

THE NETWORK OF  
ENLIGHTENED WOMEN

# APARTMENT *Recipes*

*Delicious Recipes to  
Make Your Apartment  
Feel Like Home!*

A wooden cutting board with a hole at the top, featuring the text 'USEFUL Tools'. The board is made of light-colored wood with a prominent grain and shows signs of use, including water stains. It is set against a white, textured background.

**USEFUL**

*Tools*

- *A 10 or 12 inch frying pan and a large sauce pot (both with lids)*
- *Spatula*
- *Whisk*
- *Large serving spoon*
- *Tongs*
- *Two sharp knives: 8 inch chef and 3 or 4 inch paring*
- *Can opener*
- *Two cutting boards*
- *Baking sheet*
- *Casserole dish*
- *Oven mitts*
- *Mixing bowls*
- *Measuring cups, spoons, and liquid measuring cup*
- *Colander*
- *Toaster oven*
- *Crockpot*
- *Blender*

# BREAKFAST

*The most important  
meal of the day has  
never tasted so good...*

# CROISSANT FRENCH TOAST



8 servings



20 minutes

## INGREDIENTS

- 5 large eggs
- 2 tbsp sugar
- 1 tsp ground cinnamon
- 2 tsp vanilla extract
- 8 croissants
- Butter
- 1/4 cup half-and-half

## DIRECTIONS

1. In a medium bowl, combine the eggs, half-and-half, sugar, cinnamon, and vanilla. Whisk until totally combined.
2. Slice croissants in half.
3. Coat croissants in egg mixture.
4. Heat a large skillet over medium-low heat, then melt a small amount of butter in the pan. Add as many croissant halves as will fit with the cut side down. Let cook for 3-4 minutes, moving them around the skillet to make sure they don't burn.
5. Flip croissants and cook for another 2 minutes.
6. Continue until all are cooked.
7. Top with your preferred toppings and serve!

Source: [thepioneerwoman.com](http://thepioneerwoman.com)





# PROTEIN PANCAKES

## *INGREDIENTS*

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- ½ cup rolled oats
- ¼ cup vanilla protein powder
- 1 tbsp coconut flour
- 1 tsp baking powder
- 1 tsp cinnamon
- ⅜ tsp salt
- ½ small-medium ripe banana
- 1 large egg
- ¼ cup milk
- oil or butter for cooking

## *DIRECTIONS*

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1. Make the oat flour. Add rolled oats to your blender and blend for 10-15 seconds until it is broken down into a flour-like consistency.
2. Combine your dry ingredients.
3. Mix your wet ingredients in a separate bowl and then combine with dry ingredients until absorbed and lumps are gone. Let the mixture sit for 5 minutes.
4. Heat up a large nonstick skillet or griddle over low to medium heat. Cook for 3-4 minutes until small bubbles start to form on the outside. Flip and cook for another 1-2 minutes until golden brown. Makes about five pancakes.
5. Enjoy with your favorite toppings!

*Source: eatthegains.com*

# BACON BREAKFAST PIZZA



12 servings



20 minutes

## INGREDIENTS

- 1 tube refrigerated pizza crust
- 1 tbsp olive oil
- 7-8 eggs
- 6 slices bacon
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese

## INSTRUCTIONS

1. Preheat oven to 400°.
2. Unroll crust onto a greased baking pan. Spread out and brush with olive oil. Poke fork throughout the dough and bake for 7-8 minutes.
3. While dough is baking, cook bacon in a pan. Once cooked, remove bacon from pan and leave grease in the pan. Chop up bacon and set aside.
4. Place eggs in a bowl and whisk together. Pour into greased pan and cook until done.
5. Spoon eggs over crust, sprinkle with cheese and bacon.
6. Bake 4-5 more minutes. Serve warm.

# LUNCH & DINNER

*Get ready to take  
your cooking to  
the next level!*



# CITRUS CHICKEN QUESADILLAS

 4 servings  45 minutes

## INGREDIENTS

- 1 tbsp canola or other neutral cooking oil
- Finely grated zest of 1 medium lime
- Juice of 1 medium lime
- 1/2 tsp honey
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 1/2 pounds boneless, skinless chicken thighs
- 1/3 cup fresh cilantro leaves, coarsely chopped
- 8 (8 inch) flour tortillas
- 2 cups shredded Monterey Jack cheese, divided
- 2 tbsp unsalted butter, divided
- Salsa, for serving (optional)

## INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat to 425°. Whisk the oil, lime zest, juice, honey, salt, and pepper together in a small bowl.
2. Place the chicken in an 8x8 inch square baking dish. Add the lime dressing and cilantro, toss to combine, and arrange into an even layer. Bake until the chicken is cooked through, about 25 minutes.
3. Once cool enough to handle, cut the chicken into 1/2 inch slices. Place 4 of the tortillas on a work surface. Sprinkle each of those tortillas with about 1/4 cup cheese, then evenly distribute the sliced chicken over the cheese. Sprinkle with the remaining cheese, and top with the remaining 4 tortillas.
4. Melt 1/2 tbsp of the butter in a medium frying pan over medium-high heat. Add one of the assembled quesadillas and cook until the cheese is melted and the tortillas are crispy and just turning golden, about 3 minutes per side. Repeat with the remaining quesadillas, adding 1/2 tbsp of butter to the pan for each quesadilla. Cut into wedges and serve warm with salsa, if using.



Source:  
*thekitchn.com*



# PITA PIZZA



4 servings



20 minutes

## INGREDIENTS

- 4 whole wheat pita bread rounds
- 6–8 tbsp roasted garlic hummus or sauce of your choice
- 1 medium zucchini squash cut into  $\frac{1}{4}$  inch slices
- 1 small yellow summer squash cut into  $\frac{1}{4}$  inch slices
- 2 tbsp of any salad dressing
- 3 tomatoes (or 2 large) sliced  $\frac{1}{4}$  inch thick, patted dry if very juicy
- $\frac{3}{4}$  cup shredded mozzarella cheese
- Chopped fresh parsley or basil for serving

Source: [wellplated.com](http://wellplated.com)

## INSTRUCTIONS

1. Preheat the oven to  $425^{\circ}$ . Arrange 4 pita bread rounds on a baking sheet lined with parchment paper or a silicone baking mat. Spread each pita with roasted garlic hummus (I used about  $1\frac{1}{2}$  tbsp per pizza). Set aside.
2. In a large bowl, toss the zucchini and yellow squash slices with the dressing. Add the tomatoes to the bowl, and toss gently again.
3. Arrange the veggie slices on top of the prepared pitas. Sprinkle with mozzarella cheese.
4. Bake the pita pizzas for 8 minutes, until lightly crisp and the cheese is melted. Let cool slightly, garnish with basil or parsley as desired, slice, and serve.

*Note: Store in an airtight storage container in the refrigerator for up to 3 days. Gently rewarm pizzas on a baking sheet in the oven at  $350^{\circ}$  until hot. Also feel free to swap any veggies you prefer or are in season.*



# ONE-PAN SPAGHETTI & MEATBALLS

## INGREDIENTS

### Meatballs

- 1 lb ground beef
- 1½ tsp garlic powder
- ½ cup chopped fresh parsley
- ⅓ cup grated Parmesan cheese
- 1 egg, whisked
- ½ cup plain bread crumbs
- 3 tbsp extra-virgin olive oil

### Spaghetti

- 1 lb dried spaghetti
- 3 cups marinara sauce (store-bought or homemade)
- 2 tbsp grated Parmesan cheese, plus more to taste
- 2 tbsp chopped fresh parsley

## INSTRUCTIONS

1. **MAKE THE MEATBALLS:** In a medium bowl, mix the beef with the garlic powder, parsley and Parmesan to combine. Add the egg and bread crumbs, and mix to combine.
2. Form the mixture into balls, using about 2 tbsp of meat per ball. In a large sauté pan, heat the olive oil over medium heat. Add the meatballs to the pan and cook until they are fully cooked and golden brown all over, 3 to 5 minutes.
3. **MAKE THE SPAGHETTI:** Remove the meatballs from the pan and set them aside. Drain any grease from the pan, and then fill it with three inches of water and a few pinches of salt. Bring to a boil over high heat. Add the spaghetti in an even layer and boil until al dente, 8 to 9 minutes (or according to package directions).
4. Drain the spaghetti, then return it to the pan. Add the marinara sauce and meatballs; toss to coat. Garnish with Parmesan and parsley. Serve warm, immediately.



# SHEET PAN FAJITAS

## INGREDIENTS

- 2 lbs chicken thighs or chicken breast
- 3 large bell peppers
- 1 red onion
- 1 lime
- Cilantro
- Avocado oil
- Sea salt
- Garlic powder
- Onion powder
- Cumin
- Chili powder
- Oregano
- Pepper

## INSTRUCTIONS

1. Preheat oven to 425° and line baking sheet with parchment paper.
2. Slice peppers, red onion, and chicken into strips.
3. Drizzle avocado oil, sea salt, pepper, garlic powder, onion powder, cumin, oregano, chili powder, juice of ½ lime, and toss so that everything is coated evenly.
4. Bake for 15 minutes, toss again, and bake for another 5-10 minutes or until chicken is fully cooked through.
5. Top with juice of other ½ lime and cilantro.

*Note: Get creative in the way you serve these! They can be served in tortillas like traditional fajitas, over a rice bowl, or on a salad.*

*Source: [callasclean eats.com](http://callasclean eats.com)*

# POT ROAST

## INGREDIENTS

- 1 (3-4 lb) chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix
- ¼ cup butter
- 4-5 pepperoncini peppers
- 1 bag of small carrots

## INSTRUCTIONS

1. Place roast in slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix.
2. Place peppers on top of the mixes and add the butter and carrots.
3. Cook over low heat for 8 hours.

*This is easy to put in the crock pot in the morning and come home to a cooked dinner!*

*Source: [belleofthekitchen.com](http://belleofthekitchen.com)*





# CHICKEN CHEESE PASTA CASSEROLE



8 servings



45 minutes

## INGREDIENTS

- 2 boneless skinless chicken breasts cut into  $\frac{1}{2}$  inch cubes
- A pinch of sea salt and fresh ground black pepper
- 2 tbsp olive oil
- 1 onion chopped
- 6 garlic cloves minced
- 1 large jar marinara sauce
- 1 tsp dried oregano
- A few sprigs fresh basil
- 16 oz box of pasta
- 8 oz package of shredded mozzarella cheese
- $\frac{1}{2}$  cup bread crumbs
- $\frac{1}{2}$  cup shredded Parmesan cheese
- 2 tbsp butter cut into small pieces

## INSTRUCTIONS

1. Preheat oven to 400°.
2. In a medium bowl, toss together chicken, sea salt, and black pepper.
3. Heat oil in a large skillet and sauté onion and garlic until fragrant. Add chicken and sauté until just cooked through. Add marinara sauce, oregano and fresh basil; heat through.
4. Meanwhile, cook pasta according to package directions; drain and return to pot; add chicken and sauce, along with mozzarella cheese; mix well. Divide between two 8 inch square dishes or pour the entire pot into a 13x9x2 inch casserole dish.
5. In a small bowl, mix together bread crumbs and Parmesan cheese. Sprinkle on top of casserole dishes. Place the pieces of butter on top. Bake for 15 minutes, then broil for 2-3 minutes to brown the top.

Source: [jeanetteshealthyliving.com](http://jeanetteshealthyliving.com)

**SIDES  
SNACKS  
& SWEETS**

*The perfect plus-ones  
to your entrees!*

# SWEET POTATO FRIES



8 servings



45 minutes

## INGREDIENTS

- Sweet potatoes (as many as you'd like)
- Oil of choice (avocado oil is great for high heat cooking!)
- Sea salt (to taste)
- Any other spices (optional)

## INSTRUCTIONS

1. Preheat oven to 400°. Line a baking sheet with parchment paper and set aside. The parchment paper is important because it helps to make them crispy!
2. Scrub the outside of the sweet potatoes using a vegetable brush or piece of paper towel. Cut your sweet potato into fry shapes. Drizzle avocado oil, sea salt, and any other spices over fries.
3. Using clean hands, toss fries so that they are evenly coated. Arrange so that they are in one flat layer. If there is skin on the fry, make sure the skin is facing upwards (this will help with crispiness!)
4. Bake for 20–30 minutes or until the downward facing sides of the fries start to brown.
5. Flip and bake for another 10–15 minutes or until you reach desired crispiness.

*Easily switch the sweet potatoes out for regular potatoes for baked french fries!*

Source: [callasclean eats.com](http://callasclean eats.com)



# SLOW COOKER MAC & CHEESE

## INGREDIENTS

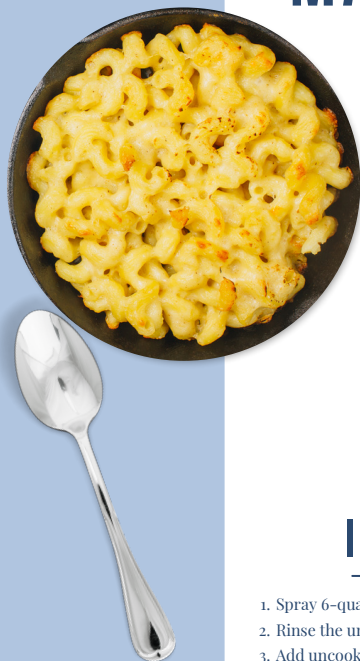
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- 1 pound of elbow pasta uncooked (regular, not gluten-free or quick-cook pasta)
- 2 1/2 cups (whole) milk
- 12 ounces evaporated milk
- 3 cups shredded extra sharp cheddar cheese
- 1 cup shredded American cheese (or Monterey Jack)
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dry mustard
- 1/4 tsp garlic powder
- Dash of cayenne pepper to taste
- 1/4 cup butter cubed

## INSTRUCTIONS

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1. Spray 6-quart slow cooker with non-stick spray.
2. Rinse the uncooked pasta well in cold water and drain.
3. Add uncooked pasta to the slow cooker along with both kinds of milk, cheese, salt, pepper, mustard, garlic, and cayenne pepper. Stir to combine, making sure the macaroni is submerged in liquid as much as possible. Dot with cubed butter.
4. Cover and cook on low heat for 1 hour. Remove lid and stir. Depending on your slow cooker, your dish could be done at this point or require up to 1-2 more hours.
5. If not done, continue cooking and checking periodically (every half hour or so).
6. When done, the pasta will be tender and the liquid will be thick and creamy. The sauce will thicken even more after the lid is removed and the mac and cheese sits.



Source:  
[amandascookin.com](http://amandascookin.com)



# CHOCOLATE CHIP BANANA BREAD

 8 servings  1 hour

## INGREDIENTS

- 3 overripe bananas
- 2 eggs
- 2 cups oat flour
- $\frac{1}{2}$  cup coconut sugar
- $\frac{1}{4}$  cup oil (ex. avocado oil)
- $\frac{1}{4}$  tsp sea salt
- 1 tsp baking soda
- A few pinches of cinnamon
- Chocolate chips (to mix into the batter and for topping)

Source: [callascleaneats.com](http://callascleaneats.com)

## INSTRUCTIONS

1. Preheat oven to  $350^{\circ}$  and line a loaf pan with parchment paper.
2. In a large bowl, mash bananas with a fork. Next, add all ingredients except chocolate chips and mix well.
3. Stir in chocolate chips and pour into a loaf pan. Top with extra chocolate chips.
4. Bake for 50-55 minutes.

*Note: Adjust amount of flour to how moist the bananas make the batter!*

# SINGLE SERVE CHOCOLATE CHIP COOKIE

## INGREDIENTS

- 2 tbsp melted butter
- 3 tbsp brown sugar
- $\frac{1}{3}$  cup flour
- 1 tbsp whisked egg
- 1 tsp baking soda
- Pinch of salt
- Dash of vanilla
- 4 tbsp chocolate chips

## INSTRUCTIONS

1. Mix together all ingredients.
2. Bake at  $350^{\circ}$  for 12-14 minutes.



# LEMON POPPYSEED BAKED OATMEAL



1 serving



30 minutes



## INGREDIENTS

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- ½ overripe banana
- 1 egg
- ½ cup oats
- 2 tbs milk of choice
- 2 tbs lemon juice
- 1 tsp lemon zest
- Pinch sea salt
- ¼ tsp baking soda
- ½ tsp poppyseeds

*For the lemon icing (optional):*

- 1 tbsp powdered sugar (or sugar-free replacement)
- ½ tsp lemon juice

## INSTRUCTIONS

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1. Preheat oven to 350° and lightly oil an oven-safe baking dish.
2. Add all ingredients to your blender and blend until fully combined.
3. Pour batter into the baking dish and bake for 20–25 minutes. Let cool completely.
4. Mix together icing ingredients and spread over baked oatmeal.



# GINGERBREAD MUFFINS



8 servings



45 minutes

## INGREDIENTS

- 2 overripe bananas
- 2 eggs
- $\frac{1}{4}$  cup oil
- $\frac{1}{4}$  cup molasses
- $\frac{1}{4}$  cup coconut sugar
- 2 cups oat flour (or 1  $\frac{3}{4}$  cup almond flour +  $\frac{1}{4}$  cup coconut flour)
- 1 tsp cinnamon
- 1 tsp ginger
- $\frac{1}{4}$  tsp sea salt
- 1 tsp baking powder

### GLAZE (OPTIONAL):

- Powdered sugar + water

## INSTRUCTIONS

1. Preheat oven to 350° and line a muffin tin with liners.
2. Add all ingredients to a large bowl and mix well.
3. Transfer the batter to the muffin liners and bake for 20–25 minutes. Or 30–35 minutes (if you use almond flour).
4. To make the glaze, mix a few spoonfuls of powdered sugar with a splash of water until it is a good drizzling consistency.

Source: [callasclean eats.com](http://callasclean eats.com)



# FLOURLESS CHOCOLATE CHIP PUMPKIN SPICE MUFFINS



8 servings



45 minutes

## INGREDIENTS

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- 1 ½ cups oats
- 1 cup pumpkin puree
- 1 cup organic cane sugar
- ⅓ cup coconut oil (melted then cooled)
- 2 eggs
- 2 tbsp almond milk
- 1 tbsp pumpkin spice
- 1 tsp vanilla extract
- 1 tsp baking soda
- dash sea salt
- ½ cup chocolate chips (plus more for topping)

## INSTRUCTIONS

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1. Preheat oven to 350°. Line 12 muffin tins.
2. Add oat flour, cane sugar, pumpkin spice, salt, and baking soda to a bowl and mix well.
3. In another bowl, mix eggs, pumpkin puree, coconut oil, vanilla extract, and almond milk.
4. Add wet ingredients to dry ingredients and then fold in chocolate chips.
5. Spoon batter into lined muffin tins. Top with extra chocolate chips.
6. Bake for 28-35 minutes or until a toothpick comes out clean.

*Source: [callasclean eats.com](http://callasclean eats.com)*

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# CROCKPOT POTATO SOUP



4 servings



45 minutes

## INGREDIENTS

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- 1 32 oz package frozen hash browns
- 1 stick melted butter
- 1 can cream of chicken soup
- 1 cup shredded cheddar cheese
- 8 oz sour cream
- Milk, as needed

## INSTRUCTIONS

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1. Mix all ingredients together except milk in large crock pot.
2. Slowly add milk until it covers the top of the ingredients.
3. Turn crock pot on high for approximately 5-6 hours.
4. Serve with saltine crackers and bacon bits on top.



*Note: Adjust amount of hash browns and milk to size of crock pot.*



# HAMBURGER TATER TOT CASSEROLE

## INGREDIENTS

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- 1 lb ground beef
- Worcestershire sauce
- 1 can cream of chicken soup
- ½ package frozen tater tots

## INSTRUCTIONS

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1. Press hamburger into 13x9 pan.
2. Cover lightly with Worcestershire sauce and let soak in.
3. Cover top of hamburger with soup—do not add water to soup.
4. Place frozen tater tots on top.
5. Bake at 350° for about an hour, until hamburger is fully cooked.

*Note: Make the rest of the tater tots separately for extra crispiness!*



# CROCKPOT SALSA CHICKEN

## INGREDIENTS

- 2 chickens breasts
- 1 can of corn
- ½ can of black beans
- ½ can of tomatoes and chiles
- 1 packet of taco seasoning
- Tortillas
- Sour cream

## INSTRUCTIONS

1. Add chicken breasts, corn, black beans, tomatoes and green chiles, and packets of taco seasoning into crockpot.
2. Cook on high for 4 hours.
3. Serve in tortillas with cheese, sour cream, lettuce, etc.



# TACO/NACHO MEAT

## INGREDIENTS

- 1 lb ground beef
- 1 pack taco seasoning (McCormick is a great option if you need help finding one)
- Water (as needed)

## INSTRUCTIONS

1. Brown meat and drain grease.
2. Add taco seasoning and water (water should reach top of meat) and mix.
3. Let simmer until desired consistency.

*Note: This is easy to make ahead and freeze for when you need a quick dinner option!*





# PIZZA ROLLS

## INGREDIENTS

- Tortillas
- Pizza sauce
- Cheese
- Any toppings you like
- Oil

## DIRECTIONS

1. Warm tortillas in a pan until they are soft and flexible.
2. Spread pizza sauce, cheese, and any other toppings you want on a tortilla, but be careful not to overstuff.
3. Gently roll the tortilla up.
4. Heat pan on low-medium heat.
5. Spray rolls and pan with oil.
6. Cook until each side is golden brown, flipping rolls when needed.

# HOMEMADE HAMBURGER HELPER



## INGREDIENTS

- 1 lb ground beef
- 1 8 oz can tomato sauce
- 2-2 ½ cups uncooked macaroni
- 2-2 ½ cups water
- 2 cups shredded cheddar cheese
- Any spices you prefer

## INSTRUCTIONS

1. Brown meat and drain off fat.
2. Stir in remaining ingredients.
3. Heat mixture to boiling.
4. Reduce heat and simmer, uncovered, stirring occasionally, until noodles are tender, about 20 minutes.

*Note: Exchange the ground beef for ground turkey for a nice change of taste!*

# ORANGE YOGURT CAKE

## INGREDIENTS

- 1 ½ cups flour
- 2 tsp baking powder
- Pinch of salt
- 1 cup Greek yogurt
- 1 cup sugar
- 3 eggs
- Orange extract, to taste
- 1 tsp vanilla extract
- ¼ cup melted butter
- ¼ cup oil

## INSTRUCTIONS

1. Gently mix all ingredients to combine.
2. Butter sides of loaf pan and pour in batter.
3. Cook at 350° for 15 min.

*Note: Add a glaze for extra sweetness!*

# MUG RICE KRISPIE TREAT

## INGREDIENTS

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- 2 teaspoon butter
- 1 large marshmallow
- $\frac{1}{4}$  cup rice krispies



## INSTRUCTIONS

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1. Microwave butter and marshmallow together to melt.
2. Mix together.
3. Add rice krispies and mix.
4. Freeze for about 10 minutes.

*Note: This is great for when you don't actually want to cook anything!*