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Follow the latest daily buzz with buzzFeed Daily Newsletter! Philip Friedman Make these recipes for beginners, main courses and desserts part of your next dinner menu. Summer soups, salads and sandwiches Tina Rupp From cucumber soup to Mediterranean tuna salad, these simple recipes without cooking are excellent for summer dishes. 14 Weeknight Recipes by Ken Burris It's time for your oven to take a vacation. These non-cooking dishes are ideal for busy weekdays and lazy weekends. Low-Cal, Asian-style food Ken Burris whips up this non-chef dinner of Asian-style delicacies, including a cool cucumber salad and mint prawn summer rolls, for some time. Winning No-Cook Recipes by Andrew Scrivani These award-worthy dinner recipes are delicious when the last thing you want to do is include an oven. No-Cook Snack Menu Get Out of the Kitchen, so you can join in the fun. These cook-free apps are ready in an instant. Meg Torrance Winning No-Cook Salsa courtesy of Meg Torrance This delicious non-chef salsa took the top prize in the 20th annual Bloomington Salsa Competition. More No-Cook Recipes by Ken Burris Search through our extensive library without cooking drinks, appetizers, dishes and desserts. This content is created and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Tara Donn's spicy spice makes this chicken mmmm, um, good. It's so fast and easy that it will soon become a regular in your dining repertoire. Tuesday: Crusty Fish Filets Illustration by Michael Toland Make Tuesday Night Fish Sticks Night for Adults! Fiber-packed wheat germ makes the breading extra crunchy. Wednesday: Spicy pecan-crusted chicken-tasting pecans combined with spicy chipotle and savoury orange to coat the chicken with pizzazz. The cooking time is 10 minutes and the cooking time is only 20. Thursday: Fresh tomato sauce toss these cans of tomato sauce and make your own. It's easy and you can do enough to freeze for longer use. Friday: Chinese chicken and noodle salad Ken Burris We love these salads in restaurants, but unfortunately the dressing can throw this dish off the food wagon. Our spicy dressing uses fresh orange juice, sesame, ginger and low-sodium soy sauce - it's so good that you can double the recipe and save some the next day. Saturday: Smoked salmon Nishaise This twist on a classic Nihoaz salad uses smoked salmon instead of tuna and adds extra vegetables instead of hard-boiled eggs and olives. Lovely served as an unconventional late or a special weekend lunch. Look for Scottish smoked salmon - it's particularly lean and more fragrant. Sunday: Yunhee Kim's Whole Grain Pancakes eat a stack of pancakes without a side of guilt. These flaps contain healthy oats and whole grain flour. They are also topped with delicious fresh fruit. This content created and supported by a third party, and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Kate Mathis Use a blender to make a creamy vegetable soup without a drop of cream. Prepare four cups of any vegetable together with small potatoes, onions, salt, pepper and two glasses of water until very tender. Then mash until smooth with a cup of skimmed milk and return to the oven to return to temperature. Heavenly! Steamed vegetables in the microwave - do not buy a special steamer. Broccoli, green beans and carrots actually come out better - tender and never brown or withered. Even sturdy and nutritious greens like collars, chard, and broccoli rabe (which are usually boiled, drained and fried) can be cooked in one step in the microwave. Mix about a pound of chopped leaves and stems with a tablespoon of oil and chopped onion or garlic. Cook for about five minutes or until softened and tender, stirring once or twice during cooking. Season with salt, hot pepper flakes and vinegar or lemon juice. Cook the meat and fish in the microwave, too. Boneless chicken breasts and fish fillets will steam evenly and taste great without oil, and there will be a shred or flake. Rule of thumb: Add a tablespoon or so of water and a dash of salt, cover, then zap for five minutes for each pound. To enhance the flavor, replace lemon juice or white wine for water and/or sprinkle with dried or fresh herbs like oregano, thyme, tarragon, or a mixture of spices. Heat a heavy cast-iron frying pan instead of investing in an indoor grill or a special stovetop grill. Turn the burner to medium-high for 3 to 5 minutes, then add lean filets or chopped vegetables. They go out just as tasty as if they were cooked outdoors. While a roved pan will give an attractive grill brand, in a Good Housekeeping Research Institute test, it doesn't reduce the amount of fat that winds up on your plate more than a flat-bottomed one. Don't buy rice paddies to make brown rice. To make sure it goes right each time, choose a pot with a heavy bottom. Then measure (not the eyeball) the amount of water indicated on the package. Rig up a slinky lid, topping the pan with a piece of aluminum foil, wrapping it tightly around the rim and then placing a lid pan on top of the foil. Make low-fat fried cheese sandwiches in a nonstick frying pan - no grilled panini is needed. Start with whole grain bread, low-fat cheese and juicy slices of tomatoes. Very lightly grease the pan with olive - A teaspoon should be enough - and heat on a medium setting for 3 minutes. Place the sandwich in a pan with a dinner plate on top to gently snuff it. Cook the sandwich with one side until golden brown and then flip over on the brown other side. Think smashed (not mashed) potatoes. Whipping up everyone's favorite dish, you don't need a mixer, blender, food mill, rice maker, or even a potato masher. After boiling the potatoes with their skins on (bonus: you've eliminated the potato peeling), break and mix with a regular fork. If you choose red-skinned studs, you will get a colorful side dish without extra work. Yukon Golds produces a buttery taste without adding oil. If you need a touch of seasoning over salt and pepper, drizzle in a good peppery olive oil. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io If you are like us, you love pre-food and nightly recipes. Ready to go one step further? Learn how to plan a meal (or a bunch of them) as a professional. Follow along for meal plans for any lifestyle as well as smart training ideas and foods that will help you keep cooking simple. Nutrition PlansFind is the perfect meal plan for your family here, or create your own. No matter which path you choose, avoid these food planning mistakes! Choose a Meal PlanPlan Way Forward! Freezer food will allow you to do the work way ahead of time. All you have to do is thaw, warm up and eat. Here's how to make room in the freezer for all that good food. Planning GearThese food preparation tools do all the hard work so you can get right for the good stuff (eat!). via amazon.comInstant Pot AccessoriesJulia Mikhailova/ShutterstockMeal Prep Containerssurlatable.comSlow Cooker AccessoriesMa IdeasPlaning Forward takes guesses from cooking. Cooking forward makes every meal a breeze. Use these cooking ideas any day, anytime. Eating Prep TricksThe Key to Easy Food Preparation? Make sure you have all your ingredients. Here's how to get everything you need at the grocery store in record time! Here's some more preparatory advice you won't want to miss. Want more food planning ideas? Sign up for our newsletter! Advertising - Continue reading below cinnamon vanilla French toast with bacon Situation: Breakfast first morning after the perfect meal to make: Cinnamon-Vanilla French toast with bacon This French toast fills the air with vanilla and cinnamon, two flavors that can help induce excitement (round two after breakfast?). Throw the bacon in the oven (splurge on premium varieties such as Dakin Farm, Niman Ranch, Benton Hickory Smoked Country Bacon, or Nueske's) to add protein for stamina, as well as a salty counterpoint to the sweet. He'll be in the heavens of the pigs. 4 Premium center cut or thick cut bacon 2/3 cup 1% milk 2 eggs 2 teaspoon vanilla extract 1 teaspoon cinnamon 1/8 teaspoon nutmeg 4 slices of hearty wholegrain bread Cooking spray berries or apple slices (optional) 2 tablespoons real maple syrup 1 Preheat the oven to 375 degrees Fahrenheit. Place the bacon on a baking sheet lined with parchment paper; Bake for 18 to 20 minutes or until crisp. Remove Delete oven and transfer to a plate lined with paper towels. 2 During the preparation of bacon, mix milk, eggs, vanilla extract, cinnamon and nutmeg in a small bowl; whisk until well blended. Pour the mixture into a pie bowl or small bowl. 3 Dip 2 slices of bread into the egg mixture and allow to stand for 30 seconds to absorb the liquid. Turn the bread over and let stand in the mixture for another 30 seconds. 4 Heat a non-stick frying pan lightly covered with kitchen spray over medium heat. Add 2 soaked slices of bread and cook for 2 minutes or until lightly browned. Turn over and continue to cook for 1 minute or until cooked. Repeat steps 3 and 4 with the remaining 2 slices of bread. 5 On each plate place 2 strips of bacon and 2 slices of French toast. Garnish with berries or apple slices if you like and serve with syrup. Makes 2 servings. Per serving: 374 cals, 12g fat (4g sat), 49g carbohydrates, 685mg sodium, 5g fiber, 19g Protein Green Goddess Dip with vegetables - Pita's Homemade Chips Situation: You need an impressive (but easy) dish Dish Perfect Food to make: Green Goddess Dip with Vegetables and Homemade Pita Chips OK, so it's not food for sure. But appearing with a crowd of nice signature snacks will always inspire great praise. This surprisingly simple but elegant dish fits the score. 3 6-inch wholegrain pita bread 2 tsp Cumin Chili rapeseed Kosher salt powder 2 cups chopped avocado (about 2) 1 cup low-fat Greek yogurt (e.g. phage) or plain skim yogurt 1/4 cup fresh lemon juice 1/4 cup white wine vinegar 2/3 cup chopped fresh onion. Divide 1/2 cup chopped fresh parsley 7 cups assorted fresh vegetables, raw or lightly steamed (e.g. beets, carrots, chopped fennel, julienne jicama, snow peas) 1 Preheat the oven to 350 degrees Fahrenheit. Cut each pita bread into 8 wedges. Brush with oil and sprinkle with ground cumin, chilli powder and kosher salt - all to taste. Bake for 8 minutes or until the edges start to brown. Turn off the oven and let the chips stand for 15 minutes or until crisp. 2 Meanwhile, put avocado, yogurt, lemon juice, vinegar, 1/3 cup onion, parsley and salt to taste in a small food processor or blender and mash until creamy. Stir in most of the remaining onions, reserving some side dish drop. 3 To serve, spoon dip in a small bowl and surround with vegetables and pita chips on a platter. Makes 20 servings. Per serving (2 tablespoons drop, 1/3 cup vegetables, and 1 chip): 77 cals, 3g fat (Lemon-Tarragon Halibut en Papillote Situation: Important Business Dinner Perfect Food to Do: Lemon-Tarragon Halibut en Papillote Proper Food (and Proper Presentation) Shows That You're Complicated and Serious About Your and that you have creativity and flair. Seal fish and vegetables en papillo (French for in paper) vapors i gently, producing a reliable moist result every time. (And the ease of training and cleaning gives you more time to dazzle your guests.) While these ingredients are ingredients Each other beautifully, you can vary vegetables and fish depending on what is in season or your personal preferences. Parchment paper 1 cup thinly sliced fennel, Julienned 3/4 cup of snow peas, cut diagonally into thirds 1/2 cup chopped carrots 4 filets halibut (5 ounces each) 1 lemon 1 1/2 tablespoons butter, softened 2 tsp finely chopped fresh tarragon 1 Preheat the oven to 425 degrees Fahrenheit. Cut the parchment paper into four 18-inch pieces. Fold each piece in half and draw a large half of the heart on each piece, using the crease as the heart center. Cut out the shape and expand. 2 Place the fennel, peas and carrots in a microwave bowl with 1/4 cup water; microwave on high for 4 minutes. Drain well. Divide the vegetable mixture between pieces of parchment, spoon it in a small layer along the crease. Place the filets on top of the vegetables and sprinkle evenly with salt and pepper to taste. 3 Slice the lemon in half across. Cut half across into 8 thin slices, then juice the remaining half. Mix 1 tablespoon of lemon juice, butter and tarragon. Divide the oil mixture evenly between fish bags dotted with fish tops. Top each fillet with 2 slices of lemon. Starting at the top of each heart, fold the edges of the parchment, stacking the edges as you go. Twist the end of the tip to provide tight. Place the bags on a baking sheet. 4 Bake for 12 minutes or until the parchment is over. Place on serving plates; cut and serve immediately. Makes 4 servings. Per serving: 225 cals, 8g fat (3 g sat), 7g carbohydrates, 426 mg sodium, 2g fiber, 31g Protein Chocolate Fondue Situation: Your best friend's heart just trampled the perfect meal to make: Chocolate Fondue This is your BFF we're talking about here-screw eating ice cream out of the box. Fondue is easy and comforting, and studies show that chocolate actually helps improve mood, so it will feel better right away. Chocolate is the star of the show, so buy high quality bars and cocoa you can afford. A tiny piece of coffee, while optional, helps to enhance the taste of chocolate. 2/3 cup evaporated skimmed milk 3 tablespoons agave nectar 1/2 teaspoon vanilla extract 1/4 teaspoon espresso powder or instant coffee pellets (optional) 1/3 cup unsweetened cocoa powder 3 ounces bitter-sweet chocolate (e.g. Ghirardelli), chopped 1 cup cube angelic food cake 2 cups fresh fruit (sliced kiwi, bananas and mango) 1 Combine evaporated milk, agave nectar, vanilla extract, and espresso powder in a small saucepan with a heavy bottom. Place over medium heat and cook until the mixture starts to bubble around the edges. Remove from heat. 2 Whisk the cocoa powder until well Add chocolate. Cover and let stand for 5 minutes. Whisk until the chocolate is well blended; Pour the mixture into the fondue pot to keep it warm. (Add more milk if the mixture gets too thick.) 3 Use forks or skewers to dip cake and fruit into chocolate. Makes 4 servings. Per serving (1/4 cup fondue, 1/4 cup cake, and Cup of fruit: 291 cals, 10 g fat (6 g sat), 52 g carbohydrates, 146 mg sodium, 6 g protein :Note: If fresh seasonal fruits are rare, try dipping dried fruits such as apricots, figs, apples and fi fino. Classic Fried Chicken Situation: Meet his parents Perfect Meal to make: Classic fried chicken If you're cooking dinner that's too fancy, they might wonder if you think you're too good for them. But if it's too much at home, they may think you're not good enough for it! Solution? Beautiful fried chicken, with baby potatoes and colorful steamed vegetables such as carrots, green beans or broccoli. 1 fried chicken (about 4 1/2 pounds) 1 tbsp chopped fresh thyme 10 sprigs of thyme, separated by 3 lemons, quanted cooking spray 1 Preheat the oven to 375 degrees Fahrenheit. Meanwhile, remove the sheepsay and neck from the chicken cavity. Cancel. Trim the excess fat from the chicken. Loosen the skin from the chest and drumsticks by inserting your fingers and gently pushing between the skin and meat. 2 Mix the chopped thyme with salt and pepper to taste, and use your fingers to rub it under the skin of the chicken. Sprinkle with salt and pepper to taste inside the body cavity. Place 5 sprigs of thyme and 4 lemon wedges inside the cavity. 3 Put the chicken, breast up, on a rack covered with kitchen spray. Tuck the remaining lemon wedges around the chicken. Place the rack in the pan. Bake the chicken for 60 to 75 minutes or until the thermometer inserted into the meaty part of the thigh registers 165 degrees Fahrenheit 4 Remove the chicken from the pan and put it on a plate, chest side down; allow to stand for 15 minutes (this allows the juices to flow back into the breast meat). Remove the skin (keep it and serve it if desired). Cut the chicken and decorate it with fried lemon wedges and the remaining sprigs of thyme. Makes 4 servings. Per serving (no skin): 185 cals, 7 grams of fat (2 g sat), 0 grams carbohydrates, 81 mg of sodium, 0 grams of fiber, 28 grams of protein This content is created and maintained by a third party, and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io 3 course meal recipes for 4. 3 course meal recipes for 2. 3 course meal recipes with wine pairings. 3 course meal recipes pdf. 3 course meal recipes for 6. mother's day 3 course meal recipes. greek 3 course meal recipes. vegan 3 course meal recipes

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