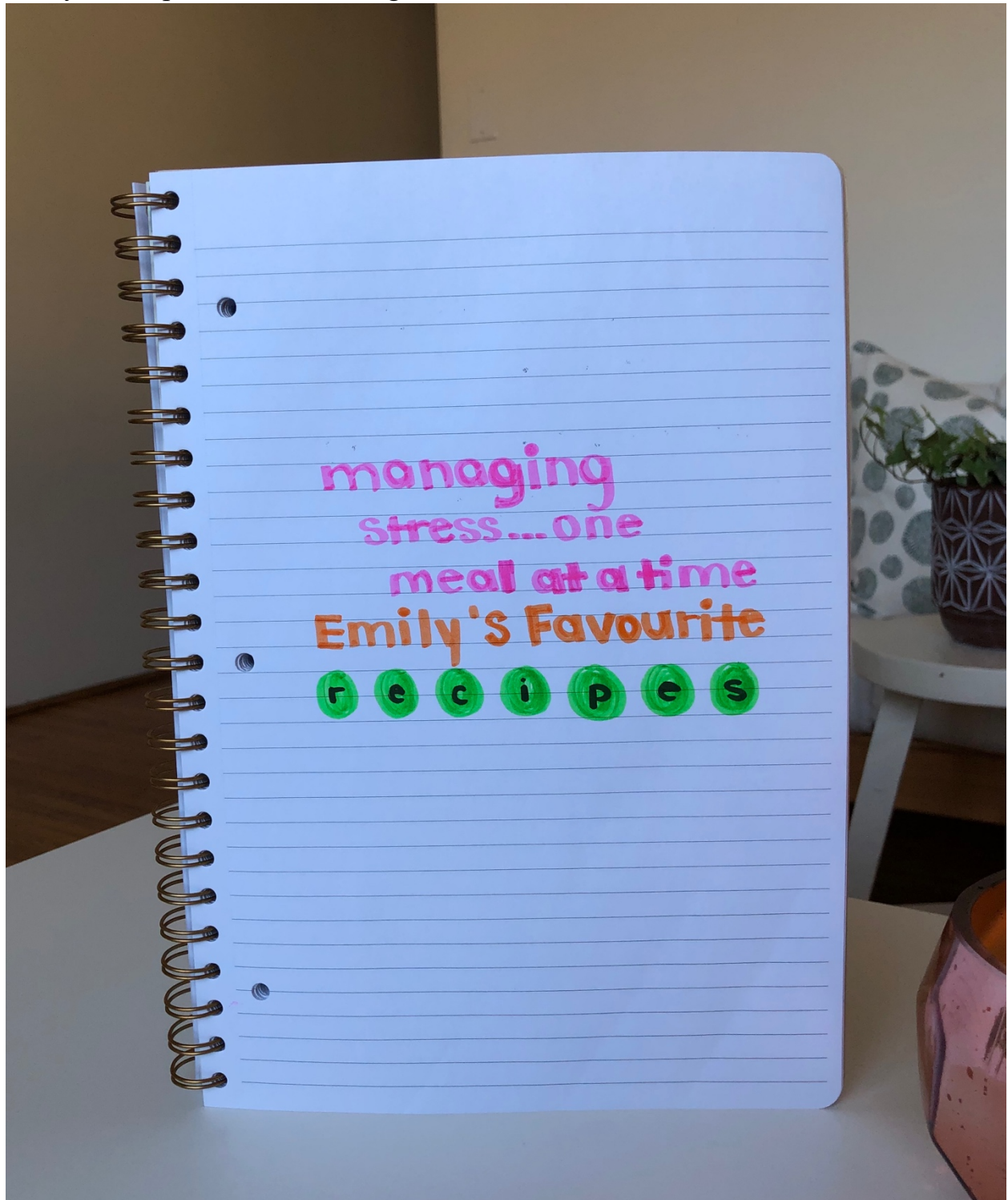


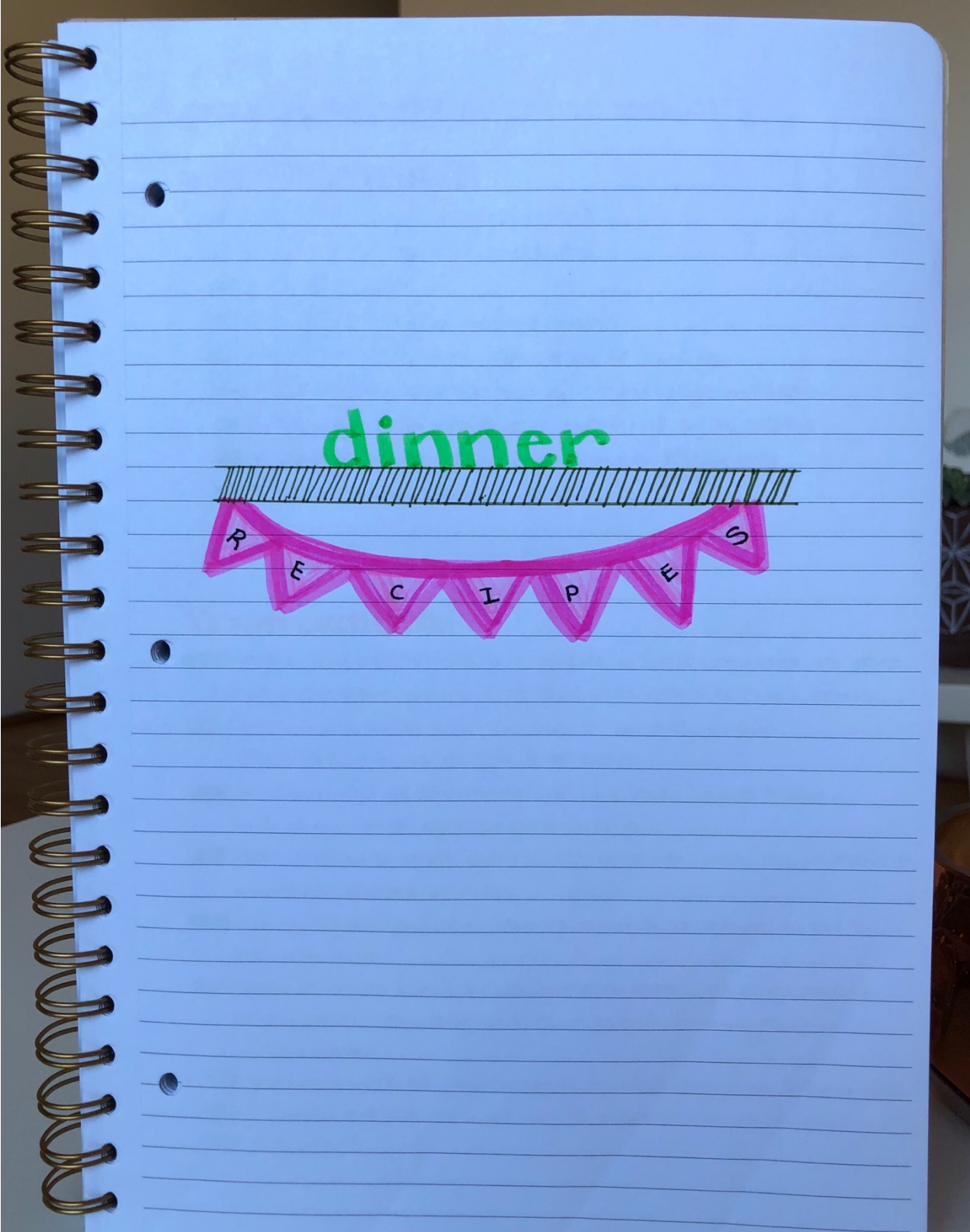
Emily's Recipe Book - Cover



Emily's Recipe Book – Title Page



Emily's Recipe Book – Dinner Recipes (I eat these as leftovers as well)



Peanut Pad Thai

PEANUT PAD THAI

ingredients

- sauce -

- 1/4 cup of peanut butter
- 1 tablespoon of vinegar
- 3 tablespoons of soy sauce
- 1 tablespoon honey
- 1 teaspoon of garlic powder

- pad thai -

- vermicelli noodles
- broccoli
- mushrooms
- carrots

instructions

- pad thai -

- 1) boil vermicelli noodles
- 2) stir fry mushrooms, carrots and broccoli
- 3) add vermicelli noodles to the stir fry
- 4) add peanut sauce

- peanut sauce -

- 1) add peanut butter
- 2) add vinegar
- 3) add soy sauce
- 4) add honey
- 5) add garlic powder
- 6) mix all ingredients

(Healthy) Fried Chicken Burgers

Fried Chicken Burgers

- ingredients -

- 4 kaiser buns
- 2 chicken breasts
- 1 egg
- panko bread crumbs (2 cups)
- 1 tablespoon of garlic powder
- lettuce
- pickles
- chipotle mayo

- instructions -

- cut chicken breasts in half
- beat 1 egg and wash the chicken with the egg
- mix panko crumbs and garlic powder
- cover the chicken with the panko mixture
- heat air fryer to 390° fahrenheit
- cook the chicken for 13 to 15 minutes
- prepare the bun
 - 1) add toppings (I enjoy pickles, lettuce and chipotle sauce)
- add chicken to the bun
- ENJOY!

Teriyaki Chicken Ceasar Salad

TERIYAKI CHICKEN CEASAR SALAD

ITEMS TO HAVE ON HAND...

- romaine lettuce
- ceasar dressing
- chicken breast
- for the teriyaki sauce -
- $\frac{1}{8}$ cup of soy sauce
- 2 tablespoons of vinegar
- 1 tablespoon of olive oil
- $\frac{1}{2}$ teaspoon of garlic powder
- 1 tablespoon of corn starch to thicken

HOW TO MAKE:

- 1) Wash, cut and ^{set} aside the romaine lettuce
- 2) cut chicken breast into bite size pieces
- 3) Heat frying pan (medium to high heat)
- 4) cook chicken in the frying pan
- instructions for the teriyaki sauce -
- 1) Add soy sauce
- 2) Add garlic powder
- 3) Add vinegar
- 4) Add oil
- 5) Mix corn starch with 2 tablespoons of cold water
- put all components together -
- 1) Add teriyaki to the chicken / thicken with corn starch
- 2) Dress salad and add chicken... enjoy!...

Broccoli Cheddar Soup

Cheddar and Broccoli

S O U P

- ingredients -

- 3 cups of cheddar cheese
- 2 cups heavy cream
- 1 head of broccoli
- 2 cups of chicken broth

- instructions -

step 1) cut broccoli into bite size pieces

Step 2) cook chicken broth and broccoli on medium to high heat

step 3) once the broccoli has softened add cream and cheese

step 4) continue to simmer the soup until thickened

enjoy!

Pork and Green Bean Rice Bowl

~ pork, green bean, rice bowl ~

What You Need:

- ▣ 500g of pork (ground)
- ▣ 2 cups of green beans
- ▣ 1 red onion
- ▣ 2 cups of jasmine rice
- ▣ 3 tablespoons of soy sauce
- ▣ 3 tablespoons of ginger powder
- ▣ 2 tablespoons of garlic powder
- ▣ 1 teaspoon of red chile flakes
- ▣ 1 teaspoon of olive oil

Instructions:

- 1) Begin by cooking the rice (I do mine in the rice cooker but the stove works as well)
- 2) Heat up the oil in a frying pan (medium to high heat)
- 3) Once the oil and frying pan are hot, add in the ground pork
- 4) Separate the pork to increase surface area and cook
- 5) Cut the onion and add it to the pork mixture
- 6) Once the pork is cooked, add soy sauce, ground ginger and garlic powder
- 7) Add green beans and chile flakes
- 8) Pour pork mixture over the rice
- 9) Enjoy!