



*15
Minute
Recipes*

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Chicken and Waffles

8 frozen waffles (regular or gluten free)
16 slices deli-sliced chicken breast
2 apples, cored & finely sliced
4 slices medium cheddar cheese
1/4 cup mustard
1/4 cup honey

Cook waffles according to package instructions in a toaster oven*. While waffles are cooking combine mustard and honey in a small bowl.

On four waffles smear honey mustard and top with cheese, 4 slices of chicken, and about half of an apple worth of slices. Top with another waffle, cut in half and serve.

*Note: I double toast mine to get them crispy since I hate soggy waffles. If you toast it twice turn do the “toast level” on your machine for the second one to keep them from burning.



Chicken and Scaloppine

1/4 cup canola oil
1/3 cup finely crushed rice Chex or dried breadcrumbs
1 tsp garlic powder
1 tsp Italian seasoning herb blend
1/4 tsp black pepper
4 (~6-oz each) boneless, skinless chicken breast cutlets
1 cup low-sodium chicken broth
3 tbsp fresh lemon juice
1 tsp butter
2 tbsp chopped fresh parsley
2 tbsp capers, rinsed and drained

Heat oil in a large nonstick skillet over medium-high heat.

Combine Chex (or breadcrumbs), garlic powder, Italian seasoning, and pepper in a shallow dish; dredge chicken in breadcrumb mixture. Add chicken to pan and cook 3 minutes on each side or until done. Remove from pan; keep warm.

Drain off any excess oil from pan. Then add broth, juice, and butter to pan, scraping pan to loosen bits. Let simmer for a few minutes to reduce and thicken. Stir in parsley and capers. Serve chicken with sauce over the top. Garnish with lemon slices, if desired.



Creamy Coconut Shrimp

1 can (14 oz.) coconut milk
3 tbsls minced garlic
1 tbsp minced fresh ginger
1 tbsp freshly grated lime zest
2 tbsp fresh lime juice
2 tsp sugar
1/4 tsp kosher salt
2 lbs large shrimp (26 to 30 per lb.), peeled and deveined
1/2 cup toasted, sweetened shredded coconut
Fresh lime wedges for squeezing (opt)

In a large skillet, heat up coconut milk with garlic, ginger, lime juice, lime zest, sugar, and salt. Bring to a boil for several minutes to thicken.

Add shrimp and cook until shrimp are opaque and slightly curled up. If you prefer a thicker sauce then mix 1 tsp cornstarch with 2 tbsp water and add slowly to the boiling shrimp mixture and cook until thickened.

Serve over rice and top with toasted coconut and lime zest.

Note to help make it a 15 Minute Supper: Use pre-minced garlic and ginger such a Gourmet Gardens (However, some GG products are not dairy free).

Start rice first and remove shrimp tails while the sauce boils. And toast coconut while rest of meal cooks, if you are toasting it yourself.



Cumin Lime Chicken

4 thin chicken breasts, boneless/skinless

1/2 tsp kosher salt

1/2 tsp cumin

1/2 tsp garlic powder

1 lime, zested

Salad

1 lime, juiced

2 tbsp honey

1/4-1/2 cup olive oil

pinch salt

baby spinach

pear, peeled and diced

chopped pecans

Preheat grill to medium high heat.

To make sure chicken cooks quickly, it should be thin. If chicken breasts are thick then butterfly them, but cutting them in half. Otherwise, buy thin chicken breasts.

Combine salt, cumin, garlic powder, and lime zest in a small bowl. Rub the spices evenly over the chicken on both sides. If chicken breasts are very large, then double the rub.

Cook boneless chicken breast on one side for about 6 minutes. Flip and cook for an additional 6 minutes. Flip again if necessary and continue cooking until chicken is done. Chicken is done when a thermometer reaches 165F and juices run clear.

Make a side salad while the chicken cooks, by combining lime juice, honey, olive oil, and salt. Mix well. Drizzle over spinach, chopped pears, and pecans.



Easy Taco Burgers

1.25 lb ground beef
1 package taco seasoning
6 slices medium cheddar cheese
6 tbsp salsa
6 tomato and lettuce slices
6 hearty buns

Add ground beef and taco seasoning to a large bowl. Gently work the taco seasoning into beef, but don't overwork it and keep it cold. Keeping the beef cold and underworked will produce a more tender burger. Evenly divide beef mixture into 6 portions and form them into patties.

Preheat grill to high. Cook burgers over direct heat for 3-5 minutes on each side or until desired doneness. During the last minute or two of cooking time add cheese and let it melt on the burgers.

Remove from heat and top each burger with a tomato, lettuce, and a large spoonful of salsa. Serve on a hearty roll or bun.



Flank Steak Sandwiches

4 slices hearty bread (I like Udi's Gluten Free Millet & Chia Seed Bread)

1/2 onion, thinly sliced

2 tbsp butter (or soy-based butter), divided

1/2 lb leftover flank steak, thinly sliced

2 tsp horseradish sauce

In a medium skillet, melt butter over medium high heat and add bread. Let bread soak up butter and toast on one side only. Remove from skillet and add remaining butter to melt. Add sliced onions and stir occasionally until onions are soft and starting to brown.

On untoasted side of two slices of bread smear with a little bit of horseradish sauce. On the untoasted sides of the remaining two slices of bread top with half of the flank steak and onions. Top with bread. Slice in half and enjoy.

Makes 2 sandwiches



Herbed Ham Frittata

1 tbs butter
6 eggs
1/2 tsp dried parsley
1/4 tsp dried thyme
1/4 tsp garlic powder
1/4 tsp salt
1/2 cup diced fully cooked ham
5 grape tomatoes, halved
1/2 cup shredded cheese

Preheat broiler to high and melt butter in a 8 inch (oven safe) skillet over medium high heat.

Beat eggs, parsley, thyme, garlic powder, and salt in medium bowl with fork until well mixed.

Add ham to pan and let cook for a minute, stirring often. Then pour egg mixture into hot skillet; sprinkle with tomatoes and cheese. Reduce heat to medium. Cover and cook 8 to 10 minutes or until eggs are almost set.

Place pan under the broiler, with top 4-5 inches from heat, for about 2 minutes or until the eggs are fully set and the top is a light golden brown.



Pizza Quesadillas

4 large flour tortillas
2-4 tbsp butter
2 cups mozzarella cheese
1 package pepperoni slices
1 tsp garlic powder
1 tsp dried oregano
marinara or pizza sauce for dipping

Preheat a large skillet to medium-high heat. Meanwhile butter one side of each tortilla and set aside.

Place one tortilla, butter side down, in the pan and sprinkle half of the tortilla with 1/4 cup cheese, 1/4 tsp of garlic powder and 1/4 tsp dried oregano. While that heats up, roughly chop about 8-10 pepperonis and sprinkle on the cheese side.

Let quesadilla cook until the bottom starts to brown and the cheese is almost melted, then fold the tortilla in half (with the cheese on the inside) and flip over. When cheese is all melted, remove from heat.

Repeat process with remaining tortillas. Dip slices in warmed marinara sauce. Enjoy



Quick Ginger Broccoli

2 (1 inch thick) boneless pork chops, cut into thin strips (~1/2 lb)
1 tbs vegetable oil
2 tbs Gourmet Garden Chunky Garlic
1/4 cup soy sauce
1 tsp sugar
1 tsp Gourmet Garden Ginger
1 cup water
1 tbsp cornstarch
1 head broccoli, chopped in florets, washed, & drained
salt and pepper
cooked rice

In a large skillet heat oil until very hot. Add in pork and cook until almost done about 4 minutes. Season pork with salt and pepper. While pork is cooking, combine garlic, soy sauce, sugar, ginger, water, and cornstarch in a bowl and stir well to combine.

Remove pork from pan and add broccoli with a 1/4 cup water. Put lid on and steam for about 3-4 minutes. Return pork to pan and add sauce. Reduce heat to medium low until it thickens and coats pork and broccoli about 2-3 minutes.

To keep this a 15 Minute Supper start cooking rice at the beginning so that it's done when the pork and broccoli are ready.



Salmon Salad

2 salmon fillets (~6oz each)
1 tsp olive oil
1 tbsp minced garlic
1 tbsp coconut oil
1 tbsp balsamic vinegar
1/4 fresh blueberries (or frozen that are thawed)
1/2 tsp grated lemon zest
1/2 tsp sugar
2 cups salad greens
salt & pepper

Preheat grill to medium-high.

Rub salmon with olive oil and mince garlic, then season lightly with salt and pepper. Grill salmon until it is opaque and flaky. About 6 minutes per side (depending on how thick the fillets are).

While salmon is cooking, add coconut oil in a medium-sized saucepan over medium heat to melt. Add in vinegar, blueberries, and sugar. Let cook for about 30 seconds to 1 minute or until the blueberries are soft. Add in lemon zest.

Serve salmon over a bed of greens and top with blueberry sauce and a little more fresh grated lemon juice.



Spaghetti With Meat Sauce

- 1 lb ground turkey (I prefer the Italian Seasoned variety)
- 2 15oz cans tomato sauce
- 1/4 c dried onion flakes
- 1 1/2 tsp garlic powder
- 2 tsp dried Italian herbs
- 1 tbsp brown sugar
- 1 tsp chili powder
- 1 lb box of spaghetti
- salt and pepper to taste

Bring a large pot of water to boil over high heat and cook pasta according to package.

Meanwhile in a large sauce pan, cook ground turkey over medium high heat. Once meat is cooked, drain off fat and add in tomato sauce, onion flakes, garlic powder, Italian herbs, brown sugar, and chili powder. Let simmer while pasta finishes cooking. Adjust seasoning to taste.

Drain pasta and serve with meat sauce.



Sweet Potato Hash

2 leftover sweet potatoes, diced
2 cups leftover turkey, diced
1/2 onion, diced
1 bell pepper, diced
2 cloves garlic, finely minced
1/2 jalapeño, finely minced
4 fried eggs (1 per person)
1/2 tsp ground sage
1/4 tsp dried thyme
olive oil or garlic olive oil for cooking
salt & pepper to taste
avocado and bacon crumbles, optional

Heat about 1 tbsp of garlic olive oil in a large pan over medium high heat. Add cubed sweet potatoes and let cook for 1-2 minutes without turning so that the outside edges crisp up. Stir and repeat until potatoes are crisp on all sides. Remove from pan.

Add another 1 tbsp of garlic olive oil to pan and add pepper, onion, and jalapeño, cooking until translucent (about 3-4 minutes), then add garlic. Cook for one minute and push onion/peppers aside and add turkey. Heat for 1-2 minutes then add sage and thyme.

Spray a small pan with non-stick cooking spray and heat over medium heat for a minute before gently cracking over pan. Cook gently over medium heat for 2 minutes and then flip to cook other side 1 minute if desired.

Serves 4



Turkey Cranberry and Blue Cheese Pizza

1 sheet Pepperidge Farm Puff Pastry, thawed
1 cup diced leftover turkey
1/4 cup cranberry sauce
1 tbsp garlic olive oil
blue cheese crumbles
1/2 red onion, finely sliced
1/2 jalapeño, finely minced
parsley, roughly chopped

Preheat oven to 375F.

Roll out thawed puff pastry and press seams together while rolling out slightly. Drizzle lightly with garlic olive oil and bake for 9 minutes.

While pastry is baking prepare remaining ingredients.

Remove pastry from oven and gently smear on a light layer of cranberry sauce (keep it very thin or pastry will get soggy). Then top with chunks of turkey, slices of red onion, finely diced jalapeño, and blue cheese crumbles. Return to oven for 3 minutes to heat ingredients and then switch oven to broiler for the last 2 minutes to melt the cheese.

Carefully remove from oven and sprinkle with chopped fresh parsley.



Veg Greek Pasta

12oz spaghetti, cooked
1 cup baby spinach
1/4 cup roasted garlic, roughly chopped
2 tbsp fresh oregano
1/4 cup black or kalamata olives, sliced in half
1 cup grape tomatoes, sliced in half
3 tbsp lemon juice
2 tbsp garlic olive oil (or extra virgin olive oil)
salt & pepper, to taste
5 oz feta cheese, crumbled

Cook pasta to al dente according to package instructions. Reserving
1/4-1/2 cup liquid.

Add cooked pasta, spinach, roasted garlic, oregano, olives, and tomatoes to a large bowl and toss to combine. In a small bowl add lemon juice, salt & pepper, olive oil, and 1/4 cup cooking water. Mix well and then pour over pasta and toss to coat. Sprinkle with feta cheese and serve warm.



White Chicken Chili

3 cups pre-cooked shredded chicken

32 oz chicken stock

(2) 15oz cans white beans

2 tsp cumin

16 oz of salsa (this will determine how spicy the chili will be)

8 oz shredded pepper-jack cheese

2 cloves garlic, minced

pepper to taste

1/2 cup tortilla chips pieces

Optional Toppings:

Sour Cream, Cheese, Chips, Green Onions, Corn, Avocado, Lime

Place first 8 ingredients in a large pot and bring to a boil over high heat.

Reduce heat to medium and simmer for about 10 minutes. Then add chips and let thicken to desired consistency.

Serve and let everyone top their chili with anything from the optional list.



Meet the Chef

Wendy O'Neal is the creator of the popular food and homemaking blog Around My Family Table and cookbook author. Her passion for sharing recipes and tips to help families gather around the supper table inspired her to begin the site in 2009. Wendy's award-winning recipes have been featured on numerous online sites, including the Huffington Post, BuzzFeed, FoxNews.com, MSN.com, Today.com, eHow, Epicurious, and many more. Wendy has also competed at the World Food Championships in the Food Blogger Division.

Wendy's mom taught her to cook at an early age, but it wasn't until college and marriage to her high school sweetheart that she really found her love of cooking and developed her culinary skills. She taught herself how to grill and smoke shortly after she married, and since then she and her husband have had something going in the smoker almost every weekend.

Wendy, her husband, and their two children live in Phoenix, Arizona. You can find Wendy at AroundMyFamilyTable.com, sharing her latest recipes, cooking tips, and homemaking ideas to help your family come together at the supper table.

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