



DINNER IN 30

Nancy Wada-McKee

FOOD AND WORK

- ❖ What was your dinner tradition when you were a child?
- ❖ How similar or different is your tradition now?
- ❖ How important is food to you?
- ❖ Healthy and nutritious diet?
- ❖ How do your culture and family recipes inform your cooking?



BASIC 30 MINUTE DINNER

- ❖ Salad (lettuce, tomato, avocado ...)
- ❖ Protein (Chicken, fish, tofu, beef or pork)
- ❖ Vegetable (broccoli, green beans, cauliflower, corn...)

SALAD

Tip #1 - Bagged salad greens or romaine lettuce are your friends.

Slice romaine lettuce into shreds. It's quick!



Tip #2 – Never refrigerate tomatoes. They lose flavor.

Tip #3 – Ripen avocados on counter, then refrigerate when ripe. They will last several days

Tip # 4 – Precut carrots, peppers, or other hard veges on the weekend. They will keep.

Tip #4 - Containers of feta cheese, blue cheese or goat cheese elevate salads. Use sparingly.





Arugula, pear, avocado, blue cheese salad



VEGETABLES

❖ Tip #1 – A steamer basket is another friend. Broccoli and cauliflower steam in 5-7 minutes.







Tip #2 = A grill pan is worth the investment. Corn on the cob, other vegetables, meat or tofu can be grilled quickly.



SAUTE'
SUGAR
SNAP
PEAS

IT'S
QUICK!



PROTEIN

- Tip #1 - Boneless, skinless chicken breasts cook very quickly
- Tip #2 - Tofu can be substituted for chicken breasts. Slice extra firm tofu into “steaks,” then squeeze excess moisture out using paper towels and heavy pans/bowls
- Tip #3 - Thin pork cutlets, flank steak or skirt steak also cook quickly
- Tip #4 - Boneless, skinless chicken thighs can be chopped for a quick white chicken chili, curry, or stir fry

PANKO CHICKEN

2 boneless skinless chicken breasts

- remove tenderloin and slice breasts in half, cross wise

Dredge in flour mixed with salt and pepper; dip in beaten egg w/ a little water and hold up to drip excess off; then dip in panko. Set aside until all pieces coated.

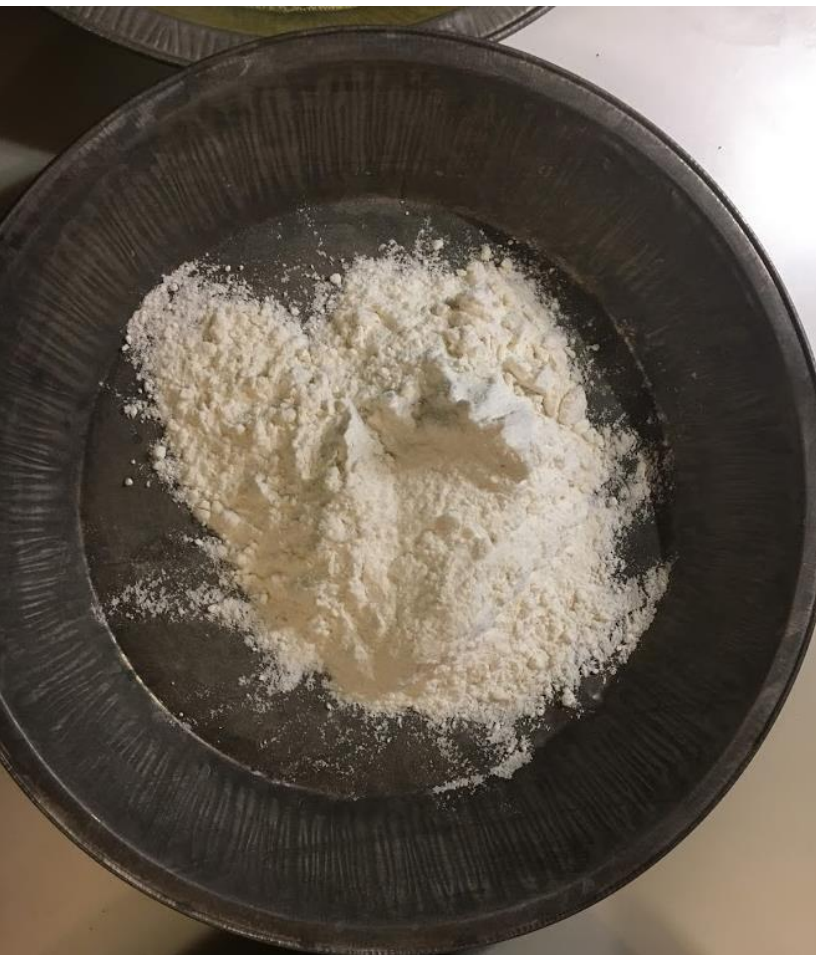
Heat about 1/4 inch oil (coconut, grapeseed, peanut, or canola) in large skillet. Fry both sides until brown and crispy.

Meanwhile, heat 1/4 cup sugar (or 1/2 sugar and 1/2 mirin if you have it) and 1/4 cup soy sauce until sugar dissolves. Dredge both sides in soy sauce mixture and set on a plate.

Sprinkle sesame seeds and minced green onion on top; reserve extra sauce for table.



2 boneless skinless chicken breasts
- remove tenderloin and slice breasts in half, cross wise



Dredge in flour mixed with salt and pepper; dip in beaten egg w/ a little water and hold up to drip excess off; then dip in panko. Set aside until all pieces coated.



Heat about $\frac{1}{4}$ inch oil (coconut, grapeseed, peanut, or canola) in large skillet. Fry both sides until brown and crispy.





Dredge both sides in soy sauce mixture and set on a plate.
Sprinkle sesame seeds and minced green onion on top; reserve extra sauce for table.

CHICKEN PICCATA

- ❖ 2 boneless skinless chicken breasts
 - remove tenderloin and slice breasts in half, cross wise
- ❖ Dredge pieces in flour mixed with salt and pepper
- ❖ Place on dish until all pieces are prepared
- ❖ Mix $\frac{1}{4}$ c lemon juice and $\frac{1}{4}$ c white wine (or water) and reserve
- ❖ Heat 3 T butter and 3 T olive oil (more if needed) in skillet
- ❖ Brown chicken pieces on both sides; reserve to plate.
- ❖ Stir in lemon juice and white wine, scraping pan and incorporating browned bits
- ❖ Place chicken pieces back in skillet. Add capers and chopped parsley, spoon sauce over and cover for 2-3 mins



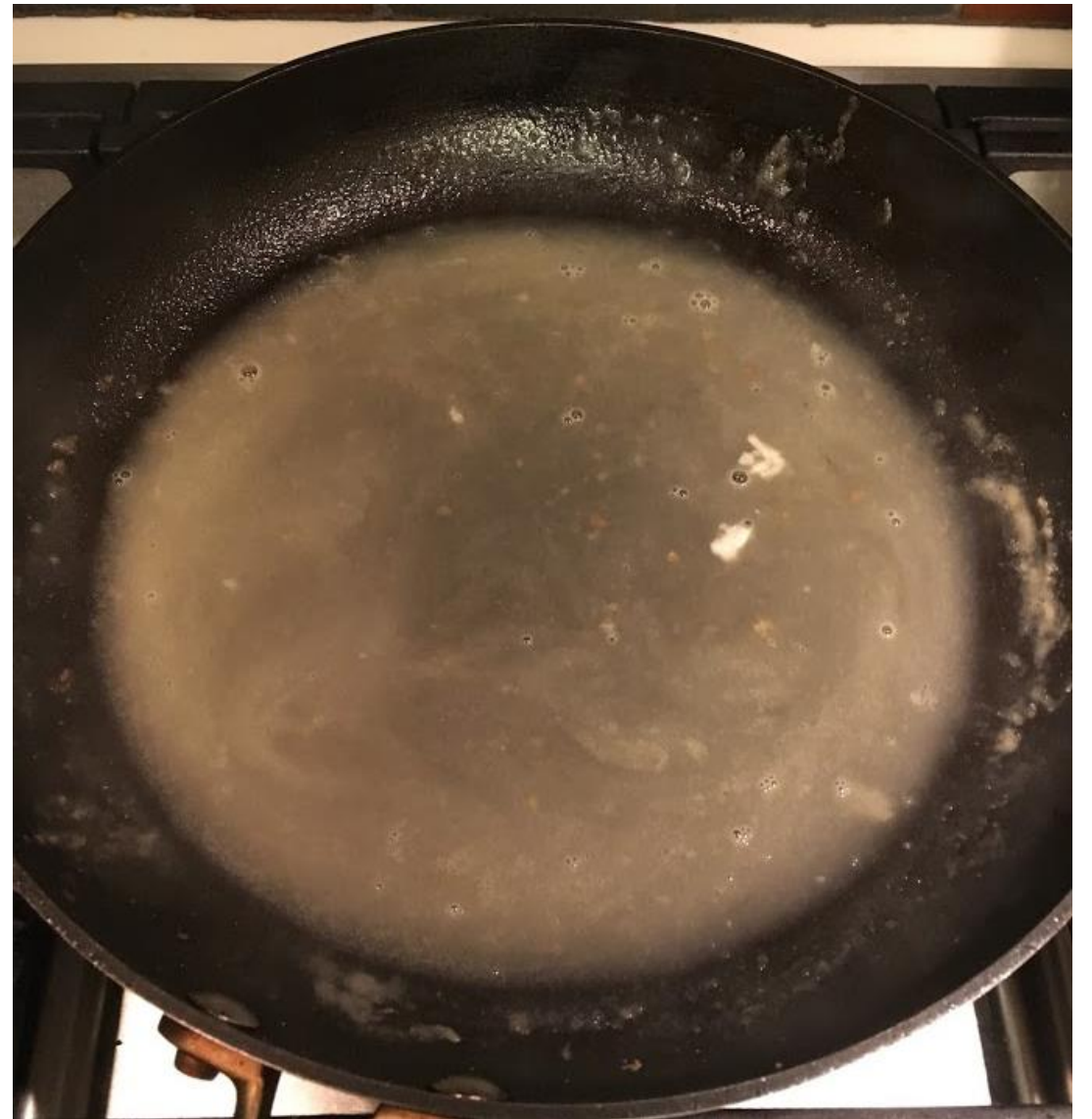
2 boneless skinless chicken breasts
- remove tenderloin and slice breasts in half, cross wise



- ❖ Dredge pieces in flour mixed with salt and pepper
- ❖ Place on dish until all pieces are prepared



- ❖ Heat 3 T butter and 3 T olive oil (more if needed) in skillet
- ❖ Brown chicken pieces on both sides; reserve to plate.



- ❖ Place on dish until all pieces are done.
- ❖ Stir in lemon juice and white wine, incorporating browned bits

- ❖ Place chicken pieces back in skillet.
- ❖ Add capers and chopped parsley, spoon sauce over and cover for 2-3 mins
- ❖ Serve with piccata sauce





- ❖ Try to cook corn shortly after purchase, otherwise the sugars turn to starch.

MARINATED CHICKEN PIECES

- 1) Lemon juice, Italian seasoning, olive oil
Marinate previous evening or
in morning

Chicken pieces grill in 30 mins





2) Teriyaki sauce

Add sesame oil, dried red peppers, extra garlic, green onions and sesame seeds for Korean marinade



OVEN ROASTED SALMON



- ❖ Preheat oven to 375
- ❖ Season salmon fillet, both sides
- ❖ Heat oven proof skillet on stove, medium heat
- ❖ Place salmon skin side up; do not flip until salmon releases easily with skillet
- ❖ Fry briefly skin side down
- ❖ Finish in oven for 5 minutes or until done

Seasoning can be simple salt and pepper or spices of your choice

Melt a bit of butter on top of salmon to elevate the dish, sprinkle with minced parsley or green onions



Salmon with shio koji (use any spices); heat skillet with grapeseed, olive or canola oil; place skin side up and cook until salmon is brown and turns over easily



Flip salmon and crisp skin for a minute or two; then place pan in 375 degree oven for a few minutes until done.



Pasta with ground turkey, eggplant
(substitute any vegetables)

Ground turkey, eggplant, onions (can
substitute tofu or ground beef)

- Brown ground turkey, chopped onion and garlic
- Dice eggplant and cook down in skillet
- Add jarred marinara sauce
- Boil rotini and add to skillet.

❖ TRY NEW TECHNIQUES

❖ EAT WELL

❖ NO PRESSURE

❖ HAVE FUN!

