

# Ginger Carrot Soup

Recipe courtesy of Maxine Bonneau



**Total:** 1 hr 35 min  
**Prep:** 30 min  
**Inactive:** 20 min  
**Cook:** 45 min  
**Yield:** 8 servings  
**Level:** Easy

## Ingredients

- 2 tablespoons sweet cream butter
- 2 onions, peeled and chopped
- 6 cups chicken broth
- 2 pounds carrots, peeled and sliced
- 2 tablespoons grated fresh ginger
- 1 cup whipping cream
- Salt and white pepper
- Sour cream
- Parsley sprigs, for garnish

## Directions

In a 6-quart pan, over medium high heat, add butter and onions and cook, stirring often, until onions are limp. Add broth, carrots, and ginger. Cover and bring to a boil. Reduce heat and simmer until carrots are tender when pierced.

Remove from heat and transfer to a blender. Don't fill the blender more than half way, do it in batches if you have to. Cover the blender and then hold a kitchen towel over the top of the blender\*. Be careful when blending hot liquids as the mixture can spurt out of the blender. Pulse the blender to start it and then puree until smooth. Return to the pan and add cream, stir over high heat until hot. For a smoother flavor bring soup to a boil, add salt and pepper, to taste.

Ladle into bowls and garnish with dollop sour cream and parsley sprigs.



## Creamy Tuscan Garlic Chicken

Author: Alyssa   Prep time: 10 mins   Cook time: 15 mins   Total time: 25 mins

Creamy Tuscan Garlic Chicken has the most amazing creamy garlic sauce with spinach and sun dried tomatoes. This meal is a restaurant quality meal ready in 30 minutes!

### Ingredients

- o 1½ pounds boneless skinless chicken breasts, thinly sliced
- o 2 Tablespoons olive oil
- o 1 cup heavy cream
- o ½ cup chicken broth
- o 1 teaspoon garlic powder
- o 1 teaspoon italian seasoning
- o ½ cup parmesan cheese
- o 1 cup spinach, chopped
- o ½ cup sun dried tomatoes



### Instructions

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate.
2. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the chicken back to the pan and serve over pasta if desired.

### Notes

\*If you are serving over pasta and like it saucy, definitely double the sauce. :)

### Alyssa Also Recommends:

Want to make this even easier? Here are a few products that I LOVE:

- [Utopia Kitchen Cooking Knives](#)
- [Microplane Grater](#)
- [The Recipe Critic Measuring Cups](#)

Recipe by [The Recipe Critic](#) at <https://therecipecritic.com/2016/05/creamy-tuscan-garlic-chicken/>

# Easy Moussaka



Recipe courtesy of Food Network Kitchen



**Total:** 1 hr 40 min  
**Prep:** 40 min  
**Cook:** 1 hr  
**Yield:** 4 servings

## Directions

Preheat oven to 375. Brush eggplant rounds with olive oil and season with salt and pepper. Heat 2 tablespoons of oil in large non stick skillet and brown eggplant over medium high heat. Remove to a paper towel to drain. Heat 2 tablespoons of olive oil in same large skillet and cook onion and garlic for 3 minutes. Add the ground beef and brown completely. Add the spices, and tomatoes. Bring to a simmer and cook for 10 minutes. In a second non stick skillet, heat 3 tablespoons olive oil and brown potato slices on both sides. Remove to a paper towel to drain and season with salt and pepper. In a buttered baking dish, layer potatoes, meat, eggplant and top with Parmesan. In a medium bowl, combine yogurt, eggs and cream. Season with salt and pepper and pour over casserole. Let casserole sit for 10 minutes and then bake for 30 - 40 minutes or until golden brown and bubbly. Allow casserole to sit for 15 minutes before serving.

## Ingredients

- 1 medium eggplant, peeled and sliced into 1/2" rounds
- 3/4 cup crushed tomatoes
- 1 pound potatoes, thinly sliced
- Olive oil
- 1 cup Parmesan, grated
- 1 large onion, minced
- 2 cups plain whole yogurt
- 2 cloves garlic, minced
- 3 eggs, lightly beaten
- 1 pound ground beef
- 3/4 cup light cream
- 1/2 teaspoon nutmeg
- Butter
- 1/2 teaspoon cinnamon

## Easy Tortellini Pesto Salad

Author: Jen Nikolaus  
Recipe type: Side Dish

This Tortellini Pesto Salad will quickly become a family favorite side dish!

### Ingredients

- 2 (10-oz) bags refrigerated tortellini pasta, your favorite kind
- ¼ cup fresh mozzarella, diced into cubes
- ½ cup cherry tomatoes, halved
- ¼ cup basil, sliced into ribbons
- ¼ cup prepared pesto, or more to taste
- 1 Tbsp. olive oil, or more as needed
- salt and pepper, to taste

### Instructions

1. Prepare pasta as directed on packaging. Drain and rinse with cold water, set aside.
2. Combine tomatoes, mozzarella, basil, pesto and olive oil. Mix to combine.
3. Pour in pasta to pesto mixture and lightly toss, careful not to break tortellini. Add more pesto or olive oil as needed. Cover and chill in refrigerator until ready to serve. Enjoy!

Recipe by Yummy Healthy Easy at <https://www.yummyhealthyeasy.com/tortellini-pesto-salad/>

## Greek Marinated Chicken



4.56 from 147 votes

Prep Time	Cook Time	Total Time
45 mins	1 hr	1 hr 45 mins

A tangy lemon and garlic marinade makes this Greek Marinated Chicken super fast and flavorful. Cook it in the oven or on a grill.

Total Cost: \$8.97 recipe / \$1.12 serving

Servings: 8 pieces



### Ingredients

- 1 cup plain yogurt \$0.63
- 2 Tbsp olive oil \$0.32
- 4 cloves garlic, minced \$0.32
- 1/2 Tbsp dried oregano \$0.08
- 1 medium lemon \$0.49
- 1/2 tsp salt \$0.02
- freshly cracked pepper \$0.05
- 1/4 bunch fresh parsley \$0.20
- 3 1/2 to 4 lbs chicken pieces \$6.86

### Instructions

1. To make the marinade, combine the yogurt, olive oil, minced garlic, oregano, salt, and some freshly cracked pepper in a bowl. Use a fine holed cheese grater or a zester to scrape the thin layer of yellow zest from the lemon skin into the bowl. Also add the juice from half of the lemon (about 1-2 Tbsp). Stir until the ingredients are well combined. Roughly chop a big handful, or about 1/4 bunch, of parsley and stir it into the marinade.
2. Add the chicken pieces and marinade to a gallon sized zip top bag. Remove as much air as possible, close the bag tightly, and massage the bag to mix the contents and make sure the chicken is well coated. Refrigerate the bag for 30 minutes.
3. After marinating for 30 minutes, either cook the chicken on a grill OR preheat the oven to 375 degrees in preparation to bake the chicken.
4. To bake the chicken, place the chicken pieces in a large casserole dish (9x13). Bake the chicken in the preheated 375 degree oven for 45-60 minutes, or until golden brown on top.

### Recipe Notes

This recipe is extra garlicky. If you're not into heavy garlic, try starting with two cloves instead of four.

# Tabbouleh



Recipe courtesy of Ina Garten

Show: Barefoot Contessa | Episode: The Mediterranean Feast



**Total:** 31 min  
**Prep:** 30 min  
**Inactive:** 1 min  
**Yield:** 8 servings  
**Level:** Easy

## Ingredients

- 1 cup bulghur wheat
- 1 1/2 cups boiling water
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup good olive oil
- 3 1/2 teaspoons kosher salt
- 1 cup minced scallions, white and green parts (1 bunch)
- 1 cup chopped fresh mint leaves (1 bunch)
- 1 cup chopped flat-leaf parsley (1 bunch)
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced
- 2 cups cherry tomatoes, cut in half
- 1 teaspoon freshly ground black pepper

## Directions

Place the bulghur in a large bowl, pour in the boiling water, and add the lemon juice, olive oil, and 1 1/2 teaspoons salt. Stir, then allow to stand at room temperature for about 1 hour.



Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and the pepper; mix well. Season, to taste, and serve or cover and refrigerate. The flavor will improve if the tabbouleh sits for a few hours.

Copyright 2001, Barefoot Contessa Parties!. All Rights Reserved

yield: 12 SERVINGS    prep time: 30 MINUTES    cook time: 50 MINUTES

## GREEK SPINACH PIE

*Everyone in my family loves this Spinach Pie! And leftovers are wonderful too!*

### INGREDIENTS:

#### PHYLLO PASTRY TOPPING:

6 sheets phyllo pastry (about 17x13-inches each), defrosted if frozen  
4 tablespoons unsalted butter, melted

#### FILLING:

1 tablespoon olive oil  
1 large onion, finely chopped  
Two 10-ounce packages frozen, chopped spinach, defrosted  
2 cups ricotta cheese  
8 ounces feta cheese, crumbled  
8 ounces jack cheese, grated  
2 large eggs  
3 tablespoons finely chopped fresh dill  
3 tablespoons finely chopped fresh parsley  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper



### DIRECTIONS:

1. Preheat oven to 350°F. Butter a 13x9x2-inch baking dish or spray with nonstick spray.
2. In a medium skillet, heat the olive oil over medium heat for about 1 minute. Add the onions and cook until softened, about 5 minutes, stirring often. Set aside.
3. Squeeze the liquid out of the thawed spinach.
4. In a large bowl, stir together onion, drained spinach, ricotta, feta, jack cheese, eggs, dill, parsley, salt and black pepper. Spread half of filling in baking dish. Cover with 2 pieces of the phyllo pastry (just tuck the edges in on the sides). Brush pastry lightly with melted butter. Top with one piece of phyllo. Tuck in any overhanging edges. Spread remaining filling over phyllo. Top with 2 more pieces of phyllo and brush lightly with butter. Top with remaining phyllo sheet and brush with butter. Use a sharp knife to mark 12 squares by cutting through the top layers of pastry.
5. Bake until phyllo topping is golden and filling is bubbling gently, about 45 minutes. Use a sharp knife to cut through the marked squares. Serve warm.

### TIPS:

\*If covered tightly and refrigerated, this pie can be assembled early in the day and baked later. Cold pot pie will probably need to bake an additional 5 minutes.

SOURCE: RecipeGirl.com (adapted from [Real Food](#))