



Thank-you for
subscribing to receive
Sweet Peas & Saffron
posts by e-mail!

**Hello! I am Denise, the cook/writer/photographer/
dishwasher behind the food blog Sweet Peas &
Saffron**

**While going to school full-time, and as mom to a
busy toddler, I found myself constantly in that 5pm
dilemma: what on Earth is for dinner?! So I set off
on a mission to create easy and healthy dinner
recipes that are perfect for busy people!**

**I focus on slow cooker, one pot and 30 minute
dinner recipes that will make the dinner rush just a
little easier.**

**This ebook is a collection of my top 10 most
popular recipes of 2015. You will find a variety of
recipes: main course, side dish, and dessert. It
seems that slow cooker and sweet potato recipes
were popular this year!**

Enjoy, and thank-you for subscribing!



10: Brown Butter Raspberry Swirl Cheesecake Blondies



Blondies are taken to a whole new level by swirling in both raspberry jam and cheesecake!

CREAM CHEESE LAYER:

- 4 oz cream cheese, at room temp
- ¼ cup sugar
- 1 egg yolk
- ½ teaspoon vanilla

RASPBERRY SWIRL:

- ¼ cup seedless raspberry jam

BLONDIES:

- ½ cup butter
- 1 cup brown sugar (packed)
- 1 egg
- 1 teaspoon vanilla
- 1 cup all purpose flour (125g, fluffed, spooned & levelled)

- 1** CREAM CHEESE LAYER: In a medium bowl, beat cream cheese and sugar until smooth and no lumps remain. Beat in the egg and vanilla, scraping down sides of bowl occasionally. Set aside.
- 2** BLONDIES: Line a 9X9 inch pan with aluminum foil, and grease with spray oil. Pre-heat oven to 350°F.
- 3** Melt the butter over medium heat, stirring occasionally. Allow the butter to simmer gently for 5 or so minutes to brown it. Keep an eye on the butter, as it can go from golden to burned very quickly. As the butter browns, stir frequently, and you will see small brown bits coming off the bottom of the pan.
- 4** Pour the browned butter into a large bowl and add the sugar, mixing completely. Allow it to sit 5 minutes or so to cool, before stirring in the egg and vanilla. Stir in the flour until completely combined.
- 5** RASPBERRY SWIRL: Heat the jam in the microwave for 10 seconds, then stir until smooth.

Continued on next page...

Serves 4

10: Brown Butter Raspberry Swirl Cheesecake Blondies



Blondies are taken to a whole new level by swirling in both raspberry jam and cheesecake!

- 6 Spread 2/3 of the blondie batter over the bottom of the prepared pan. Add dollops of the cream cheese mixture randomly over the blondie base. Add teaspoons of the raspberry jam randomly over the blondie base. Spread (as best as you can) remaining blondie over the cream cheese and raspberry jam. Gently run a knife along the length of the pan to swirl the mixture
- 7 Bake for 20-25 minutes until center is set (it shouldn't jiggle). Mine was perfect in 23 minutes. Allow to cool completely in the pan before cutting into bars.

Serves 9

9: Cheesy Jalapeño Hasselback Potatoes



A fun new way to eat baked potatoes! Sliced Hasselback-style, stuffed with jalapeños, and smothered with cheese!

- 6 small russet potatoes (6 oz or so)
- 2 tablespoons vegetable oil, divided (and more as needed)
- Salt & Pepper (to taste)
- 1 jalapeño, membrane and seeds removed, sliced as thinly as possible
- ½ cup shredded cheese

- 1 Pre-heat oven to 425°F.
- 2 Scrub russet potatoes clean. Place a wooden spoon on either side of the potato, and slice slits 1/8 inch apart that do not go completely through the potato. Repeat along the length of the potato.
- 3 Run the sliced potato under cold water, gently fanning out the potato. This rinses off extra starch and helps the potato fan while cooking.
- 4 Place the potato in a baking dish and repeat with other potatoes. Brush potatoes with around 1 tablespoon of oil, to coat.
- 5 Place in pre-heated oven and bake for one hour.
- 6 After one hour, remove dish from oven. Gently place jalapeño slices into every second or so fold in the potato. Drizzle remaining oil over potatoes so that it seeps into the folds, brush for coverage, and sprinkle with a pinch of salt and freshly ground pepper. Return to the oven for another 30 minutes (or until potatoes are cooked through in the center).
- 7 Top each potato with around ¼ cup of shredded cheese, working the cheese down into the folds of the potatoes. Return to the oven for 3-5 minutes, until cheese has melted.

Serves 6

8: Chicken & Avocado Caprese Quesadillas



A simple and easy lunch or dinner quesadilla filled with mozzarella, fresh basil, rotisserie chicken and avocado slices!

BALSAMIC REDUCTION:

- 1/2 cup balsamic vinegar
- 1 tablespoon brown sugar

QUESADILLAS:

- 4 12-inch tortillas
- 16 slices of mozzarella cheese
- 1 bunch of fresh basil (approx 10 leaves per quesadilla)

- 1 pint of cherry tomatoes, halved (approx 8-10 tomatoes per quesadilla)
- 1 1/2 cups shredded rotisserie chicken
- salt and pepper
- 2 avocados, sliced (half avocado per quesadilla)

- 1 BALSAMIC REDUCTION:** In a small pot, combine the vinegar and brown sugar, stirring until sugar is dissolved. Bring to a boil, reduce heat, and simmer (uncovered), stirring occasionally, for 10-15 minutes, until reduced by half. Cool as much as possible before serving (place in fridge if possible). Best chilled overnight, but may be used once cooled to room temperature.
- 2 QUESADILLAS:** Spray a large non-stick frying pan with oil and heat over medium heat. While pan is heating, assemble quesadillas as shown in photos above, by scattering mozzarella, basil leaves, tomato halves, chicken and avocado slices over half of the tortilla. Season with salt and pepper.
- 3** Transfer to frying pan, flip the empty side over the filled side. Place a dinner plate over the quesadilla, cover with a pot lid, and cook until golden brown, 2-4 minutes. Gently flip the quesadilla, re-apply the dinner plate and pot lid, and cook until the other side is golden brown, another 2 or so minutes.
- 4** Serve immediately, and don't forget to drizzle generously with the balsamic drizzle!

Serves 4

7: Parmesan & Rosemary Potato Stacks



- 4 small white or Yukon gold potatoes
- 1/4 cup unsalted butter, melted
- 1 tablespoon fresh rosemary, finely chopped
- 1 teaspoon kosher salt
- fresh black pepper
- 1/4 cup shredded Parmesan

- 1 Pre-heat oven to 375°F.
- 2 Melt butter, and stir in the rosemary, salt and black pepper.
- 3 Slice potatoes around 2mm thick (a mandoline works best for this).
- 4 Layer potatoes into a greased muffin tin, brushing lightly with butter between each layer.
- 5 Sprinkle the tops of each stack with freshly-grated Parmesan cheese.
- 6 Bake for 45-55 minutes, until potatoes are cooked through.

Impress your guests with these simple but elegant parmesan & rosemary potato stacks!

Serves 4

6: Slow Cooker Beer Chicken Taco Salad



A healthy and fresh taco salad made with chicken prepared in the slow cooker and tossed in an amazing cilantro vinaigrette!

SLOW COOKER BEER CHICKEN: (serves 4-6)

- 4 chicken breasts
- 1 can of beer (12 oz)
- 1/2 teaspoon chili powder
- 1 can green chiles (114mL/ 3.8 oz)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

CILANTRO VINAIGRETTE:

- 1/2 cup cilantro leaves, loosely packed
- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 1 clove garlic, minced
- 2 teaspoons lime juice
- 3 tablespoons honey (2 tablespoons of maple syrup makes a nice substitute)
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon salt

TACO SALAD (per bowl):

- 1 handful of nacho chips
- 1/2 cup cucumber, cubed
- 1/2 cup cherry tomatoes, halved
- 1/2 bell pepper, cut into small pieces
- 1 tablespoon red onion
- diced jalapeno slices
- sour cream or greek yogurt
- guacamole
- salsa

Serves 4

- 1 SLOW COOKER BEER CHICKEN: Place all ingredients in the base of a slow cooker.
- 2 Cook on low for 8 hours or high for 4 hours.
- 3 Transfer the chicken to a bowl and shred with two forks.
- 4 Toss with cooking liquid, to taste. I used about 3/4 of the cooking liquid.

Continued on the next page...

6: Slow Cooker Beer Chicken Taco Salad



A healthy and fresh taco salad made with chicken prepared in the slow cooker and tossed in an amazing cilantro vinaigrette!

- 5 CILANTRO VINAIGRETTE: Combine all ingredients in a blender, food processor, or cup of an immersion blender. Blend until smooth.
- 6 TACO SALAD: Toss the vegetables and chicken with the cilantro vinaigrette. Serve with nachos, sour cream, guacamole and/or salsa.

Serves 4

5: Slow Cooker Beer Korean Beef Lettuce Wraps



A simple and fresh weeknight dinner using beef that is slow cooked for 8-10 hours. Perfect for a weeknight dinner!

SLOW COOKER KOREAN BEEF:

- 1.5-2 lb beef roast {I used an inside round roast, but you should be able to use any lean, cheap cut in this recipe}
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/4 cup brown sugar
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 2 tablespoons garlic chili paste

SESAME CUCUMBER SALAD:

- 3 tablespoons sesame oil
 - 4 tablespoons rice vinegar
 - 2 teaspoons sugar
 - 3 cups cucumber, cut into matchsticks
 - 1 1/2 cups bean sprouts, rinsed
 - 3 cups radishes, sliced thinly
- TO SERVE:
- 12-16 lettuce leaves (I recommend bibb lettuce)
 - 6-8 tsp toasted sesame seeds

- 1 SLOW COOKER KOREAN BEEF:** In the base of a slow cooker combine soy sauce, honey, brown sugar, vinegar, sesame oil and garlic chili paste. Cut beef in half lengthwise, toss in the sauce, and arrange in the slow cooker.
- 2** Cook on lowest setting for 8-10 hours. Remove beef from slow cooker to a large bowl. Shred with two forks. Toss with remaining cooking liquid to taste {I used about half of it but you could use even more}.
- 3 SESAME CUCUMBER SALAD:** Combine the sesame oil, rice vinegar and sugar, mix until all sugar is dissolved. Toss with veggies. Serve immediately, sprinkled with sesame seeds.

Serves 6-8

4: Peanut Lime Chicken Lunch Bowls



A healthy make-ahead lunch recipe: prep on the weekend for four days worth of lunches!

RICE:

- 1 cup uncooked brown basmati rice
- 1 cup chicken stock
- 1 cup water
- 1/4 teaspoon salt
- 1 tablespoon lime zest

CHICKEN:

- 2 large chicken breasts
- 1 tablespoon olive oil
- 1 tablespoon soy sauce

VEGETABLES:

- 6 cups vegetables cut into bite-sized pieces (I used broccoli and carrots)
- 1 tablespoon olive oil

PEANUT LIME SAUCE:

- 1/2 cup creamy peanut butter
- 3 tablespoons seasoned rice vinegar
- 1 tablespoon brown sugar
- 1 teaspoon sesame oil
- juice of 1/2 a lime
- 1/4 cup of water (or more as needed to thin it out)

ADDITIONAL:

- 1/2 cup peanuts (2 tablespoons per bowl)

Serves 4

- 1 Cook rice in the chicken stock, water, salt and lime zest. I used my rice cooker to do this.
- 2 Pre-heat oven to 425°F.
- 3 Place the chicken in a small baking pan and cover with olive oil and soy sauce. Turn to coat. Bake for 10 minutes, flip the chicken and bake for another 10-15 minutes until the chicken is completely cooked through. Set aside and allow to rest for at least 10 minutes before slicing.
- 4 Toss the vegetables in the olive oil and arrange on a large baking sheet. Bake with the chicken for 20 or so minutes, stirring once half-way through.

Continued on next page...

4: Peanut Lime Chicken Lunch Bowls



- 5 Heat the peanut butter in a microwave-safe dish gently in 2-3 10 second increments. Stir until smooth. Stir in the remaining sauce ingredients. Add additional water as needed. Pre-heat oven to 425°F.
- 6 TO ASSEMBLE LUNCH BOWLS: Place 1/4 of the rice in a plastic container, top with the vegetables and sliced chicken. Drizzle with about 2 tablespoons of the peanut sauce (don't be too stingy!)
- 7 Reheat in the microwave and then sprinkle with peanuts just before serving.
- 8 These bowls will keep in the fridge for 3-4 days.

A healthy make-ahead lunch recipe: prep on the weekend for four days worth of lunches!

3: Slow Cooker Sweet Potatoes



- 3-5 sweet potatoes (depends on their size)

- 1 Wash sweet potatoes and pat dry.
- 2 Wrap in aluminum foil and arrange in your slow cooker. Place the larger sweet potatoes on the bottom and any smaller ones on top.
- 3 Cook on low for 8 hours.

Cook your sweet potatoes in the slow cooker for the creamiest sweet potatoes ever!

Serves 3-5

2: Slow Cooker Smoky Sweet Potato & Chickpea Chili



An easy vegetarian chili recipe: just dump all of the ingredients into the crockpot and walk away!

- 28 oz can of diced tomatoes
- 13.5 oz can of tomato sauce (400mL)
- 2 chipotle peppers, minced and as much adobo sauce as you can get from the can (1-2 tablespoons)
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 tsp salt
- 1/2 cup stock
- 1 large sweet potato, peeled and cut into 1.5-2 inch cubes (roughly 5 cups/700g)
- 4 cloves garlic, minced
- 2 medium onions, diced
- 2 carrots, peeled and diced
- 2 19 oz cans of chickpeas, drained and rinsed
- AFTER COOKING:
 - Juice of half a lime
- TO SERVE:
 - Avocado
 - Cilantro leaves
 - Sour cream or Greek yogurt
 - Tortilla chips

- 1 In the base of a slow cooker, combine the diced tomatoes, tomato sauce, chilli powder, cumin, salt, chipotles and stock. Mix with a spatula until completely combined.
- 2 Add in the remaining ingredients and mix. At this point, the slow cooker insert may be refrigerated overnight, until ready to cook.
- 3 Cook on lowest setting for 8-10 hours.
- 4 Before serving, *gently* stir in the lime juice. Serve with avocado, cilantro, yogurt/sour cream, and tortilla chips.

CAUTION: start with 1-2 chipotle peppers and add more for a spicier chili!

Serves 8

Chili-Lime Chicken & Sweet Potato Skillet



A simple, easy and healthy dinner that cooks up all in one pan! Sweet potatoes, chicken, black beans and bell peppers are flavored with chili-powder and lime.

- 2 large chicken breasts, cut into 1-inch cubes
- olive oil (2 or so tablespoons)
- salt and pepper
- 1 large sweet potato, cut into 1-cm (1/2 inch) cubes (approx 4 cups)
- 2 bell peppers, cut into small pieces
- 1/2 red onion, cut into small pieces
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1 cup chicken stock
- 1 tablespoon lime zest
- 1 can black beans, drained (540mL/18 oz)
- cilantro leaves (garnish)
- lime wedges/wheels (garnish)

- 1 In a large skillet or pan, heat 1 tablespoon of olive oil over medium heat. Add the chicken, and brown (approximately 6 minutes). Don't worry about cooking it right through. Remove the chicken from the pan and place on a plate.
- 2 Add another tablespoon of olive oil to the pan. Add the sweet potato, and cook for 10-12 minutes, until browned. I found it browned better when I didn't stir it too frequently, only every 2-3 minutes.
- 3 Add the bell peppers, red onion, chili powder, cumin, salt and chicken stock. Return the chicken to the pan. Stir so that everything is well combined.
- 4 Cover and cook for another 10 or so minutes, stirring once or twice. Chicken and sweet potato should be cooked through.
- 5 Add the black beans and lime zest, and cook until heated through.
- 6 Taste for salt, and add more if needed.
- 7 Serve immediately

Serves 4-6



Thanks for subscribing to Sweet Peas & Saffron!

This is just a small sample of recipes I have shared on my blog.

Visit me at www.sweetpeasandsaffron.com for more recipes!

- Denise

