



Stress-Free 30 MINUTE MEALS

julie's
EATS & TREATS



Hi! I'm Julie and I'm so happy to have you here! My goal is to provide you with simple, easy, and family friendly recipes. Recipes need to work with your life, so if you're running around a little stressed out embrace these 30 minute dinner recipe that my entire family loves and has approved! I hope you find some keepers in here that will beat the dinnertime chaos. I hope you enjoy this Ebook full of easy, family friendly dinners and visit Julie's Eats & Treats for more easy and delicious recipes.

Enjoy!
Julie



30 MINUTE MEAL RECIPES





CHICKEN FRIED RICE

INSTRUCTIONS

1. Heat sesame oil and canola oil in a large wok or frying pan over medium heat. Add onions, peas and carrots and saute until onions are becoming translucent. Add garlic to the frying pan and cook for about 1 minute or until fragrant.
2. Add in rice and cooked chicken and stir to combine.
3. Push the vegetable mixture to the side of the pan. Pour the eggs into the empty side of the pan and scramble the eggs with a spatula. When eggs are fully cooked combine with vegetables.
4. Then add soy sauce and stir to mix. Season with salt and pepper and garnish with green onions if desired.
5. Serve immediately.

INGREDIENTS

- 2 Tablespoons sesame oil
- 2 Tablespoons canola or vegetable oil
- ½ cup diced onion
- 1 ½ teaspoons minced garlic
- 2 cup frozen peas and carrots
- 3 large eggs whisked
- 4 cups cooked cold white rice
- 1 lb cubed and cooked chicken about 2 cups, ½ inch cubes
- ¼ cup soy sauce
- 2 Tablespoons butter
- Sliced Green Onions (optional for garnish)



TAKE OUT AT HOME

BEEF AND BROCCOLI

INSTRUCTIONS

1. Start by placing the steak in a freezer for 30 minutes. Cold steak slices are easier to thinly cut. Then prepare the white rice if you want to serve it with your stir fry.
2. In a small bowl combine all the stir fry ingredients, whisk until sugar is dissolved, set aside.
3. Remove beef from the freezer and slice thinly into bite sized pieces.
4. Place 1 Tbsp oil in a large skillet over medium heat. Add broccoli florets and saute for 4-5 minutes, stirring or tossing several times until the broccoli is bright green and crisp tender. Remove broccoli from the pan and set aside.
5. Increase the heat to high and add the remaining 1 Tbsp oil to the pan. Add beef in a single layer and saute 2 minutes per side or until just cooked through.
6. Add the sauce to the skillet, reduce heat to low and simmer 3-4 minutes or until thickened. Then add reserved broccoli and toss to combine.
7. Serve over white rice and garnish with sesame seeds if desired.

INGREDIENTS

- 1 lb flank steak cut into very thinly sliced into bite sized strips
- 2 Tbsp olive oil or vegetable oil, divided
- 6 c. broccoli florets about 1 lb
- 2 tsp sesame seeds optional, garnish
- Prepared White Rice for serving optional

STIR FRY SAUCE

- 1 tsp fresh ginger grated and loosely packed
- 1 Tbsp minced garlic
- ½ c. hot water
- 6 Tbsp low sodium soy sauce
- 3 Tbsp light brown sugar packed
- 1 ½ Tbsp cornstarch
- ½ tsp black pepper
- 2 Tbsp sesame oil



AIR FRYER

CHICKEN TENDERS

INSTRUCTIONS

1. Whisk eggs in a shallow bowl or pie plate.
2. In another shallow bowl or pie plate combine the salt, smoked paprika, ground black pepper, garlic powder and panko together.
3. Dip chicken strips in egg then into breadcrumb making sure it's completely covered. Shake off excess and transfer to a large dish or baking sheet. Repeat with all chicken strips.
4. Spray breaded chicken strips with nonstick cooking spray, flip over and spray again.
5. Place chicken strips in an air fryer, making sure not to let them overlap or touch, you will need to cook these in two batches if you have a smaller air fryer.
6. Preheat air fryer to 400 degrees Fahrenheit.
7. Cook in the air fryer for 8-10 minutes, flipping half way through or until the internal temperature reaches 165 degrees Fahrenheit.
8. Serve immediately with desired dipping sauces such as ranch, BBQ sauce, honey mustard etc.

INGREDIENTS

- 1 ½ pounds chicken tenders or *boneless skinless chicken breasts pounded evenly and cut into strips*
- 2 large eggs *whisked*
- ½ teaspoon kosher salt
- ½ teaspoon smoked paprika
- ¼ teaspoon ground black pepper
- ½ teaspoon garlic powder
- 1 cup seasoned panko
- Non-stick cooking spray



INGREDIENTS

- 6 pieces regular sliced bacon uncooked and chopped
- 1 c. red onion chopped
- 2 tsp minced garlic
- 12 oz bag frozen carrots
- 1 ¼ c. frozen kale about ½ of a 12 ounce bag
- ⅓ c. fresh Italian parsley roughly chopped
- 1 tsp salt
- 1 tsp black pepper
- 3 cans cannellini beans 15.5 ounce each, rinsed and drained
- 5 c. chicken stock
- 1 c. half and half
- Fresh chopped parsley optional garnish
- Freshly shredded parmesan optional garnish

HEARTY

WHITE BEAN SOUP

INSTRUCTIONS

1. In a large stock pot, sauté the chopped bacon and onion over medium heat for 2-3 minutes or until the bacon begins to curl and the onion begins to become translucent.
2. Add the minced garlic and cook for 1-2 minutes longer, until you can smell the garlic.
3. Add the frozen carrots, frozen kale, parsley, salt, and pepper and cook for an additional 3-5 minutes, until the carrots begin to soften on the outside.
4. Pour in the white beans and chicken stock. Stir, cover, and bring to a boil.
5. Reduce heat and simmer, covered, for 10-15 minutes or until the soup is heated through. (Both the carrots and beans should be hot inside).
6. Remove from the heat and stir in the half and half.
7. Serve hot topped with fresh parsley and fresh parmesan, optional.



INGREDIENTS

- 1 lb ground beef 80-85% lean
- 1 tsp kosher salt to taste
- ½ tsp ground black pepper to taste
- ½ Tbsp salted butter
- 4 slices American or Cheddar Cheese
- 4 Burger Buns
- Additional butter if toasting the buns
- Toppings i.e. sliced pickles thinly sliced red onions, lettuce, tomatoes etc.

FAMILY FAVORITE STOVETOP BURGERS

INSTRUCTIONS

1. Divide the meat into four equal amounts.
2. Gently press each section into a round patty about ½" thick. It's ok to have jagged edges. You do not want to pick up each section, form a ball and press the meat into a patty because this leads to dry, tough burgers.
3. Season each side of the patties with salt and pepper.
4. Heat a 12-inch cast iron skillet or nonstick frying pan over medium-high heat. Melt butter in the pan.
5. When butter is melted and hot add the patties to the pan.
6. Fry burgers until the surface is browned, about 3 minutes. Flip burger over and cook until it reaches desired doneness, about 2-5 minutes. USDA standards are that burgers should be cooked until they reach the internal temperature of 160 degrees F.
7. If you are adding cheese add cheese during the last minute or two of cooking so it melts.
8. Transfer burgers to the plate and let rest for 5 minutes.
9. While burgers are resting, butter inside of buns and toast them in a frying pan. If using the same pan make sure to wipe grease out before toasting.



GARLIC BUTTER STEAK BITES

INSTRUCTIONS

1. Add the olive oil to a large skillet and heat it over high heat. When the olive oil is hot, add the steak pieces to the skillet. Season with salt and pepper.
2. Let steak pieces cook for 2 minutes before stirring them. You want to make sure they are nice and seared. Flip over and cook for an additional 2 minutes or until they are golden brown. Use a large skillet so they can all touch the bottom of the pan, if you don't have a skillet big enough to cook in batches.
3. Transfer the steak bites to a bowl. Add the butter to the skillet, turn heat down to medium. When the butter is melted add the garlic to the skillet, cook for about 30 seconds while stirring, just until the garlic becomes aromatic and starts to brown.
4. Remove butter from stove top, add steak bites back to skillet and toss to coat. Garnish with parsley and serve.

INGREDIENTS

- 2 Tbsp olive oil
- 1 ½ lb sirloin steak or strip loin, tenderloin, strip steak or rib eye cut into bite size pieces
- ¼ tsp salt or to taste
- ¼ tsp pepper or to taste
- 2 Tbsp salted butter
- 4 cloves garlic minced
- 1 Tbsp fresh parsley chopped



INGREDIENTS

- ½ c. minced onion
- 1 clove garlic minced
- 1 lb ground beef
- 2 Tbsp all-purpose flour
- 1 tsp salt
- ¼ tsp pepper
- 8 oz can sliced mushrooms optional or fresh
- 10.5 oz can cream of chicken soup or cream of mushroom
- 1 c. sour cream
- ¼ c. butter
- Egg Noodles or Rice for serving

HOMEMADE HAMBURGER STROGANOFF

INSTRUCTIONS

1. In a large skillet sauté onion in butter over medium-high heat until translucent. Add in minced garlic and sauté for 1 minute or until fragrant. Stir in meat and brown.
2. Add ground beef to skillet and cook until browned.
3. Stir in flour, salt, pepper & mushrooms in ground beef mixture. Simmer on low five minutes, drain off grease.
4. Add soup to skillet and simmer, uncovered 10 minutes.
5. Remove from heat and stir in sour cream. Stir to completely combine.
6. Serve over noodles or rice. I always use egg noodles. Garnish with parsley if desired.



SHRIMP PASTA

INSTRUCTIONS

1. Prepare linguine according to package directions
2. Meanwhile thread tomatoes onto skewers. Brush with olive oil. Thread shrimp onto skewers, brush with remaining olive oil. Mix seasonings together in small dish. Sprinkle over shrimp.
3. Grill shrimp and tomatoes, covered, over medium heat for 3-4 minutes on each side or until shrimp turn pink and tomatoes are slightly softened, turning occasionally.
4. Drain linguine, reserve 1/4 c. pasta water. In the same saucepan melt butter over medium heat. Add linguine, butter and reserved pasta water to saucepan. Toss to combine.
5. Remove shrimp and tomatoes from skewers. Toss with pasta. Sprinkle basil and Parmesan cheese on top of pasta and serve.

INGREDIENTS

- 8 oz. uncooked linguine
- 16 cherry tomatoes
- 2 Tbsp olive oil
- 1 lb uncooked large shrimp peeled and deveined, tails on
- 1/2 tsp pepper
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 2 Tbsp butter
- 1/4 c. grated Parmesan cheese
- 2 Tbsp chopped fresh basil



ONE POT CHILI MAC

INSTRUCTIONS

1. In a large pot or dutch oven heat the olive oil over medium high heat. Add the ground beef and chopped onions to the pot. Cook for 5-6 minutes, breaking up the meat with a spatula.
2. Add in the garlic and cook for an additional 2-3 minutes or until the ground beef is cooked through. Drain off any excess grease and discard.
3. Add in the diced tomatoes, tomato sauce, kidney beans, brown sugar, chili powder, cumin, salt, black pepper, beef broth and macaroni. Stir to combine.
4. Bring to a boil, reduce heat to simmer, cover the pot and cook for 12-13 minutes or until pasta is tender. Uncover the pot and cook for an additional 3-4 minutes.
5. Sprinkle cheddar cheese over pasta and let melt. Serve immediately.

INGREDIENTS

- 1 lb ground beef
- 1 Tbsp olive oil
- 3 clove minced garlic
- ½ c. finely chopped onion peeled
- 14 oz petite diced tomatoes
- 8 oz tomato sauce
- 16 oz kidney beans rinsed and drained
- 2 Tbsp brown sugar
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp salt
- ¼ tsp ground black pepper
- 3 ½ c. beef broth
- 2 c. uncooked elbow macaroni
- 1 c. Shredded cheddar cheese



ONE POT TACO PASTA

INSTRUCTIONS

- Brown hamburger in a large skillet over medium-high heat for 5-7 minutes. Drain grease off.
- Add salsa, tomato sauce and water to hamburger in skillet. Heat to boiling. Add macaroni and corn, reduce heat, cover and simmer for 20 minutes or until macaroni is tender. Stir occasionally.
- When macaroni is cooked sprinkle with cheese, replace cover and let stand until cheese is melted.

INGREDIENTS

- 1 lb ground beef
- 2 c. salsa
- 15 oz tomato sauce
- 1 1/2 c. water
- 2 c. uncooked elbow macaroni
- 15.5 oz canned corn
- 1/2 c. sharp cheddar cheese shredded



FRIED EGG SANDWICH

INSTRUCTIONS

1. In a large skillet over medium heat cook the bacon until barely crisp, about 5 minutes. Flip the bacon over, pushing two pieces next to each other to form a square, so you have four squares.
2. Crack the eggs into the middle of each square. Continue to cook the bacon and eggs until desired firmness. Just before they are done place a slice of cheese over each egg.
3. After the cheese has melted, place each egg on top of a piece of toasted bread. Season eggs with salt and pepper. Spread ketchup over remaining slices and place each slice of bread ketchup side down on top of eggs. Serve immediately.

INGREDIENTS

- 2 Tbsp ketchup
- 8 slices Texas Toast or any thick, hearty bread, toasted
- 4 slices cheddar cheese
- 2 Tbsp butter softened
- 8 slices bacon halved
- 4 eggs
- Salt & Pepper to taste



AIR FRYER CHICKEN WINGS

INSTRUCTIONS

1. Preheat the air fryer to 360 degrees F.
2. In a small bowl combine all the rub ingredients.
3. Pat chicken wings dry with a paper towel.
Place chicken wings in a resealable plastic bag or in a bowl.
4. Add oil to bag/bowl and toss to coat wings.
Then add the rub mixture to the bag/bowl and shake to coat evenly.
5. Place chicken wings in the air fryer basket in a single layer.
6. Cook in an air fryer at 360 degrees F for 10 minutes. Then flip wings over and cook for an additional 10 minutes. Turn up the air fryer to 390 degrees and cook for another 6 minutes or until the juices run clear and the center reads 185-190 degrees F.

INGREDIENTS

- 2 lb chicken wings recommend party pack**
- 1 Tbsp olive oil

Rub

- ½ tsp sea salt
- ¼ tsp ground black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ⅛ tsp chili powder
- ½ tsp onion powder



COMFORT CLASSIC BROCCOLI CHEESE SOUP

INGREDIENTS

- 8 Tbsp unsalted butter (*1 stick*)
- 1 yellow onion *chopped*
- ½ c. all-purpose flour
- 4 c, chicken or vegetable broth
- 4 c, half and half
- 4 c, broccoli florets *small or chopped broccoli*
- 2 c, carrots *grated*
- ½ tsp paprika
- 1 tsp garlic powder
- ½ tsp dry mustard
- 3 c. cheddar cheese *grated*
- Salt and pepper to taste

INSTRUCTIONS

1. In a dutch oven melt butter over medium-high heat.
2. Add in onions to dutch oven and saute until soft and translucent, about 2-3 minutes.
3. Add in flour while whisking to form a roux, cook for about 1 minute whisking often. Continue to whisk and pour in about half of the broth.
4. Add in remaining broth, as well as the half and half, slowly whisking as you pour the broth and half and half into dutch oven.
5. Cook for about 2-3 minutes, whisking often to get out all the lumps, add in paprika, garlic powder, dry mustard, salt and pepper. Whisk to combine.
6. Remove from heat and transfer to a blender or food processor, this is optional, blend until smooth.
7. Return the soup base to the dutch oven and add in broccoli florets and diced carrots.
8. Reduce heat to medium-low and simmer for 15-20 minutes or until soup has thickened and the vegetables are fork tender, stir occasionally through cooking time.
9. Add shredded cheddar cheese a handful at a time, stirring to incorporate after each handful.
10. Season with extra salt and pepper as need and serve immediately.



OLD BAY SHRIMP BOIL

INSTRUCTIONS

1. Fill large pot with water. Quarter two lemons and add to the water. Then add onion, garlic and seafood seasoning to water. Bring water to boil.
2. Clean and cut potatoes in half. Add the potatoes to the boiling water, cook for 10-12 minutes or until just barely fork tender
3. Clean and cut corn, add to boiling water along with the sliced smoked sausage. Cook for 5-6 minutes.
4. Add shrimp to boiling water and cook an additional 2-3 minutes or until pink.
5. Drain water and place the shrimp mixture on a large baking sheet.
6. In a microwave safe bowl melt the butter. Add salt, pepper and 2 tablespoons chopped parsley to butter and whisk to combine.
7. Pour $\frac{1}{2}$ of butter mixture over shrimp mixture and stir to coat. Reserve remaining butter mixture for serving.
8. Garnish with additional chopped parsley and lemons
9. Sprinkle additional seafood seasoning to taste, if desired
10. Serve immediately with reserved butter mixture.

INGREDIENTS

- 2 lb large jumbo shrimp peeled and deveined, leave tails on
- 1 lb smoked sausage kielbasa or andouille, cut into 1 inch pieces
- 4 ears corn each cut into 4 pieces
- 1 lb small red potatoes cut in half
- 1 medium onion cleaned and cut into large pieces
- 4 lemons 2 for cooking, 2 for serving
- $\frac{1}{2}$ c. unsalted butter
- 4 cloves garlic cleaned and smashed
- $\frac{1}{3}$ c. seafood seasoning like Old Bay
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 2 Tbsp fresh parsley plus more for garnish chopped



HAM & CHEESE SLIDERS

INSTRUCTIONS

- Preheat oven to 350 degrees F. Grease a 9×9 or 9×13 inch pan. Set aside.
- Slice slider buns horizontally and arrange the bottom of the buns in baking dish. Slice them as a “slab” do not pull them apart in individual buns because you want to keep them connected.
- Layer 1/2 the ham on the rolls, top with cheese and then the rest of the ham. Top with the top “slab” of buns.
- In a bowl combine melted butter, honey mustard, dried minced onions and Worcestershire sauce. Whisk to combine.
- Evenly and slowly pour the mixture over the rolls. Use a silicone brush to evenly distribute over the tops of the buns.
- Cover pan with aluminum foil. Let buns stand for 5 minutes. Then place in preheated oven and bake covered for 20 minutes or until heated through and cheese is melted.
- Remove from oven, take aluminum foil off and put back in oven. Cook for an additional 3-5 minutes or until cooked to desired doneness.
- Remove from oven, slice into individual sliders and enjoy immediately.

INGREDIENTS

- 12 slider buns
- 11 oz Hillshire Farm® Premium Carved Slow Roasted Seasoned Ham or any sliced deli ham
- 8 slices Swiss cheese
- 1/4 c. butter melted
- 1 Tbsp honey mustard
- 2 tsp dried minced onions
- 2 tsp Worcestershire sauce
- 1 Tbsp poppy seeds



TACO STROGANOFF

INSTRUCTIONS

1. Cook onions and ground beef until beef is browned. Drain fat. Add taco seasoning, water and corn to beef mixture in pan; cook 1-2 minutes.
2. Add cream cheese and cheddar; cook until it is heated through and cheese has melted.
3. Serve over noodles or toss with prepared egg noodles.

INGREDIENTS

- 1 small onion chopped
- 1 lb ground beef
- 1 oz envelope taco seasoning mix
- 1/2 c. water
- 14 .5 oz can corn'n peppers drained
- 8 oz package cream cheese (chive & onion flavor)
- 1 c. shredded cheddar cheese
- 8 oz egg noodles cooked and drained



HOMEMADE **HAMBURGER HELPER**

INSTRUCTIONS

1. In a large skillet or dutch oven brown ground beef and onions over medium high heat. During the last minute of cooking add garlic. Drain off grease.
2. Reduce heat to low and add in salt, pepper, Worcestershire sauce and tomato paste. Stir until combined.
3. Add in broth, water and elbow macaroni. Stir to combine. Bring to a boil then cover and simmer 12-15 minutes or until macaroni is cooked through.
4. Remove pan from heat and stir in cheddar cheese. Cover and let melt.

INGREDIENTS

- 1 lb ground beef
- 1 Tbsp vegetable oil
- 1/2 c. yellow onion diced
- 1 Tbsp garlic minced
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 tsp Worcestershire sauce
- 2 Tbsp tomato paste
- 4 c. low sodium beef broth
- 1 c. water
- 1 c. shredded cheddar cheese
- 16 oz elbow macaroni dry



PARMESAN CRUSTED TILAPIA

INSTRUCTIONS

1. Preheat oven to 425 degrees.
2. Spray cookie sheet with non-stick cooking spray.
3. Mix butter, Panko and Parmesan cheese together in a bowl. Lay Tilapia fillets on cookie sheet. Top with Parmesan mixture.
4. Bake for 15-20 minutes.

INGREDIENTS

- 4 Tilapia fillets
- 1/2 c. Panko Bread Crumbs
- 1/2 c. Parmesan Cheese shredded
- 3 Tbsp butter melted



ONE POT PIZZA PASTA

INSTRUCTIONS

1. In a large pot bring pasta, broth, tomatoes, garlic powder, oregano and milk to a boil. Cook at a medium boil with lid on pot, stirring frequently. for about 10 minutes or until noodles are al dente. Most of the liquid should have evaporated, if it hasn't remove lid and let pasta cook for an additional few minutes, or until liquid is mostly evaporated.
2. Stir in shredded Mozzarella cheese and pepperoni. Stir until melted and combined.
3. Top with additional Parmesan cheese if desired and serve immediately.

INGREDIENTS

- 18 oz uncooked corkscrew pasta
- 2 c. chicken broth
- 1 14 oz can diced Basil, Garlic & Oregano tomatoes
- 1 tsp garlic powder
- 1/2 tsp oregano
- 1/2 c. milk
- 2 c. shredded Mozzarella cheese
- 1/2 c. mini pepperoni slices
- Shredded Parmesan Cheese for topping



OVEN BAKED TACOS

INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Spray a 9x13 inch baking dish with non-stick spray.
3. In a large skillet heat oil and add onion. Saute for about 5 minutes or until soft. Add garlic and saute 1 more minute or until garlic is fragrant.
4. Add turkey and taco seasoning to skillet and cook until meat is browned. Add salsa. Let simmer for 3-5 minutes.
5. In the baking dish line the taco shells up. Fill each one with refried beans then top with taco meat and cheese.
6. Bake 8-10 minutes or until cheese is melted.
7. Serve immediately with favorite taco toppings

INGREDIENTS

- 1 lb Jennie-O Ground Turkey
- 1 Tbsp olive oil
- 1 medium yellow onion diced
- 1 1 oz packet taco seasoning
- 2 cloves garlic minced
- 1 c. chunky salsa
- 1 10 count package Stand 'N Stuff Taco Shells
- 1 c. refried beans
- 1 1/2 c. shredded Mexican Cheese'

Taco Toppings

- Shredded Lettuce
- Diced Tomatoes
- Sour Cream
- Guacamole
- Pico de Gallo
- Hot Sauce
- Olives



INGREDIENTS

- 3 c. dry penne
- 2 garlic cloves minced
- 1/4 c. butter cubed
- 1/4 c. all-purpose flour
- 14.5 oz chicken broth
- 5 oz evaporated milk
- 1 lb cooked medium shrimp peeled and deveined
- 2/3 c. shredded Parmesan cheese
- 2 Tbsp. fresh parsley minced
- 1 1/2 tsp Seafood Seasoning Old Bay recommended

SHRIMP PENNE PASTA

INSTRUCTIONS

1. Cook pasta according to package directions. Make sure not to over cook or your noodles turn to mush when you mix it with the pasta sauce!
2. Meanwhile, in a large saucepan saute garlic in butter.
3. Stir in flour until blended; gradually add broth and milk. Bring to a boil; cook and stir 2 minutes or until thickened.
4. Stir in shrimp, cheese, parsley and seafood seasoning; heat through.
5. Drain pasta; place in a large bowl. Add shrimp mixture; toss to coat. Serve immediately.



AIR FRYER PORK CHOPS

INSTRUCTIONS

1. Mix Parmesan cheese, breadcrumbs, paprika, parsley, garlic powder and pepper together in a pie plate.
2. Rub pork chops with olive oil.
3. Dip each pork chop in the bread crumb mixture. Pat to make it stick if needed.
4. Place pork chops in an Air Fryer making sure not to overlap. If you can't find them all in your air fryer basket without overlapping, cook them in batches. Turn air fryer to 360 degrees F and bake for 14-16 minutes or until internal temperature reaches 145 degrees F.
5. Remove from the air fryer, place on the plate, cover loosely with foil and let rest for 5 minutes.

INGREDIENTS

- 4 boneless pork chops $\frac{3}{4}$ " - 1" thick
- 2 Tbsp olive oil
- $\frac{1}{4}$ c. Parmesan cheese grated
- 2 Tbsp Italian seasoned breadcrumbs
- $\frac{1}{4}$ tsp smoked paprika
- 1 tsp dried parsley
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ tsp fresh ground pepper



AIR FRYER CHICKEN THIGHS

INSTRUCTIONS

1. Preheat the air fryer to 400 degrees F.
2. In a small bowl combine all the rub ingredients.
3. Pat chicken thighs dry with a paper towel and brush the skin-side of each piece with olive oil. Place chicken thighs skin-side down in a single layer on a plate.
4. Sprinkle rub mixture evenly over the chicken thighs. Turn the thighs over and evenly sprinkle remaining seasoning mixture on top. Place chicken thighs in the air fryer basket in a single layer, skin-side up.
5. Cook in an air fryer 18-22 minutes or until the juices run clean and the center reads 185-190 degrees F.

INGREDIENTS

- 4 skin-on bone-in chicken thighs
- 1 Tbsp olive oil
- Rub
- ½ tsp sea salt
- ¼ tsp ground black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ⅛ tsp chili powder
- ½ tsp onion powder



BETTER THAN TAKEOUT

ORANGE CHICKEN

INSTRUCTIONS

1. In a medium saucepan, add all ingredients for sauce EXCEPT water and cornstarch. Stir and heat over medium.
2. In a small bowl or jar with a lid, whisk together the water and cornstarch to make a slurry.
3. Then slowly drizzle into sauce whisking constantly until sauce begins to thicken.
4. Cook for 4-5 minutes or until sauce is to desired consistency.
5. Remove from heat and set aside.

Chicken

1. Trim chicken and cut into large chunks.
2. In a shallow bowl or dish, whisk eggs.
3. In another bowl or dish, whisk together flour, cornstarch, salt and pepper
4. Dip chicken in eggs and then in flour mixture, place on baking sheet until oil is hot.
5. Heat oil in large skillet to 350 degrees F.
6. Line large baking sheet with paper towel.
7. Working in small batches, cook chicken 2-3 minutes or until golden brown.
8. Remove from oil with slotted spoon and place on prepared baking sheet.
9. Repeat with the rest of the chicken.
10. After all chicken is cooked toss chicken with sauce.
11. Serve immediately with rice, green onions, and sesame seeds if desired.
12. Store leftovers in refrigerator in an airtight container.

INGREDIENTS

Chicken

- 4 boneless skinless chicken breasts or thighs (about 1 ½ – 2 pounds)
- 2 large eggs
- 1 c. all-purpose flour
- 2 Tbsp cornstarch
- 1 tsp salt
- ½ tsp black pepper
- Oil for frying

Sauce

- 2 tsp orange zest
- 1 c. fresh orange juice or store bought
- 2 Tbsp soy sauce
- 2 Tbsp brown sugar
- 2 Tbsp rice wine vinegar
- 1 tsp sesame oil
- 1 tsp fresh garlic minced
- 1 tsp fresh ginger minced
- ½ tsp crushed red pepper flakes more if you like it spicy
- ½ c. water
- 2 Tbsp cornstarch
- Serving

Rice

- Green onions
- Toasted sesame seeds