

Healthy Chicken Goulash

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This Healthy Chicken Goulash is made healthy by using ground chicken in place of the traditional beef, and adding good for you vegetables. A little secret shsssss don't tell my family, I add chopped spinach to a lot of my recipes.

It's a good way to get our picky eaters to eat some greens and a good place to put them is in this goulash.

It's a cozy family meal that comes together quick, is easy and doesn't need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it's real good, and that's not even the best part, the best part ONE PAN COOKING!!!

It's a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

Customize This Healthy Chicken Goulash

This Healthy Chicken Goulash recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground chicken you can go the traditional route and use ground beef, or ground turkey if that s what you prefer.

It doesn't matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family

favorite in your home as it has in mine!!!!

One thing that does matter in this Healthy Chicken Goulash recipe and in any one pan meals is to be sure to use the right size pan to hold all the ingredients. I've linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it's my favorite part!!!

Ingredients

- 1/2 Lbs. shell pasta
- 1/2 Lbs. ground chicken
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. can tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- 2 Tbs. each olive oil and butter

• **Instruction**

- 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
- Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
- Add ground chicken cook until brown sprinkle with the paprika, salt and pepper to taste
- Add tomatoes and chicken stock
- Simmer covered 15 minutes
- Add pasta simmer 15 minutes longer

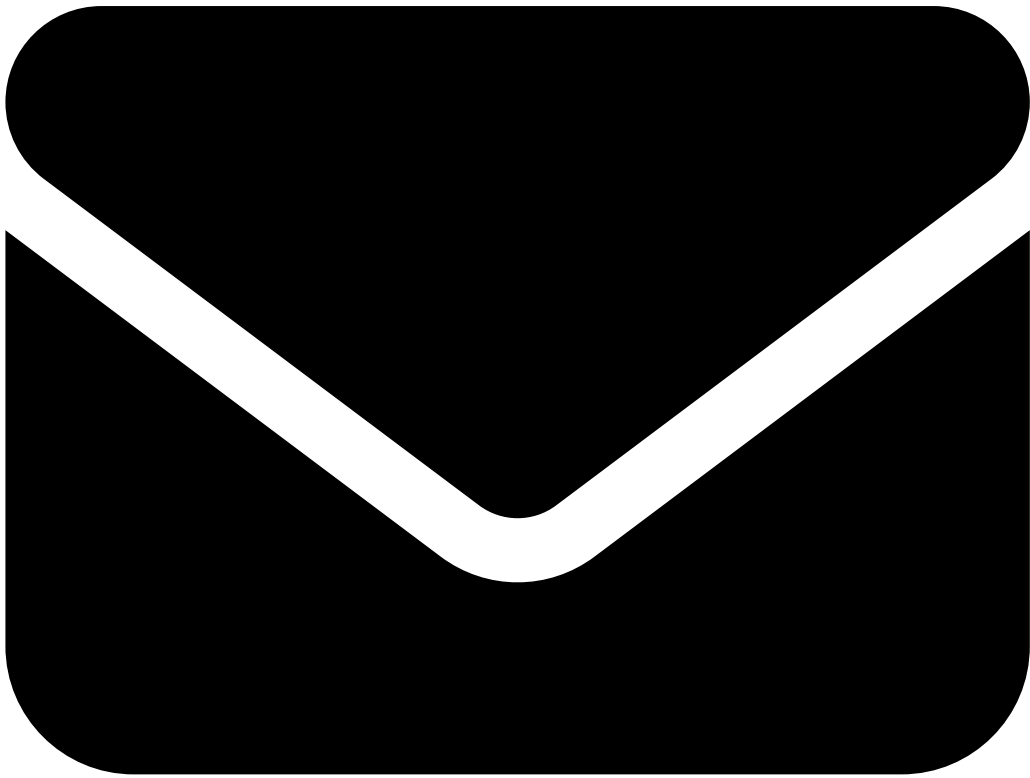
- Add the parmesan cheese, spinach and herbs last 5 minutes
 - Salt and pepper to taste.
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Sausage Cabbage Gnocchi

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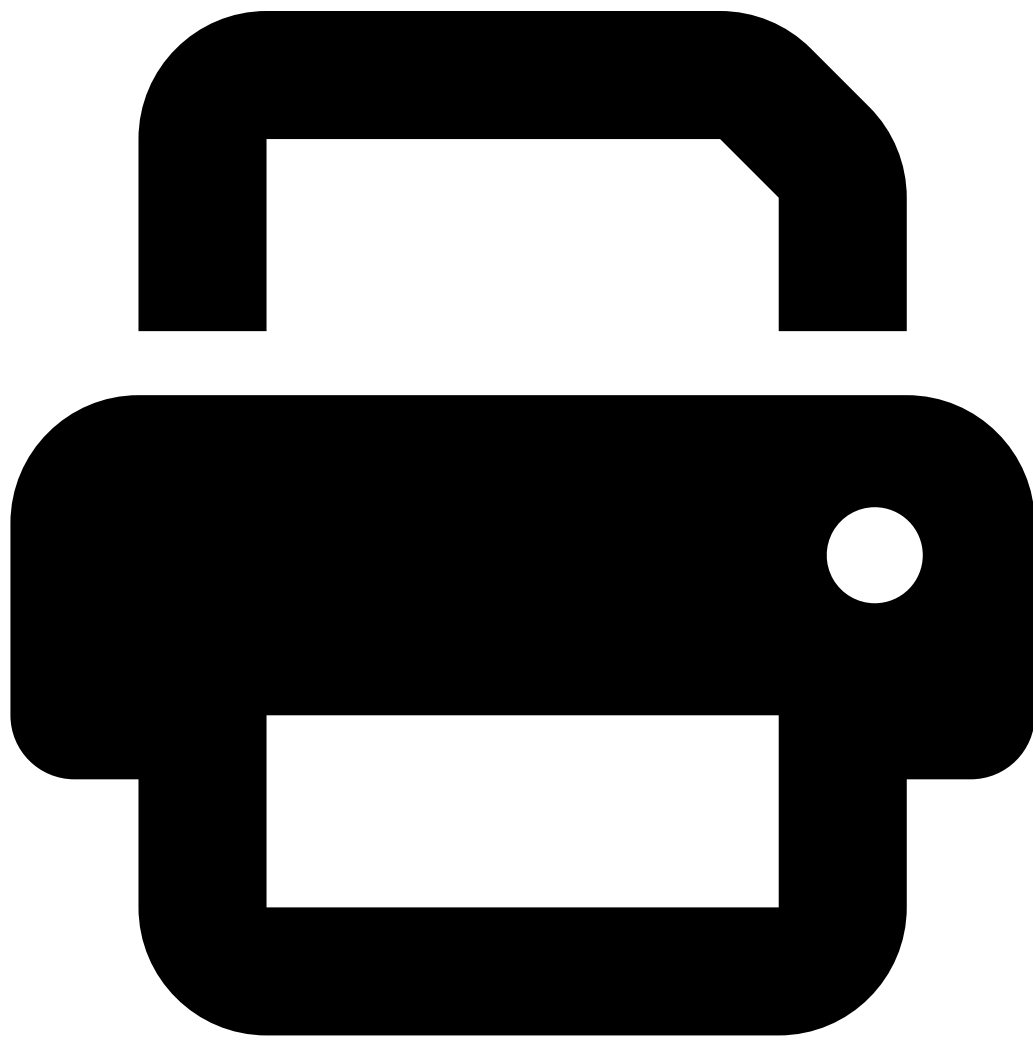
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This Sausage cabbage gnocchi recipe is so easy when you use store bought potato gnocchi. Gnocchi, who doesn't like them? Anyone ?

These little dumpling of comfort and joy are a favorite in my house, pair them with a delicious sauce of healthier chicken sausage and cabbage in a light tomato sauce and you have a meal everyone will love and you'll feel good about serving it.

3 Tips when making Sausage Cabbage Gnocchi

First be sure to use good quality gnocchi, since that's the main ingredient in this Sausage Cabbage Gnocchi Recipe. Second, I used chicken Italian sausage for a healthier alternative, but you can use any flavor sausage you like, be sure to remove the casings before cooking.

And third be sure the saute pan is big enough to hold all the ingredients and the sauce is simmering and hot before adding the gnocchi, and keep the pan covered.

This Sausage Cabbage Gnocchi recipe is easy, delicious and it can be on your table in less than 30 minutes.

If you make this recipe please leave me a comment, and don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!

Sausage Cabbage Gnocchi



Tender potato gnocchi and Italian chicken sausage simmer with cabbage, marinara, garlic, and herbs for a hearty one-pan meal finished with Parmesan.

- 1 lb store bought potato
- $\frac{1}{2}$ lb shredded red and green cabbage
- 1 lb chicken Italian sausage
- 1 chopped red onion
- 2 tbsp chopped garlic
- 2 cups prepared marinara sauce
- 1 cup water
- 1 cup grated parmesan cheese
- $\frac{1}{4}$ cup chopped Italian parsley
- 2 tbsp butter
- Salt and pepper to taste

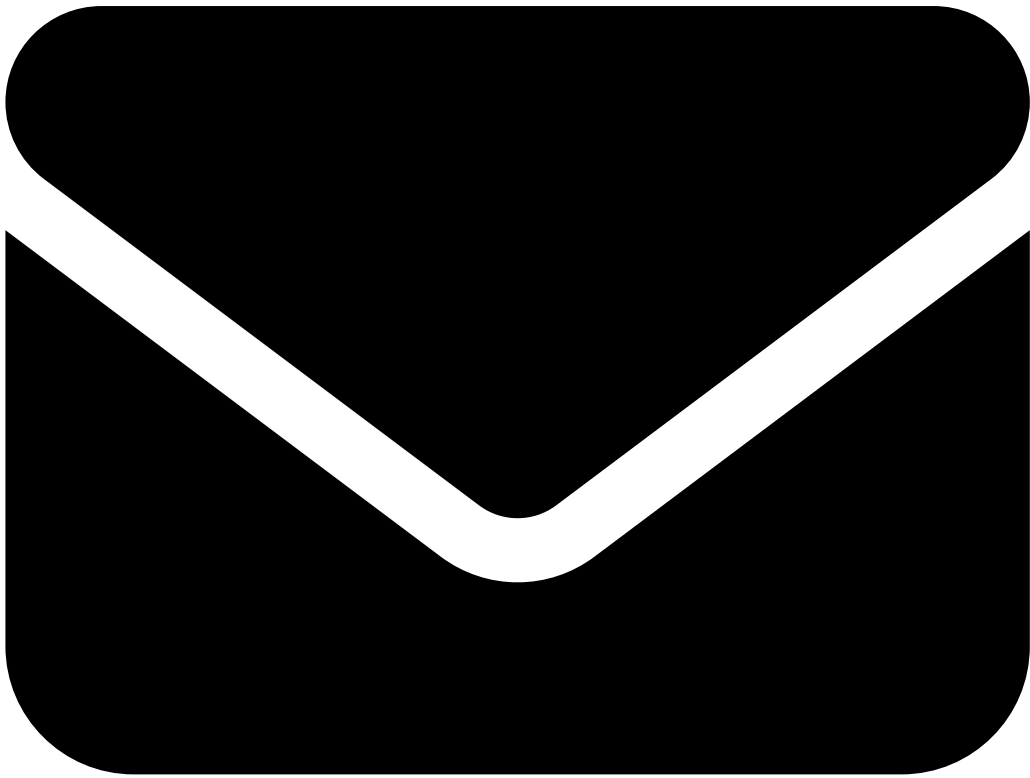
1. In a large saute pan bring the butter to medium heat
 2. Add the onion and garlic saute until tender and just beginning to brown
 3. Remove casings from sausage add to the saute pan saute until golden breaking up the pieces with a spoon
 4. Add the cabbage saute until limp salt and pepper the cabbage
 5. Add the prepared marinara and water bring to a simmer add the gnocchi
 6. Simmer on low covered for 10 minutes add the Italian parsley and parmesan cheese the last 5 minutes
 7. Sprinkle with parmesan
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Two Bean Steak Chili

Two Bean Steak Chili

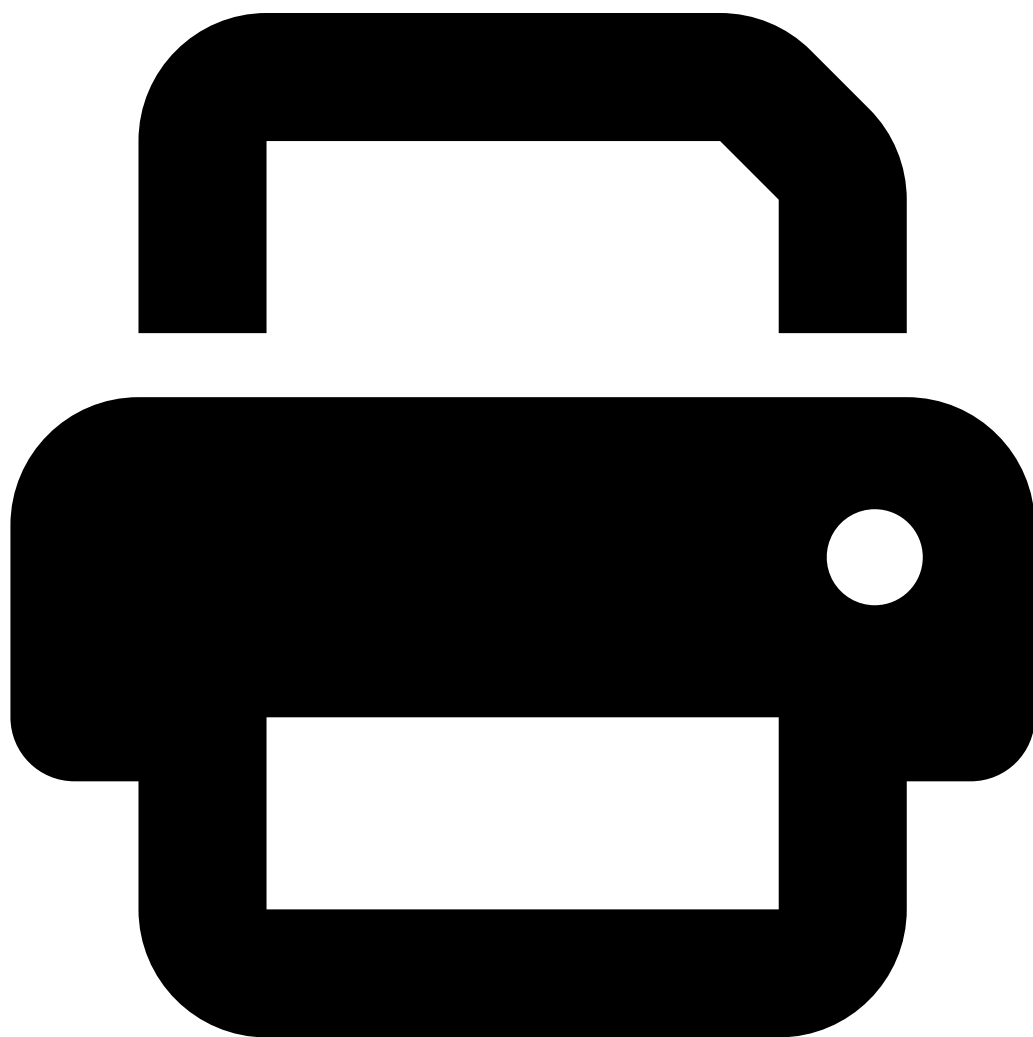
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It's chili season, and Am excited to share my best Two Bean Steak Chili Recipe with you. Tender melt in your mouth slow cooked steak, white and red kidney beans in a rich tomato sauce make this chili my favorite chili recipe.

I go easy on the beans in this chili recipe, but you can add more or less or omit them altogether.

My family doesn't like too spicy food so I go easy on the chili powder too, you can adjust the heat in this recipe use less or more depending on what you like.

I like to use chuck steak which has a lot of beefy flavor. But any cut of beef that's marked "stewing beef" works well in this recipe. You want a tough cut of meat that soften and become tender and tasty after a long cook time.

You'll want to keep this recipe on your meal rotation to make at least once a week, during the colder weather months.

Toppings For This Two Bean Steak Chili

Normally, it's all about the toppings in chili recipes. But this Two Bean Steak Chili recipe is so rich that you won't need a lot of go-to chili toppings.

The topping I liked the best on this steak chili are avocados and sharp cheddar cheese. I found that adding more toppings distract from the rich flavor of the chili, instead of adding to it. I am not saying to not test different toppings for yourself, am saying that's what I found.

Here's some to try red onions, nacho chips, cilantro or sliced jalapenos, just remember not to over powder the rich beefy flavor with too many toppings!!!

This Two Bean Steak Chili is the ultimate comfort food, A chili so good you won't have any leftovers, but if you do this recipe is so freezer friendly if stored in the right freezer containers.

Here's a tip you should purposely double this chili recipe, for delicious ready made meals on busy weeknights.

Two Bean Steak Chili



Tender chuck steak and two kinds of beans simmer with tomatoes, jalapeño, and smoky spices for a hearty, deeply

flavorful chili perfect for a cozy meal.

- 1 lb Chuck Steak
- 2 chopped yellow onions
- 3 tbsp chopped garlic
- 1 cup chopped celery
- 1 chopped and seeded pepper jalapeno pepper
- 14.5 oz can each diced tomatoes and tomato sauce
- 14.5 oz can each red and white kidney beans undrained
- 2 cups beef broth
- 3 tbsp chili powder
- 2 tbsp each cumin (oregano, smoky paprika and coriander)
- 2 bay leaves
- 3 tbsp olive oil
- Salt and pepper to taste

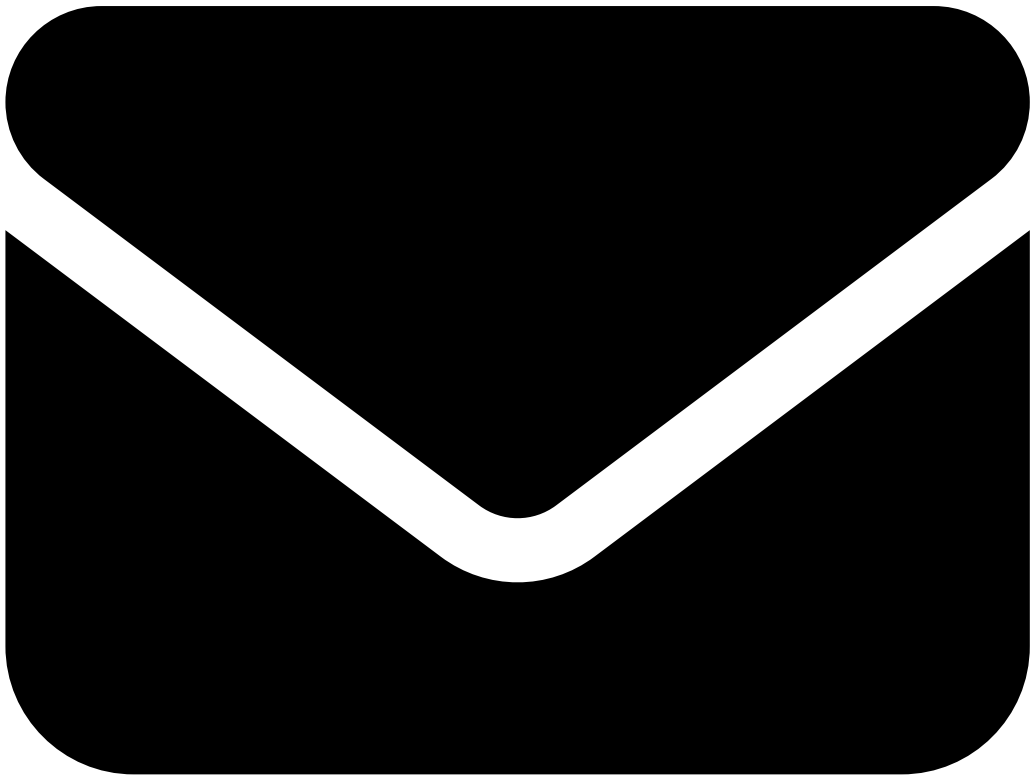
1. Cut the steak into equal size pieces and salt and pepper
 2. In a medium size stock pot bring the oil to medium high heat
 3. Add the steak and sear completely
 4. Add the onions, garlic and jalapeno pepper saute until tender and just beginning to brown
 5. Add all the spices now
 6. Add the tomatoes and beef broth lower the heat, simmer covered for 2 hours
 7. Add the beans adjust seasonings and simmer an additional 30 minutes
 8. Top with your favorite chili toppings
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Thick Cut Skillet Steaks

Thick Cut Skillet Steaks

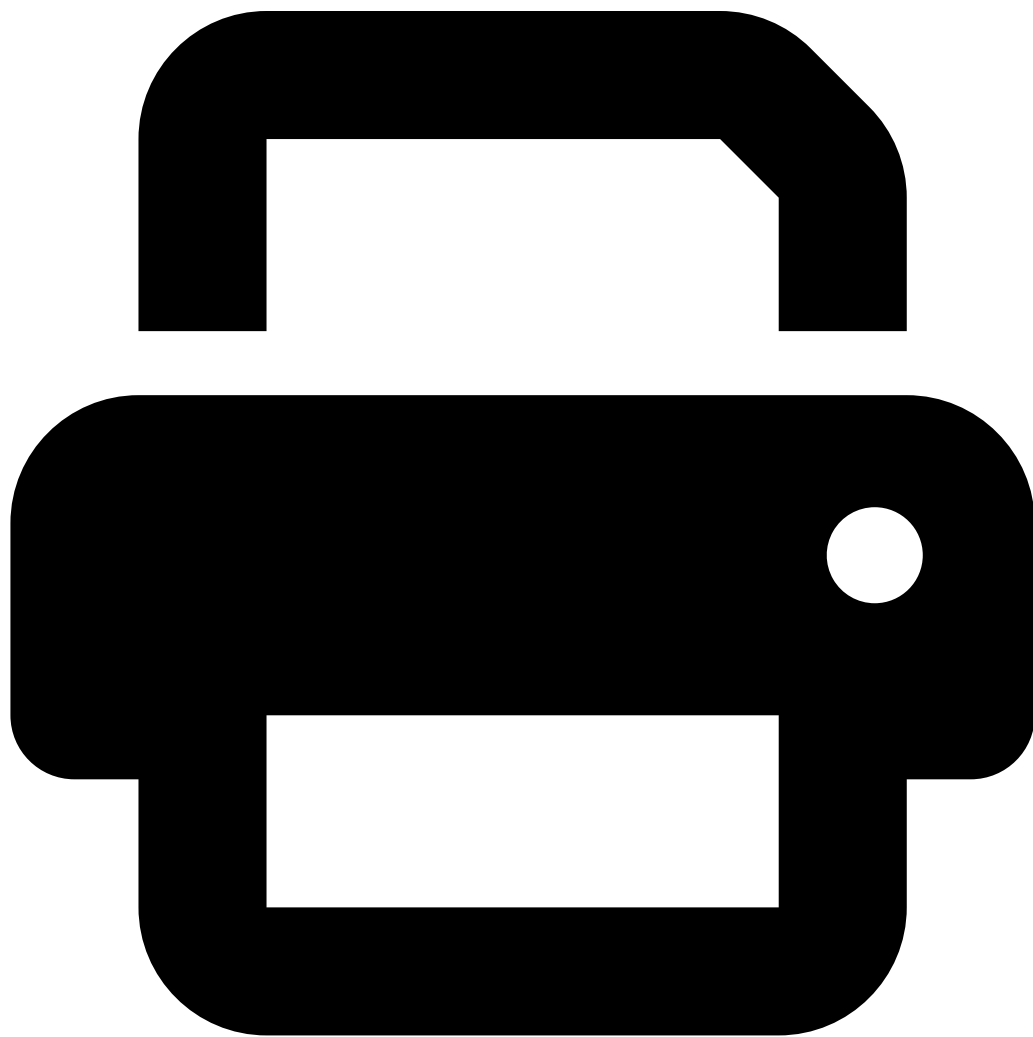
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Sometimes it's amazing of a few ingredients can produce such a delicious outcome like these Thick Cut Skillet Steaks.

Of course the ingredients have to be good, my older bother, an amazing chef told me when we where starting out in the restaurant

business " you put garbage in you'll get garbage out" I never forgot that statement. So here you have it, two 1 pound prime rib steaks that I cut from the rib lion, sprinkled with salt and pepper and topped with a simple pan sauce.

If your looking for a way to cook steak with the ultimate crust use a cast iron skillet, since it retains heat for perfectly seared steaks!!!!

Tips for these Thick Cut Skillet

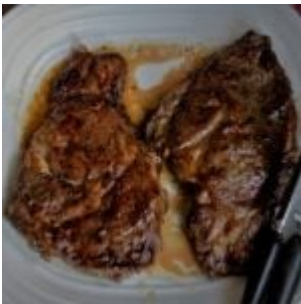
Steaks

The first step to a great sear is to be sure the skillet is hot enough, you need to hear the sizzle. Second, repeatedly flipping the steaks before searing toughens the meat, it's best to sear completely on one side before searing the other side.

One more thing, you can customize this Thick Cut Skillet Steaks recipe instead of using the more expensive prime rib cut of meat you can use a more moderately priced cut of steak, like boneless strip steak.

On a side note to measure the thickness of the steaks for even cooking use two fingers for thick and one for medium as a guide line. Also these two Prime Rib steaks were 1 lb. each 2 steaks should be enough for 3 to 4 people.

Thick-Cut Skillet Steaks



Thick-cut prime rib steaks are seared until beautifully browned, finished in the oven, and served with a rich garlic, herb, and buttery pan sauce.

- 1 lb prime rib steaks (2 of these)
- 2 tbsp each butter and olive oil
- Salt and pepper to taste
- $\frac{1}{2}$ cup beef broth or red wine
- 2 tbsp each chopped garlic and yellow onion

- 2 tbsp each chopped Italian parsley (thyme and oregano)

1. Turn oven to 425 degrees
2. Salt and pepper steaks let sit at room temperature for 15 minutes
3. Meanwhile in a large oven proof skillet bring the butter and olive oil to medium high
4. Add the garlic and yellow onion saute until tender and just beginning to brown
5. Push the onion and garlic to one side of pan
6. Turn the heat to high add the steaks sear the steaks 2 to 3 minutes per side only flipping the steaks once
7. Add The beef broth or red wine and herbs scraping up all the brown bits at the bottom of the pan
8. Transfer the pan to the preheated oven cook for 7 to 9 minutes for medium rare adjusting oven times to your preference.
9. Remove from oven and turn oven off
10. Transfer steaks to cutting board tent with aluminum foil
11. Meanwhile add 1/3 stick of butter to the skillet return to stovetop and simmer for five minutes
12. Pour Pan sauce over steaks

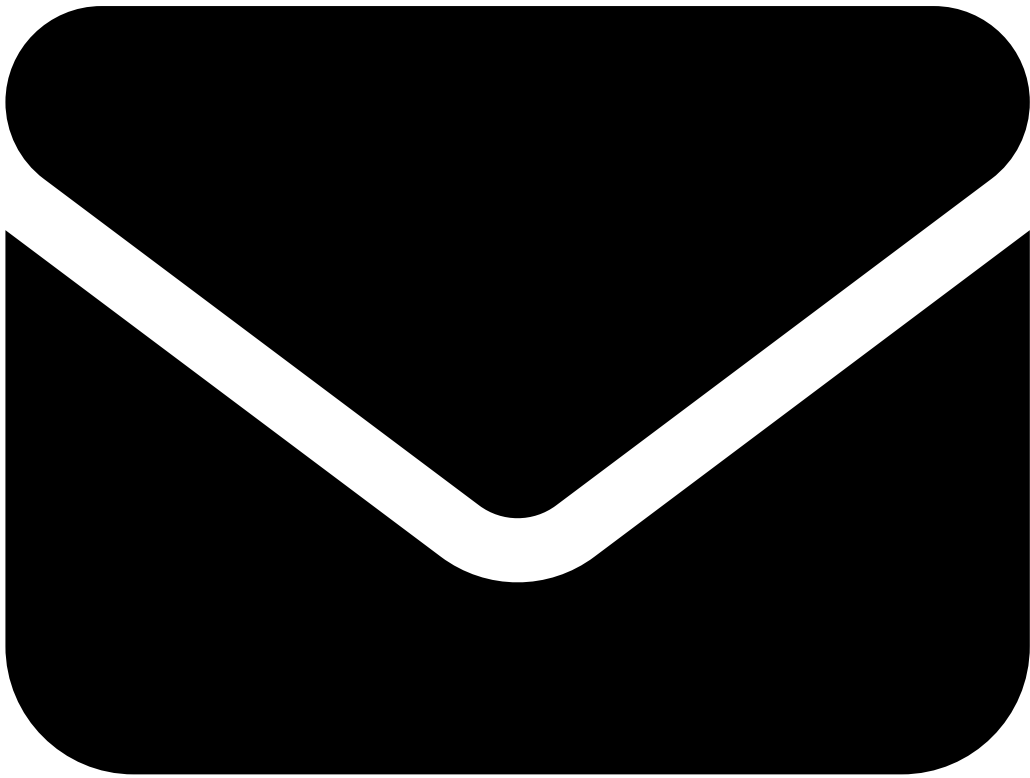
Baked Unstuffed Shells

Baked Unstuffed Shells

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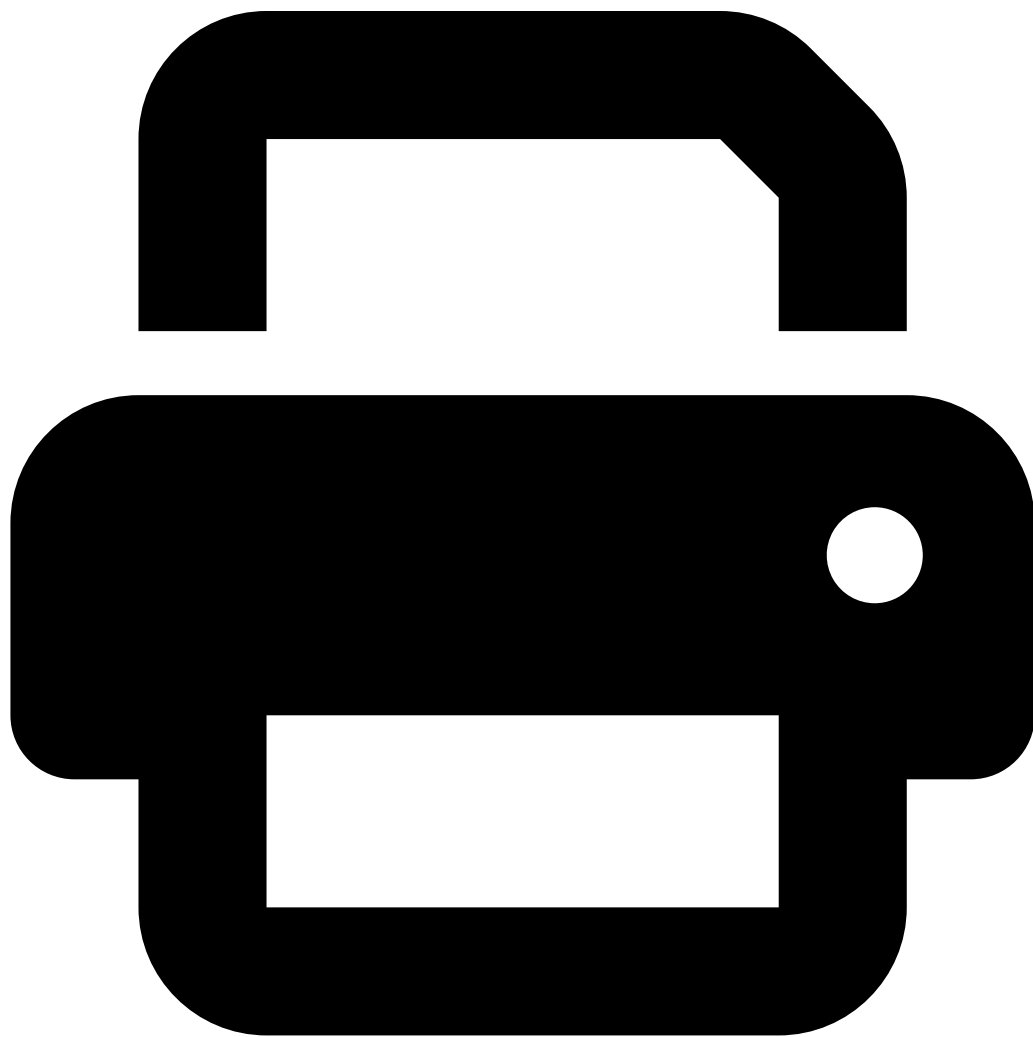
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It's that week between Christmas and New year when I don't know what day it is, or what time zone am in. This time of year *I need comfort food.*

And the comfort comes in the form of this Baked Unstuffed Shells recipe. Jumbo shells, ground beef, and cheese in my real easy marinara sauce is baked to a golden, cheesy deliciousness family and friends will crave.

Baked pasta dishes are one of the most comforting meals this time of year and this recipe is one of my favorites!!

Why This Baked Unstuffed Shells recipe is one of my favorites

I love this Baked Unstuffed Shells recipe, because first and most importantly it's easy. You don't have to stuff the shells, some stuff themselves when you mix it altogether.

Another reason I like this recipe, it comes together pretty quickly if you have a prep plan in place

Third this Baked Unstuffed Shell recipe can be made ahead of time, kept in the refrigerator and baked the day you plan to serve it. In fact you can make this recipe and freeze it for ready made meals, on busy weeknights.

When you think of this recipe, think pasta casserole and who doesn't love a pasta casserole that can go from freezer to oven to table?

Serve and bake it in a beautiful white casserole dish that goes from oven to table and will look pretty on your table.

If you Make this Baked Unstuffed Shells recipe please leave me a comment and please don't forget to tag me on Instagram.

Baked Unstuffed Shells



Tender pasta shells simmer with savory ground beef and marinara, then bake with mozzarella, Parmesan, and fresh herbs until golden, bubbly, and irresistibly comforting.

- 1 lb. large shells
- 1 lb. lean ground beef
- 4 cups my real easy marinara sauce
- 1 cup water
- 1 chopped onion

- 2 tbsp chopped garlic
- 2 cups shredded mozzarella
- 1 cup grated parmesan
- 1/4 cup each chopped Italian parsley and basil
- Salt and pepper to taste

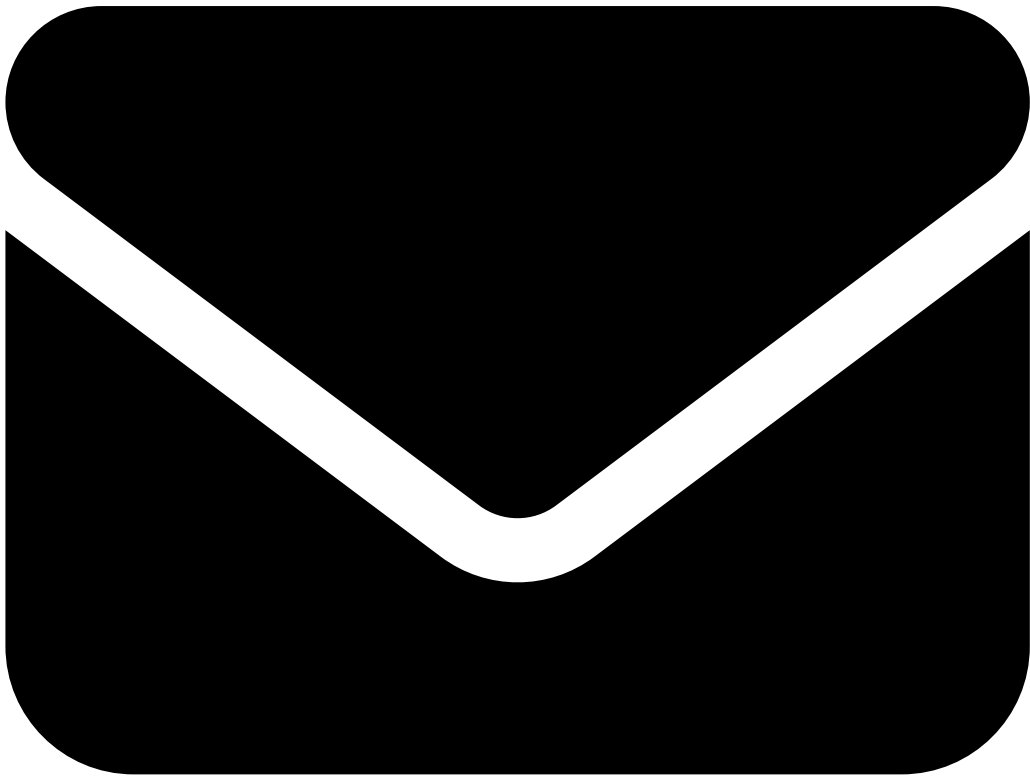
1. Pre heat oven to 375 degrees
2. In a large saute pan saute the onion and garlic until tender and just beginning to brown
3. Add the ground beef salt and pepper now saute until brown drain fat
4. Add my real easy marinara sauce and water
5. Add the pasta shells simmer for 10 minutes
6. Add the cheeses and herbs
7. Transfer to an oven proof casserole dish
8. Top with additional mozzarella and parmesan
9. Bake covered for 20 minutes uncover and bake 10 more minutes or until golden brown and bubbly.

Meaty Unstuffed Pasta Shells

Meaty Unstuffed Pasta Shells

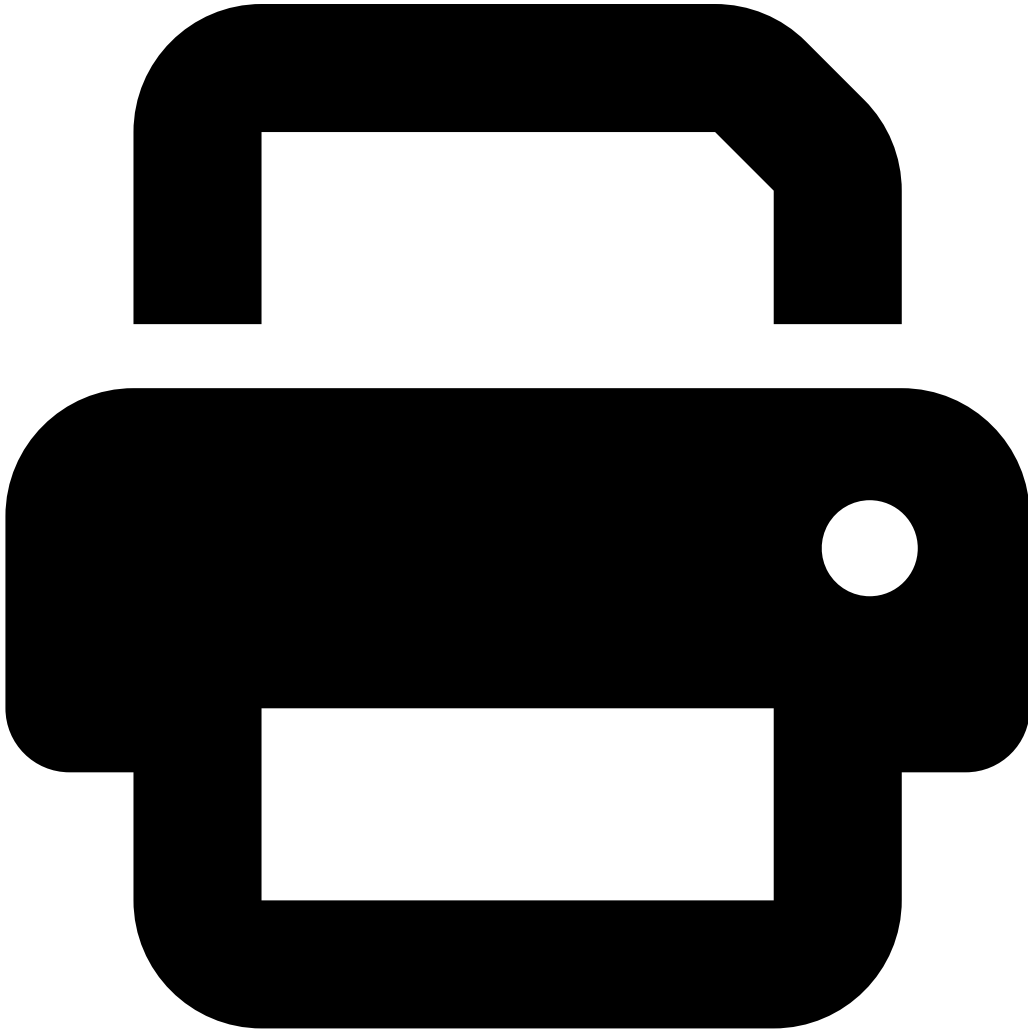
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Hi Friends, I know it's the most wonderful time of the year for most people, but It can also be the most busy and stressful time of the year too.

So I am sharing this easy, stress free one pot Meaty Unstuffed Pasta Shell Recipe. Essentially this is a take on stuffed pasta shells without the fuss of stuffing each shell individually.

This recipe is cooked in one pot on top of the stove and the best part, it uses few ingredients, you probably have on hand. Lean ground beef and healthy ground turkey seasoned with Italian flavors and covered with a tomato sauce make this recipe delicious and will make you happy serving it.

That's all you need one stock pot and 30 minutes to have this Italian inspired meal on your table.

Customize This Meaty Unstuffed Pasta Shells recipe

Just like most of my recipes this Meaty Unstuffed Pasta shells recipe can be customized to fit your lifestyle and taste. For instance if

you want to eliminate the ground beef just double the amount of ground turkey. And if you don't like ground turkey just double the ground beef.

Another thing, if you don't like jumbo pasta shells you can use smaller pasta shapes, adding then 5 minutes before finishing the cooking process.

In this recipe I used canned tomatoes, you can use my real easy marinara sauce instead if you have it on hand. (I always do) You can also vary the cheeses and the amount according to your taste preference.

Just keep it easy and delicious and if you make this Meaty Unstuffed Pasta Shell recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you. It's my favorite Part!!!!

Meaty Unstuffed Pasta Shells



Tender pasta shells simmer with savory beef, turkey, spinach, tomatoes, and Italian herbs, then are finished with melted

Parmesan and mozzarella for a hearty one-pot meal.

- $\frac{1}{2}$ lb large shells
- $\frac{1}{2}$ lb lean ground beef
- $\frac{1}{2}$ lb ground turkey
- 2 cups chopped spinach
- 1 chopped onion
- 2 tbsp chopped garlic
- 15 oz crushed tomatoes
- 15 oz tomato sauce
- 1 cup water
- 1 tbsp each chopped Italian parsley, thyme, oregano, and basil
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- Salt and pepper to taste

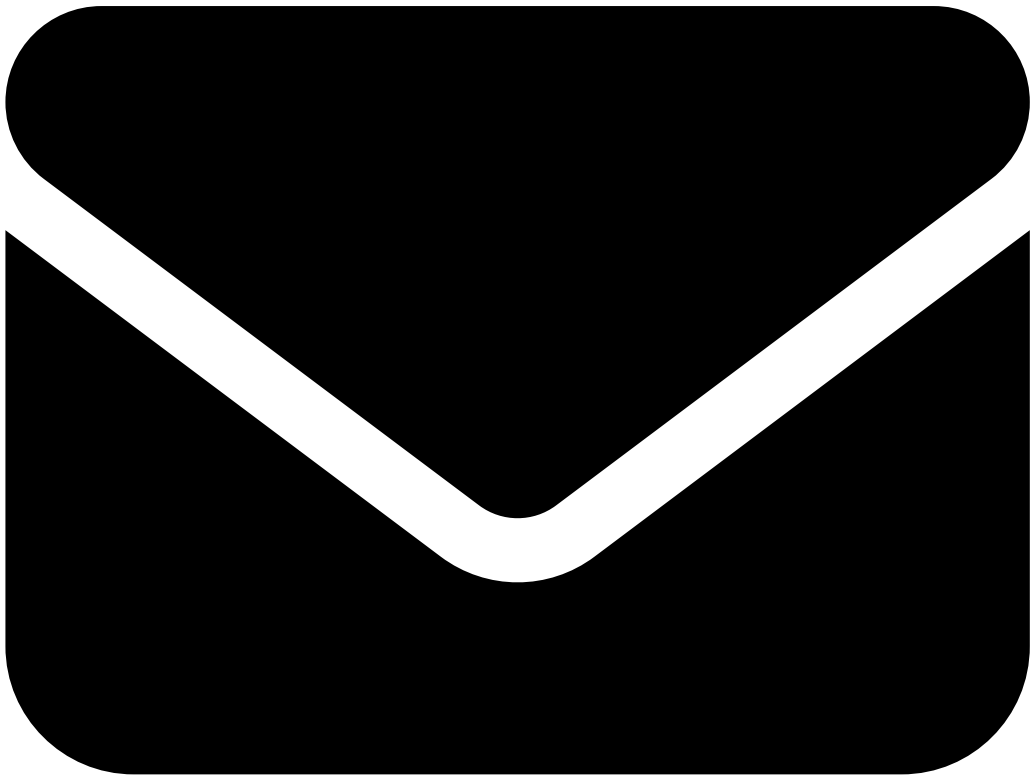
1. In a medium stock pot bring oil and butter to medium high
2. Saute onion and garlic until tender and just beginning to brown
3. Add the ground beef and ground turkey saute until browned
4. Salt and pepper to taste now and add the herbs now
5. Add the tomatoes and water simmer 10 minutes
6. Add the pasta simmer covered for 15 minutes
7. Add the cheese and spinach the last 5 minutes
8. Serve topped with additional parmesan and Italian parsley

Creamy Chicken Broccoli And Spinach Pasta

Creamy Chicken Broccoli And Spinach Pasta

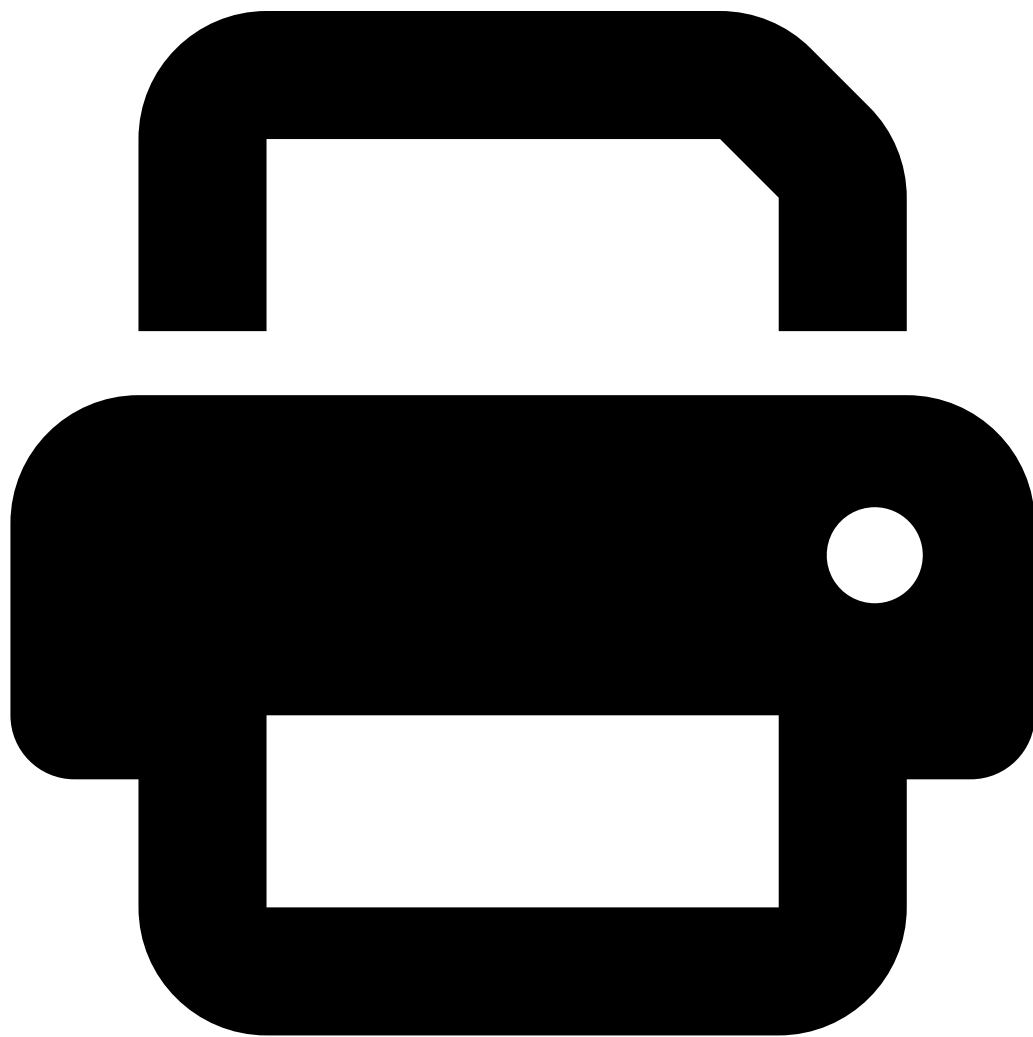
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Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute

pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

Creamy Chicken Broccoli and Spinach Pasta



Tender chicken, broccoli, spinach, and tomatoes are tossed with fettuccine in a creamy Parmesan sauce brightened with white wine for a satisfying pasta dinner.

- $\frac{1}{2}$ lb fettuccini
- 2 boneless skinless chicken breast cut in medium chunks

- 1 lb broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 tbsp each butter and extra virgin olive oil
- $\frac{1}{2}$ cup chopped onion
- 1 tbsp minced garlic
- 2 tbsp chopped Italian parsley
- $\frac{1}{2}$ cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining
2. Salt and pepper chicken chunks
3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes
6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese
7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to

combine the flavors and the spinach is wilted

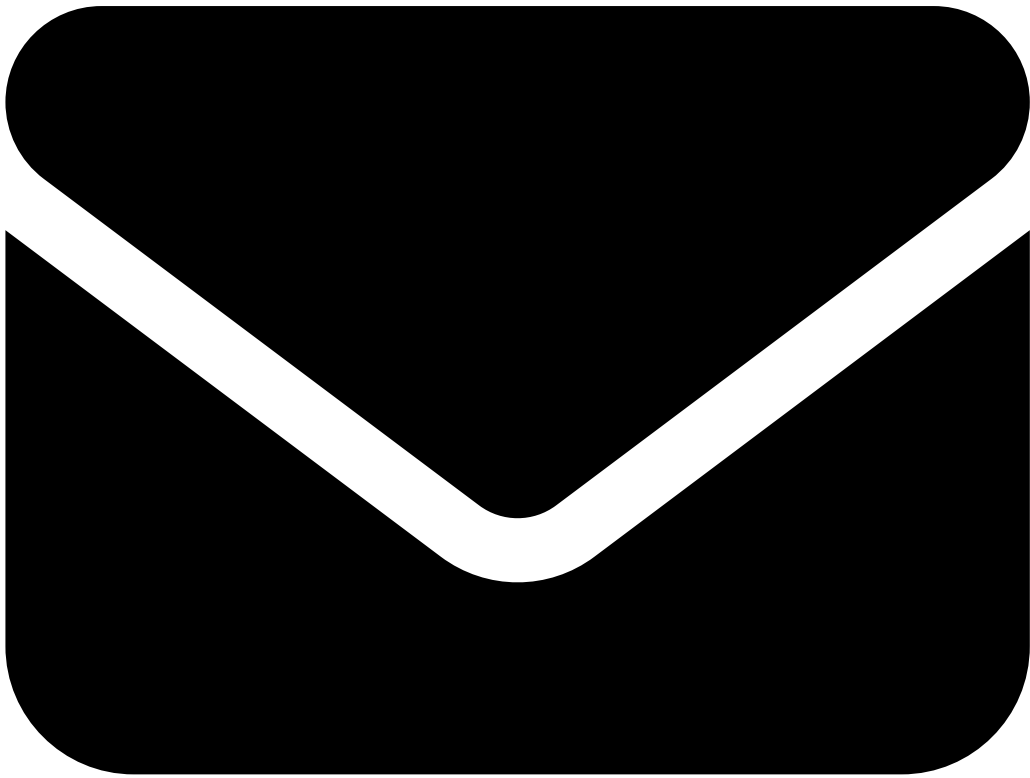
8. Sprinkle with Italian parsley and additional parmesan cheese.

Roasted Sausage and Peppers

Roasted Sausage and Peppers

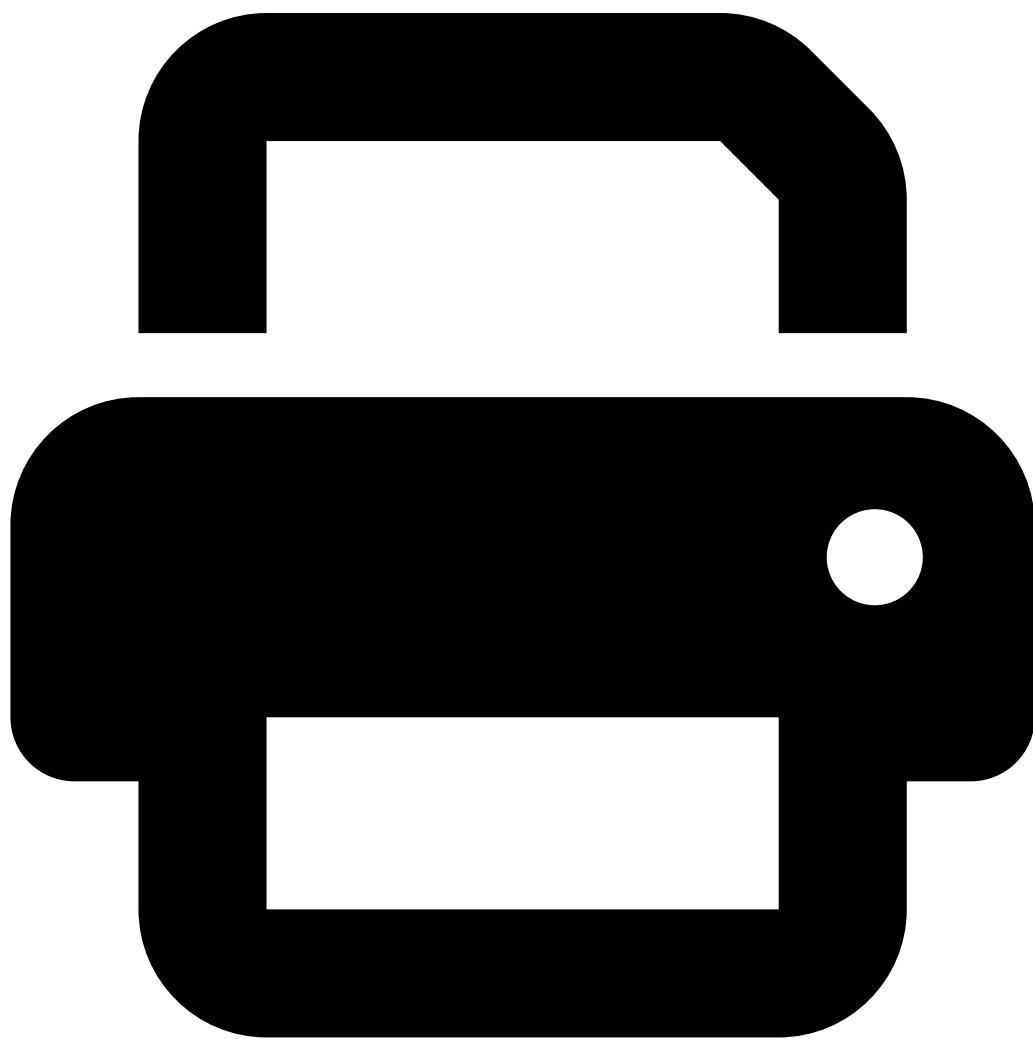
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It's the busiest time of the year. Even with a pandemic we are still cooking, baking, decorating and home schooling.

So now is the time to keep it easy, with this sheet pan Roasted Sausage and Peppers recipe. full of Italian flavors, it's one of those throw together meals you put in the toaster oven/ air fryer for hands free cooking.

This dinner for four recipe, fits perfectly in my Cuisinart Toaster oven/ air fry .Making this recipe real easy and real quick in less than 30 minutes quick. that's how quick. Italian flavored chicken sausage, mini bell peppers, onions, whole cloves of garlic drizzled with olive oil and balsamic vinegar then roasted and finally topped with cheesy goodness will have everyone wanting more.

How To Customize Roasted Sausage And Pepper Recipe

In this Roasted Sausage And Peppers recipe, you don't have to use mini bell peppers, although they may or may not look prettier, you can use a combination of colored sliced regular bell peppers. If you like spice throw a couple of these hot peppers in the mix for an extra kick.

I used Italian flavored Italian sausage for a healthier option, you don't have too. This recipe works real good with chicken breasts, cut into large chunks.

It's such an easy recipe that uses few ingredients, with even fewer steps, I was hesitate to write this post. Then in re thinking about the busyness of our lives not only at this time of year but in general, there's no better time than now to share quick, easy recipes.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram with your creations. I love hearing from you it's my favorite part.

Roasted Sausage and Peppers



Italian chicken sausage, sweet mini peppers, onions, and garlic are roasted with balsamic vinegar and thyme, then topped with melted mozzarella for an easy, flavorful meal.

- 4 links Italian style chicken sausage each cut into 4 pieces
- 1 lb mini peppers
- 1 sliced red onion
- 1 sliced yellow onions
- 6 whole cloves garlic
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 6 sprigs thyme
- 1 cup shredded mozzarella

1. Mix ever thing together except the cheese
2. Bake in a 375 degree oven for 15 minutes
3. Add the cheese and bake 5 minutes longer or until cheese melts
4. If making sandwiches toast the bread before assembly the sandwiches

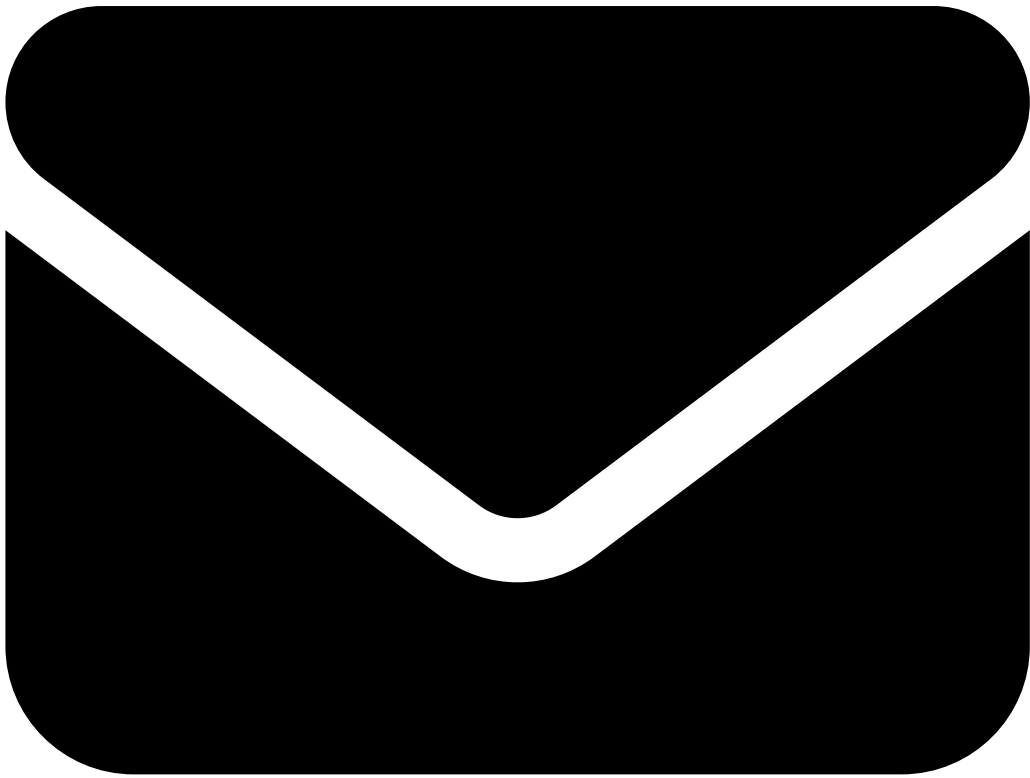
Braised Short Rib Fettuccine Pasta

Braised Short Rib Fettuccine Pasta

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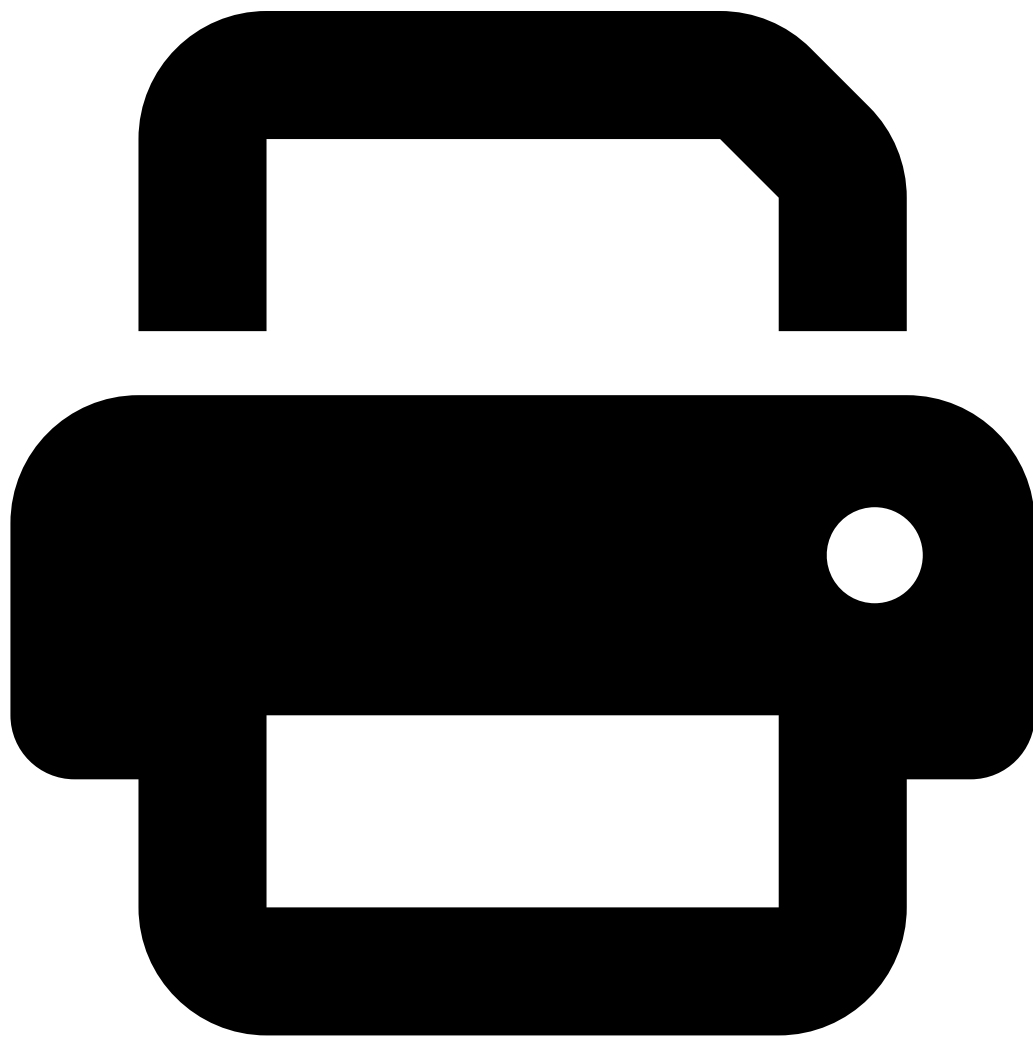
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It's that time of year when I bring out my Dutch Oven for slow cooked braised recipes. Your going to love this hearty braised Short Rib Fettuccini pasta recipe. Succulent short ribs slow cooked in a wine and beef broth and severed over a bed of fettuccini.

The combination of flavors is addicting and will have family and friends craving more!!! Even now days later am still craving the flavor bliss of this stick to your ribs meal!!!

Things to know about this braised short rib fettuccine pasta recipe

First and foremost use good quality Short ribs since the main ingredient in this Short Rib Fettuccini recipe is the short ribs, they should be the best.

Second and just as important be sure the heat is high enough, to sear the meat before adding the wine. And last but not

least this recipe takes time to cook, so allow enough time for the three hours it takes to have the meat fork tender.

On a side note, you don't have to use Fettuccini or pasta. This recipe is delicious on it's own or over creamy polenta.

You don't have to use pancetta either, you can use bacon. I had pancetta so that's what I used. If you love slow cooked comfort food that's easy to make try my Italian chicken and sausage scarpariello

If you make this braised short rib fettuccine pasta recipe please leave me comment here, and don't forget to tag me on Instagram with your creations.

I love hearing from you, it's my favorite part!!!

Braised Short Rib Fettuccine Pasta



Tender short ribs are braised with pancetta, vegetables, red wine, and herbs, then tossed with fettuccine for a rich, hearty pasta dish packed with deep savory flavor.

- 8 pcs boneless short ribs cut in large dice
- 1 lb fettuccine
- $\frac{1}{2}$ cup flour
- 6 pcs pancetta diced
- 1 onion chopped
- 2 stalks chopped celery
- 3 peeled sliced carrots

- 1 cup red wine
- 2 cups beef broth
- 8 sprigs of thyme and rosemary
- 1 cup peas
- Salt and pepper to taste
- 2 tbsp chopped Italian parsley

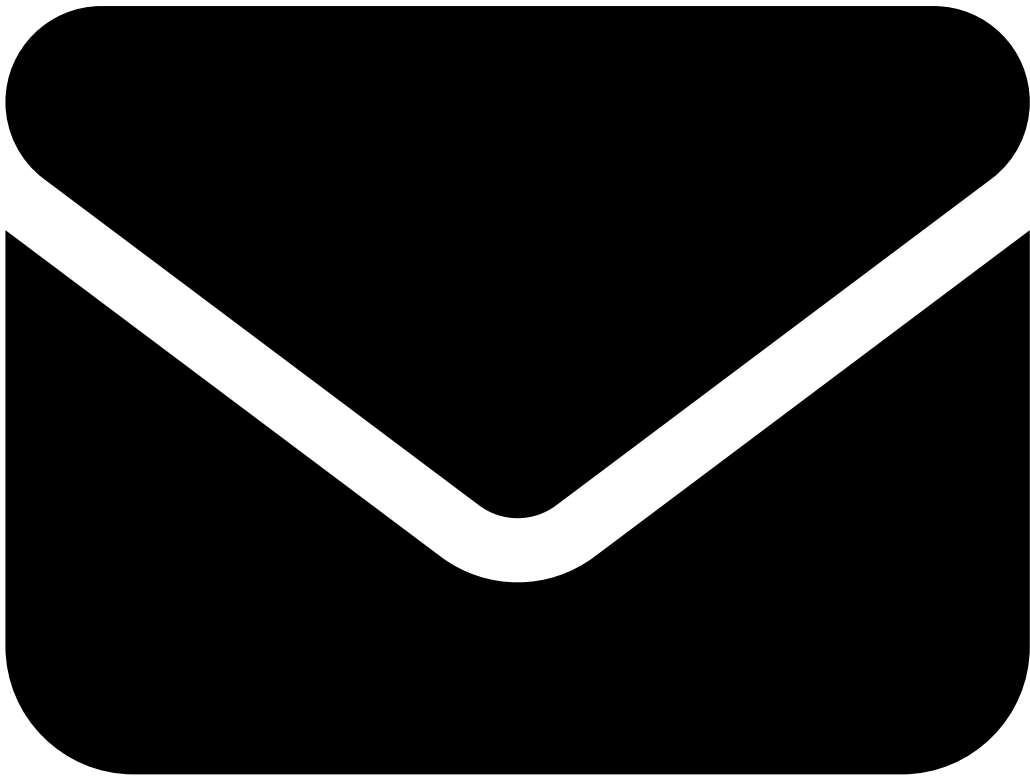
1. Salt and pepper the meat coat with the flour
2. In a Dutch oven fry the pancetta in 2 tablespoons of olive oil until crispy
3. Add the short ribs and cook until browned
4. Deglaze the pan with the red wine scrapping up the browned bits at the bottom of the pan
5. Now add the beef broth, thyme and rosemary
6. Simmer covered for 2 1/2 hours
7. Add the carrots, peas and celery simmer 1/2 longer
8. Mean while cook the fettuccini according to package directions
9. Toss the fettuccini with the short rib sauce
10. Sprinkle with Italian Parsley

Turkey Cranberry Sandwiches

Turkey Cranberry Sandwiches

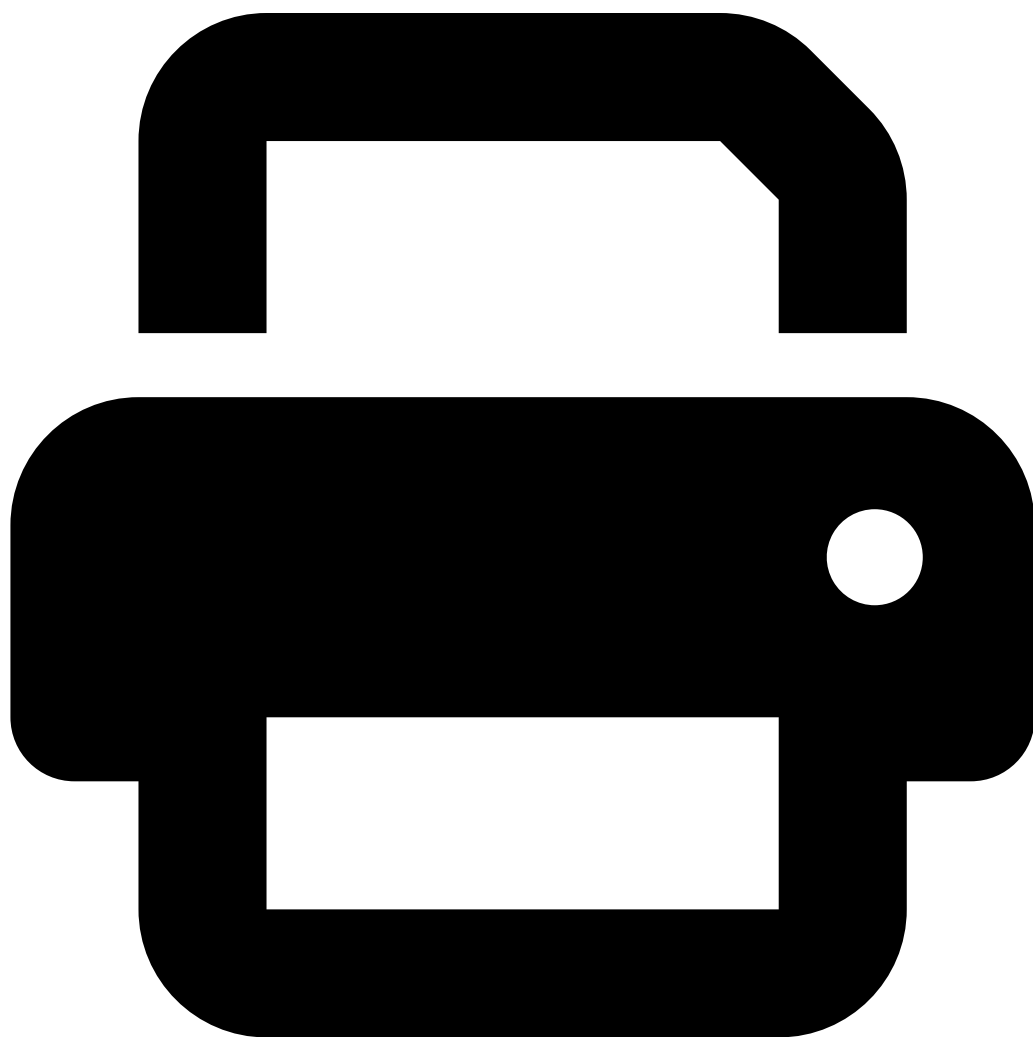
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These Turkey Cranberry Sandwiches are the last of my Thanksgiving left over meals. Tender juicy slices of turkey breast topped with my best ever cranberry sauce and melted brie cheese.

It's like eating Thanksgiving dinner in a sandwich.

Don't save this sandwich just for leftover Thanksgiving Turkey, if you craving Thanksgiving in December store bough turkey works in this sandwich too.

What you need to make Turkey Cranberry Sandwiches

Besides the ingredients in this Turkey Cranberry Sandwiches you need a flat griddle pan to grill the sandwiches to a beautiful golden brown while melting the cheese. I have two flat griddle pans one cast iron with ridges and one flat.

I used the flat one to make these sandwiches, but I think next time I will use the cast iron ridge griddle for a pannini style sandwich.

Turkey Cranberry Sandwiches



Tender turkey, creamy Brie, and sweet cranberry sauce are layered on toasted multigrain bread and pressed until golden for a delicious Thanksgiving-inspired sandwich.

- $\frac{1}{2}$ lb leftover cooked Thanksgiving turkey breast
- 4 slices good quality multigrain bread
- 1 cup my home made cranberry sauce
- 4 oz thinly sliced brie
- 2 tbsp butter

1. Melt butter in a flat skillet over medium heat
2. Add the bread toast lightly on each side
3. Layer the lightly toasted bread with the sliced turkey, brie cheese and cranberry sauce
4. Continue cooking until cheese starts to melt
5. Put the sandwiches you will have two, together and press down with the back of a spatula
6. Cook just a few minutes longer on each side until a golden brown