



# 5 Quick & Easy Dinners

ready in about 30 minutes



# Pan Fried, Parmesan Crusted Cod

**Parmesan Crusted Cod** is a new family favorite. It's so simple and delicious and takes less than 30 minutes from freezer to table, including side dishes.

Prep Time  
10 minutes

Cook Time  
15 minutes

Total Time  
25 minutes



## Ingredients

- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- salt and pepper, to taste
- 1 tablespoon Extra Virgin Olive Oil
- 1 tablespoon butter
- 4 - 6 ounce cod fillets

## Instructions

1. In a shallow dish combine bread crumbs and grated Parmesan cheese.
2. Season cod fillets with salt and pepper on both side.
3. In a large skillet, heat oil and butter together over medium high heat until hot and bubbly.
4. Working fast, dip one side of the fish into the cheese mixture and place cheese side down into the hot oil. Repeat with remaining fillets and let cook for about 5 minutes.
5. Gently flip fish and let finish cooking about another 10 minutes or so. Cod is done when it reaches 145F and is opaque and flakes easily.
6. Serve with roasted broccoli or asparagus and white rice.



**Did you make this recipe?**

Share and Tag @MyFamilyTable on Instagram...I'd love to see it. Or leave a comment!

© Wendy O'Neal

<https://www.aroundmyfamilytable.com/parmesan-crusted-cod/>

# Summer Vegetable Soup

A big bowl of Summer Vegetable Soup is the perfect way to use all those summer vegetables that are overflowing in your garden and at the farmer's market.

Prep Time	Cook Time	Total Time
20 minutes	20 minutes	40 minutes



## Ingredients

- 1 tablespoon extra virgin olive oil
- 1/2 small onion, diced
- 3/4 cup chopped carrots
- 2 zucchini, chopped
- 3 ears corn, kernels only
- 4 garlic cloves, finely minced
- 3/4 cup chopped green beans
- 48-64 oz vegetable stock
- 1 14 ounce can diced tomatoes or 1 cup fresh tomatoes, diced
- 1/3 cup rice
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1 tablespoon fresh basil, finely sliced (opt)
- 1/2 tsp fresh oregano leaves (opt)
- roasted pepitas for garnish (opt)

## Instructions

1. In a large stock pot, heat oil over high heat. Add onion and cook until translucent.
2. Add in carrots and continue cooking until carrots are just barely tender.
3. Toss in garlic and peppers. Stir until garlic and peppers are fragrant.
4. Add stock, tomatoes, zucchini, corn kernels, salt, pepper, and dried herbs. Bring to a boil, add rice, and reduce heat to a simmer.
5. Cover and simmer for 10 minutes.
6. Adjust seasoning and add fresh herbs as desired. Let cool for a couple minutes and enjoy. Garden fresh summer tastes for the dinner table - Yum!

Nutrition Information: Yield: 6 Serving Size: 1

*Amount Per Serving:* Calories: 172 Trans Fat: 0g Cholesterol: 0mg Fiber: 6g



**Did you make this recipe?**

Share and Tag @MyFamilyTable on Instagram...I'd love to see it. Or leave a comment!

# Cumin Lime Grilled Chicken

Grilled chicken seasoned with cumin and lime zest makes for a quick, 15-minute summer supper!

Prep Time  
3 minutes

Cook Time  
12 minutes

Total Time  
15 minutes



## Ingredients

- 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 tbs honey
- 1/4-1/2 cup olive oil
- pinch salt
- baby spinach
- pear, peeled and diced
- chopped pecans

## Instructions

1. Preheat grill to medium high heat.
2. To make sure chicken cooks quickly, buy thin chicken breasts. If chicken breasts are thick then butterfly them by cutting them in half.
3. 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.
4. 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.
5. 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.



**Did you make this recipe?**

Share and Tag **@MyFamilyTable** on Instagram...I'd love to see it. Or leave a comment!

# Italian Baked Sandwich Recipe

This **Baked Italian Sandwich** recipe is packed full of flavor and can adjusted to fit what you have on hand. Lots of cheese and meat baked onto hearty bread will make supper a breeze.



Prep Time	Cook Time	Total Time
10 minutes	15 minutes	25 minutes

## Ingredients

- 2 tablespoons butter
- 2 eggs
- 3/4 cup grated Parmesan cheese (the green can is fine)
- 2 tablespoons Italian blend seasoning
- 8 slices hearty bread (French, Italian, or Sourdough)
- 8 slices Provolone
- 12 slices ham (or a combination of ham and prosciutto)
- opt: spaghetti or marinara sauce for dipping

## Instructions

1. Preheat oven to 425F.
2. Put butter in large casserole pan and put it in the oven while it's preheating to melt the butter. Remove pan once the butter is melted.
3. Slice bread to whatever thickness you prefer.
4. Mix Parmesan cheese and Italian seasoning in a dish. In a separate dish, beat 2 eggs.
5. Dip one side of a piece of bread in the egg mixture, then coat it well in the cheese mixture. Set it in the buttered pan. Add cheese, meat, and cheese. Top it off with another slice of bread that has been dipped in the egg and cheese mixtures. Repeat until you've made enough sandwiches and pan is full.
6. Bake for 7-8 minutes, flip, and bake for another 7-8 minutes. To get a crispy finish, broil for 1-2 minutes. Keep a close eye on them as they will brown (and burn) fast.
7. Opt: Warm spaghetti or marinara sauce to dip the sandwiches in.

## Notes

Tip: Change up the meats and cheeses for different flavors.



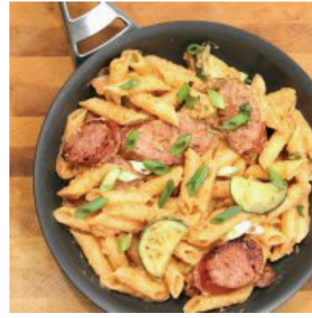
**Did you make this recipe?**

Share and Tag @MyFamilyTable on Instagram...I'd love to see it. Or leave a comment!

# Sriracha Cream Sauce with Kielbasa

This spicy Sriracha Cream Sauce with Kielbasa is total comfort food and is on the table in under 30 minutes, including the pasta!

Prep Time	Cook Time	Total Time
10 minutes	20 minutes	30 minutes



## Ingredients

- 1 16 ounce box penne pasta (cooked)
- 2 medium zucchini (ends removed and sliced into half inch thick rings)
- 1 Kielbasa sausage (sliced into bite sized pieces)
- 5 tablespoons extra virgin olive oil, divided
- 4 tablespoons flour
- 2 cups milk
- 1 teaspoon minced garlic (~ 2 cloves)
- ¼ cup sriracha sauce
- salt & pepper
- sliced green onions, opt

## Instructions

1. While pasta cooks, in a large, oven-safe, skillet, heat 1 tablespoon oil. Add zucchini slices to hot oil and let gently brown and cook slightly. Only a minute or two per side. Remove from pan and set aside. Add sliced kielbasa to pan and brown on both sides, about 2-3 minutes per side. Remove from pan.
2. Add remaining 4 tablespoons oil to pan with flour and stir together over medium high heat. Cook flour mixture for 1-2 minutes, stirring often. Add minced garlic and ½ teaspoon salt.
3. Lower heat to low and slowly pour in milk while constantly stirring. Keep stirring and work out any lumps that may have formed. Once lumps are gone, turn heat up to medium high and bring to a slow boil. Sauce will begin to thicken and keep stirring for 30 seconds-1 minute. Remove from heat and stir in sriracha sauce. Taste and add additional salt and pepper, if needed.
4. Stir in cooked zucchini, kielbasa, and pasta.
5. Add chopped green onions as a garnish.



**Did you make this recipe?**

Share and Tag @MyFamilyTable on Instagram...I'd love to see it. Or leave a comment!