10 STELLAR DINNER RECIPES

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CHICKEN FETTUCCINE

8 oz. fettuccine (or pasta of your choice)
1/2 lb. chicken, cut into pieces
1 tbsp. olive oil
1 garlic clove, finely chopped
16 oz. jar roasted peppers
1/2 cup Half&Half (or heavy cream)
1/4 cup chopped fresh parsley
salt and pepper
Parmesan cheese to serve

1. Prep the ingredients: 1) Bring a large pot of water to a boil and cook fettuccine according to the package instructions. Drain, rinse with cold water and set aside. 2) Meanwhile, chop half of the peppers into small pieces. Place the remaining peppers (with the liquid from the jar) into a food processor or bullet blender and process until smooth.

2. Add olive oil to a large, non-stick pan and cook the chicken for 5 minutes on medium heat. Season with some salt and pepper.

3. Add garlic and cook for about 30 seconds.

4. Add chopped and blended peppers and Half&Half.

5. Cook, stirring occasionally for about 10 minutes, until the sauce starts to thicken.

6. Add fettuccine and parsley and mix everything well. Sprinkle with Parmesan cheese and enjoy!
SALMON PASTA WITH SPINACH

Prep Time - 10 mins  
Cook Time - 20 mins  
Total Time - 30 mins

INGREDIENTS
• 1 lb. salmon skinless and boneless – one piece or multiple pieces
• 8 oz. uncooked pasta I use campanelle
• 3 tbsp. butter
• 1 medium onion chopped
• 6 oz. baby spinach
• 1 cup heavy cream
• 1 cup Parmesan cheese grated
• 2 garlic cloves minced
• 2 tbsp. parsley chopped
• salt and pepper to taste

INSTRUCTIONS

1. Cook pasta according to the package instructions. Meanwhile, sauté the onion in butter over medium heat for 4-5 minutes.

2. Add the salmon and keep cooking for another 5-7 minutes, breaking it into flakes as it cooks.

3. Add the spinach and cook it for 1-2 minutes, until wilted.

4. Add the heavy cream, Parmesan, garlic, salt, and pepper. Stir and bring to a gentle simmer.

5. Add the cooked pasta and chopped parsley. Mix everything together thoroughly.

THE BEST FRIED CABBAGE

Prep Time - 10 mins
Cook Time - 30 mins
Total Time - 40 mins

INGREDIENTS

- 3 pork bacon strips thick-cut
- 1 medium cabbage head about 3 lbs., roughly chopped
- 1 medium onion diced
- 1 medium red bell pepper diced
- 1/3 cup of water
- 1/4 tbsp. red pepper flakes
- 1 tbsp. hot sauce
- Salt and pepper to taste

INSTRUCTIONS

1. In a large non-stick skillet, sauté the bacon, bell pepper, and onion over medium heat for 7 minutes.

2. Add the red pepper flakes, salt, and pepper, and stir well.

3. Add the water and chopped cabbage to the skillet. Cook, stirring occasionally for about 20-25 minutes, or until the water evaporates.*

4. Once the water evaporates, keep frying the cabbage for about 10 minutes.

5. Remove the skillet from the heat. Stir in the hot sauce. Serve.
SHRIMP FETTUCCINE

Prep Time - 10 mins
Cook Time - 20 mins
Total Time - 30 mins

INGREDIENTS
- 8 oz. uncooked Fettuccine pasta
- 2 lb. peeled and deveined shrimp
- 16 oz. jar roasted bell peppers
- 3 tbsp. butter
- 3 garlic cloves, finely chopped
- 1/2 tbsp. paprika
- 1/2 tsp. red pepper flakes (or to taste)
- 3/4 cup Half & Half
- 1/2 cup grated Parmesan cheese
- chopped parsley to garnish
- salt to taste

INSTRUCTIONS

1. Bring a large pot of water to a boil and cook the fettuccine according to the package instructions. Drain, rinse with cold water, and set aside.

2. Meanwhile, place the roasted peppers together with the liquid from the jar into a food processor or bullet blender and puree until smooth.

3. Heat up a large, non-stick pan. Add butter, shrimp, paprika, and red pepper flakes and cook for 3-4 minutes on high heat. Add salt and garlic, and cook for 1 more minute.

4. Reduce the heat to low and remove the shrimp from the pan. To the same pan, add the pureed roasted pepper. Cook for 10 minutes, stirring often.

5. Add Half & Half and Parmesan and cook for 1 more minute. Turn off the heat. Return the shrimp to the pan and add the fettuccine. Mix everything well.

6. Garnish with freshly chopped parsley and grated Parmesan cheese.
CREAMY CHICKEN THIGHS

Prep Time - 10 mins
Cook Time - 25 mins
Total Time - 35 mins

INGREDIENTS
- 2 lbs. skin-on chicken thighs (drumsticks or breasts work, too)
- 2 tbsp. olive oil
- 1 medium onion
- 1/2 tsp. red pepper flakes
- 1/2 cup roasted peppers, cut into thin strips (see note)
- 1 cup Half & Half
- 4 cups baby spinach
- 3/4 cup Parmesan cheese
- salt and pepper to taste
- fresh parsley, to garnish

INSTRUCTIONS

1. Sprinkle the chicken with salt and pepper on both sides.

2. Heat the oil in a large skillet over medium-high heat. Add the chicken and sear for about 2 minutes. Reduce the heat to medium, and keep frying the chicken until cooked through. The cooking time will vary, depending on the thickness of the chicken.

3. Remove the chicken from the skillet and set aside. To the same skillet, add the onions and cook for about 5 minutes, until soft and golden in color. Add the red pepper flakes and roasted peppers, and cook for another 2 minutes.

4. Reduce the heat to medium-low, add the cream, and bring to a simmer. Add the spinach, and when it wilts down, add the Parmesan. Stir the sauce.

5. Return the chicken to the skillet, and cook for 5 minutes, spooning the sauce over it. Remove the skillet from the heat. Garnish with freshly chopped parsley.
ORZO WITH SHRIMP AND FETA

Prep Time - 10 mins
Cook Time - 15 mins
Total Time - 25 mins

INGREDIENTS
- 1 cup uncooked orzo pasta
- 12 jumbo shrimps, peeled and deveined
- 1 tsp Old Bay Seasoning
- 2 tbsp butter
- 1/2 cup good quality feta cheese crumbles
- lemon juice to taste
- chopped parsley and lemon wedges to garnish

INSTRUCTIONS
1. Bring a large pot of water to a boil and cook pasta according to the package instructions. Drain, rinse with cold water and set aside.

2. Meanwhile, pat the shrimps dry with paper towel, and mix them with Old Bay Seasoning.

3. Melt 1 tbsp. of butter in a large, non-stick skillet on medium heat. Add shrimp and fry for 1-2 minutes on each side, just until it cooks through.

4. Remove the shrimps from the skillet and set aside. In the same skillet, add the remaining 1 tbsp. of butter and melt until it just starts to brown. Add orzo and feta cheese. Mix everything well and turn off the heat.

5. Arrange the shrimps on the top and drizzle with generous amount of lemon juice.

6. Garnish with chopped parsley, lemon wedges and some extra feta cheese.
**TILAPIA IN ROASTED PEPPER SAUCE**

- Prep Time - 10 mins
- Cook Time - 20 mins
- Total Time - 30 mins

**INGREDIENTS**

- 1 lb tilapia fillets
- 3 tsp butter
- 1 medium onion, diced
- 2 garlic clove
- 6 oz roasted peppers, chopped (see note)
- 6 oz roasted peppers, pureed (see note)
- 3/4 cup heavy cream
- 1/2 cup grated Parmesan cheese
- salt and pepper
- chopped parsley to garnish

**INSTRUCTIONS**

1. Melt 2 tbsp. of butter in a large, non-stick skillet and fry the fish for 3-4 minutes on each side, until cooked through.

2. Season the fish with salt and pepper, remove from the skillet and set aside. To the same pan, add the remaining 1 tbsp of butter and onion and sauté for 5 minutes.

3. Add garlic, chopped and pureed roasted peppers and keep cooking for another 5 minutes.

4. Add heavy cream and Parmesan cheese. Turn off the heat, stir, and taste if the sauce needs more salt.

5. Return the dish to the pan and cover with sauce.

6. Garnish with chopped parsley and grated Parmesan cheese.
CABBAGE WITH
CHICKEN

 Prep Time - 15 mins
 Cook Time - 55 mins
 Total Time - 70 mins

INGREDIENTS

- 3 tbsp olive oil
- 1 1/2 lb boneless chicken thighs, cut into small pieces
- 1 medium cabbage
- 2 medium carrots (shredded)
- 1 tbsp paprika
- 2 tbsp. tomato paste
- 1 cup chicken stock
- salt, pepper
- 1 tbsp. hot sauce optional
- chopped fresh parsley to garnish

INSTRUCTIONS

1. Warm up a large sauté pan over medium-high heat. Add the olive oil and chicken. Fry for 5-7 minutes or until browned.

2. Meanwhile, slice the cabbage into thin strips, just like you would for coleslaw.

3. Add the paprika and tomato paste to the chicken. Stir, and then sauté for another five minutes.

4. Add the cabbage and cook for five more minutes.

5. Add the shredded carrots, chicken stock, salt, and pepper. Stir everything together. Cook without the lid, stirring occasionally, for about 40 minutes, until there is no liquid remaining.

6. Add 1 tablespoon of hot sauce, if desired. Garnish with fresh parsley.
**LEMON ROSEMARY SALMON**

Prep Time - 5 mins  
Cook Time - 15 mins  
Total Time - 20 mins

**INGREDIENTS**
- 1 lb. salmon fillet  
- 1 tbsp. olive oil  
- 1/3 cup dry white wine (such as a Sauvignon Blanc)  
- 1/8 cup lemon juice  
- 1 tbsp. honey  
- 1/2 tbsp. finely chopped fresh rosemary leaves  
- 1 tsp. cornstarch  
- salt, pepper  
- lemon slices and rosemary to garnish

**INSTRUCTIONS**

1. Cut the salmon fillet into the serving sized pieces.

2. Sprinkle the salmon with salt and pepper, and brush the top with olive oil.

3. Heat up a large, non-stick skillet on medium heat. Add the salmon to the pan skin side up, cover with lid, and cook for about 3-4 minutes.

4. After 4 minutes, flip the salmon and cook for another 3 minutes. Remove the salmon from the pan and set aside.

5. To the same pan add wine, lemon juice, honey and rosemary. Stir and cook for about 2 minutes.

6. Dissolve the cornstarch in a small amount of water (about 3 tbsp) and add to the sauce. Cook for another minute and add the salmon to the pan skin side up. Turn off the heat, cover the dish with a lid and let it rest for a few minutes.

7. Flip the salmon before serving and garnish with lemon slices.
PARMESAN CRUSTED CHICKEN

Prep Time - 10 mins
Cook Time - 15 mins
Total Time - 25 mins

INGREDIENTS
- 1 1/2 lb. boneless skinless chicken breast
- 1/2 cup all purpose flour, for dredging
- 2 eggs, beaten
- 2/3 cup breadcrumbs (home-made or store bought)
- 1/2 cup finely grated Parmigiano-Reggiano cheese
- salt and pepper
- vegetable oil for frying

INSTRUCTIONS
1. Cut the chicken breast into strips, about 1/4 thick (refer to the photos above).

2. Sprinkle the chicken with salt and pepper on both sides.

3. On a large plate, mix together the breadcrumbs and the Parmigiano-Reggiano cheese.

4. Dredge the chicken breasts in the flour and shake off the excess. After that, dip them into the egg mixture and, finally, dredge the chicken in the breadcrumb-Parmesan mixture (make sure it's coated well).

5. Fry the chicken on medium heat, in a small amount of vegetable oil for 2-3 minutes on each side, until golden and cooked through.

6. Garnish with lemon wedges and chopped parsley, if desired, and enjoy!
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