SparkRecipes®

Turn Up the Heat
(spicy recipes)

Sunday

Linguine with Spicy Shrimp Sauce (Chef Meg's makeover)
Chef Meg Galvin turned this member-submitted recipe into a hearty entree that's bursting with flavor by reducing the amount of oil used and changing some of the cooking techniques to maximize taste.

Monday

Light and Spicy Scalloped Sweet Potatoes with **Spicy Low Fat Turkey Meatballs**
As a kid, I loved scalloped potatoes, but my palate has changed. I need a bit more flavor, in the form of herbs and spices, in my dishes. This dish pairs well with Mexican food and grilled meats.

These meatballs are made from 99% fat free ground turkey breast. They can be added to a pasta dish, made into a sandwich, or eaten alone.

Tuesday

Healthier Hot Wings (Chef Meg Approved) with **Sweet and Spicy Potato Oven Fries**
Fried, battered, dripping sauce--hot wings are calorie bombs! Here, boneless skinless chicken is coated in hot sauce and dredged in breadcrumbs for a tasty game-night appetizer.

Wednesday

Spicy CrockPot Thai Chicken
One of the best things about this recipe is how easy it is to adjust to your own tastes. I entered it in with my true ingredients, which are SPICY! If you don't like it super spicy, adjust your ratio of Sweet Thai chili sauce (found in the grocery store asian food section) and the spicy Sambal Oelek (found in the same section). Try 1/4 cup of sambal oelek and 3/4 cup sweet chili sauce. Also very good with skinless chicken thighs, trimmed.

Thursday

Spicy Stir-Fry Scallops
A quick dinner with a kick! Save money by swapping shrimp or chicken for the scallops.

Friday

Spicy & Tasty Mexican Lasagna Casserole
Very filling super delicious, and SPICY!! You can tone down the spiciness by substituting plain Diced Tomatoes instead of ones with Green Chilies as I do.

Saturday

Eggs Baked in Spicy Tomato Sauce
Nestle eggs into a spicy tomato sauce and bake them for a light and easy supper. Serve over pasta or with crusty whole-wheat bread for dipping.