

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



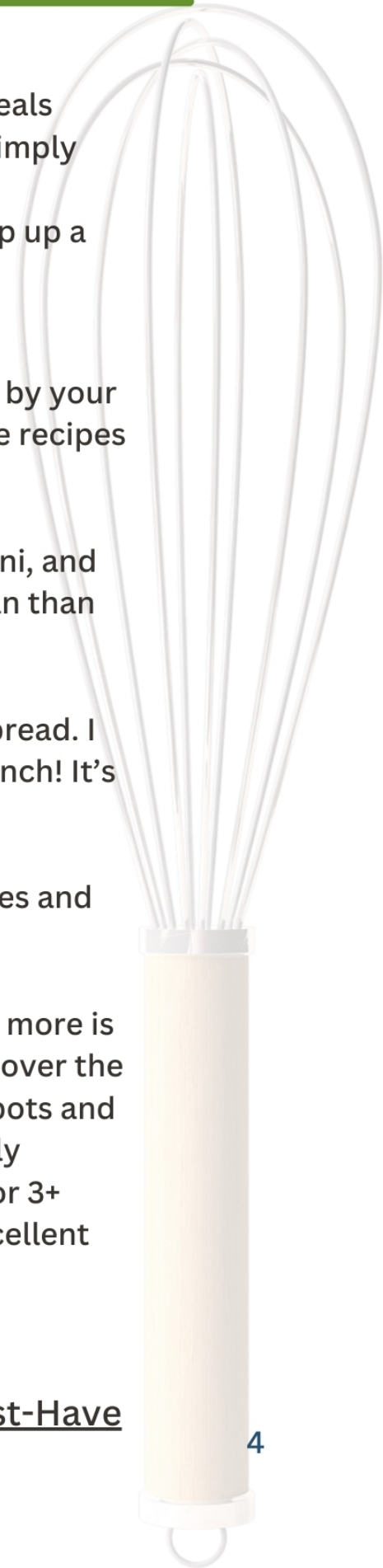
TOOLS TO MAKE COOKING EASIER

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.



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.

A

- Avocado: Fresh Avocado and Tomato Salad ([pg. 5](#)), Quick Quinoa and Black Bean Tacos ([pg. 7](#)), Speedy Veggie and Hummus Wraps ([pg. 15](#)), Quick and Light Chicken Caesar Salad ([pg. 21](#))
- Arugula: Speedy Veggie and Hummus Wraps ([pg. 15](#))

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- Bell Peppers: Zesty Shrimp Stir-Fry ([pg. 9](#)), Garlic and Herb Roasted Vegetables ([pg. 19](#)), Fast and Flavorful Vegetable Curry ([pg. 23](#)), Speedy Veggie and Hummus Wraps ([pg. 15](#))
- Black Beans: Quick Quinoa and Black Bean Tacos ([pg. 7](#)), Fresh Avocado and Tomato Salad ([pg. 5](#))
- Broccoli: Zesty Shrimp Stir-Fry ([pg. 9](#))

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- Carrots: Speedy Veggie and Hummus Wraps ([pg. 15](#)), Garlic and Herb Roasted Vegetables ([pg. 19](#)), Fast and Flavorful Vegetable Curry ([pg. 23](#))
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- Chickpeas: Fast and Flavorful Vegetable Curry ([pg. 23](#))
- Cilantro: Fresh Avocado and Tomato Salad ([pg. 5](#)), Quick Quinoa and Black Bean Tacos ([pg. 7](#)), Fast and Flavorful Vegetable Curry ([pg. 23](#))
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- Corn: Fresh Avocado and Tomato Salad ([pg. 5](#)), Quick Quinoa and Black Bean Tacos ([pg. 7](#)), Speedy Veggie and Hummus Wraps ([pg. 15](#))
- Cucumber: Fresh Avocado and Tomato Salad ([pg. 5](#)), Speedy Veggie and Hummus Wraps ([pg. 15](#))

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- Eggs: Simple Spinach and Feta Omelette ([pg. 13](#))

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- Feta Cheese: Simple Spinach and Feta Omelette ([pg. 13](#))

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. ;)

