Recipes we like!

From Susie Rice

March 11, 2025

Mushroom Stuffed Chicken Breasts

Using a meat mallet, tenderize chicken breasts. Sautee sliced mushrooms in white cooking wine and dill weed. Spread the mushroom mixture on each chicken breast. Fold it over encasing the mushrooms. Roll the chicken in toasted breadcrumbs.

Bake at 350 for about ½ hour. Serve with rice and vegetables.

Rice Bowl

Prepare a smorgasbord of all the following goodies:
Cooked brown and or wild rice, beans (black, kidney etc – your choice! I get reduced sodium and then rinse them and serve them without heating) and/or diced chicken breast. Green onions, cabbage slaw, sugar peas, sweet peppers, sprouts, diced mango, unsalted peanuts.

Each person can dish up their own layers and then top with the following dressing:

- **2** tablespoons lime juice
- **2** teaspoons sugar
- **2** tablespoons apple cider vinegar
- **1** garlic clove, minced

Balsamic Honey Chicken

Cut 2 Boneless chicken breasts into bite size pieces. Cook in olive oil and then keep warm in the oven.
Add 2 cloves chopped garlic and 2 medium pears (Peeled, cored and cut in chunks) into the frying pan. Cook until soft and golden brown.

In a separate bowl (or canning jar), combine 1 c unsalted chicken broth, ¼ c balsamic vinegar, 1 ½ T honey, 1 ½ T cornstarch Pour liquid over the pears. Bring to a boil and lower heat, stirring until it thickens. Return chicken to pan and cook about 2 more minutes. I serve this over rice with a side vegetable.

Barley Risotto with Butternut Squash

Heat oven to 400. Toss 2 ½ cups of peeled, chopped butternut squash with 1T olive oil. Spread in a single layer on a parchment-paper lined pan and roast about 25 minutes turning once halfway through. Set aside.

In a medium saucepan over medium heat, bring 5 cups of low sodium chicken broth to a boil – then reduce heat to low.

In a large deep skillet over medium heat, heat 1 T of olive oil. Add ½ c chopped onion, 2 cloves of garlic finely chopped, ½ t pepper. Cook until softened – about 6 minutes. Add 1 ½ c of uncooked pearl barley and cook , stirring for about 2 minutes. Add ¾ c white cooking wine and stir constantly for about 1 minute. Add ½ cup of the warmed broth, 1 t dried thyme, and zest from 1 lemon. Stir frequently until liquid is absorbed.

Continue to add ½ c broth at a time. When it is absorbed, add another ½ c of broth. Cook until barley is tender, yet al dente – about 30 minutes.

Remove from heat and gently stir in the cooked squash.

Southwest Chicken Stew

In deep, no-stick 12-inch skillet, heat 1 tsp olive oil over medium-high heat. Add chicken (recipe called for about 2 pounds of skinless, bone-in chicken thighs, but I prefer breasts!) and cook 6-8 minutes until browned on both sides. Transfer to a plate.

In same skillet, add 1 medium onion (chopped), 2 jalapenos (seeded and minced) 2 cloves garlic (pressed), ½ t dried oregano and ¾ t cumin. Cover and cook over medium heat until onion is golden brown – about 5 minutes.

Return chicken to skillet. Add 1# medium red potatoes cut into 1 ½ inch pieces, 1 can unsalted white kidney beans (drained and rinsed), 2 cups of whole kernel corn (I thaw frozen corn) , 1 ¾ c unsalted chicken broth. Bring to a boil and then reduce heat and simmer covered for 15 minutes or until potatoes are fork tender.

Lemon Chicken Breasts
9 cloves garlic, minced
1/3 cup dry white cooking wine or unsalted chicken broth
1T lemon zest (2 lemons)
2T lemon juice
1 ½ tsp dried oregano
1 t fresh thyme minced (or ½ t dried thyme)
2 boneless chicken breasts
1 lemon

Sauté garlic in olive oil about 1 minute. Take off heat. Add white wine, lemon zest, lemon juice, oregano and thyme. Pour into 9 x 13 baking dish.

Pat chicken dry and place over the sauce. Bruch with olive oil. Cut lemon into 8 wedges and tuck I amongst the pieces of chicken.

Bake 45 minutes (or longer) at 350 degrees. Remove and cover with foil and let rest 10 minutes. Serve with pan juices.

Green Bean and Potatoes with Mustard Vinaigrette (delicious and pretty!!)
2# small round multicolored potatoes cut into ¼" thick slices
14oz. package frozen green beans
1 medium red onion, thinly sliced
6 T liquid from can of low sodium garbanzo beans
6T white wine vinegar
3 T Dijon-style mustard
1-2 T dill weed
¼ c toasted pine nuts

In a 6-quart pot, cook potatoes for 2 minutes in enough boiling water to cover by 2 ". Add green beans and onions, return to boiling. Reduce heat and cook about 2 minutes more until potatoes and beans are tender. Drin, cover to keep warm.

In a small bowl, whisk together everything but the pine nuts. Add to potatoes and toss gently to coat.

Top with Pine nuts.

Mediterranean Potato Salad

4# potatoes – cut, boil until fork tender –about 15-20 minutes – cool
Toss with ½ c red onion, ½ Kalamata olives, ½ c chopped parsley, 6 green onions

Dressing: 2/3 c lemon juice, 4 t Dejon mustard, ½ c olive oil, ½ t pepper, 1 t salt.

Chicken, Cabbage and Apple Sauté
Cut up 2 chicken breasts into bite-size pieces. Brown in 1 t olive oil. Set aside.
Sauté 1 thinly sliced onion.
Add about 2 c of shredded cabbage and 2 large apples, cored and cut thinly. Cook 4-5 minutes.
Add the chicken back in.
Mix together :¼ t dried thyme, 2T apple cider vinegar, 1 T Dijon mustard and 2 t honey. Add to pan and coat the ingredients.

One Pot Pesto Pasta
In a large pot combine:
3 cups low salt vegetable (or chicken) broth
8 oz whole wheat penne pasta
½ c chopped red onion
½ cup chopped carrots
½ c Homemade Vegan pesto (recipe below)
Bring to a boil, reduce heat, cover and simmer 8-12 minutes or until pasta is just tender.

Stir in:
2 c chopped fresh tomatoes
1 15oz can no-salt added red beans (rinsed and drained)
Remaining pesto sauce.

Homemade Pesto Sauce
In a food processor combine:
¼ c raw cashews
2 c packed fresh basil
2 T nutritional yeast
3 cloves garlic (roughly chopped)
2 T lemon juice
Process until smooth, scaping sides of processor as needed.
Add 2-4T unsweetened, unflavored plant milk (almond, soy, cashew, rice) 1 T at a time for desired consistency.

Marinara Sauce
In a food processor combine:
28 oz can no-salt added whole tomatoes, undrained
1 small onion, quartered
2 cloves garlic
2 T dried Italian seasoning
Process until smooth. Transfer to a large pot. Add:
Pinch of crushed red pepper
15 oz can no-salt added diced tomatoes, undrained
1 c water

Bring to a boil and simmer about 5 minutes.
Serve over whole wheat spaghetti
I store the excess in Ziplock freezer bags and freeze for additional meals.

No Brainer Chili

Sauté onion, garlic, celery and 1 green pepper in olive oil.

Add 2 cans of no-salt-added diced tomatoes, 1 can each **undrained** low sodium kidney beans, pinto beans and black beans. Add chili powder to your taste. Boil. Reduce to simmer. You can make this vegetarian or add browned ground turkey.

Easy Seafood Stew

In a 4 qt saucepan, heat 2 t olive oil over medium heat. Add 1 large yellow pepper (coarsely chopped)3/4 cup chopped celery and 1 medium onion (chopped). Cook 5 minutes until softened and lightly brown, stirring frequently. Stir in 2 cloves of garlic(crushed) and cook 1 minute. Add 2 cans of unsalted undrained diced tomatoes and 1 can of water. Cover and heat to boiling. Reduce heat to low and simmer, covered, 10 minutes. I like to par boil potatoes and add them at this point. If it seems to need more liquid, add another can of the diced tomatoes.

Stir in 1# skinless cod fillet, cut into 1" chunks. Cover and simmer 3-4 minutes. Cod should turn opaque. Add shrimp and heat through. Ladle stew into large soup bowls.

Other Thoughts

Typical Breakfast: heaping ½ c of old-fashioned rolled oats, topped with 1/3 of a thinly sliced apple, grapes cut in ½, nuts (pecans, walnuts, raw Spanish peanuts, raw hazelnuts) and any other fruit that's handy (mango, berries, banana). I sprinkle a little cinnamon on top. The fruit and nuts overwhelm the oatmeal! This will keep you satisfied for about 5 hours!!

Lunch: Greg eats a lot of leftovers from the dinners (which are always stored in glass NOT plastic!). He sometimes has avocado toast (with onion, tomatoes and fresh spinach) or a peanut butter and banana sandwich . (Adams 100% Natural peanut butter only contains peanuts and has only 95 mg of sodium for 190 calories). He also makes up a pot of thick 13-14 bean soup weekly (without the seasoning that comes with it) He adds his own no salt seasoning. He boils sweet potatoes too and has been known to mix the beans, leftover rice and sweet potatoes all together. Sometimes he will put in some chicken breast pieces from leftovers.

Other dinners:
We also eat fish about twice a week – usually baked in the oven at 400 for 12-15 minutes and seasoned with olive oil, Mrs. Dash lemon pepper or real lemons or parsley or whatever!!

We enjoy tacos regularly because you can stuff them with all sorts of beans, rice and veggies! The La Burrita corn tortilla come in a larger size, 80 calories, 35 mg of sodium and 1 gr of fiber.

Chicken stir-fry is an easy and healthy meal with a variety of vegetables over brown or wild rice (or a mixture of both).

Some nights we just have eggs and hashbrowns! We usually throw a bunch of veggies – peppers, tomatoes, onions – in with the potatoes.

I also enjoy oven roasting any vegetable – potatoes, sweet potatoes, cauliflower, zucchini, onion, asparagus, Brussel sprouts -- at 425 degrees for 20-25 minutes. I get the vegetables ready and put in a large Ziplock bag and add olive oil and granulated garlic (Costco) and then dump them on parchment paper.

A rice cooker has been a good investment for us! We are now using mostly whole grain brown rice often with some wild rice added. We store left overs in glass containers.