

Spinach Ricotta Stuffed Chicken

Ingredients:

4 boneless, skinless chicken breasts

1 cup ricotta cheese (can substitute low fat/fat free cottage cheese)

½ cup grated parmesan cheese

1 teaspoon garlic powder

1 teaspoon Italian seasoning

Salt and pepper to taste, if desired

2 tablespoons olive oil

½ cup chicken broth

Directions:

Preheat oven to 375° F

In a bowl, mix ricotta cheese, spinach, parmesan cheese, garlic powder, Italian seasoning, salt, and pepper.

Cut pocket into the side of chicken breast. Stuff mixture evenly into each pocket.

Secure pockets with toothpicks if necessary.

Heat olive oil in large ovenproof skillet over medium-high heat. Add chicken and sear each side until golden brown, about 3-4 minutes per side.

Pour chicken broth into the skillet around the chicken breasts. Bake in oven for 20-25 minutes, or chicken thoroughly cooked.

Let chicken rest for few minutes, serve and enjoy!

Submitted by: Lolita Haverlock

Chicken Baja Bowls

Make Four Servings

4 Pouches of Microwave Organic Quinoa & Brown Rice with Garlic

1 Avocado

1 Tomato

1 can of corn (drained)

1 can of black beans (drained and rinsed)

1 Packet Taco Seasoning

1 Rotisserie Chicken (shredded)

Feta Cheese (crumbles)

Chipotle Ranch Dressing (optional)

Olive Oil

Salt & Peper (optional)

In a medium skillet heat the olive oil and add the corn, beans, and as much shredded chicken as you'd like. Heat the mixture through and add 1 packet of taco seasoning and stir. Microwave rice and quinoa pouches and empty each pouch into separate bowls. On top of the rice add the corn, bean, and chicken mixture. Next dice the tomato and avocado and add it to the bowl. Top with feta cheese, chipotle ranch, salt, and pepper if desired. Enjoy!

-Submitted by Amanda List

Healthier Chicken Nuggets

1 lb. of ground chicken/turkey/pork

1 egg

8 oz. shredded Parmesan cheese

Salt/Pepper to taste

- ✓ Preheat oven to 400 degrees.
- ✓ In a large bowl add ingredients and mix.
- ✓ Form a ball or use a tablespoon and scoop mixture onto non-stick baking sheet.
- ✓ Bake for 20-30 minutes; depending on size and how browned you prefer.
- ✓ Enjoy and refrigerate the remaining.

~Submitted by Jennifer Eggleton OSU Extension

Instant Pot Salsa Chicken

This salsa chicken Instant Pot recipe makes an easy weeknight meal even easier. Frozen chicken breasts are combined with taco seasoning and salsa for a tasty Mexican-themed meal. You can use the meat for tacos, burrito bowls, or as a topping for baked potatoes. So many possibilities! I used this the first night for chicken quesadillas. The second night I used it as a topping for baked potatoes with shredded cheese, pickled jalapeños, and sour cream.

Submitted by **Tammy Lynn**

Prep Time: 5 mins

Cook Time: 25 mins

Additional Time: 20 mins

Total Time: 50 mins

Servings: 2

Ingredients

1 pound frozen skinless, boneless chicken breast halves

1 (1 ounce) packet taco seasoning mix

½ cup salsa

½ cup low-sodium chicken broth

Directions

Step 1

Place chicken breasts in a multi-functional cooker (such as Instant Pot). Sprinkle all sides with taco seasoning. Pour salsa and chicken broth on top.

Step 2

Close and lock the lid. Select Poultry setting; set the timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.

Step 3

Release pressure using the natural-release method according to manufacturer's instructions, about 20 minutes. Unlock and remove the lid.

Step 4

Shred chicken and serve as desired.

Recipe Tips

You can use water in place of chicken broth if desired.

If you use thawed chicken breasts, shorten the cooking time to 8 to 10 minutes.

Both quick-release and natural-release work for this recipe.

Instant Pot Corn on the Cob

This method probably isn't any faster than the traditional method of boiling corn, but I can put everything in the pot and walk away, which is a bonus when I'm preparing several other dishes.

Submitted by **Bren**

Prep Time: 5 mins

Cook Time: 15 mins

Additional Time: 5 mins

Total Time: 25 mins

Servings: 4

Ingredients

4 ears fresh corn

2 cups water

Directions

Step 1

Shuck the corn and remove the silk.

Step 2

Pour water into a multi-functional pressure cooker (such as Instant Pot) and insert the steamer basket. Place 2 ears of corn in the basket. Stack the other 2 ears on top, perpendicularly to the first 2. Close and lock the lid. Close the vent.

Step 3

Select Meat/Stew setting and set timer for 2 minutes; allow 10 to 15 minutes for pressure to build.

Step 4

Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Nutrition Facts

Per serving: 77 calories; total fat 1g; saturated fat 0g; sodium 17mg; total carbohydrate 17g; dietary fiber 2g; total sugars 3g; protein 3g; vitamin c 6mg; calcium 5mg; iron 1mg; potassium 244mg

Instant Pot Cheesecake

Cheesecake? In a pressure cooker? You bet. A creamy cheesecake relies on beating lots of air into the batter before cooking it. It also requires steaming. When you bake a cheesecake in the oven, you also need to put a pot of hot water underneath the springform pan to ensure the top of the cheesecake does not crack. In an Instant Pot, all you need is a little water and the trivet. The result is a decadent cheesecake with no fuss. Serve with fruit on top, such as ripe blackberries.

Submitted by **Shauna James Ahern**

Prep Time: 30 mins

Cook Time: 40 mins

Additional Time: 2 hrs 38 mins

Total Time: 3 hrs 48 mins

Servings: 8

Yield: 1 6-inch cheesecake

Ingredients

Crust:

¾ cup crushed graham crackers

2 teaspoons white sugar

1 teaspoon ground cinnamon

3 tablespoons melted butter

Batter:

2 (8 ounce) packages cream cheese, at room temperature

¾ cup white sugar

¼ teaspoon kosher salt

1 teaspoon vanilla extract

1 lemon, zested

2 eggs, at room temperature

¾ cup sour cream

Directions

Step 1

Pulse graham crackers, 2 teaspoons white sugar, and cinnamon in a food processor. Pour in melted butter; pulse until fine crumbs form. Pat the crust into the bottom and 1 inch up the sides of a 6-inch springform pan. Put the pan in the freezer for 20 minutes.

Step 2

Mix cream cheese in the bowl of a stand mixer on medium-low speed until aerated and creamy, about 4 minutes. Add 2/3 cup sugar and salt; mix for 4 minutes more. Add vanilla extract and lemon zest; mix batter for 1 minute more.

Step 3

Crack 1 egg into the batter; mix for 1 minute. Add remaining egg; mix for 1 minute more. Stir in the sour cream; mix until it has disappeared into the batter, about 1 minute. Pour into the crust-lined pan. Make a loose tent over the pan with aluminum foil.

Step 4

Pour 1 1/2 cups of water into the bottom of the Instant Pot; add the trivet. Lower the filled springform pan carefully into the Instant Pot. Lock the lid into place.

Step 5

Choose the "Manual" setting; select high pressure. Set cook time for 40 minutes. When the timer goes off, allow pressure to naturally release for 18 minutes. Remove the lid. Check for doneness; edges should be set and the center should jiggle slightly when shaken.

Step 6

Transfer the cheesecake to the refrigerator. Chill for at least 2 hours, preferably overnight.

Recipe Tips

This recipe calls for a 6-inch springform pan, but a 7-inch pan should fit the largest Instant Pot size.

If the edges are not set after cooking in Step 5, return the pan to the Instant Pot and cook on high pressure for another 5 minutes.

Nutrition Facts

Per serving: 397 calories; total fat 30g; saturated fat 18g; cholesterol 128mg; sodium 332mg; total carbohydrate 27g; dietary fiber 0g; total sugars 21g; protein 7g; vitamin c 1mg; calcium 80mg; iron 1mg; potassium 126mg

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TODAY

Fish Tacos with Tomato-Blueberry Salsa

Alejandra Ramos

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Chef notes

Tacos (<https://www.today.com/food/best-easy-taco-recipes-any-weeknights-t11004>) are one of the biggest culinary crowd-pleasers, and for good reason. They offer the perfect balance of texture, flavor and color, and there are nearly endless possibilities of combinations you can create. While there isn't a taco we won't bite into, these fish tacos rank high on our favorite list. Better yet, they couldn't be easier to make.

Fish tacos might seem involved, but they're a sneakily ideal weeknight dinner option. Both the sauce and salsa can be made ahead of time, and the fish cooks in minutes. We recommend using a firm white fish (<https://www.today.com/food/erin-french-friday-night-fish-fry-t284869>), like halibut or mahi mahi, which can withstand a generous season and hold up in a hot pan. More delicate fish such as tilapia or flounder run the risk of falling apart when you bite into the taco.

The tangy sauce is a riff on a crema, a Mexican creamy white sauce. Instead of sour cream, mayonnaise is spiced with cumin and thinned with lime juice. The real star of this dish, though, is the salsa, which follows a patriotic red, white, and blue theme. Tomatoes, white onions, and blueberries are tossed with lime juice and salt to create a punchy salsa. While blueberries might not be traditional, they add a sweet, juicy bite, which pairs well with the fish.

GET INGREDIENTS: If you don't have everything you need on hand, you can easily purchase all of the ingredients (just click the orange button below that says 'Get Ingredients'). You can pick and choose exactly what ingredients you need based on what's in your pantry and they'll be on your doorstep before you know it.

TECHNIQUE TIP: Look for red serrano or jalapeño peppers to stay in line with the red, white, and blue theme. They're the same variety, but slightly more mature than the green version.

SWAP OPTION: This spice rub works well with shrimp or chicken, too.

Ingredients

For the Salsa

- 8 ounces blueberries, halved
- 1 medium white onion, diced
- 3 plum tomatoes, seeded and diced
- red pepper flakes, to taste

- 2 limes, juiced
- 1/2 teaspoon kosher salt
- 1 teaspoon granulated sugar
- 1/4 teaspoon ground black pepper

For the Sauce

- 1 cup mayonnaise
- 1 1/2 teaspoons ground cumin
- 1 large lime, juiced (about 1/4 cup fresh juice)

For the Fish

- 1 1/2 pounds firm white fish, such as mahi mahi, cod or halibut
- 1/2 cup all-purpose flour
- 1 teaspoon kosher salt
- 1 tablespoon paprika
- 1 tablespoon ground cumin
- freshly ground black pepper, to taste
- vegetable or grapeseed oil, for frying
- cilantro additional lime wedges, for garnish
- soft corn or flour tortillas, for serving

Preparation

MAKE THE SALSA:

In a medium bowl, combine the blueberries, onion, tomato, red pepper flakes, lime juice, kosher salt, sugar and black pepper. Toss to coat and set aside.

MAKE THE SAUCE:

In a small bowl, whisk together mayonnaise, cumin and lime juice. Set aside.

MAKE THE FISH:

1. Cut the fish into 2- to 3-inch pieces. In a small bowl, whisk together the flour, salt, paprika, cumin and black pepper.
2. Coat the bottom of a large nonstick skillet with oil for frying and heat over medium-high.
3. Dredge the pieces of fish in the flour mixture until fully coated. Tap off excess flour and fry in batches in the hot oil, taking care to not crowd the pan, about 2 minutes per side until golden brown. Add more oil to the pan as needed. Drain on a paper towel-lined plate.

ASSEMBLE THE TACOS:

Strawberry Mint Salsa

A refreshing summer salsa that uses strawberries and mint because we know the abundance of these ingredients in the summertime!



Prep Time
10 mins

Total Time
10 mins

Servings: 4

Author: Julie Chiou

Ingredients

- 3 cups (432 g) chopped strawberries
- ¼ cup (40 g) chopped red onions
- 1 large red bell pepper chopped
- 1 ½ teaspoons balsamic vinegar
- Handful of mint leaves chopped

Instructions

1. In a large bowl, add all the ingredients and toss to incorporate. Refrigerate for 1-2 hours if desired to eat chilled.
2. Serve with pita chips or tortilla chips.

Nutrition

Serving: 1 serving | Calories: 49 kcal | Carbohydrates: 11 g | Protein: 1 g | Fat: 1 g | Saturated Fat: 1 g | Sodium: 3 mg | Potassium: 245 mg | Fiber: 3 g | Sugar: 7 g

Strawberry Mint Salsa - <https://www.tablefortwoblog.com/video-strawberry-mint-salsa/>

Spinach Quiche

frozen spinach soufflé

2 eggs

3 tbl. milk

2 tsp. chopped onion

1 1/2 c. sliced mushrooms

1 cup bacon

1 cup shredded swiss cheese

1 deep dish pie shell

Thaw soufflé, drain mushrooms. Cook bacon ahead.

Combine all ingredients. Preheat oven to 375°

Put pie shell into oven for a few minutes (poke a few holes into pie shell to keep from bubbling up.) Add all ingredients into pie shell. Bake @ 375° for 45 minutes or until a knife comes out clean. Let set for 5 minutes before cutting.

*** Depending on how your oven cooks, if the crust starts to get dark, cover the last 10 mins w/ aluminum foil.