

Easy Everyday Cast Iron Skillet Recipes

Santa-Fe Chicken Breasts

Serves 4 | Prep time 15 minutes | Cooking time 30 minutes

Ingredients

- 4 (4-ounce) skinless, boneless chicken breasts
- Kosher salt and freshly ground black pepper, to taste
- 1 tablespoon Tex-Mex spice blend, more if needed
- 6 bacon strips, diced
- 1 tablespoon vegetable oil, more if needed
- 3 garlic cloves, minced
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons barbecue sauce
 - ½ cups Tex-Mex shredded cheese
- 1 tablespoon fresh chives, chiseled
- 1 tomato, deseeded and diced

Directions

1. If needed, cut the chicken breast in 2 horizontally if the chicken breasts are large and thick.
2. Brush the chicken breasts with vegetable oil. Evenly season each chicken breast with salt, black pepper, and Tex-Mex spice blend. Set aside.
3. In a large cast-iron skillet, cook the bacon over medium heat until crispy. With a slotted spoon, transfer the bacon to a plate lined with paper towels to drain the excess oil.
4. Leaving the bacon dripping in the skillet, add 1 tablespoon vegetable oil. Warm the oil over medium heat. Add the garlic and chicken breasts. Cook for 4-6 minutes per side or until the internal temperature reaches 165°F (74°C).
5. Add the lime juice and barbecue sauce to the skillet and stir to combine. Turn the chicken breasts over to coat in the sauce.
6. Top each chicken breast evenly with the cheese. Continue cooking until the cheese starts to melt.
7. To serve, sprinkle the reserved bacon, chives, and diced tomatoes on top of the chicken breasts. Serve warm.

Nutrition (per serving)

Calories 312, fat 11 g, carbs 15 g, sugar 3 g,
Protein 38 g, sodium 610 mg

Mongolian Beef

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

Ingredients

- 1 pound flat iron steak, sliced thinly against the grain
- ¼ cup low-sodium soy sauce
- 1 teaspoon ginger, peeled and grated
- 2 garlic cloves, minced
- ¼ cup avocado oil
- 3-4 green onions, cut into 1-inch slices

Directions

1. Place the steak slices, soy sauce, ginger, and garlic in a Ziploc bag. Seal the bag and shake to coat well.
2. Refrigerate the bag to marinate for about 1 hour.
3. Remove the steak slices from the bag, reserving the marinade.
4. In a large cast-iron skillet, heat the oil over high heat. Stir-fry the steak slices for about 2-3 minutes.
5. Stir in the reserved marinade and scallions. Cook for about 1-2 minutes.
6. Serve hot.

Nutrition (per serving)

Calories 300, fat 15 g, carbs 3 g, sugar 1 g,
Protein 37 g, sodium 963 mg

Easy Shrimp Fettuccini

Serves 3 | Prep time 15 minutes | Cooking time 6 minutes

Ingredients

- 2 tablespoons unsalted butter
- 4 garlic cloves, minced
- 1 pound shrimp, peeled and deveined
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 1/4 cup dry white wine
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon flat-leaf parsley, chopped
- 1 pound fettuccine, cooked according to the package instructions

Directions

1. In a large cast-iron skillet, melt the butter over medium heat. Sauté the garlic for about 30-60 seconds.
2. Add the shrimp, cayenne pepper, and salt. Stir to combine.
3. Stir in the wine and lemon juice and cook for about 3-4 minutes.
4. Stir in the parsley and remove from the heat.
5. Add the pasta and stir.
6. Serve warm.

Nutrition (per serving)

Calories 272, fat 10 g, carbs 4 g, sugar 0 g,
Protein 34 g, sodium 621 mg

Eggplant Parmesan

Serves 4 | Prep time 15 minutes | Cooking time 40 minutes

Ingredients

- 1 cup panko breadcrumbs
- 3 tablespoons olive oil, divided
- Kosher salt, to taste
- 2 garlic cloves, minced
- ½ teaspoon fresh oregano, finely chopped
- Pinch of crushed red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 1½ pounds small eggplant, halved lengthwise
- 8 ounces mozzarella cheese, torn into bite-sized pieces
- ⅓ cup Parmesan cheese, grated
- 2 tablespoons fresh basil leaves, chopped

Directions

- 1 Arrange a rack in the top third of the oven and preheat the oven to 400°F (204°C).
- 2 In a small mixing bowl, stir together the breadcrumbs, 1 tablespoon of the oil, and a pinch of salt. Set it aside.
- 3 In a 12-inch cast-iron skillet, heat 1 tablespoon of the oil over medium-low heat. Sauté the garlic, oregano, crushed red pepper flakes, and ½ teaspoon of salt for about 30 seconds.
- 4 Add the tomatoes and stir to combine.
- 5 Increase the heat to high and bring to a simmer, then reduce the heat to medium-low and simmer for about 5 minutes.
- 6 Meanwhile, in a large mixing bowl, add the eggplant halves, remaining oil, and salt. Toss until well-combined.
- 7 Remove the skillet with the sauce from the heat.
- 8 Place the eggplant halves in the skillet cut side down and gently submerge in the sauce.
- 9 Cover the skillet and bake for about 20-25 minutes or until the flesh of the eggplants is tender.
- 10 Remove the skillet from the oven and preheat the broiler.
- 11 Carefully flip each eggplant half and spoon some sauce on top.
- 12 Evenly sprinkle with the mozzarella, followed by the breadcrumb mixture and Parmesan cheese.
- 13 Broil for 3-4 minutes or until the cheese is melted and bubbly.
- 14 Garnish with the basil and serve immediately.

Nutrition (per serving)

Calories 497, fat 24 g, carbs 32 g, sugar 16 g,
Protein 26 g, sodium 821 mg

Chocolate Brownie

Serves 6 | Prep time 15 minutes | Cooking time 34 minutes

Ingredients

- ½ cup plus 1 tablespoon unsalted butter, melted and divided
- 1 cup granulated sugar
- ¼ cup unsweetened cocoa powder
- 1½ teaspoons pure vanilla extract
- ¼ teaspoon kosher salt
- 3 large eggs
- 1 cup all-purpose flour
- 1 cup chocolate chunks

Directions

1. Preheat the oven to 350°F (177°C).
2. Grease a 10-inch skillet with 1 tablespoon of melted butter.
3. In a large mixing bowl, add the melted butter, sugar, cocoa powder, vanilla, and salt.
4. Add the eggs one at a time to the bowl, beating well after each addition.
5. Add the flour and mix until just combined, then fold in the chocolate chunks.
6. Place the mixture into the prepared skillet, and with the back of a spoon, smooth the surface of the mixture.
7. Bake for about 30-34 minutes or until the center is just set.
8. Remove the skillet from the oven and serve immediately.

Nutrition (per serving)

Calories 533, fat 26 g, carbs 68 g, sugar 48 g,
Protein 8 g, sodium 264 mg

***These recipes and more are found in Louise Davidson's *Cast-Iron Cookbook: 125 Easy Everyday Cast-Iron Skillet Recipes*. To get your copy, click on the cover below or click [here](#).

