

Easy Sheet Pan Nachos



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These loaded nachos are perfect for a casual dinner or a party snack. Adding the salsa and other toppings after the nachos bake keeps the chips crisp.

Ingredients

12 ounces gluten-free tortilla chips

1 tablespoon olive oil

1 pound ground beef or ground turkey

1 small onion, diced

2 cloves garlic, minced

3 tablespoons gluten-free taco seasoning

15 ounces canned pinto beans, drained & rinsed

1 cup frozen corn kernels

1 $\frac{1}{2}$ cups shredded cheddar cheese, or monterey jack (or a combination)

Toppings (optional)

Pico de gallo or salsa

Sour cream
Guacamole
Sliced black olives
Pickled jalapenos
Chopped cilantro

Method

1. Preheat oven to 425° F. Lightly spray a rimmed baking sheet with nonstick cooking spray or line with aluminum foil.
2. Place tortilla chips in a single layer onto prepared baking sheet. Set aside.
3. Heat olive oil in a large nonstick skillet over medium-high heat until shimmering. Add ground beef. Cook, breaking up beef with a wooden spoon as it cooks, until beef browns and no pink spots remain, about 3-5 minutes. Add onion and cook until soft, about 2 minutes. Add garlic. Cook for 1 minute. Drain excess fat if needed. Stir in taco seasoning.
4. Top tortilla chips evenly with the cooked ground beef, pinto beans, corn and cheese.
5. Bake until the cheese melts and nachos are heated through, about 7-8 minutes.
6. Remove from the oven. Sprinkle desired toppings evenly over the warm nachos. Serve immediately.

Source: Gluten-Free Living Magazine (6 servings)

[Classic Dutch Oven Bread](#)



Classic Dutch Oven Bread

Ingredients

3 cups (381 grams) bread flour

1 cup (130 grams) whole wheat flour

1 tablespoon (9 grams) kosher salt

2 $\frac{1}{4}$ teaspoons (7 grams) instant yeast

1 $\frac{3}{4}$ plus 2 tablespoons (425 grams) warm water (105°F/41°C to 110°F/43°C)

Corn flour, for dusting

Method

1. In a large bowl, stir together bread flour, whole wheat flour, salt, and yeast. Add 1 $\frac{3}{4}$ cups plus 2 tablespoons (425 grams) warm water, and stir with hands until fully incorporated a sticky dough forms. (Alternatively, place bread flour, whole wheat flour, salt and yeast in the bowl of a standard mixer fitted with the paddle attachment. Add 1 $\frac{3}{4}$

cups plus 2 tablespoons [425 grams] warm water, and beat at medium speed until a stick dough forms, about 30 seconds.)

2. Cover and let rise in a warm, draft-free place (75°F/24°C) for 2 hours.. Then, refrigerate for at least 2 hours (preferably overnight) or up to 5 days.*

3. Turn out dough onto a lightly floured surface, and gently press dough just to level and even it out. Starting on the left side of the dough and working clockwise, fold edges of dough toward center, pressing lightly. Turn dough ball over and using both hands, cup dough and pull it toward you. Turn dough 90 degrees, and repeat until you have a smooth, tight, sealed round.

4. Heavily dust a sheet of parchment paper with corn flour; place dough on parchment, seam side up. Cover and let rise in a warm, draft-free place (75°F/24°C) for one hour.

5. When dough has 30 minutes left to rise, place a 6 to 7 quart Dutch oven and lid in a cold oven. Preheat oven to 500°F (260°C).

6. Carefully removed hot Dutch oven from oven, remove lid, and quickly turn bread into Dutch oven so the seam is now on the bottom. Score top of bread (being careful not to touch the sides of the hot Dutch oven). Cover with lid and place back in oven.

7. Immediately reduce oven temperature to 450°F (230°C). Bake for 25 minutes. Remove lid, and bake until an instant-read thermometer inserted in center registers 190°F (88°C), about 10 minutes more. Immediately remove loaf from Dutch oven, and let cool completely on a wire rack.

Notes

* The longer the dough stands, the more the flavor will develop.

Source: Bake From Scratch (Servings: 28 | Yield: One 28 ounce loaf)

Taco Chicken Tortilla Wraps Recipe



Taco Chicken Tortilla Wraps Recipe

Ingredients

4 (8-inch) fat-free flour tortillas
1 lb. chicken breast tenders
1 (1.25-ounce) package 40%-less-sodium taco seasoning mix
Cooking spray
1 cup thin onion wedges
2 cups shredded iceberg lettuce
1 medium-size tomato, chopped
 $\frac{1}{2}$ cup fat-free sour cream

Method

1. Wrap tortillas in aluminum foil; bake at 375° for 10 minutes or until thoroughly heated.
2. While tortillas bake, combine chicken and taco seasoning in a heavy-duty, zip-top plastic bag. Seal bag; shake well.
3. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add chicken and onion; saute 6 minutes or until chicken is done.
4. Spoon chicken mixture evenly onto tortillas; top evenly with lettuce, tomato, and sour cream. Roll up tortillas, and wrap in unbleached parchment paper, if desired. Serve

immediately.

Prep

- Total Time: 15 Minutes

Source: Cooking Light 5-Ingredient 15-Minute Cookbook (4 servings)

Curried Red Quinoa Salad with Chicken

Curried Red Quinoa Salad with Chicken

Ingredients

1 pound boneless skinless chicken breast, cut into 3/4 inch pieces

1/4 teaspoon salt

1/4 cup fat-free italian dressing

2 teaspoons curry powder

1 cup cooked red quinoa

1 large gala apple, cored and thinly sliced

1/4 cup thinly sliced red onion

Method

1. Spray medium skillet with nonstick spray and set over medium heat. Sprinkle chicken with salt and cook, turning occasionally, until cooked through, about eight minutes.

2. Meanwhile, combine dressing and curry powder in large bowl. Add kale, quinoa, apple, onion, and chicken; toss to coat.

Notes

We like the look of red quinoa in this salad, but you can substitute white quinoa.

Source: Weight Watchers Love It, Cook It, Eat It (Servings: 4
| Yield: 2 1/2 cups per serving)

Chicken, Mushroom, and Barley Stew



Chicken, Mushroom, and

Barley Stew

Ingredients

- 1/2 ounce dried porcini mushrooms
- 1 cup boiling water
- 1 pound boneless skinless chicken breast, cut into 1/2 inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 large shallots, sliced

4 cups chicken broth
2 large carrots, sliced
1 stalk celery, thinly sliced
½ cup pearl barley, rinsed
1 large bay leaf

Method

1. Combine mushrooms and boiling water in cup; soak 10 minutes. Lift mushrooms out with slotted spoon, leaving soaking liquid in cup. Coarsely chop mushrooms and reserve soaking liquid.

2. Set large nonstick saucepan over medium heat. Sprinkle chicken with salt and pepper and lightly spray both sides with nonstick spray. Add chicken to pan and cook, stirring occasionally, until browned, 8 to 10 minutes. Add shallots and cook until softened, about three minutes. Add broth, carrots, celery, barley, bay leaf, and mushrooms. Carefully pour in reserved mushroom liquid leaving any grit in the bottom of cup. Reduce heat and simmer, covered, until barley is tender, 40 to 50 minutes. Discard bayleaf.

Notes

Simple addition – Sprinkle each serving of stew with one or more finely chopped fresh herbs, such as parsley, thyme, sage, or chives.

Source: Weight Watchers Love It, Cook It, Eat It (6 servings)

[Beans and Rice](#)



Beans and Rice

You can't go wrong with rice and beans. This combo makes for a nutritious and hearty side dish. Give this a twist with a unique seasoning.

Ingredients

1 $\frac{1}{2}$ cups white rice
3 cups vegetable broth
2 bay leaves
2 tablespoons olive oil
 $\frac{1}{2}$ white onion, finely chopped
2 cloves garlic, finely chopped
30 ounces canned black beans or red beans, drained and rinsed
2 tablespoons old bay seasoning
 $\frac{1}{2}$ lime, juiced

Method

1. Start by cooking the rice in vegetable broth with the bay leaves, preferably in a rice cooker, if possible.
2. While the rice is cooking, add olive oil to a large pan and heat. Add onion and garlic to oil and begin to cook over

medium heat until brown and translucent. Add beans, Old bay, and lime juice. Continue to sauté for 5 minutes.

3. Once rice is fully cooked, remove bay leaves, combine with bean mixture and serve hot.

Source: Gluten-Free Living Magazine (5 servings)

Sauteéd Cod with Spicy Garlic Sauce



Sauteéd Cod with Spicy Garlic Sauce

Ingredients

1 ½ pounds cod, or other thick white fish, 1 fillet cut into 2 or 4 pieces)

¼ cup olive oil, or peanut, or vegetable oil

flour for dredging

2 tablespoons minced garlic

1 tablespoon grated fresh ginger

1 tablespoon dry white wine, or sherry

½ cup chicken stock, or beef, or vegetable stock, or water

1 tablespoon soy sauce

½ teaspoon crushed red pepper flakes, or chile garlic paste, or hot sauce, to taste

minced cilantro, for garnish

Lime wedges, for garnish

Method

1. Heat a large skillet, preferably non-stick, over medium high heat for two or three minutes. Add the oil to the skillet and, when it is hot (a pinch of flour will sizzle), season the fillets well, then dredge them in the flour shaking off any excess. Add them to the pan.

2. Raise the heat to high and cook until browned on each side, turning once. Total cooking time will be about 10 minutes. Any thick fillet, when done, will still be firm and juicy, but will have lost its translucence, and a thin-bladed knife will pass through it fairly easily. Sturdier fillets will take a minute or two longer than cod and other relatively delicate fish.

3. When the fish is done, remove it to a warm plate.

4. Pour off any remaining oil in the pan, then wipe it out (carefully it's still hot). Add 1 tablespoon of fresh oil, turn the heat to high. Add 2 tablespoons minced garlic and 1 tablespoon peeled and minced or grated fresh ginger; cook for 15 seconds.

5. Add 1 tablespoon dry white wine or sherry, followed almost immediately by 1/2 cup chicken, beef, or vegetable stock, or water. Cook for 30 seconds, then add 1 tablespoon of soy sauce and 1/2 teaspoon crushed red pepper flakes, chili-garlic paste (available Asian markets) or hot sauce, to taste.

6. Pour the sauce over the fish and serve immediately. Garnish with minced cilantro leaves and serve with lime wedges instead of lemon.

Source: How to Cook Everything by Mark Bittman (4 servings)

Skillet Pork Chops, Eight Ways



Skillet Pork Chops, Eight Ways

The essential sear-and-simmer technique that leaves you with any number of excellent pan sauces (see the variations).

Ingredients

4 center-cut loin pork chops, about 1 inch thick, trimmed of excess fat

Salt and freshly ground black pepper, to taste

2 tablespoons extra virgin olive oil, plus more if not using butter

$\frac{1}{2}$ cup dry white wine

1 teaspoon minced garlic or 2 tablespoons minced shallot, onion, or scallion

$\frac{1}{2}$ cup chicken, beef, or vegetable stock or water, plus more if needed

1 tablespoon butter (or more olive oil instead, especially if it's flavorful)

1 tablespoon lemon juice or vinegar

Chopped fresh parsley leaves for garnish

Method

1. Sprinkle the chops with salt and pepper. Put a large skillet over medium-high heat for 2 or 3 minutes. Add the olive oil; as soon as the first wisps of smoke rise from the oil, add the chops and turn the heat to high. Brown the chops

on both sides, moving them around so they develop good color all over, no longer than 4 minutes total and preferably less.

2. Reduce the heat to medium. Add the wine and the garlic and cook, turning the chops once or twice, until the wine is all but evaporated, about 3 minutes. Add the stock, turn the heat down to low, cover, and cook for 10 to 15 minutes, turning the chops once or twice, until the chops are tender but not dry. When done, they will be firm to the touch, their juices will run just slightly pink, and, when you cut into them (which you should do if you're at all unsure of their doneness), the color will be rosy at first glance but quickly turn pale.

3. Transfer the chops to a platter. If the pan juices are very thin, cook, stirring and scraping the bottom of the pan, until the liquid is reduced slightly. If they are scarce (unlikely), add another 1/2cup stock or water; cook, stirring and scraping the bottom of the pan, until the liquid is reduced slightly. Then stir in the butter or a few drops of oil over medium heat; add the lemon juice, pour over the chops, garnish with parsley, and serve.

Notes

Pork Chops with Sherry-Garlic Sauce. In Step 3, after removing the chops, add 1/2 cup not-too-dry sherry (oloroso or amontillado) and cook, stirring and scraping the bottom of the pan, until the liquid is reduced slightly. Add 1 tablespoon olive oil and 1 tablespoon minced garlic and continue to cook until the liquid becomes syrupy, about 5 minutes. Omit the butter. Stir in 1/4 cup minced fresh parsley leaves and the juice of 1/2lemon. Taste and adjust the seasoning. Pour over the chops, garnish, and serve.

Pork Chops with Mustard. In Step 3, stir in 1 tablespoon or more of Dijon mustard with the lemon juice (some capers are good here, too, as is a dash or two of Worcestershire sauce). Finish as directed.

Pork Chops with Sweet Soy Sauce. Use neutral oil, like grapeseed or corn, or butter. Substitute mirin (or equal parts

honey and water) for the wine, a mixture of equal parts soy sauce and water for the stock, and rice vinegar for the lemon juice. In Step 2, when you add the garlic, add 5 or 6 slices fresh ginger. Instead of the parsley, garnish with 1/2cup chopped scallion.

Pork Chops with Apples or Pears. In Step 3, after removing the chops, cook 2 cups peeled, cored, and sliced pears in the remaining liquid, stirring and scraping the bottom of the pan as the apples cook and adding about 1/2 cup more white wine or stock if necessary. When the pear slices are soft, after about 5 minutes, stir in 1 tablespoon freshly squeezed lemon juice. Omit the butter. Taste and adjust the seasoning. Pour over the chops, garnish, and serve.

Pork Chops with Onions and Peppers. Steps 1 and 2 remain the same; undercook the chops slightly and heat an oven to warm. In Step 3, after removing the chops, put them in the warm oven. Stir in 2 cups thinly sliced onion and 2 cups seeded and sliced bell peppers, any color but green. Stir, re-cover the pan, and cook for 5 minutes over medium heat. Uncover and cook, stirring, until the vegetables are softened and beginning to brown, about 5 more minutes. Moisten with 1/2 cup stock, then cook until most of the stock is absorbed, about 5 minutes. Omit the butter. Stir in 1 tablespoon freshly squeezed lemon juice or vinegar, taste and adjust the seasoning, and serve over the chops. A teaspoon of minced fresh marjoram, oregano, or thyme leaves (or 1 /2 teaspoon of dried herb) or a tablespoon or two of minced fresh basil or parsley is good stirred into the vegetables just as they finish cooking.

Pork Chops with Butter and Shallots. Do the initial browning in half oil, half butter. In Step 3, after removing the chops, pour off all the liquid and add 2 tablespoons butter and 1/4cup minced shallot to the skillet. Cook over medium heat until the shallot softens, 3 or 4 minutes. Add 1/2 cup stock or water and cook, stirring, until syrupy, about 5 minutes.

Add 1/4 cup minced fresh chervil or basil leaves or 1 teaspoon minced fresh tarragon leaves and stir. Add 1 tablespoon more butter and the lemon juice and pour over the chops. Serve, garnished with a bit more of the minced fresh herb.

Pork Chops with Prunes and Cream. Use butter instead of olive oil in Step 1. For Step 2, add 2 sprigs fresh thyme and 2 lightly smashed (and peeled) cloves garlic and cook for a minute. Add 1 cup of the wine (or use cider if you like) and 1 cup pitted prunes or dried apricots. Reduce the heat so the liquid bubbles steadily, cover, and cook just until the chops are tender, as directed. For Step 3, reduce the liquid to about 1/2cup, reduce the heat to medium, and stir in 1/2cup heavy cream. Cook, stirring constantly, until the mixture is thick. Add more cream as you like until the sauce has the consistency you like. Taste and adjust the seasoning. Garnish with chopped fresh parsley leaves if you like and serve.

Prep

- Total Time: 30 Minutes

Source: How to Cook Everything by Mark Bittman (4 servings)

[Pork Chops Marinara with Spaghetti](#)



Pork Chops Marinara with Spaghetti

Ingredients

- $\frac{1}{4}$ pound whole wheat spaghetti
- 1 teaspoon olive oil
- 20 ounces lean bone-in pork loin chops, trimmed, 4 chops
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 bell peppers, assorted colors, diced
- 2 cloves garlic, finely chopped
- $\frac{1}{8}$ teaspoon red pepper flakes
- 1 cup marinara sauce

Method

1. Cook spaghetti according to package directions, omitting salt. Drain and keep warm.
2. Meanwhile, heat oil in large nonstick skillet over medium heat. Sprinkle pork with salt and black pepper. Add pork to skillet and cook until browned, about 3 minutes per side. Transfer to plate.
3. Return skillet to medium heat. Add bell peppers, garlic, and pepper flakes; cook, stirring frequently, until vegetables begin to soften, about 4 minutes. Add marinara sauce and pork chops; turn pork to coat with sauce. Reduce heat and simmer until instant-read thermometer inserted into side of each chop registers 145°F, 3-4 minutes. Serve over spaghetti.

Notes

11 WW SmartPoints

Source: Weight Watchers Love It, Cook It, Eat It (Servings: 4
| Yield: 1 pork chop, 2/3 cup sauce, and 1/2 cup spaghetti per
serving)