



Speedy Skillet Meals – Fab Food Lab Video Class

Creamy Pesto Chicken and Pasta Skillet

1-2 Tbs. unsalted butter

1 yellow onion, diced (may substitute 1 tsp. granulated onion or onion powder)

1 sweet red pepper, seeds and membranes removed, diced

8 oz. sliced button mushrooms

½ tsp. granulated garlic or garlic powder

3 cups chicken stock

8 oz. spaghetti, broken into thirds

2 cups cooked chopped or shredded chicken

2 cups half and half or fat-free half and half

1-2 Tbs. basil pesto, fresh or from a jar (found in the pasta aisle, typically)

¼ - ½ cup shredded or grated Parmesan cheese

In a large skillet over medium heat melt the butter; add the diced onions and bell pepper, cooking 3-4 minutes, then stir in the mushrooms and garlic powder; cook an additional 2-3 minutes.

To the same skillet, add the chicken broth; bring to a boil. Add the pasta, reducing the heat to low; cover the pan and simmer for 10-12 minutes or until most of liquid is absorbed and pasta is tender. Stir in chicken, half and half, and pesto, cooking just until hot throughout. Season to taste with salt and pepper; garnish with parmesan cheese and serve at once.

Southwest Pork Cutlets with Calico Rice Skillet Meal

1/3 cup all-purpose flour

1 tsp. each: granulated garlic (or garlic powder), cumin, chili powder

1-2 Tbs. canola oil

6-8 thin pork cutlets (may substitute thin pork chops, if desired)

1-2 cups chicken broth

2 tsp. red wine vinegar

1 cup salsa

2 cups frozen corn, thawed

14 oz. can black beans, drained and rinsed

1 cup instant rice, white or brown

Your favorite toppings for garnishing – such as fresh salsa, sour cream, cilantro, etc.

In a large bowl, combine the flour and granulated garlic; dredge the pork cutlets in the flour mixture on both sides, shaking off the excess; reserve on a plate.

Meanwhile, heat the vegetable oil in a large skillet over medium to medium-high heat; add garlic, cumin and chili powder, whisking to combine. When the oil is nicely hot, add the reserved pork cutlets to the skillet, 2-3 at a time (work in batches so you aren't crowding the skillet) and sauté for 1-2 minutes per side, working in batches if needed, until nicely golden brown. Remove the pork from skillet and set aside.

In same skillet, combine the broth, vinegar, salsa, corn, black beans and rice; place the browned pork cutlets on top of the rice mixture; cover the skillet with a lid or foil, cooking over low heat for approx. 20 minutes or until the rice is tender and pork is cooked to 140 degrees F. internal temperature. Remove the skillet from the heat, letting it rest for 5 minutes, still covered. Serve garnished with extra salsa, sour cream, and cilantro, as desired.

One-Pan Meat Lovers Pizza Gnocchi Skillet

1 Tbs. olive oil
2 lbs. packaged gnocchi (these are just potato dumplings, found in the pasta aisle)
½ lb. Italian sausage, browned and fats drained
½ lb. ground beef, browned and fats drained
1 tsp. granulated garlic or garlic powder
2 oz. mini pepperoni, plus a few more for garnishing
2 cups of your favorite pizza sauce
1/3 cup water
1 cup shredded mozzarella cheese
fresh Italian parsley, chopped, if desired

In a large skillet over medium heat, add the oil; when the oil is hot, add the gnocchi to the pan, cooking for a few minutes, just until golden brown, stirring occasionally; remove to a plate and reserve.

In the same skillet over medium heat, brown and crumble the sausage and ground beef until fully cooked throughout; drain any fats that accumulate. Stir in the granulated garlic, reserved gnocchi, pepperoni, pizza sauce and water; cover the skillet with a lid or foil and simmer for 2-3 minutes. Remove the foil and top the ingredients with the shredded cheese; scatter a few pepperoni over the top of the cheese. Let the skillet meal rest for 5 minutes, then serve at once. (If desired, you can place the skillet meal beneath a broiler preheated to high, for just a minute or two to brown the cheese on top.)

**Let's Get Cookin',
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