

Easy Weeknight Chicken Tenders

Browning on the stove and finishing in the oven is quick and easy, and your chicken will be cooked inside without getting burned outside.

Ingredients

1 pound Chicken tenders or thin-sliced breast fillets (suggest Trader Joe's tenders)—you want to remove these from fridge and let them come to room temperature, so take them out 20 minutes before cooking

Wondra flour or regular flour

Salt

Pepper

Olive oil

Directions

Preheat oven to 350 degrees. Add ¼ cup flour, salt and pepper to shallow dish and mix. Grab an oven-safe pan and place over medium-high heat. Meanwhile, lightly coat each piece of chicken in the flour mixture and place on plate. When pan is hot, add 1-2 Tbsp olive oil. Heat till shimmering. Place chicken in pan without overcrowding (cook in batches if needed). Important—do not move chicken for 3 minutes once you place it in the pan. After one side is golden, flip and cook another 2 minutes on other side. Then place entire pan in oven for 5 minutes to finish cooking. You can cut into the chicken to make sure it's no longer pink inside. If it is still pink, leave in oven another few minutes.

Roasted Cauliflower

Ingredients

1 head cauliflower, roughly chopped so pieces are about the same size

Olive oil—2-4 Tbsp

Salt—1/2-1 tsp

Pepper—a few grinds

Directions

Preheat oven to 400 degrees. Line a cookie sheet with foil. Put cauliflower in a bowl and pour olive oil over top. Add salt and pepper. Mix well. Pour onto foil-lined cookie sheet. Cover with another sheet of foil. Place in oven for 20 minutes. If you have time, give it a stir halfway. If you like it a little browned, remove foil for last 5 minutes of cooking.

Easy Weeknight Tacos/Burritos

Ingredients

1 lb ground beef (I like to get the organic ground beef from Trader Joe's/Sprouts/Whole Foods, but that is optional. You could also use ground turkey. A pound will serve 2 adults and 2 small kids...get more ground beef if you have more or older people)

1 package Bearitos taco seasoning (Whole Foods sells it and it is a better choice than the Lawry's type seasoning packets)

1 small can tomato paste

Water

Tortilla Land raw uncooked tortillas (sold at Costco/Gelsons/Whole Foods and various others)

Bag of lettuce

Small tomatoes, cut into desired size

Sour cream—suggest low-fat

Condiments of choice

Directions

Heat a pan over medium-high heat. When pan is hot, add the ground beef or turkey and brown, breaking it up with a wooden spoon. The meat should no longer be pink. Add the seasoning packet (I use half the packet for 1 lb ground beef...you could use the whole packet for 2 lbs). Add the amount of water listed on the package, plus 2-3 tablespoons extra. Add 2 tbsp. tomato paste. Mix well and heat.

Meanwhile, heat the tortillas in a nonstick skillet per package directions.

Serving Options: Make into a large salad if desired. Kids can wrap their own burrito/taco or just have it on the side.