

Skillet Meals

Quick, versatile, healthy and flavorful. They can be an easy twist on an old favorite – just faster, easier and still full of flavor!

Table of Contents

Skillet Lasagna (as done in the demo)

Sautéed Green Beans with Garlic/Yogurt Fruit Salad (as done in the Demo)

Chicken Pot Pie Skillet

Chicken and Vegetable Skillet

Country Breakfast Skillet

Eggroll Bowl

One Pan Cheesy Chicken, Broccoli and Rice

One Pan Spaghetti

Coleslaw/Salad Dressing

Homemade Biscuits

No Yeast Bread

Homemade Seasoning Recipes

Making Half Your Grains Whole

Meal Planning Budget Tip of the Week: **Plan!** Make your meal plan for the week(s) based on what you have in your pantry first, then check your local grocery store sales to fill in the gaps! The protein tends to be the most expensive so making items like one pot/pan meals helps stretch that protein while including other healthy food to fill the dish out!

Skillet Lasagna (as prepared on Demo)

Ingredients

- 2 c. uncooked Mafaldine Pasta (any pasta shape will work)
- 1 Tbsp. Olive Oil
- 1 lb. Hamburger
- 1 medium Yellow Onion, diced
- 1/2 tsp. Garlic Salt
- 2 tsp. Italian Seasoning
- 2 tsp. diced Garlic
- 15 oz. can Tomato Sauce
- 1/2 c. grated Parmesan cheese
- 1 c. shredded Mozzarella cheese
- 1 c. Cottage Cheese or Ricotta (OPTIONAL)

Instructions

1. In a large pot of boiling saltwater, cook the pasta to al dente.
2. Meanwhile in a large skillet over medium heat, add the olive oil. Once the oil is shimmery/hot, add the chopped onion. Cook for 3 minutes.
3. Add the hamburger, garlic salt, Italian seasoning, and diced garlic to the pan. Chop the hamburger up as it cooks until there is no longer any pink in the meat.
4. Drain the pasta and add it to the skillet along with the tomato sauce and Parmesan cheese. Stir until everything is well combined. Stir in the optional cottage cheese or ricotta as well.
5. Top with the shredded Mozzarella cheese and turn the heat down to low. Cover and cook for 2-3 minutes or until the cheese is melted.
6. Serve immediately.

Substitution Ideas:

- Protein – may use any ground meat or sausage – pork, turkey or chicken – to add more flavor look for the Italian Seasoned or mild/hot version.
- Pasta – may use any shape – white or whole grain, could use brown or white rice or for a lower carb version may use rice cauliflower or zoodles.

Side Ideas

- Sautéed Green Beans with Garlic (any vegetable may be used)
- Fresh Fruit Salad

Yield: 6 – 1 cup servings

Side Dish Recipes (as shown on demo)

Sautéed Green Beans with Garlic

Ingredients

- Olive Oil
- 1-pound Green Beans with ends trimmed (may use 16 oz frozen or canned)
- 3 Garlic Cloves (3 tsp Minced Garlic or $\frac{3}{4}$ tsp Garlic Powder)
- Salt
- $\frac{1}{4}$ cup Water
- Grated Zest and Juice of 1 Lemon (2 Tbsp Lemon Juice) (OPTIONAL)

Instructions

1. Heat a large sauté pan over medium-high heat.
2. Add enough oil to coat the pan, about 1 tablespoon. When oil begins to shimmer, add half of the beans. Sauté, moving the bean around in the pan occasionally until tender, about 4 minutes. Add one-third of the garlic, a pinch of salt and 2 tablespoons of water. Cook for another 30 seconds and transfer the beans to a serving bowl.
3. Repeat with the second batch.
4. To serve, toss the beans with the remaining raw garlic and lemon zest and juice.

Serving Substitutions – may use any fresh/frozen or canned vegetable for this recipe. May serve green beans or choice vegetables just as sautéed with no other seasonings!

Fruit Salad with Yogurt

Ingredients

- 2 cup strawberries (sliced) (fresh or frozen)
- 1 cup blueberries (rinsed) (fresh or frozen)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoon pineapple juice (Any 100% Fruit Juice may be used)
- $\frac{1}{2}$ - 1 cup plain low-fat yogurt (any flavor or original/Greek)
- $\frac{1}{8}$ cup almonds (sliced or slivered) (OPTIONAL)

Instructions

1. Place fruit in a large bowl and mix with pineapple juice and yogurt. Let stand for 15 minutes at room temperature.
2. Sprinkle almonds on top of each fruit salad. Serve immediately.

Serving Substitution – any combination of fresh, frozen or canned (if using canned drain and rinse) fruit may be used. Any amount of fruit may be used to serve your group!

Chicken Pot Pie Skillet

Ingredients

- 10 oz Egg Noodles
- 2 Tbsp Unsalted Butter
- 1 medium Sweet Onion, diced (any onion will work)
- 2 cloves garlic, minced (2 tsp Minced Garlic or ½ tsp Garlic Powder)
- 1 ½ cups frozen (thawed) or canned (drained) peas and carrots
- ½ tsp Kosher Salt
- ¼ tsp Black Pepper
- 1 cup Low Sodium Chicken Broth
- 1 cup Milk
- 1 ½ cups cooked Chicken Breast, cut into small cubes

Instructions

1. Cook noodles al dente, according to package directions.
2. In a large skillet, melt the butter over medium-high heat. Stir in the onion, garlic, and peas and carrots; season with the salt and pepper. Cook it for about 3 minutes until onions are soft and translucent. Stir in the flour until combined.
3. Pour in the chicken broth and milk; bring to a boil. Reduce to a simmer. Stir occasionally until thickened, about 5 minutes.
4. Drain the pasta and add to the skillet, along with the chicken. Taste and season with a touch more salt and pepper, if necessary.
5. Serve hot and enjoy!

Yield: 6 – 1 cup Servings

Chicken and Vegetables

Ingredients

- 1 ½ Tbsp Butter
- 1 tsp Garlic Powder
- ½ cup Onions, chopped
- 1 lb. + 4 oz Chicken – boneless skinless thighs or breast
- 10 pkg frozen Green Beans (canned may be used too)
- ¼ tsp Pepper

Instructions

1. Melt butter in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in the skillet. Cook over medium heat, until chicken is thoroughly done and no longer pink in color (when food thermometer gets to 165 degree in thickest part), about 12 minutes. Remove chicken from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes. Serve immediately.

Serving suggestions – may serve over rice, riced cauliflower, quinoa or zoodles/pasta. Any combination of vegetables may be used in this dish.

Yield: 4 – 1 cup servings

Country Breakfast Skillet

Ingredients

3 cups Country Style Diced potatoes (diced frozen potatoes, southern style hash browns, fresh cooked potato or canned potatoes, cut into bite-size)
1/2 cup diced Yellow Onion
3/4 cup diced Green Bell Peppers
3/4 cup Red Bell Peppers
1 cup diced Ham (may also use bacon or sausage)
1 cup shredded Cheddar or Colby Jack cheese
Salt and Pepper to taste
3 eggs (fried eggs – 1 egg/person, scrambled can be stretched more as mixed in)
Olive oil for pan

Instructions

1. Preheat oven to 350 degrees F (**Skip this step if not cooking with cast iron skillet**).
2. Heat 2-3 tablespoons olive oil in a 10-inch cast iron skillet over medium heat. Add potatoes in a single layer. Cover with a lid and cook for 10-12 minutes, turning once $\frac{3}{4}$ of the way through, until cooked and slightly crispy. Season with salt and pepper to taste. Transfer to a plate and set aside.
3. Add another 1-2 tablespoons olive oil to the skillet on medium high heat. Cook the onions, bell peppers, and diced ham, turning occasionally, until the bell peppers are tender and slightly charred, and the ham is cooked through and golden brown. Season with salt and pepper to taste.
4. Add the prepared potatoes back into the skillet and combine everything. Top with shredded cheese. Place in the preheated oven for 2-4 minutes, or until cheese is nicely melted (**only place in oven if using a cast iron skillet – if using skillet/fry pan just cover and cheese will melt as well**).
5. Meanwhile, fry 3 eggs in a separate frying pan any way you like. You can also make scrambled eggs instead.
6. Remove breakfast skillet from oven, and top with the fried and/or scrambled eggs. Serve immediately.

Serving Substitutions – May also use any combination of vegetables you may have or choose to omit if do not have!

Yield – 3 – 1 cup servings

Egg Roll in a Bowl

Ingredients

1 lb Ground Sausage – Pork, Chicken, Turkey or Beef

7 cups of Coleslaw mix (or Head of Cabbage)

2 Tbsp Low Sodium Soy Sauce

1 Tbsp Ginger

1 tsp Garlic Powder

1/2 cup Green Onions (OPTIONAL)

For a spicy kick add 1 tablespoon of red pepper flakes!

Instructions

1. Cook sausage stirring and crumbling until cooked through.
2. Stir in coleslaw mix, garlic, ginger, soy sauce, and stir.
3. Top with green onions and drizzle with more soy sauce or sweet and sour sauce.

Serving Suggestions: May serve over rice, quinoa, riced cauliflower or noodles/zoodles – or by itself!

Yield: 6 – 1 cup servings

One Pan Cheesy Chicken, Broccoli and Rice

Ingredients

- 3 tablespoons Olive Oil
- 1/2 medium Yellow Onion, diced finely
- 1 lb. boneless skinless Chicken Breasts, cut into bite sized pieces
- 2 cloves Garlic, minced (2 tsp Minced Garlic or ½ tsp Garlic Powder)
- Salt and Pepper - to taste
- 1 cup uncooked Long Grain White Rice
- 2 1/2 cups broccoli florets, cut into bite sized pieces (fresh or frozen)
- 2 1/2 cups of low-sodium chicken broth
- 2 cups shredded extra sharp cheddar cheese

Instructions

1. In a large skillet or pan, sauté onions in two tablespoons of olive oil over medium heat. Season chicken with salt and pepper.
2. Once onions soften, increase the heat to medium high and add chicken to the pan.
3. Brown the chicken pieces and add the garlic, salt and pepper. Cook for about 1 more minute.
4. Push chicken to one side of the pan and add additional tablespoon of olive oil to other side.
5. Add the uncooked rice in the olive oil and sauté it for a couple of minutes.
6. Add the chicken broth to the pan and bring the mixture to a boil. Lower the heat to a simmer and cover the pan with a lid.
7. Cook chicken and rice mixture covered for about 12 minutes.
8. Sprinkle the broccoli evenly over the chicken and rice mixture and stir to combine.
9. Continue to cook covered another 8 minutes on low, or until broccoli and rice are both tender.
10. Remove from heat and stir in half a cup of cheese.
11. Sprinkle remaining cheese on top and cover with a lid, letting it sit for 1-2 minutes or until cheese has melted.

Substitution Suggestions: Any fresh or frozen vegetable will work. May use brown rice – add 3 cups chicken broth – may need to add more.

Yields: 6 – 1 cup servings

One Pot Spaghetti

Ingredients

- 1 lb. Ground Beef (Pork, Turkey, Chicken or Sausage)
- 1 medium Onion, chopped
- 3 ½ cups Water
- 1 can Tomato Sauce (15 oz)
- 2 tsp Oregano, dried
- ½ tsp Sugar
- ½ tsp Garlic Powder
- ½ tsp Rosemary
- ¼ tsp Pepper
- 2 cups Spaghetti Noodles (broken) (any pasta may be used)
- 1 cup Parmesan Cheese

Instructions

1. Brown meat and onion in a large skillet over medium-high heat. Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with cheese.

Recipe Tips:

1. For 2 cups of broken spaghetti noodles, use about 1/3 of a pound box.
2. May use “No Salt Add” canned Tomato Sauce for less sodium.
3. May use Italian Seasoning, Basil or Thyme in place of Dried Oregano.

Yield: 10 – 1 cups servings

Stir-Fried Pork with Vegetables and Rice

Ingredients

- 1 ½ cups Chicken Broth, Reduced Sodium or Regular
- 1 ½ cups Rice, uncooked
- 2 Tbsp Vegetable Oil (divided)
- 2 cups Broccoli, frozen or fresh
- 1 cup Carrots, fresh, frozen or canned
- ¼ cup Onion, minced
- 1 tsp Garlic Powder
- ½ cup Mushrooms, fresh or canned
- 1 lb. + 7 oz Ground Pork (or other ground meat of preference)
- 4 Tbsp Soy Sauce, Regular or Low Sodium (use 2 Tbsp to reduce sodium in dish)

Instructions

1. Heat broth and water to a boil in saucepan; add rice and return to boil. Reduce heat to low and simmer until tender, about 15 minutes.
2. Heat 1 tablespoon of oil in skillet. Add broccoli, carrots, onions, and garlic powder. Cook until crisp-tender, about 5 minutes. Remove from skillet. Add mushrooms. Cook for 1 minute and set aside.
3. Heat second tablespoon of oil in skillet. Add pork; cook until pork no longer remains pink. Drain liquid.
4. Add soy sauce and stir until mixed; add vegetables to pork mixture. Cook until heated, about 1 to 2 minutes.
5. Serve pork mixture over cooked rice.

Serving Suggestions: may serve over quinoa, riced cauliflower or noodles/zoodles.

Yield: 4 – ½ cup servings of Pork and Vegetables and 4 – 1 cup servings of Rice.

Side Dishes

Coleslaw

Ingredients

- 1 head of Green Cabbage, finely shredded
- 1 large Carrot, grated
- 1/2 Yellow or Red Onion, finely sliced

Dressing

- 1/3 cup Apple Cider Vinegar
- 3 tbsp Olive Oil
- 1 tbsp Honey, (or more, depending on sweetness)
- 1/2 tbsp Dijon Mustard
- 1 tsp Celery Seed
- 1/4 tsp Salt
- 1/4 tsp Black Pepper

Instructions

1. Add the shredded green cabbage, carrot and onion to a large bowl.
2. In a smaller bowl, whisk together the apple cider vinegar, Dijon mustard, honey, olive oil, celery seed, salt and pepper to create the dressing. Taste the dressing and decide if you'd like to add more honey.
3. Add about half of the dressing to the cabbage, onions and carrots and gently toss. Slowly add more dressing until you've reached your desired consistency.

Honey-Lemon Salad Dressing

Ingredients

- ¼ cup Lemon juice
- 1 tablespoon Honey
- 2 tablespoons Olive Oil

Instructions

1. In a small bowl, whisk lemon juice and honey, until honey is dissolved. Whisk in olive oil, until combined.
2. Pour dressing over salad and toss gently to combine.
3. Shake or stir before serving. Store in fridge for 1 week.

Peach-Apple Crisp

Ingredients

20 oz canned Peaches, sliced or diced (drained/rinsed)
2 medium Apples, peeled and sliced
½ tsp Vanilla
¼ tsp Ground Cinnamon
¾ cup + 3 Tbsp Flour
¼ cup Brown Sugar, packed
3 Tbsp Butted, chilled

Instructions

1. Preheat oven to 350° F. Lightly grease 9- by 9- by 2-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Oatmeal Cookies

Ingredients

¾ cup Sugar
2 Tbsp Butter
1 Egg
¼ cup Applesauce
2 Tbsp Milk, Low-fat
1 cup Flour
¼ tsp Baking Soda
½ tsp Ground Cinnamon
1 cup + 2 Tbsp Quick Rolled Oats

Instructions

1. Preheat oven to 350° F and lightly grease cookie sheets.
2. In a large bowl, use an electric mixer on medium speed to mix sugar and butter. Mix until well blended, about 3 minutes.
3. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed, 1 minute. Scrape sides of bowl.

4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.
5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.
6. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

Recipe Suggestion: May add 1 cup raisins, craisins, or chocolate chips.

Easy Drop Biscuits

Ingredients

- 2 cups All-Purpose Flour
- 1 Tbsp Baking Powder
- 1 Tbsp Sugar
- 1/4 tsp Salt
- 1/2 cup Butter, melted
- 1 cup Milk

Instructions

1. Heat oven to 450 degrees. Mix together flour, baking powder, sugar and salt.
2. Add melted butter and milk. Stir just until moistened. (Best to let melted butter cool a bit before adding)
3. Immediately drop by heaping tablespoons (15 biscuits) onto lightly greased or parchment paper/silicone baking sheet lined large cookie sheet.
4. Cook for 10 to 12 minutes or until edges turn golden brown.

Yield: 15 biscuits

No Yeast Bread

Ingredients

- 4 cups All-Purpose Flour
- 2 tsp Baking Powder
- 1 tsp Salt
- 1 1/3 cup Milk (may use Powdered Milk, prepared)

Instructions

1. Heat the oven to 375 degrees. Place a baking sheet in the oven to heat.
2. Mix the dry ingredients. Stir in the milk and bring the dough together by stirring the ingredients until the milk is mixed with flour and forms a dough. It's easiest to do this with your hands rather than a wooden spoon.
3. Turn the dough out onto your work surface and knead briefly until the dough has a uniform consistency.
4. Shape the dough into a round disc about an inch to an inch and a half (about 3cm) thick and deeply score the top with an X. **This is important! Don't make a round ball of dough as it won't cook in the middle.**
5. Bake on baking sheet at for about 35 minutes until pale brown and sounding hollow when tapped on the bottom.

Recipe Notes: Important! We cannot stress enough that the dough needs to be a flat pancake - not more than 1.5" (3cm) deep when it goes into the oven, or it will not cook properly in the middle. **Below is a picture of the dough formed and scored before baking!**



Homemade Seasoning Recipes

Cajun Spice Blend:

2 Tbsp Cumin
2 Tbsp Coriander
2 Tbsp Paprika
1 ½ tsp Salt
1 ½ tsp Black Pepper
Cayenne Pepper to taste
1 Tbsp Dried Oregano

Serving Suggestions: This spice blend is great on grilled chicken, tofu, or even salads.

Pumpkin Pie Spice Blend:

1/4 cup Ground Cinnamon
2 tsp Ground Ginger
2 tsp Nutmeg
2 tsp All Spice
1 tsp Ground Cloves
Serving Suggestions: Blend in oatmeal, yogurt, or on a peanut butter sandwich with sliced bananas.

Curry Blend:

2 Tbsp Cumin Powder
2 Tbsp Ground Coriander
2 Tbsp Turmeric
1 ½ tsp Ground Cardamom
1/2 tsp Cinnamon
1/2 tsp Cayenne Pepper

Serving Suggestions: I'd recommend using this any time you want to give dishes an Indian flair.

Salt Free All-Purpose Seasoning

2 tbsp Garlic Powder
2 tbsp Onion Powder
1 tbsp Chili Powder
1 tbsp Paprika
1 tbsp Parsley
1 ½ tsp Pepper

Serving Suggestions: May season any meat or vegetable while cooking.

Greek Spice Blend:

1 Tbsp Garlic Powder
1 Tbsp Dried Basil
1 Tbsp Dried Oregano
1 ½ tsp Salt
1 ½ tsp Pepper
1 ½ tsp Dried Parsley
1 ½ tsp Dried Rosemary
1 ½ tsp Dried Thyme
3/4 tsp Ground Nutmeg

Serving Suggestions: Use this on Greek salads, when roasting vegetables with olive oil, or in hummus.

Lemon Pepper:

Zest from 3 Lemons
2 Tbsp plus 2 tsp Black Pepper
2 Tbsp Salt

Serving Suggestions: This is great on chicken, on salads, or on popcorn.

Italian Spice Blend:

2 Tbsp Dried Basil
2 Tbsp Dried Oregano
1 Tbsp Dried Thyme
1 Tbsp Dried Rosemary
1 Tbsp Garlic Powder
1/4 tsp Onion Powder
1/4 tsp Salt

Serving Suggestions: This is perfect for lasagna, pasta dishes, and sautéed vegetables with fresh garlic.

Taco Seasoning:

2 Tbsp Chili Powder
2 Tbsp Ground Cumin
1 ½ tsp Onion Powder
1 ½ tsp Garlic Powder
½ tsp Cayenne Pepper
½ tsp Black Pepper (optional)
½ tsp Salt
½ tsp Oregano

Serving Suggestions: Taco meat, refried beans, enchiladas, or stir it into Greek yogurt for “spicy sour cream.”

Use 2 Tbsp per 1-pound meat.

Chili Seasoning:

2 Tbsp Chili Powder
1 tsp Cumin
1 tsp Coriander
1 tsp Unsweetened Cocoa Powder
1/2 tsp Garlic Powder
1/4 tsp Cayenne Pepper
1/2 tsp Salt
1 tsp Paprika
1 tsp Smoked Paprika (or use 2 tsp regular paprika if you can't find smoked)

Serving Suggestions: This blend is an easy way to spice up chili recipes or any southwestern dish.

Poultry Seasoning

2 Tbsp Thyme
1 Tbsp Rosemary
1 Tbsp Sage
1 tsp Marjoram
½ tsp Ground Pepper
½ tsp Celery Seed
½ tsp Nutmeg

Serving Suggestions: sprinkle/rub on any poultry or roasted/sautéed vegetables as cooking

Make Half Your Grains Whole Grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.

1. Make simple shifts

To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.

2. Whole grains can be healthy snacks

Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3. Save some time

Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

4. Mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5. Try whole-wheat versions

Change up your favorite meal with whole grains. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat noodles in lasagna.

6. Bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

7. Be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8. Check the label

Most refined grains are enriched. This means that certain B vitamins and iron are added back

after processing. Check the ingredients list to make sure the word “enriched” is included in the grain name.

9. Know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

10. Be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products and may not contain any whole grain.