

20 Minute Recipes for the Busy Woman



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FITNESS + NUTRITION EXPERT



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PAN SEARED CHICKEN WITH TOMATOES AND OLIVES

- 2 teaspoons extra-virgin olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon finely chopped basil
- 1 tablespoon balsamic vinegar
- 1 cup cherry tomatoes, quartered
- 1/3 cup chopped pitted olives

Heat a grill pan over medium-high heat. Add 1 teaspoon oil and swirl to coat pan with oil. Sprinkle chicken with salt and pepper. Add chicken to pan and cook 6 minutes on each side or until done.

While chicken cooks, combine remaining 1 teaspoon olive oil, basil, and vinegar in a medium bowl, stirring with a whisk. Add cherry tomatoes and olives; toss to coat. Serve relish with chicken.

SAUSAGE AND BROCCOLI RABE

- 1 bunch broccoli rabe, tough stems trimmed
- 1 package (12 oz) fully cooked Roasted Pepper and Asiago or Italian-style chicken sausage links
- 2 tablespoons olive oil
- 1 sweet red pepper, cored, seeded and cut into 1-inch pieces
- 2 cloves garlic, sliced
- 1/2 teaspoon salt

Bring a large pot of lightly salted water to a boil. Add broccoli rabe and cook 1-3 minutes. Remove to a strainer with a slotted spoon.

Cut sausages into 1/4-inch-thick slices and heat oil in a large skillet over medium-high heat. Add sausage, pepper and garlic and sauté 4 minutes. Squeeze liquid from broccoli rabe. Cut into 2-inch pieces and add to skillet. Sauté 2 minutes and season mixture with 1/8 tsp of the salt. Plate and serve.

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GRILLED BEEF WITH BASIL PUREE OVER TUSCAN BEANS

- 1 teaspoon fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1 1/2 cups loosely packed fresh basil leaves
- 3 garlic cloves
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- Nonstick cooking spray
- 1 pound 1-1/2-inch-thick sirloin steak, cut into 4 portions
- 2 15.5-ounce cans white beans, rinsed and drained
- 1 cup grape tomatoes, halved
- 1 tablespoon finely chopped red onion

In a food processor, combine the lemon juice, olive oil, 1 cup of the basil leaves, 1 garlic clove, 1/2 teaspoon of the salt, and 1/4 teaspoon of the black pepper. Puree until smooth; set aside.

Heat a grill to medium high and mist with cooking spray. Halve one garlic clove and rub the steaks with its cut sides. Season meat with 1/4 teaspoon each of the salt and black pepper. Grill 5 to 6 minutes a side.

Mince remaining garlic and sauté in pan coated with nonstick spray over medium-low heat for 2 minutes; let cool slightly. In a medium bowl, combine the white beans, tomatoes, red onion, remaining salt and black pepper, and sautéed garlic. Tear up remaining basil and combine with bean mixture.

Divide beans among four plates and top with steak. Add basil puree and serve.

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PAN-SEARED SCALLOPS WITH LEMON VINAIGRETTE

12 ounces sea scallops, thawed if frozen
2 lemons
3 tablespoons olive oil
1 pound asparagus spears, trimmed and cut into 2-inch pieces
1 medium red onion, cut into wedges
Salt, to taste
Black pepper, to taste
2 to 3 fresh basil sprigs, including stems
2 tablespoons fresh basil leaves, cut into strips (optional)

Rinse the scallops and pat dry. Set aside.

With a sharp knife, cut one lemon lengthwise in four sections and remove the peel from each section. Cut the peel into very thin strips and set aside. Squeeze 2 tablespoons of juice from the lemon and put to the side.

Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the asparagus and onion and cook for 2 to 3 minutes; season to taste with the salt and black pepper. Transfer to a serving platter and keep warm.

Combine the lemon peel, basil sprigs, and remaining 2 tablespoons of olive oil in the skillet. Cook for 1 minute or until heated through. Remove the lemon peel and basil sprigs with a slotted spoon, leaving the oil in the skillet; discard.

Cook the scallops in the hot oil for 3 to 5 minutes or until opaque, turning once. Stir in the reserved lemon juice. Season to taste with salt and black pepper.

Place the scallops over the asparagus mixture. Cut the remaining lemon into wedges. Garnish the scallops with the wedges and, if desired, the fresh basil.

CHIPOTLE BURGER ON SWEET POTATO “BUN”

1 pound(s) beef, ground
1 teaspoon(s) chipotle, ground
1 teaspoon(s) paprika
1/2 teaspoon(s) garlic powder
1/2 teaspoon(s) onion powder
1/2 medium sweet potato(es), cut into 1/4 inch slices
1 medium onion(s), cut into 1/4 inch slices
1 tablespoon(s) olive oil
toppings of choice for burger, like tomatoes, micro greens, lettuce and avocado
1/8 teaspoon(s) sea salt
1/8 teaspoon(s) black pepper

Mix the beef with the seasonings and season with salt and pepper. Form into 4 patties. Preheat a gas or charcoal grill to medium heat. Brush the sweet potato and onion slices with olive oil and season with salt and pepper. Grill the burgers alongside the sweet potatoes, until both are cooked through and sweet potatoes are tender.

To serve, place a grilled sweet potato on a plate. Top with the onions and then a burger. Top with desired toppings and enjoy with a knife and fork.

COCONUT CHICKEN

1 pound(s) chicken breast(s), boneless, skinless
1/4 cup(s) almond flour
1/4 cup(s) coconut, unsweetened shredded
1/8 teaspoon(s) sea salt
1 large egg(s)
2 tablespoon(s) coconut oil

Mix almond flour, shredded coconut and sea salt together in a bowl. Beat egg in separate bowl. Dip chicken breast in egg and roll in dry mixture. Heat a frying pan over medium heat and add coconut oil when hot. Pan fry chicken until fully cooked. If the crust starts to brown and your chicken isn't fully cooked yet (this will depend on the size of the chicken breast), take it out of the pan and place it in the oven on a baking sheet at 350 F for 5-10 minutes covered with foil.

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GRILLED PORK CHOPS WITH SEAMAE SLAW

8-ounce bone-in pork chops (about 1 inch thick)
kosher salt and black pepper
1/4 cup orange juice
2 tablespoons extra-virgin olive oil
2 tablespoons rice vinegar
2 teaspoons sesame seeds
1 tablespoon honey
1 small head Napa or green cabbage, thinly sliced (about 6 cups)
1 cup fresh cilantro leaves

Heat grill to medium-high.
Season the pork with $\frac{3}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Grill until cooked through, 6 to 7 minutes per side.

Meanwhile, in a large bowl, combine the orange juice, oil, vinegar, sesame seeds, honey, and $\frac{3}{4}$ teaspoon salt. Add the cabbage and cilantro and toss to combine. Serve with the pork chops.

CUCUMBER DILL CHICKEN

3 tablespoon extra-virgin olive oil
3 tablespoons fresh lemon juice
Salt and Pepper
3 pound rotisserie chicken, sliced
1 cucumbers sliced
1/2 small sweet onion, thinly sliced
2 tablespoons chopped fresh dill
1/2 cup plain Greek yogurt (optional)

In a large bowl combine oil, lemon juice, $\frac{3}{4}$ teaspoon salt an $\frac{1}{4}$ teaspoon pepper. Fold in chicken, cucumber, onions and dill. Plate and serve with yogurt on the side (optional)

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WHITE BEAN AND TUNA (OR SALMON)

- 1 tablespoon olive oil
- 19 ounce can cannelloni beans, rinsed
- 2 pickles, cut into bite size pieces
- 1 small red onion, thinly sliced
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2- 6 ounce cans tuna, drained (or salmon)

In a large bowl, combine beans, pickles onion, vinegar and olive oil, salt and pepper. Divide mixture into bowls and top with tuna or salmon.

SHRIMP WITH TOMATOES OLIVES

- 1 cup quinoa
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 28 ounce can diced tomatoes, drained
- 3/4 cup pitted green olives
- 1/2 cup dry white wine
- salt and pepper
- 1 pound medium shrimp, peeled and deveined

Cook the quinoa according to the directions on package.

Heat oil in a large saucepan over medium-high heat. Add the onion and cook, stirring occasionally, approximately for 4 minutes. Add the tomatoes, olives, wine, 1/2 teaspoon salt, ad 1/4 teaspoon pepper. Simmer, stirring occasionally, until slightly thickened, 4 to 6 minutes. Add shrimp and cover. Cook until the shrimp are cooked through, 3 to 5 minutes. Serve over quinoa.

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GINGER SALMON AND GRILLED PEACHES

- 1 tablespoon rice vinegar
- 1 tablespoon grated fresh ginger
- 1 teaspoon fresh thyme leaves
- 4 tablespoons extra-virgin olive oil
- salt and pepper
- 2 medium red onions, cut into wedges
- 3 peaches, cut into wedges
- 4 6-ounce salmon steaks (about 1 inch thick)

Heat grill to medium-high. In a small bowl, combine the vinegar, ginger, thyme, 3 tablespoons of the oil, and 1/4 teaspoon each salt and pepper. Set aside.

In a large bowl, gently toss the onions, peaches, remaining 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Grill the salmon and onion until salmon is opaque throughout and onions are tender, 5 to 6 minutes per side. After flipping the salmon, place the peaches on the grill and cook until tender, 3 to 4 minutes per side.

SEARED SKIRT STEAK WITH MUSHROOM SALAD

- 3 tablespoon fresh lemon juice
- 4 tablespoons extra-virgin olive oil
- kosher salt and pepper
- 8 ounce package sliced mushrooms
- 1/2 cup fresh parsley leaves, chopped
- 1 1/4 pounds skirt steak

In a large bowl, combine the lemon juice, 3 tablespoons of the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the mushrooms and parsley and toss.

Cut the steak into pieces as necessary to fit in a large skillet. Season with 1/2 teaspoon each salt and pepper.

Heat the remaining oil in the skillet over medium-high heat. Cook the steak to the desired doneness, 4 to 5 minutes per side for medium-rare. Slice the steak and serve with the mushroom salad.

CHILI-RUBBED STEAKS WITH SALSA

8 ounces 1/2-inch-thick steaks, such as rib-eye, trimmed of fat and cut into portions

- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt, divided
- 1 teaspoon extra-virgin olive oil
- 2 plum tomatoes, diced
- 2 teaspoons lime juice
- 1 tablespoon chopped fresh cilantro

Sprinkle both sides of steak with chili powder and 1/4 teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

Add tomatoes, lime juice and the remaining 1/4 teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

SICILIAN OLIVE CHICKEN

- 1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning
- 1 1/2 cups frozen chopped spinach, thawed
- 1/3 cup halved Sicilian or other green olives
- 1 tablespoon capers, rinsed
- 1/4 teaspoon crushed red pepper, or to taste
- 4 4-ounce chicken cutlets
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil

Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

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SAUSAGE AND POLENTA WITH MARINATED PEPPERS

2 tablespoons fresh lime juice
1 tablespoon olive oil, plus more for the grill
2 teaspoon honey
kosher salt and black pepper
1 red bell pepper, thinly sliced
1 small red onion, thinly sliced
8 small links Italian sausage (about 1 1/2 pound total)
1 pound store-bought cooked polenta, sliced into thick rounds

Heat grill to medium-high. In a large bowl, whisk together the lime juice, oil, honey, teaspoon salt, and 1/4 teaspoon black pepper until the honey is dissolved.

Add the bell pepper and onion and let sit, tossing occasionally, for 15 minutes. Meanwhile, grill the sausages, turning occasionally, until charred and cooked through, 10 to 12 minutes. During the last 6 minutes of cooking, oil the grill and add the polenta.

Grill the polenta until charred and heated through, 2 to 3 minutes per side. Serve with the sausages and vegetables.