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1/67 Quick Tater Tots Bake Recipe photo by Taste of Home Total Time 45 min Servings 4 servings From the Recipe Creator: I like to make this Tater Tot casserole when time before supper is short. If we have unexpected company, I just double the ingredients and use a 13x9-in. pan. I call it my Please Stay Casserole! Jean Ferguson, Elverta, California Nutrition Facts: 1-1/2 cups: 570 calories, 35g fat (12g saturated fat), 87mg cholesterol, 1357mg sodium, 37g carbohydrate (5g sugars, 4g fiber), 26g protein. Tater Tot casserole/aka hotdish to Minnesotans has its roots in the Midwest, but this six-ingredient casserole popularity has spread all over the country. 2/67 Total Time 30 min Servings 4 servings From the Recipe Creator: Skip the takeout and give this pad thai recipe a try if you need a quick and easy meal. Taste of Home Test Kitchen Nutrition Facts: 1-1/4 cups: 361 calories, 8g fat (2g saturated fat), 78mg cholesterol, 1669mg sodium, 53g carbohydrate (23g sugars, 2g fiber), 19g protein. Our easy pad Thai recipe is served in less than 30 minutes, and it tastes just as good as takeout. Its the perfect quick-cooking meal, and making it wont break the bank, either. 3/67 Total Time 30 min Servings 12 servings From the Recipe Creator: Though still debated, Tucson is generally credited as the original home of chimichangas (fried "burros", as we call them, stuffed with meat, onions and chiles). I've combined several recipes into this one, and it's fairly authentic. Laura Towns, Glendale, Arizona Nutrition Facts: 1 chimichanga: 343 calories, 13g fat (4g saturated fat), 25mg cholesterol, 862mg sodium, 41g carbohydrate (2g sugars, 7g fiber), 16g protein. These easy chimichangas can be made with any type of meat, so this is a great recipe for using up leftover chicken, beef or pork.You can also make them ahead of time and keep them refrigerated until you're ready to hit the deep fryer. 4/67 Slow-Cooker Pot Roast Recipe photo by Taste of Home Total Time 6 hours 15 min Servings 8 servings From the Recipe Creator: Because I work full time, this slow cooker pot roast is my go-to when I want a hearty, home-cooked meal. Gina Jackson, Opa House, New York Nutrition Facts: 5 ounces cooked meat with 1 cup gravy: 380 calories, 22g fat (10g saturated fat), 126mg cholesterol, 467mg sodium, 8g carbohydrate (2g sugars, 1g fiber), 35g protein. This pot roast is rich and flavorful, with ultra-tender shreds of meat that basically melt in your mouth. Bonus: The slow cooker makes it super simple and lets you come home to the incredible aroma of a ready-to-eat dinner. 5/67 Cowboy Steak Recipe photo by Taste of Home Total Time 30 min Servings 12 servings From the Recipe Creator: I made up this dish back in the early 1970s when I was down to very little food in the house. Since it's a combination of barbecue sauce, hamburger, hot dogs and beans, this one-skillet meal makes both children and adults happy. Val Rananavick, Millville, New Jersey Nutrition Facts: 1 cup: 469 calories, 23g fat (9g saturated fat), 64mg cholesterol, 1256mg sodium, 39g carbohydrate (5g sugars, 9g fiber), 28g protein. This Dutch oven stew has only five ingredients, and is prepped, cooked and on the table in less than 15 minutes. And its an easy dinner recipe to riff onadd some heat by using a spicy sausage, such as chorizo or andouille; toss in pickled jalapenos or chipotle peppers; or mix in frozen or canned corn or green beans. If you loved this stew, then dont forget to check out this hearty cowboy soup recipe. 6/67 Cube Steak Recipe photo by Taste of Home Total Time 8 hours 45 min Servings 6 servings From the Recipe Creator: Cube steaks and gravy are a hearty home-style dinner your family will love after a busy day. The slow-cooked beef is wonderfully served over mashed potatoes or noodles. Judy Long, Limestone, Tennessee Nutrition Facts: 1 each: 245 calories, 7g fat (2g saturated fat), 64mg cholesterol, 805mg sodium, 16g carbohydrate (4g sugars, 1g fiber), 29g protein. This is a hearty homestyle dinner your family will love after a busy day. The slow-cooked beef is wonderful served over mashed potatoes or noodles. 7/67 Baked Chicken Tenders Recipe photo by Taste of Home Total Time 25 min Servings 4 servings From the Recipe Creator: These strips are designed for kids, but tasty enough for company. The tender strips are moist and juicy and would also be great on a salad. Becky Oliver, Fairplay, Colorado Nutrition Facts: 3 ounces cooked chicken: 194 calories, 2g fat (0 saturated fat), 56mg cholesterol, 518mg sodium, 14g carbohydrate (1g sugars, 1g fiber), 31g protein. Diabetic Exchanges: 3 lean meat, 1 starch. Chicken tenders are ideal for dipping, they're great choice for kids, especially if you have picky eaters. Homemade chicken tenders are tastier and better for you than fast food, and are easier to make than you might think.Also, for dinner tonight, whip up one of our quick and delicious chicken tenderloin recipes. Youll have a meal on the table in no time! 8/67 Mostaccioli Chicken Recipe photo by Taste of Home Total Time 1 hour Servings 12 servings From the Recipe Creator: Even though we're not Italian, this rich, cheesy pasta dish is a family tradition for holidays and other special occasions. It tastes just like lasagna without the layering work. Nancy Mundhenke, Kinsley, Kansas Nutrition Facts: 1 cup: 431 calories, 22g fat (9g saturated fat), 77mg cholesterol, 885mg sodium, 37g carbohydrate (8g sugars, 2g fiber), 23g protein. Lasagna isnt the easiest of dishes to pull off on a weeknight. This simple dinner idea has all the flavor of lasagna, but without the work of layering the ingredients. 9/67 Easy Coq au Vin Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: I love being able to fix a fancy gourmet dish in such a short amount of time and still have it turn out so delicious. To reduce fat, use chicken tenderloin pieces or skinless chicken breasts. This recipe is really fabulous served with rice. Judy VanCoetsem, Cortland, New York Nutrition Facts: 1 serving: 255 calories, 11g fat (3g saturated fat), 80mg cholesterol, 648mg sodium, 9g carbohydrate (4g sugars, 2g fiber), 26g protein. Diabetic Exchanges: 3 lean meat, 1/2 starch, 1/2 fat. Usually coq au vin takes hours, but to make this red wine-brained chicken recipe weeknight friendly, our recipe uses boneless, skinless chicken thighs instead of a bone-in bird. Theres a reason this TikTok recipe went viral! Baked feta pasta is simple to throw together, tastes less than an hour to cook, and is incredibly creamy and delicious. 11/67 The Ultimate Fish Tacos Recipe photo by Leticia Almeida for Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: This recipe is my favorite meal to prepare. Adding my own personal touch to the marinade makes my fish tacos pop with flavor. I warm corn tortillas on the grill and add salsa, cilantro, purple cabbage and fresh squeezed lime. Yvonne Molina, Moreno Valley, California Nutrition Facts: 2 tacos: 284 calories, 5g fat (1g saturated fat), 124mg cholesterol, 6g carbohydrate (2g sugars, 4g fiber), 35g protein. Diabetic Exchanges: 5 lean meat, 1-1/2 starch, 1/2 fat. Looking for a quick, family-friendly way to add more seafood to your diet? What better way to introduce your kids to mild, flaky whitefish than when its seasoned with familiar spices and wrapped in a warm corn tortilla? 12/67 Quick Apricot Chicken Recipe photo by Taste of Home Total Time 15 min Servings 4 servings From the Recipe Creator: This is one of my favorite ways to fix chicken in a hurry. Everybody just loves it, and leftovers are always just as good the next day. For variation, Ive used pork instead of chicken and added additional ingredients like pineapple, mandarin oranges, snow peas and broccoli. Vicki Ruiz, Twin Falls, Idaho Nutrition Facts: 1 cup: 391 calories, 16g fat (3g saturated fat), 63mg cholesterol, 673mg sodium, 34g carbohydrate (26g sugars, 2g fiber), 28g protein. When looking for simple dinner ideas, dont forget that your microwaves here to help. For another variation on this easy weeknight recipe, try using pork instead of chicken, and add other ingredients like pineapple, mandarin oranges, snow peas and broccoliwhatever you have on hand. 13/67 Sausage Potato Skillet Recipe photo by Taste of Home Total Time 30 min Servings 2 servings From the Recipe Creator: While I was growing up, both my parents worked, so I often went home for lunch with my Italian girlfriend. Lunch was always the sammiesausage, fried potatoes, green peppers and onionsbut I could never get enough of my favorite meal. Amelia Borland, Springfield, Virginia Nutrition Facts: 1 each: 416 calories, 22g fat (6g saturated fat), 45mg cholesterol, 544mg sodium, 40g carbohydrate (6g sugars, 4g fiber), 15g protein. Sausage pairs well with other veggies, like zucchini, tomatoes and broccoli, so feel free to toss some extra vegetables into your skillet. 14/67 Cornflake Chicken Recipe photo by Kayla Widmer for Taste of Home Total Time 40 min Servings 4 servings From the Recipe Creator: I took a recipe off a box of baking mix and altered it to make the prep easier. The result was this moist oven-fried cornflake chicken with a thick golden coating that's a lot crisper than the original recipe. Bonyton, California Nutrition Facts: 1 drumstick: 141 calories, 11g fat (3g saturated fat), 0mg cholesterol, 972mg sodium, 4g carbohydrate (3g sugars, 1g fiber), 46g protein. Diabetic Exchanges: 1 starch, 1/2 fat. Because this soup is dairy-free, its simple to freeze. Make a big batch for tonights dinner, then freeze the rest for the next time you need to cook. 2/67 Cheesy Chicken Parmigiana Recipe photo by Emily Davis for Taste of Home Total Time 40 min Servings 4 servings From the Recipe Creator: My husband used to order chicken parmigiana at restaurants. Then I found this recipe in our chicken. 15/67 Shrimp Quesadilla Recipe photo by Taste of Home Total Time 30 min Servings 2 servings From the Recipe Creator: Quick and simple enough for any weeknight, this dish boasts a refreshing flavor special enough for guests. Serve with salsa on the side and a frosty smoothie, if you'd like. Tiffany Bryson-San Antonio, Texas Nutrition Facts: 1 quesadilla: 523 calories, 27g fat (8g saturated fat), 163mg cholesterol, 707mg sodium, 38g carbohydrate (3g sugars, 4g fiber), 30g protein. It takes less than 10 minutes to cook up these spicy, cheesy shrimp quesadillas. To save even more time, use cooked shrimp instead of raw. 16/67 Total Time 30 min Servings 4 servings From the Recipe Creator: Cleanup is a breeze with this creamy spinach chicken. To make things even easier, tear the spinach with your hands instead of cutting it. Taste of Home Test Kitchen Nutrition Facts: 1-3/4 cups: 698 calories, 42g fat (23g saturated fat), 170mg cholesterol, 1061mg sodium, 35g carbohydrate (5g sugars, 4g fiber), 45g protein. This quick and easy pasta dinner idea uses a can of cream of mushroom soup to add lots of flavor while saving lots of time. 17/67 Loaded Mexican Pizza Recipe photo by Taste of Home Total Time 30 min Servings 6 servings From the Recipe Creator: My husband is a picky eater, but this healthful Mexican-style pizza has such amazing flavor that he actually looks forward to it. Leftovers taste even better the next day. Mary Barker, Knoxville, Tennessee Nutrition Facts: 1 piece: 295 calories, 10g fat (3g saturated fat), 17mg cholesterol, 581mg sodium, 40g carbohydrate (5g sugars, 6g fiber), 15g protein. Diabetic Exchanges: 2-1/2 starch, 1 vegetable, 1 lean meat. Loaded with beans, veggies and cheese, this easy pizza recipe will be the saving grace of any busy vegetarian looking for simple dinner ideas. 18/69 Country Chicken and Gravy Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: Here's a lightened-up take on the classic southern comfort-food dish: chicken and gravy. This recipe has been a hit at our house since the first time we tried it! Ruth Helmutz, Asheville, South Carolina Nutrition Facts: 1 chicken breast half with 2 tablespoons gravy: 274 calories, 8g fat (3g saturated fat), 72mg cholesterol, 569mg sodium, 20g carbohydrate (5g sugars, 0 fiber), 28g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1/2 fat. This recipe calls for four boneless skinless chicken breast halves, but you can also use chicken thighs, which will yield a slightly juicier, more tender final product. 19/67 Total Time 35 min Servings 8 servings From the Recipe Creator: These steak and shrimp kabobs make any get-together special. Cubes of marinated steak are skewered with shrimp and veggies, then grilled. For picnics, I assemble the kabobs at home and carry them in a large container. Karen Mergler, St. Croix, Minnesota Nutrition Facts: 1 kabob: 258 calories, 3g fat (1g saturated fat), 92mg cholesterol, 1326mg sodium, 30g carbohydrate (24g sugars, 2g fiber), 26g protein. In this simple dinner, cubes of marinated steak are skewered with shrimp and veggies, then grilled. Its easy to swap out the ingredients for kabobs, as long as they hold up well on the grill. Try using zucchini, asparagus, yellow squasheven pineapple! 20/67 Total Time 3 hours 20 min Servings 8 servings From the Recipe Creator: We love seasonal poblano peppers, so this slow-cooker pork loin with many southwestern seasonings is a family favorite. It can be served in a variety of ways too. Its fantastic with rice and beans, or in a taco with hot sauce. Johanna Johnson, Scottsdale, Arizona Nutrition Facts: 1-1/4 cups: 274 calories, 10g fat (3g saturated fat), 85mg cholesterol, 588mg sodium, 10g carbohydrate (4g sugars, 1g fiber), 34g protein. Three hours in the slow cooker turns this spice-coated pork loin into a tender, juicy, succulent dinner with minimal effort. Serve over perfectly cooked rice. 21/67 Vegetable Turkey Soup Recipe photo by Taste of Home Total Time 1 hour 15 min Servings 6 servings From the Recipe Creator: Low-sodium ingredients dont diminish the full flavor of this brothy ground turkey vegetable soup. The turkey lends a heartiness that everyone will welcome on a chilly, misty evening. Bonnie LeBaron, Forestville, New York Nutrition Facts: 1 cup: 181 calories, 5g fat (1g saturated fat), 55mg cholesterol, 498mg sodium, 14g carbohydrate (8g sugars, 3g fiber), 18g protein. Diabetic Exchanges: 2 lean meat, 1 starch. Because this soup is dairy-free, its simple to freeze. Make a big batch for tonights dinner, then freeze the rest for the next time you need to cook. 22/67 Cheesy Chicken Parmigiana Recipe photo by Emily Davis for Taste of Home Total Time 40 min Servings 4 servings From the Recipe Creator: My husband used to order chicken parmigiana at restaurants. Then I found this recipe in our local newspaper, adjusted it for two and began making the beloved dish at home. After more than 50 years of marriage, I still enjoy preparing his favorite recipes. 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If you are new to the Instant Pot, this is a perfect recipe to get started. Joan Hallford, North Richland Hills, Texas Nutrition Facts: 5 ounces cooked chicken: 345 calories, 22g fat (5g saturated fat), 104mg cholesterol, 1051mg sodium, 3g carbohydrate (0 sugars, 1g fiber), 33g protein. Rotisserie chicken may be the easiest of easy dinner ideas, but with the power of the Instant Pot, its as simple to make a whole chicken at home as it is to make a stop at your local supermarket. 25/67 Rosemary Salmon and Veggies Recipe photo by Orly Katz for Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: My husband and I eat a lot of salmon. One night while in a rush to get dinner on the table, I created this meal. It's a keeper! You can also include sliced zucchini, small cauliflower florets, or fresh green beans. Elizabeth Gramham, Gig Harbor, Washington Nutrition Facts: 1 serving: 357 calories, 23g fat (9g saturated fat), 85mg cholesterol, 388mg sodium, 7g carbohydrate (4g sugars, 2g fiber), 31g protein. Diabetic Exchanges: 4 lean meat, 1-1/2 fat, 1 vegetable. This easy sheet pan dinner idea is perfect for nights that you need something thats home-cooked and healthy, but not a lot of work. If you dont have rosemary, use another fresh herb, like thyme or oregano, instead. 26/67 Pasta with Prosciutto Recipe photo by Jackie Alpers for Taste of Home Total Time 20 min Servings 6 servings From the Recipe Creator: I love quick, simple pasta dishes, and this is one of my favorites. I prepare a tossed green salad while the pasta cooks and serve up a lovely light supper in minutes! Laura Murphy-Ogden, Charlotte, North Carolina Nutrition Facts: 1-1/3 cups: 461 calories, 16g fat (4g saturated fat), 36mg cholesterol, 802mg sodium, 58g carbohydrate (3g sugars, 3g fiber), 22g protein. 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