

# EASY EATS

QUICK, DELICIOUS MEALS ANYONE CAN MAKE



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# Breakfast Favorites



# Avocado Toast with Egg

**Prep:** 5 minutes

**Cook:** 15 minutes

**Total Time:** 10 minutes

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1 teaspoon butter

2 eggs

2 slices multigrain bread

1 ripe avocado, pitted, peeled

1 teaspoon lemon juice, or to taste

1 pinch cayenne pepper

sea salt to taste

ground black pepper to taste

1. Melt butter in a skillet over medium-low heat. Crack eggs into the skillet side by side and cook until eggs are white on the bottom layer and firm enough to flip, 2 to 3 minutes. Flip eggs, trying not to crack the yolk, and cook until egg reaches desired doneness, 2 to 5 minutes more.

2. Meanwhile, toast bread slices to desired doneness, 3 to 5 minutes.

3. Mash avocado in a bowl; stir in lemon juice, cayenne pepper, and sea salt. Spread avocado mixture onto toast. Top with fried egg and season with sea salt and pepper.

*Makes 2 servings*



# Blueberry Pancakes

**Prep:** 10 minutes

**Cook:** 15 minutes

**Total Time:** 25 minutes

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1 ¼ cups all-purpose flour

1 tablespoon baking powder

1 ¼ teaspoons white sugar

½ teaspoon salt

1 cup milk

1 large egg

½ tablespoon butter, melted

½ cup fresh or frozen blueberries,  
thawed

1. Sift flour, baking powder, sugar, and salt together in a large bowl. Combine milk and egg in a small bowl. Stir egg mixture into flour mixture until just combined. Stir in melted butter, then fold in blueberries. For best results, set the batter aside for 1 hour.

2. Heat a lightly oiled griddle or nonstick frying pan over medium-high heat.

3. Pour or scoop the batter onto the hot griddle, using approximately ¼ cup for each pancake; cook until bubbles appear on the surface, then flip and cook until golden brown on both sides. Serve hot

*Makes 12 pancakes*

# Oatmeal Breakfast Muffins

**Prep:** 20 minutes

**Cook:** 15 minutes

**Total Time:** 35 minutes

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cooking spray

1 cup oatmeal

1 cup soy milk

1 cup whole wheat flour

½ cup brown sugar

⅓ cup oat bran

¼ cup ground flax seed

1 tablespoon baking powder

½ teaspoon salt

3 ripe bananas, mashed

½ cup applesauce

⅓ cup egg substitute

¾ cup raisins

¾ cup chopped walnuts

¾ cup chocolate chips

1. Preheat the oven to 425 degrees F (220 degrees C). Mist 18 muffin cups with cooking spray.

2. Combine oatmeal and milk in a large bowl and set aside.

3. Stir flour, brown sugar, oat bran, ground flax seed, baking powder, and salt together in a separate bowl.

4. Combine bananas, applesauce, and egg substitute in another bowl. Stir into oatmeal mixture. Stir in flour mixture, followed by raisins, walnuts, and chocolate chips. Divide batter evenly between the prepared muffin cups.

5. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 12 to 15 minutes.

*Makes 18 muffins*

## **COOK'S NOTES:**

*You can use non-fat milk instead of soy, honey instead of brown sugar, and 1 egg instead of egg substitute, if preferred.*

# Quick Lunches





# Best Grilled Cheese

**Prep:** 10 minutes

**Cook:** 6 minutes

**Total Time:** 16 minutes

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¼ cup butter, softened

1 cup freshly grated Parmigiano-Reggiano cheese

8 slices cooked bacon

4 slices Cheddar cheese

8 slices sourdough bread

1. Mash together butter and Parmesan cheese in a small bowl until evenly blended.
2. Make sandwiches by placing two slices of bacon and one slice of Cheddar cheese on half of the bread slices. Top with the remaining slices of bread.
3. Heat a large skillet over medium heat. Spread some of the butter mixture on the top of each sandwich. Place sandwiches butter side down in the skillet. Spread the remaining butter mixture on the other sides. Cook until golden brown on each side, about 3 minutes per side.

*Makes 4 sandwiches*



# Spinach Salad with Berries & Goat Cheese

**Prep:** 15 minutes    **Total Time:** 15 minutes

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- 6 cups baby spinach
- 1 cup halved fresh strawberries
- ½ cup fresh raspberries
- ½ cup fresh blueberries
- ⅓ cup crumbled goat cheese
- ¼ cup sliced almonds
- 2 tablespoons raspberry vinaigrette dressing, or more to taste

1. Divide spinach amongst 2 plates. Top each plate with half of the strawberries, blueberries, and raspberries. Sprinkle with goat cheese and sliced almonds, adjusting quantities if needed to your tastes and preferences.
2. Drizzle salad with raspberry vinaigrette to serve.

*Makes 2 servings*

**COOK'S NOTES:**

*Add grilled salmon, shrimp, or chicken if you'd like to make this a heartier entrée salad! You can of course use a different vinaigrette, but I suggest raspberry vinaigrette.*

# Caprese Sandwich

**Prep:** 10 minutes

**Total Time:** 10 minutes

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1 large red tomato

8 ounces fresh mozzarella

1 12-inch baguette

2 tablespoons mayonnaise

1 tablespoon pesto

1 tablespoon olive oil

salt to taste

pepper to taste

1 tablespoon balsamic glaze plus more as desired

6 leaves fresh basil

1. Slice 1 large red tomato into ½-inch-thick rounds, and slice 8 ounces fresh mozzarella into ½-inch-thick rounds. Set aside

2. Slice 1 12-inch baguette in half length-wise. Place both halves of baguette on flat surface, cut-side up.

3. Add 2 tablespoons full-fat mayonnaise and 1 tablespoon pesto to small mixing bowl. Stir or whisk ingredients together until fully combined. Spread pesto mixture evenly onto cut-side of bottom baguette half.

4. Spoon 1 tablespoon high-quality olive oil evenly over cut-side of top baguette half. Be careful not to concentrate oil in one spot or bread can become soggy.

5. Place slices of tomato on bottom baguette half in one layer, with each slice slightly overlapping.

6. Place slices of mozzarella on top of tomato slices in one layer. Sprinkle salt and freshly cracked black pepper over mozzarella to taste.

7. Drizzle 1 tablespoon balsamic glaze over entire layer of mozzarella, then top mozzarella with 6 leaves fresh basil, placed evenly across sandwich.

8. Cover mozzarella and tomatoes with top half of baguette, placed cut-side down. Slice sandwich in half, creating two 6-inch sandwiches, and serve with dipping bowl of high-quality olive oil if desired.

*Makes 1 large sandwich or multiple small sandwiches*

# Simple Dinners





# Lemon Herb Chicken

**Prep:** 5 minutes

**Cook:** 10 minutes

**Total Time:** 15 minutes

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2 (5 ounce) skinless, boneless  
chicken breast halves

1 medium lemon, juiced, divided

salt and freshly ground black  
pepper to taste

1 tablespoon olive oil

1 pinch dried oregano

2 sprigs fresh parsley, chopped,  
for garnish

1. Place chicken in a bowl; pour 1/2 of the lemon juice over chicken and season with salt.
2. Heat olive oil in a medium skillet over medium-low heat. Place chicken into hot oil. Add remaining lemon juice and oregano; season with black pepper. Cook chicken until golden brown and the juices run clear, 5 to 10 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C)
3. Garnish chicken with parsley to serve.

*Makes 2 servings*

## **COOK'S NOTES:**

*If your chicken breasts are very thick, slice horizontally through the middle to create two thinner cutlets so they cook evenly and quickly. Serve with quick sides like buttered noodles or steamed rice with lemon wedges on the side.*



# Hawaiian BBQ Chicken Pizza

**Prep:** 20 minutes

**Cook:** 20 minutes

**Total Time:** 40 minutes

1 lb pizza dough , homemade or store bought

12 oz boneless skinless chicken breasts

2 Tbsp olive oil , divided  
3/4 cup barbecue sauce , divided

4 slices bacon , cooked and chopped

2 cups (8 oz) low-moisture mozzarella, shredded

1 cup chopped fresh pineapple (chop into small pieces)

1/3 of a medium red onion , sliced thin and run under cool water to remove harsh bite

1/4 cup cilantro , chopped or torn

1 cloves garlic , minced

Freshly ground black pepper

1. Preheat oven to 475 degrees F.

2. Preheat a grill to medium-high heat. Brush both sides of chicken lightly with 1 Tbsp of the olive oil and season both sides with salt and pepper. Grill until cooked through, rotating once halfway through cooking, and brushing with 3 Tbsp of the barbecue sauce during last 1 - 2 minutes of grilling. Remove from grill and set aside to cool 5 minutes.

3. Spread pizza dough out on a floured sheet of parchment paper over a pizza tray to a 12-inch round. In a mixing bowl whisk together remaining olive oil and garlic. Brush entire surface of dough with olive oil mixture and let rest 10 minutes.

4. Cut chicken into cubes. Brush dough with remaining barbecue sauce (1/2 cup + 1 Tbsp). Top with 1/3 of the mozzarella then top with chicken, pineapple, bacon and red onion. Sprinkle with remaining mozzarella and season with freshly ground black pepper.

5. Bake in preheated oven until crust is golden, about 11 - 13 minutes. Slice and serve warm topped with cilantro.

*Makes 5 servings*

## **COOK'S NOTES:**

*If you prefer pizza with a crispier crust, preheat a pizza stone in the oven and slide the Hawaiian pizza onto it using a pizza peel.*



# Bacon Double Cheese Smash Burger

**Prep:** 20 minutes

**Cook:** 20 minutes

**Total Time:** 40 minutes

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1.5 lbs Ground beef 80/20

4 each buns brioche

12 slices bacon

8 slices American cheese

1/2 each sliced yellow onion

2 tbsp [SuckleBusters Campfire Steak Seasoning](#)

1 oz dill pickles

1 oz ketchup

1 oz mustard

1. Set griddle or cooktop to medium-high heat and place 8-12 strips of bacon on the griddle. Turn and cook both sides until crisp, then remove from the heat and reserve
2. Using 1 10" x 10" sheet of aluminum foil, make a dome large enough to cover a patty. Make 1 tinfoil dome per patty and set aside for later use.
3. Incorporate 2 tbsp Campfire Steak Seasoning evenly throughout the meat. Divide the meat evenly into 4-6 oz balls. Place the 4 balls on the griddle and smash flat with large spatula or the bottom, flat area of a large cooking dish. Once a dark crust is formed on the bottom of the patty, flip the burger over.
4. Place 2 slices of cheese on top and then tent with a foil dome
5. Check your burger patty for doneness with an instant-read thermometer, remove from heat when done.
6. Grill the buns until lightly toasted. Start from the bottom and build up; bottom bun, meat & cheese, bacon, sliced onion, pickles, condiments with the top bun

*Makes 4 servings*

## **COOK'S NOTES:**

*Well done is 160 degrees internal temperature. Pull at 155 degrees as the meat temp will rise about 5 degrees after removing from the heat.*

# Snacks & Sides





# Easy Guacamole

**Prep:** 10 minutes

**Additional Time:** 30 minutes

**Total Time:** 40 minutes

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2 ripe avocados, peeled and pitted

1 small onion, finely chopped

1 ripe tomato, chopped

1 clove garlic, minced

1 lime, juiced

salt and pepper to taste

1. Gather all ingredients.

2. Mash avocado in a medium serving bowl.

3. Stir in onion, tomato, and garlic.

4. Season with lime juice and salt and pepper to taste.

5. Cover and chill for 30 minutes to allow flavors to blend.

*Makes 2 cups*

# Tomato Bruschetta

**Prep:** 20 minutes

**Cook Time:** 5 minutes

**Total Time:** 15 minutes

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2 large tomatoes, diced

½ cup finely chopped red bell pepper

¼ cup finely chopped red onion

¼ cup balsamic vinegar

¼ cup olive oil (Optional)

10 leaves fresh basil, chopped

2 cloves garlic, minced

1 (1 pound) loaf French bread, cut into 1/4-inch slices

¼ cup olive oil (Optional)

¼ cup shredded mozzarella cheese

1. Combine tomatoes, bell pepper, onion, balsamic vinegar, 1/4 cup olive oil, basil, and garlic in a medium bowl; let tomato mixture rest for 15 to 30 minutes.
2. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.
3. Arrange French bread slices on a large baking sheet; drizzle with 1/4 cup olive oil.
4. Toast bread under the preheated broiler until lightly browned, about 1 minute per side. Remove from the oven and top bread slices with tomato mixture using a slotted spoon, allowing excess liquid to drain. Sprinkle with mozzarella cheese.
5. Return to the oven and broil until cheese melts, about 3 minutes. Serve hot.

*Makes 10 servings*

# Crispy Roasted Potatoes

**Prep:** 10 minutes

**Cook Time:** 55 minutes

**Total Time:** 1 hr 5 minutes

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2 ½ pounds red potatoes, cubed

3 tablespoons olive oil

½ teaspoon onion powder

½ teaspoon garlic salt

¼ teaspoon ground black pepper

¼ pinch paprika

1. Preheat the oven to 325 degrees F (165 degrees C). Grease a large baking pan.

2. Place potatoes into a large bowl.

3. Whisk oil, onion powder, garlic salt, pepper, and paprika together in a small bowl. Pour over potato cubes, hand-tossing to coat. Place potatoes into the prepared pan, spreading them so that they are evenly dispersed.

4. Bake in the preheated oven for 45 minutes. Stir. Continue to bake until potatoes are crispy brown and tender, 10 to 20 minutes.

*Makes 5 servings*





# Skillet Braised Brussels

**Prep:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

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4 slices thick-cut bacon, sliced into 1/4-inch strips, or more to taste

1 pound Brussels sprouts, trimmed and halved lengthwise

1 clove garlic, thinly sliced, or more to taste

½ cup chicken stock

1 tablespoon butter, or to taste

1 tablespoon balsamic vinegar, or to taste

salt and ground black pepper to taste

1. Cook bacon in a large cast iron skillet over medium heat until just crisp, 5 to 7 minutes. Transfer to a paper towel-lined plate, reserving bacon grease in the skillet.
2. Place Brussels sprouts in the skillet with the cut-sides down. Increase heat to medium-high and saute in the bacon grease until lightly browned, 2 to 3 minutes.
3. Add garlic and saute until fragrant, about 30 seconds.
4. Pour in chicken stock and cover skillet with a lid; simmer until Brussels sprouts are bright green, 3 to 5 minutes. Remove the lid and continue simmering, until liquid is evaporated and sprouts are at desired tenderness, 3 to 5 more minutes.
5. Remove skillet from the heat. Add bacon, butter, balsamic vinegar, salt, and pepper; stir until butter is melted.

*Makes 4 servings*

# Sweet Treats





# Easy Strawberry Shortcake

**Prep:** 15 minutes

**Cook Time:** 15 minutes

**Total Time:** 30 minutes

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quart fresh strawberries, sliced

¼ cup white sugar or to taste

1 (12 ounce) package prepared  
sponge cake dessert cups

1 (7 ounce) can whipped cream, or  
to taste

1. Place strawberries in a bowl; add sugar and stir to coat. Cover and refrigerate until sugar has dissolved, about 15 minutes.
2. Place 1 dessert cup in each serving bowl and smother with sweetened strawberries. Top each with whipped cream.

*Makes 6 servings*

**COOK'S NOTES:**

*Whipped topping can be used in place of whipped cream if desired.*



# Blueberry Cobbler

**Prep:** 10 minutes    **Cook Time:** 1 hour    **Total Time:** 1 hr 10 minutes

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- ½ cup butter
- 1 cup self-rising flour
- 1 cup white sugar
- 1 cup milk
- 4 cups fresh blueberries

1. Preheat the oven to 350 degrees F (175 degrees C). Place butter in an 8-inch, square baking dish.
2. Melt butter in the preheating oven, about 5 minutes. Remove from oven.
3. Meanwhile, mix flour, sugar, and milk in a bowl until combined; pour batter over melted butter in the baking dish. Scatter blueberries over batter.
4. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour.

*Makes 1 (8-inch) cobbler*

# Irresistible Oatmeal Cream Pies

**Prep:** 30 minutes

**Cook:** 10 minutes

**Total Time:** 40 minutes

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1 cup butter, softened

$\frac{3}{4}$  cup tightly packed dark brown sugar

$\frac{1}{2}$  cup white sugar

2 large eggs

1 tablespoon molasses

1  $\frac{1}{2}$  teaspoons vanilla extract

1  $\frac{1}{2}$  cups all-purpose flour

1 teaspoon ground cinnamon

1 teaspoon baking soda

$\frac{1}{2}$  teaspoon salt

1  $\frac{1}{2}$  cups rolled oats

1 cup [cinnamon chips \(such as Hershey's\)](#)

1. Preheat the oven to 350 degrees F (175 degrees C).

2. Beat 1 cup butter, brown sugar, white sugar, eggs, molasses, and 1  $\frac{1}{2}$  teaspoons vanilla extract in a large bowl with an electric mixer until creamy.

3. Combine flour, cinnamon, baking soda, and salt in a separate bowl; stir into butter mixture. Fold in oats and cinnamon chips until well combined.

4. Drop tablespoonfuls of dough onto ungreased baking sheets.

5. Bake in the preheated oven until edges start to brown, 10 to 12 minutes. Transfer to wire racks to cool.

6. Beat confectioners' sugar,  $\frac{1}{2}$  cup butter, heavy cream, and 1 teaspoon vanilla extract in the bowl of a stand mixer fitted with the paddle attachment on high speed until light and fluffy, 2 to 3 minutes.

7. Spread 1 teaspoon cream filling over half cookies; top with remaining cookies.

*Makes 15 cream pies*



SIMPLE STEPS. BIG FLAVOR. EVERYDAY JOY.

Cooking should nourish more than just your body, it should feed your creativity, confidence, and connection. Easy Eats offers approachable recipes designed to fit real life, with ingredients you know and techniques you'll love. Whether you're a beginner or just looking to simplify, this book is your invitation to cook with ease and heart.