

THE
BIG BOOK
OF
ONE POT
RECIPES



More Than 500 One Pot Recipes for
Easy, Flavorful Meals

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More Than 500 One Pot Recipes
for Easy, Flavorful Meals

 **adams**media
Avon, Massachusetts

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Standard U.S./Metric Measurement Conversions

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INTRODUCTION

TODAY IT SEEMS LIKE EVERYONE is always on the go. And whether you're working full time, raising a growing family, or are just plain busy, the thought of cooking dinner—let alone washing all those dishes after the fact!—can feel overwhelming. Fortunately, *The Big Book of One Pot Recipes* is here to make mealtime easier.

Throughout this book you'll find more than 500 one pot recipes devoted to making that kitchen cleanup as easy as possible. With recipes ranging from Baked French Toast with Toasted-Pecan Maple Syrup for breakfast to Chicken Breast Rotolo with Currant Stuffing for dinner to the Chocolate Chip Skillet Cookie for dessert, you'll find that cleanup is a breeze no matter what meal you're making.

And, in addition to being easy to clean up, the recipes found throughout are also easy to make. You'll find simple skillet recipes like the Shrimp and Artichoke Fettuccine, quick casserole dishes like the Ham and Sweet Potato Casserole, and pressure cooker and slow cooker dishes like Cashew Chicken and Slow-Cooked Mushroom Steak and Vegetables. You'll also find simple saucepan meals as well as dishes made in a Dutch oven or a deep fryer. But no matter what you're whipping up—or how—with *The Big Book of One Pot Recipes*, you'll have a no-mess dinner on the table in no time. Enjoy!

BREAKFAST AND BRUNCH

CRUSTLESS COTTAGE CHEESE QUICHE

Vary the vegetables according to your family's tastes. You can use something as simple as peas and carrots or as varied as your favorite stir-fry vegetable mix. Just be sure to thaw the frozen vegetables before you add them to the egg mixture.

Yields 4–6 servings

Nonstick cooking spray

5 large eggs

½ pound cottage cheese

¼ cup all-purpose flour

⅛ teaspoon salt

½ teaspoon baking powder

¼ cup melted butter

½ pound Monterey jack cheese, grated

½ 10-ounce package frozen vegetables

3 green onions, chopped

1. Treat a microwave-safe, deep-dish pie plate with nonstick cooking spray. Add the eggs and whisk until fluffy. Stir in the cottage cheese. Add the flour, salt, baking powder, and butter, and mix well. Fold half of the cheese and the vegetables into the egg mixture.
2. Cover the filled pie plate with a paper towel to prevent splatters. Microwave for 6 minutes. Let rest for 1 minute, then remove the paper towel.
3. Top with the remaining cheese. Sprinkle the green onions over the cheese.
4. Microwave for an additional 5 minutes, or until the cheese is melted and the quiche is set.

“Eggsact” Measurement

A large egg typically is equal to ¼ cup or 2 ounces. Adjust the number of eggs if the ones you're using are smaller. Large eggs can be double the size of smaller ones.

The egg carton will tell you whether your eggs are large or small.

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