

Sleepy Food Meals

#eat4sleep

Below are dinner recipes for your sleepy meal plans! Each recipe has ingredients high in melatonin naturally or will help your body produce melatonin. Enjoy!

RECIPE

Almond Crusted Halibut

Ingredients

- $\frac{1}{3}$ cup dry white wine
- 2 tablespoons cider vinegar
- 1 sprig fresh thyme
- 2 tablespoons minced shallots
- $\frac{1}{3}$ cup heavy cream
- 10 tablespoons unsalted butter - chilled, cut into tablespoon-size pieces
- 3 tablespoons chopped fresh chives
- 2 teaspoons fresh lemon juice
- salt and pepper to taste
- 6 (6 ounce) fillets halibut
- 2 tablespoons vegetable oil
- 1 tablespoon unsalted butter
- $\frac{1}{4}$ cup fresh bread crumbs
- $\frac{2}{3}$ cup minced blanched almonds
- 1 tablespoon unsalted butter, melted
- 1 egg, lightly beaten

Preparation

Step 1

Make beurre blanc: In a small saucepan over medium heat, combine wine, vinegar, shallots, thyme. Boil until liquid has evaporated. Stir in cream, and boil until liquid is reduced by half; decrease heat to low. Whisk in butter, 1 piece at a time, adding each new piece before the previous one has melted completely. Do not allow sauce to simmer, or it may separate.

Step 2

Strain sauce through a fine sieve into a heatproof bowl. Stir in chives, lemon juice, salt and pepper. Keep warm by setting bowl in a larger container of hot water.

Step 3

Preheat oven on broiler setting. Pat fillets dry, and season with salt and pepper.

Step 4

Heat oil and 1 tablespoon butter in a large skillet over medium-high heat. Saute halibut fillets for 2 to 3 minutes on each side, or until lightly browned, and just cooked through. Transfer to a baking sheet, and cool 5 minutes. In a small bowl, stir together bread crumbs, almonds and 1 tablespoon melted butter. Brush tops of fillets with egg, and spread with almond mixture.

Step 5

Broil fillets 1 to 2 minutes, or until browned. Place fillets on individual plates, and spoon beurre blanc around it.adipiscing elit. Ut enim ad minim veniam, quis nostrud exercitation.

RECIPE

Dijon Crusted Halibut

Ingredients

- ¼ cup mayonnaise
- 1 tablespoon prepared Dijon-style mustard
- 1 tablespoon prepared horseradish
- 1 tablespoon fresh lemon juice
- ¼ cup dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 4 (4 ounce) fillets halibut
- 1 tablespoon margarine, melted
- ¼ cup dry bread crumbs
- 1 tablespoon grated Parmesan cheese

Preparation

- Step 1
 - Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- Step 2
 - In a small bowl, mix together mayonnaise, mustard, horseradish, and lemon juice. Stir in 1/4 cup bread crumbs and 1 tablespoon Parmesan cheese. Arrange fish fillets on the prepared baking

sheet. Spread bread crumb mixture evenly over fish.

- Step 3
 - In a small bowl, mix together melted margarine, 1/4 cup bread crumbs, and 1 tablespoon Parmesan cheese. Sprinkle over the coated halibut.
- Step 4
 - Bake for 15 to 18 minutes, or until fish flakes easily with a fork.

RECIPE

Blackened Tuna

Ingredients

- 1 ½ pounds fresh tuna steaks, 1 inch thick
- 2 tablespoons Cajun seasoning
- 2 tablespoons olive oil
- 2 tablespoons butter

Preparation

Step 1 Generously coat tuna with Cajun seasoning.

Step 2 Heat oil and butter in a large skillet over high heat. When oil is nearly smoking, place steaks in pan. Cook on one side for 3 to 4 minutes, or until blackened. Turn steaks, and cook for 3 to 4 minutes, or to desired doneness.

RECIPE

Cherry Pork Chops

Ingredients

- 2 tablespoons vegetable oil
- 4 (8 ounce) bone-in pork chops
- salt and pepper to taste
- ¼ cup butter
- ¾ cup sliced shallots
- 1 ½ cups fresh black cherries, pitted and halved
- 2 tablespoons red wine
- ¼ cup beef broth
- ¼ teaspoon dried rosemary leaves, crumbled

Preparation

Step 1 Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

Step 2 Heat the vegetable oil in a large skillet over medium-high heat. Season the pork chops with salt and pepper, then brown in the hot oil until golden brown on both sides, about 2 minutes per side. Remove the pork chops to the lined baking sheet. Bake in the preheated oven until the pork chops are no longer pink in the center, and register 145 degrees F (63 degrees C) on a meat thermometer, about 20 minutes.

Step 3 While the pork chops are baking, melt the butter in the same skillet over medium heat, and stir in the shallot and cherries. Cook until the shallot has begun to soften, about 2 minutes. Stir in the red wine and beef broth, and bring to a simmer. Season with rosemary, and simmer

until the sauce has reduced and thickened. Season to taste with salt and pepper before pouring over the pork chops to serve.

RECIPE

Turkey Salad

Ingredients

- 2 cups cooked turkey, cut into bite-sized chunks
- ⅓ cup mayonnaise
- 1 tablespoon mayonnaise
- 3 tablespoons Dijon mustard
- 2 tablespoons red wine vinegar
- 1 medium head Romaine lettuce
- 1 cup mixed salad greens
- 3 stalks celery, sliced
- 1 small red onion, finely sliced
- ¾ cup halved seedless red grapes
- 6 tablespoons olive oil
- 4 tablespoons red wine vinegar
- 1 pinch white sugar
- salt and ground black pepper
- ½ cup slivered almonds

Preparation

Step 1 Mix cooked turkey, 1/3 cup plus 1 tablespoon mayonnaise, mustard, and red wine vinegar together in a bowl and set aside.

Step 2 Mix Romaine lettuce, salad greens, celery, red onion, grapes, olive oil, vinegar, sugar, salt, and pepper together in a large pretty serving bowl and toss to blend.

Step 3 Make a depression in the center of the lettuce mixture in the serving bowl. Mound the chicken mixture in the center and sprinkle with almonds.

RECIPE

Turkey Divan

Ingredients

- 2 (10 ounce) packages frozen broccoli spears
- ¼ cup margarine
- 6 tablespoons all-purpose flour
- salt and ground black pepper to taste
- 2 cups chicken broth
- ½ cup heavy whipping cream
- 3 tablespoons white wine
- 3 cups cooked turkey breast, sliced
- ¼ cup shredded Monterey Jack cheese

Preparation

Step 1 Place broccoli in a saucepan with 4 cups of water. Bring to a boil; reduce heat, cover, and simmer until tender, 5 to 8 minutes. Drain.

Step 2 Preheat oven to 350 degrees F (175 degrees C).

Step 3 Melt margarine in a saucepan over medium heat; stir in flour, salt, and pepper and mix well. Pour in chicken broth; cook and stir until sauce thickens and bubbles, about 10 minutes. Add cream and wine; stir until well-combined.

Step 4 Arrange broccoli on the bottom of a 7x12-inch baking dish. Pour half of the sauce over the broccoli. Top sauce with sliced turkey. Stir Monterey Jack cheese

into the remaining sauce in the saucepan. Pour cheese sauce over the turkey.

Step 5 Bake the turkey divan in the preheated oven until bubbly, about 20 minutes. Broil until the cheese sauce is golden, about 5 minutes.

RECIPE

Turkey Soup

Ingredients

- 2 cloves garlic, crushed and finely chopped
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 2 (32 ounce) cartons chicken broth
- 1 bay leaf
- 2 cups green beans, cut into 1 inch pieces
- 1 sweet potato, diced
- ½ cup uncooked small pasta, such as orzo or pastina
- 3 cups diced cooked dark turkey meat

Preparation

In a large soup pot, heat garlic in the olive oil. Allow to brown slightly and add onion, carrot and celery. Cover; sweat over medium-low heat until softened, 7 or 8 minutes. Add the chopped sage to the soup pot along with the broth and the bay leaf. Bring to a simmer. When simmering, add the green beans, sweet potato and pasta to the soup. Bring it back up to a simmer; lower heat and cook for about 10 minutes or until vegetables are tender and pasta is cooked. Stir in turkey. Turn the heat off. Cover, and allow to sit and steam for 5 to 7 minutes.

RECIPE

Pork and Rice

Ingredients

- 2 Tablespoons butter
- 1 onion, diced
- 1 pinch seasoned salt, or to taste
- 6 thin bone-in pork chops
- 1 (14 ounce) can beef consomme
- 10 fluid ounces water
- 1 ½ cups white rice

Preparation

Step 1

Preheat oven to 375 degrees F (190 degrees C).

Step 2

Melt butter in a large skillet over medium heat; cook and stir onion until golden brown, 15 to 20 minutes. Transfer onion to a plate.

Step 3

Sprinkle seasoned salt over all sides of each pork chop. Place pork chops in the same large skillet and cook until browned, 1 to 2 minutes per side.

Step 4

Mix beef consomme and water together in a 9x13-inch baking dish. Pour rice into the broth mixture; add caramelized onion. Gently arrange pork chops over rice in a single layer. Cover baking dish with aluminum foil.

Step 5

Bake in the preheated oven until pork is cooked through, 45 to 60 minutes. A thermometer inserted into the center should read at least 145 degrees F (63 degrees C).

RECIPE

Pork Fried Rice

Ingredients

- 2 teaspoons vegetable oil
- ½ cup finely chopped fresh mushrooms
- 6 cups cooled cooked rice
- ¼ cup vegetable oil, divided
- 1 ½ cups cubed cooked pork
- 2 cloves garlic, finely chopped
- 1 (1 inch) piece fresh ginger, finely chopped
- 3 stalks celery, diced
- ½ small onion, diced
- 1 large carrot, diced
- ½ red bell pepper, diced
- 1 tablespoon soy sauce
- 3 green onions, finely chopped

Preparation

Step 1

Heat 2 teaspoons vegetable oil in a skillet over medium heat; cook and stir mushrooms until the juice has evaporated, and the mushrooms are browned, about 15 minutes. Set mushrooms aside.

Pork Fried Rice Continued:

Step 2

Fluff cooked rice with a fork and stir in 1 tablespoon vegetable oil to separate the grains. Heat remaining 3 tablespoons vegetable oil in a large skillet or wok over medium heat. Cook and stir pork, garlic, and ginger until fragrant, about 1 minute; add celery, onion, and carrot. Cook and stir until vegetables begin to soften, 3 to 4 minutes. Stir in red bell pepper and cooked mushrooms just until combined.

Step 3

Stir in cooked rice, lightly tossing until rice is heated through and thoroughly combined with pork and vegetables. Stir in soy sauce, remove from heat, and sprinkle green onions over the top.

RECIPE

Spicy Strawberry Salad

Ingredients

- $\frac{3}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup white sugar
- 1 tablespoon poppy seeds
- $1\frac{1}{2}$ teaspoons garlic powder
- 1 teaspoon mustard powder
- $\frac{1}{3}$ cup balsamic vinegar
- $1\frac{1}{2}$ cups fresh sliced mushrooms
- 8 cups mixed salad greens
- $1\frac{1}{2}$ cups chopped pecans
- 4 cups sliced fresh strawberries

Preparation

Step 1 Whisk together the oil, sugar, poppy seeds, garlic powder, dry mustard and vinegar. Refrigerate until chilled.

Step 2 In a salad bowl, combine the mushrooms and mixed greens; add dressing and toss. Sprinkle with strawberries and pecans.

RECIPE

Cherry Chicken Salad

Ingredients

- 3 cooked, boneless chicken breast halves, diced
- $\frac{1}{3}$ cup dried cherries
- $\frac{1}{3}$ cup diced celery
- $\frac{1}{3}$ cup toasted, chopped pecans
- $\frac{1}{3}$ cup low-fat mayonnaise
- 1 tablespoon buttermilk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{3}$ cup cubed apples

Preparation

Step 1 In a large bowl, combine the chicken, dried cherries, celery, nuts, mayonnaise, milk, salt and pepper and apple if desired. Toss together well and refrigerate until chilled. Serve on toasted cracked wheat bread or croissants.

RECIPE

Mediterranean Pizza

Ingredients

- 1 whole wheat pizza crust
- 1 (4 ounce) jar basil pesto
- $\frac{1}{2}$ cup artichoke hearts, drained and pulled apart
- 2 tablespoons chopped kalamata olives
- 2 tablespoons sliced pepperoncini, drained
- $\frac{1}{4}$ cup crumbled feta cheese

Preparation

Step 1

Preheat oven to 450 degrees F (230 degrees C).

Step 2

Place pizza crust onto a floured work surface and spread with pesto. Arrange artichoke heart pieces over pesto; scatter kalamata olives and pepperoncini slices over pizza. Top with feta cheese.

Step 3

Bake in the preheated oven until crust is crisp on the bottom and feta cheese has melted, 10 to 12 minutes.

BREAKFAST FOR DINNER RECIPES

Cocoa Banana Oatmeal

Ingredients

- 1 cup milk
- $\frac{1}{4}$ cup unsweetened cocoa powder
- $2\frac{1}{2}$ tablespoons sugar
- $\frac{1}{2}$ teaspoon almond extract
- 1 large banana, slightly mashed
- $\frac{1}{2}$ cup quick cooking oats
- $\frac{1}{4}$ cup blanched slivered almonds

Preparation

Step 1

Whisk the milk, cocoa powder, turbinado sugar, and almond extract together in a saucepan over medium-low heat until the sugar has dissolved; bring the mixture to a simmer.

Step 2

Stir the mashed banana and oatmeal into the milk mixture; cook at a simmer until the oatmeal is thickened and the banana has broken up slightly, about 5 minutes. Fold the slivered almonds into the oatmeal to serve.

BREAKFAST FOR DINNER RECIPES

Mini Spicy Quiches

Ingredients

- $\frac{1}{4}$ cup cream cheese
- $\frac{1}{4}$ cup butter
- $\frac{2}{3}$ cup all-purpose flour
- 3 eggs
- $\frac{1}{2}$ cup milk
- 1 cup shredded Monterey Jack cheese
- $\frac{1}{2}$ cup ground chorizo sausage, browned
- 1 (4 ounce) can diced green chiles
- $\frac{1}{2}$ cup diced red onion
- 2 tablespoons minced fresh cilantro
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon salt

Preparation

Step 1

Preheat oven to 350 degrees F (175 degrees C). Grease 24 mini-muffin cups.

Step 2

Beat cream cheese and butter until well combined. Add flour; mix until a dough forms. Divide dough into 24 balls and refrigerate.

Step 3

Whisk eggs and milk together in a bowl. Stir Monterey Jack cheese, chorizo sausage, green chiles, red onion, cilantro, garlic powder, black pepper, ground cumin, cayenne pepper, and salt into the egg mixture.

Step 4

Place one dough ball into each prepared muffin cup; press dough gently into the base and sides to form a dough cup. Spoon egg mixture to fill each dough cup.

Step 5

Bake in preheated oven until center of quiche is set, 25 minutes.

BREAKFAST FOR DINNER RECIPES

Broccoli Cheddar Frittata

Ingredients

- 7 large eggs
- $\frac{1}{4}$ cup heavy cream
- 1 teaspoon smoked paprika
- salt and freshly ground black pepper to taste
- 2 tablespoons unsalted butter
- $\frac{1}{2}$ cup chopped onion
- 1 $\frac{1}{2}$ cups chopped fresh broccoli
- 1 cup frozen diced hash brown potatoes, thawed
- 1 cup shredded Cheddar cheese

- 4 slices bacon, cooked and crumbled

Preparation

Step 1

Position a rack in the center of the oven and preheat the oven to 400 degrees F (200 degrees C).

Step 2

Whisk eggs, cream, smoked paprika, salt, and pepper together in a bowl. Set aside.

Step 3

Melt butter in a 12-inch nonstick, oven-proof skillet over medium-high heat until bubbly. Add chopped onion and cook until softened, 1 to 2 minutes. Add chopped broccoli and cook, stirring occasionally, about 2 minutes. Add potatoes and cook, stirring occasionally, about 2 minutes. Lightly season vegetables with additional salt and pepper.

Step 4

Gently pat the vegetables into an even layer with the back of a spatula or spoon and turn off the heat. Sprinkle cheese over the vegetables, followed by bacon.

Step 5

Pour the egg mixture into the skillet and gently shake. Let the residual heat cook the eggs slightly, about 2 minutes.

Step 6

Bake in the preheated oven for 8 to 10 minutes. Check for doneness by using a knife to cut the center slightly. Eggs should not be runny enough to fill the cut. Allow to

cool in the skillet for 5 minutes before serving.

SLEEPY DESSERT RECIPES

Cherry Angel

Ingredients

- 2 (21 ounce) cans cherry pie filling
- ½ cup white sugar
- ⅓ cup all-purpose flour
- 2 (8 ounce) packages cream cheese
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 teaspoon vanilla extract
- 1 (9 inch) angel food cake

Preparation

Step 1

In a saucepan, combine cherries, sugar and flour. Bring to a boil over medium-high heat, stirring constantly. Continue to boil for 5 minutes. Remove from heat and set aside to cool.

Step 2

In a large bowl, beat cream cheese and vanilla until smooth. Fold in whipped topping. Pour half of the cream cheese mixture into a 9x12 inch glass dish.

Step 3

Crumble the angel food cake and sprinkle evenly over the top of cream cheese mixture in dish. Spread remaining cream cheese mixture over cake. Cover top with cherry mixture. Refrigerate for at least 5 hours.