

Five easy recipes for dinner

1. ORANGE ROSEMARY PORK CHOPS

Prep and Cook Time: 25 min.

Ingredients:

4 (6-oz.) boneless pork chops

1 tablespoon chopped fresh rosemary

1/4 teaspoon salt

1/8 teaspoon ground black pepper

2 tablespoons olive oil

1 shallot, peeled and minced

1/3 cup beef broth

1/3 cup orange juice

Directions:

Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove to a serving platter and cover to keep warm. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes. Pour over pork chops and serve garnished with extra rosemary.

2. GROUND BEEF STROGANOFF

Prep and Cook Time: 28 min.

Ingredients:

1 lb. ground beef

1/2 cup chopped onion

1/2 cup drained mushrooms

1-1/4 cups condensed Cream of Mushroom soup

1/4 cup water, red wine, or beef broth

1/2 cup sour cream

Directions:

In a fry pan, brown the ground beef and onion; drain well. Stir in mushrooms, soup, and water. Cover and simmer for 15-20 minutes. Stir in sour cream; heat through, but do not boil. Serve over noodles or rice.

3. ITALIAN CHICKEN

Prep and Cook Time: 30 min.

Ingredients:

4 to 6 boneless, skinless chicken breasts

1 lg. jar spaghetti sauce of choice

2 cups grated mozzarella cheese

Parmesan cheese

Salt, pepper, garlic

Fettuccine noodles

Directions:

Grease large casserole dish. Season chicken breasts with salt, pepper, and garlic. Place flat in casserole dish. Bake for 20 minutes turning once. Pour spaghetti sauce over chicken and sprinkle generously with mozzarella cheese. Bake until bubbly and cheese has melted. Prepare noodles according to directions and serve chicken and sauce over noodles. Top with grated parmesan cheese.



4. JAMAICAN JERKED CHICKEN

Prep and Cook Time: 28 min.

Ingredients:

3-1/2 pounds fresh chicken legs

2 tablespoons olive oil

2 tablespoons jerk seasoning

2 limes, juiced

Directions:

Preheat oven to 400°. Brush chicken with oil and sprinkle with Jerk Seasoning. Place in a shallow roasting pan and bake 30 minutes or until cooked thoroughly. Sprinkle with lime juice and serve hot.

5. CREAMY CHICKEN & NOODLES

Prep and Cook Time: 17 min.

Ingredients:

1 (16 ounce) package wide egg noodles

2 (5 ounce) cans chunk chicken, drained

2 (10.75 ounce) cans condensed cream of mushroom soup

1/2 teaspoon garlic salt

1/2 teaspoon ground black pepper

Directions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Return pasta to pot with chicken, soup, garlic salt and pepper over medium heat. Heat through, 5 minutes.

