

EASY SKILLET COOKING

Skillet cooking is an easy way to get tasty meals on the plate without a lot of fuss. Following a simple template allows you to swap ingredients to make your own delicious adventure!

Basic instructions:

1. Have the meat and vegetables cut or chopped and ready to go.
2. Heat the fat and a tablespoon of water in a skillet over medium-high heat (this allows the food to cook more gently at a lower temp thus preserving more of the nutrients).
3. Add the meat and seasonings and cook to desired level of doneness. For pork, cook at least 5 minutes per side.
4. Add the vegetables (other than greens) and cook another 3-5 minutes.
5. Add the greens to the pan to wilt for 2-3 minutes.
6. Remove from pan and serve.

Easy Skillet Cooking for 2		
Food	Amount	Types
Meat ¹	1/2 pound	Beef, chicken, turkey, pork, sausages (ground, sliced, cut into pieces or whole fillets)
Vegetables	3-5 Cups, chopped, diced or whole	Asparagus, Beets, Bell Peppers (red, green, yellow), Broccoli, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Green Onions, Greens (beet greens, collards, kale, mustard, etc.), Leeks, Mushrooms, Onions, Parsnips, Radishes, Snow peas, Spinach, Squash, Sweet Potatoes ² , Swiss Chard, Tomatoes, Zucchini
Fat	1 Tablespoon	Avocado oil, Extra Virgin Olive oil or Coconut Oil
Seasonings	As desired	Salt, Pepper, other spices
Toppings	As desired	Avocado, Olives, Nuts or Seeds

This template also works well for cooking in the oven. Simply preheat the oven to 350°F, place parchment paper on a baking pan and add the meat and vegetables. Cook for 35 to 40 minutes.

1. Marinate meat before hand if desired
2. May require precooking
3. Using ginger, garlic and toasted sesame oil will give the dish an Oriental Flavor
4. Using garlic, Oregano/Basil/Thyme or similar and olive oil will give it a Mediterranean flavor
5. Using coconut oil will give everything a very different flavor; you can add curry and simmer in coconut milk for an "Indian" flavor

