



# BUDGET BYTES COLLECTIONS

Top 10

Most Popular

Recipes

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## Top 10 Most Popular Recipes

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# BUDGET BYTES COLLECTIONS

## Top 10 Most Popular Recipes

Thank you for joining the Budget Bytes mailing list! As part of this list, you'll receive each new blog post via email, so you'll never miss a recipe. Please enjoy this free collection of the Top 10 Budget Bytes recipes of all time as a personal "Thank You" for joining me. Each of these recipes, along with every recipe on BudgetBytes.com, is designed to be big on flavor, yet low on cost. If you're new to Budget Bytes, this collection of recipes is a great place to start.

Keep this file saved conveniently on your phone, computer, or tablet for easy access to your favorite recipes without the need for an internet connection. Or, print each recipe and save them in a dedicated recipe binder. To save ink, remember to choose the black and white option in your print settings.

And remember, all of these recipes are also available online at BudgetBytes.com with step-by-step photos, if needed. The links to the online versions can be found in your e-book at the bottom of each recipe page, or by simply clicking the recipe titles.

Happy Cooking,  
Beth



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# EASY OVEN FAJITAS

Serves 4 | 55 min.

## Ingredients

### SEASONING

- 1 Tbsp chili powder
- ½ Tbsp paprika
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp cumin
- ⅛ tsp cayenne pepper
- 1 tsp sugar
- ½ tsp salt
- ½ Tbsp corn starch

### FAJITAS

- 1 yellow onion
- 2 green bell peppers
- 1 red bell pepper
- 1 lb. boneless, skinless chicken breast
- 2 Tbsp vegetable oil
- 1 lime
- 8 6-inch tortillas
- ½ cup sour cream (optional)
- ¼ bunch cilantro (optional)

## Directions

1. Preheat the oven to 400°F. Prepare the fajita seasoning by combining all seasoning ingredients (chili powder, paprika, onion powder, garlic powder, cumin, cayenne pepper, sugar, salt, and corn starch) in a small bowl; Mix and set aside.
2. Slice the onion and bell peppers into ¼ inch to ½ inch strips and place them in a 9×13 inch casserole dish. Slice the chicken breast into ½ inch strips and add them to the casserole dish with the vegetables.
3. Drizzle the vegetable oil over the vegetables and chicken, then sprinkle the prepared seasoning over the top. Toss the vegetables and chicken with your hands until everything is coated evenly with oil and seasoning.
4. Transfer the baking dish to the preheated oven and bake for 35-40 minutes, stirring once halfway through. Remove from the oven when the chicken strips are cooked through and the vegetables have browned on the edges. Squeeze fresh lime juice over the baked meat and vegetables.
5. To serve place a small amount of the baked meat and vegetables to each tortilla, top with a dollop of sour cream, add a few sprigs of fresh cilantro, and enjoy your Easy Oven Fajitas!

# DRAGON NOODLES

Serves 2 | 15 min.

## Ingredients

- 4 oz. lo mein noodles
- 1 Tbsp brown sugar
- 1 Tbsp soy sauce
- 1 Tbsp sriracha hot sauce
- 2 Tbsp butter
- ¼ tsp crushed red pepper
- 1 large egg
- 1 handful fresh cilantro
- 1 green onion

## Directions

1. Fill a medium sauce pot with water and bring to a boil over high heat. Once boiling, add the noodles and cook according to the package directions, or until tender (about 5-7 minutes). Drain the cooked noodles in a colander.
2. While the noodles are cooking, prepare the Dragon Sauce. Stir together the brown sugar, soy sauce, and sriracha in a small bowl.
3. Slice the green onions and pull the cilantro leaves from the stems. Set the green onions and cilantro aside.
4. Melt the butter in a large skillet over medium-low heat. Add the crushed red pepper flakes to the butter as it melts. Briefly whisk the egg in a bowl with a fork, then add it to the melted butter. Cook the egg, stirring gently, just until the egg is set, then turn off the heat.
5. Add the cooked and drained noodles and the prepared dragon sauce to the skillet. Toss the noodles in the skillet until they are coated with sauce and mixed with the cooked egg.
6. To serve, top the Dragon Noodles with sliced green onion and fresh cilantro leaves.

# TACO CHICKEN BOWLS

Serves 8 | 8 hrs. 10 min.

## Ingredients

- 1½ lbs. boneless, skinless chicken breasts
- 15 oz. can black beans
- 16 oz. jar salsa
- ½ lb. frozen corn kernels
- 2 cloves garlic
- 1 Tbsp chili powder
- ½ Tbsp cumin
- ½ tsp dried oregano
- ¼ tsp cayenne pepper
- ¼ tsp salt
- freshly-cracked pepper
- 6 cups cooked rice
- 8 oz. shredded cheddar cheese
- ½ bunch cilantro (optional)

## Directions

1. Place the chicken breasts in the bottom of a 5 quart or larger slow cooker. Drain the can of black beans, then add them to the slow cooker along with the salsa, and frozen corn (no need to thaw). Mince the garlic and add it to the slow cooker. Finally, add the chili powder, cumin, oregano, cayenne pepper, salt, and a little freshly-cracked pepper (5-10 cranks of a pepper mill). Briefly stir all the ingredients in the slow cooker.
2. Place the lid on the slow cooker, turn the heat to low, and cook for eight hours (or cook on high for four hours).
3. Once cooked, carefully remove the lid and stir the contents of the slow cooker with a large spoon. The chicken should be so tender that it shreds easily when stirred. If needed, use two forks to pull the chicken into finer shreds.
4. To serve your Taco Chicken Bowls, place ¾ cup warm rice in the bottom of a bowl, then add one cup of the slow-cooked chicken mixture, followed by some shredded cheddar and fresh cilantro.

# SPINACH & MUSHROOM CRUSTLESS QUICHE

Serves 6 | 45 min.

## Ingredients

- 10 oz. box frozen chopped spinach, thawed
- 8 oz. fresh button mushrooms
- 1 clove garlic
- pinch of salt and pepper
- 2 oz. feta cheese
- 4 large eggs
- 1 cup milk
- ¼ cup grated Parmesan
- ½ cup shredded mozzarella

## Directions

1. Preheat the oven to 350°F. Squeeze the excess moisture from the thawed spinach. Rinse any dirt or debris from the mushrooms, then slice thinly.
2. Mince the garlic and add the sliced mushrooms along with a pinch of salt and pepper to a non-stick skillet spritzed lightly with non-stick spray (or a splash of cooking oil). Sauté the mushrooms and garlic until the mushrooms are soft and all of their moisture has evaporated away (5-7 minutes).
3. Coat a 9-inch pie dish with non-stick spray. Place the prepared spinach in the bottom of the pie dish. Place the sautéed mushrooms on top of the spinach, followed by the crumbled feta.
4. In a medium bowl, whisk together the eggs, milk, and Parmesan, and season lightly with pepper. Pour the egg mixture over the vegetables and feta in the pie dish. Top with shredded mozzarella.
5. Place the pie dish on a baking sheet for easy transfer in and out of the oven. Transfer your Crustless Quiche into the preheated oven and bake for 45-55 minutes, or until the top is golden brown.
6. To serve your Spinach and Mushroom Crustless Quiche, divide it into six slices, share and enjoy.

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# GLAZED PORK CHOPS

Serves 4 | 25 min.

## Ingredients

- ¼ cup brown sugar
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- 4 thick-cut boneless pork chops
- 2 Tbsp olive oil

## Directions

1. Preheat the oven to 350°F. In a small bowl, combine the brown sugar, cayenne pepper, garlic powder, paprika, salt, and black pepper.
2. Remove the pork chops from their package and rub the seasoning mixture over all sides of each chop. The moisture from the meat will help the seasoning to adhere to the surface.
3. Heat olive oil in a large, oven-safe skillet over a medium flame. When the oil begins to shimmer, add the pork chops. Cook the chops for about 5 minutes on each side, until nicely browned.
4. Transfer the skillet to the preheated oven for another 5-10 minutes to finish cooking. Test the chops with a meat thermometer to make sure the internal temperature has reached 165°F. Cook longer if needed.
5. To serve your Glazed Pork Chops, dredge the chops through the sticky sweet pan glaze just before serving.

# SUMMER VEGETABLE TIAN

Serves 6 | 45 min.

## Ingredients

- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp olive oil
- 1 zucchini
- 1 yellow squash
- 1 potato
- 1 tomato
- 1 tsp dried thyme
- salt & pepper to taste
- 1 cup shredded Italian cheese blend

## Directions

1. Preheat the oven to 400°F. Finely dice the onion and mince the garlic. Sauté the onion and garlic with olive oil over medium heat until the onions are soft and transparent (about 5 minutes).
2. While the onion and garlic are sautéing, thinly slice the remaining vegetables. Make sure to slice the potatoes thinly to ensure even cooking.
3. Coat the inside of an 8x8 inch casserole dish with non-stick spray. Spread the sautéed onion and garlic in the bottom of the dish. Line up the vegetable slices in the casserole dish in an alternating pattern (tomato, zucchini, yellow squash, potato; repeat). Season the top of the vegetables generously with salt, pepper, and dried thyme.
4. Cover the dish with foil and bake in the preheated oven for 30 minutes. Remove the foil and top with the shredded cheese. Bake for an additional 15-20 minutes, or until the cheese is golden brown.
5. Serve your Summer Vegetable Tian alongside your favorite grilled meat or with a rice pilaf as part of a flavorful vegetarian meal.

# ITALIAN WONDERPOT

Serves 6 | 25 min.

## Ingredients

- 4 cups vegetable broth
- 12 oz. fettuccine
- 28 oz. can diced tomatoes
- 2 Tbsp olive oil
- 8 oz. frozen chopped spinach
- 1 yellow onion
- 4 cloves garlic
- ½ Tbsp dried basil
- ½ Tbsp dried oregano
- ¼ tsp crushed red pepper
- freshly-cracked pepper (to taste)
- ⅓ cup grated Parmesan

## Directions

1. Add the vegetable broth to a large pot. Break the fettuccine in half and add it to the pot along with the diced tomatoes (with juice), olive oil, and frozen spinach (no need to thaw). Thinly slice the onion and mince the garlic, then add them to the pot along with the basil, oregano, crushed red pepper, and some freshly-cracked pepper (10-15 cranks of a pepper mill).
2. Stir the contents of the pot briefly, then submerge the pasta under as much liquid as possible. Place a lid on the pot and place over high heat. Allow the liquid to reach a full boil. Stir the contents to loosen any pasta that may have stuck, return the lid, and turn the heat down to low.
3. Let the pot simmer gently over low heat, stirring occasionally, for 10-15 minutes, or until most of the liquid has absorbed and the pasta is tender. Make sure the pot is simmering the entire time, turning the heat up slightly if needed to maintain a simmer.
4. To serve, divide your Italian Wonderpot into serving bowls and top with grated Parmesan.

# GREEK MARINATED CHICKEN

Serves 4-8 | 1hr. 45 min.

## Ingredients

- 4 cloves garlic
- 1 cup plain yogurt (not Greek-style)
- 2 Tbsp olive oil
- ½ Tbsp dried oregano
- ½ tsp salt
- freshly-cracked pepper
- 1 lemon
- ½ cup fresh parsley (packed)
- 8 bone-in, skin-on chicken pieces (about 4 lbs.)

## Directions

1. To make the marinade, mince the garlic and combine it with the yogurt, olive oil, oregano, salt, and some freshly-cracked pepper in a small bowl. Use a zester or fine-holed cheese grater to scrape about 1 teaspoon zest from the lemon. Add the zest and about 2 tablespoons lemon juice to the marinade. Finely chop a large handful of fresh parsley and stir it into the marinade as well.
2. Add the chicken pieces and the marinade to a gallon-sized ziplock bag and remove as much air as possible before closing. Massage the bag to mix the chicken and the marinade until all pieces are well-coated. Refrigerate the marinating chicken for 30 minutes.
3. When ready to bake the Greek Marinated Chicken, preheat your oven to 375°F. Place the chicken pieces so they are not overlapping in a large 9x13 inch casserole dish. Bake the chicken for 50-60 minutes, or until they are golden brown on top.
4. To serve, top your Greek Marinated Chicken with chopped fresh parsley or any remaining lemon zest as garnishes.

# CREAMY TOMATO SPINACH PASTA

Serves 4 | 25 min.

## Ingredients

- ½ lb. penne pasta
- 1 onion
- 2 cloves garlic
- 1 Tbsp olive oil
- 15 oz. can diced tomatoes
- ½ tsp dried oregano
- ½ tsp dried basil
- pinch red pepper flakes (optional)
- ½ tsp salt
- freshly-cracked pepper (to taste)
- 2 Tbsp tomato paste
- 1/2 cup water
- 2 oz. cream cheese
- ¼ cup grated Parmesan
- 4 oz. fresh spinach (about 3 cups)

## Directions

1. Cook the pasta according to the package directions. Drain the pasta in a colander and set it aside.
2. While the pasta is cooking, begin to make the sauce. Dice the onion and mince the garlic. Add both to a large skillet with the olive oil and cook over medium heat until the onions are soft and transparent (about 5 minutes).
3. Add the diced tomatoes (with juice), oregano, basil, red pepper flakes, salt, and some freshly-cracked pepper to the skillet, stirring to combine. Add the tomato paste and 1/2 cup water, then stir until the paste is dissolved into the sauce. Let the sauce heat through.
4. Cut the cream cheese into a few smaller pieces. Add the cream cheese to the sauce and whisk until it melts and forms a smooth, creamy sauce. Sprinkle the Parmesan over the sauce and whisk again until it has melted into the sauce.
5. Add the spinach to the sauce a handful at a time until it has fully wilted. Finally, stir in the cooked and drained pasta. Taste, and adjust the salt, pepper, or crushed red pepper as needed.
6. To serve, divide your Creamy Tomato Spinach Pasta into bowls and top with extra Parmesan, if desired.

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# EASY SESAME CHICKEN

Serves 4 | 25 min.

## Ingredients

### CHICKEN

- 1 large egg
- 2 Tbsp corn starch
- pinch of salt & pepper
- 1 lb. boneless, skinless chicken thighs
- 2 Tbsp or more vegetable oil (for frying)

### SAUCE

- 2 Tbsp soy sauce
- 1 Tbsp water
- ½ Tbsp toasted sesame oil
- 1½ Tbsp brown sugar
- 1½ Tbsp rice vinegar
- 1 inch fresh ginger
- 1 clove garlic
- 2 Tbsp sesame seeds
- 1 Tbsp corn starch

### FOR SERVING

- 4 cups cooked jasmine rice
- 2 whole green onions

## Directions

1. Whisk together the egg, corn starch, and a pinch of salt and pepper in a large bowl. Trim any excess fat from the chicken thighs and cut them into one-inch pieces. Toss the chicken pieces in the egg mixture until well coated.
2. Add the vegetable oil to a large skillet and heat over a medium-high flame. When the oil is very hot and shimmering, add the chicken pieces and all the egg mixture. Make sure the oil is very hot before adding the chicken and spread the pieces out in a single layer in the skillet.
3. Cook the chicken until golden brown on all sides (about 7-10 minutes). Stir only occasionally so as not to loosen the corn starch and egg coating.
4. While the chicken cooks, prepare the sauce. Use a small-holed cheese grater to grate the ginger. Mince the garlic. Stir together the soy sauce, water, sesame oil, brown sugar, vinegar, ginger, garlic, sesame seeds, and corn starch in a bowl.
5. Once the chicken is cooked, turn the heat down to medium-low. Pour the sauce over top, toss the chicken in the sauce and allow it to come to a simmer. Once it begins to simmer, the sauce will thicken into a shiny glaze. Turn off the heat. To serve your Easy Sesame Chicken, place the chicken over a bed of warm rice and top with sliced green onions.

# THANK YOU!

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XOXO,  
Beth