

Recipe Packet: Meals in Minutes – Budget Friendly Cooking

Chicken Piperade

Serves 8

4 chicken breasts, boneless, skin-on
4 chicken thighs, skin-on
4 tablespoons olive oil
1 cup low sodium chicken stock
One (14 ounce) can diced tomatoes
1 bay leaf
1 medium yellow onion, lyonnaise (sliced lengthwise)
1 red bell pepper, sliced lengthwise
½ green bell pepper, sliced lengthwise
½ yellow bell pepper, sliced lengthwise
3 garlic cloves, peeled and minced
1 teaspoon crushed red pepper flakes, to taste!
1 cup green olives, roughly chopped
Kosher salt and freshly ground black pepper
2 tablespoons flat leaf parsley, chopped (for garnish)

Sauté chicken with 2 tablespoons olive oil in a large Dutch oven until golden brown on both sides. Remove chicken and deglaze pot with wine. Add chicken stock, tomatoes and bay leaf and simmer until reduced by half. Return chicken to Dutch oven with juices and cover. Cook for 20 to 30 minutes.

While the chicken is cooking, in a large skillet over medium heat sauté onion in 2 tablespoons of olive oil until soft 5-8 minutes. Do not allow onion to brown. Add peppers and cook 5 minutes more. Stir in garlic, crushed red pepper, and olives cook 2 minutes until garlic is fragrant. Season with salt and pepper. Remove from heat and reserve.

When chicken is done remove from Dutch oven to serving plate. Add the pepper and onion mixture to the sauce in the Dutch oven and stir to combine. Taste and adjust salt and pepper as needed. Pour sauce over chicken. Garnish with parsley.

Recipe Packet: Meals in Minutes – Budget Friendly Cooking

Rosemary Potatoes with Olives

Serves 6

2 pounds small Yukon gold or red-skinned potatoes
3 tablespoons vegetable oil
2-3 sprigs of fresh rosemary
1/3 cup pitted oil-cured black olives
1 tablespoon extra virgin olive oil
Salt and freshly ground pepper to taste

Preheat the oven to 400°F

Scrub the potatoes well, then cut into quarters. Line a baking sheet with heavy duty aluminum foil. Drizzle the vegetable oil over the bottom of the pan. Place the potatoes in the pan and toss around to coat with oil.

Bake for 15 minutes, then stir and sprinkle on the rosemary and add the olives. Bake for 10 to 15 minutes longer, or until the outsides of the potatoes are golden and the insides tender.

Remove from the oven and drizzle the extra virgin olive oil. Toss together, season with salt and pepper, and serve.

Garlicky sautéed greens

Serves 4

3 tablespoons extra virgin olive oil
½ bulb fennel, diced
1 shallot, peeled and thinly sliced
4 cloves garlic, peeled and minced
pinch red pepper flakes, to taste
Kosher salt and freshly ground black pepper, to taste
1 bunch greens (chard, kale, etc), washed and trimmed into bite-sized pieces
1 lemon, quartered

In a large sautepan with high sides, heat the olive oil over medium-high flame and sauté the fennel and shallot together until translucent, about 7 minutes.

Add the garlic and red pepper flakes. Sauté until fragrant, about 1 minute. Add the greens and toss to coat with oil. Drizzle 2 tablespoons of water or stock over the greens and cover. Cook for 5-7 minutes, or until the greens are bright green and tender. Divide evenly among plates and serve with a wedge of lemon.