CELEBRATING 40 YEARS

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Family Favorite

Recipes





From Family Recipes to Family Traditions

Food trends come and go, but one thing that stands the test of time is how the simple act of preparing and sharing a meal can turn into a lasting family tradition. Those rituals that connect us through food are a gift that shape families for generations.

That’s why we’ve gathered some of the most-loved recipes from the last 40 years. These meals give you a win in the moment and have the power to create memories your family will cherish.



Taco Ring

A classic recipe that's been a family favorite for decades. You can lighten it up with ground turkey, and swapping out sour cream for Greek yogurt.

➤ SERVES 8

Prep Time: 10 mins Total Time: 35 mins

- ½ lb. lean (90%) ground beef
- 1 pkg (1–1.25 oz.) taco seasoning mix
- 1¾ cups (7 oz.) shredded cheddar cheese, divided
- 2 tbsp water
- 2 pkg (8 oz.) refrigerated crescent rolls
- 1 egg white, lightly beaten

Optional toppings: salsa, shredded lettuce, chopped onion and tomato, sliced olives, and sour cream

1. Preheat the oven to 375°F. Cook the ground beef in a skillet over medium heat for 10–12 minutes or until it's no longer pink, breaking into crumbles, then drain. Transfer the meat to a medium bowl and stir in the taco seasoning mix, *1½ cups* of the cheese, and water.
2. Unroll the crescent dough and separate it into 16 triangles. Arrange the triangles, slightly overlapping, in a circle on a round baking stone or baking sheet with the wide ends of the triangles overlapping in the center and points toward the outside (like a sun). There should be a 5"-diameter opening in the center of the circle.
3. Scoop the filling evenly over the dough in a circle. Bring the points of triangles up over the filling and tuck them under the dough at center to form a ring. (Filling will show.) Brush the top with the egg white and sprinkle with the remaining cheese. Bake for 25–30 minutes or until it's golden brown. Serve with your favorite toppings.

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General Tso Chicken Stir-Fry

A fast and flavorful dinner that comes together in one pan. If you're looking for ways to get more veggies in your diet, this is your recipe.

➤ SERVES 6

Prep Time: 10 mins Total Time: 30 mins

Sauce

- ¼ cup honey
- ⅓ cup reduced-sodium & gluten-free soy sauce
- 1½–2 tbsp Sriracha sauce
- 3 garlic cloves, pressed

Chicken

- 1½ lbs. chicken tenders
- ¼ cup cornstarch
- 3 tbsp canola oil, divided

Vegetables

- 1 small onion, thinly sliced
- 1 medium zucchini, thinly sliced
- ¼ head purple cabbage (about 8 oz.), thinly shredded
- 2 medium carrots, peeled and grated
- 1 red bell pepper, sliced
- 1 cup snap peas

1. For the sauce, combine the honey, soy sauce, Sriracha, and garlic in a small bowl.
2. Cut the chicken tenders into bite-sized pieces and place them into a separate bowl. Add the cornstarch and *1 tbsp* of the sauce and toss to coat.
3. Heat *1 tbsp* of the oil in a wok or large skillet over medium-high heat for 3–5 minutes.
4. Add the chicken and cook, undisturbed, for 3 minutes, then stir-fry for 2–3 minutes, or until the chicken is evenly browned; remove from the pan and set aside. (The chicken won't be fully cooked.)
5. Add the remaining oil to the wok and heat over medium-high heat for 2–3 minutes. Add the onion, carrot, and bell pepper, and stir-fry for 2–3 minutes, or until the vegetables are lightly browned. Add the zucchini and snap peas and continue cooking for 2–3 minutes. Add the chicken, remaining sauce, and cabbage. Cook for 3–4 minutes, or until all the vegetables are crisp-tender and the sauce has reduced. Serve over rice (cooked per package instructions).

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Stovetop Mac & Cheese

This is mac & cheese with hotdogs and peas for grownups. Hotdogs are upgraded to andouille sausages and Parmesan cheese makes an entrance. The peas stay.

SERVES 6

Prep Time: 5 mins Total Time: 30 mins

- 2 tbsp salt
- 4 qts water
- 3 cups elbow macaroni
- 3 links andouille chicken sausage, sliced
- 3 tbsp canola oil
- 8 oz. cheddar cheese, shredded
- 2 oz. fresh Parmesan cheese, finely shredded
- ½ cup panko breadcrumbs
- ¼ cup all-purpose flour
- 2 cups milk
- ½ cup heavy whipping cream
- 4 oz. cream cheese, cubed
- 1 tsp **Dijon Mustard Rub** (or 1 tsp Dijon mustard)
- 2 cups frozen peas

1. Add the salt and water to a large stockpot and bring to a boil. Add the pasta to the pot and cook, uncovered, for 1 minute less than the instructions on the box, stirring occasionally. Reserve ½ cup of the pasta water.
2. Place an oven rack 6–8" the heat source. Preheat the broiler.
3. Combine ¼ cup of the Parmesan with the panko; set aside.
4. Preheat the oil in a cast iron skillet over medium heat for 5 minutes. Add the sausage and cook for 4–6 minutes or until browned, stirring occasionally. Remove it from the skillet and set aside.
5. Add the flour to the skillet and whisk until there are no lumps (1–2 minutes). Slowly whisk in the milk, cream, cream cheese, and rub/mustard. Bring the mixture to a simmer and let it cook until slightly thickened, about 3–5 minutes. Reduce the heat to medium-low.
6. Working in batches, whisk in the cheddar and Parmesan cheeses until they are fully melted. Add the reserved pasta water to thin out the sauce.
7. Return the sausage to the skillet. Stir in the cooked pasta and peas. Top with the panko mixture and broil for about 1–2 minutes, or until the breadcrumbs are toasted (watch carefully, as they can burn quickly).

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Egg Roll in a Bowl

This quick, healthy version of an egg roll became a fast favorite with consultants and customers. It has the potential to have a standing spot on your dinner menu.

➤ SERVES 6

Prep Time: 5 mins Total Time: 20 mins

Egg Roll

- 1 tbsp canola oil
- ½ onion, diced
- 1 lb. ground turkey sausage or pork sausage
- 1 red bell pepper, finely chopped
- 2 pkg (14 oz.) coleslaw mix
- Optional: cooked white or brown rice
- Optional: chow mein noodles or sesame sticks

Sauce

- 2 green onions
- 3 tbsp reduced-sodium & gluten-free soy sauce
- 1 tbsp honey
- 1–2 tsp Sriracha or other hot sauce

1. Heat the oil in a skillet over medium heat for 3–5 minutes. Add the onion and sausage and cook for 5–7 minutes, crumbling the sausage into pieces.
2. Add the bell pepper and coleslaw to the skillet and stir well. Cover and cook for 5–6 minutes. (The mixture will cook down.)
3. For the sauce, add the green onion to a food processor; finely chop. Add the soy sauce, honey, and Sriracha; process until combined. Pour the sauce into the skillet. Cook, uncovered, for 1–2 minutes.
4. Place rice into bowls and top with the mixture. Top with chow mein noodles or sesame sticks, if desired.

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Chicken & Broccoli Braid

Fun fact—this is the most-viewed recipe of all time on our website.

➤ SERVES 10

- 1 cup chopped broccoli florets
- 2 cups chopped cooked chicken breasts (about 3 breasts)
- ½ cup diced red bell pepper
- 1 cup shredded sharp cheddar cheese
- ½ cup mayonnaise
- 1 tsp dried dill
- 1 garlic clove, pressed
- ¼ tsp salt
- 2 pkgs (8 oz. each) refrigerated crescent dough
- 1 egg white, lightly beaten
- 2 tbsp slivered almonds

1. Preheat the oven to 375°F. Add the chicken, broccoli, red bell pepper, garlic, shredded cheese, mayonnaise, dill, and salt into a large bowl and mix well.
2. Unroll the dough onto a rimmed baking sheet or stone brushed with oil, arranging it into a rectangular shape on the baking sheet and use a rolling pin or your fingers to close the seams. Use a pair of kitchen shears to cut 2"-deep strips every 1½” along the long sides of the dough (there will be about 5” in the center for filling).
3. Fill the center of the dough with the chicken mixture. To braid, position the platter so the strips are to your right and left. Pick up the top left strip, twist it once, and lay it across the center. Then, lift the top right strip, twist it once, and lay it on top of the previous strip. Continue alternating strips to form a braid. If needed, tuck the ends up at the end of the braid.
4. Brush the egg white over the dough then sprinkle with almonds. Bake 25–28 minutes or until deep golden brown.

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Flank Steak Tacos

Cooking marinated steak on a baking rack and veggies below on a sheet pan adds great flavor to the veggies and saves time.

➤ SERVES 8

Prep Time: 10 mins Total Time: 35 mins

Steak & Marinade

- 1 orange, juiced
- 1 can (7 oz.) chipotle peppers in adobo sauce (use less for milder flavor)
- 2 garlic cloves, peeled
- 1½ tsp salt
- 2 lbs. flank steak

Vegetables

- 3 poblano peppers, sliced
- 1 yellow onion, sliced
- 3 tbsp olive oil
- ½ tsp salt
- ⅛ tsp ground black pepper

Avocado-Lime Crema

- 1 lime, juiced
- 1 large, ripe avocado
- ½ cup sour cream or Greek yogurt
- ½ cup loosely packed fresh cilantro leaves
- ¼ tsp salt

Tortillas for serving

1. Preheat the oven to 425°F. Add the orange juice, chipotle peppers, garlic, and salt to a food processor process until the peppers are coarsely chopped. Place the steak in a large bowl and add the marinade, turning to coat.
2. Add the vegetables, oil, salt, and black pepper to another bowl and toss to coat.
3. Transfer the vegetable mixture to a sheet pan. Position a metal baking rack on top of the sheet pan and place the steak on the rack. Add the remaining marinade on top of the steak.
4. Cook the steak and vegetables for 20 minutes. Increase the temperature to 450°F and cook for an additional 5 minutes, or until the internal temperature reaches 135°F for medium-rare. Remove the pan from the oven and let the meat rest for 5–10 minutes.
5. Meanwhile, add the ingredients for the crema to a food processor and process until well combined.
6. Slice the meat against the grain and serve on tortillas with a dollop of crema.

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Bruschetta Pasta

This is the ultimate “back pocket” recipe—it’s one you can rely on to please the family any night. It was developed by one of our consultants and became an immediate favorite because it’s fast, easy, and delicious.

SERVES 6

Prep Time: 5 mins Total Time: 20 mins

- 1 lb. spaghetti
- 4 cups chicken or vegetable broth
- 4 small plum tomatoes
- ¼ cup loosely packed fresh basil leaves
- 3–4 garlic cloves, pressed
- ⅓ cup olive oil
- ½ oz. fresh Parmesan cheese, finely grated

1. Break the spaghetti noodles in half and place them in a large Dutch oven. Add the broth, cover, and bring to a boil over high heat. Reduce the heat to medium and cook with the lid slightly ajar, 8–10 minutes, or until pasta is cooked, stirring occasionally.
2. Meanwhile, add the tomatoes, basil, pressed garlic, and olive oil to a food processor and process until coarsely chopped.
3. Add the bruschetta and parmesan cheese and toss to coat.

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Chicken Pot Pie Chowder

There's no food more comforting than chicken pot pie. This version swaps the pie crust for biscuits, and the whole dinner is made in one pot in 30 minutes.

SERVES 6

Prep Time: 5 mins Total Time: 30 mins

- 2 tbsp canola oil
- 1 medium onion, coarsely chopped
- 2 garlic cloves, pressed
- ¼ cup flour
- 2 cups reduced-sodium chicken stock
- ½ tsp salt
- ¼ tsp black pepper
- 2 cups milk
- 2 cups frozen vegetable medley (like corn, green beans, carrots, and peas)
- 1½ cups shredded cooked chicken
- ½ cup loosely packed fresh parsley leaves, chopped
- 1 pkg (7.5 oz.) buttermilk biscuits

1. Preheat the oven to 400°F. Heat the oil in a large Dutch oven over medium heat for 3–5 minutes, or until it's shimmering.
2. Add the onion and garlic to the pot and cook for 3–5 minutes, or until the onions are softened, stirring occasionally.
3. Sprinkle the flour over the vegetables and stir to coat. Cook for 1 additional minute.
4. Add the stock, salt, and pepper, then increase the heat to medium-high. Bring the mixture to a simmer, scraping the bottom of the pot to release any flour.
5. Stir in the milk, vegetables, chicken, and parsley.
6. Gently place the biscuits on top of the chowder. Bake, uncovered, for 12–15 minutes, or until the tops of the biscuits are golden brown. Let cool for 5 minutes before serving.

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Chicken, Pesto & Tomato Flatbread

Fresh, homemade pesto is what makes this recipe special. We use toasted walnuts instead of the traditional pine nuts to save on cost and add a nuttier flavor.

SERVES 8

Prep Time: 8 mins **Total Time: 25 mins**

- 2 plum tomatoes
- ½ tsp salt
- 1 tsp plus 3 tbsp (45 mL) olive oil, divided
- 1 pkg refrigerated thin crust pizza crust
- 1 cup loosely packed fresh basil leaves
- ¼ cup toasted walnuts
- 2 garlic cloves, pressed
- 1 oz. finely grated Parmesan cheese, divided
- 8 oz. coarsely grated mozzarella cheese, divided
- 2 cups diced cooked chicken breasts

1. Preheat the oven to 425°F. Slice the tomatoes with the Quick Slice and lay them out on a plate lined with a paper towel. Season the tomatoes with the salt and let them stand until the salt is dissolved.
2. Brush the Large Bar Pan with 1 tsp of the oil. Unroll the crust onto the pan, gently stretching and pressing dough to cover bottom. Bake for 11–13 minutes or until golden brown.
3. Meanwhile, finely chop the basil, walnuts, and pressed garlic with the Manual Food Processor. Add ¼ cup of the Parmesan cheese and the remaining oil and pulse to combine.
4. Mix the pesto, half of the mozzarella cheese, and chicken in a medium mixing bowl.
5. Remove the pan from the oven and set the oven to broil. Top the crust the chicken mixture, then tomatoes, and finish with the remaining Parmesan and mozzarella. Broil until the cheese is melted and slightly browned, about 1–2 minutes.

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Roasted Chicken & Asparagus With Pan Sauce

Not an asparagus fan? Swap in green beans, broccoli, or any veggie you love. Using a stainless or cast iron skillet will create fond when you sear the chicken, which will give your pan sauce tons of flavor.

SERVES 4

Prep Time: 5 mins Total Time: 30 mins

- 1 tbsp canola oil
- 4 4-oz. boneless, skinless chicken thighs
- 2 tbsp of your favorite rub or seasoning mix
- 1 small onion, sliced
- 1 pkg (8 oz.) cremini (baby bella) mushrooms, sliced
- 1 pint cherry tomatoes, halved
- 1 bunch (about 1 lb.) asparagus, trimmed and cut into 1" pieces
- 2 garlic cloves, pressed
- ½ tsp salt
- ⅓ cup white wine or chicken broth
- ½ lemon, juiced

1. Preheat the oven to 425°F. Heat the oil in a stainless or cast iron skillet over medium-high heat for 3–5 minutes.
2. Season both sides of the chicken with 1 tbsp of the rub and sear for 4 minutes. Turn the chicken over and sear for 1 additional minute. Remove the chicken from the pan (it will not be fully cooked).
3. Add the onions, mushrooms, garlic, and salt to the pan. Saute for 2–3 minutes, scraping the bottom of the pan to release the fond. Add the wine, lemon juice, and remaining rub. Simmer, uncovered, for 3–5 minutes, or until the liquid has reduced by half.
4. Add the tomatoes and asparagus to the pan and stir to combine. Place the chicken on top of the mixture and bake for 12–15 minutes, or until the internal temperature of the chicken reaches 165°F.

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