

Skinnytaste One Pot Orzo With Sausage Spinach And Corn

SkinnyTaste One-Pot Orzo with Sausage, Spinach, and Corn: A Deliciously Easy Weeknight Meal

Introduction:

Are you tired of complicated weeknight dinners that leave you feeling stressed and overwhelmed? Craving a healthy, flavorful meal that's ready in under 30 minutes? Then look no further! This blog post will guide you through making a delicious and surprisingly healthy SkinnyTaste-inspired one-pot orzo pasta dish packed with sausage, spinach, and corn. We'll break down the recipe step-by-step, offer helpful tips for maximizing flavor, and explore variations to suit your taste preferences. Get ready to elevate your weeknight dinners without sacrificing time or flavor! This recipe is perfect for busy individuals and families alike, delivering a satisfying and nutritious meal effortlessly.

Keywords: SkinnyTaste one pot orzo, one pot orzo recipe, sausage orzo, spinach orzo, corn orzo, healthy orzo recipe, easy orzo recipe, weeknight dinner, one pot pasta, SkinnyTaste recipes

I. Understanding the SkinnyTaste Philosophy

Before diving into the recipe, let's briefly touch upon the principles behind SkinnyTaste. Gina Homolka, the creator of SkinnyTaste, focuses on creating delicious, flavorful recipes that are lighter and healthier than traditional versions. Her approach emphasizes using fresh ingredients, minimizing added fats and sugars, and maximizing flavor through smart seasoning and cooking techniques. This one-pot orzo recipe perfectly embodies these principles, offering a satisfying meal without the guilt.

II. Gathering Your Ingredients: A Simple Shopping List

The beauty of this recipe lies in its simplicity. You'll need readily available ingredients, making it a breeze to prepare even on a busy weeknight. Here's what you'll need:

- 1 lb Italian sausage (sweet or spicy, your preference)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes, undrained
- 4 cups chicken broth (or vegetable broth for a vegetarian option)
- 1 cup orzo pasta
- 1 cup frozen corn
- 5 ounces fresh spinach, roughly chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste

Optional: Red pepper flakes for a little heat

III. Step-by-Step Cooking Instructions: A Foolproof Guide

This one-pot wonder simplifies the cooking process significantly. Follow these easy steps for a perfect result every time:

1. **Brown the Sausage:** Remove the sausage from its casing and brown it in a large pot or Dutch oven over medium heat. Break it up with a spoon as it cooks. This step builds flavor and renders some of the fat.
2. **Sauté Aromatics:** Once the sausage is browned, add the chopped onion and cook until softened, about 5 minutes. Then, stir in the minced garlic and cook for another minute until fragrant.
3. **Add Liquids and Orzo:** Pour in the canned diced tomatoes (undrained), chicken broth, and orzo pasta. Stir well to combine all the ingredients.
4. **Simmer and Cook:** Bring the mixture to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes, or until the orzo is cooked through and the liquid is mostly absorbed. Stir occasionally to prevent sticking.
5. **Stir in Veggies:** During the last 5 minutes of cooking, stir in the frozen corn and spinach. The heat will wilt the spinach and heat the corn.
6. **Season and Serve:** Season with oregano, basil, salt, pepper, and red pepper flakes (if using). Taste and adjust seasonings as needed. Serve hot and enjoy!

IV. Tips and Tricks for the Perfect One-Pot Orzo

Don't Overcrowd the Pot: Using a pot that's too small can lead to uneven cooking. Make sure your pot is large enough to accommodate all the ingredients comfortably.

Adjust the Liquid: Depending on your stovetop and the type of orzo you use, you may need to add a little more or less broth to achieve the desired consistency.

Get Creative with Veggies: Feel free to experiment with other vegetables like zucchini, bell peppers, or mushrooms.

Spice it Up: Add a pinch of red pepper flakes for a touch of heat, or experiment with different herbs and spices to create your own unique flavor profile.

Make it a Complete Meal: Serve with a side salad or crusty bread for a more substantial meal.

V. Delicious Variations: Tailoring the Recipe to Your Taste

This recipe is incredibly versatile. Here are a few ideas to customize it:

Lemon-Herb Orzo: Add the zest and juice of one lemon at the end of cooking, along with some fresh herbs like parsley or dill.

Spicy Sausage Orzo: Use spicy Italian sausage and add a generous pinch of red pepper flakes for a fiery kick.

Chicken Orzo: Substitute the sausage with cooked chicken breast, shredded or diced.

Vegetarian Orzo: Omit the sausage and use vegetable broth instead of chicken broth. Add extra vegetables for a heartier vegetarian meal.

VI. Conclusion: A Weeknight Winner

This SkinnyTaste-inspired one-pot orzo with sausage, spinach, and corn is a delicious and easy weeknight meal that's perfect for busy families. Its simple preparation, healthy ingredients, and customizable nature make it a versatile recipe you'll want to add to your regular rotation. Enjoy!

Article Outline:

Title: SkinnyTaste One-Pot Orzo with Sausage, Spinach, and Corn: A Deliciously Easy Weeknight Meal

Introduction: Hook the reader with a compelling opening, briefly introduce the SkinnyTaste philosophy, and provide an overview of the blog post's content.

Chapter 1: Understanding the SkinnyTaste Philosophy: Explain the core principles of SkinnyTaste cooking, emphasizing health and ease.

Chapter 2: Gathering Your Ingredients: List all necessary ingredients with quantities, making it easy for readers to prepare their shopping list.

Chapter 3: Step-by-Step Cooking Instructions: Provide a clear and concise step-by-step guide to cooking the orzo dish, including images where possible.

Chapter 4: Tips and Tricks: Share valuable tips for maximizing flavor and ensuring perfect results.

Chapter 5: Delicious Variations: Offer several variations on the recipe to suit different tastes and preferences.

Chapter 6: Conclusion: Summarize the blog post, reiterate the benefits of the recipe, and encourage readers to try it.

FAQ Section: Answer frequently asked questions related to the recipe.

Related Articles: Suggest nine related articles with brief descriptions.

(The above sections have been expanded upon in the article above.)

FAQs:

1. Can I use different types of sausage? Yes, feel free to experiment with other types of sausage, such as chicken sausage or chorizo.
2. Can I make this recipe ahead of time? It's best enjoyed fresh, but leftovers can be stored in the refrigerator for up to 3 days.
3. Can I substitute the orzo? You could try other small pasta shapes, but the cooking time might need adjusting.
4. Is this recipe gluten-free? No, as it contains orzo pasta, which is made from wheat. Look for gluten-free orzo as a substitute.
5. How can I make this recipe spicier? Add more red pepper flakes or a dash of your favorite hot sauce.
6. Can I use fresh spinach instead of frozen? Yes, fresh spinach works well; just add it during the last few minutes of cooking.
7. What if I don't have chicken broth? Vegetable broth is a great substitute, or even water.
8. Can I double this recipe? Yes, simply double the ingredients and use a larger pot.
9. Is this recipe suitable for meal prepping? Yes, it's a great recipe for meal prepping; store leftovers in airtight containers in the refrigerator.

Related Articles:

1. SkinnyTaste One-Pot Pasta Primavera: A vibrant and colorful one-pot pasta recipe featuring seasonal vegetables.
2. SkinnyTaste Chicken and Veggie Skillet: A simple and healthy chicken and vegetable skillet meal.
3. SkinnyTaste Sheet Pan Chicken Fajitas: An easy and healthy sheet pan dinner featuring chicken and fajita vegetables.
4. SkinnyTaste One-Pot Lemon Herb Chicken and Orzo: A variation of the one-pot orzo recipe using chicken and lemon herb flavors.
5. SkinnyTaste Ground Turkey and Veggie Stir-Fry: A quick and easy stir-fry recipe using ground turkey and plenty of vegetables.
6. SkinnyTaste Slow Cooker Salsa Chicken: A flavorful slow cooker recipe that is perfect for busy weeknights.
7. SkinnyTaste Shrimp Scampi with Zucchini Noodles: A healthy and low-carb alternative to traditional shrimp scampi.
8. SkinnyTaste Lentil Soup: A hearty and nutritious lentil soup perfect for a chilly evening.
9. SkinnyTaste Quinoa Salad with Black Beans and Corn: A refreshing and healthy quinoa salad perfect for a light lunch or side dish.

skinnytaste one pot orzo with sausage spinach and corn: The Skinnytaste Cookbook

Gina Homolka, Heather K. Jones, R.D., 2014-09-30 Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet Muffins that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

skinnytaste one pot orzo with sausage spinach and corn: Skinnytaste Simple

Gina Homolka, Heather K. Jones, R.D., 2023-09-19 A delectable collection of 120 healthy dishes that use seven ingredients or fewer to deliver big flavor without the fuss—the easiest, simplest recipes yet from #1 New York Times bestselling author of The Skinnytaste Cookbook Gina Homolka knows how tough it can be to put a meal together when she's tight for time and energy. Skinnytaste Simple is the solution: recipes with minimum ingredients but maximum flavor and nutrition. These game-changing, no-fuss dinners use no more than seven ingredients each, allowing you to put easy, healthy meals on the table with little-to-no effort. From hearty breakfasts like Chilaquiles with Fried Eggs and Acai Berry Bowls to crowd-pleasing dinners including One Pan Shrimp and Saffron Orzo and Sheet Pan Eggplant Lasagna, you'll find recipes the whole family will love. Plus, sweet indulgences are a snap with quick-and-easy chocolatey Flourless Sea Salt Brownies and make-ahead Strawberry and Cheese Turnovers. Each recipe features a gorgeous photo, icons that indicate recipes that may suit your dietary needs (such as gluten-free, dairy-free, vegetarian), and nutritional info, with the most up to date Weight Watchers points available on the Skinnytaste site. With Skinnytaste Simple, cooking delicious, nutritious meals for your family is easier than ever!

skinnytaste one pot orzo with sausage spinach and corn: Damn Delicious Rhee, Chungah, 2016-09-06 The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

skinnytaste one pot orzo with sausage spinach and corn: The Girl Who Ate Everything: Easy Family Recipes from a Girl Who Has Tried Them All Christy Denney, 2023-02-02 Five hungry kids, a husband in the NFL, and staying in shape—popular blogger Christy Denney has her work cut out for her in the kitchen. Her solution? Simple, quick, and mouthwatering recipes. The Girl Who Ate Everything compiles all of Christy's favorite tried and true recipes, as well as brand new and equally tasty ones created just for this book. From Chicken Pot Pie Crumble to Cinnamon Roll Sheet Cake, these recipes will have your family begging you for more!

skinnytaste one pot orzo with sausage spinach and corn: Skinnytaste One and Done Gina Homolka, Heather K. Jones, R.D., 2018-10-09 NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE KITCHN AND MINDBODYGREEN For your Instant Pot®, electric pressure cooker, air fryer, slow cooker, multi-cooker, Dutch oven, sheet pan, skillet, and more—140 healthy and delicious recipes that are big on flavor and low on calories and cleanup. Skinnytaste One and Done is the perfect resource for busy home cooks looking for easy, good-for-you dinnertime solutions. #1 New York Times bestselling author Gina Homolka incorporates her healthy, flavor-forward recipes with everyone's favorite way to cook—in one vessel, whether a sheet pan or multi-cooker, and everything in-between. No matter if you'd like to lose weight or just eat a little healthier, this book will make your weeknight dinner routine even simpler with satisfying, all-in-one recipes. Cooking in a single vessel means streamlined dinners with minimal fuss and cleanup—a huge plus after a long day. The cookbook is organized by vessels that include everyday cooking equipment such as an Instant Pot®, a sheet pan, a Dutch oven, a skillet, a slow cooker, and an air fryer. As always, the recipes are big on flavor and light on calories, and now more convenient than ever. With 140 healthy, family-friendly recipes, 120 full-color photos, nutritional information for every recipe, and Gina's signature cooking tips, Skinnytaste One and Done will be a weeknight game changer. Even if you don't own all of the appliances, Gina gives alternative cooking directions using everyday cooking equipment where possible, so you won't miss out. (Please note that nutritional information is provided with every recipe, but the most up-to-date Weight Watchers points can be found online on the Skinnytaste website.)

skinnytaste one pot orzo with sausage spinach and corn: The Defined Dish Alex Snodgrass, 2019-12 Gluten-free, dairy-free, and grain-free recipes that sound and look way too delicious to be healthy from The Defined Dish blog, fully endorsed by Whole30.

skinnytaste one pot orzo with sausage spinach and corn: Once Upon a Chef: Weeknight/Weekend Jennifer Segal, 2021-09-14 NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of Once Upon a Chef. "Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!"—Gina Homolka, author of The Skinnytaste Cookbook Jennifer Segal, author of the blog and bestselling cookbook Once Upon a Chef, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's recipes hone in on exactly what you feel like making. Here she devotes whole

chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

skinnytaste one pot orzo with sausage spinach and corn: Skinnytaste Meal Prep Gina Homolka, 2020-09-15 NEW YORK TIMES BESTSELLER • Save time, money, and calories with #1 New York Times bestselling author Gina Homolka's simple, smart solutions for healthy freezer meals, ready-to-serve dishes, grab-and-go breakfasts and lunches, ingenious planned-overs, and more. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY BON APPÉTIT Whether you're looking to lose weight or just eat a little healthier, meal prepping and cooking in advance helps you stay on track with your diet, saves time on busy weeknights, and is great for your budget. Skinnytaste Meal Prep delivers more than 120 healthy, diverse recipes that turn simple, easy-to-find ingredients into flavor-packed meals and snacks you'll have ready at your fingertips for the week ahead and beyond. Gina utilizes a number of brilliant time-saving strategies, including recipes to prep ahead so they can go straight from the freezer (your kitchen's secret weapon!) to the Instant Pot®, slow cooker, or oven to finish cooking, along with dishes that are completely made ahead and easily reheated. With these flexible techniques, you'll have meals on-hand months in advance, ready whenever the need arises, with no further shopping or cooking required. Imagine stress-free mornings when you can enjoy Lemon Blueberry Sheet Pan Pancakes for breakfast and just grab a DIY Chicken Taco Kit for lunch on your way out the door—no more unhealthy drive-thru breakfast sandwiches or expensive takeout. Healthy bites like Pumpkin Hummus and “Everything” Nuts will fuel you through the afternoon. For no-prep, effortless dinners, Roasted Vegetable Lasagna, Moussaka Makeover, and Greek Chicken Pilaf Bowls will make the entire family happy and satisfied. With Skinnytaste Meal Prep, cooking smarter and eating healthier just got a whole lot simpler.

skinnytaste one pot orzo with sausage spinach and corn: Slimming Eats Siobhan Wightman, 2021-12-30 The Sunday Times bestseller featuring everyday recipes you will make time and again - flavourful, simple, slimming and so satisfying. From wildly popular blog SLIMMING EATS comes a stunning collection of 100 brand new recipes plus 15 blog favourites. This is an everyday cookbook for everyone. Siobhan's homely recipes are delicious and really work, plus over 100 are under 500 calories. You will find life-long family favourites, with recipes for breakfast, lunch and dinner, meals to feed a crowd, kid-friendly dishes, quick fixes, low calorie sides and recipes to satisfy any cravings. This is slimming food and delicious food - there's absolutely no scrimping on flavour here! Every recipe is made to help you achieve your goals, featuring: * A nutritional breakdown with a calorie count * Helpful pointers for vegetarian, gluten-free and dairy-free diets * Suggestions for swapping in low-calorie sides Siobhan shares information on key ingredients and useful items to keep in your kitchen, plus a lot of motivation to keep you on track. Slimming Eats will be your ultimate kitchen companion for eating well every day.

skinnytaste one pot orzo with sausage spinach and corn: The Smitten Kitchen Cookbook Deb Perelman, 2012-10-30 NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny. —Cooking Light Deb Perelman loves to cook. She isn't a chef or a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that's downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten

Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion. Look for Deb Perelman's latest cookbook, *Smitten Kitchen Keepers*!

skinnytaste one pot orzo with sausage spinach and corn: Half Baked Harvest Every Day
Tieghan Gerard, 2022-03-29 #1 NEW YORK TIMES BESTSELLER • More than 120 all-new recipes that will leave everyone feeling good, from crowd-pleasers with a healthier twist to family favorites you can rely on every day—from the author of *Half Baked Harvest Super Simple*. *Balanced. Bold. Beautiful.* The millions of fans of the *Half Baked Harvest* blog and bestselling books have fallen in love with Tieghan Gerard's recipes for their wholesome decadence, unfussy approach, and smart twists on comforting favorites. Written and photographed in the stunning mountains of Colorado, inspired by her big, unique family, and focused on what you'll want to eat day-in-day-out, *Half Baked Harvest Every Day* delivers more than 120 all-new recipes that will feed your body and soul. For Tieghan, feel-good food isn't about restrictive eating. It's about enjoying real food with lots of flavor, and the satisfaction of sharing it with those you love. Finding balance is about giving your body and your cravings what they need . . . whether that's a light, vegetable-packed dish or a big ole plate of something comforting. In this collection, there are plenty of plant-forward favorites, like Chipotle Cheddar Corn Chowder and Spinach and Pesto-Stuffed Butternut Squash. Tieghan also shares flavor-packed family go-tos, like Pizza Pasta with Pepperoni Bread Crumbs, Crispy Carnitas Taquitos, and Spicy Pretzel Chicken Fingers with Hot Honey. And to keep a smile on everyone's face, you'll find luscious desserts, like Chocolate Olive Oil Cake and a Lemon Tart with Vanilla Sugar, made with a focus on wholesome, minimally processed ingredients. Whether it's breakfast, lunch, snack time, dinner, or dessert . . . this book has tried-and-true recipes that will make you feel good about sharing them at your table.

skinnytaste one pot orzo with sausage spinach and corn: The Skinnytaste Air Fryer Cookbook
Gina Homolka, Heather K. Jones, R.D., 2019-05-07 NEW YORK TIMES BESTSELLER • From bestselling author Gina Homolka comes the must-have air fryer cookbook, featuring 75 quick and easy recipes that deliver on Skinnytaste's signature "light on calories, big on flavor" promise. Gina Homolka is beloved for her incredible recipes that transform your favorite, comforting foods into healthy, low-cal dishes with tons of flavor. Now she brings her expertise to the game-changing air fryer appliance. Using high-powered, super-hot circulating air like a convection oven, air fryers crisp up your favorite fried foods with barely any oil needed. Cook times are shorter than traditional oven methods and the process requires little clean-up. In *The Skinnytaste Air Fryer Cookbook*, Gina shares 75 of her best recipes that work in every type of air fryer, including basket models and countertop ovens with air fryer settings. You'll of course find crave-worthy recipes for traditionally fried foods, such as Chicken-Vegetable Spring Rolls, Crispy Coconut Shrimp, Za'atar Chickpeas, and Pickle-Brined Chicken Tenders, but Gina also shows you how versatile the appliance can be. Perfectly roasted meats and vegetables like Korean Pork Lettuce Wraps, Roasted Fish with Lemon-Almond Crumbs, Sugar and Spice Acorn Squash, and Charred Sesame Green Beans, along with baked goods like Homemade Bagels and Cinnamon Rolls with Cream Cheese Icing, are all executed beautifully in the compact air fryer. For those of us with a sweet tooth, *The Skinnytaste Air Fryer Cookbook* even offers low-cal desserts, including Churros, Very Berry Mini Pie, and Baked Apples with Streusel Topping. Many dishes are vegetarian, gluten-free, and keto-friendly—all called out with helpful icons—and every recipe includes nutritional information (with the most up-to-date Weight Watchers points found on the blog).

skinnytaste one pot orzo with sausage spinach and corn: The Recipe Girl Cookbook Lori Lange, 2013-04 150 easy, family-friendly, great-tasting recipes in the first cookbook from the wildly popular blogger Recipe Girl (RecipeGirl.com).

skinnytaste one pot orzo with sausage spinach and corn: Skinnytaste Fast and Slow Gina Homolka, Heather K. Jones, R.D., 2016-10-11 80+ Under 30 Minute Dishes and 60 Slow Cooker Recipes The easiest, tastiest, most convenient healthy recipes—ever! With Skinnytaste Fast and Slow, you can get a nutritious, flavor-packed, figure-friendly meal—complete with a flourless chocolate brownie made in a slow cooker—on the table any night of the week. Gina Homolka, founder of the widely adored blog Skinnytaste, shares 140 dishes that come together in a snap—whether in a slow cooker or in the oven or on the stovetop. Favorites include: Slow Cooker Chicken and Dumpling Soup Korean-Style Beef Tacos Spicy Harissa Lamb Ragu Peach-Strawberry Crumble Under 30 Minutes Zucchini Noodles with Shrimp and Feta Pizza-Stuffed Chicken Roll-Ups Grilled Cheese with Havarti, Brussels Sprouts, and Apple Cauliflower “Fried” Rice Each recipe includes nutritional information, which can help you take steps toward weight and health goals, and many dishes are vegetarian, gluten-free, and freezer-friendly—all called out with helpful icons. Gina’s practical advice for eating well and 120 color photos round out this indispensable cookbook. (Please note that nutritional information is provided with every recipe, but the most up-to-date Weight Watchers points can be found at skinnytaste online.)

skinnytaste one pot orzo with sausage spinach and corn: Not Your Mother's Slow Cooker Cookbook Beth Hensperger, Julie Kaufmann, 2004-12-21 The slow cooker is perfect for today's lifestyle, in which everyone is time and energy-conscious, economy-wise, and concerned about nutrition, and demanding of great flavor. This book offers a way of traditional cooking that's new and fresh.

skinnytaste one pot orzo with sausage spinach and corn: The Skinnytaste Ultimate Meal Planner Gina Homolka, Heather K. Jones, 2021 An organized approach to building healthy habits. Included in the book are: 12 week-long meal plans, 35+ Skinnytaste recipes, and 52 blank meal planning grids.

skinnytaste one pot orzo with sausage spinach and corn: Dinner: A Love Story Jenny Rosenstrach, 2012-06-19 Inspired by her beloved blog, dinneralovestory.com, Jenny Rosenstrach’s Dinner: A Love Story is many wonderful things: a memoir, a love story, a practical how-to guide for strengthening family bonds by making the most of dinnertime, and a compendium of magnificent, palate-pleasing recipes. Fans of “Pioneer Woman” Ree Drummond, Jessica Seinfeld, Amanda Hesser, Real Simple, and former readers of Cookie magazine will revel in these delectable dishes, and in the unforgettable story of Jenny’s transformation from enthusiastic kitchen novice to family dinnertime doyenne.

skinnytaste one pot orzo with sausage spinach and corn: Everyday Dinners Jessica Merchant, 2021-05-04 Get family dinner on the table in 30 minutes or less without sacrificing beauty or flavor, from the beloved blogger and author of The Pretty Dish. “The new go-to book for home cooks everywhere. Yum!”—Ree Drummond, #1 New York Times bestselling author of The Pioneer Woman Cooks With her down-to-earth style, can-do attitude, and gorgeous photography, Jessica Merchant presents Everyday Dinners, your new guide for meal prepping. Along with plant-based, one pot, and slow cooker recipes, Jessica also includes weekly dinner plans, ideas, tips and tricks, and even a 45- to 60-minute meal prep game plan for the weekends to keep cooking easy and quick on busy weeknights. You and your family will be delighted and nourished by Jessica’s recipes for Roasted Sweet Potatoes with Honey Ginger Chickpeas and Tahini, Tuscan Cheese Tortellini Soup, Honey Dijon Pretzel-Crusted Salmon, Grilled Peach BBQ Pork Chops with Napa Slaw, and Garlic + Chive Butter Smashed Potatoes. As life gets busier, it’s increasingly harder to set aside time to put a nourishing meal on the table after a long day. In Everyday Dinners, Jessica gives us the tools and tricks to make that possible.

skinnytaste one pot orzo with sausage spinach and corn: Skinnytaste Air Fryer Dinners Gina Homolka, 2021-12-14 75 recipes dedicated to making air fryer dinners easier and healthier,

from the #1 New York Times bestselling author of *The Skinnytaste Air Fryer Cookbook* Gina Homolka returns with a must-have collection of deceptively healthy dinners for the beloved air fryer appliance. Air fryers allow you to cook meals with less oil and little clean-up by using hot, well-circulated air to evenly cook and crisp up foods in record time. In *Skinnytaste Air Fryer Dinners*, Gina delivers 75 air fryer meals that are the perfect quick solution to weeknight meals, hearty dinners that are satisfying served as is or with just a simple salad or side. True to Gina's signature "light on calories, big on flavor" promise, the recipes allow you to indulge in creative and crave-worthy dishes, including crispy fried fish with hush puppies, juicy chicken breasts stuffed with brie cheese, California-style burritos made with steak and fried potatoes, and a perfectly cooked salmon topped with mustard and dill. All recipes include helpful icons for different diets (such as keto, gluten-free, and vegetarian) and nutritional information, with the most up-to-date Weight Watchers points available on the Skinnytaste website. The recipes in *Skinnytaste Air Fryer Dinners* are sure to satisfy the whole family and show you just how versatile the air fryer is!

skinnytaste one pot orzo with sausage spinach and corn: The New York Times Cooking No-Recipe Recipes Sam Sifton, 2021-03-16 NATIONAL BESTSELLER • The debut cookbook from the popular New York Times website and mobile app NYT Cooking, featuring 100 vividly photographed no-recipe recipes to make weeknight cooking more inspired and delicious. ONE OF THE BEST COOKBOOKS OF THE YEAR: Vanity Fair, Time Out, Salon, Publishers Weekly You don't need a recipe. Really, you don't. Sam Sifton, founding editor of New York Times Cooking, makes improvisational cooking easier than you think. In this handy book of ideas, Sifton delivers more than one hundred no-recipe recipes—each gloriously photographed—to make with the ingredients you have on hand or could pick up on a quick trip to the store. You'll see how to make these meals as big or as small as you like, substituting ingredients as you go. Fried Egg Quesadillas. Pizza without a Crust. Weeknight Fried Rice. Pasta with Garbanzos. Roasted Shrimp Tacos. Chicken with Caramelized Onions and Croutons. Oven S'Mores. Welcome home to freestyle, relaxed cooking that is absolutely yours.

skinnytaste one pot orzo with sausage spinach and corn: Taste of Home Copycat Restaurant Favorites Taste of Home, 2019-11-05 Amp up your dinner routine with more than 100 restaurant copycat dishes made at home! Skip the delivery, avoid the drive thru and keep that tip money in your wallet, because Taste of Home Copycat Restaurant Favorites brings America's most popular menu items to your kitchen. Inside Taste of Home Copycat Restaurant Favorites you'll find more than 100 no-fuss recipes inspired by Olive Garden, Panera Bread, Pizza Hut, Cinnabon, Chipotle, Applebee's, Taco Bell, TGI Fridays, The Cheesecake Factory and so many others. Dig in to all of the hearty, savory (and sweet) menu classics you crave most—all from the comfort of your own home. With Taste of Home Copycat Restaurant Favorites, get all of the takeout flavors you love without leaving the house! CHAPTERS Best Appetizers Ever Coffee Shop Favorites Specialty Soups, Salads & Sandwiches Copycat Entrees Favorite Odds & Ends Double-Take Desserts

skinnytaste one pot orzo with sausage spinach and corn: Love Real Food Kathryne Taylor, 2017-05-16 The path to a healthy body and happy belly is paved with real food--fresh, wholesome, sustainable food--and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With Love Real Food, she offers over 100 approachable and outrageously delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone--vegetarians, vegans, and meat-eaters alike--how to eat well and feel well. With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, Love Real Food wouldn't be complete without plenty of stories starring Taylor's veggie-obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you

not just to eat this, but to eat like this. Take it from her readers: you'll love how you feel.

skinnytaste one pot orzo with sausage spinach and corn: Modern Comfort Food Ina Garten, 2020-10-06 #1 NEW YORK TIMES BESTSELLER • A collection of all-new soul-satisfying dishes from America's favorite home cook! ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times Book Review, Food Network, The Washington Post, The Atlanta Journal-Constitution, Town & Country In Modern Comfort Food, Ina Garten shares 85 new recipes that will feed your deepest cravings. Many of these dishes are inspired by childhood favorites—but with the volume turned way up, such as Cheddar and Chutney Grilled Cheese sandwiches (the perfect match for Ina's Creamy Tomato Bisque), Smashed Hamburgers with Caramelized Onions, and the crispiest hash browns that are actually made in a waffle iron! There are few things more comforting than gathering for a meal with the ones you love, especially when dishes like Cheesy Chicken Enchiladas are at the center of the table. Old-fashioned crowd pleasers like Roasted Sausages, Peppers, and Onions are even more delicious and streamlined for quick cleanup. For dessert? You'll find the best Boston Cream Pie, Banana Rum Trifle, and Black and White Cookies you'll ever make. Home cooks can always count on Ina's dependable, easy-to-follow instructions, with lots of side notes for cooking and entertaining—it's like having Ina right there beside you, helping you all the way. From cocktails to dessert, from special weekend breakfasts to quick weeknight dinners, you'll find yourself making these cozy and delicious recipes over and over again.

skinnytaste one pot orzo with sausage spinach and corn: The Vegetarian Epicure Anna Thomas, 2014-01-01 The classic cookbook—which has sold almost a million copies—designed to make every meal a celebration of life from the vegetarian pioneer who paved the way for Mollie Katzen and Deborah Madison. Here, Anna Thomas shows home cooks how to prepare 262 delicious vegetarian dishes, from soups and bread to curries and sweets. Gorgeously illustrated with charming line illustrations, and also featuring tips on menu planning, advice on entertaining, and holiday recipes, The Vegetarian Epicure is an essential kitchen companion for vegetarians and vegetable lovers alike.

skinnytaste one pot orzo with sausage spinach and corn: This Will Make It Taste Good Vivian Howard, 2020-10-20 An Eater Best Cookbook of Fall 2020 From caramelized onions to fruit preserves, make home cooking quick and easy with ten simple kitchen heroes in these 125 recipes from the New York Times bestselling and award-winning author of Deep Run Roots. "I wrote this book to inspire you, and I promise it will change the way you cook, the way you think about what's in your fridge, the way you see yourself in an apron." Vivian Howard's first cookbook chronicling the food of Eastern North Carolina, Deep Run Roots, was named one of the best of the year by 18 national publications, including the New York Times, USA Today, Bon Appetit, and Eater, and won an unprecedented four IACP awards, including Cookbook of the Year. Now, Vivian returns with an essential work of home-cooking genius that makes simple food exciting and accessible, no matter your skill level in the kitchen. Each chapter of This Will Make It Taste Good is built on a flavor hero—a simple but powerful recipe like her briny green sauce, spiced nuts, fruit preserves, deeply caramelized onions, and spicy pickled tomatoes. Like a belt that lends you a waist when you're feeling baggy, these flavor heroes brighten, deepen, and define your food. Many of these recipes are kitchen crutches, dead-easy, super-quick meals to lean on when you're limping toward dinner. There are also kitchen projects, adventures to bring some more joy into your life. Vivian's mission is not to protect you from time in your kitchen, but to help you make the most of the time you've got. Nothing is complicated, and more than half the dishes are vegetarian, gluten-free, or both. These recipes use ingredients that are easy to find, keep around, and cook with—lots of chicken, prepared in a bevy of ways to keep it interesting, and common vegetables like broccoli, kale, squash, and sweet potatoes that look good no matter where you shop. And because food is the language Vivian uses to talk about her life, that's what these recipes do, next to stories that offer a glimpse at the people, challenges, and lessons learned that stock the pantry of her life.

skinnytaste one pot orzo with sausage spinach and corn: The Essential Instant Pot Cookbook Coco Morante, 2017-08-29 Authorized by Instant Pot and filled with beautiful

photographs and more than 75 simple, well-tested comfort food recipes, this indispensable book is the ultimate collection of delicious weekday meals. The best-selling Instant Pot has been a runaway hit, with an almost cultlike following and users who swear by it. But finding delicious, well-tested, weekday-friendly recipes that are both inspiring and trustworthy has proven difficult, until now. The Essential Instant Pot Cookbook covers each meal of the day, offering plenty of tried-and-true classic recipes, such as spicy beef and bean chili, a whole roasted chicken with mushroom sauce, and decadent New York cheesecake, alongside a hearty array of contemporary meals, such as Greek-style Gigantes beans with fresh feta, braised pork loin with balsamic vinegar and caramelized onions, buttery cauliflower mashed potatoes, pork adobo, and more! Whether you're looking to expand your pressure cooker recipe repertoire or seeking the ultimate gift for the Instant Pot aficionado, this is the book to have.

skinnytaste one pot orzo with sausage spinach and corn: Chetna's Healthy Indian

Chetna Makan, 2019-01-31 We all know there is more to Indian food than just curries; it can also be really healthy, fresh and super delicious. Chetna's Healthy Indian contains home cooking at its best - straightforward methods, very few ingredients, crowd pleasing flavours, nourishment and comfort. It draws upon inspiration from Chetna's family and friends, creating realistic recipes for midweek, after work, busy weekends or when you simply want to look after yourself with wholesome food. You'll find 80 delicious recipes that require minimum time and effort, including Onion & whole spice chicken curry, Tandoori pan-fried sea bream, Paneer & cavalo nero saag and Baked cardamom & pistachio yogurt pots. Inspired by Indian cuisine, Chetna's Healthy Indian is proof that healthy food does not need to be health food, and convenient meals can be good for you, too.

skinnytaste one pot orzo with sausage spinach and corn: Well Fed Weeknights Melissa Joulwan, 2016 Offers information on following the paleo diet along with a collection of recipes, and variations, for sauces and seasonings, proteins, vegetables, salads, and fruits.

skinnytaste one pot orzo with sausage spinach and corn: The New Indian Slow Cooker

Neela Paniz, 2014-09-02 The newest book in Ten Speed's best-selling slow cooker series, featuring more than 60 fix-it-and-forget-it recipes for Indian favorites. The rich and complex flavors of classic Indian dishes like Lamb Biryani, Palak Paneer, and chicken in a creamy tomato-butter sauce can take hours to develop through such techniques as extended braising and low simmering. In The New Indian Slow Cooker, veteran cooking teacher and chef Neela Paniz revolutionizes the long, slow approach to making Indian cuisine by rethinking its traditional recipes for the slow cooker. She showcases the best regional curries, dals made with lentils and beans, vegetable and rice sides, as well as key accompaniments like chutneys, flatbreads, raita, and fresh Indian cheese. Using this fix-it-and-forget-it approach, you can produce complete and authentic Indian meals that taste like they came from Mumbai, New Delhi, and Bangalore, or your favorite Indian restaurant. Featuring both classic and innovative recipes such as Pork Vindaloo, Kashmiri Potato Curry, Date and Tamarind Chutney, and Curried Chickpeas, these full-flavor, no-fuss dishes are perfect for busy cooks any day of the week.

skinnytaste one pot orzo with sausage spinach and corn: Inspiralized Ali Maffucci, 2015-02-24 NEW YORK TIMES BESTSELLER • The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, Inspiralized, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional

information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

skinnytaste one pot orzo with sausage spinach and corn: *The Complete Make-Ahead Cookbook* America's Test Kitchen, 2017-07-11 An impressive collection of 500 recipes at your fingertips! Make the recipe all at once, if you have time; or, use the accompanying suggestions on what parts are best to make ahead separately if you're short on time that day. Every recipe has been tested thoroughly on what's best to make when, and how to store it, to give your results a just-made flavor. Included in this compendium of new recipes are a few fan favorites that have been thoroughly re-tested and adjusted for the best results if you need to make a component in advance. You'll find classic, international and modern flavors with recipes such as Breakfast Strata, Mini Chicken Empanadas, Olive Oil-Sea Salt Pita Chips, Chickpea Cakes, Cauliflower Gratin, Stuffed Eggplant, Mexican Lasagna with Turkey, Tequila-Lime Turkey Chili, Moroccan Chicken Salad, Beef Tamale Pie, Smoked Salmon and Leek Tarts, Blueberry Streusel Bars, Maple Pecan Pie, Flourless Chocolate Cake and Bourbon Whipped Cream. In addition you'll find information basics for refrigerator and freezer storage, how to freeze egg yolks and egg whites properly, and the ultimate guide to storage containers - all to help give you the best tasting results!

skinnytaste one pot orzo with sausage spinach and corn: *The Weekday Vegetarians* Jenny Rosenstrach, 2021-08-31 You don't need to be a vegetarian to eat like one! With over 100 recipes, the New York Times bestselling author of *Dinner: A Love Story* and her family adopt a "weekday vegetarian" mentality. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME • "Whether you're vegetarian or not (or somewhere in-between), these recipes are fit to become instant favorites in your kitchen!" —Molly Yeh, Food Network host and cookbook author Jenny Rosenstrach, creator of the beloved blog *Dinner: A Love Story* and *Cup of Jo* columnist, knew that she wanted to eat better for health reasons and for the planet but didn't want to miss the meat that she loves. But why does it have to be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. *The Weekday Vegetarians* shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?), Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. *The Weekday Vegetarians* is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-free meals into your weekly rotation. Who knows? Maybe like Jenny's family, the more you practice being weekday vegetarians, the more you'll crave this food on the weekends, too!

skinnytaste one pot orzo with sausage spinach and corn: *Raised in the Kitchen* Carrian Cheney, 2021 Popular food blogger Carrian Cheney invites us into the kitchen with recipes that can help you teach your kids to be more confident, independent cooks--

skinnytaste one pot orzo with sausage spinach and corn: *The Flavor Bible* Andrew Dornenburg, Karen Page, 2008-09-16 Widely hailed as one of the most influential cookbooks of all time, this is the timeless classic guide to culinary creativity and flavor exploration, based on the wisdom of the world's most innovative chefs Eight years in the making, *The Flavor Bible* is a landmark book that has inspired the greatest creations of innovative cooks and chefs by serving as an indispensable guide to creativity and flavor affinities in today's kitchen. Cuisine is undergoing a startling historic transformation: With the advent of the global availability of ingredients, dishes are no longer based on geography but on flavor. This radical shift calls for a new approach to cooking -- as well as a new genre of cookbook that serves not to document classic dishes via recipes, but to inspire the creation of new ones based on imaginative and harmonious flavor combinations. The

Flavor Bible is your guide to hundreds of ingredients along with the herbs, spices, and other seasonings that will allow you to coax the greatest possible flavor and pleasure from them. This astonishing reference distills the combined experience of dozens of America's most innovative culinarians, representing such celebrated and transformative restaurants as A Voce, Blue Hill, Café Atlántico, Chanterelle, Citronelle, Gramercy Tavern, the Herbfarm, Jardinière, Jean Georges, Le Bernardin, the Modern, and the Trellis. You'll learn to: explore the roles played by the four basic tastes -- salty, sour, bitter, and sweet -- and how to bring them into harmony; work more intuitively and effectively with ingredients by discovering which flavors have the strongest affinities for one another; brighten flavors through the use of acids -- from vinegars to citrus juices to herbs and spices such as Makrut lime and sumac; deepen or intensify flavors through layering specific ingredients and techniques; and balance the physical, emotional, mental, and spiritual aspects of cooking and serving an extraordinary meal. Seasoned with tips, anecdotes, and signature dishes from the country's most respected chefs and pastry chefs, The Flavor Bible is an essential book for every kitchen library. For more inspiration in the kitchen, look for The Vegetarian Flavor Bible and Kitchen Creativity.

skinnytaste one pot orzo with sausage spinach and corn: *Get Cooking* Mollie Katzen, 2009-09-25 "A fresh, contemporary entry in the 101 subgenre that is truly simple . . . the rare beginner's book that accomplishes its mission." —Publishers Weekly, starred review *Get Cooking* is the first in a series of cookbooks geared toward beginners by Mollie Katzen, the author of the bestselling *Moosewood Cookbook*. Here are 125 foolproof, basic recipes for soups, homemade pasta, roast chicken, burgers, vegan specialties, chocolate chip cookies—and more—that anyone can enjoy making, no matter how inexperienced they are in the kitchen.

skinnytaste one pot orzo with sausage spinach and corn: *Love and Lemons Every Day* Jeanine Donofrio, 2019-04-02 The ultimate guide for cooking outrageously delicious, vegetable-packed meals every day of the week, from bestselling author of *The Love & Lemons Cookbook*. Known for her insanely flavorful vegetable recipes and stunning photography, Jeanine Donofrio celebrates plants at the center of the plate with more than 100 new vegetarian recipes in *Love & Lemons Every Day*. In this book, Jeanine shows you how to make any meal, from breakfast to dessert, where produce is the star. Butternut squash becomes the best creamy queso you've ever eaten, broccoli transforms into a zesty green rice burrito filling, and sweet potato blends into a smooth chocolate frosting. These exciting and approachable recipes will become instant additions to your family's regular meal rotation. This book is a resource, filled with smart tips for happier, healthier eating. You'll find inspiration from Jeanine's signature colorful infographics - such as a giant matrix of five-ingredient salad dressings, a guide to quick weeknight pastas, and a grid to show you how to roast any vegetable. There are also plenty of practical charts, such as a template to make versatile vegetable broth, seasonal produce guides, and clever ideas to use commonly tossed vegetable parts -- you'll never toss those cauliflower cores, corn cobs, or broccoli stalks again! Packed with imaginative every day meals, go-to cooking tips, alternatives for dietary restrictions, and guides for mastering produce-based kitchen staples, *Love & Lemons Every Day* is a must-have for herbivores and omnivores alike.

skinnytaste one pot orzo with sausage spinach and corn: *The CSA Cookbook* Linda Ly, 2015-03-20 Four pounds of tomatoes? A crate of dandelion greens? Get the most out of your eclectic CSA membership from CSA expert Linda Ly.

skinnytaste one pot orzo with sausage spinach and corn: *More Mediterranean* America's Test Kitchen, 2021-12-07 Eat the Mediterranean way for life with recipes that nourish your appetite for fresh foods and endless excitement in the kitchen. In this follow-up to the bestselling *The Complete Mediterranean Cookbook*, America's Test Kitchen opens the Mediterranean pantry wide open. Anyone will love the broad range of ingredients from around the world (think: avocado, sweet potatoes, and tempeh) used in vibrant dishes with inspiring combinations. Take Spanish meatballs in a vegetarian direction with Quinoa Albóndigas and prepare dishes in surprising ways, like substituting the sweetness in a caprese salad by using sliced juicy persimmon to contrast the creamy

cheese rather than tomatoes. The book is organized to emphasize the joy of the Mediterranean diet as a nourishing, sustainable lifestyle. Build your plate around both small- and entrée-size recipes in chapters covering Mostly Plants; Mainly Grains and Beans; and Meat, Fish, Eggs, and More. An impressive Whole Romanesco with Berbere and Tahini Sauce is a brilliant vegetable dinner. A Spiced Chickpea Gyro (with heat from Asian chili-garlic sauce and pepperoncini) wows fans of the Greek meat-filled sandwich. Carrot Salad with Rose Harissa is a beautiful accompaniment to a number of meals, from Lentils with Roasted Broccoli and Lemon Bread Crumbs to Tofu Kebabs. Fish and meat mingle with lively accompaniments in restaurant-quality dishes like Pan Seared Swordfish with Persimmon-Ginger Chutney and Grilled Short Ribs with Preserved Lemon-Almond Sauce. Along the way, build on the repertoire in *The Complete Mediterranean Cookbook*, going on a more in-depth tour of the eastern and southern Mediterranean through recipes like Chorba Frik, a savory Algerian freekeh soup, and Palestinian Maftoul, an aromatic couscous, chickpea, and chicken dish. Open your pantry and mind to eat with health, enjoyment, and abundance, for life.

skinnytaste one pot orzo with sausage spinach and corn: *From a Polish Country House Kitchen* Anne Applebaum, Danielle Crittenden, 2012-11-21 In making her new home in Poland in 1989, Applebaum had to cook with ingredients that were local, fresh, and available. She learned how to make food that was, if not exactly traditional, in the Polish spirit. The national rebirth of Poland in the last two decades has meant the rebirth of its cuisine, and the authors have modernized many of its dishes, without losing any of the centuries-old flavors. Collects ninety Polish recipes, including roasted winter vegetables, stewed beef rolls with kasha, pork loin stuffed with prunes, and fruit pierogi.

skinnytaste one pot orzo with sausage spinach and corn: Louisiana Real & Rustic Emeril Lagasse, 2009-05-05 It's the essence of great eating with Emeril Lagasse in *Louisiana Real & Rustic*. Join the award-winning chef, television personality, and restaurateur on a tour down the back roads and bayous of Louisiana for some of the greatest home cooking in America. With his authentic Louisiana recipes, Emeril takes the reader on a tour of the state, from country cabins in Cajun country to the refined town houses of Creole aristocracy, bringing to life the colorful history that has made Louisiana a true culinary crossroads.

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