

Grilled Steak With Tapenade



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 40 min

Active: 25 min

Yield: 4 servings, with leftovers

Ingredients:

1/2 cup pitted kalamata olives
1 medium shallot
1 clove garlic
1 sprig rosemary, leaves stripped
1/4 teaspoon red pepper flakes
1/4 cup extra-virgin olive oil
1 lemon, halved
Kosher salt and freshly ground pepper
2 pounds flank steak
1 pint grape tomatoes, quartered
1/4 cup roughly chopped fresh parsley

Directions:

1 Preheat a grill or grill pan to high. Pulse the olives, shallot, garlic, rosemary, red pepper flakes, 2 tablespoons olive oil and the juice of 1/2 lemon in a food processor; season with salt and pepper.

2 Pierce the steak all over with a fork and season with salt and pepper. Rub 1 heaping tablespoon olive mixture all over the steak, then set aside, about 10 minutes. Meanwhile, toss the remaining olive mixture with the tomatoes, parsley, the remaining 2 tablespoons olive oil and the juice of the remaining 1/2 lemon in a small bowl.

3 Grill the steak until browned on one side, about 7 minutes. Flip and cook about 7 more minutes for medium rare. Transfer the steak to a cutting board and let rest 5 minutes. Cut in half; reserve one half for steak sandwiches. Thinly slice the remaining steak against the grain and top with the olive-tomato tapenade.



Courtesy of Food Network Magazine

Green Salad with Cranberry Vinaigrette

This recipe for green salad with cranberry vinaigrette is especially pretty to serve during the Christmas holidays.

Submitted by **Nancy W** |

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Servings: 8

Ingredients

- 1 cup sliced almonds
- ⅓ cup olive oil
- ¼ cup fresh cranberries
- 3 tablespoons red wine vinegar
- 2 tablespoons water
- 1 tablespoon Dijon mustard
- ½ teaspoon minced garlic
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 pound mixed salad greens
- ½ red onion, thinly sliced
- 4 ounces crumbled blue cheese

Directions

Step 1

Preheat the oven to 375 degrees F (190 degrees C).

Step 2

Arrange almonds in a single layer on a baking sheet. Toast in the preheated oven until nuts begin to brown, about 5 minutes.

Step 3

Combine oil, cranberries, vinegar, water, Dijon mustard, garlic, salt, and black pepper in a blender or the bowl of a food processor; blend until vinaigrette is smooth.

Step 4

Toss mixed greens, almonds, onion, and blue cheese with vinaigrette in a large bowl until evenly coated.

Nutrition Facts

Per serving: 219 calories; total fat 19g; saturated fat 4g; cholesterol 11mg; sodium 405mg; total carbohydrate 6g; dietary fiber 3g; total sugars 1g; protein 7g; vitamin c 10mg; calcium 141mg; iron 1mg; potassium 310mg

Turkey Tostadas



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 30 min

Active: 30 min

Yield: 4 servings

Ingredients:

8 tostadas

1 teaspoon chile-lime seasoning (or 1/2 teaspoon chili powder plus a pinch of salt)

2 tablespoons extra-virgin olive oil

1 carrot, grated on the large holes of a box grater

2 cloves garlic, finely chopped

Kosher salt and freshly ground pepper

1 pound ground turkey

2 tablespoons tomato paste

2 teaspoons chili powder

1 teaspoon ground cumin

2/3 cup sour cream

Shredded lettuce, diced tomato, chopped avocado and shredded cheddar cheese, for topping

Directions:

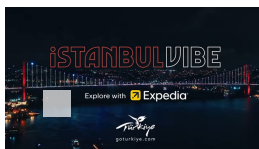
- 1** Preheat the oven to 350° F. Lay the tostadas on a rimmed baking sheet and bake until toasted, about 5 minutes. Sprinkle with the chile-lime seasoning while still warm; set aside.
- 2** Heat the olive oil in a large nonstick skillet over medium-high heat. Add the carrot, garlic and a pinch each of salt and pepper. Cook, stirring occasionally, until the carrot is lightly browned, about 3 minutes.
- 3** Add the turkey and cook, breaking it up into small pieces with a wooden spoon, until no longer pink, about 5 minutes. Clear a space in the middle of the skillet and add the tomato paste, chili powder and cumin. Cook the paste mixture, stirring, until a shade darker, about 30 seconds, then stir the mixture into the turkey. Cook until well coated, about 1 more minute. Add 1/4 cup water and cook until saucy, about 1 minute. Remove from the heat and season with salt and pepper.
- 4** Spread the sour cream on the tostadas, then add the turkey. Top with lettuce, tomato, avocado and cheese.



Cook's Note

To get extra veggies, add a grated carrot to ground meat dishes like we did here. You can also add grated carrots to meatballs, meatloaf and sloppy joes.

Photograph by Andrew Purcell



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Broiled Tilapia Parmesan

Easy recipe for flavorful Parmesan tilapia that's ready in just 15 minutes. The creamy Parmesan coating adds impressive flavor and texture after just a few minutes under the broiler.

Submitted by **Phoebe** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Servings: 8

Ingredients

½ cup Parmesan cheese

¼ cup butter, softened

3 tablespoons mayonnaise

2 tablespoons fresh lemon juice

¼ teaspoon dried basil

¼ teaspoon ground black pepper

⅛ teaspoon onion powder

⅛ teaspoon celery salt

2 pounds tilapia fillets

Directions

Step 1

Set an oven rack about 4 inches from the heat source and preheat the oven's broiler. Line a broiler pan with aluminum foil.

Step 2

Mix Parmesan cheese, butter, mayonnaise, lemon juice, basil, pepper, onion powder, and celery salt together in a bowl until well combined.

Step 3

Arrange tilapia fillets in a single layer on the prepared pan.

Step 4

Broil in the preheated oven for 4 minutes, flipping halfway through. Remove from the oven and spread Parmesan mixture over fillets. Return to the oven and broil until topping is browned and fish flakes easily

with a fork, about 2 more minutes; be careful not to overcook.

Nutrition Facts

Per serving: 224 calories; total fat 13g; saturated fat 5g; cholesterol 63mg; sodium 221mg; total carbohydrate 1g; dietary fiber 0g; total sugars 0g; protein 25g; vitamin c 3mg; calcium 95mg; iron 0mg; potassium 479mg

Stuffed Spaghetti Squash with Tomato, Olives and Chicken

Ingredients

- 2 medium spaghetti squash, cut in half lengthwise
- 2 tsp olive oil
- 3/4 pound boneless, skinless chicken breasts, cut into 1/2 inch pieces (or 2 cups already cooked, shredded chicken)
- 14 ounce can diced tomatoes
- 1/2 cup pimento-stuffed green olives, drained and chopped (can substitute Kalamata olives)
- 1/4 cup chopped fresh basil (in the winter I use 1 1/2 T dried basil)
- 1 tsp dried oregano
- 1 salt and freshly ground black pepper
- 1/4 cup crumbled feta cheese

Directions

1. Arrange the spaghetti squash halves, cut side down, in the bottom of a shallow, microwave-safe bowl. Cover and microwave on high until flesh is tender, about 5 minutes.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the chicken and cook until browned on all sides, 3-5 minutes (if using already cooked chicken, skip this step and add the chicken with the tomatoes and seasonings). Add the tomatoes, olives, basil and oregano, bring to a simmer, and simmer until chicken is cooked through, about another 5 minutes.
3. Preheat the broiler.
4. Flip the spaghetti squash over and, using a fork, pull the strands from it, making spaghetti-like pieces. Season the flesh with salt and pepper. Make a slight "hole" in the center of each squash half to make room for the filling, then spoon the filling into squash halves. Sprinkle the top of each with feta cheese. Transfer the stuffed squash to a baking sheet or roasting pan and place under the broiler. Broil until the cheese is golden brown, about 2 minutes, then serve.

Prep Time: 5 min **Cook Time:** 15 min **Serves:** 4

Recipe Source: Quick Fix Meals by Robin Miller

This Sheet Pan Salmon With Artichokes, Chickpeas, And Spinach Recipe Packs 41 Grams Of Protein

It goes from oven to table in 25 minutes.

By [Kristina Kurek](#) Published: Oct 24, 2024 7:00 AM EDT

YIELDS:	TOTAL TIME:	CAL/SERV:
4 - 4 serving(s)	25 mins	486

Ingredients

- 1 12-oz bag frozen artichokes, thawed
- 1 13.5-oz can chickpeas, drained
- 3 cloves garlic, roughly chopped
- 4 Tbsp. olive oil, divided
- Kosher salt and pepper
- 4 6-oz skin-on salmon fillets
- 3 oz. baby spinach (about 5 cups)
- 2 Tbsp. toasted pine nuts, chopped
- 1/2 c. basil leaves, roughly chopped
- Lemon wedges, for serving

Directions

- Step 1**
- Arrange oven rack 2 in. from broiler and heat on high. On large rimmed baking sheet, toss artichokes and chickpeas with garlic, 3 Tbsp oil, and 1/4 tsp each salt and pepper.
- Step 2**
- Brush salmon with remaining 1 Tbsp oil and season with 1/4 tsp each salt and pepper. Nestle among vegetables, skin side down, and broil until salmon is golden brown, nearly opaque throughout, and artichokes begin to brown, 8 to 10 min.
- Step 3**
- Fold spinach into vegetables and broil 1 min. to wilt. Scatter pine nuts and basil on top and serve with lemon wedges.

NUTRITION (per serving): About 486 cal, 24.5 g fat (4 g sat), 80 mg chol, 531 mg sodium,

24 g carb, 10 g fiber, 3.5 g sugar (0 g added sugar), 41 g pro
