

# Rusty Moore's Stove Top Recipes

I have a confession to make. I like to cook the majority of my meals using 2 frying pans. The only time I use my oven is when I cook 4-5 baked potatoes at the beginning of the week.

I also have a rice and vegetable steamer I use about once per week.

Besides that, I'm a 2 Frying-Pan Chef. Sort of like a DJ, but instead of 2 turntables...I create magic with two awesome large non-stick frying pans.

Well "magic" is a bit of an exaggeration. I make stuff that is easy to cook quickly, and tastes pretty darn good.

I like to chop stuff up, add sauce, and combine frying pan ingredients to make tasty low-cal dishes.

Both of my recipes below are Mexican dishes. Below are the bare bones versions, but you can definitely get more creative. Feel free to add onions, avocado, sour cream, etc.

Each recipe makes 2 high protein meals. Each of these meals is roughly 1,000-1,200 calories. If you are following Greg's outline of one small and one larger meal per day...this would qualify as the larger meal.

# Sweet Salsa Chicken

This is an extremely easy dish to make. It tastes good on rice, in a tortilla, on a baked potato, etc. This tastes surprisingly fancy, for such minimal ingredients. I recommend 1-2 Corona Light beers to get the full experience.

## Ingredients:

- 1 pound Chicken Breasts
- 1 Packet of Low Sodium Taco Seasoning
- 1-2 Limes
- 2 Tablespoons Apricot Preserve/Jelly
- 1 Can of Corn
- 1 16 ounce Jar of Chunky Salsa
- ¼ Cup Fresh Cilantro Chopped

## How to Make:

Cut up the chicken into bite sized cubes. Throw into a hot frying pan using your favorite cooking oil. Empty the packet of taco seasoning and cook chicken thoroughly.

Empty the jar of salsa, the can of corn, the 1-2 tablespoons of apricot preserves, the juice of 1-2 limes, and chopped cilantro onto the chicken.

Reduce heat to medium-low and simmer until the salsa begins to bubble.

Easy-to-Find brands that I use:

[Pace Chunky Salsa Medium](#)

[Old El Paso 40% Less Sodium Taco Seasoning](#)

[Smuckers Apricot Preserves](#)

[Green Giants Niblets Whole Kernel Corn](#)

# 2-Pan Tamales

The discovery of *Pre-Cooked Polenta* changed my life! I had seen the tubes of polenta on store shelves for years...but never really knew what polenta was.

What is polenta? It is basically water and corn meal.

- Gluten Free
- Fat Free
- Wheat Free
- Low Calorie
- Organic (if you find the right brand)

The pre-cooked tubes are firm, so you cut the polenta into slices and fry, bake, or grill.

Here's a [link to an image](#), so you know what to look for.

Here are the ingredients to this dish:

- 1 Pound Organic Ground Beef
- 1 Packet of Low Sodium Taco Seasoning
- 1 Tube Pre-Cooked Polenta
- ½ Jar of Taco Sauce
- ⅓ Cup Low Fat Shredded Cheese

How to make:

In Pan #1: Fry up the ground beef and packet of taco seasoning.

In Pan #2: Slice up the tube of polenta in to 1 inch pieces and cook on medium low. Lightly brown each side, making sure the polenta gets heated thoroughly.

Put the heated polenta on a plate, then pour as much taco sauce as desired over each piece. Pour the ground beef over the top of that. Then sprinkle with cheese.

Easy-to-Find brands that I use:

[Old El Paso 40% Less Sodium Taco Seasoning](#)

[Food Merchants Organic Polenta](#)

[La Victoria Red Taco Sauce](#)

You can get really creative with polenta.

I've made pizza bites in the oven. Sliced polenta, pizza sauce, pepperoni and cheese.

I also make homemade chili and pour it over polenta (which is like a wheat free, gluten free, fat free version of corn bread).

I may even try to make eggs benedict with some leftover polenta...which would be another prime example of a 2-pan dish :)

**A Note About Cooking Oils:** The healthiest options are coconut oil, olive oil, or butter. The only problem with these is that they add an additional flavor.

Some day they will come out with a healthy cooking oil, that is flavorless. I wish Canola Oil or other vegetable oil was healthy, but it is not.

Stick with coconut oil, olive oil, or butter. It is a much better option if long-term health is your goal.