

Flavor-Filled Easy Recipes for Families with No Time and a Lot to Do



The Full Plate: Flavor-Filled, Easy Recipes for Families with No Time and a Lot to Do by Ayesha Curry

★★★★☆ 4.7 out of 5

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In today's fast-paced world, finding the time to cook healthy, flavorful meals for your family can be a challenge. Between work, school, extracurricular activities, and other commitments, it can seem impossible to put a tasty and nutritious meal on the table every night.

That's why we've put together this collection of easy-to-follow, time-saving recipes that will delight your family and fit seamlessly into your busy schedule. These recipes are designed to be simple, quick, and packed with flavor, so you can spend less time in the kitchen and more time enjoying your meal with your loved ones.

1. One-Pan Chicken and Rice

This one-pan meal is a lifesaver on busy weeknights. It's quick, easy, and packed with flavor. The chicken and rice cook together in a single pan, making cleanup a breeze.



Ingredients:

- 1 boneless, skinless chicken breast, diced

- 1 cup white rice
- 1 cup chicken broth
- 1/2 cup diced onion
- 1/2 cup diced carrots
- 1/4 cup peas
- Salt and pepper to taste

Instructions:

1. Heat a large skillet over medium heat. 2. Add the chicken and cook until browned. 3. Add the rice, chicken broth, onion, carrots, and peas to the skillet. 4. Bring to a boil, then reduce heat and simmer for 18 minutes, or until the rice is cooked through. 5. Season with salt and pepper to taste.

2. Slow Cooker Creamy Chicken Tacos

These tacos are perfect for a busy weeknight meal. The chicken cooks slowly in the slow cooker, so you can set it and forget it. The creamy sauce is made with sour cream, salsa, and cheese, and it's sure to be a hit with everyone in the family.



Ingredients:

- 1 boneless, skinless chicken breast
- 1 can (10 ounces) diced tomatoes with green chilies, undrained
- 1 can (10 ounces) condensed cream of mushroom soup

- 1/2 cup sour cream
- 1/2 cup shredded cheddar cheese
- 1 teaspoon chili powder
- Salt and pepper to taste
- Tortillas, for serving

Instructions:

1. Place the chicken in the slow cooker. 2. In a bowl, combine the tomatoes, cream of mushroom soup, sour cream, cheddar cheese, chili powder, salt, and pepper. 3. Pour the sauce over the chicken. 4. Cook on low for 6-8 hours, or on high for 3-4 hours. 5. Shred the chicken and serve in tortillas with your favorite toppings.

3. Sheet Pan Salmon with Roasted Vegetables

This sheet pan meal is a healthy and delicious way to feed your family. The salmon and vegetables roast together on a single pan, making cleanup a breeze. The salmon is flaky and moist, and the vegetables are caramelized and flavorful.



Ingredients:

- 1 pound salmon fillets
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 pound baby potatoes, halved
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 zucchini, diced

- 1 yellow squash, diced

Instructions:

1. Preheat oven to 400 degrees F (200 degrees C). 2. Line a baking sheet with parchment paper. 3. Place the salmon fillets on the prepared baking sheet. 4. Drizzle the salmon with olive oil and season with salt and black pepper. 5. In a large bowl, combine the baby potatoes, red bell pepper, green bell pepper, zucchini, and yellow squash. 6. Drizzle the vegetables with olive oil and season with salt and black pepper. 7. Spread the vegetables around the salmon fillets on the baking sheet. 8. Bake for 20-25 minutes, or until the salmon is cooked through and the vegetables are tender.

4. Homemade Pizza

Pizza is a family favorite, but it doesn't have to be a time-consuming meal. This homemade pizza is made with a store-bought crust, so you can have a delicious pizza on the table in no time.



Ingredients:

- 1 store-bought pizza crust
- 1 cup pizza sauce
- 1 cup shredded mozzarella cheese

- Your favorite toppings

Instructions:

1. Preheat oven to 450 degrees F (230 degrees C). 2. Roll out the pizza crust on a lightly floured surface. 3. Spread the pizza sauce evenly over the crust. 4. Sprinkle the mozzarella cheese over the sauce. 5. Add your favorite toppings. 6. Bake for 10-12 minutes, or until the cheese is melted and bubbly and the crust is golden brown.

5. Quick and Easy Chicken Stir-Fry

This chicken stir-fry is a healthy and satisfying meal that can be on the table in under 30 minutes. The chicken is stir-fried with vegetables in a flavorful sauce. Serve over rice or noodles.



Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 1 red bell pepper, diced

- 1 green bell pepper, diced
- 1 large carrot, diced
- 1/2 cup broccoli florets
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder

Instructions:

1. Heat the vegetable oil in a large skillet over medium-high heat. 2. Add the chicken and cook until browned on all sides. 3. Add the red bell pepper, green bell pepper, carrot, and broccoli to the skillet. 4. Cook for 5-7 minutes, or until the vegetables are tender. 5. In a small bowl, whisk together the soy sauce, honey, rice vinegar, sesame oil, ground ginger, and garlic powder. 6. Add the sauce to the skillet and cook for 2-3 minutes, or until the sauce has thickened.

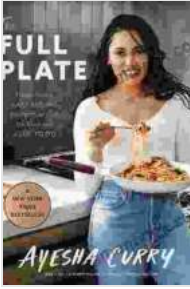
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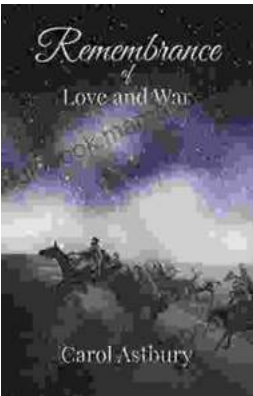
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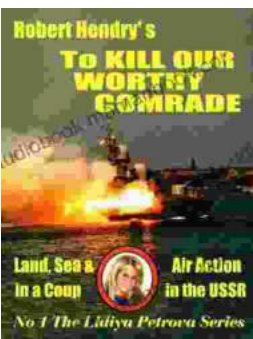


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