

5-Ingredient Cast Iron Recipes

Pineapple Sweet and Sour Chicken

Serves 4 | Prep. time 5–10 minutes | Cooking time 12 minutes

Ingredients

1½ pounds skinless, boneless chicken thighs, cut into bite-sized pieces
2 tablespoons vegetable oil
1 small red bell pepper, cut into ¾-inch pieces
1 (8-ounce) can pineapple tidbits with juice, drained
¾ cup sweet-and-sour sauce

Directions

1. Add the oil to a cast-iron skillet and heat it over medium-high heat.
2. Add the chicken; stir-cook for 5–6 minutes until no longer pink.
3. Add the bell pepper and sauce; stir-cook for about 4 minutes until the pepper turns tender.
4. Add the pineapple and stir-cook for 1–2 minutes.
5. Serve warm.

Nutrition (per serving)

Calories 420, fat 15 g, carbs 34 g, protein 36 g, sodium 400 mg

Baked Asiago Chicken and Mushroom Pasta

Serves 4 | Prep. time 10 minutes | Cooking time 35 minutes

Ingredients

4 chicken breast, skinless, boneless
½ cup Asiago cheese
8 Crimini mushrooms, stemmed
1 cup low-sodium chicken stock
¼ cup butter
2 teaspoons salt
Cooked penne pasta, for serving

Directions

1. Bring a pot of salted water to boil, and cook pasta al dente.
2. Preheat oven to 350°F, quarter mushrooms, set aside.
3. Sprinkle chicken breasts with salt and slice against the grain into ½" wide strips.
4. Melt butter in a cast iron deep skillet, add chicken breast, brown.
5. Add mushroom, sauté for 2 minutes.
6. Add chicken stock, pasta, and sprinkle with Asiago cheese.
7. Cover skillet with aluminum foil, and bake in the oven for 20 minutes.
8. Serve chicken with pasta.

Nutrition (per serving)

Calories 474, fat 33 g, carbs 15 g, protein 15.6 g, sodium 629 mg

Mushroom Beef Stroganoff

Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes

Ingredients

1 pound ground beef
1 (8-ounce) pack egg noodles, cooked and drained
1 (10¾-ounce) can condensed cream of mushroom soup
½ cup sour cream
1 tablespoon garlic powder
Salt and ground black pepper to taste

Directions

1. Add the ground beef to a cast-iron skillet and heat it over medium-high heat.
2. Stir-cook for 5–10 minutes until evenly brown. Drain excess fat.
3. Add the garlic powder and soup; simmer for about 8–10 minutes while stirring.
4. Transfer to a serving container and mix in the noodles.
5. Add the cream and season with salt and pepper to taste.
6. Combine and serve warm.

Nutrition (per serving)

Calories 679, fat 40.5 g, carbs 48 g, protein 28.5 g, sodium 660 mg

Creamy Sautéed Scallops

Serves 4 | Prep. time 5–10 minutes | Cooking time 10 minutes

Ingredients

3 teaspoons butter (divided)
3 teaspoons extra-virgin olive oil (divided)
¼ cup low-fat sour cream
½ teaspoon salt
Ground black pepper to taste
2 large English cucumbers, seeded and sliced into ¼-inch pieces
1 tablespoon minced dill or flat-leaf parsley to garnish
1¼ pounds large dry sea scallops, tough muscle removed

Directions

1. Add the cucumber pieces to a colander and mix with some salt. Allow water to drain for 20–30 minutes.
2. Add 1 teaspoon of the butter and 2 teaspoons of the oil to a cast-iron skillet; heat it over medium-high heat.
3. Add the drained cucumber pieces and stir-cook for 2–4 minutes until brown and wilted.
4. Mix in the sour cream and stir-cook for 1 more minute. Set aside.
5. Heat the remaining oil and butter in the skillet over high heat.
6. Add the scallops, salt, and pepper; stir-cook for 2–3 minutes per side until lightly browned.
7. Add the cucumber mix and stir again.
8. Serve with some parsley or dill on top.

Nutrition (per serving)

Calories 204, fat 9 g, carbs 12 g, protein 19 g, sodium 713 mg

Maple Vanilla Custard

Serves 6 | Prep. time 10 minutes | Cooking time 10 minutes

Ingredients

4 large eggs
4 cups milk
1 teaspoon pure vanilla extract
½ cup maple syrup
½ teaspoon salt

Directions

1. Whisk eggs in a bowl, mix in vanilla, maple syrup, and salt.
2. Pour milk into cast iron pot, bring to simmer.
3. Remove milk from the stove.
4. Add a tablespoon at a time of hot milk into the egg mixture, mixing continuously in order not to cook the eggs.
5. Once the egg mixture has been tempered with milk, whisk the egg mixture into pot of milk.
6. Return pot to stove, and simmer for 5 minutes.
7. Cool and serve.

Nutrition (per serving)

Calories 250, fat 6.5 g, carbs 38 g, protein 11 g, sodium 147 mg

All recipes are from Louise Davidson's cookbook *5-Ingredient Cast Iron Skillet Recipes*. To learn more, click on the cover or [here](#).

