**Chicken Fajita**

½ green bell pepper, sliced

½ red bell pepper, sliced

¼ onion, sliced

Olive oil

Salt & pepper, to taste

1 chicken breast

Parchment paper

For the fajita seasoning:

½ tablespoon chili powder

¼ teaspoon garlic powder

¼ teaspoon cumin

¼ teaspoon paprika

¼ teaspoon salt

¼ teaspoon ground black pepper

1.Preheat oven to 400°F.

2.Place bell peppers and onions into mixing bowl and thoroughly coat with olive oil, salt, and pepper.

3.Tear off a sheet of parchment paper, large enough to fold into a packet. Place chicken breast on top and season with the fajita seasoning.

4.Fold the edges of the parchment paper widthwise 2-3 times then twist the ends until fully closed.

5.Bake for 25 - 35 minutes or until internal temperature reaches 165°F.

**Baked Croque-Monsieur Casserole**

*Serves 8 to 10*

Butter, for coating the baking dish  
2 cups whole milk  
7 large eggs or 1 carton of egg beaters  
3/4 teaspoon freshly ground black pepper  
1/4 teaspoon kosher salt  
4 teaspoons Dijon mustard  
12 ounces day-old crusty bread, cut into 10 (1/2-inch-thick) slices  
1/4 cup chopped fresh chives  
12 ounces thinly sliced ham  
2 cups grated Gruyère cheese, divided  
1 to 2 cups arugula  
1 medium lemon, juiced  
1 teaspoon olive oil

Generously coat a 9x13-inch baking dish with butter and set aside. Whisk the milk, eggs, pepper, and salt together in a large bowl. Spread the mustard on one side of each slice of bread. Place half of the bread slices Dijon-side up in the baking dish.

Spoon half of the egg mixture over the bread, making sure that each piece is fully covered. Sprinkle the chives over the bread and egg mixture. Place the ham slices over the bread in an even layer. Sprinkle with half of the Gruyère cheese. Layer with the remaining bread Dijon-side down. Pour over the remaining egg mixture. Sprinkle with the remaining cheese. Cover and refrigerate at least 30 minutes or overnight.

Arrange a rack in the middle of the oven and heat 350°F. Bake uncovered until the egg mixture is set and cheese is bubbly and lightly browned, 35 to 40 minutes. Let stand for 5 minutes.

Meanwhile, toss together the arugula, lemon juice, and olive oil in a small bowl and spread over the casserole immediately before serving.

**Recipe Notes**

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

**Roasted Kielbasa & Vegetable Recipe**

TOTAL TIME:Prep: 20 min. Bake: 40 min.

3 medium sweet potatoes, peeled and cut into 1-inch pieces

1 large sweet onion, cut into 1-inch pieces

4 medium carrots, cut into 1-inch pieces

2 tablespoons olive oil

1 pound smoked kielbasa or Polish sausage, halved and cut into 1-inch pieces

1 medium yellow summer squash, cut into 1-inch pieces

1 medium zucchini, cut into 1-inch pieces

1/4 teaspoon salt

1/4 teaspoon pepper

Dijon mustard, optional

1. Preheat oven to 400°. Divide sweet potatoes, onion and carrots between two greased 15x10x1-in. baking pans. Drizzle with oil; toss to coat. Roast 25 minutes, stirring occasionally.
2. Add kielbasa, squash and zucchini to pans; sprinkle with salt and pepper. Roast 15-20 minutes longer or until vegetables are tender. Transfer to a serving bowl; toss to combine. If desired, serve with mustard. Yield:6 servings.

**One Pan Polish Dinner**

½ stick butter

2 – 3 T olive oil

1 lb. yellow onions, sliced ½ “ thick

1 lb. Kielbasa, cut into rounds

1 lb. perogies, parboiled

1 small can sauerkraut, optional

12 oz. chicken broth

Preheat oven to 350. Place butter and oil on sheet pan or 9 X 13 pan. Melt butter in oven. Add sliced onions, Kielbasa and perogies. Cover pan and cook 15 – 20 minutes. Uncover and scatter sauerkraut over Kielbasa mixture. Let warm another 15 minutes. Serve.

**One Pan Balsamic Chicken and Veggies**

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes excluding marinating time

Servings 4

2/3 cup balsamic vinegar

2/3 cup zesty Italian dressing fat free is great

1.25 pounds chicken tenders or breasts

2 heads broccoli

1 cup baby carrots

1/2 pint cherry tomatoes

1 teaspoon Italian seasoning

3 tablespoons olive oil

1/2 teaspoon garlic powder

Optional: fresh parsley, salt and pepper

Optional vegetables: onions, peppers, mushrooms, red potatoes, roasted tomatoes, and brussel sprouts

1. Preheat the oven to 400 degrees F. Spray a large tray with nonstick spray (line with parchment paper if you tray isn't already nonstick or the balsamic + Italian mixture will stick to it) and set aside.
2. Whisk together the balsamic vinegar and zesty Italian dressing.
3. Trim the tenderloins of fat and undesired parts. Alternatively cut the breasts into small 1/4th-1/2th inch thick pieces (resemble the size of the tenders in the picture/video)
4. Place 1/3 cup of the balsamic + Italian mixture in a large bag and add the chicken tenders. Coat and place in the fridge to marinate for at least 30 minutes and up to 6 hours.
5. Chop the broccoli into small pieces. Slice the baby carrots in half.
6. Place broccoli + carrots on the prepared tray with the cherry tomatoes (like your tomatoes LESS roasted? Toss in after 5-10 minutes of the broccoli and carrots being cooked. Otherwise they are ultra tender!), Italian seasoning, olive oil, garlic powder, and add some seasoned salt and pepper to taste.

**No Fry Sheet Pan Eggplant Parmesan**

4 tablespoons olive oil

2 large cloves garlic, thinly sliced

One 28-ounce can crushed tomatoes

1/4 teaspoon crushed red pepper flakes

½ t. salt

1/3 cup fresh basil leaves, chopped, plus more torn leaves for serving

1 medium-large eggplant (about 1 1/2 pounds), sliced into 1/2-inch-thick rounds

1/3 cup all-purpose flour

2 eggs, beaten

3/4 cup Italian-style breadcrumbs

1 pound fresh mozzarella, thinly sliced

1/4 cup grated Parmesan

Special equipment: an 18-by-13-inch sheet pan

Preheat the oven to 450 degrees F.

Put 2 tablespoons olive oil and the garlic in a large skillet and place over medium heat. When the garlic sizzles and its edges start to brown, add the tomatoes, red pepper flakes and ½ teaspoon salt. Bring to a simmer and continue to cook, stirring occasionally, until the sauce thickens, about 8 minutes. Remove from heat and stir in the chopped basil.

Heat an 18-by-13-inch sheet pan in the oven for at least 10 minutes while you bread the eggplant. Line up 3 shallow dishes; fill one with the flour, one with the beaten eggs, and one with the breadcrumbs. Sprinkle both sides of the eggplant slices with salt. Dredge an eggplant slice in the flour (tapping off excess), then dip in the egg, and finally dredge it in the breadcrumbs. Repeat with the remaining eggplant.

When all the eggplant slices are breaded, carefully remove the heated sheet pan from the oven and brush it with 2 tablespoons olive oil. Place the eggplant on the sheet pan in a single layer. Bake until the undersides are crisp and browned, 8 to 10 minutes, then flip the slices and continue baking until they are golden on the second side, 8 to 10 minutes more.

Top the baked eggplant with the tomato sauce, mozzarella and Parmesan. Return the pan to the oven and bake, rotating halfway through, until the cheese melts and browns and the sauce is bubbly, 20 to 25 minutes. Top with torn basil before serving.

**Sheet Pan Steak and Veggies**

2 pounds baby red potatoes

16 ounces broccoli florets

2 tablespoons olive oil

3 cloves garlic, minced

1 teaspoon dried thyme

Kosher salt and freshly ground black pepper, to taste

2 pounds (1-inch-thick) top sirloin steak, patted dry

Preheat oven to broil. Lightly oil a baking sheet or coat with nonstick spray.

In a large pot of boiling salted water, cook potatoes until parboiled for 12-15 minutes; drain well. Place potatoes and broccoli in a single layer onto the prepared baking sheet. Add olive oil, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine. Season steaks with salt and pepper, to taste, and add to the baking sheet in a single layer.

Place into oven and broil until the steak is browned and charred at the edges, about 4-5 minutes per side for medium-rare, or until desired doneness. Serve immediately with [garlic butter](http://damndelicious.net/2016/06/23/perfect-steak-wtih-garlic-butter/), if desired.

**Banana Cream Trifle**

4 cups milk, divided

2 8 oz. cream cheese, softened, divided

2 small boxes instant Banana Cream pudding

2 boxes vanilla wafers

3 – 4 large bananas, sliced

16 - 24 oz. cool whip

Mix ½ cup milk with 8 oz. cream cheese. Mix 1 box of pudding with 1 ½ cups milk and combine with cream cheese mixture. Repeat process once again. Chop some vanilla wafers and set aside. In a trifle bowl layer vanilla wafers, pudding mixture, bananas and cool whip ending with the pudding layer on top (optional: place vanilla wafers on the side of the bowl as you layer). Top with cool whip dollops and garnish with reserved vanilla wafers.

**T.J.’s Finger Cookies Recipe**

2 sticks butter  
1 cup sugar  
1 tsp vanilla  
saltine crackers  
12 oz. bag chocolate chips  
chopped nuts

Cook butter and sugar to a slow boil. Add vanilla. Line cookie sheet w/foil & spray with Pam. Line foil sheet w/1 layer of saltine crackers. Pour butter mixture over - coating all saltines. Bake at 350º for 5 minutes. Take out of over and sprinkle entire back of choc chips over all. As starts to melt, spread over all to form icing. Put chopped nuts (any kind) over all. Press into choc a little with butter wrapper. Refrigerate at least 1 hour. Then cut or break apart.