

Stuffed Shells

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Rise and Shine Kitchen



Stuffed Shells

Serving Size:

8

Time:

1 hour

Difficulty:

Easy

Ingredients

- 1 box jumbo shells
- 32 oz spaghetti sauce
- 2 lbs. ricotta cheese
- 8 oz. shredded mozzarella
- 4 oz grated parmesan
- 4 oz grated romano cheese
- 3 Tbsp sugar (optional, I don't use)
- 1/4 tsp pepper
- 1/2 tsp salt
- 1 tsp garlic powder
- 1/2 tsp basil
- 2 tsp parsley
- 3 eggs

Directions

1. Cook shells as directed
2. Pour some sauce into a large baking dish, save some to top shells with
3. Mix all other ingredients together.
4. Drain and rinse shells
5. Stuff shells and line in pan.
6. Cover with remaining sauce as desired
7. Sprinkle on some extra parmesan/romano cheese
8. Cover with foil
9. Bake at 350 for 40 minutes, uncover and bake an additional

5-7 minutes

Pork Chops Romano in Lemon Butter Sauce

Pork Chops Romano with Lemon Butter Sauce



Recipe from Renee's Kitchen Adventures

- 4 thinly sliced center cut boneless pork loin chops (pounded thin)
- Salt and pepper (to liking)
- 1/2 to 3/4 cup all-purpose flour
- 1 – 2 large eggs (beaten with 1 TBS. water)
- 1 cup unseasoned Panko breadcrumbs
- 1/2 cup grated Romano cheese
- 1 – 2 TBSP oil for frying
- 1/2 cup dry white wine
- 1 lemon (sliced)
- 1/2 cup chicken stock or broth
- 1/4 cup unsalted butter (at room temperature)
- chopped parsley (for garnish)

1. Season flattened pork chops with salt and pepper. Set

aside.

2. Prepare a dredging station. Put the flour in a shallow dish. Put the eggs and water in another shallow dish. In a third shallow dish, combine the Panko bread crumbs and Romano cheese.
3. In large non-stick skillet, heat the oil over med-high heat until shimmering. With a piece of pork, dredge in flour, shaking off excess. dip in egg mixture, then coat in Panko-Romano mixture and add to hot pan with oil. Cook on each side until golden brown, about 5 minutes per side, and transfer to dish in a warm oven. Continue process with the rest of pork chops. (For best results, do not over crowd pan. Brown pork chops in batches if you need to)
4. Once all chops are browned on both sides, wipe pan with paper towel and return to stove. Add wine to pan and bring to boil over med heat. Add in lemon slices and let mixture reduce by half.
5. Once reduced by half, turn heat down to low and add chicken stock or broth. Heat until warmed through.
6. Swirl in room temperature butter. Once butter is melted and incorporated into sauce, Add chops back in and coat with sauce and continue to cook to internal temp of 145 degrees F, or pour sauce over chops if already 145 degrees F.
7. Sprinkle with chopped parsley before serving, if desired.

Main Course

Pork

White Cheddar Chicken Pasta

White Cheddar Chicken Pasta



Recipe from 100K recipes. com

- 2 chicken breasts (skinless and boneless)
- 1 $\frac{1}{2}$ tbsp olive oil
- 1 tsp dry mustard
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp dried oregano
- salt (to taste)
- freshly ground black pepper (to taste)
- 1 pound short-cut pasta
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 2 cloves garlic (minced)
- 1 yellow onion (diced)
- $\frac{1}{4}$ cup dry white wine
- 1 tbsp Dijon mustard
- 8 oz white cheddar cheese (grated)
- 2 cups milk
- 1-2 tbsp fresh thyme
- 1 tsp crushed red pepper flakes

1. In a small bowl, combine dry mustard, dried thyme, dried oregano, salt, and freshly ground black pepper. Set aside.
2. Slice chicken breasts into thin strips or cut into 1-inch cubes. Sprinkle with seasoning mixture.
3. In a large skillet, heat olive oil, and cook chicken for

a few minutes or until cooked and browned. Transfer cooked chicken to a plate. Set aside.

4. Fill a large pot with water and bring to a boil. Add salt and rotini. Cook according to the package directions until al dente. Drain and set aside.
5. Melt butter in the same skillet in which you cooked chicken. When melted, add all-purpose flour and mix it together. Then, add dry white wine, minced garlic, diced onions, and Dijon mustard. Mix to combine. Cook for 3-5 minutes or until onions soften. Then, slowly pour milk in a few additions. Stir after each addition.
6. Cook on low for 4-6 minutes or until thickened. Then, add shredded white cheddar cheese. Mix and cook until melted
7. Finally, add cooked chicken and pasta. Mix until completely covered with creamy and cheesy sauce. Serve immediately. Sprinkle with fresh thyme, crushed red pepper flakes, or smoked paprika.

Main Course
Chicken, pasta

Sourdough Discard Chocolate Chip Cookies

Sourdough Discard Chocolate Chip Cookies



Makes 9 dozen cookies if using a 1 Tbsp cookie scoop. You can also use a 2 Tbsp scoop for larger cookies.

Do not skip the browned butter step – it makes the cookies AMAZING!

- 512 grams (4 cups) all purpose flour
- 11 grams (2 tsp) baking soda
- 11 grams (4 tsp) corn starch or arrowroot powder
- 3 grams (1/2 tsp) salt
- 3 sticks browned butter, cooled
- 388 grams (2 cups) brown sugar
- 117 grams (1/2 cup) sugar
- 1 large whole egg
- 1 large egg yolk
- 13 grams (1 Tbsp) vanilla extract
- 224 grams (1 cup) sourdough discard
- 255 grams (1 1/2 cups) semi sweet chocolate chips
- 255 grams (1 1/2 cups) milk chocolate chips

Browned Butter

1. Browning butter is pretty quick, so don't leave the stove unattended. Have a heatproof bowl next to the stove ready to go
2. Place the butter in a light-colored pan over medium heat. Medium heat ensures the butter cooks evenly, an important factor in this process. Stir the butter the entire time to keep it moving. Once melted, the butter will begin to foam and sizzle around the edges. Keep

stirring. In about 5–8 minutes from when you started (depending on the amount of butter you used), the butter will turn golden brown. Some foam will subside and the milk solids at the bottom of the pan will be toasty brown. It will smell intensely buttery and nutty.

3. Immediately remove the pan from heat and pour the butter into heatproof bowl to stop the cooking process. If left in the hot pan, the butter will burn.
4. Let cool to room temperature

Cookies

1. Combine flour, baking soda, arrowroot powder (my choice) or cornstarch and salt in a bowl and set aside.
2. In the bowl of a stand mixer or large bowl, combine the brown sugar, white sugar and cooled butter. Mix until well combined
3. Add in the egg and the egg yolk, one at a time until combined. Add in the vanilla extract and the sourdough discard. Mix until well combined
4. Add in half of the dry ingredient mixture and mix until just incorporated. Add in the remaining dry ingredient mixture. Do not overmix!!
5. Mix in your chocolate chips.
6. Cover dough and place in the refrigerator for 30 minutes. Use a small (1 Tbsp) cookie scoop or a medium (2 Tbsp) cookie scoop, depending on your preferred cookie size, and scoop cookies onto a parchment lined baking sheet.
7. Bake for 12-14 minutes in a preheated 350° oven. DO NOT OVERBAKE! Cool on wire rack.

Cookies

Cookies, Desserts, Sourdough

Tacoritos

Tacoritos



From Taste of Home

I will probably use all ground beef and less cheese than the recipe calls for. Recipe is easily halved!

- 1/4 cup butter (cubed)
- 1/4 cup all-purpose flour
- 4 cups water
- 3 tablespoons chili powder
- 1 teaspoon garlic salt
- 1 pound ground beef
- 1 pound bulk pork sausage
- 1/4 cup chopped onion
- 1 cup refried beans
- 8 flour tortillas (8 inches, warmed)
- 3 cups shredded Monterey Jack cheese
- Optional toppings: Shredded lettuce chopped tomatoes, sliced ripe olives and sour cream

1. In a large saucepan, melt butter. Stir in flour until

smooth; gradually add water. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in chili powder and garlic salt. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

2. In a large skillet over medium heat, cook the beef, sausage and onion until meat is no longer pink, breaking it into crumbles; drain.
3. Stir in refried beans; heat through.
4. Spread 1/4 cup sauce in a greased 13×9-in. baking dish.
5. Spread 1 tablespoon sauce over each tortilla; place 2/3 cup meat mixture down the center of each tortilla. Top each with 1/4 cup cheese.
6. Roll up and place seam side down in baking dish.
7. Pour remaining sauce over the top; sprinkle with remaining cheese.
8. Bake, uncovered, at 350° for 18-22 minutes or until bubbly and cheese is melted.
9. Serve with optional toppings as desired.

Main Course
Mexican

Pork Chops and Scalloped Potatoes

Pork Chops and Scalloped Potatoes



from cooktopcove. com

- 4 4 – 6 oz pork chops
- 4 medium potatoes (peeled and thinly sliced)
- 1 medium onion (sliced)
- 2 Tbsp butter
- 2 Tbsp all-purpose flour
- 14 oz chicken broth
- Salt and pepper to taste
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika

1. Preheat oven to 350°F.
2. Grease a 9×13 inch baking dish.
3. Arrange potatoes and onion on bottom of baking dish. Season.
4. Brown and season pork chops and put on top of potatoes and onion layer.
5. In a medium saucepan, melt butter over medium heat. Add flour and whisk until combined. Add broth and bring to boil. Add salt, pepper, garlic powder, onion powder, and paprika. Cook and stir until thickened.
6. Pour sauce over pork chops.
7. Cover with foil and bake for 45 minutes.

Main Course

Pork

Easy Bagels

Easy Bagels



recipe adapted from sugargeek.com

For tiny bagels, divide into 24

For small bagels, divide into 18

For "regular" bagels, divide into 12

- 452 grams water – 110-115 degrees
- 24 grams olive oil
- 12 grams sugar
- 852 grams flour – bread or all purpose
- 14 grams instant yeast (you can use active dry, it will just increase the rise time)
- 9 grams salt
- 1 Tbsp water
- 1 egg

1. Heat your water to 110°-115°F. Combine the water with the sugar and oil and set aside
2. Place your flour and yeast into the bowl of your stand mixer with the dough hook attached. Mix for 5 seconds to distribute the yeast.
3. Pour in your hot water mixture while mixing on low, just until everything is moistened.
4. Sprinkle in your salt.
5. Increase the speed to medium-high (speed 4 on a kitchenaid, speed 2 on the bosch) and mix for 6 minutes.

If your dough is too dry, add a tablespoon or two of water until the dough sticks to the sides of the bowl. If it's too wet, sprinkle in a little flour.

6. Poke the dough, does it bounce back? The dough is ready to proof. You can also do the window test (see blog post). If the dough isn't ready, mix for another two minutes.
7. Form the dough into a ball and place it into an oiled bowl. Cover and let the dough proof for 30 minutes or until it has doubled in size. (proof 90 minutes if you're using active dry yeast).
8. Divide your dough into 24 equal sized pieces (or use a scale to make 2oz pieces). If you want your bagels to be bigger, divide into 18 equal pieces.
9. Shape your bagels into a ball and then poke a hole through the center. Stretch the hole to about 2" wide and set the bagel aside to rest for 10 minutes.
10. Bring 8 cups of water to a boil and add in 1 teaspoon of salt and 1 Tablespoon of baking soda.
11. Prepare two sheet pans with parchment paper. Sprinkle a good amount of corn flour (semolina) on top. This prevents the bagels from sticking.
12. Preheat your oven to 425°F
13. Place your bagels into the boiling water and cook for 30 seconds on each side then drain with a slotted spoon before placing onto the parchment paper.
14. Whisk together the egg and water. Brush all your bagels with egg wash using a pastry brush and sprinkle on your desired toppings
15. Bake at 425 for 20-25 minutes

Bread, Breakfast

Bread, Breakfast

Garlic Chicken Gnocchi Skillet

Garlic Chicken Gnocchi Skillet



- 1 pound potato gnocchi (cooked according to the package and drained)
 - 1.5 pounds boneless, skinless chicken breasts
 - 1.5 teaspoon paprika
 - 5 tablespoons butter
 - 1 medium yellow onion (diced)
 - 1 cup white mushrooms (diced)
 - 2 tablespoons minced garlic
 - 1 teaspoon Italian seasoning
 - 1 cup chicken broth
 - 1/2 cup half and half
 - 1/2 cup shredded mozzarella
 - 3 cups spinach
 - Red pepper chili flakes
 - shredded parmesan and parsley, for serving
1. Season chicken with salt, pepper and paprika. Melt 2 tablespoons of butter in a large skillet over medium-high heat
 2. Add the chicken to the skillet and cook for about 5 minutes per side, until golden brown. and cooked through

Transfer the chicken to a plate and set aside

3. Melt the last 3 tablespoons of butter, add in the garlic, Italian seasoning and then add in the onion and mushroom. Sauté until onion is translucent and mushrooms are tender, about 3-4 minutes
4. Whisk in the chicken broth and whisk for about 1 minute until hot. Then gradually pour in the cream, whisking continually as you pour it in. Add in the shredded mozzarella and continue whisking about 2-3 minutes until combined and beginning to thicken
5. Stir in the cooked potato gnocchi and spinach, and add any additional salt and pepper to taste
6. Place the chicken back into the skillet and let simmer for about 2 minutes to heat chicken
7. Garnish with parsley, parmesan and red pepper chili flakes, if desired

Main Course
Chicken

Peach Baked Oatmeal

Peach Baked Oatmeal



- 2 cups old fashioned oats

- $\frac{3}{4}$ cup milk
- 1 cup unsweetened applesauce
- $\frac{1}{4}$ cup chopped walnuts
- 2 large eggs
- $\frac{1}{4}$ cup maple syrup OR brown sugar
- 2 teaspoons pure vanilla extract
- 1 $\frac{1}{2}$ teaspoons cinnamon
- 1 tsp nutmeg
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 2 cups chopped canned peaches (-if using fresh, cook down a bit first)

1. Mix the ingredients: Add the oats, milk, applesauce, walnuts, eggs, maple syrup, vanilla, cinnamon, nutmeg, baking powder and salt to a large bowl. Mix well.
2. Layer in a casserole dish: Lightly grease a 7×11 inch rectangular baking dish. Spread half the oat mixture in the bottom of the dish. Sprinkle with about $\frac{3}{4}$ of the peaches. Top with the remaining oat mixture, carefully smoothing the top. Sprinkle on the remaining peaches. You can also sprinkle on some extra walnuts and nutmeg if you like!
3. Chill the dish: Cover the casserole dish and chill in the refrigerator overnight (see notes for instructions to bake right away)
4. Bake the dish: The next morning, remove the dish from the fridge. Preheat the oven to 350°F. Bake until set and golden on top, about 30-35 minutes. Rest for 5 minutes on a rack on the counter, then slice and serve warm.

Breakfast
Breakfast
baked oatmeal

Blueberry Baked Oatmeal

Blueberry Baked Oatmeal



Serves 6 – Recipe from Savory Nothings.com

- 2 cups old fashioned oats
- $\frac{3}{4}$ cup milk
- 1 cup unsweetened applesauce
- $\frac{1}{4}$ cup chopped walnuts
- 2 large eggs
- $\frac{1}{4}$ cup maple syrup OR brown sugar
- 2 teaspoons pure vanilla extract
- 1 $\frac{1}{2}$ teaspoons cinnamon
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 2 cups blueberries fresh and frozen both work

1. Mix the ingredients: Add the oats, milk, applesauce, walnuts, eggs, maple syrup, vanilla, cinnamon, baking powder and salt to a large bowl. Mix well.
2. Layer in a casserole dish: Lightly grease a 7×11 inch rectangular baking dish. Spread half the oat mixture in the bottom of the dish. Sprinkle with about $\frac{3}{4}$ of the blueberries. Top with the remaining oat mixture, carefully smoothing the top. Sprinkle on the remaining blueberries. You can also sprinkle on some extra walnuts if you like!

3. Chill the dish: Cover the casserole dish and chill in the refrigerator overnight (see notes for instructions to bake right away)
4. Bake the dish: The next morning, remove the dish from the fridge. Preheat the oven to 350°F. Bake until set and golden on top, about 30-35 minutes. Rest for 5 minutes on a rack on the counter, then slice and serve warm.
5. NOTE: To bake right away: Make sure to use quick-cooking oats, let the assembled oats sit on the counter for 10 minutes while you preheat the oven. UPDATE!***I use rolled oats and it's just fine***

Breakfast
Breakfast