

## Slow Cooker Pulled Pork

1 can Cola (355 ml)  
¼ cup Brown sugar, packed  
1 tbsp Chili powder  
1 tbsp Paprika  
2 tsp Garlic powder

2 tsp Salt  
1 tsp pepper  
2 Large onions, sliced  
1 Bottle of BBQ sauce  
5-6 lb pork shoulder or pork loin  
Hamburger buns



- 1 Mix the spices together in a small dish.
- 2 Place the pork roast in the slow cooker. Pour the cola ovetop of the roast. Sprinkle the spice mix ovetop of the roast, coating the outside of the roast as much as possible.
- 3 Add the sliced onions to the slow cooker. Cook the roast for 4 hours on high, or 6-8 hours on low.
- 4 20 minutes before you're ready to serve remove the roast from the slow cooker and remove any large pieces of fat. Shred the rest of the roast with 2 forks.
- 5 Add the bottle of BBQ sauce (I used Sweet Baby Ray's, its our family's favorite) to the liquid in the slow cooker and return the shredded meat to the slow cooker. Stir the meat so it's completely coated in sauce.
- 6 Toast your buns if you wish and spoon the shredded pork onto the buns. Top with coleslaw if you like and serve.

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## Honey Sesame Chicken Stir Fry

### Sauce

1/4 cup Chicken stock or water  
1/4 cup Soy sauce, reduced sodium  
1/4 cup Honey  
1 tbsp Sesame oil  
½ tsp Red pepper flakes (optional)  
1 tsp Garlic, minced  
1 tsp Cornstarch

### Stir Fry

1 cup Uncooked rice  
1 tbsp Olive oil  
2 cup Broccoli, chopped bite size  
2 cups Sugar peas  
1 Pepper (red or yellow) chopped  
2 cups Baby bok choy, cut in half  
2 Large chicken breasts  
Salt & pepper  
Sesame seeds (optional for garnish)



- 1 Combine the all the sauce ingredients together in a bowl or mason jar and mix well. Set aside.
- 2 Cook rice as per instructions on package. You can also use quinoa, rice noodles or egg noodles.
- 3 Prepare all the vegetables by washing and chopping into pieces. Cut the raw chicken into 1 inch pieces. Season the chicken with salt and pepper. Set everything aside.
- 4 Heat a stir fry pan or large frying pan over medium heat. Add the olive oil to the pan and then the chicken. Cook for about 10 minutes until completely cooked through. Pour in the sauce and cook until thicken. Add the vegetables to the pan and cook for about 3 minutes, until tender crisp. Toss to ensure everything is evenly coated.
- 5 Serve over the cooked rice or noodles. Spoon any extra sauce on top.  
Garnish with sesame seeds if desired.

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### Pulled Pork topped Sweet Potatoes

1 can	Cola (355 ml)	2 tsp	Salt
¼ cup	Brown sugar, packed	1 tsp	pepper
1 tbsp	Chili powder	2	Large onions, sliced
1 tbsp	Paprika	1	Bottle of BBQ sauce
2 tsp	Garlic powder		5-6 lb pork shoulder or pork loin
			4-5 sweet potatoes, scrubbed clean



- 1 Mix the spices together in a small dish. Sprinkle the spice blend all over the outside of the roast.
- 2 Add the can of cola to your slow cooker. Place the pork shoulder roast in the slow cooker. Arrange the sliced onions around the roast.
- 3 Cook the roast for 4-6 hours on high, or 6-8 hours on low. The pork shoulder should pull apart easily with a fork when it's done cooking.
- 4 About an hour before the pork is ready, preheat the oven to 375 °F and scrub down the sweet potatoes. Using a fork pierce the potato all over then wrap the potato tightly in foil. Place the foil wrapped sweet potatoes on a baking sheet and cook until soft, approximately one hour.
- 5 Twenty minutes before you're ready to serve the meal, remove the pork shoulder from the slow cooker and remove any large pieces of fat. Shred the rest of the roast with 2 forks. Return the shredded pork back to the slow cooker and mix with the juices.
- 6 Add the bottle of BBQ sauce to the slow cooker and stir until the meat is completely coated in the BBQ sauce. Some people prefer more sauce than others. Serve any extra BBQ sauce alongside on the table.
- 7 When you are ready to serve, cut the sweet potatoes in half. Pile the shredded pork on top of the sweet potato.

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### Chicken Florentine Casserole

1 tbsp	Butter	1 cup	Half and half
8 oz	Fresh mushrooms, sliced	½ cup	Parmesan cheese, grated
4 cups	Fresh baby spinach	1 tsp	Basil
4	Skinless, boneless chicken breasts	1 tsp	Oregano
½ cup	Butter	1/2 tsp	Salt
1 tbsp	Minced garlic	4	Slices bacon, cooked & crumbled (or ¾ cup bacon bits)
1 tbsp	Lemon juice	2 cups	Mozzarella cheese, shredded
1	Can of condensed cream of chicken soup (10.75 oz)		Your choice of pasta



- 1 Preheat the oven to 400 degrees F. Grease a casserole dish and set aside.
- 2 Melt the butter in a large frying pan. Add the sliced mushrooms and cook until tender. Add the spinach and cook until wilted. Transfer the mushrooms and spinach to the casserole dish.
- 3 Place the sliced chicken breasts over top of the spinach.  
In a separate sauce pan, melt ¼ cup butter over medium heat. Add the minced garlic and cook for about 30 seconds until fragrant. Stir in the lemon juice, can of soup, half and half and parmesan cheese until well combined. Add basil, oregano and salt. Pour the sauce overtop of the chicken. Cover with foil.
- 4 Bake in the oven for about 40 minutes until chicken is cooked through. Remove the foil and sprinkle bacon pieces on top of the sauce, then the cheese. Bake for an additional 10 minutes until the cheese is crispy. Use the broiler if you would like extra crispy cheese.
- 5 While chicken is cooking, bring a pot of water to a boil and cook pasta as per package instructions. Serve the chicken along side pasta.

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### BBQ Chicken Flatbread Pizza

- 4 Naan breads
- 1 cup Favorite BBQ sauce, divided
- 2 cups Cooked chicken, shredded
- ½ cup Red pepper, thinly sliced
- ½ cup Red onion, thinly sliced
- 2 cups Mozzarella cheese

This is only a guideline; this recipe can be modified to suit your preferences.



- 1 Preheat your oven to 400 F.
- 2 Lay your naan breads on a cookie sheet. You may need to use 2 depending on the size of your cookie sheet.
- 3 Place shredded chicken in a bowl and mix with ½ cup of BBQ sauce. Add additional sauce if you wish.
- 4 Spoon about 2 tablespoons of BBQ sauce onto each of the flat breads and spread around with the back of a spoon. Try to cover as much of the bread as possible.  
Layer the shredded chicken on top of the naan breads, distributing about ½ cup of chicken on each of the breads.
- 5 Top with the thinly sliced red pepper and red onion. Sprinkle about ½ cup of shredded cheese on each flatbread pizza.
- 6 Bake your BBQ Chicken Flatbreads in the oven for about 15 minutes, until cheese is melted and bubbly. Crust should also be crispy on the bottom.

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### Tomato Pesto Flatbread

- 4 Naan breads
- 1 cup Pesto sauce
- 2 Large tomatoes, thinly sliced
- 2 cups Mozzarella cheese, shredded



- 1 Preheat your oven to 400 F.
- 2 Lay your naan breads on a cookie sheet. You may need to use 2 depending on the size of your cookie sheet.
- 3 Spoon about ¼ cup of pesto on to each naan bread and spread it around with the back of the spoon.
- 4 Slice your tomatoes thin and place them on your naan breads.
- 5 Sprinkle about ½ cup of shredded cheese on each flatbread pizza.
- 6 Bake your Tomato Pesto Flatbreads in the oven for about 15 minutes, until cheese is melted and bubbly. Crust should also be crispy on the bottom.

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