



*30 minute*  
**DINNER  
RECIPES**

*Garnish*  
& GLAZE

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## Sheet Pan ITALIAN BAKED TILAPIA

### ingredients

- 4 5-ounce tilapia fillets
- 1/4 cup butter, melted
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 2 zucchini, sliced
- 2 cups cherry tomatoes
- 2 tablespoons olive oil
- salt & pepper
- 1 lemon, sliced into wedges
- Fresh parsley, chopped

### instructions

1. Preheat oven to 425 degrees F.
2. Lay zucchini on one end of the pan, tomatoes in the middle and tilapia (face down) at another end.
3. Drizzle oil over just the vegetables.
4. In a small bowl, mix together the butter, garlic, and seasoning together. Pour about 2 tablespoons over the back of the fillets. Sprinkle everything on the baking sheet with salt & pepper. Flip over the fish, pour the remaining butter mixture over the fillets, and then season the top of the tilapia with salt and pepper.
5. Bake for 14-15 minutes until fish flakes and tomatoes burst. Garnish with fresh parsley and squeeze fresh lemon juice on top. Serve with rice or orzo.





# Creamy Lemon ASPARAGUS PASTA

## ingredients

### FOR SAUCE

- 1 tablespoon oil
- 1 tablespoon butter
- 1/2 onion, sliced
- 1 cup baby bella mushrooms, sliced
- 2 cloves garlic, minced
- 1 1/2 tablespoons flour
- 1/2 cup milk
- 1/2 cup half-and-half cream
- 1 cup spinach, packed
- 1/2 teaspoon salt
- 1 lemon, zest + juice

### FOR PASTA

- 8 ounces pasta
- 1/2 pound asparagus (cut into 1 1/2 inch pieces)
- 1 cup peas, frozen
- Parmigiano Reggiano, grated
- parsley

## instructions

1. Boil noodles according to package. Add in the asparagus when 4 minutes remain and the peas when 2 minutes remain. Scoop out and reserve 1/4 cup starchy cooking water before draining.
2. Meanwhile, in a large non-stick skillet, heat oil and butter over medium-high heat. Add mushrooms and onions and cook for 5 minutes. Add garlic and cook another 30 seconds. Stir in the flour and cook 30 seconds.
3. Stream in the milk while stirring and then simmer over low heat for about 3-5 minutes or until slightly thickened. Stir in the spinach and salt and cook until spinach wilts.
4. Pour the sauce over the pasta and veggies. Add 1/4 cup starchy cooking water, lemon juice and zest, and stir all together until evenly combined. Season with salt and pepper. Garnish with Parmesan and parsley.





# Lemon Chicken PICCATA

## ingredients

1 1/2 pounds boneless, skinless chicken breasts,  
(cut into 4-8 cutlets and pounded to 1/2 inch thick)  
Salt & pepper, to taste  
1/4 cup all-purpose flour  
1/4 cup parmesan cheese  
3 tablespoons olive oil, divided  
4 tablespoons butter, divided  
1 cup water  
1 teaspoon Better Than Bouillon Roasted Chicken Base  
1/4 cup lemon juice  
1/4 cup capers  
2 tablespoons fresh Italian parsley  
angel hair pasta, buttered  
Parmesan cheese, shredded

## instructions

1. Mix flour and parmesan cheese together in a shallow bowl.
2. Butterfly chicken breasts and pound to 1/2 inch thickness. Season both sides with salt and pepper. Dredge chicken in flour mixture until well coated. Shake off excess over the bowl. Set aside on a plate. Repeat with remaining chicken.
3. Heat 2 tablespoons olive oil and 1 tablespoon butter in a skillet over medium high heat. Add half the chicken to the pan and cook for about 3 minutes per side until browned. Flip and cook another 3 minutes. Remove and place on a clean plate.
4. Add remaining 1 tablespoon oil and 1 tablespoon butter to the skillet. Once melted, add remaining chicken and cook on both sides and remove onto plate.
5. Add water, lemon juice, Better Than Bouillon Roasted Chicken Base, and capers. Bring to simmer, scraping up browned bits while cooking. Cook until reduced by half. Add the remaining 2 tablespoons butter.
6. Add chicken back to pan and spoon sauce up over the chicken. Cook for 3-5 minutes until heated through. Serve with angel hair pasta and garnish with parsley and Parmesan cheese.





# Shrimp STIR FRY

## ingredients

### For the Sauce:

- 1/3 cup soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons corn starch
- 1 T. fresh grated ginger, (or 1/4 t. ground ginger)
- 1 clove garlic, (or 1/4 teaspoon garlic powder)
  - 1/4 cup water, (or chicken broth)
  - 1 teaspoon Sriracha sauce, (optional)

### For the Stir Fry:

- 2 tablespoons olive oil
- 1 head broccoli, cut into small florets
- 1 cup carrots, sliced
- 1 red bell pepper, cut into 1 inch pieces
- 1 zucchini, sliced
- 1/2 sweet onion, cut into 1 inch pieces
- 1 pound raw shrimp, peeled and deveined
- 2 green onions, sliced

## instructions

1. Place all sauce ingredients in a jar and shake until combined. Set aside.
2. Heat 1 tablespoon oil over medium-high heat in a large skillet or wok.
3. Cook the onions and carrots for 2 minutes. Add in the broccoli, cooking another minute and then add in the bell pepper and zucchini and cook another 2-3 minutes until vegetables are crisp tender. Remove from pan onto a plate.
4. Heat remaining oil in the pan and add the shrimp. Cook on each side for 1-2 minutes until cooked through and pink. Add the vegetables and the sauce to the pan and stir until sauce is thick and everything is coated.
5. Serve with jasmine rice and garnish with green onions.





# Salsa CHICKEN TACOS

## ingredients

### For the Chicken:

- 1 1/2 pounds chicken breasts, about 3-4
- 1 1.25 ounce taco seasoning
- 1 15 ounce jar mild salsa

### For the Shredded Chicken Tacos:

- 12 corn tortillas
- 1 15 ounce can black beans, drained and rinsed
- 2 avocados, slices
- 2 Limes, cut into wedges
- 1/2 cup Queso Fresco, crumbled
- 1/2 cup Cilantro, chopped

## instructions

### For the Chicken:

Place chicken breasts in the bottom of the pot. Sprinkle the taco seasoning over the top and then pour the salsa on.

### Pressure Cooker Method:

Top with the lid, set the pressure valve to seal. Cook on high pressure for 14 minutes with an 6 minute natural release followed by a quick release.

### Slow Cooker Method:

Cover with lid. Cook on LOW for 4-5 hours or on HIGH for 3 hours.

When chicken is done cooking, use two forks to shred it. Use in tacos, burritos, or over rice.

### For the Tacos:

Assemble tacos by filling with the shredded salsa chicken, slices of avocado, and black beans. Sprinkle on Queso Fresco & cilantro and squeeze lime juice over the top. Serve immediately





# Berry Chicken SPINACH SALAD

## ingredients

### For the Chicken:

- 1 pound chicken breast
- 1 tablespoon olive oil
- 2 teaspoons chili powder
  - 1 teaspoon salt
  - 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

### For the Salad:

- 10 ounces baby spinach
- 2 cups fresh berries
  - 2 avocados
- 4 ounces goat cheese
- 1/3 cup pepitas, (or sliced almonds)
- ~1/3 cup poppy seed dressing

## instructions

1. Rub chicken with olive oil. Mix all seasonings together and then sprinkle over both sides of chicken breasts.
2. Cook chicken over medium-high heat (in a pan or on the grill) for about 6 minutes per side until at least 165°F. Place on a cutting board and allow to cool while preparing the salad and dressing. Slice when cooled.
3. Place spinach, berries, avocado, goat cheese, pepitas, and chicken in a large bowl. Drizzle with dressing, toss, and serve.

