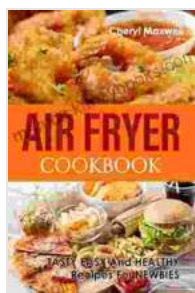


# Tasty Easy And Healthy Recipes For Newbies

Cooking for beginners can be daunting. There are so many different recipes and ingredients to choose from, and it can be hard to know where to start. That's where this book comes in.

Tasty Easy And Healthy Recipes For Newbies is the ultimate guide to cooking for beginners. It features 50 easy-to-follow recipes that are perfect for those who are just starting out in the kitchen.



## Air Fryer Cookbook: Tasty Easy And Healthy Recipes For Newbies by Amy M. Noel

★★★★☆ 4.6 out of 5

Language : English  
File size : 91601 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 402 pages



The recipes in this book are all made with simple, affordable ingredients that you can find at your local grocery store. They are also all healthy and nutritious, so you can feel good about feeding them to your family.

Whether you are a complete beginner or you just want to brush up on your cooking skills, Tasty Easy And Healthy Recipes For Newbies has something for you.

## Recipes

### Easy Chicken Stir-Fry

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh cilantro

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the chicken to the skillet and cook until browned on all sides.
3. Add the onion, green bell pepper, red bell pepper, carrots, and celery to the skillet and cook until softened, about 5 minutes.
4. In a small bowl, whisk together the soy sauce, honey, ginger, garlic powder, and black pepper.

5. Add the sauce to the skillet and cook until the chicken is cooked through, about 5 minutes more.
6. Stir in the cilantro and serve.

### **One-Pot Pasta**

- 1 pound pasta
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 (28 ounce) can diced tomatoes
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can corn, drained
- 1 (4 ounce) can diced green chiles
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup shredded cheddar cheese

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, heat the olive oil in a large pot over medium heat.

3. Add the onion and garlic to the pot and cook until softened, about 5 minutes.
4. Add the tomatoes, black beans, corn, green chiles, chili powder, cumin, salt, and black pepper to the pot and bring to a boil.
5. Reduce the heat to low and simmer for 15 minutes, or until the vegetables are heated through.
6. Add the cooked pasta to the pot and stir to combine.
7. Sprinkle the cheddar cheese on top and serve.

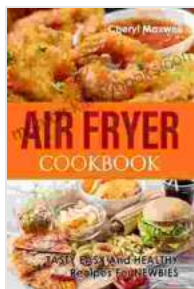
### **Sheet Pan Chicken and Veggies**

- 1 pound boneless, skinless chicken breasts
  - 1 tablespoon olive oil
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1 pound baby potatoes, halved
  - 1 pound broccoli florets
  - 1 pound carrots, chopped
1. Preheat the oven to 400 degrees F (200 degrees C).
  2. Line a baking sheet with parchment paper.
  3. Place the chicken on the prepared baking sheet and drizzle with olive oil.
  4. Season the chicken with salt and black pepper.
  5. In a large bowl, combine the potatoes, broccoli, and carrots.

6. Toss the vegetables with olive oil and season with salt and black pepper.
7. Spread the vegetables around the chicken on the baking sheet.
8. Roast for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.
9. Remove from the oven and serve.

## Slow Cooker Pulled Pork

- 1 (3- to 4-pound) pork shoulder
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (12 ounce) bottle of barbecue sauce
- 1/2 cup water
- 1/4 cup apple cider vinegar



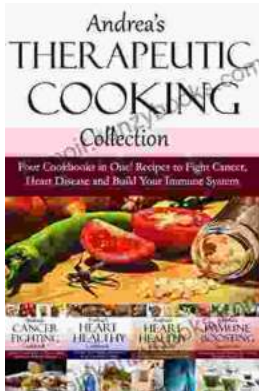
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