

# crispy garlic parmesan roasted broccoli

Big Bears's WIFE

RECIPES • TRAVEL • REAL LIFE SAVORING DAYS

PREP TIME: 5M

COOK TIME: 20M

TOTAL TIME: 25M

YIELD: ABOUT 2 CUPS

INGREDIENTS

INSTRUCTIONS

3 - 4 tablespoons olive oil

3 cloves garlic, minced

1/2 teaspoon seasoning salt

3/4 cup shredded Parmesan cheese

3 cups chopped broccoli florets

Preheat oven to 400F.

Line a baking pan with foil or parchment paper for easy clean up.

In a medium bowl, combine the olive oil, minced garlic and seasoning salt.

Toss broccoli in until completely coated.

Toss in 1/2 cup cheese and stir well.

Lay broccoli out onto the baking sheet.

Sprinkle with 1/4 cup cheese.

Bake in preheated oven for 15-20 minutes or until cheese is crispy, or cook for about 10-15 minutes for less crispy cheese.



<https://www.bigbearswife.com/crispy-garlic-parmesan-roasted-broccoli/>

# cajun shrimp cauliflower rice bowls

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PREP TIME 10 minutes

COOK TIME 20 minutes

TOTAL TIME 30 minute

YIELD: 4-6 SERVINGS

INGREDIENTS

INSTRUCTIONS

2 tablespoons Mazola® Corn Oil

12 ounces Jumbo Shrimp, cleaned with shells removed

1 Medium Zucchini, sliced thin and then quartered

1 Medium Yellow Squash, sliced thin and then quartered

18 ounces cherry tomatoes, halved

3 teaspoons Cajun seasoning

3 cups cooked cauliflower rice

fresh parsley

Add corn oil to a large skillet. Heat over medium heat and add shrimp.

Season shrimp with 1 teaspoon Cajun seasoning.

Sauté shrimp for 3-4 minute until shrimp is pink and slightly curled.

Remove shrimp from pan and set aside.

Add zucchini, yellow squash and cherry tomatoes to skillet.

Season mixture with 2 teaspoons Cajun seasoning.


Stir, cover and cook 15 -20 minutes.

Check zucchini with a fork, if tender, it's done and ready to plate.

Stir shrimp into zucchini, squash and tomato mixture.

To plate: scoop 1/2 cup cooked cauliflower rice into a bowl, top with 1/2 cup Cajun shrimp mixture.

Sprinkle with fresh parsley and serve



<https://www.bigbearswife.com/cajun-shrimp-cauliflower-rice-bowls/>

# banana peanut butter hot chocolate

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RECIPES • TRAVEL • REAL LIFE SOUTHERN LIVING

PREP TIME 5 minutes

COOK TIME 5 minutes

TOTAL TIME 10 minutes

YIELD: 1 SERVING

INGREDIENTS

1/2 ripe banana

1 tablespoon creamy peanut butter

1 Swiss Miss® Milk Chocolate Hot Cocoa Mix Envelope

1 cup milk, heated

Reddi-wip® Original Dairy Whipped Topping, 13oz Can

INSTRUCTIONS

Toss the banana half into a mug and use a fork and mash it. You'll want to use a ripe banana so it's soft because you really want to mash it well, plus super ripe bananas always have the most banana flavor.

Mash the banana until it's a smooth as possible.

Grab a tablespoon of peanut butter and toss that into the mashed banana.

Stir it up to create the banana peanut butter flavor base.

Pour the Swiss Miss® into the banana peanut butter mixture.


Stir all of that together until it almost looks like brownie batter.

Now, fill the mug with warm milk.

Stir everything together while the banana, peanut butter and Swiss Miss® Milk Chocolate Flavor Hot Cocoa Mix dissolve into the warm milk.

To finish off this amazing drink, fill the top of your warm mug of Banana Peanut Butter Hot Chocolate with ribbons of Reddi-wip® and top it with a banana slice for a little extra touch!

<https://www.bigbearswife.com/banana-peanut-butter-hot-chocolate/>



# oven roasted carrots

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RECIPES • TRAVEL • REAL LIFE SOUTHERN LIVING

PREP TIME 15 minutes

COOK TIME 30 minutes

TOTAL TIME 45 minutes

YIELD: 4 SERVINGS

INGREDIENTS

2 pounds carrots

3 tablespoons extra virgin olive oil

1/2 teaspoon black pepper

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/2 teaspoon Italian seasoning

INSTRUCTIONS

Preheat oven to 425.

Wash and Peel Carrots.

Cut carrots in half and then in half again in the opposite directions.

Spread on baking sheet.


Drizzle with olive oil and sprinkle with seasonings.

Toss to coat.

Roast in oven for 30 minutes. Check to see if carrots are tender.

If not, continue cooking, checking every 5 minutes until fork tender.

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# 1980s slow cooker chicken and stuffing

PREP TIME 5 minutes

COOK TIME 6 hours

TOTAL TIME 6 hours 5 minutes

YIELD: 4 SERVINGS

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INGREDIENTS

3 -4 boneless, skinless chicken breasts

1 can (10 or so ounces) cream of chicken soup

1/3 cup milk

1 box (6 ounces) stuffing mix

1 2/3 cups chicken broth

INSTRUCTIONS

Place chicken breasts into bowl of slow cooker.

In a bowl, whisk together cream of chicken soup and milk. Spread over chicken.

Add stuffing mix and chicken broth to bowl and mix.

Spoon stuffing over chicken.

Cover and cook on low for 6 hours



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