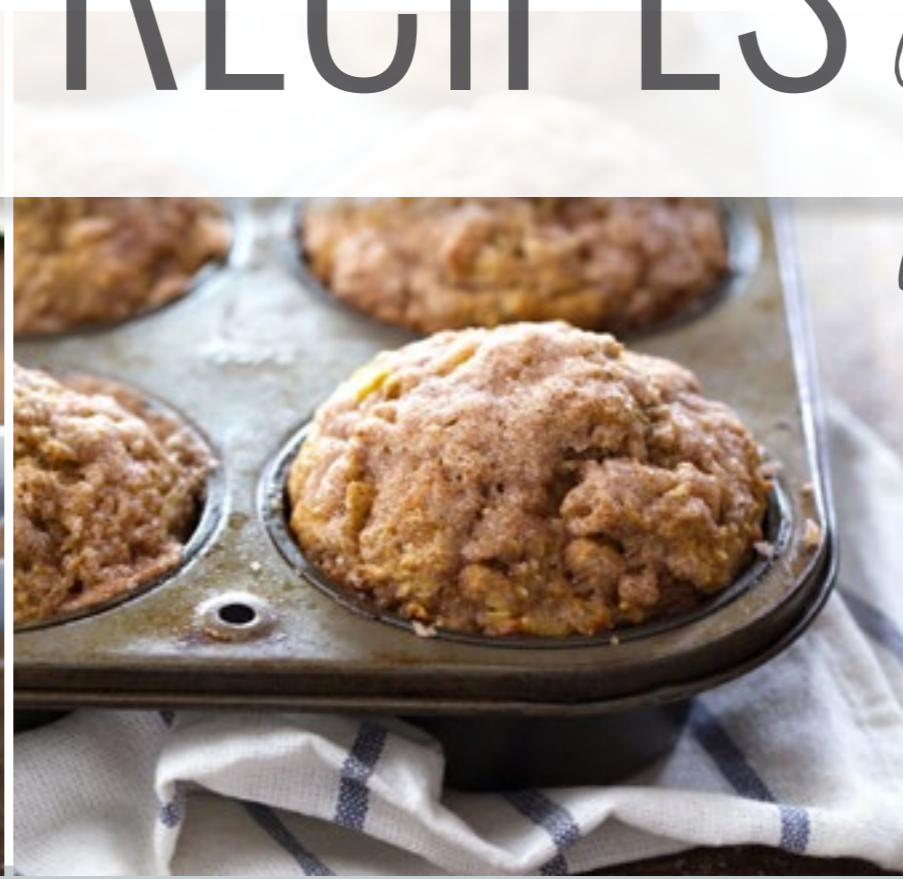




TOP 25 RECIPES *of* 2014



WHOA SALADS



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SHRIMP & AVOCADO SALAD WITH MISO DRESSING



[Click here to see the recipe and photos on the blog!](#)

NOTES

Use more shrimp to make it more shrimpy! Use less avocado to reduce fat.

INGREDIENTS

For the salad:

- 1 teaspoon minced garlic
- ½ pound raw shrimp, tails removed
- ½ tablespoon butter
- ½ teaspoon chili powder
- ¼ teaspoon cayenne
- 1½ cups sliced avocados (2 small)
- 1 cucumber
- 4 cups chopped spinach or baby kale
- fresh chopped cilantro for topping
- peanuts for topping

For the dressing:

- 1-inch piece of fresh peeled ginger
- 3 tablespoons oil
- 3 tablespoons lime juice
- 2 tablespoons agave nectar
- 1½ tablespoons white miso
- ½ teaspoon minced garlic
- ¼ teaspoon salt

DIRECTIONS

1. Heat the butter in a small skillet over medium high heat. Add the garlic and shrimp; sprinkle with the chili powder and cayenne directly in the pan. Saute for a few minutes on each side until the shrimp are no longer clear and have a nice golden color on the outside.
2. Cut the avocados in half; cut lines through the avocado vertically and horizontally and scoop the flesh out with a spoon (like this). Peel and dice the cucumber. Chop the spinach or baby kale into small bite sized pieces. Arrange in a bowl with the shrimp.
3. Puree all the dressing ingredients together in a food processor until smooth. Taste and adjust to your preferences. Pour the dressing over the salad and serve immediately (or store the individual parts separately in the refrigerator until ready to serve). Top with fresh cilantro and peanuts for crunch. Serves 4.

RAINBOW CHICKEN SALAD WITH HONEY MUSTARD DRESSING

INGREDIENTS

For the salad:

- 2 teaspoons olive oil
- 8 ounces chicken breasts
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon chili powder
- 2 cups grapes, halved
- 1 cup fresh blueberries
- 3 cups curly lettuce, chopped
- ½ cup feta cheese
- ½ cup almonds, chopped

For the dressing:

- 3 tablespoons almond butter
- 1 tablespoon olive oil
- 2 tablespoons fresh orange juice
- 3 tablespoons water
- 1 tablespoon stoneground mustard
- ½ tablespoon raw honey
- ¼ teaspoon salt, more to taste
- ½ teaspoon garlic

DIRECTIONS

1. Heat the oil in a large skillet over medium high heat. Sprinkle the chicken with the salt, pepper, and chili powder. Saute in the oil for a few minutes, flipping the chicken now and then to cook through and get a nice golden color on both sides. When the chicken is cooked, remove from heat and set aside.
2. Cut and prep all the vegetables and fruits. When the chicken is cool enough to handle, cut into bite sized pieces. Place the salad ingredients in a large bowl - you can either arrange the bowl by ingredient, like pictured, or toss everything together. Refrigerate to chill.
3. For the dressing, puree all the dressing ingredients in a food processor until smooth. Taste and adjust to your preferences. Pour dressing over salad and serve. Serves 4.



[Click here to see the recipe and photos on the blog!](#)

NOTES

After snapping these photos, I threw some crumbled crispy onions on top for a little extra crunch and flavor. Bjork just about died of happiness.

GREEN GODDESS DETOX SALAD



[Click here](#) to see the recipe and photos on the blog!

NOTES

Okay okay, I know, technically this isn't a "detox" salad because I included a small amount of feta and Greek yogurt. But it's close enough for me, and if it's not close enough for you, it's also really easy to omit both of those ingredients.

INGREDIENTS

For the Green Goddess dressing:

- ½ jalapeño pepper
- ⅔ cup Greek yogurt
- Juice from 1 lime
- ¼ cup olive oil
- ½ teaspoon salt
- 1 tablespoon agave nectar
- ½ teaspoon minced garlic
- ½ cup packed cilantro
- 2 scallions

For the salad:

- 4 cups spinach
- 1-2 cups pea shoots
- ½ cup feta cheese
- ½ cup almonds, crushed or chopped
- 1 avocado, cut into chunks

DIRECTIONS

1. Puree all the dressing ingredients together, adding the cilantro last and stopping when the texture feels right to you. I went for little green flecks of cilantro and scallion throughout.
2. Toss the salad ingredients together with dressing; serve immediately. Serves 4.

CHOPPED THAI SALAD WITH SESAME GARLIC DRESSING

INGREDIENTS

For the dressing:

- 1/3 cup canola oil
- 3 cloves garlic, peeled
- 3 tablespoons low sodium soy sauce
- 2 tablespoons water
- 2 tablespoons white distilled vinegar
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1 tablespoon lemongrass paste or ginger

For the salad:

- 16 ounces frozen shelled edamame
- 5-6 cups baby kale
- 3 large carrots
- 2 bell peppers (1 red, 1 yellow)
- 1 cup cilantro leaves
- 3 green onions
- 3/4 cup cashews

DIRECTIONS

1. Puree all the dressing ingredients in a food processor until smooth. Taste and adjust to fit your preferences. Transfer to a dressing jar and rinse the food processor out for use later.
2. Cook the edamame by boiling it for 3-5 minutes in a pot of boiling water. Drain and allow it to cool. Meanwhile, slice up the kale, carrots, peppers, cilantro leaves, and green onions into thin strips or shreds.
3. Place the cooked edamame in the food processor and pulse 5 times to get a minced texture. Transfer to a bowl and repeat the same process for the cashews. Toss the kale, carrots, peppers, cilantro, green onions, edamame, and cashews together until well combined. Drizzle with the dressing, toss gently a few times, and serve immediately. Serves 6.



[Click here to see the recipe and photos on the blog!](#)

NOTES

The salad will stay fresh longer if you store the leftover dressing separately from the salad ingredients. Agave nectar or sugar would work in place of the honey for vegans. Those 3 cloves of garlic pack a spicy garlicky punch, so if you don't love garlic, use less.

LOTSAS NOODLES



PINCHOFYUM.COM

GARLIC PARMESAN CHICKEN LASAGNA BAKE



[Click here to see the recipe and photos on the blog!](#)

NOTES

The water gets added to help the no-boil noodles get cooked, so unless you're using a different kind of noodles, don't skip this. The noodles should soak up all that water during baking.

INGREDIENTS

For the lasagna:

- 10-15 no-boil lasagna noodles
- 3 cups cooked, shredded chicken
- 12 ounces frozen peas
- ½ cup Parmesan cheese
- ½ cup Swiss cheese
- 1 cup water
- ¼ cup seasoned breadcrumbs
- fresh herbs for topping

For the sauce:

- 6 tablespoons butter
- 1½ tablespoons minced garlic
- 6 tablespoons flour
- ½ teaspoon poultry seasoning
- ¾ teaspoon salt
- 5 cups milk

DIRECTIONS

1. Make the sauce: Melt the butter in a large saucepan over medium high heat. Add the garlic and saute until fragrant - stir continuously to avoid burning because burnt garlic will taste bitter. Add the flour, poultry seasoning, and salt. Whisk and cook for 1-2 minutes. Add the milk, one cup at a time, whisking after each addition and allowing it to thicken slightly each time before adding the next cup. When the sauce is smooth and thick, remove from heat and set aside.
2. Layer the lasagna: Grease a 9x13 pan and preheat the oven to 400 degrees. Cover the bottom of the pan with (about 5) broken lasagna noodles, half of the chicken, half of the peas, ¼ cup Parmesan, ⅓ cup water, and 1½ cups sauce. Repeat this layer once more. Top with a layer of broken noodles, ⅓ cup water, 1½ cups sauce, and ½ cup Swiss cheese. Cover with foil and bake for 40 minutes.
3. Making it pretty: Remove the foil, sprinkle evenly with breadcrumbs, and bake for an additional 5-10 minutes until the top is golden brown and bubbly. Sprinkle with fresh herbs like parsley and thyme. Let stand 10 minutes or more before cutting and serving. Serves 9-12.

QUICK HOMEMADE RAMEN

INGREDIENTS

- 1 tablespoon sesame oil
- 3 teaspoons grated ginger
- 4 teaspoons grated garlic
- 4 cups broth (I used chicken, but vegetable would also work)
- 4 cups water
- 1 ounce dried shiitake mushrooms
- 2 packages instant ramen (noodles only!)
- ½ cup chopped scallions or chives
- 2 cup chopped kale
- 1 cups shredded carrots
- Sriracha to taste
- crunchy golden panko crumbs for topping (see notes)

DIRECTIONS

1. Heat the sesame oil in a large skillet over medium low heat. Add the garlic and ginger; stir fry for 2 minutes or until soft and fragrant. Add the broth and the water. Bring to a simmer; add the mushrooms and simmer for 10 minutes or until the mushrooms have softened and the broth is flavorful.
2. Add the instant noodles to the hot liquid and simmer for an additional 5 minutes or until the noodles have softened. Add the scallions and stir to combine. Remove from heat, stir in the kale and carrots, and top with crunchy panko crumbs (see notes) and hot sauce to taste. Serves 6.



[Click here to see the recipe and photos on the blog!](#)

NOTES

To make crunchy golden panko crumbs, heat a few tablespoons of oil in a large skillet over medium heat. Add the panko, stir for one minute or less, or until golden brown. Remove and place on paper towels to drain. You can also toss the panko with a little oil and toast them in the oven to get them golden and crispy.

SUPER EASY CROCKPOT VEGGIE LASAGNA



[Click here to see the recipe and photos on the blog!](#)

NOTES

I didn't use ALL the sauce in both jars - I probably used a total of 36 ounces (about one and a half jars), and it was really saucy.

INGREDIENTS

- (2) 24 ounce jars or cans of Italian tomato sauce (see notes)
- 9 thick lasagna noodles with wavy edges (mine were called bronze cut)
- 24 ounces part-skim ricotta cheese OR cottage cheese
- 3-4 cups chopped vegetables of choice (I used kale)
- 2 cups shredded Mozzarella or Provolone cheese
- Parmesan cheese for topping
- fresh parsley for topping

DIRECTIONS

1. Spray the crockpot with nonstick cooking spray. Spread ½ cup tomato sauce to the bottom so the noodles don't stick.
2. Break noodles so that they fit and mostly cover the bottom. They will probably be awkward looking - not a big deal. Cover with about one third of the ricotta, veggies, sauce, cheese, and end with noodles. Repeat layers two more times for a total of three complete layers. End with a layer of noodles on top, covered with a thin layer of sauce and a little bit more shredded cheese.
3. Cover and cook on high for 3 hours or on low for 5-6 hours. Turn the crockpot off completely and let the lasagna sit for at least one hour. This allows all the moisture to get soaked into the lasagna, and if you don't do this it will probably be more like lasagna soup - still good, but not pretty. Depending on how long you let it sit, you can either scoop pieces out or just cut with a knife like normal lasagna. Serves 9.

HEALTHY MAC AND CHEESE

INGREDIENTS

- 2 cups uncooked elbow macaroni
- 1 tablespoon butter
- 1 small yellow onion
- 1 small butternut squash (4-5 cups cubed)
- 5 cups chicken or vegetable broth
- $\frac{3}{4}$ cup milk
- 1 teaspoon salt
- $\frac{2}{3}$ cup shredded cheese - I like Gruyère but any kind will work
- parsley for topping
- salt and pepper to taste

DIRECTIONS

1. Cook the macaroni according to package directions. Drain and set aside. Heat the butter in a large skillet over medium low heat. Cut the onion into thin rings and add to the butter in the pan, sauteing over low heat until fragrant and golden, about 20 minutes.
2. Meanwhile, remove the skin and the seeds from the squash. Cut the flesh into small cubes. Bring the broth to a boil and add the squash. Cook for 5-7 minutes or until fork tender. Drain, reserving $\frac{1}{2}$ cup broth, and transfer squash to the blender. Add the onions, milk, salt, and reserved broth and puree until completely smooth and creamy. This should yield about 4 cups sauce.
3. Pour the pureed sauce over the cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency as needed. Serve with parsley, salt, and pepper to taste. Serves 4.



[Click here](#) to see the recipe and photos on the blog!

NOTES

When caramelizing the onions, keep the heat low to prevent burning. The deeper the golden color, the more flavorful they will be.

SKINNY SPINACH LASAGNA



[Click here to see the recipe and photos on the blog!](#)

NOTES

I also have an updated version of this recipe that uses cottage cheese instead of ricotta - and I might love it even more than this one. You can find that [updated recipe here](#).

INGREDIENTS

- 2 tablespoons butter
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh thyme
- 6 ounces fresh spinach
- 2 lbs. ricotta cheese (I used 1 lb. whole milk and 1 lb. nonfat)
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 12 no-boil lasagna noodles
- 1 24 ounce jar of spaghetti or marinara sauce (I used Trader Joe's tomato basil)
- 2 cups shredded mozzarella cheese

DIRECTIONS

1. Melt the butter in a large skillet over medium heat. Add the garlic and thyme; saute for 2-3 minutes. Add the spinach; saute until just barely wilted, about 2 minutes. Remove from heat.
2. In a large bowl, combine the ricotta, egg, salt, nutmeg, and a squeeze of lemon juice if you want. Add the spinach and stir to combine. Transfer some of the mixture to a food processor and pulse a few times to break up some of the spinach pieces (totally optional, but makes for a really nice texture).
3. Preheat the oven to 375 degrees. Spread a little bit of tomato sauce in the bottom of a 9x13 pan. Layer with 3 lasagna noodles, ⅓ of the spinach mixture, ¼ of the tomato sauce, and ¼ of the cheese. Repeat and pour ½ cup water over the two layers. Repeat once more, ending with noodles, sauce, and cheese. Pour ½ cup water over the whole thing again and cover tightly with oiled foil.
4. Bake for 30-40 minutes; when the liquid is bubbling and the noodles have softened, remove the foil and bake uncovered for 10 more minutes. Let stand for 10-15 minutes before serving so that the lasagna noodles can soak up all the extra moisture. Serves 12.

STIR FRIED SINGAPORE NOODLES

INGREDIENTS

For the stir fry:

- 4 ounces thin rice noodles
- 1 tablespoon oil
- 2 bell peppers, thinly sliced
- 2 shallots, thinly sliced
- 1 cup bean sprouts
- 1 teaspoon curry powder
- 1 cup sliced shiitake mushrooms
- 1 cup frozen peas
- sliced scallions for topping

For the sauce:

- 1 cup low sodium chicken broth
- ¼ cup low sodium soy sauce
- 3 tablespoons mirin
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- ½ teaspoon sambal oelek

DIRECTIONS

1. Soak the rice noodles in a large bowl of cold water. Wash and cut all the vegetables. Mix the ingredients for the sauce in a small bowl and set aside.
2. Heat the oil in a large skillet over high heat. Add the peppers, shallots, and bean sprouts, and curry powder; stir fry for 3-5 minutes. Add the mushrooms and the peas; stir fry for 2 minutes. The vegetables should be bright and tender-crisp.
3. Drain the water from the rice noodles and add the noodles to the pan with the vegetables. Add a little splash of sauce - about 2-3 tablespoons - and stir fry, moving the noodles around in the pan continuously so they don't stick together in one big lump - they should move freely and easily. After a few minutes of stir frying, remove the pan from heat.
4. Once off the heat, add the sauce in small increments, tossing/stirring the noodles in between each addition, until the desired "sauciness" level is reached. The goal is for the sauce to thicken slightly when combined with the other ingredients and cling to the noodles instead of soaking into the noodles. Serves 4.



[Click here to see the recipe and photos on the blog!](#)

NOTES

Top with scallions and more sauce. I LOVE SAUCE.

20 MINUTE LEMON PESTO PENNE



INGREDIENTS

- 8 ounces whole wheat penne
- 2 cups baby broccoli
- 1 cup oven roasted tomatoes (I used Kirkland brand and rinsed excess oil)
- 1 teaspoon minced garlic (optional)
- ¼ cup pesto
- ¼ cup feta cheese
- juice of ½ lemon
- fresh basil, cut into ribbons

DIRECTIONS

1. Cook the penne according to package directions. Add the baby broccoli to the pot of boiling water for the last 1-2 minutes of cooking. It should turn bright green. Drain and return to the pan over medium high heat.
2. Add the tomatoes and garlic to the pan with the pasta and baby broccoli; saute 1-2 minutes or until fragrant. Add the pesto, half of the feta, and the lemon juice. Toss in the pan until well combined. Remove from heat and add the basil. Sprinkle with remaining feta before serving. Serves 4.

[Click here to see the recipe and photos on the blog!](#)

NOTES

You could also use regular broccoli, broccolini, or broccoli rabe (all have different flavors and textures but I think they could all work).

BLACK PEPPER STIR FRIED NOODLES

INGREDIENTS

For the Black Pepper sauce:

- ½ tablespoon ground black peppercorns
- 5-6 tablespoons soy sauce
- 3 tablespoons mirin (sweet rice wine)
- 2 tablespoons honey or sugar
- 1 1-inch piece ginger
- 3 cloves garlic
- 2 tablespoons cornstarch dissolved in 6 tablespoons water

For the noodles:

- 2 tablespoons sesame oil
- 8 ounces udon noodles
- 2 cups spinach leaves
- 10 ounces extra firm tofu
- sesame seeds for topping

DIRECTIONS

1. Bring a large pot of water to boil. Add the noodles and cook for 1-2 minutes (they should NOT be all the way cooked - just enough to barely soften). Drain and rinse with cold water - this removes starch and helps them stir fry without turning into a big blob. Set aside.
2. Place all the sauce ingredients in the food processor and give it a whirl until smooth. Cut the tofu into slices and press out the excess moisture several times with paper towels. Cut the tofu slices into cubes. Heat 1 tablespoon sesame oil in a large wok or nonstick skillet. When the oil is shiny, add the tofu. Stir fry very gently (breaks apart easily) for 5-10 minutes until deep golden brown. Add a tiny splash of black pepper sauce, a tiny splash of water, and ½ tablespoon oil and shake the pan around - everything will be all sizzly and awesome. When the tofu is cooked to your liking, transfer to a bowl and set aside.
3. Heat the remaining ½ tablespoon oil in the skillet. When the oil is shiny, add the noodles and black pepper sauce. Add a splash of water if the sauce becomes too thick. Stir fry until the noodles are softened completely, covered with sauce, and piping hot. Remove from heat and toss with the spinach and tofu. Serve sprinkled with sesame seeds. Serves 4.



[Click here to see the recipe and photos on the blog!](#)

NOTES

You can use more tofu (a whole block is 16 ounces) or more veggies - I just wanted mine to have a high noodle-to-extra-ingredients ratio.

HEALTHY PESTO BAKED RIGATONI



[Click here to see the recipe and photos on the blog!](#)

NOTES

I love making this in the summer when the tomatoes are super fresh and ripe!

INGREDIENTS

For the pesto:

- 2 cups spinach
- 1 cup kale
- 1 cup basil
- ¾ cup almonds or pine nuts
- ½ cup olive oil
- ¼ cup Parmesan or Asiago cheese
- ½ teaspoon salt
- 3 large cloves garlic
- juice of 1 lemon (optional)

For the pasta:

- 1 lb. whole wheat rigatoni
- 2-3 cups chopped heirloom tomatoes
- ½ cup water
- ½ cup shredded cheese of choice (I used Asiago)

DIRECTIONS

1. Bring a large pot of water to boil. While the water is boiling, chop up the tomatoes - I just cut the little ones in half. Add the pasta to the water and cook according to package directions.
2. While the pasta is cooking, place all the pesto ingredients in the food processor until smooth. You may have to push the spinach down periodically to get everything moving. I had to do this in two batches because my food processor is very small. You should end up with 2 heaping cups of pesto.
3. Preheat the oven to 400 degrees. Toss the cooked noodles with the chopped tomatoes, pesto, and enough water to make it a little saucy. Transfer to a 9x13 baking dish and sprinkle with the cheese. Cover loosely with well-oiled aluminum foil and bake for 10-15 minutes or until the cheese is melted. Serves 8.

MAIN DISH YUMS



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CREAMY CHICKEN BROCCOLI QUINOA CASSEROLE



[Click here](#) to see the recipe and photos on the blog!

NOTES

You will know the quinoa is done when it is soft and looks as if it has popped open, with the germ of the kernel visible as a little spiral. I've gotten quite a few comments about the liquid not absorbing right away - if that's you, just bake it a little longer. With enough time, it should get that moisture soaked right up into a creamy sauce.

INGREDIENTS

- 2 cups reduced sodium chicken broth
- 1 cup milk (I used 2%)
- 1 teaspoon poultry seasoning
- ½ cup flour
- 2 cups water, divided
- 1 cup uncooked quinoa, rinsed
- ¼ cup cooked, crumbled bacon (optional... sort of)
- 1 pound boneless skinless chicken breasts
- 2 teaspoons seasoning (like Emeril's Essence or any basic blend you like)
- ¼ cup shredded Gruyere cheese (any kind will work)
- 3 cups fresh broccoli florets

DIRECTIONS

1. Sauce: Preheat the oven to 400 degrees and generously grease a 9x13 baking dish (seriously, be generous because it really really sticks to the sides). Bring the chicken broth and ½ cup milk to a low boil in a saucepan. Whisk the other ½ cup milk with the poultry seasoning and flour; add the mixture to the boiling liquid and whisk until a smooth creamy sauce forms.
2. Assembly: In a large bowl, mix the sauce from step one, one cup water, quinoa, and bacon and stir to combine. Pour the mixture into the prepared baking dish. Slice the chicken breasts into thin strips and lay the chicken breasts strips over the top of the quinoa mixture. Sprinkle with the seasoning. Bake uncovered for 30 minutes.
3. Broccoli: While the casserole is in the oven, place the broccoli in boiling water for 1 minute until it turns bright green and then run under cold water. Set aside.
4. Bake: Remove the casserole from the oven, check the mixture by stirring it around in the pan, and if needed, bake for an additional 10-15 minutes to get the right consistency. When the quinoa and chicken are cooked and the sauce is thickened, add the broccoli and a little bit of water (up to one cup) until the consistency is creamy and smooth and you can stir it up easily in the pan. Top with the cheese and bake for 5 minutes, or just long enough to melt the cheese. Serves 6.

HEALTHY MEXICAN CASSEROLE WITH ROASTED PEPPERS

INGREDIENTS

- 2 red bell peppers
- 2 green bell peppers
- 1 jalapeno or 2 chipotle peppers (optional - just for more kick)
- ½ red onion
- 2 cups frozen corn
- 2 teaspoons chili powder
- 2 teaspoon cumin
- salt to taste (about 1 teaspoon is a good ballpark measure)
- 2 cups Mexican cheese
- 18-20 corn tortillas
- 1 can refried beans
- 2 cups red enchilada sauce
- cilantro, guacamole, or sour cream for topping

DIRECTIONS

1. Pan-roast the veggies: Dice the peppers and mince the onions. Heat a large nonstick skillet with a little bit of oil over high heat (**note - I used to recommend using no oil, because that's what worked best for my with my Swiss Diamond nonstick pan, but several readers have ruined their own pans doing that so I am no longer recommending that!). Add the onion and peppers, sprinkle with chili and cumin, and stir, rest, stir, rest until you get a nice browning on the outside of the peppers. Remove and set aside. Repeat the roasting process with the corn, sprinkling with chili and cumin, removing from the heat when browned and roasted on the outside. Sprinkle the roasted veggies with a little bit of salt and toss to coat.
2. Prep the ingredients: Grease a 9x13 inch baking pan and preheat the oven to 400 degrees. Cut the tortillas into thin strips. Put the refried beans in a bowl and mix with a little bit of water to make them easier to spread.
3. Assemble: Spread a little bit of sauce on the bottom of the pan. Layer in order: half of the tortilla strips, ALL the beans, half of the veggies, half of the sauce, half of the cheese. Cover with the other half of the tortilla strips, veggies, sauce, and cheese.
4. Bake: Cover with foil (I usually spray mine with cooking spray) and bake for 15-20 minutes, until the sauce is bubbling and the cheese is melted. Top with optional toppings. Serves 12.



[Click here to see the recipe and photos on the blog!](#)

NOTES

To make this completely gluten free, make your own enchilada sauce or look for a gluten free brand.

RED THAI CURRY SAUCE



[Click here to see the recipe and photos on the blog!](#)

NOTES

The fish sauce might take some convincing, but it is fairly easy to find at any grocery store and REALLY WORTH IT. Don't worry - it does not make the sauce taste fishy, it just makes it saltier and adds lots of deep flavor. Don't leave it out!

INGREDIENTS

- 1 can light coconut milk
- 2 tablespoons peanut butter
- 2 tablespoons red curry paste
- 1 ½ tablespoons fish sauce (see notes)
- 2 tablespoons lime juice
- 3 tablespoons brown sugar
- 1 teaspoon minced garlic
- ⅓ cup crushed peanuts
- up to ½ cup water or broth
- extra crushed peanuts and scallions for topping

DIRECTIONS

1. Pour the coconut milk into a small saucepan over high heat. When the coconut milk reaches a gentle simmer, add the peanut butter, curry paste, fish sauce, lime juice, brown sugar, and garlic. Whisk and keep on high heat for 15 minutes or until the sauce has reduced and thickened.
2. Add the peanuts and simmer for another 5-10 minutes. When the sauce coats the back of a spoon, add small amounts of broth or water and whisk to adjust consistency depending on how you will use it and how thick you want it. If the sauce separates, just whisk vigorously to smooth it out again.
3. Serve over rice, noodles, chicken, fish, vegetables, or any other way that sounds good to you! Top with crushed peanuts and scallions. Serves 4.

STICKY BOURBON CHICKEN WITH RICE

INGREDIENTS

- 1½ lbs. chicken thighs (I used boneless skinless - delish!)
- ½ cup low sodium soy sauce
- ¼ cup oil
- ¼ cup vinegar
- ¼ cup bourbon
- ¼ cup brown sugar
- 1 tablespoon crushed or sliced ginger (fresh, not dried)
- 4 cloves crushed garlic
- 4-5 green onions, cut into thirds or sliced
- 1 cup uncooked basmati rice

DIRECTIONS

1. THE NIGHT BEFORE: Combine the soy sauce, oil, vinegar, bourbon, and brown sugar in a bowl. Whisk until combined. Place the chicken in a baking dish (a casserole pan or something with high sides) with lid and pour the sauce over the chicken. Toss in the ginger, garlic, and half of the green onions. Cover and marinate overnight (or for as many hours as you have before baking).
2. THE DAY OF: Preheat the oven to 350 degrees. Uncover the chicken and bake directly in the marinade for 45 minutes, basting the chicken with the sauce periodically and/or turning the pieces upside down to get them baking in the sauce on both sides. Cook the rice according to package directions.
3. When the chicken is done, turn the oven temperature to broil and bake for an additional 5-10 minutes to get a nice, browned exterior on the chicken. Remove and serve whole or cut, with extra sauce and scallions, over the rice. Serves 6.



[Click here](#) to see the recipe and photos on the blog!

NOTES

I was pretty generous with pouring sauce over the chicken when serving, and I still had some sauce left in the pan.

FIVE INGREDIENT LEMON CHICKEN WITH ASPARGUS



[Click here](#) to see the recipe and photos on the blog!

NOTES

This is a simple crowd-pleasing recipe that can be adapted or expanded on in tons of different ways. We enjoyed this with an extra sprinkle of salt and pepper, fresh herbs, a drizzle of honey, and a slice of whole grain bread. Mmmm.

INGREDIENTS

- 1 lb. boneless skinless chicken breasts
- ¼ cup whole wheat flour (all purpose will work, too)
- ½ teaspoon salt
- 2 tablespoons butter
- 1 teaspoon lemon pepper seasoning
- 1 cup chopped asparagus
- 2 lemons, sliced

DIRECTIONS

1. Cover the chicken breasts with plastic wrap and pound until each piece is about a $\frac{3}{4}$ of an inch thick. Place the flour and salt in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan.
2. When the chicken is cooked through, transfer to a plate. Add the lemon slices and chopped asparagus to the pan. Make sure the lemon slices are on the bottom so that they caramelize and pick up the browned bits left in the pan from the chicken and butter.
3. When the asparagus is done and the lemons are golden brown, add the chicken back to the pan and rearrange everything (lemons on top) so it looks nice for serving. Serves 3-4.

SWEET CORN AND ZUCCHINI PIE

INGREDIENTS

- 4 tablespoons butter
- 1 yellow onion, diced
- 2 ears sweet corn
- 2 large zucchini, sliced thin (about 4 cups)
- 8 ounces sliced mushrooms
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon salt
- 12 ounces shredded cheese (I used both Mozzarella and Swiss)
- 3 eggs, beaten

DIRECTIONS

1. Preheat the oven to 375 degrees. Heat the butter in a large, deep skillet over medium high heat. Add the onions, zucchini, and mushrooms. While the veggies saute, cut the corn kernels off the cob. Add them to the pan and continue to saute until the veggies are soft, 5-10 minutes. Remove from heat.
2. Add the basil, oregano, and salt. Stir once to combine. Add the cheese and the beaten egg. Line a pie pan (9-inch or larger) with parchment paper or just grease a pan with nonstick spray. Transfer the mixture to the pan. Arrange the top so the zucchini slices lay flat and look nice. Top with a little extra cheese for looks, cover with greased foil, and bake for 20 minutes. Remove foil and bake for an additional 5 minutes to brown the top. Let stand for 10-15 minutes before cutting into slices. Serves 6-8.



[Click here to see the recipe and photos on the blog!](#)

NOTES

It will bubble up a little bit as it bakes, so put a pan under to catch drips if it's really full. Also, there was a little extra watery-ness in the bottom of my pan when I sliced it, but the pieces held together perfectly so NBD. I think the moisture could be prevented by just being a little more patient before cutting.

BREAKFASTS AND SWEETS



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DEEP DISH CHOCOLATE CHIP COOKIE WITH CARAMEL & SEA SALT



[Click here to see the recipe and photos on the blog!](#)

NOTES

I baked mine uncovered for 15 minutes, but you could also cover with foil and bake for an additional 10-15 minutes to get the cookie center baked even further. If you only bake for 15 minutes total, like I did, the cookie WILL be underbaked. Cause that's how we like it.

INGREDIENTS

- 17 tablespoons butter
- 1 cup granulated sugar
- ½ cup packed brown sugar
- 2 teaspoons vanilla
- 2 tablespoons real maple syrup
- 2 eggs
- 2¾ cup flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chocolate chunks
- ½ cup milk chocolate chips
- ½ cup meltable caramel pieces (Kraft makes some that work well)
- 3 tablespoons heavy whipping cream
- coarse sea salt to taste

DIRECTIONS

1. Preheat the oven to 350 degree. Soften the 9 tablespoons butter in the microwave for 30 seconds or until partially melted. Soften the remaining 8 tablespoons for 10 seconds or until you can make an indent with your finger.
2. Mix the butter and sugar together with an electric mixer until creamed. Add the vanilla and maple syrup and mix again until smooth. Add the eggs; beat slowly until incorporated. Add the flour, baking soda, and salt (sometimes it helps to add the flour in batches). Mix until a smooth dough forms. The dough should feel dry to the touch - if it sticks to your hands, add a few more tablespoons of flour. I generally try to err on the side of more flour. Stir in the chocolate chips and chocolate chunks. Melt the caramel pieces and heavy cream in the microwave for 2 minutes. Stir well until melted and smooth.
3. Press half of the dough mixture into a 9-inch or larger cast iron skillet lined with parchment paper. Pour the caramel over the dough and smooth with a spoon. Cover with another layer of cookie dough. Bake for 15-25 minutes (see notes). Remove from oven, sprinkle with sea salt, and allow to rest for at least one hour in order for the pieces to hold their shape when cut. Serves 12-16 (but sliced into 8 huge slices for the picture).

BLUEBERRY FLAX OVERNIGHT OATS

INGREDIENTS

- ½ cup rolled oats OR quick oats
- ⅔ cup water
- ½ cup lowfat vanilla yogurt
- 1 tablespoon flaxmeal
- 1 baby pinch of salt
- blueberries, pecans, brown sugar, and other goodies for topping

DIRECTIONS

1. In an individual food storage container, add the ingredients in the order listed (except for toppings). Do not stir. Refrigerate overnight.
2. In the morning, stir up the mixture; it should be thick and the oats should be completely soft. Add the toppings of your choice. Repeat forever. Serves 1.



[Click here to see the recipe and photos on the blog!](#)

NOTES

The different varieties of oats affect the texture, so if you like a thicker, chewier texture go for rolled oats and if you prefer something softer and creamier, go for quick cooking oats.

POACHED EGG AVOCADO TOAST



[Click here](#) to see the recipe and photos on the blog!

NOTES

Adding a teaspoon of vinegar to the water before boiling helps the eggs stay together in the water. The fats in this recipe are healthy in moderation. If you want to reduce the fats, just scale back on the avo or use egg whites in place of eggs.

INGREDIENTS

- 2 eggs
- 2 slices whole grain bread
- 1/3 avocado (usually I cut it in half but don't use all of it. okay fine maybe I do.)
- 2 tablespoons shaved Parmesan cheese
- a pinch of salt and pepper for topping
- fresh herbs (parsley, thyme, or basil) for topping
- quartered heirloom tomatoes for serving

DIRECTIONS

1. Bring a pot of water to boil (use enough water to cover the eggs when they lay in the bottom). Drop the metal rims (outer rim only) of two mason jar lids into the pot so they are laying flat on the bottom. When the water is boiling, turn off the heat and carefully crack the eggs directly into each rim. Cover the pot and poach for 5 minutes (4 for super soft, 4:30 for soft, 5 or more for semi-soft yolks).
2. While the eggs are cooking, toast the bread and smash the avocado on each piece of toast. When the eggs are done, use a spatula to lift the eggs out of the water. Gently pull the rim off of the eggs (I do this right on the spatula, over the water) and place the poached eggs on top of the toast. Sprinkle with Parmesan cheese, salt, pepper, and fresh herbs; serve with the fresh quartered heirloom tomatoes.

BAKERY STYLE BLUEBERRY SCONES

INGREDIENTS

- 2 cups all-purpose flour
- ½ cup sugar
- 1 tablespoon baking powder (yes, TABLEspoon)
- ½ teaspoon salt
- 1 tablespoon grated orange zest
- ½ cup cold salted butter, cut into very small cubes
- 1 large egg
- ½ cup cold heavy cream
- 1 cup blueberries, fresh
- a few tablespoons of additional heavy cream for brushing the tops
- turbinado sugar for sprinkling the tops

DIRECTIONS

1. Preheat the oven to 400 degrees. Stir the flour, sugar, baking powder, salt, and orange zest in the bowl of a stand mixer (or just a mixing bowl). Add the butter. Mix ingredients with an electric mixer until fine crumbs form.
2. With the mixer on low speed, add the egg and heavy cream in a slow stream. Mix until a thick, stiff dough forms. Add the blueberries and mix until the blueberries are just incorporated into the dough. If some of them break, that's okay - you'll get those pretty juice drips down the side.
3. Flour your hands. Remove the dough from the mixing bowl and place on a floured work surface. Roll into a rectangle, about 1 inch thick. Cut into 8 triangles; pull the triangles apart from each other and brush with heavy cream. Sprinkle with turbinado sugar. Bake for 18-20 minutes or until golden brown and firm to the touch. Sprinkle again with turbinado sugar for extra texture. Enjoy warm; store leftovers in an airtight container for 1-2 days.



[Click here to see the recipe and photos on the blog!](#)

NOTES

Parchment paper helps prevent burning on the bottom. For lighter scones, be sure to keep the butter as cold as possible throughout the process. Stick the dough in the fridge for a few minutes if it's getting too warm and soft.

HEALTHY CINNAMON SUGAR APPLE MUFFINS



[Click here to see the recipe and photos on the blog!](#)

NOTES

These are intended to be very simple without a really strong cinnamon flavor (other than the topping) - there is one teaspoon of allspice (which carries some cinnamon flavors) but if you are looking for more than just a pinch of spice, I'd suggest adding a teaspoon of cinnamon or nutmeg to the batter.

INGREDIENTS

For the muffins:

- 1½ cups finely chopped apples
- ⅓ cup coconut oil
- 1 cup milk
- 2 teaspoons white vinegar
- ⅓ cup brown sugar
- 1 large egg
- 1 teaspoon vanilla
- 1 teaspoon allspice
- 1 cup all purpose flour

- 1½ cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt

For the crunchy topping:

- 2 tablespoons butter
- 3 tablespoons white sugar
- ½ teaspoon cinnamon

DIRECTIONS

1. To prep ingredients: Microwave or heat the coconut oil until it's liquified. Repeat the same process for the milk to bring it to room temperature. (If you don't do this, the coconut oil will clump together when it mixes with the cold milk.) Add the vinegar to the milk and let it sit for a few minutes to turn into "buttermilk" - or just use real buttermilk instead!
2. For the muffins: Preheat the oven to 350 degrees. In a large bowl, whisk the coconut oil, buttermilk, brown sugar, egg, and vanilla until smooth. Add the flours, baking soda, baking powder, salt, and allspice. Stir until just combined. Fold in the apples. Scoop the mixture into a greased or lined muffin tin - mini, regular, or jumbo sizes will all work.
3. For the topping: Melt the butter for the topping. Add the sugar and cinnamon; spoon over the tops of the muffins. You only need a little bit to get the crunchy top effect, but if you love those crunchy cinnamon sugar tops, I'd suggest making twice or three times as much topping as what's listed here.
4. Bake the muffins for 15 minutes, more or less by a few minutes depending on size. The muffins should be golden brown with big round tops that spring back when you press them.

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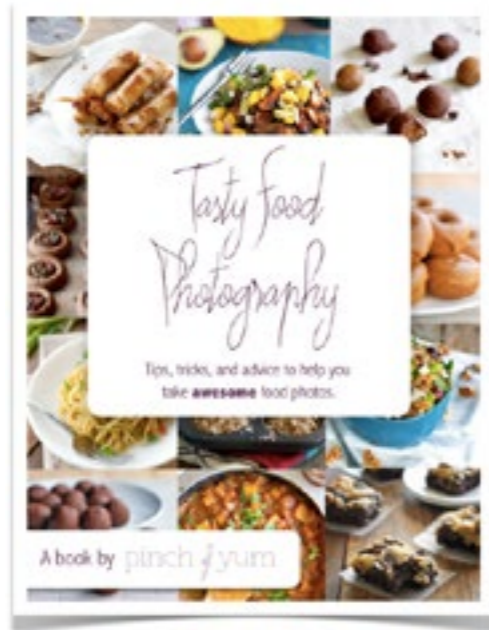
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