

Easy and Delicious Cast-Iron Recipes to Try This Week

Focaccia Bread

Serves 10 | Prep time 20 minutes | Cooking time 25 minutes

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon dry instant yeast
- ½ teaspoon kosher salt
- ¾ cup lukewarm water
- 3 tablespoons plus 3 teaspoons extra-virgin olive oil, divided
- 2 teaspoons fresh rosemary leaves, chopped
- ¼ teaspoon flaky sea salt

Directions

1. In a food processor, add flour, yeast, and salt. Pulse until well-combined.
2. Add the water and 2 tablespoons of the oil. Pulse until rough dough ball forms.
3. Evenly coat a large mixing bowl with 2 teaspoons of the oil.
4. With floured hands, remove the dough from the food processor and shape it into a smooth ball.
5. Place the dough ball into the oiled bowl and turn to evenly coat the dough in oil.
6. Cover the bowl with plastic wrap and set it aside in a warm place for about 2-3 hours or until doubled in size.
7. Evenly coat a 10-inch cast-iron skillet with 1 teaspoon of the oil.
8. Uncover the dough, and with your hands, punch down the dough.
9. Evenly place the dough into the greased skillet.
10. Cover the skillet with plastic wrap and set it aside in a warm place for about 30-40 minutes or until doubled in size.
11. Arrange a rack in the middle portion of the oven and preheat the oven to 450°F (232°C).
12. With your fingertips, gently dimple the surface of the dough and drizzle the top with the remaining tablespoon of oil. Sprinkle the top of the dough with rosemary, followed by the flaky sea salt.
13. Arrange the skillet into the oven and immediately set the temperature to 400°F (204°C).
14. Bake for about 20-25 minutes or until lightly golden-brown.
15. Remove from the oven and place the skillet onto a wire rack to cool for about 10-15 minutes.
16. Invert the bread onto the wire rack to cool completely before slicing.
17. With a sharp knife, cut the bread into desired-sized slices and serve warm.

Nutrition (per serving)

Calories 141, fat 5 g, carbs 19 g, sugar 0 g, Protein 2 g, sodium 117 mg

Cloud Eggs

Serves 4 | Prep time 15 minutes | Cooking time 10 minutes

Ingredients

- 4 large eggs, separated
- ¼ teaspoon Italian seasoning
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- Non-stick cooking spray
- ¼ cup Parmesan cheese, shredded
- 1 tablespoon fresh basil, minced

Directions

1. Preheat the oven to 450°F (232°C).
2. In a large mixing bowl, place the egg whites, Italian seasoning, salt, and pepper. Beat until stiff peaks form. Generously grease a 9-inch cast-iron skillet with cooking spray.
3. In the prepared skillet, pour the egg-white mixture into 4 mounds.
4. With the back of a spoon, make a small well in the center of each egg-white mound.
5. Sprinkle each mound with cheese. Bake for about 5 minutes.
6. Remove from the oven and carefully place an egg yolk in the well of each mound.
7. Bake for another 3-5 minutes.
8. Sprinkle with the basil and serve immediately.

Nutrition (per serving)

Calories 93 fat 6 g, carbs 0 g, sugar 0 g, Protein 8 g, sodium 229 mg

Santa-Fe Chicken Breasts

Serves 4 | Prep time 15 minutes | Cooking time 30 minutes

Ingredients

- 4 (4-ounce) skinless, boneless chicken breasts
- Kosher salt and freshly ground black pepper, to taste
- 1 tablespoon Tex-Mex spice blend, more if needed
- 6 bacon strips, diced
- 1 tablespoon vegetable oil, more if needed
- 3 garlic cloves, minced
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons barbecue sauce
- ½ cups Tex-Mex shredded cheese
- 1 tablespoon fresh chives, chiseled
- 1 tomato, deseeded and diced

Directions

1. If needed, cut the chicken breast in 2 horizontally if the chicken breasts are large and thick.
2. Brush the chicken breasts with vegetable oil. Evenly season each chicken breast with salt, black pepper, and Tex-Mex spice blend. Set aside.
3. In a large cast-iron skillet, cook the bacon over medium heat until crispy. With a slotted spoon, transfer the bacon to a plate lined with paper towels to drain the excess oil.
4. Leaving the bacon dripping in the skillet, add 1 tablespoon vegetable oil. Warm the oil over medium heat. Add the garlic and chicken breasts. Cook for 4-6 minutes per side or until the internal temperature reaches 165°F (74°C).
5. Add the lime juice and barbecue sauce to the skillet and stir to combine. Turn the chicken breasts over to coat in the sauce.
6. Top each chicken breast evenly with the cheese. Continue cooking until the cheese starts to melt.
7. To serve, sprinkle the reserved bacon, chives, and diced tomatoes on top of the chicken breasts. Serve warm.

Nutrition (per serving)

Calories 312, fat 11 g, carbs 15 g, sugar 3 g, Protein 38 g, sodium 610 mg

Steak with Chimichurri

Serves 6 | Prep time 15 minutes | Cooking time 8 minutes

Ingredients

- 2 pounds skirt steak
- 2½ teaspoons kosher salt, divided
- 2 teaspoons freshly ground black pepper, divided
- ¾ cup plus 2 tablespoons extra-virgin olive oil, divided
- ¼ cup red wine vinegar
- ¼ cup red onion, finely chopped
- 2 large garlic cloves, minced
- ½ cup flat-leaf parsley, chopped

Directions

1. Evenly season the steak with 1½ teaspoons of salt and 1 teaspoon of freshly ground black pepper.
2. In a 12-inch cast-iron skillet, heat 2 tablespoons of the oil over medium-high heat. Cook the steak for about 3-4 minutes per side.
3. Remove from the heat and place the steak onto a cutting board. Loosely cover the steak with foil and let rest for about 5 minutes.
4. Meanwhile, for the chimichurri, in a medium bowl, add the vinegar, onion, garlic, and remaining salt and black pepper. Mix well and set it aside for about 5 minutes.
5. Add the parsley and stir to combine.
6. Slowly add the remaining oil, mixing continuously until smooth.
7. Cut the steak diagonally into ¼-inch-thick slices across the grain.
8. Transfer the steak slices onto a serving platter, top with the chimichurri, and serve immediately.

Nutrition (per serving)

Calories 573, fat 48 g, carbs 1 g, sugar 0 g, Protein 33 g, sodium 900 mg

Stuffed Salmon

Serves 4 | Prep time 15 minutes | Cooking time 16 minutes

Ingredients

- 4 cups fresh spinach, chopped
- ½ cup artichoke hearts, drained and chopped
- ½ cup oil-packed sun-dried tomatoes, drained and chopped
- ¼ cup feta cheese, crumbled
- 4 (8-ounce) salmon fillets
- Pinch of garlic powder
- Kosher salt and freshly ground black pepper, to taste

Directions

1. In a saucepan of lightly salted boiling water, cook the spinach for about 40 seconds.
2. In a colander, drain the spinach and immediately immerse in a large bowl of ice water.
3. Again, drain the spinach completely and transfer it into a large mixing bowl.
4. To the same bowl, add the artichokes, sun-dried tomatoes, and feta cheese. Mix well.
5. With a sharp knife, make a horizontal cut in the center of each salmon fillet to make a pocket (so do not cut all the way through).
6. Season each fillet with garlic powder, salt, and black pepper.
7. Evenly stuff each salmon pocket with the spinach mixture.
8. Heat a large cast-iron skillet over medium heat.
9. In the skillet, place the salmon fillets' skin-sides down and cook for about 5 minutes.
10. Carefully flip the fillets and cook for about 5 minutes.
11. Again, flip the fillets and cook for about 5 minutes.
12. Serve hot.

Nutrition (per serving)

Calories 347, fat 16 g, carbs 4 g, sugar 1 g, Protein 47 g, sodium 281 mg

Strawberry Cake

Serves 8 | Prep time 15 minutes | Cooking time 40 minutes

Ingredients

- Non-stick cooking spray
- 1 ⅓ cups all-purpose flour
- 1¼ teaspoons baking powder
- ¼ teaspoon kosher salt
- 1¼ cups granulated sugar, divided
- ½ cup unsalted butter, softened
- 2 large eggs
- ½ teaspoon pure vanilla extract
- ½ cup sour cream
- 1 pound fresh strawberries, hulled and halved

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Grease a 9-inch cast-iron skillet with cooking spray.
- 3 In a medium mixing bowl, stir together the flour, baking powder, and salt.
- 4 In a large mixing bowl, add 1 cup of the sugar along with the butter. With an electric mixer, mix on medium speed until fluffy.
- 5 Add the eggs one at a time, beating well after each addition.
- 6 Add the vanilla extract and mix until well-combined.
- 7 Slowly, add the flour mixture along with the sour cream. Mix until just combined, then fold in the strawberry halves.
- 8 Evenly pour the mixture into the prepared skillet and sprinkle with the remaining sugar.
- 9 Bake for about 35-40 minutes or until a toothpick inserted in the center comes out clean.
- 10 Remove the skillet from the oven and place it onto a wire rack to cool for at least 20-30 minutes.
- 11 Cut the cake into desired-sized slices and serve.

Nutrition (per serving)

Calories 263, fat 16 g, carbs 52 g, sugar 34 g, Protein 4 g, sodium 182 mg

***These recipes and more are found in Louise Davidson's Cast-Iron Cookbook: 125 Easy Everyday Cast-Iron Skillet Recipes. To get your copy, click on the cover below or click [here](#).

