



RECIPE
BOOK



TOLEDO MOMSSM





RECIPE

TITLE: CAPRESE ZOODLES

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**2-3 ZUCCHINI
YOUR FAVE PESTO
FRESH MOZZARELLA
CHERRY TOMATOES**

**HALVE YOUR TOMATOES,
COOK ON STOVE IN LIGHT OIL UNTIL
SOFT. SPIRALIZE YOUR ZUCCHINI
AND ADD TO PAN, COOK FOR NO
MORE THAN A FEW MINUTES-UNTIL
HOT.**

**ADD SMALL BITES OF
MOZZARELLA AND PESTO, STIR
WELL AND SERVE!**





RECIPE

**TITLE: ASPARAGUS
CHICKEN CASSEROLE**

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**2 LARGE CHICKEN BREASTS, CUT IN
HALF LENGTH WISE.
16 ASPARAGUS STALKS, TRIMMED.
3/4-1 CUP SHREDDED MOZZARELLA
CHEESE
LEMON JUICE
SEASONINGS-GARLIC POWDER,
PAPRIKA, RED PEPPER FLAKES, SALT
& PEPPER.OPTIONAL:LEMON ZEST,
PARSLEY.**

**PREHEAT OVEN TO 400.
IN A SMALL BOWL MIX SALT, PEPPER,
GARLIC POWDER ANDPAPRIKA.
ARRANGE CHICKEN BREASTS IN BOTTOM
OF BAKE SAFE DISH.SEASON WITH
MIXTURE.
COMBINE 1-2 TBS OF OLIVE OIL, LEMON
JUICE AND ZEST IFYOU HAVE IT. POUR 3/4
OF THE MIXTURE OVER THE CHICKEN.
ARRANGE THE ASPARAGUS OVER THE
CHICKEN AND DRIZZLE THE REMAINING
OLIVE OIL AND LEMON JUICE.
TOP WITH MOZZARELLA CHEESE AND BAKE
FOR 18-20 MINUTES. THEN TURN OVER TO
BROIL AND COOK FOR 2 MINUTESLONGER-
UNTIL CHEESE IS GOLDEN AND BUBBLING.
TOP WITH PARSLEY AND RED PEPPER
FLAKES!**



RECIPE

**TITLE: BUFFALO CHICKEN
ZUCCHINI BOATS**

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

4 MEDIUM ZUCCHINIS
1 LB ROTISSERIE CHICKEN SHREDDED
OR ANY SHREDDED CHICKEN
1/4 CUP ROOM TEMP CREAM CHEESE
1/2 CUP RED HOT BUFFALO SAUCE
2/3-1 CUP CHEESE OF CHOICE (I
LIKE MOZZARELLA OR PEPPERJACK
ON THIS)
OPTIONAL: ONION POWDER, GARLIC
POWDER, CILANTRO, RANCH
DRESSING, SCALLIONS

PREHEAT OVEN TO 400. SLICE ZUCCHINI IN
HALF LENGTHWISE AND SCOOP OUT
INSIDES. PLACE SCOOPED SIDE UP IN
BAKING DISH. COMBINE CREAM CHEESE,
CHICKEN, A COUPLE DASHES ONION
POWDER, GARLIC POWDER AND THE HOT
SAUCE IN BOWL AND MIX WELL. SPOON
INTO ZUCCHINI BOATS. COVER BAKING
DISH WITH FOIL AND BAKE FOR 25
MINUTES. MAKE SURE ZUCCHINI IS
SOFTENED TO YOUR LIKING. TOP WITH
MOZZARELLA CHEESE, RECOVER AND BAKE
FOR 5 MORE MINUTES. TOP WITH OPTIONAL
RANCH DRESSING, SCALLIONS AND
CILANTRO.



RECIPE

**TITLE: SKILLET CHEESY
CHICKEN CAULI-RICE**

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**1/2 LB ROTISSERIE CHICKEN OR
CHICKEN BREAST-CUBEDSMALL.
12 OUNCES RICED BROCCOLI AND
CAULI RICE**

**1/3 CUP SHREDDED CHEESE (I USE
REDUCED FAT SHARP CHEDDAR)**

1/3 CUP CHOPPED ONION

**SEASONINGS-PEPPER, SALT, GARLIC
POWDER, MINCED GARLIC**

**SEASON CHICKEN WITH SALT, PEPPER AND
GARLIC POWDER. HEAT SKILLET AND ADD
SOME OLIVE OIL, ADD HALF OF THE
CHICKEN. COOK 2-3 MINUTES ON EACH
SIDE UNTIL BROWNE, DO THE SAME FOR
REST OF CHICKEN. TAKE CHICKEN OUT,
ADD OIL AND GARLIC TO THE PAN ALONG
WITH THE RICED BROCCOLI AND
CAULIFLOWER. SEASON HOW YOU'D LIKE
AND COOK 5-6 MINUTES. RETURN CHICKEN
TO SKILLET, TOP WITH CHEESE AND
COVER. COOK UNTIL THE CHEESE ISNICE
AND MELTY!**



RECIPE

**TITLE: ITALIAN HONEY
CHICKEN WINGS WITH
CARROTS**

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**2-3LBS CHICKEN WINGS
3 TBSP ITALIAN SEASONING HONEY
TO DRIZZLE
2-3LBS OF CARROTS
3 TBSP ITALIAN SEASONING
2 TBSP HONEY**

**PREHEAT YOUR OVEN TO 450 DEGREES F.
PLACE THE CHICKEN WINGS IN A LARGE
MIXING BOWL AND ADD THE ITALIAN
SEASONING. USE YOUR HANDS TO TOSS
THE WINGS AND SEASONING TOGETHER
UNTIL ALL THE WINGS ARE COATED (THIS
MAY NEED TO BE DONE IN BATCHES
DEPENDING ON THE SIZE OF YOUR BOWL).
BOIL CARROTS FOR 10ISH MINUTES. TOSS
IN SEASONING AND HONEY.
PLACE THE WINGS ON A LARGE NON-STICK
BAKING SHEET IN A SINGLE LAYER.
BAKE IN THE OVEN FOR 20 TO 30 MINUTES,
OR UNTIL CRISPY AND COOKED THROUGH
(NOTE: MINE WERE IN THE OVEN FOR 22
MINUTES ON THE DOT). REMOVE FROM
OVEN, TRANSFER TO A SERVING PLATTER,
AND DRIZZLE WITH HONEY.**



RECIPE

TITLE: SKILLET CHICKEN THIGHS, BRUSSELS, AND APPLES

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**4-5 CHICKEN THIGHS
2-3 SLICES OF BACON
1 BAG OF FRESH BRUSSELSPROUTS 1
GREEN APPLE
2 TBSP MAPLE SYRUP SALT, PEPPER
AND THYME.**

COOK 1-2 SLICES OF BACON. AND REMOVE, LEAVE GREASE. SPRINKLE CHICKEN EVENLY WITH 1/4 TEASPOON SALT AND 1/4 TEASPOON GROUND BLACK PEPPER. ADD CHICKEN TO SKILLET. COOK ABOUT 10 MINUTES OR UNTIL BROWNE AND CRISP, TURNING ONCE. COOK, PARTIALLY COVERED, OVER MEDIUM HEAT ABOUT 15 MINUTES MORE UNTIL DONE, (AT LEAST 170°F) TURNING ONCE MORE. REMOVE CHICKENFROM SKILLET; KEEP WARM.

OPEN BAG OF FRESH BRUSSELS AND TOSS IN THE BACON TO A HOT SKILLET COOK, COVERED, FOR 5 MINUTES OVER MEDIUMHEAT. ADD APPLES. COOK, UNCOVERED, ABOUT 5 MINUTES MORE OR UNTIL SPROUTS ARE TENDER AND GOLDEN, STIRRINGOCCASIONALLY. DRIZZLE WITH MAPLE SYRUP; TOSS TO COAT. TO SERVE, TRANSFER BRUSSELS SPROUTS AND APPLES TO A PLATTER. ARRANGE CHICKEN THIGHS ON TOP. SPRINKLE WITHTHYME, SALT AND PEPPER.



RECIPE

TITLE: CROCKPOT CHICKEN TACOS

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**3-4 CHICKEN BREASTS
1 CUP OF SALSA
1 TBSP TACO SEASONING GREEN
LEAF LETTUCE CHEESE**

**IN A CROCKPOT, PLACE CHICKEN BREASTS, CAN BE FROZEN. IN THE BOTTOM SPRINKLE WITH THE SEASONING.
TOP WITH THE SALSA
COOK ON LOW FOR 6 HOURS, OR HIGH FOR 3 HOURS. SHRED THE CHICKEN AND SERVE WITH YOUR FAVORITE TACO TOPPINGS. IN INSTANT POT COOK FOR 18 MINS ON MANUAL.**



RECIPE

TITLE: HONEY LEMON BAKED CHICKEN & GREEN BEANS

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**3-4 CHICKEN BREASTS 2 TBSP BUTTER
2 TBSP HONEYSALT/PEPPER/ROSEMARY 1 LEMON
1 BAG OF GREEN BEANS**

PREHEAT OVEN TO 375°F. MELT BUTTER WITH HONEY IN A SMALL SAUCEPAN OVER MEDIUM-LOW HEAT. STIR UNTIL SMOOTH AND BLENDED. PLACE A BAG OF GREEN BEANS ON THE BOTTOM OF THE PAN. ARRANGE CHICKEN ON TOP INSINGLE LAYER. SEASON WITH SALT AND PEPPER. POUR WARMED HONEY MIXTURE OVER CHICKEN AND PLACELEMON SLICES ON TOP.COVER BAKING DISH LOOSELY WITH FOIL AND BAKE UNTIL CHICKEN IS OPAQUE AND FIRM TO TOUCH, ABOUT 20 MINUTES.



RECIPE

TITLE: PULLED PORK

PREP TIME:

TOTAL TIME:

NOTES



TOLEDO MOMSSM

INGREDIENTS & INSTRUCTIONS

**3-4LB PORK ROAST
STUBBS PORK MARINADE
1 BUNCH OF CILANTROANY
VEGGIE FOR A SIDE
I DO A BAG OF GREEN BEANS**

**PLACE THE ROAST IN A CROCK POT
POUR 1/2 BOTTLE OF STUBBS ONTO THE
ROAST. CHOP THECILANTRO AND TOSS IN.
CROCKPOT ON HIGH 6-8 HOURS.
IF USING IP ITS 55 MINUTES MANUAL
SETTING. FOR GREEN BEANS TOSS IN A
PAN AND BOIL FOR 5 MINUTES, POUR OUT
THE WATER AND ADD 1 TBSP BUTTER, ADD
SOME GARLIC SALT AND SERVE ALONGSIDE
THE PULLED PORK. YOU CAN ADD A
LETTUCE WRAP IF YOU FANCY. USE IT AS IS
FOR THE FOLLOWING DAYS, ORTOP
SALADS WITH IT.**

