



BBQ Chicken and Black Bean Tacos

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Using a few shortcuts, these zesty and flavorful tacos are on the table in less than 30 minutes!

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 4

Ingredients

- 2 teaspoons olive oil
- 1 red bell pepper seeded and diced
- 1 jalapeno seeded and diced
- 1 cup frozen corn thawed or 1 cup drained canned corn (whole kernel)
- 1 cup canned black beans rinsed and drained
- 3 cups fully cooked shredded chicken
- ½ cup barbecue sauce your favorite
- 1 teaspoon chili powder
- ¼ teaspoon ground cumin
- 8 flour or corn tortillas 6 inch
- Sour cream and/or fresh chopped cilantro optional toppings

Instructions

1. Heat oil in a large skillet over medium heat. Add bell pepper and jalapeno. Cook until tender (about 5 minutes), stirring often. Add corn and black beans. Stir to combine and continue to cook until warmed (stirring occasionally) for an additional 2 to 3 minutes. Set aside.
2. Place shredded chicken in a medium microwave-safe bowl. Add barbecue sauce, chili powder and cumin. Stir until combined and chicken is evenly coated. Loosely cover with a paper towel and microwave on high for 1 to 1 ½ minutes, or until heated.
3. Warm tortillas according to package directions. Spoon chicken mixture in equal amounts in each tortilla and top with black bean and vegetable mixture. Top with sour cream and fresh chopped cilantro, if desired.

Easy Rice with Ginger-Soy Salmon and Broccoli

It's a one-pan wonder.

BY [TINA MARTINEZ](#) PUBLISHED: AUG 8, 2023

Yields:

4 serving(s)

Total Time:

50 mins

Cal/Serv:

401

Ingredients

3 Tbsp. mirin

2 Tbsp. soy sauce

1 Tbsp. rice vinegar

2 tsp. dark brown sugar

2 large cloves garlic, grated and divided
grated and divided

1 1/2 Tbsp. grated fresh ginger, divided

1 cup long-grain white rice, rinsed

Kosher salt

12 oz. broccoli crowns, trimmed and cut into
1/2-in. pieces

1/2 Tbsp. olive oil

4 5-oz skinless salmon fillets

1 Tbsp. toasted sesame oil

1/2 Tbsp. toasted sesame seeds

3 scallions, thinly sliced and divided

Directions

Step 1

Heat oven to 425°F. In bowl, whisk mirin, soy sauce, vinegar, brown sugar and half each of garlic and ginger.

Step 2

On rimmed baking sheet (make sure it's level and unwarped for even cooking), stir together rice, 2 1/2 cups water, remaining garlic and ginger and 1/4 teaspoon salt. Bake 10 minutes.

Step 3

Meanwhile, in medium bowl, toss broccoli with olive oil and 1 tablespoon ginger-soy mixture. Stir rice, scatter broccoli on top and bake 6 minutes.

Step 4

Nestle salmon amid rice. Spoon 1 tablespoon of remaining ginger-soy mixture over each piece and bake until salmon is opaque throughout, 8 to 11 minutes.

Step 5

Meanwhile, into remaining ginger-soy mixture, stir sesame oil and sesame seeds, then half of scallions. Serve salmon and broccoli rice drizzled with scallion-soy vinaigrette and sprinkled with remaining scallions.

RINSE YOUR RICE

Running cold water over a bowl of long-grain rice until the water is clear removes extra starch, which will keep grains from clumping and create more tender rice.

NUTRITIONAL INFORMATION (per serving): About 401 calories, 14.5 g fat (2.5 g saturated), 64 mg cholesterol, 665 mg sodium, 31 g carbohydrate, 2 g fiber, 7 g sugar (2 g added sugar), 36 g protein

Korean Bulgogi BBQ-Style Beef Bowls (Slow Cooker)

Marinade

1 cup low sodium soy sauce
1/3 cup brown sugar
1 Tbsp Gochujang (Korean chili paste; can also sub Sriracha)
1 Tbsp fresh ginger, grated
4 cloves garlic, minced or grated
2 Tbsp sesame oil

Beef

2–3 pounds beef chuck roast or steak
1 cup beef broth

Sriracha Mayo (optional)

1/2 cup mayonnaise
1/2 cup plain Greek yogurt
3 Tbsp milk
1–2 Tbsp Sriracha (depending on spice preference)

Bowls

Steamed rice, brown rice, or quinoa
Shredded cabbage
Cucumber, thinly sliced
Avocado, sliced
Green onions
Steamed or roasted broccoli
Fresh basil or cilantro
Kimchi
Toasted sesame seeds
Sriracha Mayo

Directions

If using steak, slice into thin strips.

Add all ingredients for marinade into a small bowl and stir together. Put beef into a gallon-size ziplock bag and pour the marinade into the bag. Mix it to coat the beef.

Place the beef and marinade mixture in the fridge for **at least 1 hour, or overnight.**

Add the beef, marinade, and broth to the slow cooker. Cook on **low: 8–9 hours for roast, 4–5 hours for steak.** The steak should be cooked throughout and tender. The roast should shred easily with a fork.

Pesto Gnocchi

Produce

8 oz tiny red potatoes (cut into ½-inch slices, 1½ cups)
1 medium yellow onion (cut into 1-inch wedges)
1 medium yellow summer squash or zucchini (halved lengthwise and cut crosswise into ¼-inch slices, 2 cups)
2 cups cherry tomatoes

Pantry

¼ cup olive oil
½ tsp kosher salt
¼ tsp crushed red pepper
Cooking spray

Refrigerated

1 16-oz package shelf-stable gnocchi
1 7-oz container refrigerated pesto sauce (½ cup)
Shaved or grated Parmesan cheese


Directions

1. Preheat oven to 425°F. Line an 18x13-inch baking pan with parchment paper or foil. Lightly coat with cooking spray.
2. Combine potatoes and onion in a medium bowl. Add 2 Tbsp olive oil, ¼ tsp salt, and ■ tsp crushed red pepper. Toss to coat. Spread mixture in an even layer on pan. Roast for 10 minutes.
3. Meanwhile, combine gnocchi and squash in the same bowl (separately if needed). Add remaining 2 Tbsp olive oil, ¼ tsp salt, and ■ tsp crushed red pepper. Toss to coat.
4. Spread gnocchi and squash in pan with potatoes. Roast 15 to 20 minutes more or until potatoes are tender and gnocchi is golden.
5. Drizzle cooked mixture with pesto sauce and toss to coat. Top servings with Parmesan cheese.

Smoky Chicken Thighs on Baby Romaine

Try this protein-packed salad for dinner tonight.

BY [KRISTINA KUREK](#) PUBLISHED: SEP 22, 2023

 TESTED BY [THE GOOD HOUSEKEEPING TEST KITCHEN](#)

Yields:

4 serving(s)

Total Time:

40 mins

Cal/Serv:

555

Ingredients

1/3 cup fresh lemon juice
1/3 cup plus 2 tsp. olive oil
3 large cloves garlic, grated
1 3/4 tsp. smoked paprika, divided
Kosher salt
4 5-oz. boneless, skinless chicken thighs
3 slices sourdough bread
1 pt. cherry or grape tomatoes, halved
2 jarred pepperoncini peppers, sliced
1/4 cup flat-leaf parsley, chopped
4 heads baby romaine or little gem lettuce, halved, or quartered if large
1 avocado, diced

Directions

Step 1

In medium bowl, whisk together lemon juice, garlic, 1/3 cup oil, 1 1/2 teaspoons smoked paprika, and 1/2 teaspoon salt. Transfer 1/4 cup dressing to resealable bag, add chicken, and marinate at least 20 minutes, up to 2 hours; reserve remaining dressing.

Step 2

Meanwhile, toast bread until golden brown, then tear into pieces and set aside.

Step 3

Heat remaining 2 teaspoons oil in large skillet on medium. Remove chicken from marinade, season with 1/4 teaspoon salt, and cook until golden brown, 4 to 5 minutes per side. Transfer to cutting

board, sprinkle with remaining 1/4 teaspoon smoked paprika, then slice.

Step 4

To reserved dressing, add tomatoes, pepperoncini, and parsley and toss to combine.

Step 5

Arrange lettuce on plates, top with torn sourdough, and top with tomato mixture, avocado, and sliced chicken.

NUTRITIONAL INFORMATION (per serving): About 555 cal, 33 g fat (6 g sat), 130 mg chol, 808 mg sodium, 34 g carb, 7 g fiber, 5 g sugar (0 g added sugar), 32 g pro



