

# THE MODERN FAMILY TABLE

10 RECIPES · REAL FAMILY · NO DRAMA

FEATURED / MARRY ME CHICKEN PASTA



My Recipes Made

NORA & NICOLAS DALIM · MYRECIPESMADE.COM

**ABOUT THIS BOOK**

# "Real food. Real family. No drama.

— NICOLAS

This one is for the cooks who don't have three hours, a specialty store on the corner, or time for recipes that read like instruction manuals.

Ten recipes. Each one lives on two pages. One side tells you what you're making, the other side shows you how. That's it.

Everything in this book has been through the hardest test there is: a weeknight, with hungry kids, after a long day. If it made the cut, it's here.

So cook something, make a mess, call it dinner, and move on with your evening. That's the whole idea.

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**NICOLAS DALIM**

Co-host, dishwasher, official taste-tester

# 10 RECIPES

Scroll, pick, cook.

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# CHICKEN CAESAR SALAD

All the restaurant flavor, made easy at home.

Juicy marinated chicken, creamy homemade Caesar dressing, and crisp romaine come together for a salad that tastes like a night out — but comes from your own kitchen.



**PREP**  
**30 min**

**COOK**  
**15 min**

**TOTAL**  
**45 min**

**SERVES**  
**4**

**TURN FOR METHOD**

**INGREDIENTS**

- 2 boneless, skinless chicken breasts (about 1.5 lb)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt & freshly ground black pepper
- 1/2 lemon, juiced
- 1/2 cup mayonnaise
- 1/4 cup grated Parmesan
- 2 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tsp Worcestershire sauce
- 1/4 tsp black pepper
- 2-3 tbsp water, to thin
- 2 romaine hearts, chopped
- 1 cup croutons
- 1/2 cup shaved Parmesan
- Lemon wedges, for serving

**METHOD**

- 01** Mix olive oil, garlic powder, oregano, salt, pepper, and lemon juice. Pound chicken to even 3/4-inch thickness, coat in marinade, and rest 15-30 minutes.
- 02** Whisk all dressing ingredients except water in a bowl. Add water until creamy and pourable. Rest 10 minutes.
- 03** Heat a grill pan or skillet over medium-high. Cook chicken 6-7 minutes on the first side, flip, and cook 5-6 minutes more to 165°F. Rest 5 minutes, then slice.
- 04** Wash, chop, and spin romaine dry. For extra crispness, chill 5 minutes in the freezer.
- 05** Toss romaine with half the dressing, croutons, and half the Parmesan. Plate, top with sliced chicken, drizzle more dressing, and finish with Parmesan and lemon wedges.

**TIP /** Let the marinated chicken rest up to 24 hours in the fridge — the flavor deepens beautifully.

# SWEET HAWAIIAN CHICKEN

Set it, forget it, and dinner makes itself.

A sweet-savory slow cooker favorite with pineapple, soy, and ginger. The kind of recipe that earns a permanent spot in your weeknight rotation.



**PREP**  
**10 min**

**COOK**  
**6 hr**

**TOTAL**  
**6 hr 10 min**

**SERVES**  
**6**

**TURN FOR METHOD**

**INGREDIENTS**

- 2 lb boneless, skinless chicken breasts
- 1 can (20 oz) crushed pineapple with juice
- 1/2 cup low-sodium soy sauce
- 1/3 cup brown sugar
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 green bell peppers, chopped
- 1 medium onion, diced
- 1 tsp sesame oil (optional)
- 2 tbsp cornstarch
- 2 tbsp water

**METHOD**

- 01** Place chicken breasts in the bottom of the slow cooker.
- 02** In a bowl, whisk pineapple and juice, soy sauce, brown sugar, garlic, ginger, and sesame oil.
- 03** Pour over the chicken. Top with bell peppers and onion.
- 04** Cook on LOW for 6-7 hours or HIGH for 3-4 hours, until chicken is tender.
- 05** Shred chicken directly in the crockpot using two forks.
- 06** Whisk cornstarch and water, stir into the pot, and cook on HIGH 10 more minutes until sauce thickens.
- 07** Taste, adjust seasoning, and serve hot over rice or in soft rolls.

**TIP /** Prep the whole thing in a freezer bag ahead of time. Thaw overnight and dump into the crockpot — dinner done before you start your day.

# MARRY ME CHICKEN PASTA

The creamy, dreamy pasta that lives up to the hype.

Tender chicken, penne, and a rich sun-dried tomato cream sauce — all on the table in 30 minutes. It's called Marry Me Chicken for a reason.



**PREP**  
**10 min**

**COOK**  
**20 min**

**TOTAL**  
**30 min**

**SERVES**  
**4**

**TURN FOR METHOD**

**INGREDIENTS**

- 1.5 lb boneless, skinless chicken breast, bite-sized pieces
- 10 oz penne pasta
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil
- 3 tbsp butter
- 2 tsp minced garlic
- 3 tbsp all-purpose flour
- 2 cups low-sodium chicken broth
- 1 cup heavy cream
- 1 cup freshly grated Parmesan
- 1 cup sun-dried tomatoes, drained & chopped
- 1 tsp paprika
- 2 tsp dried Italian seasoning
- Fresh basil, for garnish

**METHOD**

- 01** Bring a large pot of salted water to a rolling boil. Cook penne to al dente, reserve 1 cup pasta water, then drain.
- 02** Season chicken with salt and pepper. Heat olive oil in a large skillet over medium-high. Sear chicken 6-8 minutes to 165°F. Transfer to a plate.
- 03** In the same skillet, melt butter over medium heat. Add garlic and cook 30 seconds until fragrant.
- 04** Sprinkle in the flour and whisk 1 minute to make a roux.
- 05** Slowly whisk in broth, then add heavy cream. Simmer 2-3 minutes until slightly thickened.
- 06** Reduce heat to low. Add Parmesan in handfuls, whisking until smooth. Stir in sun-dried tomatoes, paprika, and Italian seasoning.
- 07** Return chicken and add pasta. Toss until glossy and fully coated. Simmer 1 minute.
- 08** Tear fresh basil over the top and serve immediately in shallow bowls.

**TIP /** Oil-packed sun-dried tomatoes are worth it. The extra flavor shows up in every bite.

# CLASSIC CHICKEN SOUP

The cure for everything that ails you.

A healing, herb-scented chicken soup built on a slow-simmered bone broth. Keep a container in the freezer for sick days and cold nights.



**PREP**  
**15 min**

**COOK**  
**2 hr**

**TOTAL**  
**2 hr 15 min**

**SERVES**  
**8**

**TURN FOR METHOD**

**INGREDIENTS**

- 1 whole chicken (3-4 lb) or 2 lb bone-in chicken pieces
- 3 large carrots, peeled & chopped
- 3 celery stalks, chopped
- 1 large onion, quartered
- 4 cloves garlic, smashed
- 2 bay leaves
- A handful of fresh parsley
- Fresh thyme sprigs (or 1 tsp dried)
- 8-10 cups cold water
- Salt & black pepper, to taste
- Optional: parsnip, egg noodles, rice, fresh dill, lemon

**METHOD**

- 01** Place the whole chicken in a large stockpot and cover completely with cold water.
- 02** Bring to a boil over high heat, then reduce to a low simmer. Skim the foam.
- 03** Add carrots, celery, onion, garlic, bay leaves, thyme, and parsley. Season generously with salt and pepper.
- 04** Simmer gently for 1.5-2 hours, until the chicken is very tender.
- 05** Remove the chicken, rest 5 minutes, then shred the meat and discard skin and bones.
- 06** Strain the broth through a fine-mesh sieve. Return broth and shredded chicken to the pot.
- 07** Taste and adjust seasoning. Add noodles (8-10 min) or rice (15-20 min) if using.
- 08** Finish with fresh herbs and a squeeze of lemon right before serving.

**TIP /** Cold water extraction pulls more flavor from the bones than hot water ever will. Start cold.

# GARLIC BUTTER SALMON

**One pan. Thirty minutes.  
Restaurant results.**

Tender salmon, crisp asparagus, and a glossy garlic butter — all baked together on a single sheet pan. Minimal cleanup, maximum flavor.



**PREP**  
**10 min**

**COOK**  
**20 min**

**TOTAL**  
**30 min**

**SERVES**  
**4**

**TURN FOR METHOD**

**INGREDIENTS**

- 4 salmon fillets (wild-caught preferred)
- 1 lb fresh asparagus spears
- 4 tbsp unsalted butter, melted
- 4 cloves garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- Fresh parsley or thyme, chopped
- Lemon slices, for topping
- Parchment paper

**METHOD**

- 01** Preheat oven to 375°F. Line a baking sheet with parchment.
- 02** Pat the salmon dry. Season both sides with salt and pepper.
- 03** Bend the asparagus until the tough ends snap off. Rinse and dry.
- 04** Stir melted butter with minced garlic, a pinch of salt, pepper, and herbs.
- 05** Arrange salmon skin-side down in the center of the sheet, asparagus around the edges.
- 06** Drizzle the garlic butter generously over everything. Top with lemon slices.
- 07** Bake 15-20 minutes, until salmon reaches 145°F and flakes easily with a fork.

**TIP /** Choose fillets of similar thickness so everything finishes at the same time.

# TURKISH BULGUR PILAF

The towel trick that makes every grain fluffy.

An authentic Turkish pilaf with toasted vermicelli, buttery bulgur, and a crispy golden bottom called kazandibi. A weeknight side with serious soul.



**PREP**  
**10 min**

**COOK**  
**20 min**

**TOTAL**  
**30 min**

**SERVES**  
**6**

**TURN FOR METHOD**

**INGREDIENTS**

- 1 1/2 cups medium bulgur (#2 grind)
- 1/2 cup thin vermicelli or orzo, broken into pieces
- 3 tbsp butter (or olive oil)
- 2 3/4 cups hot chicken or vegetable broth
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 clean, dry kitchen towel

**METHOD**

- 01** Melt butter in a medium pot over medium heat. Add vermicelli and stir 2-3 minutes until deeply golden. Watch closely — it burns fast.
- 02** Add the bulgur and stir 1 minute so every grain is coated in butter.
- 03** Pour in the hot broth. Add salt and pepper. Stir once — then do not stir again.
- 04** Raise heat to high and boil vigorously 2-3 minutes with the lid off.
- 05** Drop heat to the lowest setting. Lay the clean towel across the pot, then cover with the lid. Set a timer for 15 minutes and do not peek.
- 06** Turn off heat. Let rest 10 minutes, covered.
- 07** Remove lid and towel. Fluff gently with a fork from edge to center. Look for the crispy kazandibi at the bottom.

**TIP /** The towel catches every drop of condensation. That's the secret to separated, fluffy grains.

# EGGPLANT PARMESAN



**Cheesy, crispy, and family-approved.**

Golden baked eggplant rounds layered with marinara and bubbling cheese. Every bite is crunch, melt, and comfort all at once.

**PREP**  
**45 min**

**COOK**  
**45 min**

**TOTAL**  
**1 hr 30 min**

**SERVES**  
**6**

07

**TURN FOR METHOD**

**INGREDIENTS**

- 2 large eggplants, sliced into 1/4-inch rounds
- Salt (for drawing out moisture)
- 2 cups panko breadcrumbs
- 1/3 cup nutritional yeast (or grated Parmesan)
- 1 tbsp Italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt & pepper, to taste
- 1 cup unsweetened milk (any kind)
- 2 tbsp cornstarch
- 1/2 cup all-purpose flour
- 3 cups marinara sauce
- 2 cups shredded mozzarella
- 1/2 cup grated Parmesan
- Fresh basil, for garnish

**METHOD**

- 01** Arrange eggplant slices on paper towels. Salt both sides generously and rest 30 minutes to draw out moisture. Pat dry.
- 02** Preheat oven to 400°F. Line a baking sheet with parchment.
- 03** Set up three bowls: flour; milk whisked with cornstarch; breadcrumbs mixed with nutritional yeast (or Parmesan), Italian seasoning, garlic powder, onion powder, salt, and pepper.
- 04** Dip each slice in flour, then milk, then press into the breadcrumb mix. Place on the sheet in a single layer.
- 05** Bake 20-25 minutes, flipping halfway, until golden and crisp.
- 06** Spread 1/2 cup marinara in a 9x13 dish. Layer half the eggplant, half the remaining sauce, and half the mozzarella.
- 07** Repeat with the rest. Top with Parmesan.
- 08** Cover with parchment and foil. Bake 20 minutes. Uncover and bake 5 more, until golden and bubbling.
- 09** Rest 5-10 minutes so the layers set. Garnish with fresh basil.

**TIP /** Don't skip the salting step — it's what keeps the final dish from getting soggy.

# STRAWBERRY CRINKLE COOKIES

Pink, soft, and made for little helpers.

Soft strawberry cookies with crackled tops and a snowy sugar coating. Four ingredients, one bowl, and the best kind of kitchen mess.



**PREP**  
**30 min**

**COOK**  
**12 min**

**TOTAL**  
**42 min**

**SERVES**  
**24 cookies**

**TURN FOR METHOD**

**INGREDIENTS**

- 1 box (15.25 oz) strawberry cake mix
- 2 large eggs
- 1/3 cup vegetable oil
- 1 tsp vanilla extract
- 1/2 cup powdered sugar (for rolling)
- 1/4 cup granulated sugar (for first roll, optional)
- Pink food coloring (optional)

**METHOD**

- 01** Mix cake mix, eggs, oil, and vanilla in a large bowl until a smooth dough forms. Add food coloring if you want a pinker finish.
- 02** Refrigerate the dough 20-30 minutes — this is what gives you the crinkle.
- 03** Preheat oven to 350°F. Line baking sheets with parchment.
- 04** Roll the dough into 1-inch balls. For the cleanest crinkle, roll first in granulated sugar, then press into powdered sugar.
- 05** Space balls 2 inches apart on the sheet. Bake 10-12 minutes, until the tops crack.
- 06** Rest 5 minutes on the pan, then move to a wire rack to cool.

**TIP /** Double-coat: granulated sugar first, powdered sugar second. That's the secret to those deep, pretty cracks.

# BROCCOLI CHEDDAR SOUP

A cozy bowl that comes together in one pot.

Creamy cheddar, tender potatoes, and broccoli florets — the small-batch soup that makes a weeknight feel like a weekend.



**PREP**  
**10 min**

**COOK**  
**35 min**

**TOTAL**  
**45 min**

**SERVES**  
**2**

**TURN FOR METHOD**

**INGREDIENTS**

- 2 tbsp unsalted butter
- 1/3 cup finely chopped celery
- 1/3 cup finely chopped carrot
- 1/3 cup finely chopped shallot or yellow onion
- 2 tbsp finely chopped jalapeño (optional)
- 1/2 tsp salt, plus more to taste
- 1 clove garlic, minced
- 1/2 tsp paprika
- 1/2 tsp crushed red pepper (optional)
- 2 tbsp all-purpose flour
- 3 cups low-sodium chicken or vegetable stock
- 2/3 cup half-and-half or heavy cream
- 2 cups yellow potatoes, 1/2-inch cubes
- 2 cups broccoli florets
- 1 1/2 cups shredded cheddar
- 1/2 tsp freshly cracked black pepper

**METHOD**

- 01** Melt butter in a medium pot over medium heat. Add celery, carrot, shallot, and jalapeño with 1/2 tsp salt. Sauté 6-8 minutes.
- 02** Add garlic, paprika, and red pepper. Stir 1 minute. Sprinkle in flour and whisk constantly 1 minute to form a roux.
- 03** Slowly whisk in 1 cup of stock, scraping the bottom. Add the rest of the stock and the potatoes. Simmer uncovered 10 minutes.
- 04** Add broccoli. Simmer 5-7 more minutes until the vegetables are fork-tender.
- 05** Lower the heat. Stir in the half-and-half. Add cheese by the handful, stirring until smooth.
- 06** Taste and adjust pepper and salt. Serve hot in warm bowls.

**TIP /** Shred the cheddar yourself from a block — pre-shredded cheese is coated in starch and won't melt as smoothly.

# COTTAGE CHEESE PANCAKES

**Breakfast that keeps you full until lunch.**

Fluffy, creamy pancakes blended in seconds with cottage cheese and oats. A protein-packed start that freezes beautifully for busy mornings.



**PREP**  
**5 min**

**COOK**  
**15 min**

**TOTAL**  
**20 min**

**SERVES**  
**2 (4 pancakes)**

**TURN FOR METHOD**

**INGREDIENTS**

- 1 cup cottage cheese (2%, small curd if possible)
- 2 large eggs
- 1/2 cup rolled oats or oat flour
- 1 scoop vanilla protein powder (optional)
- 1 tbsp chia seeds (optional)
- 1 tsp vanilla extract
- 1 tbsp honey or maple syrup (optional)
- Butter or oil, for the pan
- Fresh berries, to serve

**METHOD**

- 01** Blend cottage cheese, eggs, and oats in a blender until smooth, about 30 seconds. The batter should be thick and creamy.
- 02** Heat a non-stick skillet over medium and lightly grease.
- 03** Pour about 1/4 cup batter per pancake. Cook 3-4 minutes until bubbles appear, then flip and cook another 1-2 minutes until golden.
- 04** Serve warm with fresh berries, a drizzle of honey, or a spoonful of Greek yogurt.

**TIP /** Batter can be made the night before and stored covered in the fridge. Stir well before cooking.

# ALL 10.

Pick your Monday night. Or your Friday one.



**01**  
CHICKEN CAESAR SALAD

PG. 04  
CHICKEN



**02**  
SWEET HAWAIIAN CHICKEN

PG. 06  
CHICKEN



**03**  
MARRY ME CHICKEN PASTA

PG. 08  
CHICKEN



**04**  
CLASSIC CHICKEN SOUP

PG. 10  
SOUP



**05**  
GARLIC BUTTER SALMON

PG. 12  
SEAFOOD



**06**  
TURKISH BULGUR PILAF

PG. 14  
GRAINS



**07**  
EGGPLANT PARMESAN

PG. 16  
VEGETARIAN



**08**  
STRAWBERRY CRINKLE COOKIES

PG. 18  
DESSERT



**09**  
BROCCOLI CHEDDAR SOUP

PG. 20  
SOUP



**10**  
COTTAGE CHEESE PANCAKES

PG. 22  
BREAKFAST



# COOK. EAT. REPEAT.

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Nora & Nicolas

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