noodles into small pieces; place in a large bowl. Add chicken, coleslaw mix and green onions. Drizzle with salad dressing; toss to coat.

## FAST FIX

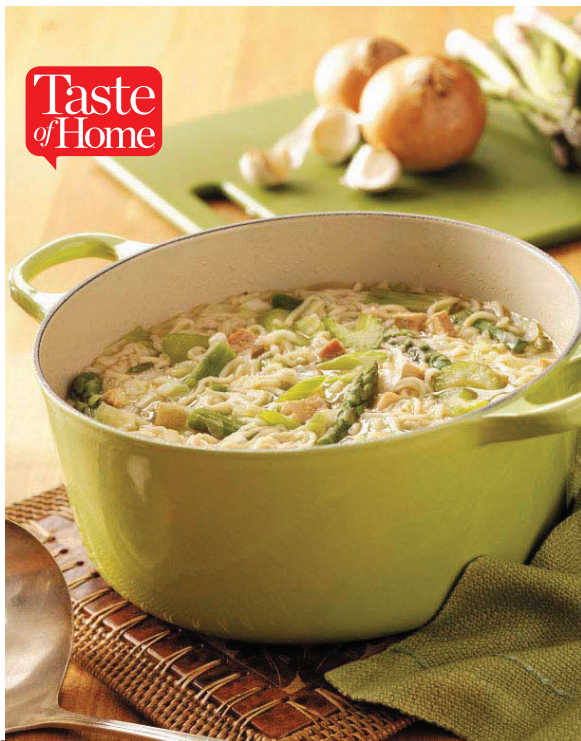
**Pork Noodle Soup**

My daughter created this soup when she needed to use up some leftover pork. More water can be used for a thinner soup or less water for a thicker noodle dish. It's good with mushroom-flavored ramen noodles, too.

—**ELEANOR NISKA** TWIN FALLS, ID

**PREP:** 10 MIN. **COOK:** 20 MIN.  
**MAKES:** 10 SERVINGS

notes

**Green Chili Stew**

Anaheim chilies are the top crop in New Mexico. I roast them to use in a variety of dishes. Peppers give this down-home stew a wonderful rich flavor my family loves.

—**MARY SPILL**  
TIERRA AMARILLA, NM

**PREP:** 10 MIN. **COOK:** 50 MIN.  
**MAKES:** 10 SERVINGS

notes



## Pork Noodle Soup

- ½ cup chopped celery
- ½ cup chopped onion
- ½ teaspoon minced garlic
- 1 tablespoon olive oil
- 7 cups water
- 1½ cups cut fresh asparagus (1-inch pieces)
- ½ cup chopped cabbage
- 1½ teaspoons minced fresh parsley
- ¾ teaspoon dried tarragon
- Dash cayenne pepper, optional
- 2 packages (3 ounces each) pork ramen noodles
- 2 cups cubed cooked pork

1. In a Dutch oven, saute the celery, onion and garlic in oil until tender. Stir in the water, asparagus, cabbage, parsley, tarragon and cayenne if desired. Bring the vegetable mixture to a boil.
2. Coarsely crush the noodles. Add the noodles with the contents of the seasoning packets to the kettle. Bring to a boil. Reduce heat; simmer, uncovered, for 3-5 minutes or until the noodles and vegetables are tender. Add the pork; heat through.



## Green Chili Stew

- 1 pound ground beef
- 1 pound ground pork
- 8 to 10 Anaheim chilies, roasted, peeled and chopped or 3 cans (4 ounces each) chopped green chilies, drained
- 4 medium potatoes, peeled and diced
- 1 can (28 ounces) diced tomatoes, undrained
- 2 cups water
- 1 garlic clove, minced
- 1 teaspoon salt, optional
- ½ teaspoon dried oregano
- ¼ teaspoon pepper
- ¼ teaspoon dried coriander

1. In a large kettle or Dutch oven, brown beef and pork; drain. Add remaining ingredients. Cover and simmer for 45 minutes.
- NOTE:** *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



## FAST FIX

**30-Minute Chili**

A neighbor gave me a pot of this delicious chili, and I had to have the recipe. The pork sausage is a nice change from the ground beef many chili recipes call for.

—**JANICE WESTMORELAND**  
BROOKSVILLE, FL

**PREP/TOTAL TIME:** 30 MIN.  
**MAKES:** 12 SERVINGS

notes



**Taste  
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**Wild Rice and Ham Chowder**

The rich, comforting taste of this chowder appeals to everyone who tries it. I have my younger sister to thank for sharing this recipe with me years ago.

—**ELMA FRIESEN** WINNIPEG, MB

**PREP:** 10 MIN. **COOK:** 40 MIN.  
**MAKES:** 11 SERVINGS

notes



## 30-Minute Chili

- 1 pound bulk pork sausage
- 1 large onion, chopped
- 2 cans (16 ounces each) chili beans, undrained
- 1 can (28 ounces) crushed tomatoes
- 3 cups water
- 1 can (4 ounces) chopped green chilies
- 1 envelope chili seasoning mix
- 2 tablespoons sugar

**1.** In a Dutch oven, cook sausage and onion over medium heat 6-8 minutes or until meat is no longer pink, breaking into crumbles; drain. Add remaining ingredients; bring to a boil. Reduce heat; simmer, covered, 20 minutes, stirring often.



## Wild Rice and Ham Chowder

- ½ cup chopped onion
- 2 garlic cloves, minced
- ¼ cup butter, cubed
- 6 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 cups chicken broth
- 1½ cups cubed peeled potatoes
- ½ cup chopped carrot
- 1 bay leaf
- ½ teaspoon dried thyme
- ¼ teaspoon ground nutmeg
- 3 cups cooked wild rice
- 2½ cups cubed fully cooked ham
- 2 cups half-and-half cream
- 1 can (15¼ ounces) whole kernel corn, drained
- Minced fresh parsley

**1.** In a Dutch oven or soup kettle over medium heat, saute onion and garlic in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

**2.** Add the potatoes, carrot, bay leaf, thyme and nutmeg; return to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Stir in the rice, ham, cream and corn; heat through (do not boil). Discard bay leaf. Garnish bowls of chowder with parsley.

## Baked Ziti with Fresh Tomatoes

I prepare the sauce ahead of time, so it saves precious moments when we come in after working out in the fields!

—**BARBARA JOHNSON** DECKER, IN

**PREP:** 70 MIN. **BAKE:** 30 MIN.  
**MAKES:** 6 SERVINGS

notes



### FAST FIX

## Skillet BBQ Beef Pot Pie

Beef pot pie is a classic comfort food, but who's got time to see it through? My crowd-pleaser is not only speedy; it uses up leftover stuffing.

—**PRISCILLA YEE** CONCORD, CA

**PREP/TOTAL TIME:** 25 MIN.  
**MAKES:** 4 SERVINGS

notes



## Baked Ziti with Fresh Tomatoes

- 1 pound ground beef
- 1 cup chopped onion
- 3 pounds plum tomatoes, peeled, seeded and chopped (about 15 tomatoes)
- 1½ teaspoons salt
- 1 teaspoon dried basil
- ¼ teaspoon pepper
- 8 ounces uncooked ziti
- 2 cups (8 ounces) shredded part-skim mozzarella cheese, divided
- 2 tablespoons grated Parmesan cheese

1. In a Dutch oven, cook the beef and onion over medium heat until meat is no longer pink; drain. Stir in the tomatoes, salt, basil and pepper. Reduce heat to low; cover and cook for 45 minutes, stirring occasionally.
2. Cook ziti according to package directions; drain. Place in a large bowl. Stir in sauce and 1 cup mozzarella cheese. Transfer to a greased 3-qt. baking dish; sprinkle with Parmesan cheese and remaining mozzarella cheese.
3. Cover and bake at 350° for 15 minutes. Uncover; bake 15 minutes longer or until heated through.



## Skillet BBQ Beef Pot Pie

- 1 pound lean ground beef (90% lean)
- ⅓ cup thinly sliced green onions, divided
- 2 cups frozen mixed vegetables, thawed
- ½ cup salsa
- ½ cup barbecue sauce
- 3 cups cooked cornbread stuffing
- ½ cup shredded cheddar cheese
- ¼ cup chopped sweet red pepper

1. In a large skillet, cook beef and ¼ cup green onions over medium heat 6-8 minutes or until beef is no longer pink, breaking into crumbles; drain. Stir in mixed vegetables, salsa and barbecue sauce; cook, covered, over medium-low heat 4-5 minutes or until heated through.
2. Layer stuffing over beef; sprinkle with cheese, red pepper and remaining green onion. Cook, covered, 3-5 minutes longer or until heated through and cheese is melted.



## FAST FIX

**Sesame Beef Stir-Fry**

Soy sauce and gingerroot add robust flavor to a quick beef stir-fry. It couldn't be simpler to make, and it is elegant enough to serve at a dinner party.

—**CHARLENE CHAMBERS**  
ORMOND BEACH, FL

**PREP/TOTAL TIME:** 30 MIN.  
**MAKES:** 2 SERVINGS

notes



**Taste  
of Home**

## FAST FIX

**Beefy Tortellini Skillet**

This skillet wonder is a tortellini dish the family craves. From browning beef to cooking the pasta and melting the cheese, everything happens in one pan. You can add basil or chives for a touch of freshness.

—**JULI MEYERS** HINESVILLE, GA

**PREP/TOTAL TIME:** 20 MIN.  
**MAKES:** 4 SERVINGS



## Sesame Beef Stir-Fry

- 2 **tsp. cornstarch**
  - ½ **cup reduced-sodium beef broth**
  - 4 **tsp. reduced-sodium soy sauce**
  - 1 **Tbsp. minced fresh gingerroot**
  - 1 **garlic clove, minced**
  - ½ **lb. beef top sirloin steak, thinly sliced**
  - 2 **tsp. sesame seeds, toasted, divided**
  - 2 **tsp. peanut or canola oil, divided**
  - 2 **cups fresh broccoli florets**
  - 1 **small sweet yellow pepper, julienned**
  - 1 **cup hot cooked brown rice**
1. In a small bowl, combine the first five ingredients until blended; set aside.
  2. In a large nonstick skillet or wok, stir-fry beef and 1 tsp. sesame seeds in 1 tsp. oil until no longer pink. Remove and keep warm.
  3. Stir-fry broccoli in remaining oil for 2 minutes. Add pepper; stir-fry for 4-6 minutes longer or until vegetables are crisp-tender.
  4. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beef; heat through. Serve with rice. Sprinkle with remaining sesame seeds.



## Beefy Tortellini Skillet

- 1 **pound ground beef**
  - ½ **teaspoon Montreal steak seasoning**
  - 1 **cup water**
  - 1 **teaspoon beef bouillon granules**
  - 1 **package (19 ounces) frozen cheese tortellini**
  - 1 **cup (4 ounces) shredded Italian cheese blend**
1. In a large skillet, cook beef over medium heat 5-6 minutes or until no longer pink, breaking into crumbles; drain. Stir in steak seasoning. Add water and bouillon; bring to a boil. Stir in tortellini; return to a boil. Reduce heat; simmer, covered, 3-4 minutes or until tortellini are tender.
  2. Remove from heat; sprinkle with cheese. Let stand, covered, until cheese is melted.

## Presto Chicken Tacos

Slowly cooking the chicken with the seasonings is the key to perfection with this dish. The chicken mixture also makes a great salad topping.

—**NANETTE HILTON** LAS VEGAS, NV

**PREP:** 20 MIN. **COOK:** 25 MIN.  
**MAKES:** 12 SERVINGS

notes



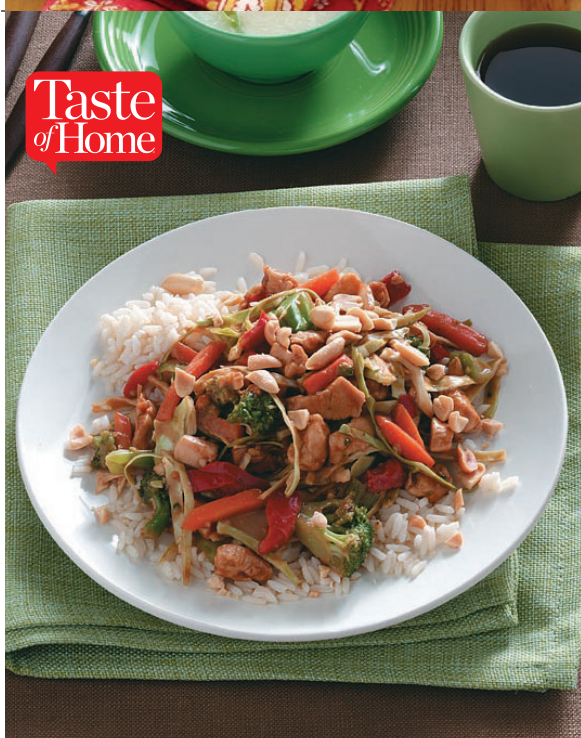
## Nutty Chicken Stir-Fry

My daughter makes this yummy stir-fry often for our family. It goes together so quickly. The peanuts and chunky peanut butter give it a nice crunch. Leftovers—if there are any—are great!

—**SHIRLEY CONRAD**  
HIGH AMANA, IA

**PREP:** 20 MIN. **COOK:** 15 MIN.  
**MAKES:** 5 SERVINGS

notes



## Presto Chicken Tacos

- 3 pounds boneless skinless chicken breasts, cut into strips**
- 2 tablespoons canola oil**
- 1 garlic clove, minced**
- 2 cans (14½ ounces each) diced tomatoes, undrained**
- 1 teaspoon ground cumin**
- 1 teaspoon chili powder**
- 12 corn tortillas (6 inches), warmed**
- Optional toppings: shredded lettuce, shredded cheddar cheese, diced tomatoes, fresh cilantro leaves, sour cream and cubed avocado**

- 1.** In a Dutch oven, brown chicken in oil in batches. Add garlic; cook 1 minute longer. Add the tomatoes, cumin and chili powder. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until chicken is no longer pink, stirring occasionally.
- 2.** Fill each tortilla with about ½ cup chicken mixture. Serve with toppings of your choice.



## Nutty Chicken Stir-Fry

- 1 pound boneless skinless chicken breasts, chopped**
- 1 tablespoon canola oil**
- 1 package (16 ounces) frozen stir-fry vegetable blend**
- 6 garlic cloves, minced**
- 2 tablespoons brown sugar**
- 4 teaspoons cornstarch**
- ¾ teaspoon ground ginger**
- ½ cup chicken broth**
- ⅓ cup reduced-sodium soy sauce**
- ¼ cup chunky peanut butter**
- 5 to 6 drops hot pepper sauce**
- 3 cups shredded cabbage**
- ¾ cup salted peanuts, chopped**
- Hot cooked rice**

- 1.** In a large skillet or wok, stir-fry chicken in oil for 2 minutes. Add vegetables; cook 4 minutes longer. Add garlic; stir-fry until chicken is no longer pink and vegetables are crisp-tender.
- 2.** In a small bowl, combine the brown sugar, cornstarch and ginger; stir in the broth, soy sauce, peanut butter and pepper sauce until blended. Pour over chicken mixture.
- 3.** Bring to a boil; cook and stir for 2 minutes or until thickened. Add cabbage; cook 2 minutes longer or until crisp-tender. Sprinkle with peanuts. Serve with rice.



## FAST FIX

## Creamy Turkey a la King

My friend made me this creamy casserole when I brought my twins home from the hospital. It's quick to make, but special enough to serve to guests. At 76 cents per serving, this is one tasty bargain.

—**VALERIE GEE** WEST SENECA, NY

**PREP/TOTAL TIME:** 20 MIN.

**MAKES:** 5 SERVINGS

notes



## FAST FIX

## Favorite Skillet Lasagna

Whole wheat noodles and zucchini pump up nutrition in this delicious, family-friendly dinner. Topped with dollops of ricotta cheese, it has an extra touch of decadence. No one will believe this one's lighter.

—**LORIE MINER** KAMAS, UT

**PREP/TOTAL TIME:** 15 MIN.

**MAKES:** 5 SERVINGS

notes





## Creamy Turkey a la King

- ¼ cup butter, cubed
- ½ cup all-purpose flour
- 1 can (14½ ounces) chicken broth
- 1 cup milk
- 2 cups cubed cooked turkey
- 1 cup sliced cooked carrots
- 1 cup cut fresh green beans
- ½ teaspoon salt
- ¼ teaspoon pepper
- Warm biscuits

1. In a large saucepan, melt butter. Stir in flour until smooth; gradually add broth and milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
2. Stir in the turkey, carrots, green beans, salt and pepper; heat through.
3. Serve immediately with biscuits or cool and freeze in a freezer container for up to 3 months.
4. **To use frozen Turkey a la King:** Thaw in the refrigerator overnight. Transfer to a saucepan; add chicken broth to thin if necessary. Cover and cook over medium-low heat until heated through, stirring occasionally. Serve with biscuits.



## Favorite Skillet Lasagna

- ½ pound Italian turkey sausage links, casings removed
- 1 small onion, chopped
- 1 jar (14 ounces) spaghetti sauce
- 2 cups uncooked whole wheat egg noodles
- 1 cup water
- ½ cup chopped zucchini
- ½ cup fat-free ricotta cheese
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley flakes
- ½ cup shredded part-skim mozzarella cheese

1. In a large nonstick skillet, cook sausage and onion over medium heat until no longer pink, breaking up sausage into crumbles; drain. Stir in spaghetti sauce, noodles, water and zucchini. Bring to a boil. Reduce heat; simmer, covered, 8-10 minutes or until noodles are tender, stirring occasionally.
2. In a small bowl, combine ricotta cheese, Parmesan cheese and parsley. Drop by tablespoonfuls over pasta mixture. Sprinkle with mozzarella cheese; cook, covered, 3-5 minutes longer or until cheese is melted.

## Pork with Sweet Potatoes

Sweet potatoes, apple and pork blend perfectly in this simple skillet meal. The cranberries lend a burst of color, making this dish merry and bright.

—MARY E. RELYEA CANASTOTA, NY

**PREP:** 20 MIN. **COOK:** 20 MIN  
**MAKES:** 4 SERVINGS

notes



### FAST FIX

## Ham with Pineapple Salsa

A dear friend shared the recipe for Ham with Pineapple Salsa when she moved from Hawaii to Colorado. Now it's one of my favorite ways to eat ham. I get lots of requests for the recipe when I make it for guests.

—DAWN WILSON BUENA VISTA, CO

**PREP/TOTAL TIME:** 25 MIN.  
**MAKES:** 4 SERVINGS

notes



## Pork with Sweet Potatoes

- ½ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pork tenderloin (about 1 pound)
- 1 tablespoon canola oil
- 2 medium sweet potatoes (about 1 pound), peeled and cubed
- ½ cup dried cranberries
- 1 can (14½ ounces) reduced-sodium chicken broth
- 1 tablespoon dijon mustard
- 1 medium apple, sliced
- 4 green onions, chopped

1. In a shallow bowl, mix flour, salt and pepper. Cut tenderloin into 12 slices; pound each with a meat mallet to ¼-in. thickness. Dip pork in flour mixture to coat both sides; shake off excess.
2. In a large nonstick skillet coated with cooking spray, heat oil over medium-high heat; brown pork in batches. Remove from pan.
3. Add sweet potatoes, cranberries and broth to same pan. Bring to a boil. Reduce heat; simmer, covered, 4-6 minutes or until potatoes are almost tender. Stir in mustard.
4. Return pork to pan; add apple and green onions. Return to a boil. Reduce heat; simmer, covered, 4-6 minutes or until pork and sweet potatoes are tender.



## Ham with Pineapple Salsa

- 1 can (8 ounces) crushed pineapple, drained
- 2 tablespoons orange marmalade
- 1 tablespoon minced fresh cilantro
- 2 teaspoons finely chopped seeded jalapeno pepper
- 2 teaspoons lime juice
- ¼ teaspoon salt
- 1 bone-in fully cooked ham steak (1½ pounds)

1. Preheat broiler. In a small bowl, mix the first six ingredients.
  2. Place ham steak on an ungreased baking sheet. Broil 3 in. from heat 3-4 minutes on each side or until a thermometer reads 140°. Cut ham into serving-size pieces. Serve with pineapple salsa.
- EDITOR'S NOTE:** *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

## Maple Glazed Pork Chops

Everyone cleaned their plates when my mother made these succulent tangy sweet pork chops when I was growing up. Now, I get the same results when I serve them to my family alongside applesauce and au gratin potatoes.

— **CHERYL MILLER**  
FORT COLLINS, CO

**PREP/TOTAL TIME:** 25 MIN.  
**MAKES:** 4 SERVINGS

notes



### FAST FIX

## Pasta & Broccoli Sausage Simmer

I created this meal when trying to use up a large head of broccoli. My family requests it at least once a week, which is handy because we always have the ingredients.

— **LISA MONTGOMERY** ELMIRA, ON

**PREP/TOTAL TIME:** 30 MIN.  
**MAKES:** 8 SERVINGS

notes



## Maple Glazed Pork Chops

- ½ cup all-purpose flour**
- Salt and pepper to taste**
- 4 bone-in pork loin chops (7 ounces each)**
- 2 tablespoons butter**
- ¼ cup cider vinegar**
- ⅓ cup maple syrup**
- 1 tablespoon cornstarch**
- 3 tablespoons water**
- ⅔ cup packed brown sugar**

- 1.** In a large resealable plastic bag, combine the flour, salt and pepper. Add pork chops and shake to coat. In a large skillet, cook chops in butter over medium heat for 4-5 minutes on each side or until a thermometer reads 145°. Remove and keep warm.
- 2.** Meanwhile, in the same skillet, bring the vinegar to a boil. Reduce heat; add maple syrup. Cover and cook for 10 minutes. Combine cornstarch and water until smooth; gradually add to maple mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.
- 3.** Place chops on a broiler pan; sprinkle with brown sugar. Broil 4 in. from the heat for 1-2 minutes or until sugar is melted. Drizzle with maple glaze.



## Pasta & Broccoli Sausage Simmer

- 3 cups uncooked spiral pasta**
- 2 pounds smoked kielbasa or Polish sausage, cut into ¼-inch slices**
- 2 medium bunches broccoli, cut into florets**
- 1 cup sliced red onion**
- 2 cans (14½ ounces each) diced tomatoes, undrained**
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil**
- 2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes**
- 2 teaspoons sugar**

- 1.** Cook pasta according to directions.
- 2.** Meanwhile, in a Dutch oven, saute the sausage, broccoli and onion for 5-6 minutes or until broccoli is crisp-tender.
- 3.** Add the tomatoes, basil, parsley and sugar. Cover and simmer for 10 minutes. Drain pasta; stir into the sausage mixture.



## Shrimp Fettuccine Alfredo

This has always been a favorite, so when I started cooking healthier, I tried different ways to lighten it. Less butter and fat-free half-and-half worked well, along with using a little flour to thicken the sauce.

—EVELYN SLADE FRUITA, CO

**PREP/TOTAL TIME:** 30 MIN.

**MAKES:** 4 SERVINGS

notes



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## Baja Fish Tacos

Crisp mahi mahi pans out beautifully when dressed up with fresh lime, cilantro and smoky adobo. One bite and you'll be hooked!

—BROOKE KELLER LEXINGTON, KY

**PREP:** 30 MIN. **COOK:** 5 MIN./BATCH

**MAKES:** 8 SERVINGS

notes



## Shrimp Fettuccine Alfredo

- 6 ounces uncooked fettuccine**
- 2 tablespoons butter**
- 4½ teaspoons all-purpose flour**
- 1 cup fat-free half-and-half**
- 1 pound cooked medium shrimp, peeled and deveined**
- ⅓ cup grated Parmesan cheese**
- ½ teaspoon salt**
- 2 tablespoons minced fresh parsley**

- 1.** Cook fettuccine according to package directions. Meanwhile, in a large saucepan, melt butter. Stir in flour until smooth; gradually add half-and-half. Bring to a boil; cook and stir for 1 minute or until thickened. Drain fettuccine; stir into pan. Stir in the shrimp, cheese and salt; heat through. Sprinkle with parsley before serving.



## Baja Fish Tacos

- 1 cup reduced-fat ranch salad dressing**
- 3 tablespoons adobo sauce**
- 2 tablespoons minced fresh cilantro**
- 2 tablespoons lime juice**
- 2 pounds mahi mahi, cut into 1-inch strips**
- ¼ teaspoon salt**
- ¼ teaspoon pepper**
- ⅔ cup all-purpose flour**
- 3 large eggs, beaten**
- 2 cups panko (Japanese) bread crumbs**
- 1 cup canola oil**
- 16 corn tortillas (6 inches), warmed**
- 3 cups shredded cabbage**
- Additional minced fresh cilantro and lime wedges**

- 1.** In a small bowl, combine the salad dressing, adobo sauce, cilantro and lime juice. Chill until serving.
- 2.** Sprinkle mahi mahi with salt and pepper. Place the flour, eggs and bread crumbs in separate shallow bowls. Coat mahi mahi with flour, then dip in eggs and coat with bread crumbs. In a large skillet, heat oil over medium heat; cook fish in batches for 2-3 minutes on each side or until golden brown. Drain on paper towels.
- 3.** Place fish in tortillas; top with cabbage, sauce mixture and additional cilantro. Serve with lime wedges.

**5** INGREDIENTS **FAST FIX**

## Cod with Bacon & Balsamic Tomatoes

Let's face it, everything really is better with bacon. I fry it up, add cod fillets to the pan and finish with a big, tomato-y pop.

—**MAUREN MCCLANAHAN**

ST. LOUIS, MO

**PREP/TOTAL TIME:** 30 MIN.

**MAKES:** 4 SERVINGS

notes



## Basil Crab Cakes

I love crabmeat any way it's served, especially in these crab cakes. If you don't have time to dash to the store, substitute 2 teaspoons of dried basil for the fresh.

—**PRISCILLA GILBERT**

INDIAN HARBOUR BEACH, FL

**PREP:** 15 MIN. + CHILLING

**COOK:** 10 MIN./BATCH

**MAKES:** 4 SERVINGS

notes



## Cod with Bacon & Balsamic Tomatoes

- 4 center-cut bacon strips, chopped
- 4 cod fillets (5 ounces each)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups grape tomatoes, halved
- 2 tablespoons balsamic vinegar

1. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels.
2. Sprinkle fillets with salt and pepper. Add fillets to bacon drippings; cook over medium-high heat 4-6 minutes on each side or until fish just begins to flake easily with a fork. Remove and keep warm.
3. Add tomatoes to skillet; cook and stir 2-4 minutes or until tomatoes are softened. Stir in vinegar; reduce heat to medium-low. Cook 1-2 minutes longer or until sauce is thickened. Serve cod with tomato mixture and bacon.



## Basil Crab Cakes

- 1 large egg white
- ¼ cup mayonnaise
- 2 tablespoons minced fresh basil
- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 drops hot pepper sauce
- ½ pound lump crabmeat, drained
- 6 saltines, finely crushed
- 1 tablespoon canola oil
- Seafood cocktail sauce, optional

1. In a small bowl, combine the first eight ingredients. Stir in crab and cracker crumbs. Refrigerate for at least 30 minutes.
2. Shape mixture into four patties. In a large skillet, cook crab cakes in oil in batches for 3-4 minutes on each side or until golden brown. Serve with cocktail sauce if desired.

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