

DINNER

RECIPES



All content, including recipes, images, and related materials, is the exclusive property of WiseLivn Media. All rights are reserved. Unauthorized use, reproduction, distribution, or duplication of any content is strictly prohibited without explicit written permission from WiseLivn Media. This includes, but is not limited to, the recipes, photographs, and all associated media. WiseLivn Media protects its intellectual property to ensure quality and originality, and any infringement will be pursued to the fullest extent of the law.

Arrabbiata Pasta

Get ready to fire up your taste buds with this Spicy Vegan Arrabbiata Pasta! This Italian-inspired recipe is packed with bold flavors, fresh ingredients, and a spicy kick! Perfect for weeknight dinners, meal preps, or anytime you crave something comforting yet healthy. It's easy, fast, and full of vibrant taste!



Ingredients :

- 2 cups crushed tomatoes
- 4 cloves garlic, minced
- 1-2 tsp red pepper flakes
- 1 small onion
- 1/2 onion
- 8 oz pasta of choice
- Fresh basil leaves
- 2 tbsp olive oil
- Salt and pepper to taste

How To Make :

- 1 In a large pot, bring water to a boil with a pinch of salt. Add your pasta and cook according to the package instructions until al dente. Drain and set aside.
- 2 Heat olive oil in a pan over medium heat. Add minced garlic and chopped onion, sauté until softened and fragrant (about 2-3 minutes).
- 3 Add the red pepper flakes and stir for another minute to release the flavors. Adjust the amount based on your preferred spice level!
- 4 Pour in the crushed tomatoes and season with salt and pepper. Reduce the heat to low and let it simmer for 10-15 minutes, stirring occasionally.
- 5 Toss the cooked pasta directly into the sauce and mix until well coated. Add fresh basil leaves for extra aroma and flavor.
- 6 Serve hot, topped with vegan parmesan or more basil if you like. Enjoy your spicy, flavorful, and 100% vegan arrabbiata pasta!

Veggie & Tofu Stir-Fry



Want a quick, flavorful dinner that's easy to make at home? This 15-Minute Veggie & Tofu Stir-Fry is packed with vibrant veggies, crispy tofu, and a tasty homemade sauce that comes together in no time! Perfect for busy nights or anyone looking for a healthy, plant-based meal full of flavor.

Ingredients :

- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- 1 cup mushrooms, sliced
- 200g firm tofu, cubed
- 1 tbsp vegetable oil
- 1 tbsp soy sauce
- 1 tbsp lemon or lime juice
- 1/2 tsp sriracha or chili flakes (optional)
- 1 tbsp maple syrup or honey (for non-vegan)
- 1 tsp cornstarch mixed with 2 tbsp water (for thickening)

How To Make :

- 1 Pat the tofu dry with a paper towel, then cut it into cubes. Heat vegetable oil in a skillet or wok over medium heat. Add the tofu and cook until golden on all sides, then remove and set aside.
- 2 In the same pan, add a bit more oil if needed, then toss in the broccoli, bell pepper, carrot, and mushrooms. Sauté for 3-4 minutes, until the veggies are slightly tender but still crisp.
- 3 In a small bowl, mix soy sauce, lemon or lime juice, sriracha (for spice), and maple syrup or honey. Pour the sauce over the veggies and add the tofu back to the pan. Stir until everything is coated, then add the cornstarch mixture to thicken if desired.
- 4 Serve your tasty stir-fry over steamed rice or noodles, and garnish with sesame seeds or chopped green onions if desired. Enjoy this quick and healthy meal at home!

One-Pot Pasta

Indulge in the effortless delight of our One-Pot Pasta, a quick and flavorful recipe perfect for busy weeknights. Ready in just 30 minutes, this dish combines the richness of heavy cream and Parmesan cheese with the freshness of basil, all cooked in a single pot to minimize cleanup.

Ingredients :

- 2 cups crushed tomatoes
- 4 cloves garlic, minced
- 1-2 tsp red pepper flakes
- 1 small onion
- 1/2 onion
- 8 oz pasta of choice
- Fresh basil leaves
- 2 tbsp olive oil
- Salt and pepper to taste

How To Make :

- 1 Heat olive oil in a large pot over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.
- 2 Add the minced garlic and cook for another 1-2 minutes until fragrant.
- 3 Pour in the diced tomatoes, broth, and heavy cream. Stir to combine.
- 4 Add the dried basil, dried oregano, salt, and pepper. Bring the mixture to a simmer.
- 5 Add the pasta to the pot, ensuring it's submerged in the liquid. Cook according to the pasta package instructions, usually around 10-12 minutes, stirring occasionally to prevent sticking.
- 6 Once the pasta is cooked and the sauce has thickened, stir in the grated Parmesan cheese until melted and well combined.
- 7 Garnish with fresh basil and serve hot. Enjoy your quick and easy one-pot pasta dinner!



Chicken Fettuccine Alfredo



Looking for a rich, creamy, and mouth-watering pasta dish? Look no further! This Chicken Fettuccine Alfredo recipe is super easy to make and is perfect for any occasion. Indulge in a comforting bowl of creamy goodness with tender chicken and perfectly cooked fettuccine.

Ingredients :

- 1 lb fettuccine pasta
- 2 boneless, skinless chicken breasts
- 2 cups heavy cream
- 1 cup grated Parmesan cheese
- 4 cloves garlic, minced
- 2 tbsp butter
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Olive oil

How To Make :

- 1 Bring a large pot of salted water to a boil. Add the fettuccine and cook according to package instructions until al dente. Drain and set aside.
- 2 Season the chicken breasts with salt and pepper. Heat a bit of olive oil in a large skillet over medium heat. Cook the chicken for 6-7 minutes per side or until fully cooked. Remove from the skillet, let it rest for a few minutes, then slice into thin strips.
- 3 In the same skillet, melt the butter over medium heat. Add the minced garlic and sauté until fragrant (about 1 minute). Pour in the heavy cream and bring to a simmer. Cook for 5-7 minutes until the sauce thickens slightly. Stir in the grated Parmesan cheese until melted and the sauce is smooth. Season with salt and pepper to taste.
- 4 Add the cooked fettuccine and sliced chicken to the skillet. Toss everything together until the pasta is well coated with the creamy Alfredo sauce.

Oven-Baked Chicken Thighs

Get ready to enjoy the most delicious and juicy oven-baked chicken thighs! This easy-to-follow recipe will make your taste buds dance with delight. Perfect for a quick weeknight dinner or a weekend feast. Let's get cooking!

Ingredients :

- 6 chicken thighs (bone-in, skin-on)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- Fresh parsley for garnish (optional)

How To Make :

- 1 Preheat your oven to 425°F (220°C).
- 2 Pat the chicken thighs dry with paper towels. This helps the skin get crispy.
- 3 In a small bowl, combine garlic powder, onion powder, paprika, dried thyme, dried oregano, salt, and black pepper.
- 4 Rub the chicken thighs with olive oil, then sprinkle the spice mixture evenly over both sides. Make sure the chicken is well coated.
- 5 Place the chicken thighs on a baking sheet lined with parchment paper or a baking dish. Bake in the preheated oven for 35-40 minutes, or until the internal temperature reaches 165°F (75°C) and the skin is crispy and golden brown.



Garlic Cheese Potatoes

Get ready for the most delicious, crispy garlic cheese potatoes! These are perfect as a side dish or even on their own. With golden crispy edges, a gooey cheesy center, and rich garlic flavor, these potatoes are bound to become your new favorite!



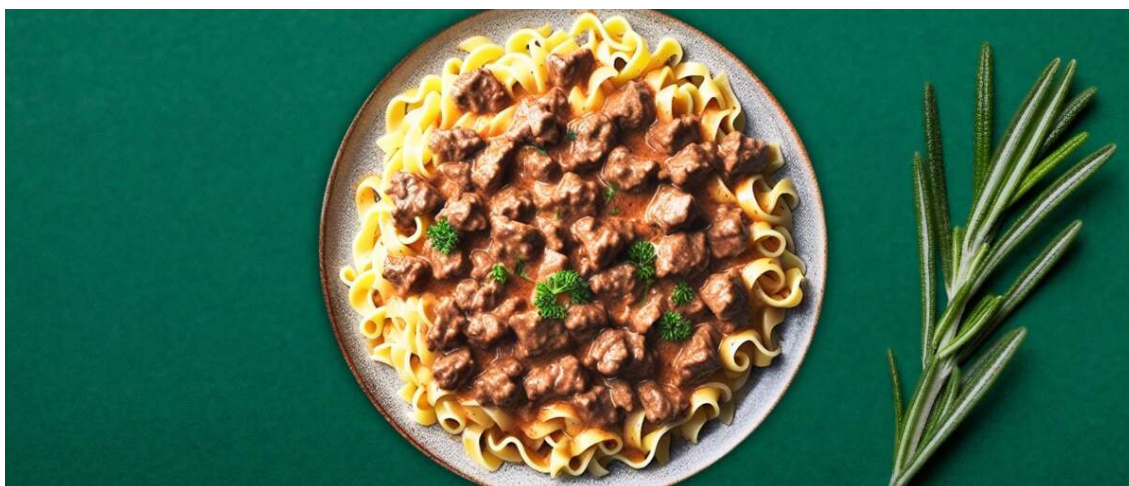
Ingredients :

- 4 medium potatoes
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 cup shredded cheese (cheddar or mozzarella)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp fresh parsley, chopped (optional)

How To Make :

- 1 Preheat your oven to 400°F (200°C). Wash and slice the potatoes into thin rounds for even cooking and extra crispiness!
- 2 In a large mixing bowl, toss the potatoes with olive oil, minced garlic, salt, and pepper until each slice is well coated.
- 3 Spread the potato slices evenly on a baking sheet lined with parchment paper. Be sure not to overlap them for maximum crispiness.
- 4 Place in the oven and bake for 20-25 minutes until the potatoes are golden and crispy on the edges.
- 5 Remove the baking sheet and sprinkle the shredded cheese generously over the potatoes. Return to the oven and bake for an additional 5-10 minutes or until the cheese is melted and bubbly.
- 6 Sprinkle with fresh parsley for a pop of color and extra flavor. Serve hot, and enjoy these crispy, cheesy, garlicky bites!

Beef Stroganoff



This easy recipe transforms simple ingredients into a flavorful dish that's perfect for any night of the week. The ground beef cooks quickly, absorbing the flavors of garlic and onions, while the mushrooms add a delightful earthiness. Finished with a touch of sour cream, the sauce becomes irresistibly creamy, coating every bite with luscious flavor.

Ingredients :

- 1 lb ground beef
- 1 tbsp olive oil
- 1 large Onion, chopped
- 2 cloves garlic, minced
- 1 cup beef broth
- 1 cup sour cream
- 1 tbsp worcestershire sauce
- 2 tsp dijon mustard
- Salt and pepper, to taste
- 1 tbsp flour (for thickening)
- 12 oz egg noodles
- Fresh parsley, chopped, for garnish

How To Make :

- 1 Start by cooking the egg noodles according to package instructions. Drain and set aside.
- 2 In a large skillet, heat olive oil over medium-high heat. Add ground beef and cook until browned, breaking it apart with a spatula. Remove excess grease, then season with salt and pepper. Set beef aside.
- 3 In the same skillet, add a bit more oil if needed. Add sliced mushrooms and chopped onions, cooking until softened and golden, about 5 minutes. Add minced garlic and cook for another minute until fragrant.
- 4 Sprinkle flour over the mushrooms and onions, stirring well. Slowly pour in beef broth, stirring constantly to prevent lumps. Bring to a gentle simmer and cook until the sauce begins to thicken.
- 5 Stir in Worcestershire sauce and Dijon mustard, mixing until fully incorporated.
- 6 Return the cooked ground beef to the skillet. Mix well, then reduce heat to low and stir in sour cream for a rich, creamy sauce. Cook for 2-3 minutes, allowing flavors to meld together.
- 7 Spoon the beef and mushroom mixture over a plate of warm egg noodles. Garnish with freshly chopped parsley.

Spaghetti Bolognese

Experience the comforting taste of Italy with our easy Spaghetti Bolognese recipe, perfect for family dinners or special occasions. This authentic Italian pasta dish features a rich, meaty tomato sauce that clings perfectly to every strand of spaghetti.

Ingredients :

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 500g ground beef (or beef and pork mix for added flavor)
- 100g pancetta or bacon, diced
- 200ml red wine (optional, but adds richness)
- 800g canned chopped tomatoes
- 2 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil
- 1-2 bay leaves
- Salt and black pepper to taste
- 400g spaghetti
- Fresh basil and grated Parmesan for garnish

How To Make :

- 1 Warm 2 tbsp of olive oil over medium heat in a large pan.
- 2 Add the chopped onion, garlic, carrots, and celery. Sauté for 5-7 minutes until softened.
- 3 Add ground beef and pancetta (or bacon). Brown the meat, breaking it up with a spoon until it's cooked through and no longer pink.
- 4 Pour in the red wine and let it simmer for 3-4 minutes, reducing slightly. Add tomato paste and stir well.
- 5 Add canned tomatoes, oregano, basil, bay leaves, salt, and pepper. Bring to a boil, then lower the heat to a simmer. Cook uncovered for at least 30 minutes (or up to 2 hours for deeper flavor), stirring occasionally.
- 6 In a separate pot, cook spaghetti according to package instructions. Drain and set aside.
- 7 Serve the sauce over spaghetti, garnish with fresh basil and grated Parmesan.



Juicy Roast Turkey

Get ready to wow your guests with this perfectly roasted turkey that's juicy, tender, and packed with flavor! Our easy-to-follow recipe uses a rich herb butter and a blend of aromatic spices to create the ultimate holiday centerpiece. Perfect for Thanksgiving or any festive meal, this turkey will be the star of your table!



Ingredients :

- 2-14 lb turkey (adjust as needed)
- 1/2 cup unsalted butter, softened
- 2 tbsp olive oil
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh thyme, chopped
- 2 tbsp fresh sage, chopped
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp salt
- 1 tsp black pepper
- 1 large onion, quartered
- 1 lemon, halved
- 4 cloves garlic, smashed
- 2 cups chicken broth

How To Make :

- 1 Preheat your oven to 325°F (165°C).
- 2 In a small bowl, mix together the softened butter, olive oil, rosemary, thyme, sage, garlic powder, onion powder, salt, and black pepper.
- 3 Pat the turkey dry with paper towels. Rub the herb butter generously under the skin and all over the turkey, making sure to coat it well.
- 4 Place the onion, lemon halves, and garlic cloves inside the cavity of the turkey for added flavor.
- 5 Gently tie the turkey legs together with kitchen twine to keep its shape.
- 6 Place the turkey on a roasting rack in a large pan. Pour the chicken broth into the bottom of the pan to keep the turkey moist.
- 7 Roast for about 3-3.5 hours, basting every 30 minutes. Use a meat thermometer to check that the internal temperature reaches 165°F (74°C).
- 8 Once fully cooked, remove the turkey from the oven and let it rest for 20-30 minutes. This allows the juices to redistribute, keeping it juicy and flavorful! Slice and serve with your favorite sides.

Green Bean Casserole

Craving the perfect holiday side dish? Try this Classic Green Bean Casserole – creamy, savory, and packed with flavor! Made with fresh green beans, crispy fried onions, and a rich mushroom sauce, this casserole is an absolute must for any feast. Perfect for Thanksgiving, Christmas, or any cozy family meal!

Ingredients :

- 1 lb fresh green beans, trimmed and cut into 2-inch pieces
- 1 can (10.5 oz) cream of mushroom soup
- 1/2 cup milk
- 1 cup shredded cheddar cheese
- 1/4 tsp black pepper
- 1 tsp soy sauce (for extra umami flavor)
- 1 1/2 cups crispy fried onions (divided)

How To Make :

- 1 Preheat oven to 350°F (175°C). Grease a 9x13-inch baking dish.
- 2 In a pot of boiling water, cook green beans for 5 minutes until bright green and slightly tender. Drain and rinse under cold water to stop cooking.
- 3 In a large bowl, combine cream of mushroom soup, milk, shredded cheese (if using), black pepper, and soy sauce. Stir well until smooth and creamy.
- 4 Add the green beans and 1 cup of the crispy fried onions to the sauce. Mix everything together and pour it into the prepared baking dish.
- 5 Bake in the preheated oven for 25 minutes until bubbly. Carefully remove from the oven.
- 6 Sprinkle the remaining crispy fried onions on top. Return the dish to the oven and bake for another 5 minutes, or until the onions are golden brown.
- 7 Let the casserole sit for a few minutes, then serve warm and enjoy!



WiseLivn

RECIPES

All content, including recipes, images, and related materials, is the exclusive property of WiseLivn Media. All rights are reserved. Unauthorized use, reproduction, distribution, or duplication of any content is strictly prohibited without explicit written permission from WiseLivn Media. This includes, but is not limited to, the recipes, photographs, and all associated media. WiseLivn Media protects its intellectual property to ensure quality and originality, and any infringement will be pursued to the fullest extent of the law.

