

# Ground Chicken & Green Bean Stir-Fry

A trio of condiments you're likely to have on hand seasons this quick and simple weeknight dinner that doesn't skimp on flavor.

By **Jenna Helwig** | Published on May 03, 2024

**Prep Time:** 25 mins

**Total Time:** 25 mins

**Servings:** 4

## Ingredients

- 1 cup jasmine rice
- 3 Tbsp. oyster sauce
- 2 Tbsp. soy sauce or tamari
- 2 Tbsp. mirin
- 1 Tbsp. chopped fresh garlic (from about 3 cloves)
- 1 Tbsp. sliced fresh red Fresno chile (optional)
- 3 Tbsp. neutral oil (such as canola), divided
- 12 oz. fresh green beans, trimmed
- 2 orange bell peppers, sliced
- 3/4 tsp. kosher salt, divided
- 1 lb. ground chicken

## Directions

### Step 1

Cook rice according to package directions.

### Step 2

Meanwhile, whisk oyster sauce, soy sauce, mirin, garlic, and (if desired) chile in a small bowl.

### Step 3

Heat 2 tablespoons oil in a large wok or skillet over medium-high until shimmering. Add beans and bell peppers; sprinkle with 1/4 teaspoon salt. Cook, stirring occasionally, until browned in spots and crisp-tender, 4 to 5 minutes. Transfer to a bowl.

### Step 4

Reduce heat to medium and add remaining 1 tablespoon oil to skillet. Add chicken and sprinkle with remaining 1/2 teaspoon salt. Cook, stirring occasionally to break chicken into crumbles, until browned, 5 to 6 minutes.

### Step 5

Return beans and bell peppers to skillet and pour in soy sauce mixture. Increase heat to medium-high; cook, stirring, until sauce is slightly thickened and coats chicken and vegetables, about 1 minute. Serve with rice.

#### TIP

You can stir together the sauce up to 1 day in advance. Leftovers of the complete meal can be stored in an airtight container in the fridge for up to 3 days. Reheat in a skillet over medium-high or in the microwave until warmed through.

## Nutrition Facts

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Per serving: 427 calories; total fat 23g; saturated fat 4g; cholesterol 121mg; sodium 917mg; total carbohydrate 26g; dietary fiber 3g; total sugars 7g; protein 30g; vitamin c 63mg; calcium 63mg; iron 3mg; potassium 1066mg

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# Chocolate-Zucchini Cake



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 1 hr

Prep: 30 min

Cook: 30 min

Yield: 6 to 8 servings

## Ingredients:

Unsalted butter, for the pan

1 1/2 cups all-purpose flour, plus more for the pan

1/2 cup plus 1/3 cup semisweet chocolate chips

1/4 cup unsweetened cocoa powder (not Dutch process)

1/2 teaspoon kosher salt

1/2 teaspoon baking soda

1/4 teaspoon ground nutmeg or allspice

1 1/4 cups sugar

1/2 cup plus 1 teaspoon extra-virgin olive oil

2 large eggs

1/2 teaspoon vanilla extract

1 medium zucchini, grated and squeezed dry

1 teaspoon honey

## Directions:

**1** Preheat the oven to 350 degrees F. Butter the bottom and sides of a 9-inch-square cake pan. Dust the pan with flour, tapping out the excess.

**2** Toss 1/2 cup chocolate chips with 1 tablespoon flour in a small bowl. Whisk the remaining flour, the cocoa powder, salt, baking soda and nutmeg in a medium bowl; set aside.

**3** Beat the sugar, 1/2 cup olive oil, the eggs and vanilla in a large bowl with a mixer on medium speed until smooth and pale, about 3 minutes. Add the flour-cocoa mixture; beat on low speed until combined, about 2 minutes (the batter will be thick). Add the zucchini and beat until combined, about 2 more minutes. Fold in the flour-coated chocolate chips with a wooden spoon.

**4** Transfer the batter to the prepared pan and bake until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Transfer to a rack and let cool completely.

**5** Make the glaze: Combine the remaining 1/3 cup chocolate chips, 1 teaspoon olive oil and the honey in a microwave-safe bowl. Microwave on medium-high power in 30-second intervals, stirring, until the chocolate is melted. Spread over the cake, then cut into pieces.



Photograph by Con Poulos

Recipe courtesy Food Network Magazine



### **Grandma Debra's Frosting**

3 Tablespoons butter  
2 Tablespoons cocoa  
1 teaspoon vanilla  
2 Tablespoons whole milk  
1 ½ cup powdered sugar

Melt butter in a saucepan over medium-low heat and then add milk and vanilla. Using whisk, stir in cocoa and powdered sugar. Sometimes it is too runny, so I always add more powdered sugar until it is thick enough to set on top of the cake and not drip over edges. If it gets too thick, just add a tiny bit of milk.

# Egg Roll Bowls

All the flavor of classic egg rolls in a quick, 20-minute bowl—no rolling or frying required.

By **Jenna Helwig** | Published on January 10, 2025

**Prep Time:** 5 mins

**Cook Time:** 15 mins

**Total Time:** 20 mins

**Servings:** 4

## Ingredients

- 10 wonton wrappers
- 2 Tbsp toasted sesame oil, divided
- 1 lb. ground pork
- 1 1/2 Tbsp. finely chopped garlic (from about 5 cloves)
- 2 tsp. grated fresh ginger (from a 1-in. piece)
- 1/4 cup soy sauce
- 2 Tbsp rice vinegar
- 1 Tbsp sriracha
- 10 cups coleslaw (from a 10-oz. pkg.)
- 1 cup matchstick carrots (from a 10-oz. pkg.)
- Sliced scallions, for garnish (optional)

## Directions

### Step 1

#### Preheat oven and prepare baking sheet

Preheat oven to 400°F. Line a large baking sheet with parchment paper. Lightly brush both sides of wonton wrappers with 1 tablespoon oil. Cut wrappers into 1/2-inch-wide strips. Place on prepared baking sheet.

### Step 2

#### Bake wontons

Bake until wontons are light golden brown, about 5 minutes. Let cool completely on baking sheet, about 10 minutes.

### Step 3

#### Cook pork until browned

Meanwhile, heat remaining 1 tablespoon oil in a large skillet over medium-high. Add pork; cook, stirring occasionally to crumble pork, until browned, about 5 minutes.

### Step 4

#### Cook garlic and ginger; add sauce and simmer

Add garlic and ginger to pork in skillet; cook, stirring constantly, until fragrant, about 30 seconds. Add soy sauce, vinegar, and sriracha; cook, stirring occasionally, until sauce is thickened enough to coat pork, about 2 minutes.

### Step 5

#### Cook veggies and serve

Stir in coleslaw and carrots; cook, stirring constantly, until vegetables are crisp-tender, 1 to 2 minutes. Serve topped with scallions (if using) and crispy wonton strips.

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# Creamy Cauliflower Rice with Shrimp

A quick, creamy skillet dinner with shrimp, cauliflower rice, and Parmesan.

## Ingredients

3 Tbsp olive oil, divided  
1 lb peeled and deveined medium shrimp, tails removed  
3/4 tsp kosher salt, divided  
1 medium leek (white and light green parts only), thinly sliced (about 2 cups)  
1/4 cup dry white wine  
1 package fresh riced cauliflower (12 oz, about 4 cups)  
1/2 cup low sodium chicken broth or vegetable broth  
2 oz fresh baby spinach (about 2 packed cups)  
1/4 cup heavy whipping cream  
2 oz Parmesan cheese, finely shredded (about 3/4 cup), plus more for serving if desired

## Instructions

1. Heat 1 Tbsp olive oil in a large skillet over medium. Add shrimp and 1/4 tsp salt. Cook, stirring often, until shrimp are firm and pink, about 5 minutes. Transfer shrimp to a plate and wipe skillet clean.
2. Heat remaining 2 Tbsp olive oil in skillet over medium. Add leek and cook, stirring often, until tender, 3 to 4 minutes. Add wine and cook, stirring constantly, until wine is absorbed, 1 to 2 minutes.
3. Stir in cauliflower rice and broth. Cook, stirring often, until broth is absorbed, about 3 minutes.
4. Stir in spinach, cream, and remaining 1/2 tsp salt. Cook, stirring constantly, until spinach wilts, about 2 minutes.
5. Add Parmesan cheese and cook, stirring constantly, until melted, about 1 minute.
6. Remove from heat and stir in cooked shrimp. Serve immediately with additional Parmesan if desired.

# Grilled Vegetable and Flank Steak Salad

Grilled flank steak and vegetables finished with a tangy blue cheese vinaigrette.

## Ingredients

1 lb flank steak, trimmed  
1/4 cup olive oil, divided  
1/2 tsp garlic powder  
3/4 tsp kosher salt, divided  
1/2 tsp black pepper, divided  
2 medium yellow squash, halved lengthwise  
2 slices red onion (1/2 inch thick)  
1 red bell pepper, quartered  
1 1/2 Tbsp white wine vinegar  
1/8 tsp sugar  
1 oz blue cheese, crumbled (about 1/4 cup)  
1/2 cup halved grape tomatoes

## Instructions

1. Heat a grill pan over medium high heat.
2. Coat steak with 1 Tbsp olive oil. Sprinkle with garlic powder, 1/4 tsp salt, and 1/4 tsp pepper. Add steak to pan and cook about 4 minutes per side. Transfer to cutting board to rest.
3. Place squash, onion, and bell pepper in a large bowl. Add 1 Tbsp olive oil, 1/4 tsp salt, and 1/8 tsp pepper; toss. Grill vegetables 4 minutes, turn, and cook 2 minutes more. Chop into bite size pieces.
4. Whisk remaining olive oil with remaining salt and pepper, vinegar, sugar, and blue cheese.
5. Divide vegetables and tomatoes among plates. Slice steak thinly and place on top. Drizzle with blue cheese vinaigrette.

# Slow Cooker Chicken Tostadas

Tangy chicken tops crispy tortillas in this easy weeknight dinner.

By **Ananda Eidelstein** | Updated on October 10, 2022

**Hands On Time:** 15 mins

**Total Time:** 4 hrs 15 mins

**Servings:** 4

## Ingredients

2 white onions, halved

1.50 pounds boneless, skinless chicken thighs

1 16-oz. jar tomatillo salsa

2 poblano chiles, seeded and cut into 1-in. pieces (about 2 cups)

1 teaspoon kosher salt, divided

3 large plum tomatoes, diced (2 cups)

3 tablespoons finely chopped fresh cilantro leaves

2 tablespoons fresh lime juice (from 1 lime), plus wedges for serving

8 corn tostadas

2.50 ounces queso fresco (fresh Mexican cheese), crumbled (about  $\frac{1}{2}$  cup)

## Directions

### Step 1

Chop 1 onion half to measure  $\frac{1}{2}$  cup; set aside. Chop remaining onion halves into 4 wedges each.

### Step 2

Stir onion wedges, chicken, salsa, poblanos, and  $\frac{3}{4}$  teaspoon salt in the bowl of a 6-quart slow cooker. Cover and cook on low until tender, 4 to 5 hours. Using 2 forks, shred chicken in the slow cooker.

### Step 3

Meanwhile, make the pico de gallo: Stir tomatoes, cilantro, lime juice, reserved chopped onion, and remaining  $\frac{1}{4}$  teaspoon salt in a medium bowl. Cover and refrigerate until ready to use or for up to 12 hours.

### Step 4

Using a slotted spoon or tongs, top each tostada with about  $\frac{3}{4}$  cup chicken mixture, 2 tablespoons pico de gallo, and 1 tablespoon queso fresco. Serve with lime wedges.

## Nutrition Facts

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Per serving: 525 calories; total fat 16g; saturated fat 6g; cholesterol 11mg; total carbohydrate 46g; dietary fiber 6g; total sugars 14g; protein 43g

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