

best bites

*recipes from Dinners,
Dishes & Desserts*



breakfasts

snacks

dinners

drinks

desserts

DINNERS **DISHES** & DESSERTS



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Coconut Chocolate Chip Muffins

Serves: 10 Prep: 5 min. Cook: 15 min.

Chocolate chip muffins with a little added coconut flavor

Ingredients

- 1½ cups flour
- ¾ cup sugar
- ½ tsp salt
- 2 tsp baking powder
- ⅓ cup vegetable oil
- 1 egg
- ½ cup Silk Original Coconut milk
- 1 cup chocolate chips

Instructions

1. Preheat oven to 375 degrees. Grease 12 muffin cups or line with muffin liners.
2. Combine flour, sugar, salt and baking powder. Stir in chocolate chips. Mix together vegetable oil, egg, and coconut in a small bowl. Gently mix with flour mixture until just combined. Be careful not to over mix.
3. Fill muffin cups about $\frac{2}{3}$ full (makes approx 10 muffins). Sprinkle with additional chocolate chips if desired.
4. Bake for 14 to 16 minutes.



Oatmeal Chocolate Chip Pancakes

Serves: 4 Prep: 5 min. Cook: 10 min.

An oatmeal chocolate chip cookie in the form of a pancake

Ingredients

- 1 cup white whole wheat flour
- $\frac{3}{4}$ cup oats (coarsely ground in a food processor)
- 3 Tbls brown sugar
- 1 tsp baking power
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tsp cinnamon
- 1 egg
- 2 tsp vanilla
- $1\frac{1}{4}$ cup buttermilk
- 4 Tbls butter, melted and cooled
- $\frac{1}{3}$ cup chocolate chips
- 1 Tbls

Instructions

1. In a large bowl combine flour, ground oats, brown sugar, baking powder, baking soda, salt, and cinnamon.
2. In a small bowl whisk together egg, buttermilk, vanilla, and melted butter.
3. Add buttermilk mixture to the flour mixture, and mix until just combined. Fold in chocolate chips.
4. Heat a griddle or a large skillet over medium heat. Spray pan with non-stick spray. Scoop about $\frac{1}{4}$ cup of batter onto the hot surface. Cook for about 2 minutes, until the edges are set. Flip and cook for an additional 1-2 minutes.
5. Serve immediately with additional butter and maple syrup.



Protein Pancakes

Serves: 4

Prep: 5 min.

Cook: 10 min.

These protein pancakes were first shared on foodfanatic.com. These pancakes are a great option when you want to have a yummy breakfast, but don't want to blow your diet.

Ingredients

- 1 cup old fashioned oats
- 1 teaspoon cinnamon
- 1 scoop vanilla protein powder
- 1 teaspoon pure vanilla extract
- 1 cup plain greek yogurt
- 1/3 cup milk
- 2 tablespoons granulated sugar, or honey
- 1 egg
- 1/4 teaspoon baking powder

Toppings:

- creamy peanut butter
- fruit
- pure maple syrup

Directions

1. Add all of the ingredients to a blender. Blend until smooth.
2. Heat a large skillet or griddle to medium heat.
3. Spray with non-stick spray. Pour about 1/4 cup of batter onto hot surface.
4. Cook for 2-3 minutes until bubbles start to form. Flip, and cook for an additional 2 minutes.
5. Serve with desired toppings.



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Fat Free Potato Chips

Serves: 2

Prep: 5 min.

Cook: 5 min.

Homemade fat free potato chips made in the microwave

Ingredients

- 2 large red potatoes
- Salt or other seasonings

Instructions

1. Thinly slice potatoes using a mandolin or the side of a box grater.
2. Line a microwave safe plate with parchment paper.
3. Arrange sliced potatoes in a single layer over the paper. Season with salt or other seasonings.
4. Microwave on high for 3-5 minutes. Check after 3 minutes to see if they are starting to turn brown. Once golden, they are done.
5. Remove from paper, and allow to cool completely. They will get crispier once they are completely cool.



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Italian Sausage Casserole

Serves: 4

Prep: 5 min.

Cook: 25 min.

Creamy polenta topped with Italian sausage and gooey cheese. Ready in under 30 minutes.

Ingredients

- 2 cups milk
- 1 cup chicken broth
- 1 cup polenta (corn grits)
- 1 tsp salt
- 1 pound bulk Italian Sausage
- 1 package Fire Roasted Tomato Recipe

Starter

- 1 tsp dried oregano
- 1 tsp Italian seasoning
- 1 cup Mozzarella cheese, shredded

Instructions

1. Preheat oven to 350 degrees.
2. In a saucepan heat milk and chicken broth over medium heat. Stir in polenta and salt. Cook for about 15 minutes or until thick and creamy, stirring frequently.
3. Pour into an 9 inch square casserole dish.
4. Meanwhile brown Italian sausage in a large skillet until cooked through. Stir in fire roasted tomato sauce, oregano, and Italian seasoning. Pour over the polenta. Top with cheese.
5. Bake for 10 minute or until the cheese is melted.
6. Serve immediately



Hashbrown Enchilada Skillet

Serves: 5 Cook: 20 min.

Crispy hashbrowns topped with Mexican ground beef and melty cheese. Quick and easy weeknight dinner.

Ingredients

- 1 package Simply Potatoes Shredded Hashbrowns
- 1 pound ground beef
- 1 cup frozen corn kernels
- 1 (10oz) can enchilada sauce
- 1 cup Mexican cheese blend

Optional Toppings

- shredded lettuce
- diced tomatoes
- diced avocados

Instructions

1. In a large skillet cook hashbrowns according to the package directions.
2. In a separate skillet brown ground beef over medium high heat. Once cooked mix in corn kernels, and enchilada sauce. Heat for 2 minutes.
3. Once hashbrowns are cooked, pour ground beef mixture over the top. Sprinkle evenly with cheese.
4. Cover until the cheese is melted.
5. Serve immediately



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Roasted Garlic, Chicken & Herb White Pizza

Serves: 6

Prep: 15 min.

Cook: 20 min.

Roasted garlic sauce topped with chicken, red onions, and herbs. A healthier alternative to pizza

Ingredients

- 1 pound pizza dough
- 1 Tbls butter
- 8 cloves roasted garlic, minced
- 2 Tbls all-purpose flour
- ½ tsp black pepper
- ½ cup skim milk
- ¼ cup half and half
- ¼ cup Parmesan cheese
- 1½ cup boneless skinless chicken breast, cooked and shredded
- ¼ cup red onion, diced
- ¾ cup Mozzarella cheese
- 1 tsp fresh thyme, chopped
- ½ tsp dried oregano
- 1 Tbls fresh parsley, chopped

Instructions

1. Preheat oven to 450 degrees. Prepare a baking sheet with a silpat liner, or grease and sprinkle with cornmeal.
2. Melt butter in a small saucepan. Saute roasted garlic for 1 minute.
3. Add flour, and mix until well blended. Cook for 1 minute.
4. Slowly whisk in the milk and half and half. Mix in the pepper.
5. Cook for about 3 minutes, or until it starts to thicken. Remove from heat, and stir in Parmesan cheese.
6. Spread dough into roughly a 12 inch circle on prepared baking sheet. Spread white sauce over the dough. Top with chicken, red onions and cheese.
7. Bake for 17 minutes, or until the crust is golden, and the cheese is melted.
8. Remove from the oven, sprinkle with herbs. Cut and serve immediately.



Triple Chocolate Skillet Brownie

Serves: 8

Prep: 10 min.

Cook: 30 min.

Fudgy chocolate brownie made in a cast iron skillet

Ingredients

- ½ cup butter, melted
- ½ cup Hershey chocolate spread
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- ½ tsp salt
- 1 cup flour
- ¼ cup cocoa powder
- 1 cup chocolate chips

Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl combine butter, and chocolate spread. Mix until well combined. Add eggs, vanilla and sugar, mix well. Mix in salt, flour, and cocoa powder until fully incorporated. Fold in chocolate chips.
3. Spray a 9 inch cast iron skillet with non stick spray. Pour in brownie batter, leave about a 1 inch border around the edge of the pan (the brownies will spread when baking, and this prevents them from getting too crispy on the edges).
4. Bake for 25-30 minutes, until mostly done. The center will appear slightly gooey, but will continue to cook when you take it out of the oven.
5. Let cool slightly. Top with ice cream, more chocolate spread, and chocolate chips to serve.



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Peanut Butter Brownie Pizza

Serves: 12

Prep: 10 min.

Cook: 30 min.

Rich and fudgy brownies serves as the crust for a peanut butter candy topped pizza.

Ingredients

Brownies

- 2 oz unsweetened chocolate, melted
- $\frac{1}{3}$ cup canola oil
- 1 cups sugar
- 2 eggs
- $\frac{3}{4}$ cups flour
- $\frac{1}{2}$ tsp salt

Toppings

- $\frac{1}{2}$ cup chocolate chips
- 1 cup chopped candy (chopped peanut butter cups, snickers, 3 Musketeers etc.)
- $\frac{1}{4}$ cup Reese's Pieces or M&M's for color

Instructions

1. Preheat oven to 350 degrees. Line a 9 inch spring form pan with parchment paper, or grease liberally.
2. In a bowl mix together oil and melted chocolate until smooth. Beat in eggs and sugar. Mix in flour and salt. Pour into prepared pan.
3. Bake for 20-25 minutes, or until a toothpick comes out mainly clean. Be careful not to over bake.
4. Remove from the oven and immediately sprinkle chocolate chips over the top of the brownies. Let sit for 5 minutes. Sprinkle remaining candy over the top.
5. Let cool completely before removing from the pan and slicing.



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Skinny Blackberry

Margaritas

Serves: 4 Prep: 10 min.

Fruity and tart make for the perfect margarita. Not to mention it is skinny!

Ingredients

- ½ cup water
- ¼ cup sugar
- 6 oz fresh black berries
- ½ cup tequila
- ⅓ cup fresh orange juice
- ⅓ cup fresh lime juice

Rim of the glass

- 1 lime
- 3 Tbls sugar

Instructions

1. In a small sauce pan heat water until boiling. Stir in the sugar until fully dissolved. Remove from heat, and let cool.
2. In a blender combine the simple syrup, tequila, black berries, lime juice and orange juice. Blend until smooth.
3. Pour through a fine mesh strainer. Let sit in the fridge until ready to serve.
4. To line the rim of the glass cut the lime into wedges. Rub with lime over the edge of the glass. Dip the rim in the sugar.
5. Serve over ice garnished with additional lime and blackberries, if desired.



Erin is a wife and a mother. She has been married for 13 years to her wonderful husband. Erin has a 9 year old son, who is very into sports. Living in Colorado means they spend a lot of their time up in the mountains hiking, snowshoeing and sometimes skiing. As a family they also like to go on long bike rides.

Erin started her blog; Dinners, Dishes, and Desserts when her son was in kindergarten. She was a stay at home mom, and needed something to fill her time, now that her son was in school all day. Erin has always liked cooking and baking, so a blog was a natural fit for her. She is a self-taught photographer, who is still learning every day.

Recently, Erin has been expanding her blog to include travel. Her family loves to travel the world together, and she shares it all on her site. Trips to Japan, San Diego, New York, Costa Rica and soon New Zealand can all be found on the travel section of Dinners, Dishes, and Desserts.

On Dinners, Dishes, and Desserts you can find everything from breakfast to quick dinners, over the top desserts to cocktails, and everything in between. Erin is always trying new recipes, and sharing them all with you.