

5 Fan Favorite Recipes OR Top 5 Client-Rated Recipes

AU: This one might work better for SEO

Elizabeth Fritzier
04/04/2025 11:13

AU: Change ok?

Elizabeth Fritzier
04/04/2025 11:13

Want to add a little indulgence to your weekly routine?

~~Taste~~ Have a taste of these easy, elegant dishes voted the "Best of the Best" by my personal chef clients.

Buon appetito!

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Stuffed Poblano Peppers with Avocado Crema

This dish is a Mexican-inspired fiesta for the senses. It fuses fresh flavors with beans and mushrooms for a vegetarian meal that the whole family will love. The [aAvocado cCrema](#) can be made a day ahead and refrigerated. It's the perfect complement to the peppers, but you can also dollop it on steaks, pork chops and chicken. In other words, make double!

Serves 4

Ingredients

For the peppers:

- 4 poblano peppers
- 2 Tbsp. + 2 tsp. olive oil
- 2 Tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, chopped
- 2 tsp. kosher salt, divided
- 1 tsp. ground black pepper, divided
- 1 [14.5-oz can diced](#) San Marzano tomatoes, [diced](#)
- 1 [14.5-oz can](#) black beans, drained and rinsed
- 1 [14.5-oz can](#) cannellini beans, drained and rinsed
- [1 8-oz package](#) button mushrooms, cleaned and quartered

For the Crema:

- 1 avocado
- ½ cup sour cream
- 2 limes, juiced
- 1 large bunch [of](#) cilantro
- 1 tsp. salt

Directions

For the peppers

- Preheat the oven to 400° F. Rub the peppers with 2 tsp. oil. Roast until charred, about 15 minutes. Once the roasted poblanos have cooled, slit [them](#) [peppers](#) down the middle and remove the seeds. Leaving the tops intact makes for a nice presentation. Set aside.
- While the peppers are roasting, prepare the stuffing. In a large sauté pan, heat 2 Tbsp. oil. Add the onion, garlic, 1 tsp. salt and ½ tsp. pepper, and sauté until soft.
- Stir in the tomatoes and the remaining salt and pepper, and continue to cook for 10 minutes.
- Add the beans and mushrooms, and cook for an additional 15 minutes. Adjust seasonings to taste.
- Scoop the stuffing into the peppers and top with crema (recipe below).

For the crema:

Add all ingredients to [thea](#) blender and [puréee](#) until thick and creamy.

AU: Yellow onion?

Elizabeth Fritzier
04/04/2025 11:16

AU: Is this the correct size of can? And do you know if the tomatoes come already diced, or does the reader need to dice the tomatoes themselves?

Elizabeth Fritzier
04/04/2025 11:23

AU: Again, please verify correct sizes for cans and packages

Elizabeth Fritzier
04/04/2025 11:25

AU: poblanos have already been mentioned in this sentence, so I think the word "them" would be more appropriate

Elizabeth Fritzier
04/04/2025 11:16

Shrimp with Arugula, Tomatoes, and Cannellini Beans

Shrimp makes for a welcome addition to any weekday menu. It's quick-cooking, but feels elegant and indulgent. This dish can be served as an appetizer or a meal, [or](#) scooped over spaghetti or quinoa.

Serves 4 as a meal

Serves 6-8 as an appetizer

Ingredients

16 pieces (16/20 count) shrimp, peeled and deveined
2 Tbsp. olive oil, plus more for brushing shrimp
[1 tsp. kosher salt, plus more for seasoning shrimp](#)
[Ground black pepper to taste](#)
2 garlic cloves, chopped
1 yellow onion, chopped
3 stalks celery, finely chopped
¼ cup white wine
4 Roma tomatoes, seeded and finely chopped
2 [14.5-oz cans of cannellini beans \(do not rinse or drain\)](#)
1 large bunch of arugula
[1 tsp. kosher salt](#)
[Ground black pepper to taste](#)

AU: Any specific type, or want to specify dry or sweet?

Elizabeth Fritzier
04/04/2025 11:47

AU: Again, please verify size

Elizabeth Fritzier
04/04/2025 11:33

Directions

1. Brush shrimp with oil, and season with salt and pepper to taste. Grill for 2-3 minutes on each side. Set aside. Note: If you don't have access to a grill, after seasoning, roast in a 400° F oven for 7-9 minutes.
2. In a sauté pan, heat 2 Tbsp. oil. Add garlic, onion, and celery, and sauté for about 5 minutes or until soft.
3. Season with 1 tsp. salt and a pinch of pepper. Pour in the wine and cook down for about 2 minutes.
4. Add the tomatoes, beans (with liquid), [1 tsp. salt](#) and another pinch of pepper. Cook for about 5 minutes, or until the sauce has thickened a bit.
5. Add the grilled shrimp and arugula, and cook for another 1-2 minutes. Adjust seasonings to taste.

AU: Does this mean the reader should season with 2 tsp salt total, or is this a repeat?

Elizabeth Fritzier
04/04/2025 11:37

Bacon Wrapped Meatloaf

My meatloaf recipe is a comfort-food classic, wrapped in crispy bacon. This is what I call culinary accessorizing! I love to serve this with mashed potatoes or corn on the cob. Leftovers are even better the next day, piled onto a sandwich!

Serves 4

Ingredients

½ cup ketchup
½ cup apple cider vinegar
¼ cup tomato paste
4 Tbsp. dark brown sugar
½ tsp. cayenne pepper
½ cup ~~chopped~~ fresh parsley, ~~chopped~~
¾ cup chicken broth (low or no sodium)
1 Tbsp. olive oil
1 large onion, ~~in very~~ small dice
2 cloves garlic, minced
2 large eggs
⅔ cup Italian-style breadcrumbs
½ cup grated Parmesan
2 tsp. coarse kosher salt
¼ teaspoon ground black pepper
2 pounds ground beef ~~chuck~~
6 thick strips bacon

Directions

1. Preheat the oven to 400° F.
2. In a small saucepan, bring ketchup, vinegar, tomato paste, sugar and cayenne pepper to a boil. Reduce the heat and simmer for about 10–15 minutes. Transfer ½ cup of the ketchup mixture into a blender, and add the parsley and chicken broth. Blend until smooth. Save remaining ketchup mixture for later.
3. Meanwhile, ~~in a large sauté pan~~, sauté the onion and garlic in oil until soft, about 2–3 minutes. Set aside.
4. Pour the blended mixture into a large bowl. Add the eggs, breadcrumbs, Parmesan, salt, pepper and sautéed onion and garlic. Add the ground beef and mix with your hands to combine.
5. Transfer beef mixture to a baking tray lined with ~~tin~~ foil and parchment paper, and form into a rectangular log. Wrap the meatloaf in bacon and cook for about 70–80 minutes (or until the internal temperature reaches 165° F). You may need to broil this for the last few minutes to ensure that the bacon gets very crispy. Alternatively, you can partially cook the bacon prior to wrapping the meatloaf.

AU: Change ok? No other exclamation points appear in the recipe collection, so it seems unusual to have two in the same headspace
Elizabeth Fritzier
04/04/2025 11:39

AU: Yellow onion?

Elizabeth Fritzier
04/04/2025 11:40

AU: Other recipes just mention kosher salt, not coarse. Should "coarse" be deleted here for consistency's sake, or does the size of the grain matter?

Elizabeth Fritzier
04/04/2025 11:41

AU: Deleted "chuck" because I'm worried readers may get tripped up trying to find ground beef chuck, not just ground beef. Change ok?

Elizabeth Fritzier
04/04/2025 11:42

AU: Added this detail because the size of the pan is specified in other recipes

Elizabeth Fritzier
04/04/2025 12:03

AU: What happens with the rest of the ketchup mixture?

Elizabeth Fritzier
04/04/2025 11:51

Veggie-Stuffed Eggplant Parmigiano

This is my upgraded version of [Eggplant Parmesan](#). Presented in eggplant “bowls” and topped with bubbly cheese, it looks as decadent as it tastes. Serve this Italian favorite as an appetizer, or pair with pasta or salad to enjoy as a main meal.

Serves 4 as a meal

Serves 6-8 as an appetizer

Ingredients

3 small eggplants, divided
2 tsp. olive oil, plus more for drizzling
2 tsp. kosher salt
¼ tsp. ground black pepper
1 onion, chopped
2 cloves garlic, chopped
½ tsp. crushed red pepper
4 oz. mushrooms, sliced
1 large bunch of spinach, stems removed
1 [14.5-oz can cannellini beans](#), drained and rinsed
1 cup marinara sauce (preferably homemade), divided
1 cup shredded mozzarella cheese
Grated Parmesan cheese, for garnish

Directions

1. Preheat the oven to 350° F. Cut 2 eggplants in half and place on [a](#) baking tray. Drizzle with olive oil and season with salt and pepper. Roast for 20 minutes or until soft, but not soggy. Remove and cool. When thoroughly cooled, scoop out the flesh, leaving the skins intact. Chop the flesh and set aside.
2. Meanwhile, peel the uncooked eggplant and cut into cubes.
3. In a large sauteé pan, heat 2 tsp. oil. Add the onion, garlic and crushed red pepper, and sauteé until the garlic is golden.
4. Stir in the raw eggplant and mushrooms, and sauteé until the eggplant is cooked.
5. Add the roasted eggplant, spinach and cannellini beans and cook for another 5 minutes.
6. Pour in ½ cup of marinara sauce and continue to cook for 5 minutes.
7. Scoop the mushroom mixture evenly into the eggplant shells. Top with the other ½ cup of marinara sauce, mozzarella and Parmesan.
8. Bake for [5-10](#) minutes or until the cheese is bubbly.

AU: yellow onion?

Elizabeth Fritzer
04/04/2025 11:53

AU: button mushrooms?

Elizabeth Fritzer
04/04/2025 11:53

AU: please verify size

Elizabeth Fritzer
04/04/2025 11:54

AU: Just a thought: including a homemade marinara recipe here might be appealing to your readers

Elizabeth Fritzer
04/04/2025 11:54

AU: Face down or up?

Elizabeth Fritzer
04/04/2025 11:55

AU: Consider adding more description here, such as “until the eggplant has softened”

Elizabeth Fritzer
04/04/2025 11:57

Chicken Piccata with Spaghetti

This dish takes pasta night to a whole new level. A rich wine sauce slathers the chicken and spaghetti with a balanced flavor that's both crisp and smooth. Be sure to buy a wine you would drink—and serve it with dinner!

Serves 4

Ingredients

1 lb. spaghetti
1 cup all-purpose flour
~~1 tsp. kosher salt, plus more for seasoning~~
~~½ tsp. ground black pepper, plus more for seasoning~~
6 boneless, skinless chicken breasts
1 stick unsalted butter, divided (you will not use the whole stick)
3 Tbsp. olive oil
¾ cup fresh lemon juice
½ cup chicken stock
½ cup white wine
½ cup capers
1 large bunch of parsley, finely chopped
~~1 tsp. kosher salt, plus more for seasoning~~
~~½ tsp. ground black pepper, plus more for seasoning~~

Directions

1. Boil water for the spaghetti, and cook according to package instructions until al dente. Drain, reserving 1 cup of pasta water for the sauce.
2. Meanwhile, preheat the oven to 250° F.
3. In a medium-sized bowl, mix the flour, 1 tsp. salt and ½ tsp. pepper.
4. Butterfly the chicken breasts and pound them into very thin cutlets. Coat the chicken with the flour mixture and set aside.
5. In a large sauté pan over medium heat, melt 3 Tbsp. butter with 3 Tbsp. olive oil. When the butter and oil start to sizzle, add the chicken in an even layer and cook for 6-7 minutes, flipping once halfway through. Work in batches until all the chicken is cooked. Transfer to a baking sheet and place in the oven to keep warm.
6. To the sauté pan, add the lemon juice, stock, wine, capers and ¼ cup of pasta water. Bring to a boil, scraping up the brown bits from the pan for extra flavor. Adjust seasonings to taste (you may need to add a little more salt and pepper).
7. Return the chicken to the pan and simmer for 5 minutes. Check for consistency, and add more of the pasta water if necessary. Using a slotted spoon, transfer the chicken to a serving platter.
8. Add 2 Tbsp. butter to the sauce and whisk vigorously. Add the cooked spaghetti to the sauce, turning it so it gets heated and coated by the sauce. Transfer spaghetti to 4 plates.
9. Serve the chicken over the spaghetti and garnish with parsley. Top any remaining sauce onto each plate.

AU: You may want to suggest a particular type of wine, such as chardonnay or sauvignon blanc
Elizabeth Fritzer
04/04/2025 12:01

AU: The meatloaf recipe in this collection specifies chicken broth. Do you want broth for that recipe and stock for this one, or should we rename one for consistency across recipes?
Elizabeth Fritzer
04/04/2025 12:01