

MAIN DISHES

ANGEL HAIR PASTA WITH LEMON & CHICKEN

Ingredients

- 1 Package (9oz.) refrigerated fettuccini
- 1/3 cup butter, melted
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon crushed dried marjoram
- 1/4 teaspoon garlic powder
- 1 1/2 cups cooked diced chicken

Directions

Prepare pasta according to package directions. Toss pasta with remaining ingredients. Season to taste with salt and pepper. Serve with a generous topping of parmesan cheese and a tossed green salad. Serves 4.

HEARTY TURKEY CHILI & PASTA

Ingredients

- 10 Oz. uncooked spaghetti
- 1 TB vegetable oil
- 1 LB ground turkey breast
- 1 Medium Onion, Chopped
- 1 Clove Garlic, finely chopped
- 28 Oz. Chunky Veggie-style tomato pasta sauce
- 1 Can (15 oz.) Kidney Beans
- 2 TB Chili Powder
- 1/2 Cup Shredded Cheddar Cheese
- 3 Green Onions, Chopped

Directions

Cook and drain spaghetti as directed on package.

Heat oil in skillet over medium heat. Cook turkey, chopped onion, and garlic in oil 5-6 minutes, stirring occasionally until turkey is no longer pink.

Stir in pasta sauce, beans, and chili powder; reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Serve sauce over spaghetti. Sprinkle with cheese and green onions. Also great served without pasta and a side of tortilla chips and dollop of sour cream on top. 6 Servings.

Note: This freezes great. Make a double batch and freeze in freezer bags for a quick mid-week dinner.

SOUR CREAM CHICKEN ENCHILADAS

Ingredients

- 1 pound cooked chicken (cubed or shredded)
- 1 can cream of chicken soup
- 8 oz. Sour cream
- 1 can (5 oz) green chilies
- Salt and Pepper to taste
- 1 dozen corn tortillas
- 1/2 cup oil
- 2 cups shredded jack cheese
(Use *pepper-jack* for extra zip)

Directions

Mix soup, sour cream, chilies, salt & pepper. Add chicken and 2 cups of grated cheese. Set aside.

Warm oil in small frying pan over medium-high heat. Warm each tortilla (approx. 5 seconds on each side).

Place between paper towels to drain.

Fill each tortilla with the chicken mixture, roll and place in lightly greased casserole pan. Top with remaining 1/2 cup grated cheese.

Bake at 350 for 20-30 minutes or until heated through.

Serve with additional sour cream, chopped green onions, chopped olives, tomatoes, shredded lettuce, or toppings of your choice.

ASPARAGUS & ANGEL HAIR PASTA

Ingredients

- 16 stalks fresh asparagus
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 2 1/4 Cups Roma Tomatoes (Seeded & Chopped)
- 1/4 cup dry white wine
- 1/4 teaspoon salt
- 1 tablespoon "real" butter
- 9-ounce pkg refrigerated angel hair pasta
- 1/4 cup shredded fresh basil

Directions

Trim asparagus and rinse in cold water. Remove the tips; set aside. Bias-slice remaining asparagus stalks into 1- to 1-1/2-inch pieces; set aside.

Heat oil in a large skillet over medium heat. Add the garlic and 1/4 teaspoon pepper; cook and stir 1 minute. Add tomatoes; cook and stir about 2 minutes more.

Add asparagus pieces, wine, and salt to mixture. Cook, uncovered, for 3 minutes. Add asparagus tips; cook, uncovered, for 1 minute more. Add butter; stir until melted.

Meanwhile, cook pasta according to package directions. Drain pasta. Return to pan and toss with asparagus mixture and basil.

MAIN DISHES

QUICK CHILI

Ingredients

- 2 lbs. lean ground beef or turkey
- 4 (15 oz.) cans red kidney or black beans (undrained)
- 2 (16 oz.) jars chunky salsa
- 1 ½ cups water
- 1 (1.25 oz.) pkg. taco seasoning mix

Directions

Cook beef or turkey in 6 quart Dutch oven until brown. Stir in beans, salsa, water and seasoning mix. Cook, stirring occasionally for 10 minutes. Serve with sour cream, shredded cheddar cheese, and greens onions if desired. Serves 8.

SUPER EASY “LEFT-OVER” STEAK FAJITAS

Ingredients

- Left over Steak
- 1 Cup Salsa
- 1 Bell Pepper (any color)
- 1 Medium Onion, sliced into thin wedges
- 1 TB Oil
- 2 Medium Tomatos, seeded and sliced into thin wedges
- Cheddar Cheese
- Shredded Lettuce
- Sour Cream
- Flour Tortillas

Directions

Cut steak into thin slices. Set aside.

Sauté onion and bell pepper in oil until tender. Add steak slices. Pour salsa over steak and cook over low-medium heat for about 5-10 minutes, or until heated thoroughly. Just before serving, add tomato wedges and toss gently.

Fill tortillas with steak mixture. Top with cheese, lettuce, and sour cream.

Serve with “Simple Mexican Rice” (See Side Dish Recipes.)