**Chicken with Sun-Dried Tomato Cream**

Runner-Up in the Food Bloggers Category of the 30-Minute Meals Safe Recipe Contest! Serve this with roasted potatoes or brown rice! Recipe by Grace Vallo.

TOTAL TIME30 mins

COURSE Main Course

SERVINGS4 servings

**EQUIPMENT**

* Large skillet
* Food thermometer

**INGREDIENTS**

* 4 boneless, skinless chicken breasts
* 4 shallots
* 1 cup heavy cream\* \*To lighten this dish, you can substitute coconut milk for the heavy cream or use any milk product of your choice!
* 1/3 cup jarred sun-dried tomatoes
* 2 tbsp sun-dried tomato oil from the jar
* 3 tbsp champagne vinegar or white wine vinegar
* 1 tbsp grainy Dijon mustard
* 2 tbsp tomato paste
* 1 pkg fresh spinach
* 1 tsp dried oregano
* Salt and black pepper

**INSTRUCTIONS**

* Wash hands with soap and water.
* Preheat oven to 170 °F.
* In a large skillet over medium heat, add the sun-dried tomato oil.
* Season the chicken breasts with salt and pepper and add to skillet.
* Wash hands with soap and water after touching raw poultry.
* Cook the chicken for 5 to 6 minutes until lightly golden on one side and flip the chicken. Cook the chicken until internal temperature reaches 165 °F on food thermometer.
* Remove the chicken from the pan and place on foil in oven to keep it warm.
* In the same skillet over medium heat, add the shallots and vinegar. Sauté for 1 minute.
* Add the cream and mustard. Let simmer for 2 minutes.
* Add the sun-dried tomatoes and tomato paste.
* Stir and let simmer over medium-low heat for 4 to 5 minutes to reduce the sauce. Add more tomato paste, if needed. (Cream should be light red.)
* Gently rub spinach under cold running water and gently dry with paper towel.
* Add spinach to sauce and stir to combine. Cook until spinach is slightly wilted.
* Season with salt and pepper.
* Spoon the sauce on the bottom of shallow bowls. Place the chicken on the sauce and top with more sauce and oregano.

**NOTES**

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

**Turkey Burgers**

Recipe adapted from Cooking Classy’s “Turkey Burgers”

COURSE Main Course

SERVINGS4 burgers

**INGREDIENTS**

* 1 lb 93% lean ground turkey
* 1 tbsp plain dry breadcrumbs
* 1/2 tsp salt
* 1/4 tsp coarse ground black pepper
* 1/4 tsp (heaping) garlic powder
* 1/4 tsp (heaping) onion powder
* 2 tbsp mayonnaise
* 2 tsp Worcestershire sauce
* 1 tbsp olive oil
* 1 large tomato, sliced
* 4 to 8 slices lettuce
* Ketchup and mustard to taste
* 4 hamburger buns

**INSTRUCTIONS**

* Wash hands with soap and water.
* Gently rub the tomato and lettuce under cold running water. Do not rinse raw meat.
* Slice tomatoes and lettuce.
* Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder, and onion powder. Add mayonnaise and drizzle in Worcestershire sauce.
* Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about 1/2-inch thick.
* Wash hands with soap and water. Wash utensils after touching raw meat.
* Preheat olive oil in a 12-inch non-stick skillet over medium-high heat for a few minutes.
* Add turkey patties and sear until golden brown on bottom, about 4 – 5 minutes, flip and continue to cook until cooked through, about 4 – 5 minutes longer. Cook until internal temperature reaches 165 °F on a food thermometer.
* Serve warm in hamburger buns with toppings of choice.

**NOTES**

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

**Spinach Frittata with Goat Cheese, Pear & Walnuts**

Grand Prize Winner of the 30-Minute Meals Safe Recipe Contest! This delicious recipe is good enough for Sunday brunch, easy enough for every day! Recipe by Kerri Watkins.

TOTAL TIME30 mins

COURSE Breakfast

SERVINGS6 people

**EQUIPMENT**

* 10-inch oven-safe pan/skillet

**INGREDIENTS**

* 8 large eggs
* 1/4 cup 2% reduced fat milk
* 1/2 tsp kosher salt
* 1/8 tsp freshly ground black pepper
* 2 tbsp extra virgin olive oil
* 1 medium sweet onion scrubbed with clean vegetable brush under running water and chopped
* 1 clove garlic scrubbed with clean vegetable brush under running water and minced
* 6 oz baby spinach gently rubbed under cold running water
* 4 oz goat cheese
* 1 pear gently rubbed under cold running water and sliced into thin wedges
* 1/2 cup chopped walnuts
* honey (to taste - optional)

**INSTRUCTIONS**

* Wash hands with soap and water
* Preheat oven to 375 °F.
* Whisk eggs to break the yolks. Then add milk, salt and pepper. Whisk to combine and set aside.
* Wash hands with soap and water after handling raw eggs.
* Heat a 10-inch oven-safe pan over medium heat.
* Add olive oil and onions. Cook, stirring occasionally, for approximately 5 minutes or until onions are translucent.
* Stir in garlic and spinach, and cook until spinach is wilted, approximately 2 to 3 minutes.
* Add egg mixture to pan and mix until ingredients are evenly combined.
* Wash hands with soap and water after handling eggs.
* Crumble goat cheese evenly over the egg mixture.
* Wash hands with soap and water after handling goat cheese.
* Cook for 3 to 4 minutes on medium heat, until the edges begin to set.
* Add pear slices and chopped walnuts on top of the egg mixture.
* Drizzle honey over the top, if desired.
* Place skillet in the oven and cook for 10 minutes or until the center of the frittata is set and internal temperature reaches 160 °F on food thermometer
* Remove from the oven and allow to cool for 2 to 3minutes. Cut into 6 even wedges and serve.

**NOTES**

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

**Chicken Pepper Bake**

Recipe adapted from Oregon State University Food Hero’s  “Chicken Pepper Bake”

COURSE Main Course

SERVINGS 5 servings

INGREDIENTS

* 1 lb boneless chicken breast
* 2 red or green bell peppers
* 3 cups small potatoes
* 2 tbsp oil
* 1 tsp Cajun seasoning
* 1 tsp dry Italian herbs
* Salt and pepper to taste

INSTRUCTIONS

* Wash hands with soap and water.
* Gently rub produce under cold running water.
* Cut the peppers and potatoes into bite size chunks
* Cut the chicken into bite size chunks. Do not rinse raw poultry or meat. Wash utensils after touching raw meat.
* Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
* Wash large bowl after touching raw meats. Wash utensils after touching raw meat.
* Wash hands with soap and water.
* Place the chicken and vegetables on a metal baking pan.
* Wash hands with soap and water.
* Roast in a 425 °F oven for 35 to 45 minutes. Toss a couple times while roasting. Cook until internal temperature reaches 165° F on a food thermometer.

**Pumpkin Chocolate Chip Cookies**

COURSE Dessert

SERVINGS24 cookies

INGREDIENTS

* 1/2 cup butter, softened
* 1/2 cup white sugar
* 1/2 cup packed brown sugar
* 1/3 cup pumpkin puree (not pumpkin pie filling)
* 1 egg yolk
* 1 tsp vanilla extract
* 1/2 tsp baking soda
* 1 tsp hot water
* 1/4 tsp salt
* 1-1/2 cups all-purpose flour
* 1/2 tsp cinnamon
* 1 tsp pumpkin pie spice
* 1 cup semisweet chocolate chips

INSTRUCTIONS

* Wash hands with soap and water.
* Preheat oven to 350ºF. Line 2cookie sheets with parchment paper or silpats.
* In a large bowl, cream butter and sugars until light and fluffy. Beat in pumpkin, egg yolk, and vanilla.
* In a small bowl, whisk together baking soda and HOT water. Pour into butter/pumpkin mixture and beat to combine. Add flour, salt, and spices mixing until just combined. Stir in chocolate chips.
* Don’t eat raw dough or batter.
* Scoop 1” balls onto lined cookie sheet 2” apart from one another. Sprinkle with additional chocolate chips, if desired.
* Wash hands with soap and water.
* Bake cookies for 9-11 minutes or until edges begin to turn golden. Remove from oven and allow to cool on cookie sheet for 5 minutes before removing with a spatula and placing on a wire rack to cool completely.
* Store in an airtight container for up to 1 week.

NOTES

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