

30 MINUTE RECIPES



**REAL FOOD
REAL FAST**

JESSICA HEALEY

Living life from scratch— using fresh ingredients, embracing creativity, and keeping things real

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WELCOME!

Hi, I'm Jess—a food lover, creator, and the person behind Scratch Mommy! I believe that good food doesn't have to be complicated or time-consuming. With a background in psychology and human services and a *passion* for real food, I've spent years crafting recipes that balance health, flavor, and simplicity. Whether it's a busy weeknight or a leisurely weekend, I want to help you make delicious meals that bring joy to your table.

Since 2013, I've been sharing my journey of living life from scratch—using fresh ingredients, embracing creativity, and keeping things real. My recipes are designed with busy people in mind because I know how hectic life can get. From satisfying salads to hearty curries, I'm here to show you how easy and rewarding it can be to cook at home.

This e-book is my way of helping you take the guesswork out of meal planning. Each recipe is simple, approachable, and packed with flavor, all while being ready in 30 minutes or less. Whether you're an experienced cook or just starting out, I hope these recipes inspire you to get creative in the kitchen and enjoy the process.

Thank you for letting me be part of your culinary journey. Let's make something delicious together!

Happy Cooking,

Jess



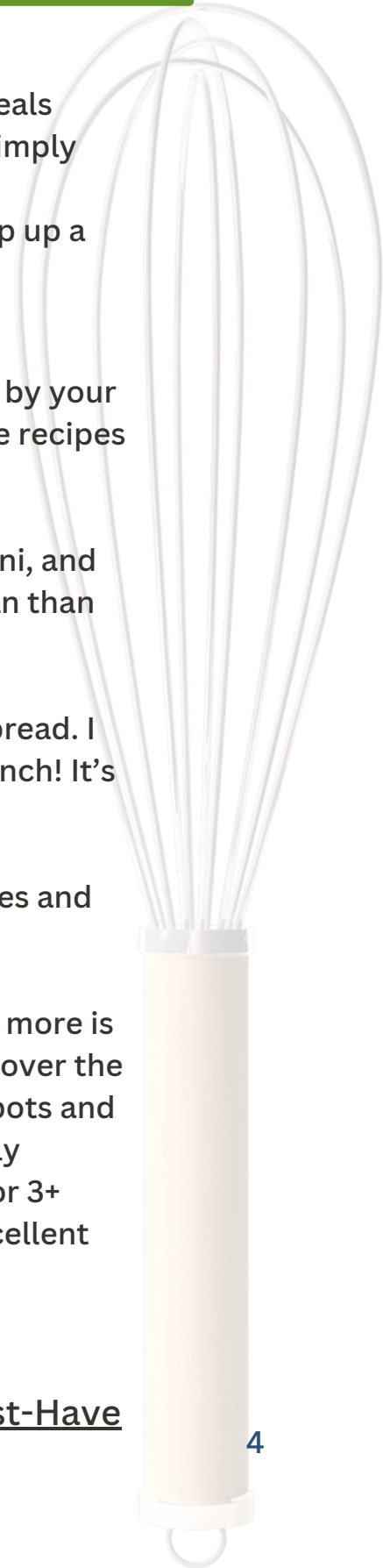
TOOLS TO MAKE COOKING EASIER

Each of these recipes is designed for those who seek delicious meals without the hassle, perfect for busy weeknights or when you're simply craving a quick yet satisfying dish. With fresh ingredients and straightforward instructions, you'll find it easier than ever to whip up a nutritious meal in no time.

Cooking from scratch is even more enjoyable with the right tools by your side. These essentials save time, streamline prep, and make these recipes a breeze to create:

- Mandoline Slicer: Perfect for thinly slicing cucumbers, zucchini, and onions. I use mine several times a week (and it's easier to clean than you might think).
- Indoor Grill: Great for grilling chicken, veggies, or even naan bread. I use mine for chicken, sandwiches, and even frozen fish in a pinch! It's a must-have in my kitchen.
- High-Speed Blender: Ideal for hummus, dressings, quick purees and even soups.
- Non-Stick Skillet: A versatile pan for omelettes, stir-fries, and more is crucial in the kitchen. I have had MANY sets of pots and pans over the years. They all pale in comparison to my Ninja set. The Ninja pots and pans cook like non-stick, yet cast iron at the same time!?! Truly amazing with zero complaints from me (and I've had my set for 3+ years). Seriously, if you cook a lot, give yourself the gift of excellent pots and pans!

For a full list of my favorites visit: [Scratch Mommy's Must-Have Kitchen Tools & Products](#).



Fresh Avocado and Tomato Salad with Lime Dressing



INGREDIENTS

This vibrant and refreshing salad is perfect for a light lunch or as a side dish at your next gathering. The creamy richness of avocado pairs beautifully with the juicy, sweet tomatoes, while the lime dressing adds a zesty kick that ties all the flavors together.

This simple yet delicious salad is sure to be a hit, offering a burst of freshness with every bite.

- 2 ripe avocados, diced
- 2 cups cherry tomatoes, halved
- 1 small red onion, thinly sliced
- ¼ cup fresh cilantro, chopped
- Juice of 2 limes
- 2 tablespoons olive oil
- Salt and pepper to taste
- *Optional:* Corn, black beans, cucumbers, pepitas (pumpkin seeds)

COOKING TIME: 20 MIN



Fresh Avocado and Tomato Salad with Lime Dressing

DIRECTIONS

1. In a large bowl, combine the diced avocados, halved cherry tomatoes, and thinly sliced red onion. If you are using corn or black beans, add them now.
2. In a separate small bowl, whisk together the lime juice, olive oil, salt, and pepper.
3. Pour the lime dressing over the avocado and tomato mixture and gently toss to combine.
4. Sprinkle the chopped cilantro over the top and give it one last gentle toss. If using seeds, add them now.
5. Serve immediately to enjoy the fresh flavors at their peak. This salad is best enjoyed the day it is made, as the avocado may start to brown with time.

PAIR WITH

- [15-Minute Teriyaki Salmon](#): The zesty freshness of the salad complements the sweet and savory teriyaki flavors beautifully.
- [Easy Lemon Herb Grilled Chicken](#): A refreshing, citrusy pairing for a light, summery meal.
- Scratch Mommy BONUS!!! - [Thyme Infused Honey](#)
Why? Use thyme-infused honey to elevate the lime dressing for a floral twist.



Quick Quinoa and Black Bean Tacos (or Bowls)



INGREDIENTS

Quinoa and Black Bean Tacos (or bowls!) are a delightful twist on traditional tacos, offering a nutritious and flavorful meal that can be whipped up fast! Packed with protein and vibrant flavors, these tacos are perfect for a quick weeknight dinner or a fun night with friends.

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 can (15 oz) black beans, rinsed and drained
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 8 small corn tortillas
- 1 cup shredded lettuce
- 1 avocado, sliced
- 1 cup salsa
- Lime wedges for serving
- Optional: Corn and cilantro

COOKING TIME: 30 MIN



Quick Quinoa and Black Bean Tacos &/or Bowls

DIRECTIONS

1. In a medium saucepan, combine quinoa and water or broth. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes until quinoa is fluffy and water is absorbed.
2. In a skillet over medium heat, add black beans, cumin, chili powder, salt, and pepper (add corn now if using). Stir and cook for 5 minutes until heated through.
3. Warm tortillas in a dry skillet or microwave.
4. Assemble tacos by layering quinoa, black beans, lettuce, avocado, and salsa on each tortilla.
5. Serve with lime wedges for an extra burst of flavor. Enjoy your delicious and healthy meal!

PAIR WITH

- Garlic and Herb Roasted Vegetables: A warm, roasted side adds depth to the tacos.
- Fast and Flavorful Vegetable Curry: Serve alongside for a bold, plant-based feast.
- Scratch Mommy BONUS!!! - Instant Pot Chicken Fajitas (Endlessly Adaptable)
Why? Pair these tacos with chicken fajitas for a Mexican-inspired spread.



Zesty Shrimp Stir-Fry



INGREDIENTS

Zesty Shrimp Stir-Fry is a quick and easy dish that bursts with vibrant flavors, making it a perfect choice for a busy weeknight dinner. This stir-fry combines succulent shrimp with colorful vegetables, all tossed in a tangy sauce that will tantalize your taste buds.

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1 red & 1 yellow bell pepper, sliced
- 1 cup snap peas
- 1 cup broccoli florets
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 1 teaspoon red pepper flakes (optional, for heat)
- Cooked rice or noodles, for serving
- Sliced green onions and sesame seeds, for garnish

COOKING TIME: 30 MIN



Zesty Shrimp Stir-Fry

DIRECTIONS

1. Heat the olive oil in a large skillet or wok over medium-high heat. Add the shrimp and cook for 2-3 minutes, or until they turn pink and opaque. Remove the shrimp from the skillet and set aside.
2. In the same skillet, add the bell peppers, snap peas, and broccoli florets. Stir-fry for 4-5 minutes until the vegetables are tender-crisp.
3. Add the garlic and ginger to the skillet, stirring for about 30 seconds until fragrant.
4. In a small bowl, whisk together the soy sauce, rice vinegar, honey, sesame oil, and red pepper flakes. Pour the sauce over the vegetables, then return the shrimp to the skillet. Toss everything together until well-coated and heated through.
5. Serve the stir-fry over cooked rice or noodles, garnished with sliced green onions and sesame seeds for an extra touch of flavor and texture. Enjoy your zesty creation!

PAIR WITH

- Simple Spinach and Feta Omelette: Serve as a brunch or lighter pairing option for a diverse meal.
- Garlic and Herb Roasted Vegetables: A harmonious pairing of roasted and stir-fried veggies.
- Scratch Mommy BONUS!!! - How to Make Potstickers (No Perfect Folds Required!)
Why? These fun little potstickers will be great as an appetizer or as a side for this stir-fry.



Easy Lemon Herb Grilled Chicken



INGREDIENTS

Easy Lemon Herb Grilled Chicken is a delightful dish that's both flavorful and simple to prepare, making it an ideal option for any occasion. Marinated in a blend of fresh herbs and zesty lemon, this chicken is grilled to perfection, resulting in juicy, tender meat with a burst of citrusy goodness in every bite.

- 4 boneless, skinless chicken breasts
- 1/4 cup olive oil
- Juice of 2 lemons
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
 - If using dried herbs, use 2 teaspoons each of rosemary and thyme
- 2 cloves garlic, minced
- Salt and pepper, to taste

COOKING TIME: 30 MIN



Easy Lemon Herb Grilled Chicken

DIRECTIONS

1. In a bowl, whisk together olive oil, lemon juice, rosemary, thyme, garlic, salt, and pepper.
2. Place the chicken breasts in a resealable plastic bag or shallow dish. Pour the marinade over the chicken, ensuring each piece is well-coated. Seal the bag or cover the dish and refrigerate for at least 1 hour, or up to overnight for maximum flavor.
 - *Pro-Tip:* Use a fork and poke holes all over both sides of the chicken. This helps the marinade really infuse!
3. Preheat the grill to medium-high heat. Remove the chicken from the marinade and grill for 6-8 minutes on each side, or until the internal temperature reaches 165°F (75°C).
4. Remove from the grill and let rest for a few minutes before serving.
5. Serve with your favorite sides, such as a fresh garden salad or roasted vegetables, and enjoy the delightful flavors of this easy lemon herb grilled chicken!

PAIR WITH

- Garlic and Herb Roasted Vegetables: A classic, wholesome duo.
- Quick and Light Chicken Caesar Salad: Slice the chicken and serve over the salad for a variation.
- Scratch Mommy BONUS!!! - Instant Pot Rice Pilaf with Orzo and Peas
Why? Pair this juicy chicken with Instant Pot Rice Pilaf with Orzo and Peas for a full & FAST meal.



Simple Spinach and Feta Omelette



INGREDIENTS

Simple Spinach and Feta Omelette is a quick and nutritious choice for breakfast, lunch, or even a light dinner. Packed with fresh spinach and creamy feta cheese, this omelette offers a delightful combination of flavors and textures that will satisfy any appetite.

- 3 large eggs
- 1/4 cup fresh spinach, chopped
- 2 tablespoons feta cheese, crumbled
- 1 tablespoon milk or cream
- Salt and pepper, to taste
- 1 tablespoon olive oil or butter
- Optional: Diced fresh or sun-dried tomatoes

COOKING TIME: 20 MIN



Simple Spinach and Feta Omelette

DIRECTIONS

1. In a bowl, whisk together the eggs, milk, salt, and pepper until well combined.
2. Heat the olive oil or butter in a non-stick skillet over medium heat.
3. If using tomatoes, add now and sauté for 2-3 minutes.
4. Add the spinach to the skillet and sauté for 1-2 minutes until wilted.
5. Pour the egg mixture over the spinach, tilting the pan to ensure it covers the bottom evenly.
6. Sprinkle the crumbled feta cheese over the top.
7. Cook until the edges start to set, then gently fold the omelette in half.
8. Continue cooking for another 1-2 minutes until the omelette is fully set.
9. Slide onto a plate and serve immediately. Enjoy your delicious and healthy meal!

PAIR WITH

- Fresh Avocado and Tomato Salad: A refreshing, creamy addition to balance the omelette.
- Garlic and Herb Roasted Vegetables: Hearty, warm vegetables complete the meal.



Speedy Veggie and Hummus Tortillas



INGREDIENTS

Speedy Veggie and Hummus Tortillas are a perfect choice for a quick, healthy meal or snack. These creations are packed with fresh vegetables and creamy hummus, offering a satisfying crunch and a burst of flavor with every bite. Bonus - These are incredibly versatile, so use only the veggies you love! Double Bonus - You can wrap them or even make a burrito!

- 4 whole wheat or spinach tortillas (if desired, microwave or toss briefly on the stovetop to soften)
- 1 cup hummus - Check out my [homemade hummus recipe](#)
- 1 cup mixed greens (such as arugula, spinach, or lettuce)
- 1/2 cup cucumber, sliced
- 1/2 cup bell peppers, sliced
- 1/4 cup shredded carrots
- 1/4 cup red onion, thinly sliced
- *Optional:* Avocado slices, olives, radishes, chili peppers, and even corn; get creative (and use what's been hanging out in the refrigerator crisper drawer)

COOKING TIME: 20 MIN



Speedy Veggie and Hummus Tortillas

DIRECTIONS

1. Lay out the tortillas on a flat surface.
2. Evenly spread a generous amount of hummus over each tortilla.
3. Layer the mixed greens, cucumber, bell peppers, shredded carrots, and red onion on top of the hummus.
4. Add all of your extra ingredients now.
5. Roll up each tortilla tightly, tucking in the sides as you go to prevent the filling from spilling out.
 - Or, don't wrap them up. Really, it's up to you! Just like in my [homemade potsticker recipe](#), there doesn't have to be such a thing as a perfect roll.
6. Slice the wraps in half, or just dig right in and enjoy!
7. These wraps are not only delicious but also incredibly versatile. Feel free to customize with your favorite veggies or add a protein like grilled chicken, chickpeas, and even fish for a more substantial meal.

PAIR WITH

- [Garlic and Herb Roasted Vegetables](#): A warm and comforting side dish.
- [Fresh Avocado and Tomato Salad](#): A light, bright complement to the wraps.



15-Minute Teriyaki Salmon



INGREDIENTS

15-Minute Teriyaki Salmon is a delightful dish that combines the rich flavors of teriyaki with the succulent taste of salmon, creating a meal that's both delicious and quick to prepare. Perfect for busy weeknights, this recipe brings together a harmonious blend of sweet and savory notes, guaranteed to please the palate.

- 2 salmon fillets
- 1/4 cup teriyaki sauce
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger (optional)
- Salt and pepper to taste
- Sesame seeds (for garnish)
- Chopped green onions (for garnish)
- Steamed rice or vegetables (for serving)



COOKING TIME: 15 MIN

15-Minute Teriyaki Salmon

DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. In a small bowl, mix together the teriyaki sauce, olive oil, minced garlic, and minced ginger (if using).
3. Place the salmon fillets on a baking sheet lined with parchment paper. Season them with salt and pepper to taste.
4. Brush the teriyaki mixture generously over the salmon fillets, ensuring they are well-coated.
5. Bake the salmon in the preheated oven for about 12-15 minutes, or until the fish flakes easily with a fork.
6. While the salmon is baking, prepare your steamed rice or vegetables.
7. Once the salmon is done, remove it from the oven and let it rest for a minute.
8. Serve the salmon over the steamed rice or vegetables, and garnish with sesame seeds and chopped green onions. Enjoy your meal!

PAIR WITH

- Fast and Flavorful Vegetable Curry: A flavorful pairing for bold eaters.
- Garlic and Herb Roasted Vegetables: A perfect balance of sweet and savory.
- Scratch Mommy BONUS!!! - How to Make Potstickers (No Perfect Folds Required!)
Why? Pair the salmon with potstickers to create a balanced Asian-inspired meal.



Garlic and Herb Roasted Vegetables



INGREDIENTS

Garlic and Herb Roasted Vegetables are a perfect accompaniment to any meal, offering a burst of flavor and a nutritious boost. This simple yet delicious side dish pairs wonderfully with the 15-Minute Teriyaki Salmon, creating a balanced and satisfying meal.

- 2 cups mixed vegetables (such as bell peppers, zucchini, carrots, and red onions)
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish, optional)

A top-down photograph of a dark-colored plate filled with roasted vegetables, including zucchini, bell peppers, and eggplant, garnished with fresh basil leaves. A green banner is overlaid on the top of the plate.

COOKING TIME: 25 MIN

Garlic and Herb Roasted Vegetables

DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. Wash and chop the mixed vegetables into bite-sized pieces.
3. In a large mixing bowl, combine the chopped vegetables with the minced garlic, olive oil, thyme, rosemary, oregano, salt, and pepper. Toss everything until the vegetables are evenly coated.
4. Spread the vegetable mixture evenly on a baking sheet lined with parchment paper (or, directly on your indoor grill).
5. Roast in the preheated oven for 25-30 minutes, or until the vegetables are tender and slightly caramelized, stirring halfway through for even cooking.
6. Once done, remove from the oven and let cool for a few minutes.
7. Garnish with fresh parsley if desired, and serve warm.
8. Enjoy your delicious garlic and herb roasted vegetables!

PAIR WITH

- Easy Lemon Herb Grilled Chicken: A timeless, healthy combination.
- Quick Quinoa and Black Bean Tacos: A delicious, plant-forward plate.
- Scratch Mommy BONUS!! - The Juiciest Turkey Burger Ever ...seriously!
Why? Because veggies and burgers are ALWAYS a win!



Quick and Light Chicken Caesar Salad



INGREDIENTS

Quick and Light Chicken Caesar Salad is a delightful dish that's perfect for a healthy lunch or dinner. This salad combines tender, grilled chicken breast with crisp romaine lettuce, crunchy croutons, and a savory Caesar dressing for a satisfying meal. To add a touch of freshness, you can include cherry tomatoes or avocado slices.

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 head romaine lettuce, chopped
- 1/2 cup croutons
- 1/4 cup grated Parmesan cheese
- Caesar dressing, to taste
- *Optional:* cherry tomatoes, avocado slices, or lemon wedges



COOKING TIME: 20 MIN

Quick and Light Chicken Caesar Salad

DIRECTIONS

1. Prepare Chicken: Season the chicken breasts with olive oil, salt, and pepper. Grill or pan-sear them over medium heat until fully cooked, about 6-7 minutes per side. Let them rest before slicing.
2. Assemble the Salad: In a large bowl, combine the chopped romaine lettuce, croutons, and Parmesan cheese. Toss with the Caesar dressing until evenly coated.
3. Finish and Serve: Slice the chicken breasts and place them on top of the salad. Add any optional ingredients like cherry tomatoes or avocado slices for extra flavor and color. Serve with lemon wedges on the side, if desired.
4. Enjoy your refreshing and nutritious Chicken Caesar Salad!

PAIR WITH

- Fresh Avocado and Tomato Salad: Enhance with additional fresh veggies.
- Speedy Veggie and Hummus Wraps: A fresh, crunchy complement.



Fast and Flavorful Vegetable Curry



INGREDIENTS

Fast and Flavorful Vegetable Curry is an ideal choice for those who crave a hearty, plant-based meal. This vibrant dish is packed with an array of colorful vegetables, simmered in a rich and aromatic sauce that tantalizes the taste buds. Perfect for a quick weeknight dinner or a cozy weekend lunch, this curry is both nutritious and delicious.

- 1 tablespoon coconut oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1/2 teaspoon chili powder (to taste)
- 1 can (14 oz) coconut milk
- 1 cup vegetable broth
- 2 cups assorted vegetables (such as bell peppers, carrots, and peas), chopped
- 1 can (14 oz) chickpeas, drained and rinsed
- Salt and pepper, to taste
- Fresh cilantro &/or chili peppers, for garnish

COOKING TIME: 30 MIN



Fast and Flavorful Vegetable Curry

DIRECTIONS

1. Heat the coconut oil in a large pan over medium heat. Add the onion and sauté until translucent.
2. Stir in the garlic and ginger, cooking for another minute until fragrant.
3. Add the cumin, coriander, turmeric, and chili powder, stirring to coat the onions in the spices.
4. Pour in the coconut milk and vegetable broth, bringing the mixture to a gentle simmer.
5. Add the chopped vegetables and chickpeas, stirring to combine. Season with salt and pepper.
6. Cover and cook for 15-20 minutes, or until the vegetables are tender.
7. Garnish with fresh cilantro (and even chili peppers!) before serving.
8. Serve this delightful curry over steamed rice or with warm naan bread for a complete meal.

PAIR WITH

- [15-Minute Teriyaki Salmon](#): Create a rich, comforting duo.
- [Garlic and Herb Roasted Vegetables](#): Build a veggie-packed meal with layers of flavor.



THANK YOU!

Thank you for joining me on this journey of quick and delicious recipes! I hope this e-book has inspired you to get creative in the kitchen and find joy in preparing meals that fit your busy life. Whether you've tried one recipe or all ten, I'd love to hear about your cooking adventures!

If you enjoyed this collection, don't forget to check out more recipes and tips on my blog, Scratch Mommy. I'm always sharing new ideas to make cooking fun, simple, and satisfying. You can also connect with me on social media to share your creations—I love seeing what you're cooking up!

Cooking is about more than just food—it's about creating moments, memories, and meals that nourish both body and soul. Thank you for letting me be part of your kitchen, even if just for a little while. Here's to many more delicious moments together!

Happy Cooking,

Jess

PS Keep reading for the ingredient index! I just LOVE a good ingredient index. ;)



INGREDIENT INDEX

Looking for a recipe with a specific ingredient? Use this index to find all the delicious ways you can use what you already have on hand! Click on the recipe page number to jump straight to the recipe in this e-book. Whether you're craving something quick or need inspiration for your pantry staples, this guide has you covered.

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Legal Stuff: The information provided in this e-book is for general informational purposes only. All recipes and content are created to the best of my knowledge and intended to inspire and guide readers in preparing meals. However, individual results may vary, and I cannot guarantee specific outcomes.

Please ensure you follow proper food safety practices, including cooking foods to appropriate temperatures and handling allergens responsibly. Always consult a healthcare professional or dietitian for specific dietary needs or concerns.

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