

Recipes or Meal Prep Ideas on MoneyGodmotherBlog.com

Honey-Glazed Chicken Thighs (served with rice)

8 thighs

¾ cup soy sauce

½ Tb ginger

1½ Tb garlic, minced

1½ Tb Asian chili paste

½ cup honey

1½ tsp hoisin sauce

2 Tb sesame seeds

1. In a bag or bowl, combine soy, ginger, garlic, and chili paste. Add a few chicken thighs and massage to combine. Repeat with remaining chicken. Grill chicken about 12-15 minutes over medium heat, covered, until golden brown and internal temp reaches 165°.
2. In a bowl, combine honey and hoisin sauce. Baste top side of chicken using a pastry brush. Re-cover and cook about 3 minutes, until this honey glaze begins to caramelize. Turn chicken over and baste again with remaining glaze. Cook another 3 minutes.
3. Sprinkle with sesame seeds and serve with brown rice.

Pasta Salad

1 box pasta (I use rotini but you can use another type)

Artichokes, black olives, tomatoes, peppers, cucumbers

½ cup oil

½ cup vinegar

1/3 cup sugar

¼ cup parsley

1 Tb salt

1 Tb garlic powder

1 tsp basil

1 tsp oregano

½ tsp pepper

1. Cook pasta according to directions. Rinse, drain and set aside.
2. Wash and slice veggies to bite-size pieces. Add to pasta.
3. Combine remaining ingredients. Pour over pasta and mix well.
4. Refrigerate overnight to let flavors combine, stirring once or twice.

Asian Roasted Pork Loin

Use a disposable paper towels to pat pork loin dry. Make a marinade with:

¾ cup virgin olive oil

2 Tb sesame oil

¼ cup soy sauce

2 Tb honey

1 Tb lemon juice

2-3 tsp minced, fresh garlic
2 tsp minced, fresh ginger
½ -1 tsp crushed red pepper flakes (or to taste)
1 tsp pepper

For garnish:

¼ cup fresh cilantro
OR 3 fresh scallions white and green parts, thinly sliced

Combine marinade ingredients and put on loin. Refrigerate up to 24 hours. Turn occasionally. Remove 45 minutes before cooking. Discard marinade. Roast in oven (325°) or grill until internal temp is 160°.

Szechuan Pork & Veggies over Noodles

Cooked pork loin (see above recipe), chop or cubed

1½ tsp minced garlic

¼ cup soy sauce

1 Tb oil

2 tsp stir fry sauce

1 tsp sugar

2 tsp cornstarch

1/3 cup cilantro

¼ cup water

Any combination of the following:

- 1 red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- ½ onion, thinly sliced
- 1 cup fresh mushrooms, chopped
- 1 cup fresh broccoli, roughly chopped
- 1 cup fresh snap peas
- 1 can sliced water chestnuts

1 package crunchy Chinese noodles

1. Combine cooked pork, garlic, soy, oil, and stir-fry sauce in bowl or bag.
2. Mix together sugar and cornstarch. Add water and stir until smooth. Set aside.
3. Heat oil on medium/medium high heat. Add veggies and water chestnuts and cook 2 minutes, just til tender. Set aside.
4. In same skillet (or wok) add pork and marinade. Stir until meat is cooked through.
5. Return veggies to pan with pork. Bring to simmer.
6. Add corn starch mixture and cook 1-2 minutes, until sauce thickens.
7. Serve over Chinese noodles and top with cilantro.

Pork Kabobs (serve with pasta salad recipe)

Make 1" cubes from cooked pork loin. Wash peppers, potatoes, mushrooms, broccoli and cut in pieces of similar size. Using skewers, alternate the pork and veggies. Grill until heated through and veggies are tender. Drizzle with balsamic vinegar and/or meat seasoning you like.

Pork Tacos (could also be a wrap)

Chop the leftover roasted pork into bite-size pieces. Serve with fixins' you enjoy.

I like:

- chopped tomatoes
- guacamole/avocado
- shredded cheese (Monterrey),
- Lettuce
- Sour cream.
- Red onion, thinly sliced
- Fresh pineapple, chopped
- Fresh red cabbage, thinly sliced

Use tortillas (flour or corn) and build your tacos!

Chicken Nachos

Shred a couple of the cooked chicken thighs. Arrange nacho chips on a microwavable plate. Top chips with shredded chicken, , black olives, black beans, shredded cheese, and salsa. Heat just until cheese melts. Top with avocado, sour cream and jalapeños, if desired.