



Mom to Mom Nutrition



5
INGREDIENT
SKILLET
DINNER



1

2

3

4

5

5 Ingredients for the Perfect Skillet Dinner

(pick one from each category)

MEAT

14-20 oz sliced thin: pork chops, chicken breasts, sirloin steaks

SEASONING

1-2 tbsp: pepper, italian seasoning, parmesan cheese, dried oregano, basil

VEGETABLES

4 cups: green beans, sliced mushrooms, broccoli florets, canned tomatoes

SAUCE

1/2 cup: chicken broth, marinara sauce, curry sauce

PASTA

1 cup: farfalle, penne, rotini, orzo, egg noodles *(optional)*

Cook pasta, set aside. Heat non-stick skillet to medium-high heat. Add meat and cook until done. Remove from pan. Add seasonings, veggies, and sauce. Cook until veggies are tender. Return meat and pasta to skillet to heat through. Toss to coat and serve warm.

For more delicious recipes head over to <http://momtomomnutrition.com>