

25

Fast & Easy
Recipes



SweetPhi.com

25 Recipes for Every Busy Adult



SweetPhi.com

Welcome!



Hello and Welcome!

I'm Phi (pronounced like "fee") and I'm the creator and author of SweetPhi.com.

I love sharing fast and easy recipes for busy people. This E-Book contains 25 fast & easy recipes for every busy adult!

Being a working mom of three (boy/girl twins and a toddler), I know exactly how busy life can get and how hard it is to get a good, hot meal on the table (that everyone will enjoy) every night. My goal is to make it as easy as possible for you!

If you are looking for more easy recipes in a printed cookbook, I have two published cookbooks available!

- [Fast and Easy Five Ingredient Recipes for Easy People](#)
- [Baby Food Maker Cookbook](#)

Both books can be found on Amazon and wherever books are sold, and make great gifts! And I personally use them ALL THE TIME!

You can also follow along and stay up to date with the latest happenings on social media.

- [Instagram](#)
- [Facebook](#)
- [Pinterest](#)
- [Twitter](#)

Thank you for being a part of this community; I'm so glad you're here!

Phi

RECIPES



RECIPE INDEX

	Page Number
BREAKFAST	
Egg Cups	5
Quick Healthy Breakfast Cookies	6
Banana Bread Muffins	7
Sweet Cream Iced Coffee	8
Make-Ahead Freezer Meal Quiche	9
LUNCH	
5 Ingredient Healthy Pasta Meal Prep	10
Ham & Swiss Sandwich	11
Tortellini Pasta Salad	12
DINNER	
5 Ingredient Instant Pot Chicken Alfredo	13
Sheet Pan Pork Chop	14
Turkey Sloppy Joe	15
Hot Honey Baked Chicken	16
Chicken Tacos with Pineapple	17
Crock Pot Pork Roast	18
Asian Ground Turkey Bowls	19
One Pot Sausage and Rice Casserole	20
Perfectly Baked Salmon	21
5 Ingredient Cheesy Beef & Egg Noodle Casserole	22
Freezer Chicken Enchilada Casserole	23
5 Ingredient Hawaiian Chicken Rice Bowl	24
APPETIZERS	
Baked Brie	25
SNACKS	
Mini Carrot Cheddar Cheese Balls	26
Sausage Puff Pastry Appetizer	27
DESSERTS	
Peanut Butter Pretzel Energy Bites	28
Tuxedo Chip Cake Mix Cookies	29

Egg Cups

6 servings | 25 minutes



INGREDIENTS

- 4 large eggs, beaten
- 2 tbs whole milk
- 2 tbs whole milk ricotta
- 1/2 cup grated cheddar cheese
- 1/4 cup cooked sweet potato, cut into small pieces
- 1/4 cup cooked carrots, cut into small pieces
- 1/4 cup baby spinach, cut into small pieces

INSTRUCTIONS

1. Preheat oven to 350. Line a muffin pan with liners 6 muffin liners (or a mini muffin pan with mini liners) and set aside.
2. In a bowl mix together the eggs, milk and ricotta and whisk until well incorporated.
3. Stir in the cheese, sweet potato, carrots and baby spinach.
4. Scoop into prepared muffin liners.
5. Bake for 20 minutes. Remove from oven, let sit in the muffin tin for an additional 20 minutes before turning them out to cool - they will deflate a little bit. Then serve and enjoy!

NOTES

- Recipe adapted from The Baby-Led Weaning Family Cookbook

Quick & Healthy Breakfast Cookies

16 servings | 25 minutes



INGREDIENTS

- 2 cups quick cooking oats (gluten free variety)
- 2 ripe medium-large bananas, mashed
- 3/4 cup creamy peanut butter
- 3/4 cup semi-sweet chocolate chips (use dairy free chocolate chips if vegan)
- 1/2 cup sunflower seeds
- 1/4 cup ground flaxseed
- 1/4 cup granulated sugar
- 1/2 tsp salt 1 tsp cinnamon

INSTRUCTIONS

1. Preheat oven to 325. Line two baking sheets with parchment paper.
2. In a bowl mash bananas, then add all the other ingredients and stir (you'll need a little muscle, it's hard to stir, but totally worth it!)
3. Spoon large spoonfuls onto baking sheets and flatten the tops (I got about 8 large cookies per sheet). The cookies won't expand so you can put them close together.
4. Bake for 20 minutes until tops are golden brown. Allow to cool completely, then store in an airtight container, or freeze in a freezer bag (good frozen for up to 2 months).

NOTES

- This recipe is gluten free and vegan

Banana Bread Muffins

18 muffins | 35 minutes



INGREDIENTS

- 3 large ripe bananas
- 1 cup sugar
- 1 egg
- 4 tablespoons butter or margarine, melted and cooled
- 1 1/2 all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 325. Line a muffin pan with liners or cooking spray (or lightly grease a 9 by 5-inch loaf pan) and set aside.
2. In a bowl, mash bananas, you should have 1 cup. Beat in sugar, then egg and butter.
3. In another bowl, stir together flour, baking soda; add to banana mixture and stir until all flour is moistened.
4. Pour batter into prepared pan.
5. Bake for 25 to 30 minutes (or 55-60 minutes if making a loaf).

NOTES

- Can add fruits, nuts or spices. We like to add raisins or chocolate chips.
- Recipe adapted from the King Arthur Flour Baker's Companion

Sweet Cream Iced Coffee

1 pint | 11 minutes



INGREDIENTS

- 1 pint half and half
- 1/4 cup sugar
- 1 teaspoon vanilla extract (optional)

INSTRUCTIONS

1. Combine all ingredients and cook on medium heat until sugar is disintegrated (approximately 8 - 10 minutes)
2. Allow to cool, store in a mason jar or air-tight container in the refrigerator.

NOTES

- If you'd like a sweeter coffee, add more sugar

Make Ahead Freezer Quiche

8 servings | 1 hour



INGREDIENTS

- 1 premade (9-inch) deep-dish piecrust
- 5 large eggs
- 1/2 cup heavy cream
- 1/4 cup milk
- 3/4 teaspoon salt
- 1/4 teaspoon garlic salt
- 1 cup shredded cheese (use whatever kind of cheese you'd like Parmesan, Swiss, or Cheddar cheese)
- 1 (5.29-ounce) package sliced prosciutto (for the meat version)
- 1 1/2 cups vegetables (for the vegetarian version) I like using 1 cup baby spinach, chopped and 1 carrot shredded

INSTRUCTIONS

1. Make and bake immediately instructions:
2. Preheat the oven to 350°F. Place the piecrust on a baking sheet and set aside.
3. In a bowl, whisk together the eggs, cream, milk, salt and garlic salt until well combined.
4. For the meat version add in the cheese and prosciutto and then whisk a few times, until the ingredients are combined.
5. For the vegetarian version add in the cheese and vegetables and then whisk a few times, until the ingredients are combined.
6. Pour the egg mixture into the piecrust and bake for 40 to 45 minutes, or until the top is golden brown. The quiche will puff up. Remove from the oven and allow to cool for 5 minutes (it will set). Slice and serve.
7. To make-bake-and-freeze make the quiche using the above instructions. allow to cool completely. Then cut into 8 pieces. Wrap in plastic wrap and then aluminum foil and place in the freezer. To warm, remove aluminum foil and plastic wrap, and microwave for 2 minutes, then allow to rest for 30 seconds, then enjoy!
8. Make ahead- put in the freezer unbaked instructions: Place the piecrust on a baking sheet and set aside. In a bowl, whisk together the eggs, cream, milk, salt and garlic salt until well combined.
9. For the meat version add in the cheese and prosciutto and then whisk a few times, until the ingredients are combined.
10. For the vegetarian version add in the cheese and vegetables and then whisk a few times, until the ingredients are combined.
11. Pour egg mixture into the pie crust. Cover the quiche with plastic wrap and then aluminum foil and place in the freezer. Be careful when transferring to the freezer (make sure there is a flat surface to put the quiche on!)
12. When ready to bake, preheat the oven to 375°F degrees. Do not thaw the quiche!
13. Remove the aluminum foil and plastic wrap. Place foil loosely over the quiche and place the frozen quiche into the oven and bake for 50 minutes. Remove foil, and continue to bake for 30 minutes, or until top is golden brown.

5 Ingredient Healthy Pasta Meal Prep

4 sandwiches | 25 minutes



INGREDIENTS

- 8 ounces whole wheat penne pasta - can use any type of pasta you'd like
- 4 turkey sausage links - can use any type of sausage you'd like (each link should be 2.5-3 oz, 10-12 oz total)
- 1 bunch of rainbow Swiss chard, cleaned and chopped (about 4 cups raw) - can use kale or spinach
- 1 tablespoon extra virgin olive oil
- 1 cup parmesan cheese, shredded, divided

INSTRUCTIONS

1. Cook pasta according to the package instructions. Drain, and divide the pasta into 4 containers (I love these).
2. Meanwhile, in a large skillet over high heat add 1/2 tablespoon of olive oil and cook the sausage until brown and cooked through, about 5-7 minutes, turning every few minutes to brown. Remove the sausage from the pan and slice and divide among the 4 containers.
3. Next add the remaining 1/2 tablespoon of olive oil to the pan and add in the swiss chard. Cook, stirring occasionally until the swiss chard reduces, about 5 minutes (sometimes I add in a few tablespoons of the pasta water if the pan seems to dry). Divide the chard among the 4 containers.
4. Top each container with 1/4 cup of parmesan cheese.
5. Put a lid on each container and shake it a couple of times to mix everything. Store in the refrigerator and enjoy within a week.

NOTES

- 350-400 calories per serving depending on what type of ingredients you use.

Ham & Swiss Sandwich

2 sandwiches | 5 minutes



INGREDIENTS

- 4 slices whole grain bread
- Green leaf lettuce
- Red onion, to taste
- 4-6 oz. thinly sliced deli ham, 2-3 oz. per sandwich
- 2 slices Swiss cheese, one slice per sandwich

For sauce:

- 2 tablespoons mayonnaise, reduced fat
- 1 tablespoon whole seed grain mustard
- 1/2 teaspoon real maple syrup

INSTRUCTIONS

1. Combine sauce ingredients.
2. Spread sauce evenly between two pieces of bread.
3. Top spread with lettuce, onion slices, ham, and Swiss cheese. Top each sandwich with remaining piece of bread and enjoy!

Tortellini Pasta Salad

6-8 servings | 15 minutes



INGREDIENTS

- 1 (16 oz) package fresh refrigerated cheese tortellini
- 1 cucumber, finely chopped
- 2 bell peppers, finely chopped
- 1/2 cup Italian salad dressing
- 1/2 cup Parmesan cheese, shredded

INSTRUCTIONS

1. Cook pasta according to package instructions. Drain water when done cooking and allow to cool.
2. Cut cucumber and bell pepper.
3. In a large bowl combine pasta, chopped cucumber and bell pepper, salad dressing and cheese, stir to combine.
4. Allow to cool in the fridge for 2 hours or overnight.
5. Stir before serving and enjoy!

Instant Pot Chicken Alfredo

4 servings | 19 minutes



INGREDIENTS

- 1 tablespoon olive oil
- 2 garlic cloves, finely minced
- 1 lb. boneless skinless chicken breasts (about two large breasts, cut into 1-2 inch cubes)*
- 8 oz. dry fettuccine or whole wheat linguine
- 1 jar (15 oz.) alfredo sauce
- 1 jar water (15 oz.)**
- salt and pepper to taste***

INSTRUCTIONS

1. Hit saute setting on your Instant Pot and set timer for 5 minutes.
2. Add olive oil, garlic and chicken to Instant Pot and saute for 5 minutes, stirring only once or twice. Add salt/pepper to taste.
3. Make sure no chicken is stuck to bottom after sauteing has finished.
4. Break dry/uncooked pasta in half and add into Instant Pot.
5. Empty jar of alfredo sauce into Instant Pot. Refill the same jar with water and add to Instant Pot. Do not stir, sauce will thicken as it sits.
6. Seal, and set Instant Pot to 'high pressure' and set timer for 9 minutes.
7. Flip valve to release the pressure (quick release) and when pressure subsides, open the lid and stir.
8. Divide between 4 plates, top with parmesan and serve with a side of broccoli if desired, and enjoy!

NOTES

- *You can use frozen chicken. If chicken is frozen, cook for 15 minutes if chicken breasts are stacked or on top of each other. If you are able to lay frozen chicken flat on the bottom of the Instant Pot, cook for 10 minutes. You want the breasts a little pink at this point so they don't over-cook.
- **If you prefer a thicker sauce, use 3/4 jar of water, instead of a full jar.
- *** water, salt, and pepper not included in 5 ingredients, because chances are you have those somewhere in your house ☐

Sheet Pan Pork Chop with sweet potato and fennel

4 servings | 55 minutes



INGREDIENTS

- 4 boneless pork chops (about 3/4 inch thick)
- 3 Tablespoons pure maple syrup
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons soy sauce (or tamari if gluten free)
- 2 Tablespoons whole grain mustard
- 1 Tablespoon brown sugar
- 1/2 teaspoon dry mustard (optional)
- 1/2 teaspoon salt
- 2 sweet potatoes, peeled and cut into 1/2 inch cubes
- 2 fennel bulbs, cut into 1/2 inch pieces
- 2 Tablespoons olive oil
- pinch of salt and pepper

INSTRUCTIONS

1. In a zip lock bag (or in a container with a lid) combine pork chops and next seven ingredients (through the salt). Allow to marinate for 30 minutes or up to overnight.
2. Preheat oven to 425.
3. On a sheet pan (I like to line my baking sheet with a silicone baking mat or a sheet of aluminum foil) sprinkle sweet potato pieces and fennel pieces and nestle marinated pork chops in the middle/center of the sheet pan. Drizzle veggies with olive oil and a pinch of salt and pepper.
4. Bake for 25-30 minutes, or until the veggies are soft when poked with a fork and the pork has reached an internal temperature of 140. Remove from oven, allow to rest for 5 minutes, pork temperature will come up to 145 (a little pink in the inside of your pork is actually ok!!)

Turkey Sloppy Joe

4 servings | 20 minutes



INGREDIENTS

- 1 Tbs canola oil (or a neutral oil like vegetable oil)
- 1.25 lbs Italian turkey sausage, casing removed (or ground turkey)
- 1 bell pepper, finely chopped
- 2 Tbs ketchup
- 2 Tbs Worcestershire sauce
- 1 tsp salt
- 1 tsp chili powder
- 1/2 tsp cayenne pepper
- 1 can (6 oz) tomato paste
- 1/2 cup water
- 1 tsp peppe
- 6 slices pepperjack cheese
- 6 burger buns (or 12 King's Hawaiian Sweet Rolls)

INSTRUCTIONS

1. In a large frying pan add canola oil and uncased Italian turkey sausage (you can buy it either ground or in casing, either is fine, or you could use ground turkey) fry over medium high heat breaking up the meat for 5 minutes, then add the bell pepper pieces and continue to cook for 2 minutes, then add the Ketchup and Worcestershire Sauce, salt, chili powder and cayenne.
2. Next add the can of tomato paste and water and stir until the tomato paste is part of the sauce and no clumps remain. Cook for another 5 minutes or until the meat is cooked through and there are is no pink remaining.
3. To serve place one or two heaping spoonfuls onto a bun, place a piece of pepperjack cheese on top and serve!

Hot Honey Baked Chicken

4 servings | 30 minutes



INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 tablespoons sweet + smokey barbecue seasoning
- 1 cup panko breadcrumbs
- 4 small chicken breasts
- 2 tablespoons sour cream
- 2 cups broccoli florets
- 4 medium yukon gold potatoes, cut into cubes
- 1 1/2 tablespoons hot honey (1 Tbs honey and 1/2 tsp red pepper flakes)

INSTRUCTIONS

1. Preheat oven to 375.
2. In a small microwave safe bowl melt 1 tbsp butter, approximately 30-45 seconds. Stir in 1 tbsp olive oil, bbq seasoning, and a large pinch of salt. Add panko and stir again until combined.
3. Lightly spray a baking sheet with cooking spray.
4. Place chicken breast on baking sheet and spread sour cream on top of chicken breasts. Sprinkle panko mixture on top, pressing to adhere (no need to coat the underside).
5. Place broccoli and potatoes on the baking sheet. Lightly drizzle olive oil over everything on the baking sheet and sprinkle with salt and pepper. Bake until potatoes are tender when poked with a fork and chicken is no longer pink in the center; about 25-30 minutes. Toss potatoes halfway through (at around 15 minutes).
6. Make hot honey. Simply combine 1 tbs. honey and 1/2 tsp. red pepper flakes.
7. Divide chicken, potatoes and broccoli between plates. Drizzle chicken with hot honey, to taste.

Chicken Tacos with Pineapple Salsa

4 servings | 25 minutes



INGREDIENTS

For the chicken

- 1 pound boneless, skinless chicken (or chicken thighs)
- 1 tablespoon olive oil 1 lime (juice of lime)
- 1/2 teaspoon salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika

For the pineapple salsa

- 1 cup fresh pineapple, chopped
- 1/4 large red onion, finely chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 lime (juice of 1/2 lime)
- 1/2 jalapeno, finely chopped (seeds removed if you don't like it too spicy)
- dash of salt
- 8 taco shells

INSTRUCTIONS

1. Cut chicken into small strips*
2. Put chicken in a bowl and add all ingredients (olive oil, juice of 1 lime, salt, garlic salt, cumin, chili powder, paprika) and stir to combine. Let sit for 5 minutes (or marinate up to overnight in the fridge.)
3. While chicken is resting, make the pineapple salsa.
4. Combine fresh pineapple pieces, chopped red onion, cilantro, juice of 1/2 of a lime, jalapeno and a pinch of salt. Stir to combine, and put salsa in the fridge while cooking the chicken.
5. Cook the chicken in a cast iron skillet over high heat, allow chicken to brown before flipping it (about 3 minutes per side).*
6. Warm tacos according to package instructions.
7. To assemble the tacos: add a few pieces of chicken to the taco shell, top with a few spoonfuls of pineapple salsa and enjoy!

NOTES

- You could grill the chicken, if grilling the chicken, I would recommend leaving the chicken breasts whole and not slicing the chicken into small pieces.

Crock Pot Pork Roast

6-8 servings | 4 hours, 41 minutes



INGREDIENTS

- 1.5-2 lb boneless pork roast
- 1.5-2 lbs small red potatoes, cut into 4's
- 1/2 teaspoon garlic salt
- 1 tablespoon Italian seasoning
- 1 cup chicken broth

INSTRUCTIONS

1. Put the pork roast in a slow cooker. Arrange cut potatoes around the roast.
2. Sprinkle garlic salt over the roast and potatoes, and then sprinkle the Italian seasoning around over the pork roast.
3. Pour chicken broth into the slow cooker. Place lid on and cook on high for 4 hours, or low for 8 hours
4. If cooking it on low, remove the roast and let it rest for 5 minutes, then slice it before serving.

Asian Ground Turkey Bowls

4 bowls | 15 minutes



INGREDIENTS

- 1 teaspoon sesame oil
- 2 garlic cloves, pressed
- 1.25 lbs lean ground turkey
- 1/2 teaspoon salt
- 1 teaspoon fresh ginger, grated
- 2 tablespoons brown sugar
- 1/4 cup soy sauce (or Tamari if gluten free)
- 1 tablespoon rice wine vinegar
- 1 tablespoon chili paste (gochujang)

For serving:

- 2 cups white rice, cooked (I use 5 minute instant white rice)
- Asian pickled vegetables (or you could use finely chopped, raw vegetables: carrots, cucumbers, jalapenos)
- cilantro, about a handful, chopped for topping
- Optional: sauce to serve over the finished dish:
 - 1/4 cup soy sauce (or Tamari if gluten free), 1 tablespoon brown sugar, 1 teaspoon chili paste

INSTRUCTIONS

1. In a large nonstick pan over high heat cook sesame oil and garlic cloves for 30 seconds, then add in the ground turkey and sprinkle with salt. Break up the turkey as it cooks for 5 minutes, then when there's only a little bit of pink showing still, add in the fresh ginger, brown sugar, soy sauce, rice vinegar, and chili paste and continue cooking, stirring and breaking up the turkey as it cooks, for another 4-5 minutes. Then turn off the heat.
2. Cook rice according to package instructions and set aside.
3. Chop cilantro and get your vegetables ready (drain the liquid from the pickled vegetables or chop the raw vegetables).
4. If making the sauce to go over the finished dish, stir the ingredients together and set aside.
5. To assemble: divide rice between 4 bowls, top each bowl with 1/4 of the turkey, add pickled veggies and top with a pinch of cilantro and enjoy

One Pot Sausage & Rice Casserole

4 bowls | 55 minutes



INGREDIENTS

- 2 tablespoons Extra Virgin olive oil
- 1 small onion, diced
- 1 green bell pepper, diced
- 1 garlic clove, finely chopped
- 1 teaspoon paprika
- 1 (8 oz. package) mushrooms (white or Baby Bella mushrooms), washed and sliced
- 1 pound (16 oz.) uncooked Italian sausage (can use links, cut into slices or ground sausage)
- 2 cups dry long grain white rice
- 4 2/3 cups tomato juice or vegetable juice
- 1 cup cheddar cheese, shredded
- Salt and freshly ground pepper

INSTRUCTIONS

1. In a large pot with a lid, heat olive oil over medium-high heat. Saute onion and bell pepper for 2 minutes.
2. Add in garlic clove and paprika and cook for 30 seconds.
3. Stir in mushrooms and Italian sausage and cook for 5 minutes, until almost no more pink is visible in the sausage and the sausage is almost cooked through (it will finish cooking with the rice and sauce).
4. Stir in the dry rice, tomato juice, salt and freshly ground pepper to taste (I usually add in about 1/2 teaspoon salt and 1/4 teaspoon pepper).
5. Cover the pot and bring to a boil, stir, then return the lid to the pot and reduce heat to low.
6. Cook for 35-45 minutes, until the rice has absorbed most of the liquid and is cooked through. Remove lid stir, and sprinkle cheese on top. Serve warm and enjoy.

Perfectly Baked Salmon

4 servings | 25 minutes



INGREDIENTS

- 1 Lb Center Cut Salmon (about 16 oz)
- 2 Tbs Extra Virgin Olive Oil
- 1 Tbs Mediterranean Sea Salt
- 1/2 Lemon, sliced and slices halved

INSTRUCTIONS

1. Preheat oven to 350. Line a baking sheet with aluminum foil.
2. Place salmon (skin side down if skin is on) on the lined baking sheet. Drizzle olive oil on the fillet, sprinkle with Mediterranean Sea Salt, place lemon slices on top.
3. Bake for 20 minutes. Remove from oven and let rest for 2 minutes, then cut into fillets and enjoy!

Cheesy Beef & Egg Noodle Casserole

8 servings | 20 minutes



INGREDIENTS

- 1 lb (16 oz) egg noodles, cooked
- 1.25 lbs lean ground beef (with a pinch of salt)
- 2 cans (14.5 oz each) diced tomatoes with Italian herbs
- 2 cans (14.5 oz each) cut green beans, drained
- 2 cups colby jack cheese, shredded

INSTRUCTIONS

1. Cook noodles according to package instructions, then set aside. I like boiling them in salted water.
2. While the noodles cook, in a large pan cook the ground beef, breaking it up as it cooks, until no more pink shows (about 5 minutes). Add in diced tomatoes and green beans and stir. Add in a pinch of salt.
3. Preheat oven to 350.
4. In a large casserole dish add noodles and beef mixture. Sprinkle cheese on top.
5. Bake for 5-10 minutes, until the cheese is melted.

Chicken Enchilada Casserole

6-8 servings | 50 minutes



INGREDIENTS

- 1 1/2 cups dry brown rice, cooked according to package instructions
- 2 1/2 cups shredded chicken
- 2 cans (15 oz each) black beans, drained and rinsed
- 1 (15 oz) can green enchilada sauce (heat level of your liking, I usual do mild or medium)
- 1 (15 oz) can diced tomatoes
- 1/2 cup sour cream
- 1 teaspoon cumin (optional)
- 1/2 teaspoon salt
- Dash of pepper to taste
- 2 cups shredded cheddar cheese

INSTRUCTIONS

1. Spray a dish (1- 9x13 inch baking dish or 2- 8x8 inch baking dishes or disposable pan(s)) with cooking spray.
2. Cook rice and chicken and shred chicken (see note for cooking chicken)*
3. Drain black beans
4. In a bowl combine shredded chicken, enchilada sauce, tomatoes, black beans, sour cream, and seasonings.
5. Put rice at the bottom of the prepared baking dish, spoon chicken mixture on top of rice. Sprinkle the cheese on top.
6. Freeze or bake, cooking instructions below.

For baking from frozen, remove from freezer and bake at 350 degrees for 1 1/2 hours or until cheese is melted and center of the dish is warm.

For baking right after prepared - bake at 350 for 30-35 minutes, until cheese is melted and starting to turn golden brown on top.

Hawaiian Chicken & Rice Bowls

4 servings | 40 minutes



INGREDIENTS

- 1 lb chicken tenders (or chicken breasts, cut into strips)
- 1 can (20 oz) pineapple chunks,
- 1/2 cup juice reserved, the rest drained
- 1 cup teriyaki sauce (I like Soy Vay - Veri Veri Teriyaki)
- 2 packages (8.8 oz each) coconut basmati rice - ready in 90 seconds variety
- 1 cup cilantro, chopped

INSTRUCTIONS

1. Put chicken in a bowl and pour 1/2 cup pineapple juice and 1 cup teriyaki sauce into the bowl, stir and refrigerate - let marinate for 30 minutes or up to overnight.
2. Remove chicken from refrigerator and drain off liquid.
3. Cook chicken in a non stick skillet for 3 1/2 minutes, then flip and cook for another 3 1/2 minutes, then add in pineapple chunks and cook for another 1 minute. Remove from heat. Cook rice according to package instructions.
4. Chop cilantro
5. To assemble bowls divide rice among 4 bowls, top each bowl with 2 chicken tenders and some pineapple and 1/4 cup of cilantro, serve and enjoy.

NOTES

- If you don't like cilantro, you can omit that ingredient.
- If you don't have coconut rice, you can make some by replacing half the water you're cooking the rice in with coconut milk.

Easy Baked Brie Appetizer

1 wheel | 40 minutes



INGREDIENTS

- 1 8 oz Brie wheel (a 16 oz Brie wheel would work great too)
- 1 cup red pepper jelly (or you could use more, I've used the whole jar before and it turned out great)

INSTRUCTIONS

1. Preheat oven to 350. Line a round pan with parchment paper (or if serving in the baking dish it doesn't need to be lined.)
2. Place brie wheel in the baking dish.
3. Spoon jelly on top of brie (you could use 1 cup or up to an entire jar - this is a good red pepper jelly- there will just be a little extra jelly if you use the whole jar, which is still so delicious when eaten with baguette).
4. Bake for 25-35 minutes (check for doneness at 25 minutes, you want the brie to be melted and gooey). Remove from oven, transfer to a plate and serve with crackers or sliced up baguette.

Carrot Cheddar Cheese Balls

18-20 balls | 5 minutes



INGREDIENTS

- 2 large carrots, grated (about 1 cup grated)
- 8 oz cream cheese (1 block, I have used reduced fat and that works great too), at room temp
- 1 cup (2 oz) shredded/grated cheddar cheese
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon cayenne pepper

INSTRUCTIONS

1. Grate carrots into a bowl.
2. Add cream cheese, shredded cheddar cheese, Worcestershire sauce and cayenne and stir (this will take some muscle, or you can use a stand mixer to mix it.) Make sure everything is combined and no large chunks of cream cheese remain.
3. Using a tablespoon size cookie scoop, scoop balls and place them on a plate. You can form them into more neat and exact circles with your hands if you'd like. If you don't have a cookie scoop you can just measure out a heaping spoonful and then shape it into a small cheese ball.
4. You could also just leave the mixture in the bowl and serve it like a dip, or form one big cheese ball.
5. Refrigerate for 1 hour, then serve.

Sausage Puff Pastry

24 bites | 40 minutes



INGREDIENTS

- 1 package (2 sheets, 17.3 oz) puff pastry, thawed to room temp
- 1 package (12 oz) precooked Polish sausage, each link cut into large
- 1-1 1/2 inch chunks
- 1 lemon, zest from the lemon
- 1-2 rosemary sprigs, leaves removed and finely minced
- 1 cup marinara sauce for dipping

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Spray a mini muffin pan with cooking spray and set aside.
3. Cut puff pastry into circles, then cut a little X shape in the center.
4. Put one sausage piece in the center where the x is cut and then press the puff pastry around the sausage and put into a mini muffin tin cup. Repeat until all sausages/puff pastry circles are done and put in the mini muffin pan.
5. Bake for 30 minutes, until puff pastry is slightly brown on the outsides.
6. Remove from oven. Sprinkle with lemon zest and rosemary.
7. Warm marinara sauce to liking, then serve.

Peanut Butter Pretzel Energy Bites

18 balls | 5 minutes



INGREDIENTS

- 1 cup deglet noor dates, pits removed (5 1/2 oz or 22 dates)
- 1 cup pretzels
- 6 tablespoons toasted coconut flakes
- 4 tablespoons creamy peanut butter
- 2 tablespoons honey
- 1 tablespoon water

INSTRUCTIONS

1. In a food processor, process dates for 10 seconds, then add pretzels and process for another 10 seconds.
2. Add remaining ingredients: toasted coconut flakes, peanut butter, honey and water. Process for 10-30 seconds, until the mixture comes together and no large chunks of any ingredient remain - it should be soft to touch and but stick together, if not, add another 1/2 tablespoon of water and process.
3. Using a tablespoon cookie scoop, scoop 1 tablespoon of the mixture and roll between hands to form a ball. Repeat with all remaining mixture, forming it into 1 tablespoon balls.
4. Put in a container or bag and allow to cool for 1 hour in the refrigerator. Store in the refrigerator.

NOTES

- Makes 18 balls, 75 calories each

Tuxedo Chip Cake Mix Cookies

30 cookies | 16 minutes



INGREDIENTS

- 1 box yellow cake mix (15.25 oz.)
- 1/2 cup vegetable oil
- 2 eggs
- 1 cup chocolate chips (mixed white chocolate and semi-sweet chocolate chips)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl or a bowl of a stand mixer, combine cake mix, eggs and oil.
3. Stir until combined.
4. Add in chocolate chips and lightly combine.
5. Scoop mix onto lined baking sheet (line baking sheet with a silicone baking mat or parchment paper) using a cookie scoop.
6. Bake at 350 for 11 minutes.
7. Remove from oven and allow to cool for 5 minutes before moving to a cooling rack, then serve and enjoy

NOTES

- Consider sprinkling cookies with sea salt after baking for some extra flavor

Thank you!

Thanks so much for reading
and following along!

Don't forget to visit my
website at SweetPhi.com
for more than 1,000+
family-friendly recipes

SweetPhi