




## Creamy Mushroom Risotto

 1 serving

 30 minutes

### Ingredients

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- 1 cup Arborio rice
  - 4 cups of vegetable broth
  - 8 ounces mushrooms (cremini or button)
  - 1 small onion and 2 cloves garlic
  - 2 tbsp butter & White Wine
  - 1/2 cup grated Parmesan cheese
  - Salt and pepper to taste
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Enhance flavors with a sprinkle of thyme or parsley and indulge with a splash of white wine for an extra layer of richness.

### Method

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- Start by adding sautéed chopped onions in butter until translucent.
- Then add sliced mushrooms, cook until golden.
- Stir in Arborio rice, toast for 1-2 mins.
- Pour in white wine, let it absorb.
- Add broth gradually, stirring often.
- Cook rice until creamy, about 20 mins.
- Add butter and Parmesan cheese.
- Finally, garnish with fresh herbs. Enjoy!



## Lemon Herb Salmon



2 servings



25 minutes

### Ingredients

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- 2 salmon fillets
- 1 lemon, juiced
- Fresh herbs (such as dill or parsley), chopped
- 1 bunch of asparagus
- Olive oil
- Salt and pepper

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For best results, marinate the salmon in the lemon juice and herbs for at least 30 minutes before grilling.

### Method

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- Start by preheating your grill to medium-high heat
- Place the salmon fillets on a large piece of foil.
- Drizzle lemon juice over the salmon.
- Sprinkle chopped herbs (such as dill or parsley) on top.
- Trim the ends of the asparagus spears and lay them on a separate piece of foil.
- Drizzle olive oil over the asparagus and season with salt and pepper.
- Place both the salmon packet and the asparagus on the grill.
- Grill for about 10-12 minutes, or until the salmon is cooked through and the asparagus is tender. Enjoy!



## Baked Stuffed Tomatoes



4 servings



40 minutes

### Ingredients

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- 4 large tomatoes
- 1 cup cooked quinoa
- 1/2 cup diced bell pepper
- 1/2 cup diced onion
- 1/2 cup diced zucchini
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese (optional)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon oregano
- Salt and pepper to taste

### Method

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- Start with preheating the oven to 375°F (190°C).
- Then, hollow out the tomatoes, and reserve the shells.
- Mix cooked quinoa with diced bell pepper, onion, zucchini, parsley, feta cheese, olive oil, garlic, oregano, salt, and pepper.
- Now, stuff tomatoes with quinoa mixture.
- Place the stuffed tomatoes in a baking dish.
- Bake for 25-30 minutes until tomatoes are soft and the filling is heated.
- Let it cool briefly before serving. Enjoy!

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For added flavor, consider using a blend of herbs like basil, oregano, and thyme..



## Grilled Chicken and Vegetable Skewers



4 servings



20 minutes

### Ingredients

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- 1 pound boneless, skinless chicken breasts, cut into strips
- Assorted vegetables (bell peppers, onions, zucchini, cherry tomatoes)
- Wooden skewers, soaked in water for 30 minutes
- Olive oil and Salt and pepper
- Garlic powder & Paprika
- Lemon juice
- Fresh herbs for garnish

### Method

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- Preheat the grill to medium-high heat.
- In a bowl, toss the chicken strips with olive oil, salt, pepper, garlic powder, paprika, and lemon juice.
- Thread the seasoned chicken strips and assorted vegetables onto the soaked wooden skewers, alternating between chicken and vegetables.
- Grill the skewers for 6-8 minutes on each side, or until the chicken is cooked through and the vegetables are tender.
- Garnish with fresh herbs before serving, if desired. Enjoy!

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To enhance the taste, marinate the chicken in a blend of herbs and spices such as garlic, paprika, and cumin before grilling.



## Beef and Broccoli Stir-Fry



4 servings



25 minutes

### Ingredients

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- 1 lb beef sirloin, thinly sliced
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp hoisin sauce
- 1 tbsp cornstarch
- 2 tbsp vegetable oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 bell pepper, thinly sliced
- 1 cup broccoli florets
- Salt and pepper to taste
- Sesame seeds for garnish (optional)
- Cooked rice or noodles for serving

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For added flavor, you can also include sliced mushrooms or snow peas in this beef stir-fry recipe.

### Method

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- Start with mixing soy sauce, oyster sauce, hoisin sauce, and cornstarch in a bowl.
- Then, add sliced beef, marinate for 15-20 minutes.
- Heat 1 tablespoon oil in skillet over medium-high heat.
- Stir-fry marinated beef for 2-3 minutes until browned; set aside.
- In the same skillet, add remaining oil.
- Stir-fry onion and garlic for 1-2 minutes until fragrant.
- Add bell pepper and broccoli; stir-fry for 3-4 minutes until tender-crisp.
- Return cooked beef to skillet; toss together.
- Cook for an additional 1-2 minutes to heat through.
- Season with salt and pepper, garnish with sesame seeds if desired. Enjoy!



## Shrimp Skewers



4 servings



20 minutes

### Ingredients

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- 1 pound large shrimp, peeled and deveined
- 2 cloves garlic, minced
- 1 lemon, juiced
- Salt and pepper, to taste
- Wooden skewers, soaked in water

### Method

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- In a bowl, combine the shrimp, minced garlic, lemon juice, salt, and pepper. Toss to coat the shrimp evenly.
- Thread the marinated shrimp onto the soaked wooden skewers, ensuring they are evenly spaced.
- Preheat the grill to medium-high heat. Place the shrimp skewers on the grill and cook for 2-3 minutes per side, or until the shrimp are pink and opaque.
- Remove the skewers from the grill and serve immediately. Enjoy!

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For an extra burst of flavor, garnish the grilled shrimp skewers with freshly chopped parsley before serving.



## Spinach and Feta Stuffed Portobello Mushrooms



2 servings



40 minutes

### Ingredients

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- 4 large Portobello mushrooms
- 2 cups fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper, to taste

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Optionally garnish with chopped fresh herbs or a sprinkle of grated Parmesan cheese for extra flavor.

### Method

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- Preheat oven to 375°F (190°C).
  - Clean Portobello mushrooms and remove stems.
  - In a bowl, mix together spinach, crumbled feta cheese, minced garlic, olive oil, salt, and pepper.
  - Stuff each mushroom with spinach and feta mixture.
  - Place stuffed mushrooms on a baking sheet lined with parchment paper.
  - Bake for 20-25 minutes until mushrooms are tender and filling is heated through.
  - Remove from oven and let cool for a few minutes before serving.
  - Optionally, garnish with chopped fresh herbs or a sprinkle of grated Parmesan cheese before serving.
- Enjoy!