

PANDEMIC PANTRY ~ ONE POT MEALS
MARCH 30, 2024

Sheet Pan Salmon & Potatoes with Veggies

Serves 4

4 – 6-ounce pieces center cut salmon (I use Faroe Island salmon...there is nothing better but any salmon will work)

1 pound asparagus, trimmed

1 1/2 pounds baby potatoes, halved

1 cup cherry tomatoes

4 TBS olive oil, divided.

Kosher salt and pepper to taste

2 teaspoons seasoning blend (I use lemon pepper, but you can use Herbs de Provence, Italian, southwestern...whatever you fancy)

2 TBS honey

1 1/2 tsp Dijon mustard

1 tsp garlic chili sauce

2 TBS melted butter

Slices of lemon and chopped parsley to garnish

Preheat oven to 425°F. Take the cut potatoes and place (cut side down) on a lightly oiled sheet pan. Toss with 2 TBS olive oil and the lemon pepper. Roast in the oven for 15 minutes. During this time, make the sauce for the salmon.

Combine the honey, Dijon, garlic chili sauce, and melted butter. Whisk together.

When the potatoes come out of the oven, push them to the side to make space for the salmon and veggies. Place the salmon on the pan along with the bunch of asparagus and the tomatoes. Baste the salmon with the sauce. Drizzle the remaining 2 TBS olive oil on the asparagus and veggies. Add a little salt and pepper to the veggies. Roast in oven for ten minutes. Once the pan is taken out of the oven, baste the fish again with any leftover sauce, sprinkle with lemons and parsley.

What a lovely, fast, healthful, tasty dish. You can use another type of fish too...cod, or tuna would be nice.

Chickpea Alfredo with Broccoli

Serves 4 as a main course

3 TBS olive oil

1 large onion, cut into 1/4 inch pieces

12 cloves of garlic, thinly sliced

2 TBS all-purpose flour

2 tsp black pepper

4 ounces cream cheese cut into 1" pieces

3 TBS thyme leaves

1/4tsp crushed red pepper flakes

2TBS white or yellow miso

1 TBS vegetable bouillon paste (Better Than Bouillon is the BEST)

3/4 cup white wine

¾ cup water
2 – 15.5-ounce cans chickpeas (drained and rinsed)
2 – 10-ounce packages, chopped frozen broccoli (thawed)
2 ounces grated parmesan
½ Italian breadcrumbs mixed with 1 tbs olive oil

Heat olive oil in a large cast iron skillet. Add onion and garlic. Stir occasionally until they turn golden. Add the flour and herbs, and stir until flour is lightly toasted. Pour the wine and water into the skillet and whisk to make a roux. When smooth, add the cream cheese pieces, miso, and bouillon. Cook until cream cheese is dissolved along with miso and bouillon. Add chickpeas and broccoli and heat through. Add the parmesan in stir in to incorporate. Turn off the heat. Top the dish with the breadcrumbs and place in a 350 degree oven for 10 minutes. You can add chopped parsley to garnish.

This would make a lovely side dish for chicken !

Vegetarian Skillet Lasagne

Serves 4

2 TBS olive oil
2 medium zucchini, halved and sliced
½ pound fresh mushrooms
1 cup chopped onion
8 garlic cloves, minced
1 jar (24 ounces) good quality tomato sauce
½ cup water
1 tsp pepper
½ tsp crushed red pepper flakes
6 no-cook lasagna noodles, broken into pieces
1 cup shredded mozzarella
Optional grated parmesan to taste
Chopped fresh basil leaves to garnish

In a large cast iron skillet, heat olive oil. Add onions and garlic and sauté until golden. Add zucchini and mushrooms. Cook until tender (about 4 minutes). Add sauce, water, and seasonings. Stir to combine. Add broken noodles. Mix well and bring to a boil. Reduce heat, cover, and simmer until noodles are tender (about 15 minutes). Top with mozzarella cheese. Place under a broiler to melt or place in a 350 degree oven for ten minutes. Garnish with fresh basil leaves.

Make this non vegetarian by adding cooked beef or sausage! Miss the ricotta? Add some drops of ricotta that have been mixed with egg, parmesan, nutmeg, and pepper and drop onto the skillet before topping with mozzarella. Bake in a 350 degree oven for 10 minutes.

Cranberry Apple Crisp

Serves 8

4 large Granny Smith Apples, peeled, cored, and sliced
1½ cups whole berry cranberry sauce
2TBS dark rum
1½ cup whole wheat pastry flour
1½ cup rolled oats
1 cup packed brown sugar
2 teaspoons cinnamon

½ cup melted butter

Preheat oven to 350 degrees.

Butter or spray a 9” square baking pan. Place apple slices in pan. Spread the cranberry sauce over the apples and drizzle the rum over it. In a separate bowl, add the flour, oats, and cinnamon. Whisk until incorporated. Add butter and mix until it becomes moist and crumb-like. Sprinkle over the apple mixture. Bake in the oven for 45 minutes or until apples are easily pierced. Let cool for 10 minutes. Serve with ice cream or whipped cream.