

# Cheap Creamy Chicken Curry



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## Ingredients

- 2 tablespoons Canola or Vegetable Oil
- 2 Fresh Garlic Cloves, Finely Minced
- 1 Large Yellow Onion, Finely Chopped
- 2  $\frac{1}{2}$  teaspoons Curry Powder
- 2 teaspoons Ground Cumin
- $\frac{1}{4}$  teaspoon Crushed Red Pepper Flakes
- 1 teaspoon Ground Turmeric
- 1 lb. Boneless Chicken Breasts, Cut into 1" Bite Size Pieces
- 1  $\frac{1}{2}$  teaspoons Tomato Paste
- 1 cup Coconut Milk
- 2 teaspoons Kosher Salt
- 1 cup Hot Water (optional)

## Method

1. In a wok, heat oil over medium-high heat. Add onions, cook for 6-8 minutes or until transparent. Add garlic and cook for 1-2 more minutes.
2. Stir in cumin, tumeric, 1 teaspoon curry powder, red pepper flakes and 1 teaspoon salt- cook for 1 minute. Add tomato paste. Mix to combine.
3. In ziploc bag, toss chicken pieces in remaining curry powder, season with salt and pepper. Add to wok, and cook for about 5-6 minutes until outside is golden brown.
4. Pour coconut milk into the wok-if coconut milk has separated from the fat, pour the liquid in and add a tablespoon or so of fat until you have the creamy consistency that you desire. Simmer, uncovered, stirring occasionally for 7 minutes or until the chicken is cooked through. Add hot water if there is not enough liquid, because it has cooked down.
5. Serve hot with white rice if desired. Sprinkle with cilantro and a squeeze of lime if desired.

## Notes

Melissa's notes – I didn't use the optional hot water (I had enough liquid). I used light coconut milk. Be sure not to skip lime wedges for serving.

## Prep

- Prep: 15 Minutes
- Cook: 25 Minutes

Source: [food52.com](http://food52.com) (3 servings)

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# Spicy Orange-Ginger Chicken



## Spicy Orange-Ginger Chicken

### Ingredients

1  $\frac{1}{4}$  cups orange juice (preferably fresh)  
1/4 cup low-sodium soy sauce  
3 tablespoons grated fresh ginger  
2 tablespoons minced fresh garlic  
2 tablespoons olive oil, divided  
2 tablespoons sriracha (or more to taste)  
1  $\frac{1}{2}$  tablespoons rice vinegar  
2 teaspoons light brown sugar  
2 teaspoons orange zest  
1/4 teaspoon ground white pepper  
1  $\frac{1}{4}$  lbs. boneless, skinless chicken breasts, cut into thin strips  
1 tablespoon cornstarch  
Brown rice, white rice or quinoa for serving  
1/4 cup sliced green onions

### Method

1. In small bowl, whisk together orange juice, soy sauce, ginger, garlic, 1 tablespoon oil, sriracha, vinegar, brown sugar, orange zest, and pepper. Place chicken in a large ziploc bag; pour 1/3 cup marinade over chicken. Seal bag and marinate in refrigerator 1 hour.

2. Remove chicken from marinade; discard marinade. Heat large skillet or wok over high heat. Add remaining oil. In 2 batches, add chicken and cook each batch 5 to 6 minutes or until chicken is golden brown and has lost its pink color throughout, stirring frequently.

3. Remove chicken from pan. Reduce heat to medium-high; add remaining marinade to skillet; heat to boiling. In small bowl, whisk together cornstarch and 1 tablespoon water; whisk into marinade, and boil 1 minute. Return chicken to skillet; cook 1 minute or until heated through. Serve over rice or quinoa, sprinkled with green onions.

#### Notes

Melissa's note – we found this really hot – cut sriracha down to 1 tbsp next time!

Source: [food52.com](http://food52.com) (4 servings)

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## [Orzo Salad with Scallions, Hazelnuts, and Golden Raisins](#)



Another great recipe from [food52!](http://food52.com)

**Orzo**

**Salad with Scallions, Hazelnuts, and Golden Raisins**

This dish offers delicious medley of different flavors – sweet, sour, salty, and smoky – in the form of orzo pasta

salad. It is mixed with a sesame and olive oil vinaigrette (6 tablespoons for me), scallions, chives, toasted hazelnuts, and golden raisins plumped with red wine vinegar, then topped with crumbled goat cheese – or feta cheese if you prefer. I love that you can prepare it in advance and eat the salad cold or at room temperature. It works as well at home, as it does for work, a potluck, or a picnic.

## Ingredients

58 grams hazelnuts, (1/2 cup)

½ cup red wine vinegar

½ cup golden raisins

1 cup orzo

1 lime, juiced

2 tablespoons rice wine vinegar

2 tablespoons champagne vinegar

Kosher salt

¼ cup sesame oil

2 tablespoons good olive oil, plus more for coating the orzo

6 scallions

Small handful of chives

¼ teaspoon red pepper flakes

2 ounces fresh goat cheese

¼ teaspoon flaky sea salt

## Method

1. Heat the oven to 350° F. Scatter the hazelnuts across a baking sheet, then put in the oven for 10 minutes. Take them out and allow them to cool, then remove the skins. Leave the nuts whole, or roughly chop them – however you prefer. Set aside.

2. Bring the red wine vinegar and 1/2 cup of water to a healthy simmer. Add the raisins and turn down the heat to low. Cover, then cook for 10 minutes. Turn off the heat and allow the raisins to sit in the vinegar solution for an additional 20 minutes. Drain the raisins and set them aside.

3. Bring a pot of water to a rolling boil, then add enough

kosher salt to make the water taste like the sea. Add the orzo to the pot and cook until al dente (for me, this was consistently 2 minutes less than the bag recommended). Drain the orzo, transfer to a bowl, and stir in a bit of olive oil – just enough so that the pasta doesn't stick. Allow the orzo to cool for 20 to 30 minutes.

4. Make the dressing: Add the lime juice, rice wine vinegar, and champagne vinegar to a small bowl. Whisk in a little pinch of kosher salt. Add the sesame oil and 2 tablespoons of olive oil. Whisk the dressing to emulsify the oil, then set aside.

5. Clean and thinly slice the whites and light greens of the scallions. Mince the chives. Stir the red pepper flakes into the orzo. Add the hazelnuts, raisins, scallions, and chives. Fold in the dressing.

6. Stir in the sea salt. Using a fork, break up the goat cheese, then crumble it into the bowl and lightly fold to combine. Serve chilled or at room temperature.

#### Notes

Author's Note: If you are eating the salad fresh, I think 1/2 cup of dressing is sufficient. I usually save the remaining 1/4 cup for just before serving, especially if I make the salad ahead of time. But add the dressing bit by bit, then stop when it tastes right to you.

7 WW PointsPlus per serving

Source: food52.com (8 servings | 1 quart, 1/2 cup per serving)

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## Roasted Carrot Soup and Tomato Bread



## **Roasted Carrot Soup**

### Ingredients

1  $\frac{3}{4}$  pounds carrots

$\frac{1}{4}$  cup olive oil

1 dash Salt

6 cups vegetable stock, (good quality not too high in sodium)

1 inch fresh ginger, an inch long, peeled

1 sprig thyme, plus more for garnish

$\frac{1}{2}$  large sweet onion, chopped

2 cloves garlic, chopped

Freshly ground black pepper

### Method

1. Peel and cut the carrots into 1/2-inch rounds. On a rimmed baking sheet, toss the carrots with 2 tablespoons of the olive oil and sprinkle generously with salt. Set an oven rack 6 to 8 inches from the heat source and turn on the broiler. Broil the carrots until they brown and soften, turning them over with a spatula every 5 minutes or so; this should take 15 to 20 minutes.

2. Meanwhile, bring the stock to a boil, add the ginger and the sprig of thyme and simmer gently for 15 minutes.

3. Put the onion in a medium stock pot with the remaining olive oil. Brown the onion over medium heat, stirring frequently. Add the garlic, and then add the carrots.
4. Remove the ginger and thyme from the stock and add the stock to the pot with the onions and carrots. Bring to boil and simmer for 5 to 10 minutes, until the carrots are soft enough to puree.
5. Use an immersion or a standard blender to puree the mixture until smooth. If the soup seems too thick, add more stock or water and reheat gently. Add salt and pepper to taste. To serve, garnish with chopped fresh thyme.

Source: food52.com (4 servings | Serves 4)

## **Tomato Bread Recipe**

### Ingredients

- 6 cups all purpose flour, up to 6 1/2 cup or as needed
- 3 tablespoons sugar
- 2 packages active dry yeast, each 1/4 ounce
- 1 teaspoon salt
- $\frac{3}{4}$  teaspoon dried oregano
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon dried basil
- $\frac{1}{4}$  teaspoon dried rosemary, crushed
- 2 cups tomato juice, or V8
- $\frac{1}{2}$  cup tomato sauce
- 2 tablespoons olive oil

### Method

1. In a large bowl, combine 3 cups flour, sugar, yeast, salt, oregano, garlic powder, basil and rosemary. In a large saucepan, heat the tomato juice, tomato sauce and oil to 120°-130°, stirring occasionally. Add the dry ingredients; beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning

once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into two loaves. Place in two greased 8-in. x 4-in. loaf pans. Cover and let rise until doubled, about 30 minutes.

4. Bake at 375° for 35-40 minutes or until lightly browned. Remove from pans to cool on wire racks. Yield: 2 loaves (16 slices).

#### Notes

2 WW PointsPlus per ounce

Source: TasteOfHome.com (51 servings | 2 loaves )

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## **“Greek” Lamb with Orzo**



### **“Greek” Lamb with Orzo**

#### Ingredients

- 1 lb. ground lamb
- 1 tablespoon olive oil
- 1 large yellow onion, finely chopped
- 6 cloves garlic, sliced thinly
- 2 teaspoons ground cinnamon
- 1 teaspoon dried oregano
- 1 ½ teaspoon ground cumin
- 2 teaspoons ground coriander

$\frac{1}{2}$  teaspoon crushed red pepper  
28 ounces canned tomatoes, drained and smooshed with your hands (fun!)  
14 ounces diced tomato  
5 ounces fresh spinach, chopped  
1 lb. orzo pasta  
2 cups chopped fresh parsley  
 $\frac{1}{4}$  cup lemon juice, freshly squeezed  
2 tablespoons olive oil  
salt and pepper, to taste  
40 grams kalamata olives, pitted and finely chopped, about 10 olives  
 $\frac{1}{2}$  cup crumbled feta

#### Method

1. In a good sized Dutch oven or other heavy bottomed pan, heat the one tablespoon of olive oil over medium-high heat until it is shimmering. Add the lamb and sprinkle with  $\frac{1}{2}$  teaspoon of salt and a good grinding of black pepper. Cook, stirring to break it apart, until it is nicely browned. Remove the lamb with a slotted spoon and drain all but 2 tablespoons of the fat.
2. Return the pot to the stove top and add the onion and garlic (still over medium-high). Cook, stirring occasionally, until they are softened and golden, about 5 minutes. Stir in the spices (cinnamon, oregano, cumin, coriander, and red pepper) and cook until they start smelling extremely toasty and fragrant (1-2 minutes). Then, stir in the smooshed tomatoes.
3. Cook the smooshed tomatoes in the spices, stirring occasionally, for 10 minutes. Then, add the can of diced tomatoes and 2 cups of water. Bring to a boil, then turn down to a simmer and simmer, uncovered, for 15 minutes.
4. Add the cooked lamb back to the pot, give a good stir, then cover the pot and leave it to cook, stirring from time to time, for 20 minutes. At this point, stir in the fresh spinach and cook just a couple more minutes until the spinach is

wilted. Taste and add salt and pepper to taste (keeping in mind you'll be sprinkling just a touch of feta and olives on, which will add to the saltiness).

5. While the lamb and tomatoes are simmering together and marrying their flavors, bring a large pot of well-salted water (it should taste like sea water, basically) to a boil. Add the orzo and cook until al dente, about 7 or 8 minutes, usually. Reserve 1/2 cup of pasta water.

6. Drain the orzo. Toss the orzo with the 2 tablespoons of olive oil, the lemon juice, and all of the parsley, adding a bit of pasta water at a time, if you feel it needs additional liquid.

7. Spread the orzo out on an enormous serving platter. Spoon the lamb and sauce all over the top, then sprinkle with the feta and chopped olives. Pass the dish around the table and relax. A good red wine, on the dry side, is a highly recommended companion here.

#### Notes

10 WW PointsPlus per serving

Source: food52.com (8 servings | 1 1/2 cups per serving or 13 ounces)

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## [Seared Pork Tenderloin with Skillet Cherry Mostarda + Mint Rice Salad](#)

Yum!



## **Seared Pork Tenderloin with Skillet Cherry Mostarda + Mint Rice Salad**

### Ingredients

1 pound pork tenderloin, trimmed of silverskin  
2 tablespoons olive oil, divided, plus more for pan  
1 dash Kosher salt and freshly ground black pepper  
1 cup cherries, smashed to remove pit  
 $\frac{1}{4}$  large red onion, finely chopped  
1 tablespoon grainy mustard  
2 teaspoons white-wine vinegar, divided  
 $\frac{1}{2}$  cup mint leaves, thinly sliced  
1  $\frac{1}{2}$  cup cold cooked white rice, leftover  
 $\frac{1}{4}$  cup roasted almonds, coarsely chopped

### Method

1. Heat a large, heavy skillet over medium-high heat until very hot. Rub pork tenderloin with olive oil and season generously with salt and pepper. Add pork to pan and cook, turning often, until evenly browned, about 14 minutes total. Transfer to a cutting board to rest. (Reserve skillet.)
2. Meanwhile, in a medium bowl, stir together remaining 1 tablespoon oil and 1 teaspoon vinegar; toss with rice, mint and almonds. Season rice salad with salt and pepper.
3. Add 1 tablespoon olive oil and onion to reserved skillet.

Cook, stirring release browned bits from bottom of pan, until onion is tender, about 4 minutes. Stir in cherries, remaining vinegar and mustard to skillet.

4. To serve, slice tenderloin into 1-inch pieces. Divide rice salad among plates and serve topped with tenderloin and cherry mostarda.

Source: [food52.com](http://food52.com) (4 servings)