

Webinar #9 Recipes

10 things to do with **Frozen Fruit** besides smoothies!

1. **Triple Berry Cake Skillet:** <https://tasteandsee.com/triple-berry-blender-cake-recipe>
2. **Dutch Apple Pie Cookies:** <https://lovelylittlekitchen.com/dutch-apple-pie-cookies/>
3. **Frozen Pineapple Lemonade:** <https://www.aspicyperspective.com/frozen-pineapple-lemonade/>
4. **Whipped Blackberry Honey Butter:** <https://thissillygirlskitchen.com/whipped-blackberry-honey-butter/>
5. **Pineapple Banana Ice Cream:** <https://vanillacrunch.com/healthy-pineapple-banana-icecream-veganes-bananen-ananas-eis/>
6. **Strawberry Pretzel Salad:** <https://www.mybakingaddiction.com/strawberry-pretzel-dessert/>
7. **Easy Strawberry Syrup:** <https://foodfolksandfun.net/easy-strawberry-syrup-recipe-tutorial/>
8. **Peach Pecan Crisp:** <https://sallysbakingaddiction.com/2015/07/18/peach-pecan-crisp/>
9. **Easy Raspberry Sauce:** <https://www.tastesoflizzyt.com/easy-raspberry-sauce-recipe/>
10. **Blueberry Crescent Cheesecake Bars:** <https://lovefoodies.com/blueberry-crescent-roll-cheesecake-bars/>

(recipe below)

Ingredients:

1 can of Pillsbury Crescent rolls
8 oz. cream cheese room temperature
3-4 Tablespoons powdered sugar
1 tsp. AP Pure Powdered Vanilla (#8626)
½ cup Wyman's Frozen Wild blueberries (#1218)
Squeeze of lemon
1 Tbsp. regular sugar
2 Tbsp. butter, melted
Sugar for sprinkling

Directions:

Pre-heat oven to 350 F.

Line an 8x8 pan with aluminum foil and spray with Vegalene (#1212). Unroll and spread the crescent roll dough flat then cut in half. Line the bottom of the pan with ½ of the crescent roll dough. In a mixing bowl, add the cream cheese, powdered sugar and vanilla powder and mix well with a spoon or whisk. Spread the mixture evenly over the crescent roll dough in the pan. Then add the blueberries all over and add the 1 Tbsp. of regular sugar over the blueberries. Carefully place the other layer of crescent roll dough on top of the cream cheese and blueberry mixture, then brush the melted butter on the top layer of crescent roll dough with a brush and then sprinkle with sugar. Bake for 25-30 minutes until golden brown. Allow to cool for 15 – 20 minutes before trying to slice to allow it to firm up a little. *Serve as is or with a nice dollop of whipped cream!*

Original recipe from Lovefoodies.com.



Your Secret Weapon: Seasoned Diced Chicken Breasts #7787



Broccoli Chicken Salad

This light and crunchy broccoli salad with creamy dressing, grapes, celery, and craisins is my new favorite way to enjoy broccoli. I added 1 cup of Seasoned diced chicken breast pieces to make it a fun summer salad idea for dinner.

Serves: 8

Ingredients:

4 cups small broccoli florets (about 1½ pounds)
1 cup seasoned diced chicken breast pieces #7787
1-1/2 cups seedless red grapes sliced in half
1 cup chopped celery
½ cup Dried Cranberries #9205
¼ cup Sunflower Kernels, roasted and Salted #1171
⅓ cup light mayonnaise
¼ cup plain fat-free yogurt
2 tablespoons sugar (or sweetener to taste)
1 tablespoon white vinegar
Salt and Pepper to taste

Directions:

Slice grapes, broccoli, and celery. Combine chicken, celery, broccoli and grapes in a medium sized mixing bowl. In a separate bowl combine mayonnaise, sugar, yogurt and vinegar and whisk together. Add the sauce to the chicken mixture, toss to coat. Sprinkle sunflower seeds over top. Chill for an hour to give it time to develop the flavors. Store leftovers in an airtight container in the fridge.



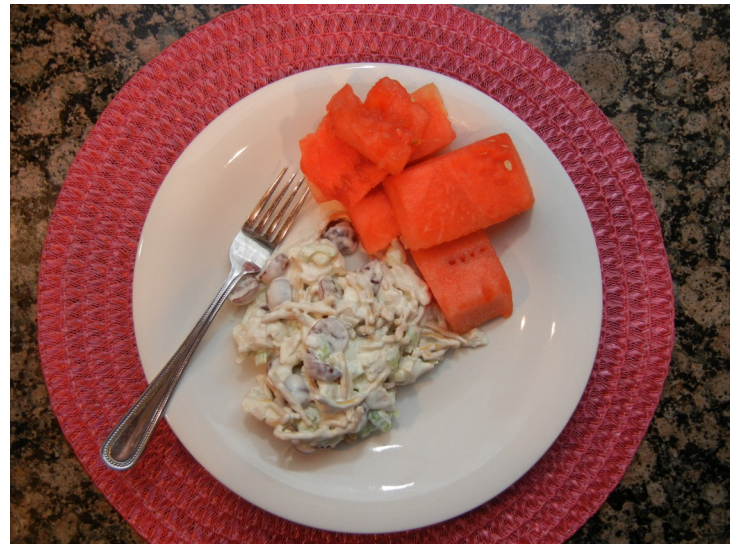
<http://www.gardenandtable.net/skinny-broccoli-salad-per-pound/>

Summer Chicken Salad

Servings 8

Ingredients:

4 cups Seasoned Diced Chicken Breast #7787
2 cups sliced grapes
1/2 cup diced onion
2 stems celery sliced
1/2 bag of dry Chow Mein Noodles
Optional 1/2 cup Roasted and Salted Cashews #9117
1 cup Mayonnaise
1 squirt of mustard (flavor)
4 tbs. milk (to thin sauce so that all is covered.)
Dash of Salt and Pepper, Onion Powder, Garlic Powder



Directions:

Slice grapes, celery and onion.

Combine chicken, celery and grapes in a medium sized mixing bowl. Toss.

In a separate bowl combine mayonnaise and milk and seasonings and whisk together, add enough milk to thin mayo to make a sauce. (You want it to cover all the chicken with a bit to spare, the chicken absorbs the sauce as time goes on)

Add Chinese noodles right before serving to keep them crunchy. Use this up soon as possible as the noodles will get soft. I use chicken salad in a croissant, or ciabatta roll, on crackers, as filling for lettuce wraps, we eat it with a fork too- it's THAT good!

Store leftovers in an airtight container in the fridge. Wont last too long as you will eat it up!!

Green Chile Chicken Enchiladas

Cook time 20 min

Prep Time 20 min

4 Servings

- 2c chicken cooked and shredded
- 2 c Monterey jack cheese shredded
- 19 oz. Las Palmas green Chile enchilada sauce
- 1 c sour cream
- 6-8 corn tortillas
- 4.5 oz can chopped green chilies
- salt and pepper

In a small bowl, combine chicken, 1 cup cheese, green chilies, salt and pepper.

In a small skillet, bring enchilada sauce to boil. Remove from heat.

Dip each tortilla into heated sauce for a few seconds to soften.

Spoon 1/3 cup of chicken mixture and 2 tablespoons sour cream down center for each tortilla (I usually put the sour cream in a sandwich bag and cut the bottom tip which makes it easier to squirt right down the center)

Roll the tortilla and place seam-side down in 8x8 (or 9x9) inch baking dish. Repeat with remaining tortillas.

Pour remaining heated enchilada sauce over top. Sprinkle with remaining 1 cup cheese. Bake 20 minutes at 350.

<https://lilluna.com/tutorial-tuesday-las-palmas-chicken-enchiladas/>



Tips and Tricks to Make Using your Instant Pot a Cinch

Using an Instant Pot can be a bit scary if you aren't sure what you are doing. Here are some quick, easy tips to help you feel confident about giving it a try.

Frozen meat doesn't have to be defrosted first! Just throw it in your Instant Pot frozen.

You will need to double the cook time if it's a frozen solid block of meat.

You can turn slow cooker meals into Instant Pot meals. As a general rule: if the meat dish cooks in eight hours on low or four hours on high in the slow cooker, it will cook in 25-30 minutes in the Instant Pot. Also make sure to add at least a ½ cup of liquid to the Instant Pot.

It's important to have at least 1 cup of water, broth, or other liquid in your Instant Pot meals. Pressure cooking relies on steam, and if you don't have enough moisture in your meal it won't be cooked correctly or will burn.

Cooking in your Instant Pot isn't instant. It takes longer to cook in your instant pot than you think. You see, many recipes state the amount of time that it takes for the recipe to cook when at pressure, however, they choose to omit that it takes time for the Instant Pot to get to pressure, as well as to release the pressure.

To save time start in sauté mode. Turn your Instant Pot to sauté mode for a few minutes to help bring the Instant Pot to pressure faster. This is a great idea if you are browning meat or sautéing vegetables for a dish.

Spray your Instant Pot with Vegelene before you begin cooking. It will be easier to clean when you are done because the food won't stick.

Milk and high heat don't go together. If your recipe calls for dairy products, add them after your meal is cooked and the appliance is depressurized.

Keep it away from cupboards. The steam can ruin your cabinets – so it's best to use it somewhere else.

Never fill your Instant Pot more than half way full. If a pressure cooker contains too much liquid, the hot liquid can spray out of the pressure release valve, causing severe burns. Just pay attention to the maximum fill line on the inside.

The thickness of the meat matters. If your meat is thicker than 2" cut it beforehand so that it cooks in the time the recipe specifies.

Quick release: This is done by turning the venting knob and takes about 1 to 2 minutes to release.

Natural release: This is when you leave the venting knob alone and let the machine naturally allow for the pressure drop slowly over a span of 15 minutes or so — you'll know it's done when the pin (next to the venting knob) drops.

Instant Pot Chicken and Rice

Servings: 4

Ingredients

- 1 lb chicken breasts cut into cubes, boneless, skinless #5513
- 1 can cream of chicken soup
- 2 c mixed vegetables frozen #8429
- 1 c white rice not instant, we use long grain white rice
- 2 tsps Garlic Supreme #2592
- 1/2 c. diced onions #5772
- pinch salt
- pinch pepper
- 2 c water
- 1/2 c cheese cheddar, shredded #1866
- 2 tbsp Avocado oil #3515

Instructions

- Put cubed chicken pieces into Instant Pot with Avocado oil and set to sauté, cook until chicken is cooked thru. Sprinkle with Garlic Supreme and mix well.
- Add soup, rice and vegetables into your pressure cooker. Stir in water.
- Put lid on Instant Pot, close steam valve and set to manual, pressure, high, for 10 minutes.
- Do a quick release when done and carefully lift lid. Serve topped with cheese or stir cheese into pot until melted and then serve.

Adapted From <<https://temeculablogs.com/pressure-cooker-chicken-rice/>>



Instant Pot Pizza Pasta

Serves: 6

INGREDIENTS

- 1 lb. sausage, Italian, mild,
- 8 oz. pizza sauce
- 16 oz. pasta sauce
- 28 oz. water
- 8 oz. mozzarella
- 20 slices pizza pepperoni #1596
- 1 lb. pasta (I used cavatappi)
- 2 tsp garlic, minced #1020
- 1 tsp Italian N' Pizza Seasoning #1432
- as desired salt and pepper
- 1 tbsp. butter

INSTRUCTIONS

- Set the IP on "sauté". Melt the butter, add the garlic and Italian seasoning and sausage. Sauté until the sausage is no longer pink.
- Add both spaghetti sauce and pizza sauce to the sausage mixture. Next add in pasta.
- Add the water. Give a stir and put on the lid, and be sure to set the toggle switch to "seal"
- Set on Manual for 5 minutes. Do a Quick Release and open the lid after the silver pin has dropped.
- Add HALF the cheese and HALF the pepperoni – mix it into the pasta/meat mixture
- Sprinkle the remaining cheese and pepperoni over the top of the mixture. Replace the lid and let the cheese melt and the pepperoni warm through.



From <<https://www.familyfreshmeals.com/2017/05/instant-pot-pizza-pasta-recipe.html>>

Instant Pot White Chicken Chili

Ingredients

- 2 TBSP oil
- 2 lbs chicken thighs #1317
- ½ cup onion, diced #5772
- 3 TBSP garlic, minced #1020
- 1 cup chicken broth
- 2 (15oz) cans great northern beans, undrained
- 1 (15oz) can white corn, drained
- ¼ cup of taco seasoning #1037
- 1 (4.5 oz) can of chopped green chilies, undrained
- 1 (10 3/4oz) can condensed cream of chicken soup
- 1 cup sour cream
- shredded cheddar jack cheese for topping #1860
- fresh jalapeno for topping for the ones that like a little more heat

Instructions

Set instant pot to sauté mode on high and allow it to get very hot. Add oil and brown the chicken thighs on both sides. I did this in 2 batches. Place chicken back in pot and add onions, garlic, chicken broth, undrained beans, drained corn, taco seasoning, undrained green chilies, and chicken soup. Place lid on the pot and make sure the valve is set to closed. Press the Bean/Chili button and make sure the time is set to 30 minutes. Once it is done, let the pressure release naturally for 15 minutes, before carefully releasing any remaining steam. Remove chicken from pot and shred with 2 forks. Add the chicken back to the pot and stir in 1 cup of sour cream. Enjoy topped with lots of cheddar jack cheese and jalapeno peppers for those that like a little more heat. ENJOY!!!

Adapted From <http://www.auntbeesrecipes.com/2017/09/instant-pot-white-chicken-chili.html?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes>



Instant Pot Beef and Broccoli

Serves: 4 servings

Ingredients

- 1-1.5 pounds beef stew meat #2607
- 2 cups of broccoli florets #8197
- $\frac{3}{4}$ cup beef broth
- $\frac{1}{2}$ cup soy sauce
- 2 tablespoons Avocado oil #3515
- 2 tablespoons sesame oil
- 1 tablespoon minced garlic #1020
- 2 teaspoons cornstarch #2849
- $\frac{1}{2}$ teaspoon onion powder #1027
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{8}$ teaspoon pepper #1028



Instructions

- Heat olive oil in Instant Pot in sauté mode
- Microwave broccoli florets for 3 minutes in a microwave safe dish filled half way with water
- Drain broccoli water and set aside
- Sear sliced beef in batches, around 1 minute on each side
- Transfer beef to a plate
- Add minced garlic to the instant pot and sauté 1 minute
- Add beef broth, soy sauce, sesame oil, onion powder, red pepper flakes, salt, and pepper
- Add the beef and juices from plate, close the lid, and set to seal
- Pressure cook on high pressure for 10 minutes
- Quick release
- Return the instant pot to sauté mode and whisk in cornstarch
- Add the broccoli and stir until the sauce begins to thicken
- Remove beef and broccoli with a slotted spoon and arrange on plates
- Continue to sauté the liquid until thick
- Pour sauce over the beef and broccoli as desired.

Adapted From <<https://instantpotcooking.com/instant-pot-beef-and-broccoli-with-keto-option/>>