



10 EASY DINNER RECIPES

FROM TORI'S KITCHEN

Quick, nourishing and flavorful meals
for weeknights or anytime.

Tori Avey 



Welcome to my Kitchen!

Thank you for subscribing to ToriAvey.com!

“10 Easy Dinner Recipes from Tori’s Kitchen” is a free downloadable e-cookbook featuring ten simple, tasty dinner entrees from my own kitchen. I’ve included recipes here that are easy to make without sacrificing on flavor.

These are great options for weeknight meals when you don’t have a lot of time to spend in the kitchen. There’s a little something for everyone here, from cozy comfort food to healthy Mediterranean-style dishes to vegetarian, vegan and gluten free options. These recipes are just a sampling of the nearly 1,000 free recipes and cooking tutorials on my website. I’ve compiled them into one easy-to-navigate e-book for printing or displaying on your e-reader. These are recipes I often turn to for a quick, nourishing meal. I love them and I hope you will too.

Photos in this ebook were taken by me and two of my dear friends/contributors, Louise Mellor and Kelly Jagers.

If you enjoy my site and my recipes, please share ToriAvey.com with your friends and family! The greatest way you can give back is to help spread the word.

With Love from My Kitchen to Yours,

Braised Lemon Chicken with Dill & Turmeric

An easy weeknight dinner entree with lemon juice, fresh dill and healthy anti-inflammatory turmeric spice.

INGREDIENTS

6 chicken thighs, bone in skin on
Salt and black pepper
2 tbsp olive oil
1/2 onion, sliced
1 qt low sodium chicken broth (you won't need the whole quart)
8 sprigs fresh dill + 1/2 tbsp chopped dill, divided
1/2 tsp turmeric
Pinch of cayenne pepper
1/4 tsp salt, or more to taste
2 tbsp freshly squeezed lemon juice, or more to taste

YOU WILL ALSO NEED: Large skillet or sauté pan with lid

Makes 6 Chicken Thighs - Total Time 45 min. - Kosher, Meat

Heat olive oil on high in sauté pan until it just begins to smoke. As oil heats, season the chicken thighs generously with salt and pepper. Sear the chicken thighs, skin side down, for a few minutes until they are golden brown. Reduce heat to medium. Remove thighs from pan and set aside. Add sliced onion to the pan and cook, stirring occasionally, until translucent, soft and starting to turn golden. Drain any excess fat from the pan. Return thighs to pan, skin side up. Pour in chicken broth until it reaches a little less than halfway up the sides of the thighs. Arrange the fresh dill sprigs over and around the thighs (reserve the chopped dill). Sprinkle on 1/2 tsp turmeric, a pinch of cayenne, and 1/4 tsp salt (if you're salt sensitive, you may omit the salt here and simply add to taste at the end of cooking). Bring broth to a simmer, then reduce heat to medium. Cover the pan, vented, and reduce heat to medium low. Let the thighs simmer for 40-45 minutes, basting with the cooking liquid every 10 minutes or so, until meat is exceptionally tender. Remove thighs from pan. Remove the dill sprigs from the broth. Add 2 tbsp freshly squeezed lemon juice to the pan sauce, or more to taste, as well as additional salt and pepper to taste if desired. The sauce should be semi-thick at this point; feel free to thicken it further with a slurry of 1 tbsp water and 2 tsp cornstarch, adding slowly to the pan and stirring at a simmer until desired thickness is reached. Serve thighs and sauce topped with remaining freshly chopped dill. Pairs well with any neutral-flavored starch like rice, quinoa or mashed potatoes.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2015/02/braised-lemon-chicken-dill-turmeric/>





Mediterranean Vegetable Polenta

Heart-healthy, satisfying vegan entree recipe with creamy turmeric polenta and a flavorful Mediterranean vegetable ragout.

INGREDIENTS

2 tbsp + 1 tbsp extra virgin olive oil, divided
8 oz mushrooms, chopped
1 1/2 cups onion, diced small (about 1 1/2 onions)
1/2 tsp salt + 1 1/4 tsp salt, divided
1 tsp smoked paprika, 1 tsp cumin, 1/2 tsp crushed red pepper, 1/2 tsp coriander,
1/8 tsp cinnamon, pinch of black pepper
4 cloves garlic, minced
1 tbsp balsamic vinegar
1 3/4 cups cooked chickpeas, or 1 can (15 oz) chickpeas, drained and rinsed
1 3/4 cups diced fresh tomatoes or 1 can (14.5 oz) diced tomatoes
4 medium squash (yellow and/or zucchini), diced
1 large eggplant, diced
1 red bell pepper, diced
1/2 cup sun dried tomatoes, chopped
1/4 cup fresh basil, chopped
2 cups unsweetened coconut milk (regular or light)
1 tsp turmeric
1 1/4 cups cornmeal, fine ground

Serves 6 - Total Time 1 hr. - Kosher, Parve, Vegan

For the ragout: Heat 2 tbsp olive oil in a large saute pan over medium high heat. Add the mushrooms, onions and 1/2 tsp of salt. Cook until browned, then stir in the smoked paprika, cumin, crushed red pepper, coriander, cinnamon, pepper and garlic; cook until fragrant. Stir in the balsamic vinegar, scraping the pan to remove any brown bits. Add the chickpeas and 3/4 cup water to the pan along with tomatoes, squash, eggplant, bell pepper and sun dried tomatoes, stir well to combine. Reduce heat to medium low and cover. Cook until vegetables are tender, stirring occasionally, about 15 minutes. Season with additional salt and pepper to taste if desired. Just before serving, stir in the fresh chopped basil. For the polenta: In a medium saucepan combine 3 cups water, coconut milk, 1 tbsp olive oil, turmeric and 1 1/4 tsp salt. Bring to a boil. Reduce heat to a simmer and slowly whisk in the cornmeal. Simmer, stirring frequently, until the mixture is smooth, tender, and creamy, about 15-18 minutes. Serve the ragout over the cooked warm polenta. Garnish with additional fresh basil if desired.

See the full post with step-by-step photos here:

<http://toriavey.com/toris-kitchen/2015/05/mediterranean-vegetable-polenta/>

Middle Eastern Tomato Garlic Fish

This healthy Sephardic-style fish preparation that has been in my husband's family for generations.

INGREDIENTS

4 mild, flaky white fish fillets - sea bass or black cod recommended
1 1/2 cups hot water
1/4 cup tomato paste
1/2 tsp paprika
1/2 tsp sugar or 1 tsp honey
1/4 tsp cayenne pepper
1/2 tsp red pepper flakes (adds a slight kick - if you're spice sensitive, feel free to omit)
Salt and pepper
2 large roasted red bell peppers, peeled and sliced
2 handfuls fresh cilantro or parsley
12 whole garlic cloves
Couscous, rice or cauliflower couscous for serving

YOU WILL ALSO NEED: Large sauté pan with lid, whisk

Serves 4 - Total Time 30 min. - Kosher, Parve

If your fish is frozen, thaw it in cold water for 15-30 minutes or in the refrigerator overnight. Rinse your fish fillets with cool water and pat dry. In a small bowl or 2-cup measuring cup, whisk together hot water, tomato paste, paprika, sugar or honey, cayenne and 3/4 tsp salt (if you're watching your salt intake you can cut it to 1/2 tsp salt). In a large sauté pan, spread out the cilantro or parsley, roasted bell pepper slices, and garlic cloves to make an even "bed" for the fish fillets. Place the fish fillets on top of the bed of herbs, peppers and garlic. Sprinkle lightly with salt and pepper, then sprinkle evenly with the red pepper flakes. Pour the seasoned tomato paste liquid over the top of the fillets, coating each fillet with sauce. Turn on heat and bring the sauce to a medium simmer. Reduce heat to medium low, cover the sauté pan, venting slightly, and let the fish simmer for about 15 minutes, basting every 3-4 minutes with sauce, until the fish is opaque and flaky. Remove the lid from the pan and turn up the heat to a higher simmer. Let the sauce simmer and reduce for about 5-7 more minutes, continuing to baste the fillets, until the sauce thickens a bit and the largest garlic cloves are soft. Serve fillets over cauliflower couscous or your favorite starch, topped with sauce, garlic cloves and sliced peppers. We usually serve it with a light spinach salad or sautéed greens on the side.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2014/03/middle-eastern-tomato-garlic-fish/>





Lemon Basil Grilled Chicken Breasts

Simple, delicious marinade recipe for chicken. Broil, bake, grill or sauté. Easy, fast and delicious.

INGREDIENTS

2 lbs boneless, skinless chicken breast, rinsed and trimmed of fat, 4 breasts
1/4 cup extra virgin olive oil
1 lemon, zested and juiced
1/2 cup basil, roughly chopped
2 tsp honey or agave
2 tsp salt
1/2 tsp black pepper

YOU WILL ALSO NEED: Large resealable plastic bag, grill

Serves 4 - Total Time - Marinade 4 hrs., Cook Time - 10 min. - Kosher, Meat

Rinse your chicken breasts and trim off any fat. Combine all ingredients, except for the chicken, in a large, resealable plastic bag. Close the bag and use your hands to work the ingredients together. Open the bag and add the chicken breast. Remove as much air from the bag as possible before re-sealing. Massage chicken with marinade until it appears to be well covered. Marinate chicken in the refrigerator for 4 hours, or overnight. Overnight is preferred. Use within 2 days. The chicken can also be frozen for up to 6 weeks. When ready to cook, remove chicken from the bag, remove any large chunks of basil or lemon zest that sticks to the chicken. If cooking from frozen, allow the chicken to thaw in the fridge overnight. Preheat grill on high heat, do not start with a cold grill or the chicken will stick. Once hot, place the chicken on the grill and cook for 2 minutes. You should be able to easily lift the chicken breast and see dark grill marks. If the chicken sticks to the grill, give it an extra 30 seconds and try again. Reduce heat to medium and flip the chicken, cook for an additional 8 to 10 minutes, until the juices run clear or the thickest part of the breast reaches an internal temperature of 165 degrees F. Serve the chicken with your favorite summer side dish. It's great with rice and over salads. Alternatively this recipe can be made using your favorite method for cooking chicken breast, just remember to cook until the the thickest part of the breast reaches an internal temperature of 165 degrees F.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2015/05/lemon-basil-grilled-chicken-breasts/>

Greek Salad Quinoa Bowl

Healthy protein-packed Mediterranean vegetarian recipe with quinoa, chickpeas, herbs, Greek salad and feta.

INGREDIENTS

1 cup quinoa
1/2 tsp oregano
1 cup chickpeas (garbanzo beans), cooked or canned
1 1/2 tbsp chopped fresh dill
1 large lemon, juiced, or more to taste
2 cups shredded hearts of romaine (or your favorite green)
3 small Persian cucumbers, sliced
1/2 cup pitted kalamata olives
1/2 cup crumbled feta cheese (omit for vegan)
3 small ripe tomatoes, quartered
Extra virgin olive oil
Salt and freshly ground black pepper

Serves 4 - Total Time 25 min. Kosher, Dairy

Rinse the quinoa thoroughly in a mesh strainer or sieve, drain. Pour quinoa into a saucepan along with 2 cups of water, oregano and 1/8 tsp salt (if salt sensitive, just use a pinch). Bring the quinoa to a boil, then reduce heat to a low simmer. Cover the pot. Let the quinoa simmer for about 15 minutes. While quinoa is steaming, prep your vegetables (chop, shred, etc.). Once they're prepped I like to put them in bowls for easy assembly. After the quinoa has cooked for 15 minutes, stir in the chickpeas. Recover the pot and steam for about 5 more minutes till water is absorbed and quinoa is tender. Uncover the pot and stir in the fresh dill and lemon juice; add more salt and lemon juice to taste, if desired. Assemble your quinoa bowls. Divide the quinoa mixture evenly between each bowl (about 1 cup each). For each of the following ingredients, divide them evenly between the four bowls. Top each bowl with shredded romaine and sliced Persian cucumbers. Sprinkle on kalamata olives, tomato quarters and crumbled feta. Drizzle the bowl with extra virgin olive oil and squeeze on some fresh lemon juice. Season with salt and freshly ground black pepper, if desired (the feta is salty, add with care!). You can also add some thinly sliced red onion to the bowls if you wish. As you can see these bowls are very customizable; feel free to change up the toppings as you like.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2014/06/greek-salad-quinoa-bowl/>



Slow Cooker Honey Barbecue Brisket

Easy recipe for perfectly tender honey barbecue brisket made in a slow cooker.

INGREDIENTS

1 brisket, 5 lbs., first cut
Salt and pepper
1 tsp onion powder
1/2 tsp garlic powder
1/2 tsp smoked paprika (optional)
1/2 tsp cumin
1/4 tsp cayenne pepper (use 1/2 tsp for more heat)
1 1/2 cups honey barbecue sauce
1/3 cup brown sugar
1/2 tbsp cornstarch

YOU WILL ALSO NEED: Large slow cooker, 6-7 quart capacity

Serves 6-8 - Total Time 9 hours - Kosher, Meat

Sprinkle brisket with salt and pepper. Mix the onion powder, garlic powder, smoked paprika, cumin, and cayenne pepper together in a small bowl. Dry rub both sides of the brisket with the seasoning mixture. Stir together the honey barbecue sauce and brown sugar. Pour half of the sauce into the bottom of your slow cooker. Place the seasoned brisket, fatty side up, into the slow cooker. Don't worry if it's a little big for the cooker, the brisket will shrink as it cooks. Cover the top of the brisket with the remaining sauce. Cover the slow cooker and set heat to low for 9 hours, or until fork tender. When the brisket is cooked, remove it carefully from the slow cooker and place it on a cutting board. Pour the sauce from the slow cooker into a large bowl and let it cool. Slice off the fat cap from the top of the brisket and discard. Flip the brisket over so the leaner side faces upward. Slice the brisket into thin slices against the grain, at a slight diagonal. Skim the fat that has risen to the top of the sauce in the large bowl. It will appear lighter in color than the sauce, like droplets of oil on the surface. In a small bowl, stir together cornstarch and 1 tbsp of water until smooth. Pour the cornstarch mixture into the bowl of sauce and stir to combine. Pour half of the sauce back into the slow cooker. Layer the slices of brisket meat on top of the sauce. Pour the remaining sauce over the brisket. Turn slow cooker to high for about 1 hour, until the meat and sauce are heated through and the sauce begins to bubble and thicken. Keep on warm setting until ready to serve. Note: the longer you cook this brisket, the more it will take on the texture of shredded or "chipped" beef. If you'd like for the meat to retain its sliced shape, no need to return the meat to the slow cooker. You can reduce the sauce quickly in a saucepan on the stovetop, then pour it over the slices in a casserole dish before serving.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2013/04/slow-cooker-barbecue-brisket/>

Spiced Up Turkey Burgers

Recipe for healthy, juicy, flavorful turkey burgers with a kick of spice. These are not your average turkey burgers!

INGREDIENTS

- 1 1/4 lb lean ground turkey (1 package)
- 1 slice white bread, crust removed
- 1 1/2 tbsp extra virgin olive oil, plus more for grilling or frying (see below)
- 1/4 cup fresh flat-leaf parsley, finely minced
- 2 tbsp onion, very finely minced
- 1 egg
- 1 1/2 tsp smoked paprika
- 3/4 tsp cumin
- 1/2 tsp garlic powder
- Heaping 1/4 tsp cayenne pepper
- 1/2 tsp salt, or more to taste
- 1/2 tsp pepper, or more to taste
- 1 1/2 tbsp applesauce
- 10 slider-sized buns or 6 regular-sized buns for serving

YOU WILL ALSO NEED: Mixing bowl, grill and grill-safe spatula or frying pan

Makes 6 full sized burgers or 10 sliders - Total Time 35 minutes - Kosher, Meat

Cut the crust off of your piece of bread. Pour olive oil onto a small plate. Soak the crustless bread in the olive oil, turning the slice once, till all the oil is soaked up by the bread. Place ground turkey in a medium mixing bowl. Shred and crumble the oil-soaked bread into tiny pieces and add it to the meat along with the parsley, onion, egg, smoked paprika, cumin, garlic powder, cayenne pepper, salt, pepper and applesauce. Stir ingredients with a fork and/or clean hands until the spices and herbs are well blended with the meat. Gather the meat mixture to make 10 small patties or 6 larger patties. The patties will initially be soft, but will firm up as they grill. Cook the patties by grilling or frying (I recommend grilling). I like to brush the burgers with olive oil periodically as they grill to keep them nice and moist. Grill for 15 - 20 minutes or until thoroughly cooked. Cooking times may vary by grill type. You may also cook them in a skillet using 1/4 cup of olive oil. Heat the oil over medium heat until hot but not smoking. Fry the burgers for 10-15 minutes, flipping occasionally, until thoroughly cooked. Serve turkey burgers on regular or slider-sized buns.

See the full post with step-by-step photos here:
<https://toriavey.com/toris-kitchen/2013/06/turkey-burgers/>



Moroccan Vegetable Couscous

This sweet & spicy Moroccan-Style Vegetable Couscous makes a festive vegan entree, yet it's easy enough for a weeknight meal!

INGREDIENTS

1 1/2 tbsp extra virgin olive oil
1 medium sweet onion, diced
2 tsp chopped garlic
2 tbsp tomato paste
1 tbsp harissa (or substitute sambal oelek)
1/2 tsp cinnamon
1/4 tsp ginger
2 1/2 cups low sodium vegetable broth
2 lb. sweet potatoes (orange yams) peeled and chopped into 1-inch chunks
1 lb. zucchini (about 4 medium zucchini) cut into 1/2 inch rounds
12 oz. carrots (about 4 medium carrots) peeled and cut into 1/2 inch chunks
3 cups shredded cabbage
1/3 cup dried apricots
1/4 cup golden raisins
1/4 cup cilantro
Salt and black pepper to taste
1 3/4 cups cooked chickpeas (or substitute canned chickpeas, drained)
10 oz. couscous (1 1/2 cups dry - for gluten free substitute quinoa or cauliflower couscous)

YOU WILL ALSO NEED: 7-8 quart heavy pot with lid, medium saucepan

Serves 6 - Total Time 1 hr. 30 min. - Kosher, Parve, Vegan

Heat olive oil in a large pot over medium. Saute the onion for several minutes till softened. Add the garlic and saute for another minute till fragrant. Stir in the tomato paste, harissa, cinnamon, ginger and 1/2 cup of the low sodium vegetable broth till smooth. Bring to a boil. Add sweet potatoes, zucchini, carrots, shredded cabbage, dried apricots, golden raisins and cilantro to the pot. Stir until combined. Add remaining 2 cups of vegetable broth to the pot. Bring to a boil. Season with salt and pepper to taste (I use about 3/4 tsp salt and 1/4 tsp pepper). Reduce heat and cover the pot. Simmer the mixture for 50-60 minutes, stirring gently 2 times during cooking, until all of the vegetables are fully tender. Season with additional salt and pepper to taste, if desired. Remove from heat. Add chickpeas to the pot and simmer for 5 minutes more until they're heated through. Meanwhile, prepare couscous according to package directions. Pour cooked couscous onto a large platter. Top with the cooked vegetable stew and serve.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2013/11/moroccan-style-vegetable-couscous/>

Greek Yogurt Macaroni & Cheese

A lightened up mac and cheese recipe with a smoky, crispy breadcrumb topping.

Ingredients

1 lb. elbow macaroni
2 tbsp unsalted butter
2 tbsp flour
1 1/4 tsp salt (if salt sensitive use less and salt to taste after cooking)
1/4 tsp black pepper
2 cups lowfat milk
1 1/2 cups shredded sharp cheddar cheese
3/4 cup Greek yogurt (nonfat or lowfat)
2 tbsp breadcrumbs
1/8 tsp smoked paprika

YOU WILL ALSO NEED: Large pot, colander, 2 qt gratin dish or 8x8 baking dish

Preheat oven to 450 degrees F. Bring a large pot of salted water to a boil. Stir in the elbow macaroni. Boil until just tender (don't overcook it). Drain the pasta in a colander and spray cool water over it to keep it from sticking together. In a large pot, melt butter over medium heat. Whisk in the flour, salt, and black pepper. Stir to form a thick paste. Slowly whisk in the milk, 1/4 cup at a time. Heat the milk mixture over medium heat for a few minutes, whisking frequently, until it thickens and begins to bubble around the edges. Do not let the sauce boil. Whisk in grated cheddar cheese. Stir until cheese is melted and a thick sauce forms. Stir in the Greek yogurt until smooth. Stir the cooked macaroni into the sauce, making sure all the pasta is evenly coated by sauce. Pour macaroni with cheese sauce into a greased 2 qt gratin or 8x8 baking dish, spreading out into an even layer and scraping all remaining sauce from the pot over the top of the pasta. Mix together the breadcrumbs and smoked paprika and evenly sprinkle over the top of the pasta. Place in the oven and bake at 450 degrees F for 15 minutes until the top and breadcrumbs are golden brown to your liking. Serve hot. For a spicy twist, substitute cayenne pepper for black pepper.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2015/01/greek-yogurt-macaroni-and-cheese/>



Smoky Pasta with Peas & Greens

A simple vegetarian Pasta Carbonara-like dish with smoked paprika, lemon and spices with easy vegan and gluten free variations.

INGREDIENTS

12 oz spaghetti
1 1/2 tbsp extra virgin olive oil
1/2 medium yellow onion, cut into thin strips
1/3 cup dry white wine (you may substitute vegetable or mushroom stock)
3 tbsp freshly squeezed lemon juice
4 tbsp butter or non-dairy substitute (use butter substitute for vegan)
1/3 cup water
1 3/4 tsp smoked paprika
1/2 tsp paprika
1/4 tsp cayenne pepper
3/4 tsp salt, or more to taste
1 cup frozen green peas
2 cups arugula or spinach, packed
Parmesan (optional topping - omit for vegan, use vegetarian Parmesan to keep vegetarian)

YOU WILL ALSO NEED: sauce pot, sauté pan

Cook pasta in salted water to desired doneness according to directions. I start by cooking the pasta just past al dente, but not completely soft, because it continues to cook later in the process. To make this recipe gluten free, use gluten free pasta and make sure all packaged ingredients are certified GF. Heat the olive oil in a large sauce pan, then sauté the onions over medium heat until very soft and lightly browned. Add the white wine, lemon juice, butter, water, spices, salt and peas. Reduce heat to medium. Bring the mixture to a boil, then reduce to a simmer. Add pasta to the pan, stir to coat the pasta with sauce and mix in the peas. Place the greens on top of the pasta, then cover the pan. Cook until pasta is heated through and greens begins to wilt, about 5 minutes. Stir the wilted greens gently into the pasta. Serve warm, topped with grated parmesan if desired. Serving suggestion - reserve some fresh greens to decorate your plate for a pretty presentation.

See the full post with step-by-step photos here:

<https://toriavey.com/toris-kitchen/2016/01/smoky-pasta-with-peas-and-greens/>





10 Easy Dinner Recipes from Tori's Kitchen

a free eCookbook published by
ToriAvey.com ©2018

All Rights Reserved - Please Do Not Reproduce Photos or Recipes without Permission

*For more recipes, cooking tutorials, and step-by-step photos
log on to ToriAvey.com*