



GIGGLE'S GUIDE TO

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# DELICIOUS DINNERS

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**giggle**  
magazine



Over the course of 11 years, Giggle Magazine has printed countless easy dinner recipes. We know that after a long day of chasing the kiddos around, working late at the office or cleaning the house, the last thing you want to stress about is what to make for dinner. Lucky for you, we have put together a collection of all-star dinner recipes that the whole family is sure to love and devour. Some of these recipes were even submitted by local super-parents who understand that cooking for a family can be challenging at times. The best part is that these recipes are simple, easy to follow and budget-friendly! So, flip through this guide to delicious dinners and find a recipe that works for you. From mini pizzas to skinny turkey chili to spring rolls, there is something for every family.

*Enjoy!*

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# CHICKEN ENCHILADAS

## INGREDIENTS

1 pound shredded chicken, cooked and seasoned

One 2-cup bag of shredded cheddar cheese

1 can cream of chicken soup

One 16-ounce container of sour cream

1 package of 10 flour tortillas

Salt, pepper, chili powder, cumin and cilantro for seasoning

## DIRECTIONS

Preheat the oven to 375°F. Line and spray a cake pan. Combine cooked chicken, cheese, sour cream and cream of chicken soup in a large bowl and stir until well mixed. Season to taste with spices, salt and pepper. Spoon filling into each tortilla, roll and place seam down in cake pan. Repeat with remaining tortillas. Top with enchilada sauce or any remaining filling. Bake uncovered for 30 minutes. Remove and let sit 5 minutes. Serve with chips and salsa.





# SPRING ROLLS

## WITH HOISIN-PEANUT DIPPING SAUCE

### INGREDIENTS

1 pound deveined shrimp  
1 package rice vermicelli  
1 bunch of fresh mint, washed  
1 bunch of fresh parsley, washed  
2 seedless cucumbers, washed  
1 package rice paper  
1 head bibb lettuce, washed  
2 tablespoons creamy peanut butter

### DIRECTIONS

Shrimp: Boil clean and deveined shrimp until done, about 3 to 5 minutes. Take off heat and leave covered.

Prepare rice noodles according to the package. Set aside.

Dipping sauce: Add creamy peanut butter, hoisin sauce and cup water to a saucepan over medium heat. Whisk until smooth and completely blended. The sauce will thicken up as it stands.

Garlic topper for hoisin sauce: Combine garlic and olive oil in a small saucepan on high heat. Stir until garlic is browned, then take off heat immediately.

To serve: Place hoisin sauce in bowls, and top with garlic topper and Sriracha sauce. Dip the rice paper into the bowl of water to soften it. Lay the rice paper on your plate and add on your spring roll ingredients, like bibb lettuce, chives, mint, parsley, cucumbers, rice noodles and shrimp. After you have filled the spring roll, roll the ingredients up in the rice paper wrapper like a burrito! Dip your spring rolls in the dipping sauces you made, and enjoy!





# CEREAL FLAKE CHICKEN TENDERS

## INGREDIENTS

4 1/2 cups of cornflakes  
1/3 cup all-purpose flour  
1 teaspoon of kosher salt  
1/2 teaspoon of black pepper  
3/4 teaspoon paprika  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
2 eggs  
1 pound boneless chicken breasts

## DIRECTIONS

1. Preheat the oven to 400°F.
2. While you cut the chicken into strips, have your little one crush the cornflakes.
3. Together, stir in a medium bowl the crushed cornflakes, flour, salt, pepper, paprika, onion powder, and garlic powder.
4. Beat eggs and dip chicken strips into egg mixture. Then, have your little one roll in the cornflake mixture. Make sure that all sides are coated with the mixture.
5. Together, place coated chicken strips on a baking sheet lined with parchment paper.
6. Bake for 25-30 minutes or until all chicken is cooked thoroughly. Baking time will depend on the size of strips.
7. Dip in your favorite tender sauce and enjoy the crunch!





# SIMPLE SALMON BURGERS

## INGREDIENTS

1 pound salmon fillet  
1/2 cup panko bread crumbs  
(or almond meal for a gluten-free option)  
1 egg, beaten  
1/2 cup chopped yellow onion  
1/2 cup chopped, dried red pepper  
1/2 teaspoons salt  
1/2 teaspoon pepper

## DIRECTIONS

1. Remove the skin from the fish and finely chop the salmon. Add salmon and remaining ingredients to a bowl, and combine. Form the mixture into 4 patties that are 1/2 an inch thick.
2. Heat a skillet to medium heat, and cook burgers about 4 minutes on each side until the center feels firm.
3. Serve the burgers on your choice of bun and top with your favorite toppings. Enjoy!



# CACIO E PEPE

## INGREDIENTS

12 oz. package of spaghetti

2 cups of shredded parmesan or pecorino cheese

1-11/2 tsp. of fresh black pepper  
(adjust the amount according to taste)

5 tbsp. of butter

Pasta water (reserve about 1 cup of pasta water before draining your pasta)

## DIRECTIONS

1. Bring water to a boil in a large pot and add in your pasta. Make sure to salt your pasta water! Cook the pasta until it is al dente, or almost tender. Before draining, reserve about 1 cup of the pasta water.
2. In a large saucepan on medium heat, melt 3 tablespoons of butter and add in the black pepper. Cook the pepper in the butter for a couple minutes to let it "toast." This will enhance the flavor.
3. Now, add the cooked pasta, 1/2 cup of reserved pasta water and remaining butter in with the melted butter and pepper. Stir well. The butter and pasta water will make a pan sauce that will allow the cheese to melt when you add it in. Bring the pan sauce to a simmer.
4. After your pan sauce is simmering, add in 1 cup of the shredded cheese. Stir well, and let the cheese melt into the sauce.
5. Finally, remove your pan from the heat and add in the remaining cheese. Stir well, allowing the cheese to melt into the pan sauce and coat the pasta. If you feel like you need a bit more sauce to coat the pasta, add in a splash more of the pasta water to thin out your sauce.
6. To serve, pile the Cacio e Pepe in a big bowl, sprinkle with some more parmesan and finish with fresh black pepper. Buon appetito!

*Giggle Tip:* To sneak in some veggies, sauté some onions into the butter before adding your pasta, or add fresh English peas at the end for a pop of green!





# MOUTHWATERING MEATLOAF

## INGREDIENTS

1 pound lean ground beef  
1 pound ground chuck  
6 baby carrots, shredded  
2 pieces white bread, lightly dampened  
2 eggs  
3 tablespoons ketchup  
2 tablespoons Worcestershire sauce  
Onion powder, to taste  
Salt and ground pepper, to taste

## DIRECTIONS

1. Heat oven to 400°F.
2. In a large bowl, combine all of the ingredients. Use hands to fold in all the ingredients until they are all combined and the mixture is uniform throughout. Place the mixture on a non-greased baking sheet and mold into a large loaf.
3. Depending on the thickness and length of your loaf, you may need to adjust your cooking time.
4. Add ketchup to the top, as much or as little as you would like, for added flavor.
5. Place in the middle of the oven, and bake for 35-40 minutes.
6. Check to see if it is done by cutting into the middle of loaf. If you would like it more done, cook a bit longer.
7. Serve with mashed potatoes and a veggie!





# SKINNY CHIPOTLE TURKEY CHILI

## INGREDIENTS

1 teaspoon of cumin  
1 teaspoon of chili powder  
1/2 teaspoon of paprika  
1/8 teaspoon of cayenne pepper (optional)  
1/2 teaspoon of chipotle seasoning (optional)  
1/2 teaspoon of salt  
1/4 teaspoon of pepper  
1 pound of ground turkey  
1-2 cloves of garlic, chopped  
1/4 cup of cilantro, chopped  
1 cup of onion, chopped  
1 cup of green peppers, chopped  
1 lime  
1 can of no salt added corn  
1 can of reduced sodium black beans  
1 can of reduced sodium red kidney beans  
1 can of no salt added diced tomatoes

## DIRECTIONS

1. Season turkey to taste using chili powder, paprika, cayenne, chipotle seasoning, cumin, salt and pepper.
2. Cook turkey, garlic, and onions in a frying pan on medium until cooked all the way through. Then set the stovetop to low to keep it warm.
3. Using a strainer, drain and rinse the corn, kidney beans and black beans. Place them in a large bowl and set aside.
4. Add about half the can of diced tomatoes (including the juice) to the turkey and stir. Add more if desired.
5. Take about 1 cup of corn and bean mixture and add to the turkey. Stir and add more if desired.
6. Chop about 1/4 cup of cilantro and add to the mix. Then cut the lime in half and squeeze half of the lime over the turkey.
7. Serve and enjoy! Plain Greek yogurt is a yummy, skinny substitute for sour cream.





# CHEESEBURGER SOUP

## INGREDIENTS

3/4 pound ground beef  
3/4 cup shoestring or thinly sliced carrots  
1 teaspoon basil  
1 teaspoon parsley  
3 cups chicken broth  
3/4 cup chopped onions  
4 cups diced and peeled potatoes  
3 tablespoons butter  
2 cups cubed yellow cheese  
1 cup milk  
1/4 cup sour cream  
2 tablespoons flour  
Salt and pepper to taste

## DIRECTIONS

Brown ground beef and put in the slow cooker (or place frozen precooked ground beef in the slow cooker). Melt butter in the microwave and stir in flour. Add flour mixture and remaining ingredients, except for carrots and sour cream. Cook on high for two hours, then reduce to low and cook for two more hours, putting carrots in the slow cooker for the last hour. Before serving, stir in sour cream.





# HAM AND CHEESE ROLL-UPS

## INGREDIENTS

- 1 can refrigerated crescent dough
- 3-4 slices of honey ham
- 1 package of Mexican shredded cheese
- 1 egg white (for egg wash)

## DIRECTIONS

1. Preheat the oven according to the label on the dough packaging.
2. Together with your little one, roll out the dough and cut along the perforated line.
3. Cut the ham into strips to fit your roll, and place on dough. The horizontal part of the dough should be at the top.
4. Have your child top the ham with bits of shredded cheese.
5. Together, roll from top to bottom.
6. Place on a baking sheet lined with aluminum foil.
7. Beat egg white and brush each roll.
8. Bake for 9 minutes or until the outer crust turns golden and cheese melts.
9. Let cool for 2 minutes and enjoy!





# TURKEY AVOCADO BURGERS

## INGREDIENTS

1 pound ground turkey breast  
3/4 cup Italian panko breadcrumbs  
1 ripe avocado, cubed  
1 egg  
Lettue  
Tomato slices  
1 tablespoon Worcestershire sauce  
1 clove of garlic, minced  
Hamburger buns  
1 tablespoon yellow mustard  
1 tablespoon ketchup

## DIRECTIONS

In a large bowl, combine turkey, panko, avocado, egg, Worcestershire sauce, garlic, mustard and ketchup. Stir until well mixed.

Create patties and cook on a George Foreman Grill, searing for 5-7 minutes. Turkey is fully cooked when internal temperature reaches 165 F. Add cheese slices and serve the burgers on buns.

*Giggle Tip:* Add some microwaved frozen organic broccoli as a healthy side option!



# SOPHISTICATED FISH STICKS

## INGREDIENTS

1 large egg, beaten  
2 cups panko breadcrumbs (or shredded, unsweetened coconut)  
2 tablespoons oil of choice  
1 tablespoon seasoning of choice (i.e. Old Bay)  
1 1/2 pounds tilapia fillets, cut into wide strips  
1 teaspoon of olive oil  
Coarse salt and ground pepper

## DIRECTIONS

Heat oven to 475°F, and line your baking sheets with aluminum foil.

Pour the beaten egg in a medium bowl and season with salt and pepper. Put your fish coating, seasoning and oil in a separate bowl and mix. Dip your fish strips into the egg, shake off the excess and then dip the strip into the fish coating, pressing it onto the fish, so that it sticks. Place each fish stick onto the baking sheets about an inch apart from each other.

Bake the fish in the oven until they are lightly brown for about 13 minutes. Rotate your baking sheets after 5 minutes to ensure even cooking. Serve your fish sticks with dipping sauces and veggies. Enjoy!





# MOLLETES

## INGREDIENTS

1 loaf of French bread

Refried black beans, either canned or homemade

Oaxaca cheese (or mozzarella if you cannot find Oaxaca)

Salsa roja or salsa verde, for serving

## DIRECTIONS

Set your broiler to high. Cut your baguette into thirds, and then split each piece of bread in half. Place the slices on a baking sheet, cut side up. Spread about  $\frac{1}{2}$  cup of beans on each piece of bread, and then place in the oven to broil for about 2 minutes. Top with Oaxaca cheese and then return to the broiler for another 2 minutes, or until the cheese is nicely melted.

Serve immediately with your favorite salsa.





# HOMEMADE MINI PIZZAS

## INGREDIENTS

2 store-bought pizza dough 1 circle-shaped cookie cutter

1 tablespoon cornmeal

1 jar of tomato sauce

1 package of Italian shredded cheese

1 package of Mexican shredded cheese

Your favorite pizza toppings!

## DIRECTIONS

1. Preheat the oven according to the label on your pizza dough.
2. Separate your favorite pizza toppings into small bowls.
3. Sprinkle cornmeal on a flat surface and roll out your dough.
4. Have your little one use the cookie cutter to cut out their pizza shape.
5. Top your pizza with sauce, cheese and the delicious toppings!
6. Bake until the crust is golden and the cheese is melted and bubbly.
7. Let cool for a few minutes and enjoy your creation!





# BLACK BEAN SOUP

## INGREDIENTS

One pound dried black beans, rinsed  
Two boxes liquid chicken or veggie broth  
Two Spanish diced onions  
One fresh clove of garlic, minced  
One teaspoon cumin  
One teaspoon dried cilantro

## DIRECTIONS

Place all ingredients in the slow cooker for 6-8 hours on high. Serve with sour cream, diced fresh tomatoes and cilantro.





# QUICK MEXICAN CHICKEN

## INGREDIENTS

2 large boneless, skinless chicken breasts (approx. 1 ½ lbs.)  
1 small onion, diced  
1 large carrot, diced  
1 stalk celery, diced  
1 cup frozen mixed vegetables (optional)  
1 clove garlic, minced  
½ sweet red pepper, diced  
2 tbsp. pitted black olives or stuffed green olives, sliced in half  
1 ½ tbsp. prepared chili powder  
1 ½ tsp. ground cumin  
½ tsp. ground sage  
¾ cup white rice  
1½ - 1¾ cups chicken broth or bullion  
¼ cup vegetable oil  
½ tsp. red pepper flakes, more or less as desired  
Salt & freshly ground black pepper to taste

## DIRECTIONS

Clean and wash the chicken breasts well. Pat as dry as possible and then cut into small bite-sized pieces. Preheat a large heavy-bottom skillet on moderate high heat and add oil when pan is hot. Generously salt and pepper the chicken pieces, add to skillet and brown on both sides. Remove browned chicken pieces to a bowl and set aside, keeping oil and drippings in pan.

Lower heat to moderate. Add all the vegetables and garlic and stir until onion is translucent. Add the rice and stir until the rice is completely coated with hot oil, and continue to stir until the rice just starts to turn golden. Add a bit more oil if required. Add the broth, chili powder, cumin, sage, red pepper flakes, and ground black pepper to taste, and stir until combined. Add the browned chicken pieces along with any accumulated juices and distribute evenly into the pan contents.

Bring heat to low and cover pan. Cook until rice is done and a small amount of liquid remains in bottom of pan. Let sit in covered pan for 5-10 minutes and serve.



# CROCK-POT SMOTHERED PORK CHOPS

## INGREDIENTS

4 bone-in pork chops (or boneless)  
One 1-ounce envelope onion soup mix  
One 14-ounce can lower sodium chicken broth  
One 10.5-ounce can lower sodium cream of chicken soup  
One 1-ounce envelope dry pork gravy mix  
1 teaspoon garlic powder

## DIRECTIONS

In a 5-6 quart slow cooker, combine onion soup mix, chicken broth, cream of chicken soup and pork gravy mix. Whisk together until combined. Don't worry about any lumps; they will go away during cooking.

Season both sides of the pork chops with a little bit of garlic powder. Place pork chops into the slow cooker. Do your best to spread them out and cover with the gravy mixture. Cover and cook on low for about 6-8 hours. Serve with steamed broccoli.

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# PICADILLO (CUBAN CHILI)

## INGREDIENTS

3 tablespoons olive oil  
1 small onion  
1/2 green bell pepper, diced  
2 cloves fresh garlic, pressed  
1 1/2 pounds ground beef  
1 teaspoon salt  
1/2 teaspoon pepper  
One 8-ounce can of tomato sauce  
1 small can of tomato paste  
1/4 cup dry white wine (the cheaper, the better!)  
4 tablespoons pimento-stuffed green olives, sliced  
1 small box of dark raisins  
1/2 teaspoon cumin  
1/2 teaspoon oregano

## DIRECTIONS

Heat the olive oil in a large skillet over medium heat. Saute the onion, green pepper and garlic until the onion is translucent. Add the ground beef and brown over medium heat. Add the rest of the ingredients and continue cooking until meat is tender and completely cooked through, about 25 minutes. Serve over white rice.

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# APPLE AND CHEDDAR GRILLED CHEESE

## INGREDIENTS

8 slices white cheddar cheese  
8 slices bread  
2 green apples, sliced thin  
Butter  
Honey mustard

## DIRECTIONS

Heat a pan over medium heat and add enough butter to coat the bottom of the pan. While the pan heats, butter the outside of two slices of bread. Place cheese on the inside of both slices of bread, top with  $\frac{1}{4}$  of the apple slices, and put the two sides of the sandwich together.

Grill sandwich on one side until bread is golden brown, about 4 minutes. Flip sandwich over and grill for about 4 more minutes, or until bread is golden brown and cheese is melted. Repeat for the remaining three sandwiches.

Serve with a side of honey mustard for dipping!

Published in Giggle Magazine April/May 2017 Issue | Recipe by Colleen McTiernan

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# CROCK-POT WHITE CHICKEN CHILI

## INGREDIENTS

1 jar of salsa  
2 cans of white pinto beans  
1 1/2 pounds of chicken breast, chunked and cooked  
2 cans of Great Northern white beans  
8 ounces of Monterey Jack, shredded cheese  
8 ounces of Pepper Jack, shredded cheese  
A dash of chili powder  
4 tablespoons of cumin  
Salt and pepper to taste

## DIRECTIONS

1. Place all ingredients in a crock-pot and simmer on low all day.
2. Top with sour cream and serve with Fritos or taco chips!

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# ROASTED VEGGIE BUDDHA BOWLS

## INGREDIENTS

Cooked quinoa, brown rice, or chickpeas

Your choice of fresh greens

Fresh veggies of choice: *Pick your favorite hearty veggies that you know will fill your family up!*

Nuts of choice: *Nuts like pecans or walnuts are great for roasting with veggies.*

3-4 tbsp. Olive oil

1 tbsp. Garlic powder

1 tbsp. Onion powder

1 tbsp. Chili powder

Salt and pepper

Dressing of choice: *Let your family pick with dressings they want to use on their Buddha bowl*

## DIRECTIONS

1. Cook your rice or quinoa according to package directions, and wash and cut your greens. Both of these ingredients will come in later for assembly.
2. Wash and cut up all of your veggies that you will be roasting. Once all your veggies are washed and cut, lay them out on a large sheet pan. Also, add 1 cup of your nuts of choice on the sheet pan.
3. Drizzle olive oil and all of the seasonings over the veggies and nuts, and toss to make sure the seasonings cover everything. Roast your veggies and nuts in the oven at 350°F for about 20-25 minutes, or until veggies are browned and tender.
4. Assemble your Buddha bowl with rice or quinoa on the bottom, then your greens, then the roasted veggies and nuts. Top your bowl with whatever dressing you like!

Published in Giggle Magazine June/July 2020 Issue | Recipe by Amanda Roland

# PIZZA GRILLED CHEESE

## INGREDIENTS

8 tablespoons marinara sauce

8 slices mozzarella cheese

Pepperoni

8 slices Italian sandwich bread

Butter

## DIRECTIONS

Heat a pan over medium heat and add enough butter to coat the bottom of the pan. While the pan heats, butter the outside of two slices of bread. Spread 1 tablespoon of marinara sauce on the inside of each slice of bread. Place cheese and pepperoni on the inside of both slices of bread and put the two sides of the sandwich together.

Grill sandwich on one side until bread is golden brown, about 4 minutes. Flip sandwich over and grill for about 4 more minutes, or until bread is golden brown and cheese is melted. Repeat for the remaining three sandwiches.

Published in Giggle Magazine April/May 2017 Issue | Recipe by Colleen McTiernan



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