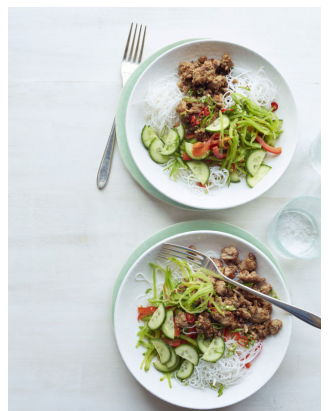




Next Step Broadway
presents:

5 QUICK & EASY RECIPES FOR YOUR WHOLE FAMILY TO ENJOY!

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Crispy Chicken Parmesan with Tomatoes and Mozzarella

Total Time: 25 | Prep time: 10 | Serves: 4

Ingredients

- 4 chicken breasts, pounded 1/2" thick
- kosher salt
- Freshly ground black pepper
- 1 1/2 c. panko bread crumbs
- 1/2 c. freshly grated Parmesan
- 2 large eggs, beaten
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. canola oil
- 4 oz. fresh mozzarella, thinly sliced
- 1 1/2 c. marinara sauce, store-bought or homemade
- 1 c. grape tomatoes, halved
- 1/4 c. freshly chopped basil, plus more for garnish

About the chef: Anna Watson Carl is a NYC-based private chef, recipe developer, and food writer. She writes the blog TheYellowTable.com and is the author of *The Yellow Table: A Celebration of Everyday Gatherings* (Sterling 2015).
Recipe courtesy of Delish.com

Directions

1. Preheat oven to 400° and line baking sheet with parchment. Season chicken with salt and pepper. In shallow bowl, combine panko and Parmesan and season with salt and pepper. Place eggs in another shallow bowl. Dip each chicken breast into eggs, then dip into bread crumb mixture, turning to coat. Place breaded chicken on prepared baking sheet.
2. Heat olive oil and canola oil in large, ovenproof skillet over medium-high heat. Working in batches, add breaded chicken and cook until golden, 3 to 4 minutes per side. Cover each chicken breast with slice of mozzarella and transfer to oven until mozzarella is melted and chicken is cooked through, about 10 minutes.
3. Meanwhile, warm sauce on stovetop and stir in tomatoes and basil.
4. Spoon sauce over chicken and garnish with fresh basil. Serve with green salad or a side of sautéed spinach.



Gingery Asian Noodle Salad with Turkey and Cucumbers

Total Time: 20 | Prep time: 20 | Serves: 4

Ingredients

1 package vermicelli rice noodles
¼ c. rice vinegar
2 tsp. granulated sugar
1 tbsp. freshly grated ginger
1 tsp. freshly grated ginger
kosher salt
1 red pepper
1 red chile pepper
3 oz. snow peas
½ seedless cucumber
1 tbsp. canola oil
1 lb. lean ground turkey
¼ c. hoisin sauce
2 scallions

Directions

1. Cook the noodles according to package directions. Drain and rinse under cold water to cool.
2. Meanwhile, in a large bowl, stir together the vinegar, sugar, 1 teaspoon ginger, and 1/4 teaspoon salt. Add the peppers, snow peas, and cucumber and toss to combine.
3. Heat the oil in a large nonstick skillet over medium heat. Add the turkey and cook, breaking it up with a spoon until no longer pink, 5 to 6 minutes. Stir in the hoisin sauce, the remaining ginger, and 2 tablespoons water and cook 1 minute; fold in the scallions.
4. Serve the noodles with the cucumber salad and turkey.

PHOTO CREDIT: CON POULOS; FOOD STYLING
BY REBECCA JURKEVICH; PROP STYLING BY
MEGAN HEDGPETH. Recipe courtesy of Delish.com



Sweet and Tangy Glazed Salmon with Orange- Almond Rice

Total Time: 25 | Prep time: 20 | Serves: 4

Ingredients

- 1 c. long-grain white rice
- ½ c. sliced almonds
- 2 navel oranges
- ½ c. hot pepper jelly
- 4 salmon steaks or skinless pieces salmon fillet
- Kosher salt and pepper
- ¼ c. chopped fresh flat-leaf parsley

Directions

1. Heat oven to 400 degrees F. Cook the rice according to package directions.
2. Meanwhile, spread the almonds on a rimmed baking sheet and roast until light golden brown, 4 to 6 minutes; transfer to a bowl. Heat broiler. Line a broiler-proof rimmed baking sheet with nonstick foil.
3. Squeeze the juice from half an orange into a small bowl (you should have 2 tablespoons juice total). Add the jelly and whisk to combine. Place the salmon on the baking sheet, season with 1/2 teaspoon each salt and pepper, and broil for 5 minutes. Spoon half the jelly mixture over the salmon and broil until the salmon is opaque throughout, 2 to 5 minutes more.
4. Cut away the peel and pith of the remaining 1 1/2 oranges. Cut the oranges into 1/2-inch pieces. Fold the oranges, almonds, and parsley into the rice. Serve with the salmon and the remaining jelly mixture.

PHOTO CREDIT: Kana Okada: Women's Day Kitchen. Recipe courtesy of Delish.com



Spinach Pesto with Pasta

Total Time: 25 | Prep time: 05 | Serves: 6

Ingredients

1 lb. pasta
2 tbsp. roasted almonds
1 small clove garlic
1 tsp. lemon zest
4 oz. baby spinach (about 4 cups)
2 tbsp. olive oil
2 tbsp. grated pecorino or Parmesan
Kosher salt and pepper

Directions

- 1. Cook the pasta according to package directions. Reserve 1/2 cup of the cooking liquid, drain the pasta and return it to the pot.
- 2. Meanwhile, in a food processor, pulse the almonds, garlic and lemon zest until finely chopped. Add the spinach, oil, pecorino and 1/8 tsp each salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.
- 3. Toss the pasta with the sauce, adding some of the reserved cooking water if the pasta seems dry.

PHOTO CREDIT: Jonny Valiant: Women's Day
Kitchen. Recipe courtesy of Delish.com



Hearty Bean Burrito Bowl

Total Time: 25 | Prep time: 25 | Serves: 4

Ingredients

3 tbsp. fresh lime juice
2 tbsp. olive oil
½ tsp. ground cumin
Kosher salt and pepper
2 c. cooked brown rice
1 can black beans
½ head romaine lettuce
1 c. roughly chopped fresh cilantro
1 pt. grape tomatoes
1 avocado
½ small red onion
lowfat sour cream
tortilla chips
Lime wedges
Hot sauce

Directions

- 1. In a small bowl, whisk together the lime juice, oil, cumin, and 1/2 teaspoon each salt and pepper.
- 2. Divide the rice and beans among serving bowls. Top with the lettuce, cilantro, tomatoes, and avocado.
- 3. Sprinkle with the red onion, then drizzle with the dressing. Serve with sour cream, tortilla chips, lime wedges, and hot sauce, if desired.

PHOTO CREDIT: JONNY VALIANT; FOOD STYLING BY FRANCES BOSWELL; PROP STYLING BY ERIN SWIFT Women's Day Kitchen. Recipe courtesy of Delish.com

THANK YOU!

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Thank you again and enjoy your meals!

Sincerely,
The Next Step Broadway Family

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