



Fun Recipes

Here are some fun and simple
recipes to make at home during
quarantine

Nicole Simmons

Bowties and Broccoli

Ingredients

- 12 oz pasta
- 3 Tbsp butter
- 3 Tbsp parmesan
- Salt to taste
- Freshly cracked pepper to taster
- Pinch crushed red pepper (optional)

Instructions

1. Bring a pot of water to a boil, then add the pasta. Boil until the pasta is al dente (7-10 minutes). Add the frozen broccoli florets to the boiling pasta water, turn off the heat, and let sit for 1-2 minutes, or until the broccoli is tender-crisp. Drain the pasta and broccoli in a colander.
2. Transfer the pasta and broccoli back to the pot (with the heat off) or to a bowl and add the butter. Toss until the butter has melted and coated everything. Add the Parmesan, salt, freshly cracked pepper, and red pepper flakes, then toss to coat again. Taste and adjust seasoning as needed. Serve immediately.



Garlic Shrimp Scampi

Ingredients

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| 3 Tbsp butter | 3 cloves garlic, chopped |
| 1 lb shrimp, peeled and deveined | 1 tsp salt |
| 1 tsp pepper | ½ lemon, juiced |
| 1 tsp red chili flake | ¼ cup fresh parsley, chopped |
| ½ lb spaghetti, cookers | |

Instructions

1. Heat the pot over medium heat.
2. Melt the butter in the pot.
3. Cook the garlic until it starts to brown.
4. Add the shrimp, salt, and pepper, cooking until shrimp is pink all the way through.
5. Add the lemon juice, chili flakes, and parsley.
6. Add the spaghetti and toss until evenly coated.
7. Enjoy!



One-pan Roasted Chicken and Sweet Potatoes



Ingredients

- 1 small sweet potato, diced
- 1 cup green beans, trimmed
- 1 tablespoon fresh rosemary, chopped
- 1 clove garlic, minced
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika
- 1 lemon, sliced, seeds removed
- 1 tablespoon olive oil
- 1 tablespoon fresh thyme, chopped
- ½ teaspoon salt, plus more to season
- 1 boneless, skinless chicken breast

Instructions

1. Preheat oven to 375°F (190°C).
2. Add the sweet potatoes, lemon slices, green beans, olive oil, rosemary, thyme, garlic, salt, and pepper to a large bowl (or parchment paper-lined sheet tray) and toss until fully coated.
3. Season the chicken breast with salt, pepper, and paprika.
4. Transfer to a parchment paper-lined sheet tray and place the chicken breast on top of the vegetables (if you tossed your vegetables in a bowl).
5. Bake until vegetables are tender and chicken is cooked through, about 20 minutes.
6. Enjoy!

One-pan Pork and Asparagus Stir-fry

Ingredients

1 lb pork loin 1 teaspoon salt
1 teaspoon pepper 1 cup asparagus, trimmed and cut
1 cup red pepper, diced

Stir-Fry Sauce

½ cup soy sauce ¼ cup honey
2 cloves garlic

Instructions

1. Mix together all sauce ingredients in a small bowl.
2. Heat oil over a nonstick pan and add pork stirring until cooked.
3. Pour sauce in pan and stir to coat meat.
4. Once the sauce is bubbling, add the veggies to the pan and stir again to coat.
5. Cook until meat is cooked through and veggies are soft.
6. Serve over rice or alone.
7. Enjoy!



Garlic Parmesan Roasted Broccoli

Ingredients

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| 3 heads broccoli | 2 tablespoons oil |
| 1 tablespoon lemon juice | ¼ cup vegetarian parmesan cheese |
| 2 teaspoons garlic powder | ½ teaspoon red pepper flakes |
| 1 teaspoon salt | 1 teaspoon pepper |

Instructions

1. Preheat oven to 400°F (200°C).
2. Separate the crowns and snip off any leaves of the broccoli.
3. On a prepared baking sheet, combine broccoli and remaining ingredients. Mix evenly.
4. Bake for 35-40 minutes.
5. Allow to cool for 5 minutes.
6. Enjoy!



Rosemary Roasted Sweet Potatoes



Ingredients

3 sweet potatoes

2 tablespoons oil

1 tablespoon dried rosemary

1 teaspoon salt

1 teaspoon pepper

fresh parsley, chopped, for serving

Instructions

1. Preheat the oven to 400°F (200°C).
2. Slice the top and bottom off of the sweet potatoes and slice potatoes in half crosswise. Rest each half on the broader end, then slice 3 times vertically and horizontally. Turn the potatoes on their side and make 4 or five more slices, to form cubes.
3. Transfer the sweet potatoes to a baking sheet, then add the oil, rosemary, salt, and pepper. Toss to coat evenly.
4. Bake for 35-40 minutes, until the sweet potatoes are tender and starting to brown around the edges.
5. Let cool for 5 minutes. Garnish with chopped parsley before serving.
6. Enjoy!

Classic Chocolate Truffle

Ingredients

3 cups semi-sweet chocolate chips

1 ½ cup heavy cream

Topping

1 cup cocoa powder

Instructions

1. In a medium-sized pan, combine semisweet chocolate chips and heavy cream over low heat, mix until you achieve a smooth consistency.
2. Pour mixture into a bread pan.
3. Allow to sit in refrigerator for 1 hour or until mixture is solid.
4. With an ice cream scoop, form balls from the mixture (refreeze if truffle begins to melt).
5. Roll in cocoa powder for topping.
6. Enjoy!



Muffin Tin Granola Cups

Ingredients

1 banana, mashed
¼ cup honey
1 teaspoon vanilla
1 teaspoon salt
1 teaspoon cinnamon
1 ½ cups oats
1 cup greek yogurt

Optional Toppings

Strawberry
Blueberry
Raspberry
Apple
Nuts
Kiwi
Banana

Instructions

1. In a medium-sized bowl, mash a ripened banana until mostly smooth.
2. Add honey and vanilla, stir.
3. Add salt, cinnamon, and oats. Mix well
4. Press 2 tablespoons of mix into each cup, form a cup-shape.
5. Refrigerate 1 hour and preheat oven to 350°F (180°C).
6. Bake granola cups for 30 minutes.
7. Allow to cool for 5 minutes and add a tablespoon of yogurt to each cup along with any preferred toppings.
8. Enjoy!



Rainbow Fruit Salad with Honey Lime Dressing

Ingredients

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| 1 lb fresh strawberry , quartered | 4 kiwis, peeled and diced |
| 2 mangoes, diced | 2 bananas, sliced |
| 12 oz fresh blueberry | 2 tablespoons honey |
| 1 lime, juiced | |

Instructions

1. Quarter the strawberries and place into a large bowl.
2. Dice the mango and place on top of the strawberries.
3. Peel and dice the kiwi. Add into the bowl.
4. Slice bananas and place in the bowl. Add in the blueberries.
5. In a small bowl mix honey and lime juice.
6. Pour syrup over the fruit and mix. Mix well.
7. Enjoy!





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