

Cook Day Recipes

1. Chicken Stir Fry

A quick, colorful dinner with just the right balance of “I cooked” and “it only took 20 minutes.”

Ingredients:

- 1.5 lbs chicken breast, sliced thin
- 1 bag frozen stir fry vegetables (or fresh mix of bell peppers, zucchini, etc.)
- 1 tbsp sesame or vegetable oil
- 2 tbsp soy sauce
- 1 tsp garlic powder
- 1 tsp ground ginger
- Salt & pepper to taste
- Cooked rice (for serving)

Instructions:

1. In a large skillet or wok, heat oil over medium-high heat.
 2. Add chicken slices, season with garlic powder, ginger, salt, and pepper. Cook until browned and cooked through.
 3. Toss in vegetables and stir-fry until tender-crisp.
 4. Add soy sauce and stir well.
 5. Serve over rice.
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2. Sheet Pan Kielbasa & Veggie Bake

Chop, toss, bake. The lazy cook’s holy grail.

Ingredients:

- 1 package kielbasa or andouille, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini (optional), chopped
- 1 red onion, sliced
- 2 tbsp olive oil

- 1 tsp Italian seasoning
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F.
 2. Toss all ingredients together and spread on a baking sheet.
 3. Bake for 25–30 minutes, stirring halfway through.
 4. Serve as-is or over rice.
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3. Bacon-Wrapped Chicken

No one's mad at bacon. It's science.

Ingredients:

- 4 chicken breasts or thighs
- 8 slices of bacon
- Garlic powder
- Smoked paprika
- Salt & pepper

Instructions:

1. Preheat oven to 375°F.
 2. Season chicken with garlic powder, paprika, salt, and pepper.
 3. Wrap each piece in bacon and place on a lined baking sheet.
 4. Bake 25–30 minutes until cooked through and bacon is crisp.
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4. BBQ + Pesto Chicken Flatbreads

Two personalities, one pan. Like your family but edible.

Ingredients:

- 2 flatbreads or naan
- 1/2 cup shredded cooked chicken (split between both)
- 1/4 cup BBQ sauce
- 1/4 cup pesto

- 1/2 cup shredded mozzarella
- Sliced red onion, tomato, bell pepper (optional)

Instructions:

1. Preheat oven to 400°F.
 2. On one flatbread: spread BBQ sauce, top with half the chicken, mozzarella, and red onion.
 3. On the other: spread pesto, top with chicken, cheese, and tomato/pepper.
 4. Bake 10–12 minutes until cheese is bubbly.
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5. Garlic Ranch Chicken & Potatoes Bake

Ranch *seasoning*, not dressing. We're not monsters.

Ingredients:

- 4–5 small potatoes, chopped
- 4 chicken thighs or breasts
- 1 tbsp olive oil
- 1 tbsp ranch seasoning
- 1 tbsp minced garlic
- Salt & pepper

Instructions:

1. Preheat oven to 375°F.
 2. Toss potatoes with half the oil and half the seasonings. Add to greased baking dish.
 3. Season chicken and place on top. Drizzle with remaining oil.
 4. Bake 35–40 minutes until chicken is cooked and potatoes are golden.
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6. Chicken Tomato Pasta

It's like comfort food gave you a fist bump.

Ingredients:

- 8 oz pasta (penne or rotini)
- 1.5 cups cooked, cubed chicken
- 1 can diced tomatoes with basil, garlic & oregano

- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Olive oil
- Parmesan cheese

Instructions:

1. Cook pasta, drain, and set aside.
 2. In a skillet, heat oil and cook chicken until golden.
 3. Add tomatoes and seasonings. Simmer 5–10 minutes.
 4. Toss in pasta and top with Parmesan.
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7. Crockpot Garlic Butter Herb Chicken

Sunday dinner but low effort. Fancy-ish meets feral tired.

Ingredients:

- 3–4 chicken breasts
- 1/4 cup melted butter
- 1 tbsp minced garlic
- 1 tsp Italian seasoning
- Salt & pepper
- Optional: splash of chicken broth or white wine for extra flavor

Instructions:

1. Place chicken in slow cooker.
2. Mix melted butter, garlic, seasoning, and pour over chicken.
3. Cover and cook on low 6–7 hours or high 3–4 hours.
4. Spoon sauce over before serving. Serve with rice or roasted veggies.