

30 Minute Skillet Meals

(makes 4 servings)

1. Combine all ingredients from starter ingredients column, in large skillet over medium-high heat. Cook for about 10 minutes or until cooked.
2. Add sauce ingredients to skillet over medium-high heat and simmer for 10 to 15 minutes or until slightly thickened.
3. Add vegetables, if applicable, and cook for 3 to 5 minutes or until tender.
4. Add flavouring and stir until combined.
5. Serve with pasta, rice or noodles, where indicated.
6. Toss a garden salad or have veggies and dip.

Chicken, Potato and Broccoli Skillet Bake				
Starter Ingredients	Sauce	Vegetables	Flavouring	Grains* (Pasta, Rice or Noodles)
2 tsp (10 mL) butter	2 cups (500 mL) low sodium chicken broth	3 cups (750 mL) chopped broccoli (1 large head)	3 Tbsp (40 mL) sour cream	
4 garlic cloves, minced	1 Tbsp (25 mL) honey		2 Tbsp (25 mL) chopped fresh parsley or 2 tsp (10 mL) dry	
1 lb (500 g) diced skinless, boneless chicken breasts or thighs	1 1/2 cups (375 mL) white potatoes, diced small		1/3 cup (75 mL) finely grated Parmesan cheese	
pinch of salt and pepper	1 1/2 cups (375 mL) chopped carrots			

Mexican Corn Chili				
Starter Ingredients	Sauce	Vegetables	Flavouring	Grains* (Pasta, Rice or Noodles)
2 tsp (10 mL) butter	24 oz (796 mL) can diced tomatoes	14 oz (398 mL) canned corn kernels, drained	3 Tbsp (40 mL) chopped fresh parsley (or 3 tsp (15 mL) dried)	3/4 lb (350 g) uncooked pasta or rice of your choice, cooked according to package directions.
4 garlic cloves, minced	2 Tbsp (25 mL) sweet chili sauce		1/3 to 1/2 cup (75-125 mL) grated Canadian cheddar cheese	Serve chili over pasta or rice.
**1 lb (500 g) extra lean ground beef				
1-2 tsp (5-10 mL) crushed dried chilies				
pinch of salt and pepper				

Adapted from Alberta Milk

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Creamy Chicken and Lemon Pasta				
Starter Ingredients	Sauce	Vegetables	Flavouring	Grains* (Pasta, Rice or Noodles)
2 tsp (10 mL) butter 4 garlic cloves, minced 1 lb (500 g) diced uncooked chicken breast or thighs 7 oz (225 g) sliced mushrooms pinch of salt and pepper	10 oz (284 mL) can sodium reduced cream of mushroom soup 10 oz (284 mL) milk	1 1/2 cups (375 mL) frozen green peas	2 Tbsp (25 mL) chopped fresh basil or 2 tsp (10 mL) dry 1 Tbsp (15 mL) lemon juice	350 g (3/4 lb) uncooked fettuccine, cooked according to package directions. Add to sauce and toss to combine.

Cheese Tortellini with Roasted Red Peppers				
Starter Ingredients	Sauce	Vegetables	Flavouring	Grains* (Pasta, Rice or Noodles)
	1 Tbsp (15 mL) butter 4 garlic cloves, minced 1 1/2 cups (375 mL) tomato pasta sauce pinch of salt 1/2 tsp (2 mL) ground pepper 1 cup (250 mL) roasted red peppers (deli or jarred) drained and chopped		3 Tbsp (40 mL) sour cream or plain yogurt 3 Tbsp (40 mL) chopped fresh basil or 3 tsp (10 mL) dried	350 g (3/4 lb) package cheese tortellini cooked according to package directions. Add to sauce and toss to combine.

* Choose whole grains more often.

** For a meatless version, use 2-14 oz (398 mL) cans mixed beans, drained and rinsed.

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