Easy Recipe Ideas

From the Decatur County Memorial Hospital Dietary Team

Decatur County
Memorial Hospital

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Cheesy Pork Taco Rice

Number of Servings: 6

Prep Time: 20 Minutes
Cook Time: 30 Minutes

Ingredients

- 1 pound ground pork
- 1 ½ cups chicken broth
- 1 cup rice
- 1 chopped onion
- 1 packet taco seasoning mix
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 2 chopped tomatoes, or 1 can diced tomatoes drained
- ¾ cup shredded cheese
- salt and pepper to taste
- ½ lime, juiced (optional)

Directions

1. Heat a large skillet over medium-high heat
2. Cook ground pork until browned, 5-7 minutes. Drain and discard grease
3. Add chicken broth, rice, 1/2 of the onion, taco seasoning, garlic & onion powders. Bring to a boil.
4. Cover and reduce heat. Simmer until rice is tender, about 20 minutes
5. Combine the remaining onion, tomatoes, lime juice, salt, and pepper in a small bowl and stir to create salsa
6. Stir in salsa mixture into pork dish, top with cheese and optional sour cream!

***feel free to use any seasonings you have on hand!**

Salmon Fried Rice

Number of Servings: 1

Prep Time: 5 Minutes
Cook Time: 20 Minutes

Ingredients

- 4-ounce salmon fillet
- 1 tsp sesame oil (or olive oil)
- ¼ cup green onions (or any other vegetables you want to add in – carrots, peas, etc.)
- ½ - 3/4 cup white rice
- 1 egg, beaten
- ½ tbsp soy sauce

Directions

1. Cook rice according to package directions
2. Cook salmon in a skillet over medium-high heat, about 5 minutes on each side
3. Set salmon aside and flake into small chunks with a fork
4. Heat ½ of the sesame oil in a medium skillet over medium-high heat
5. Add the green onions or vegetables to the skillet, stirring for about 3-5 minutes
6. Add cooked rice to the skillet, cooking without stirring for 2-3 minutes
7. With a spatula, push the rice to one side of the skillet. Crack an egg onto the other side
8. Stir the egg until cooked, then mix into rice. Add the soy sauce and sesame oil
9. Stir in the cooked salmon and serve!

Recipe from skinnytaste.com

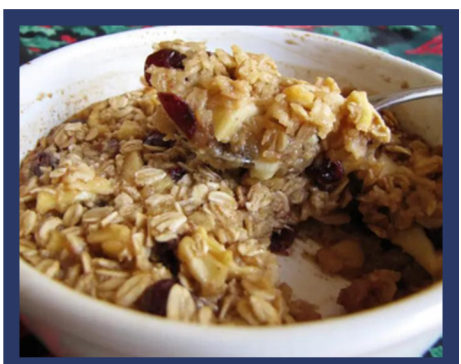
Cinnamon-Raisin Baked Oatmeal

Number of Servings: 4

Prep Time: 10 Minutes
Cook Time: 30 Minutes

Ingredients

- 1 ⅓ cup oats (any kind)
- 1 cup raisins
- 1 cup milk
- 1 cup brown sugar
- 1 tbsp melted butter
- 1 tsp cinnamon
- ⅛ tsp salt
- 1 chopped apple
- ¼ cup chopped walnuts (optional)



Directions

1. Preheat oven to 350˚F
2. Mix all ingredients together in a greased 8”x6” casserole dish
3. Bake for 30 minutes until milk is absorbed
4. Serve with any other fruit or toppings you want!

Recipe from Food.com

Air Fryer Chicken Nuggets

Makes 17 nuggets

Prep Time: 5 Minutes
Cook Time: 12 Minutes

Ingredients

- 1 can chicken breast (12.5 oz)
- ¾ cup shredded cheese
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp Italian seasoning
- salt and pepper to taste
- 1 egg, beaten

Directions

1. Spray an air fryer basket with non-stick cooking spray and set aside
2. Carefully drain all the liquid from the canned chicken, then pour chicken into mixing bowl. Use a fork to separate the meat
3. Add cheese, egg, and seasonings to the bowl
4. Mix well, then form into nuggets and place into the air fryer basket
5. Air fry at 350°F for 12-15 minutes until golden brown
6. If using a conventional oven, bake for 10-12 minutes at 400°F, or until golden brown
7. Serve with dipping sauces & store leftovers in an airtight container

Recipe from mylifecookbook.com

Shepherd's Pie

Number of Servings: 6

Prep Time: 20 Minutes
Cook Time: 30 Minutes

Ingredients

- 1 pound ground beef
- ¼ cup chopped onions
- 1 can tomato sauce
- 2 cups canned green beans
- 2 cups canned corn
- 2 cups mashed potatoes
- ¼ tsp salt
- ¼ tsp pepper

Directions

1. Preheat oven to 350˚F
2. Heat a large pot over medium-high heat. Cook and stir ground beef in the pot until browned, 5-7 minutes. Drain and discard grease
3. Add onion to beef and cook 3-4 minutes
4. Place ground beef mixture in a square 9"x9" casserole dish
5. Layer the green beans and corn on top of beef, sprinkle on salt & pepper, and spread mashed potatoes over the vegetable layer
6. Cover the dish with aluminum foil and bake in oven for 30 minutes

Recipe from American Diabetes Association

Sheet Pan Chicken, Green Beans, and Potatoes

Number of Servings: 6

Prep Time: 10 Minutes
Cook Time: 30 Minutes

Ingredients

- 2 cups diced potatoes
- 1 tsp olive oil (or other oil)
- 16 oz chicken breast (cut into strips)
- 1 can green beans
- 4 tbsp butter
- 1 tbsp Italian seasoning (or any other seasoning)

Directions

1. Preheat oven to 400°F
2. Spray a 9x13-inch pan with cooking spray
3. Coat the chicken with olive oil
4. Place the chicken down 1/3 of the pan, place the potatoes down 1/3 of the pan, place the green beans down 1/3 of the pan
5. Melt the butter and drizzle over entire pan, sprinkle seasoning over entire pan
6. Bake for 20 to 30 minutes

***feel free to use any seasonings you have on hand!**

Recipe from mylifecookbook.com

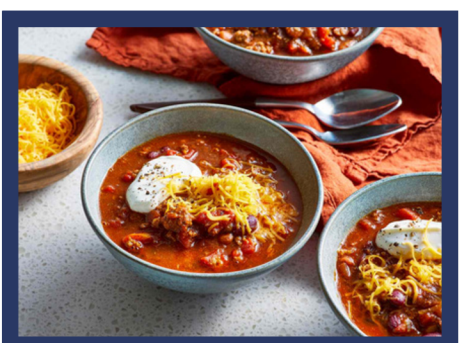
Quick Chili

Number of Servings: 8

Prep Time: 10 Minutes
Cook Time: 40 Minutes

Ingredients

- 1 pound ground beef
- 1 diced onion
- 1 tbsp minced garlic cloves
- 2 cans diced tomatoes
- 1 can kidney beans
- 1 can pinto beans(optional)
- 1 can tomato sauce
- 1 cup water
- 1 tbsp chili powder
- 1 tbsp white sugar
- ½ tbsp cumin
- ½ tbsp salt
- 1 tsp pepper



Directions

1. Heat a large pot over medium-high heat. Cook and stir ground beef in the pot until browned, 5-7 minutes. Drain and discard grease
2. Add onion and garlic to beef and cook 3-4 minutes
3. Stir in diced tomatoes, kidney beans, pinto beans, tomato sauce, water and all spices
4. Bring to a boil, reduce heat and simmer for 30 minutes
5. Serve hot with optional toppings - sour cream, cheese

***seasonings optional! - feel free to use any seasonings you have on hand**

Recipe from allrecipes.com

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