

# **Effortless Eats**

By

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# Dedication

For my five children. May you learn to find joy in preparing and eating a variety of delicious foods.

# Acknowledgments

From the time I was a very small girl I remember seeing a weekly menu posted on my grandmother's refrigerator with each meal of the day carefully planned out for all to see. Now in her 90's and living alone her menu is still in its place. I am grateful to both of my grandmothers for inspiring me to serve my family with food, from the garden to the table. I will always remember picking bitter rhubarb on Mother's Day from my paternal grandmother's garden and eating it with a big metal saltshaker in my hand. At my maternal grandmother's house, there always seemed to be fresh peas, warm bread from the oven and so many peaches we couldn't seem to stuff them in jars fast enough. Grandpa never wanted to see us eating peaches with milk because real cream was so much better. These memories are priceless to me, and I hope I can provide similar experiences to my children and grandchildren. Cooking meals together and doing the dishes after eating will bind a family tighter than any other daily practice. I am forever grateful for my grandmothers, who so clearly demonstrated this process to me as a child.



# Introduction

I have read the introduction to many cookbooks. Most of them start out with something like, “I love to cook,” “Fixing dinner is my favorite part of the day,” or “Cooking delicious meals for my family brings me peace and satisfaction”. For me, none of these things started out as being true, even though I have evolved into a place where they are all now at least partially true. The only honest way I can start out this introduction is by saying, I love to eat.

Loving to eat is not the equivalent of loving to cook, but I eventually learned that unless I wanted to spend my life exchanging dollar bills from my pocket for pounds of flesh stuffed inside my jeans, I would have to learn to cook if I wanted to eat. Looking back on different phases of my life, I can see how my relationship with food evolved as I navigated work, family, parenting, weight loss, food prep, convenience, shopping and travel. All these issues have impacted my love for food and my journey to find the best way to nourish my body for the long life I plan to live. It never seemed fair that the food I put in my mouth was simultaneously necessary for my survival AND potentially threatening to my life, but that is the reality of our modern existence. For me, it has been decades of trial and error to find the best balance between loving to eat, feeding my family, and being healthy enough to do all the physical activities I love to do. This book is the organization I have used to help me accomplish my goal of knowing what to eat, which is the worst part of cooking!

My evolution in cooking began when I got married in 2004. My husband and I lived in a cute little house with a good size kitchen. I lived in this house for 2 years (one year with my husband and one before), and I only remember turning on the oven one time. Most of my meals consumed here consisted of something out of a box, like a 59-cent Totino’s pizza or a blue box of Mac and Cheese. If I was feeling really fancy, I would open a bag of salad and dump some store-bought ranch dressing on top, sometimes I even added croutons. Gone are the days of the less-than-a-dollar pizza, but I’m still holding on tight to the handful of bagged salad, it’s just too easy not to bring along. In my now grownup years, I will usually add a fresh cucumber, onion and tomato to my bag of salad, or I’ll splurge and buy a salad kit. But from my college days, the bag of salad became a part of me.

My second year of marriage brought with it a small human to care for. My daughter was easy to feed at this point because most of her nutrients came from my body, a can of formula, and a glass bottle of baby food (this was before the days of squeeze pouches). I know there wasn't much cooking being done this year as I struggled to work full time and be a good mom, all while my husband was working as much as possible

and finishing up school. Again, I have no idea what we ate, but I'm pretty sure it was mostly from a box or a drive-thru.

By the time my daughter was two, she had a little brother. I had stopped working and I was determined to teach my kids to eat real food, even yellow mustard. I still never cooked breakfast; oatmeal, cocoa, toast and yogurt worked great for us at this stage, but I did start planning for the rest of the day. I knew I didn't want to eat ham sandwiches all the time, so I started collecting fun recipes for lunch. My husband would come home from work most days to eat with us and I really did learn to love fixing a midday meal for my little family. Oven Baked Nachos, Tomato Tortellini Soup, Baked Reuben, Herbed Chicken Salad Wraps and more came from the days when my kids were too little for school, and my husband would come home and play with them for an hour during his lunch break.

Although having kids didn't magically make me like to cook, I had, by this point, resigned myself to the fact that I would be cooking often for the foreseeable future. When my oldest daughter was about to start kindergarten, I started to worry about whether she would get hungry at school. Our typical schedule included a small, easy breakfast at 7:30 or 8:00 and then a substantial snack around 10. Kindergarten was only a half day, but there wouldn't be any snacks involved, so we made another adjustment. Against all my personal standards, I stopped cooking 2 meals a day and started cooking 3. This wouldn't last terribly long, but for a time, it was a thing and did exist. I had a good thing going with my favorite lunch meals (dinner was still a mess), but at this time, my focus turned to breakfast. Some of my favorite recipes included German pancakes, chocolate waffles, egg croissants, and chilaquiles. My kids learned to eat more food earlier in the day and less food during snack time.

School years are tricky, and they last a very long time, especially when it takes all the fingers on your left hand to count your kids. Bus schedules, homework, music lessons, ball practice, dance class, play dates, PTA meetings, and dentist/doctor appointments all keep a family schedule packed. During these years, I gave up cooking lunch and went back to 2 meals a day. Lunch turned into leftovers, sandwiches or a fried egg (I didn't know it at the time, but the fried egg lunch would one day become a key element to my weight loss goals. Again, I brought the good things with me.) Dinner was now the sole focus of my meal-planning efforts. In fact, I was so engrossed in this process that I started a blog and began taking pictures of nearly everything we ate. Salmon Tacos, Oven Baked Chimichangas, Cheesy Pork Chops and Chicken Flautas, all found me during the dinner-focused blogging years.

But, as with many projects, blogging got old, and my life was ready for a change. We sold our house, moved into a temporary house while we built a new house, and the last baby showed up (after all the other

kids had gone to school). Talk about starting all over! Meal planning and cooking once again took a far back seat while we spent our days surviving. Then, one day, I decided I'd spent way too many hours over the past 15 years worrying about what to eat; I knew there had to be a better way than all the things I'd tried before. I started making monthly menus and repeating them for as long as my family could stand to eat the recipes. I learned there were a lot of benefits to repeating menus. Less time was spent planning, following a recipe was super easy the second or third time, and shopping in bulk was easier when I knew I was going to need all the same ingredients soon. So was born the repeating menu. Ultimately, I decided to use 5 menus to accommodate the change in seasons and, therefore, the change in ingredients, but I could have easily stuck with 3. I considered going back to the blog world with my menus, but I've been trying hard to stay off the time-sucking internet and decided a book was more my style.

This cookbook includes 5 monthly dinner menus complete with food storage and weekly shopping lists. One day I'd love to write another book and include my awesome lunch plan that travels around the world through a mountain of vegetables and almost always involves a fried egg. I also have a morning plan that is manageable with multiple school schedules and has everyone excited to know what's for breakfast. Maybe one day, I will even manage a third book and include some fun desserts and holiday favorites. I know as well as you that the recipe for every meal imaginable can be found on the internet, but the organization isn't always useful and who really wants to scroll through 37 pages of ads before they find the recipe?

This book is much less about recipes you can surely find on the internet, and more about the organization of the menu and the ease of following the instructions. To provide as much variety as possible without being complicated, the recipes each week are roughly broken down into the following plan: Monday = International food, Tuesday = Chicken, Wednesday = Pork or Seafood, Thursday = Beef, Friday = Soup or Sandwiches. Even though this is how the menus are planned, I often choose which day of the week I will eat which meal depending on how much time I have and what mood I'm in. On Monday afternoon, I know I have the ingredients for 5 meals, but I may not know which of those 5 meals we will be eating until 5:30 each day. Cooking on the weekends is overwhelming and there is rarely time. Saturdays are a great day to finish off the leftovers from the fridge or eat simple foods like grilled cheese and quesadillas. Sundays are a good day to make whatever meal you thought you were going to make but didn't, throw a roast in the crockpot, grill some steaks, eat tocos, make breakfast foods (our favorite is biscuits and gravy) or heat up spaghetti o's and hot dogs on a fire in the back yard.

My recipe directions are intentionally as simple as possible; I assume anyone reading this book already knows the basics of how to cook. I could spend a paragraph or more explaining the specifics of browning ground beef, like telling you what size of pan to use and reminding you to make sure you drain off the grease, but all that reading takes up valuable time that most of us don't want to spend while preparing dinner. Using a repeating menu means you may have to use some brain power, experimentation, or internet research for detailed instructions the first time, but after that, a simple and concise reminder should be all that is necessary.

Ingredient lists are also intentionally simple; if I see a recipe with a million ingredients, I probably will not want to make the meal. I also don't like it when recipes say an ingredient is optional, unless you are baking ALL ingredients are optional! Each recipe has a little side note that will provide an alternative method or ingredient to save time or add additional flavor or variety. These notes are intended to show that recipes are flexible and that there are many ways to adapt your meals using premade convenience foods or adjusting to the likes and dislikes of your family.

Many recipes seem old-fashioned; that's because they are. I always figured any food that was good enough for my grandmothers and their children was probably good enough for me and mine. Old-fashioned meals are generally less expensive, simpler and more filling than more modern recipes. The goal for each daily menu is to provide a variety of meals that are easy to plan for. Side dishes can be a challenge, which is why I love one-pot meals, but even when a recipe doesn't really need something to go with it, a fun drink or fruit makes the meal feel more complete. Not all suggested side dishes include the recipe; this is where your favorite cookbooks, websites and convenience foods can still participate in your meal planning. I often use the same ingredients multiple times; this is either to reduce waste or simply because it's what my family likes. Make these menus your own by adding the things your family will eat.

I did go through a freezer meal phase at one point, but I quickly learned that for me, it is easier to carve out 30 minutes a day for 12 days than it is to carve out 6 hours at one time to make 12 freezer meals. However, I still love the idea of doubling a recipe and saving the second portion for the next month, and with our repeat menu plan, this concept works so great! This is another reason the second time on a menu can be easier than the first, so keep an eye out for freezable recipes and make extra!

My family enjoys traveling and we always try to pick up a good recipe idea when we are out of the country. On Monday look for foods from foreign lands to see some of our favorites.

# Contents

<b>Dedication .....</b>	<b>i</b>
<b>Acknowledgments.....</b>	<b>ii</b>
<b>Introduction.....</b>	<b>iii</b>
 <b>Food Storage/Pantry Items .....</b>	 <b>1</b>
<b>September / October .....</b>	<b>4</b>
Food Storage Items for Menu #1 September / October .....	5
<b>Week 1 Shopping List .....</b>	<b>6</b>
<i>Skillet Lasagna.....</i>	<i>7</i>
<i>Caesar Salad .....</i>	<i>8</i>
<i>Fiesta Lime Chicken.....</i>	<i>9</i>
<i>Spanish Rice.....</i>	<i>10</i>
<i>Mushroom Pork Chops.....</i>	<i>11</i>
<i>Sesame Green Beans.....</i>	<i>12</i>
<i>Chili Soup.....</i>	<i>13</i>
<i>Cornbread .....</i>	<i>14</i>
<i>Baked Reuben.....</i>	<i>15</i>
<i>Peaches and Cream Salad.....</i>	<i>16</i>
<b>Week 2 Shopping List.....</b>	<b>18</b>
<i>Cantina Bowls.....</i>	<i>19</i>
<i>Brazilian Lemonade.....</i>	<i>20</i>
<i>Chicken with Chili Con Queso.....</i>	<i>21</i>
<i>Mexican Chopped Salad .....</i>	<i>22</i>
<i>Honey Mustard Pork Tenderloin .....</i>	<i>23</i>
<i>Mashed Sweet Potatoes .....</i>	<i>24</i>
<i>Philly Cheesesteak Casserole.....</i>	<i>25</i>





<i>Caprese Salad.....</i>	<i>26</i>
<i>Chicken and Wild Rice Soup.....</i>	<i>27</i>
<i>Toasted Garlic Bread.....</i>	<i>28</i>
<b>Week 3 Shopping List.....</b>	<b>30</b>
<i>Mexican Pot Roast.....</i>	<i>31</i>
<i>Homemade Flour Tortillas.....</i>	<i>32</i>
<i>BBQ Chicken Drumsticks.....</i>	<i>33</i>
<i>Butter Fried Potatoes.....</i>	<i>34</i>
<i>Cheesy Pork Chops.....</i>	<i>35</i>
<i>Cucumber and Onion Salad.....</i>	<i>36</i>
<i>Ground Beef &amp; Cabbage Casserole.....</i>	<i>37</i>
<i>Grilled Zucchini.....</i>	<i>38</i>
<i>White Chicken Chili.....</i>	<i>39</i>
<i>Summer Cheese Quesadilla.....</i>	<i>40</i>
<b>Week 4 Shopping List.....</b>	<b>42</b>
<i>Chicken Lettuce Wraps.....</i>	<i>43</i>
<i>Egg Drop Soup.....</i>	<i>44</i>
<i>Chicken and Rice.....</i>	<i>45</i>
<i>Parmesan Broccoli.....</i>	<i>46</i>
<i>Lemon Pepper Salmon.....</i>	<i>47</i>
<i>Wild Rice.....</i>	<i>48</i>
<i>Cuban Marinated Steak.....</i>	<i>49</i>
<i>Twice Baked Potatoes.....</i>	<i>50</i>
<i>Meatball Sandwich.....</i>	<i>51</i>
<i>Sweet Potato Fries.....</i>	<i>52</i>
<b>November/December/January.....</b>	<b>53</b>
Food Storage Items for Menu #2 November/December/January	54
<b>Week 1 Shopping List.....</b>	<b>56</b>





<i>Sweet and Sour Chicken.....</i>	<i>57</i>
<i>Baked Egg Rolls.....</i>	<i>58</i>
<i>Chicken Pot Pie.....</i>	<i>59</i>
<i>Brussels Sprouts and Bacon .....</i>	<i>60</i>
<i>Tuscan Pork .....</i>	<i>61</i>
<i>Tortellini Salad.....</i>	<i>62</i>
<i>Steak Fajitas.....</i>	<i>63</i>
<i>Refried Bean Dip .....</i>	<i>64</i>
<i>Supreme Pizza Soup .....</i>	<i>65</i>
<i>Twisty Breadsticks .....</i>	<i>66</i>
<b>Week 2 Shopping List.....</b>	<b>68</b>
<i>Chicken Flautas .....</i>	<i>69</i>
<i>Cilantro Lime Rice .....</i>	<i>70</i>
<i>Jalapeno Popper Chicken .....</i>	<i>71</i>
<i>Baked Mac and Cheese .....</i>	<i>72</i>
<i>Baked Salmon .....</i>	<i>73</i>
<i>Steamed Broccoli .....</i>	<i>74</i>
<i>Sweet and Sour Meatballs.....</i>	<i>75</i>
<i>7 Layer Salad.....</i>	<i>76</i>
<i>Grilled Cheese .....</i>	<i>77</i>
<i>Tomato Tortellini Soup .....</i>	<i>78</i>
<b>Week 3 Shopping List.....</b>	<b>80</b>
<i>Korean Beef Bowl.....</i>	<i>81</i>
<i>Korean Banana Milk.....</i>	<i>82</i>
<i>Chicken and Dumplings .....</i>	<i>83</i>
<i>Southern Fried Apples.....</i>	<i>84</i>
<i>Pork Chops and Rice.....</i>	<i>85</i>
<i>Buttery Cooked Carrots.....</i>	<i>86</i>





<i>Homemade Hamburger Helper</i> .....	87
<i>Cheesy Garlic Bread</i> .....	88
<i>Ham and Cheese Sliders</i> .....	89
<i>Winter Fruit Salad</i> .....	90
<b>Week 4 Shopping List</b> .....	92
<i>Taco Salad</i> .....	93
<i>Horchata</i> .....	94
<i>Chicken Bacon Casserole</i> .....	95
<i>Roasted Sugar Snap Peas</i> .....	96
<i>Jambalaya</i> .....	97
<i>Cheddar Baking Powder Biscuits</i> .....	98
<i>Herbed Steaks with Horseradish</i> .....	99
<i>Twice Baked Sweet Potatoes</i> .....	100
<i>Crock Pot Potato Soup</i> .....	101
<i>Garlic Crescent Rolls</i> .....	102
<b>February/March</b> .....	103
Food Storage Items for Menu #3 February/March .....	104
<b>Week 1 Shopping List</b> .....	106
<i>Beef Fried Rice</i> .....	107
<i>Fried Wontons</i> .....	108
<i>Cordon Bleu Casserole</i> .....	109
<i>Roasted Carrots</i> .....	110
<i>Carnitas</i> .....	111
<i>Black Beans</i> .....	112
<i>Creamy Shells and Beef</i> .....	113
<i>Veggie Crunch Salad</i> .....	114
<i>Creamy Chicken Noodle Soup</i> .....	115
<i>Dinner Rolls</i> .....	116





<b>Week 2 Shopping List .....</b>	<b>118</b>
<i>Orange Chicken .....</i>	<i>119</i>
<i>Asian Cucumber Salad .....</i>	<i>120</i>
<i>Rocket Fuel.....</i>	<i>121</i>
<i>Green Orange Smoothie .....</i>	<i>122</i>
<i>Pesto Salmon .....</i>	<i>123</i>
<i>Oven Roasted Asparagus.....</i>	<i>124</i>
<i>Slow Cooker Pot Roast.....</i>	<i>125</i>
<i>Creamed Potatoes.....</i>	<i>126</i>
<i>Winter BLT Panini .....</i>	<i>127</i>
<i>Cream of Mushroom Soup.....</i>	<i>128</i>
<b>Week 3 Shopping List .....</b>	<b>130</b>
<i>Lasagna.....</i>	<i>131</i>
<i>Big Italian Salad.....</i>	<i>132</i>
<i>Buffalo Chicken Wraps .....</i>	<i>133</i>
<i>Apricot Nectar Fruit Salad.....</i>	<i>134</i>
<i>Pork and Scalloped Potatoes .....</i>	<i>135</i>
<i>Green Bean and Bacon Sauté.....</i>	<i>136</i>
<i>Creamy Meatball Casserole.....</i>	<i>137</i>
<i>Parmesan Knots.....</i>	<i>138</i>
<i>Italian Sausage Soup .....</i>	<i>139</i>
<i>Italian Grilled Pita .....</i>	<i>140</i>
<b>Week 4 Shopping List .....</b>	<b>142</b>
<i>Chicken Fajitas.....</i>	<i>143</i>
<i>Cuban Style Yellow Rice.....</i>	<i>144</i>
<i>Shoyu Chicken .....</i>	<i>145</i>
<i>Buttered Corn .....</i>	<i>146</i>
<i>Tuna Melts.....</i>	<i>147</i>



<i>Creamy Tomato Soup .....</i>	<i>148</i>
<i>Chili Cheeseburgers .....</i>	<i>149</i>
<i>Potato Wedges .....</i>	<i>150</i>
<i>Thai Chicken Broccoli Wraps .....</i>	<i>151</i>
<i>Fresh Squeezed Lemonade.....</i>	<i>152</i>
<b>April/May .....</b>	<b>153</b>
Food Storage Items for Menu #4 April/May .....	154
<b>Week 1 Shopping List.....</b>	<b>156</b>
<i>Beef Curry with Noodles .....</i>	<i>157</i>
<i>Air Fryer Bananas .....</i>	<i>158</i>
<i>Lemon Garlic Chicken with Green Beans .....</i>	<i>159</i>
<i>Strawberry Lemonade Smoothie .....</i>	<i>160</i>
<i>Pepper Jack Pork Chops .....</i>	<i>161</i>
<i>Creamy Garlic Mushrooms.....</i>	<i>162</i>
<i>Frito Casserole .....</i>	<i>163</i>
<i>Citrus Fruit Salad .....</i>	<i>164</i>
<i>Italian Chicken Sandwich .....</i>	<i>165</i>
<i>Butternut Squash Soup.....</i>	<i>166</i>
<b>Week 2 Shopping List .....</b>	<b>168</b>
<i>Sweet and Sour Pork .....</i>	<i>169</i>
<i>Banana Pudding .....</i>	<i>170</i>
<i>Tex Mex Chicken Skillet.....</i>	<i>171</i>
<i>Guacamole .....</i>	<i>172</i>
<i>Ham and Broccoli Potatoes .....</i>	<i>173</i>
<i>Avocado Green Salad .....</i>	<i>174</i>
<i>Garlic Steak and Asparagus .....</i>	<i>175</i>
<i>Au Gratin Potatoes .....</i>	<i>176</i>
<i>Sausage and Tortellini Soup .....</i>	<i>177</i>





<i>Broccoli Grilled Cheese Sandwich</i> .....	178
<b>Week 3 Shopping List</b> .....	180
<i>Oven Baked Chimichanga</i> .....	181
<i>Mexican Street Corn</i> .....	182
<i>Chicken and Spinach Rice</i> .....	183
<i>Brown Sugar Fruit Dip</i> .....	184
<i>Honey Citrus Marinade</i> .....	185
<i>Cheesy Potato Casserole</i> .....	186
<i>Big Mac Sliders</i> .....	187
<i>Strawberry Cheesecake Salad</i> .....	188
<i>Pizza Quesadilla</i> .....	189
<i>Easy Green Salad</i> .....	190
<b>Week 4 Shopping List</b> .....	192
<i>Ravioli with Mushroom Sauce</i> .....	193
<i>Olive Oil Bread Dip</i> .....	194
<i>Teriyaki Chicken</i> .....	195
<i>Baked Vegetables</i> .....	196
<i>Salmon Tacos</i> .....	197
<i>Broccoli Ranch Slaw</i> .....	198
<i>Reuben Rolls</i> .....	199
<i>Oven Roasted Sweet Potatoes</i> .....	200
<i>Beef and Cucumber Stacks</i> .....	201
<i>Cobb Salad</i> .....	202
<b>June/July/August</b> .....	203
Food Storage Items for Menu #5 June/July/August .....	204
<b>Week 1 Shopping List</b> .....	206
<i>Baked Tacos</i> .....	207
<i>Refried Beans</i> .....	208





<i>Lemon Chicken Skewers</i> .....	209
<i>Corn on the Cob</i> .....	210
<i>Avocado Quesadilla</i> .....	211
<i>White Queso Dip</i> .....	212
<i>No Bun Hamburgers</i> .....	213
<i>Raspberry Jell-O Salad</i> .....	214
<i>Cheese Steak Grilled Cheese</i> .....	215
<i>Summer Vegetable Tray</i> .....	216
<b>Week 2 Shopping List</b> .....	218
<i>Beef Stir Fry</i> .....	219
<i>Rice Pudding</i> .....	220
<i>Smoked Chicken Breast</i> .....	221
<i>Fettuccine Alfredo</i> .....	222
<i>Salmon Tapas</i> .....	223
<i>Asparagus</i> .....	224
<i>Nachos</i> .....	225
<i>Apple Empanadas</i> .....	226
<i>Chicken Salad Wrap</i> .....	227
<i>Pistachio Fruit Salad</i> .....	228
<b>Week 3 Shopping List</b> .....	230
<i>Chicken Enchiladas</i> .....	231
<i>Roasted Peppers</i> .....	232
<i>BBQ Chicken Pockets</i> .....	233
<i>Tomato Feta Salad</i> .....	234
<i>Teriyaki Marinade</i> .....	235
<i>Lemon Rice</i> .....	236
<i>Sloppy Joes</i> .....	237
<i>Macaroni Salad</i> .....	238





<i>French Dip Sandwiches.....</i>	<i>239</i>
<i>Summer Vegetable Stack .....</i>	<i>240</i>
<b>Week 4 Shopping List .....</b>	<b>242</b>
<i>Baked Chicken Spaghetti .....</i>	<i>243</i>
<i>Parmesan Garlic Bread .....</i>	<i>244</i>
<i>Sheet Pan Hawaiian Chicken.....</i>	<i>245</i>
<i>Orange Dream Milkshake .....</i>	<i>246</i>
<i>Smoked BBQ Pork.....</i>	<i>247</i>
<i>Pineapple Coleslaw .....</i>	<i>248</i>
<i>Skirt Steak with A1 Sauce.....</i>	<i>249</i>
<i>Creamed Corn.....</i>	<i>250</i>
<i>Black Bean Quesadilla .....</i>	<i>251</i>
<i>Creamy Cucumber Salad .....</i>	<i>252</i>
<i>Recipe Index.....</i>	<i>253</i>
<i>Recipes by Category.....</i>	<i>261</i>



# Food Storage/Pantry Items

Basic ingredients for everyday cooking: Items to stock up on for quicker preparation and less weekly shopping.

## Canned Goods:

### - Dairy

- 2 14 oz can Coconut Milk
- 1 12 oz can Evaporated Milk
- 2 14 oz can Sweetened Condensed Milk

### - Fruit

- 1 15 oz can Fruit Cocktail
- 1 11 oz can Mandarin Oranges
- 1 20 oz can Pineapple Chunks
- 2 14 oz can Pineapple Chunks
- 1 20 oz can Pineapple Crushed
- 1 20 oz can Pineapple Slices
- 1 20 oz can Pineapple Tidbits
- 1 14 oz can Pineapple Tidbits

### - Protein

- 7 15 oz can Black Beans
- 3 12.5 oz cans Chicken (More for recipes that require “Cooked Chicken”)
- 2 15 oz can Great Northern Beans
- 2 15 oz can Kidney Beans
- 6 15 oz can Pinto Beans
- 2 16 oz can Refried Beans
- 2 5 oz cans Tuna Fish

### - Soup

- 3 14 oz can Beef Broth
- 2 ½ cups Beef Broth (Bouillon cubes or Better than Bouillon)
- 2 10.5 oz cans Beef Consommé
- 29 cups Chicken Broth (Bouillon cubes or Better than Bouillon)
- 12 14.5 oz can Chicken Broth
- 7 10.5 oz can Cream of Chicken Soup
- 4 10.5 oz can Cream of Mushroom Soup
- 1 10 oz can Enchilada Sauce
- 1 10 oz can Tomato Soup

## - Vegetables

- 1 2.25 oz can Black Olives
- 7 15 oz can Corn
- 2 28 oz cans Crushed Tomatoes
- 10 4 oz can Diced Green Chilies
- 2 4 oz can Diced Jalapeno Peppers
- 12 14.5 oz cans Diced Tomatoes
- 1 10 oz can Diced Tomatoes with Chilies
- 1 14 oz can Diced Tomatoes with Onion
- 1 4 oz can Mushrooms
- 2 2.25 oz can Sliced Olives
- 1 46 oz can Tomato Juice
- 1 6 oz can Tomato Paste
- 4 8 oz can Tomato Sauce
- 3 15 oz can Tomato Sauce
- 4 8 oz can Water Chestnuts

## Spices

- Annatto Powder
- Bay Leaf
- Black pepper
- Cajun Seasoning
- Celery Salt
- Celery Seed
- Chili Powder
- Cholula Hot Sauce
- Cinnamon Sticks
- Cream of Tarter
- Crushed Red Pepper Flakes
- Dried Basil
- Dried Dill
- Dried Parsley
- Dry Mustard
- Garlic Powder
- Garlic Salt
- Ground Cinnamon
- Ground Cumin
- Ground Ginger
- Ground Nutmeg
- Italian Seasoning
- Kosher Salt
- Lemon Pepper Seasoning
- Lemon Peel
- Minced Onion
- Montreal Steak Seasoning
- Nature's Seasoning
- Nutmeg
- Onion Powder
- Onion Soup Mix
- Oregano
- Paprika
- Parsley Flakes
- Poultry Seasoning
- Ranch Dressing Seasoning
- Rosemary
- Salt
- Seasoned Salt
- Sesame Seeds
- Taco Seasoning
- Thyme
- Turmeric

## **Staples**

### **- Baking**

- Baking Powder
- Baking Soda
- Brown Sugar
- Cornstarch
- Flour
- Powdered Sugar
- Sugar
- Vanilla
- Yeast

### **- Condiments**

- BBQ Sauce
- Buffalo Hot Sauce
- Creamy Peanut Butter
- Dijon Mustard
- Grape Jelly
- Honey
- Horseradish
- Italian Dressing
- Ketchup
- Lemon Juice
- Lime Juice
- Maple Syrup
- Mayonnaise
- Orange Marmalade
- Salsa
- Soy Sauce
- Sriracha
- Worcestershire Sauce
- Yellow Mustard

### **- Grains**

- Brown Rice
- Cornmeal
- Long Grain White Rice

### **- Oil and Vinegar**

- Apple Cider Vinegar
- Balsamic Vinegar
- Canola Oil
- Olive Oil
- Peanut Oil
- Red Wine Vinegar
- Rice Vinegar
- Sesame Oil
- White Vinegar

### **- Refrigerator/Freezer**

- Butter
- Minced Garlic
- Minced Ginger



# September / October

With kids in the house, a new year begins late each August at the start of a new school year. Fall is so beautiful with the weather nearly perfect. The garden is overflowing with produce (and weeds) and life is all around feeling under control. Most every meal can be served with sliced tomatoes and cucumbers, and peaches and pears are a go-to snack all day long. Soups and chilis have found their way back on the menu as well as the family favorite Mexican Pot Roast and Lemon Pepper Salmon. Corn Bread with Honey Butter is as good as any dessert on chili night and is a treasured Halloween tradition.

## Favorite Fruits in Season

Apples	Peaches
Blackberries	Pears
Grapes	Raspberries
Melons	

## Favorite Vegetables in Season

Cabbage	Green beans
Carrots	Onions
Corn	Pumpkins
Cucumbers	Tomatoes

Week 1	<ul style="list-style-type: none"> <li>• Skillet Lasagna</li> <li>• Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fiesta Lime Chicken</li> <li>• Spanish Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom Pork Chops</li> <li>• Sesame Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Soup</li> <li>• Cornbread and Honey Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Reuben</li> <li>• Peaches and Cream Salad</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Cantina Bowls</li> <li>• Brazilian Lemonade</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken with Chili Con Queso</li> <li>• Mexican Chopped Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Mustard Pork Tenderloin</li> <li>• Mashed Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Philly Cheesesteak Casserole</li> <li>• Caprese Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Wild Rice Soup</li> <li>• Toasted Garlic Bread</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Mexican Pot Roast</li> <li>• Homemade Flour Tortillas</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Drumsticks</li> <li>• Butter Fried Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesy Pork Chops</li> <li>• Cucumber and Onion Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Ground Beef &amp; Cabbage Casserole</li> <li>• Grilled Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• White Chicken Chili</li> <li>• Summer Cheese Quesadilla</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Chicken Lettuce Wraps</li> <li>• Egg Drop Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Rice</li> <li>• Parmesan Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Pepper Salmon</li> <li>• Wild Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Cuban Marinated Steak</li> <li>• Twice Baked Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Meatball Sandwich</li> <li>• Sweet Potato Fries</li> </ul>

# Food Storage Items for Menu #1

## September / October

### Food Storage: Staples

Apple Cider Vinegar	
Baking Soda	
Balsamic Vinegar	
BBQ Sauce	
Butter	
Canola Oil	
Cornmeal	
Cornstarch	
Dijon Mustard	
Flour	
Ground Ginger	
Honey	
Lemon Juice	
Lime Juice	
Long Grain White Rice	
Minced Garlic	
Olive Oil	
Red Wine Vinegar	
Rice Vinegar	
Salsa	
Sesame Oil	
Soy Sauce	
Sriracha	
Sugar	
White Vinegar	
Worcestershire Sauce	

### Food Storage: Spices

Black pepper		Kosher Salt	
Cayenne Pepper		Lemon Pepper Seasoning	
Celery Seed		Montreal Steak Seasoning	
Cholula Hot Sauce		Natures Seasoning	
Chili Powder		Oregano	
Crushed Red Pepper Flakes		Paprika	
Garlic Powder		Salt	
Garlic Salt		Seasoned Salt	
Ground Cinnamon		Sesame Seeds	
Ground Cumin		Taco Seasoning	
Italian Seasoning			

### Food Storage: Canned Items

1	14 oz can	Beef Broth	
2	15 oz can	Black Beans	
7	cups	Chicken Broth	
3	14.5 oz can	Chicken Broth	
3	15 oz can	Corn	
1	10.5 oz can	Cream of Chicken Soup	
3	4 oz can	Diced Green Chilies	
3	14.5 oz cans	Diced Tomatoes	
1	10 oz can	Enchilada Sauce	
2	15 oz can	Great Northern Beans	
1	15 oz can	Kidney Beans	
1	4 oz can	Mushrooms	
1	15 oz can	Pinto Beans	
1	14 oz can	Sweetened Condensed Milk	
1	46 oz can	Tomato Juice	
1	8 oz can	Tomato Sauce	
1	15 oz can	Tomato Sauce	
1	8 oz can	Water Chestnuts	

# Week 1 Shopping List

## Weekly Shopping: Bread

2	cans	Crescent Rolls	

## Weekly Shopping: Meat

6		Bone-in Pork Chops	
2	lbs	Boneless Skinless Chicken Breasts	
1	lb	Corned Beef	
3	lb	Ground Beef	

## Weekly Shopping: Produce

1	bunch	Cilantro	
2	lbs	Cremini Mushrooms	
1/4	cup	Fresh Parsley	
1	cup	Fresh Salsa	
1	lb	Green Beans	
1		Green Bell Pepper	
4		Peaches	
1	head	Romaine Lettuce	
1		Yellow Onion	

## Weekly Shopping: Dairy

1	cup	Buttermilk	
3/4	cup	Colby Jack Cheese, shredded	
1	8 oz	Cool Whip	
1/2	cup	Cream Cheese	
1		Egg	
1	cup	Heavy Whipping Cream	
1/2	cup	Mozzarella Cheese, shredded	
1/3	cup	Parmesan Cheese	
1/2	cup	Plain Green Yogurt	
1	cup	Sour Cream	
1/2	lb	Swiss Cheese, sliced	
1	16 oz	Vanilla Yogurt	

## Weekly Shopping: Grocery

1	cup	Apple Juice	
1	12 oz	Bow Tie Pasta	
1	cup	Croutons	
1	3.4 oz	Instant Vanilla Pudding	
1	26 oz	Spaghetti Sauce	
2-4	tbsp	Thousand Island Dressing	

# Skillet Lasagna

Prep 20 min Cook 10 min Total 30 min Serving: 6

Preheat oven to 350°

## Ingredients

- 1 lb **Ground Beef**
- 1 12 oz pkg **Bow Tie Pasta**
- 1 26 oz **Jar Spaghetti Sauce**
- 1 tbsp **Olive Oil**
- 1 tsp **Salt**
- ½ tsp **Garlic Powder**
- 1 tsp **Italian Seasoning**
- ½ cup **Mozzarella Cheese, shredded**
- ½ cup **Sour Cream**



\*Any shape of pasta can be used, but small wide noodles that hold their shape well work best.

## Directions

1. Brown beef in a pan over medium heat.
2. Meanwhile, cook noodles according to package directions, drain water and drizzle with olive oil.
3. Mix spaghetti sauce, beef, seasonings, cheese, and sour cream. Gently fold in noodles.
4. Place mixture in a casserole dish and bake for 10 minutes, or until heated through and cheese is melted.

**Serve With:**

*Caesar Salad*

# Caesar Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

### Caesar Salad Dressing:

- 2 tsp **Minced Garlic**
- 2 tsp **Dijon Mustard**
- 1 tsp **Worcestershire Sauce**
- 2 tsp **Lemon Juice**
- 1 1/2 tsp **Red Wine Vinegar**
- 1/3 cup **Olive Oil**
- 1/2 tsp **Kosher Salt**
- 1/8 tsp **Black Pepper**

### Salad:

- 1 head **Romaine Lettuce**
- 1/3 cup **Parmesan Cheese** *shredded*
- 1 cup **Croutons**



\*For faster preparation, skip step 1 and use store bought dressing. Consider adding red onions and tomatoes for more color and flavor.

## Directions

1. Make dressing by whisking together garlic, Dijon mustard, Worcestershire sauce, lemon juice, red wine vinegar, olive oil, salt and pepper.
2. Chop romaine lettuce into bite-sized pieces. Place in a large serving bowl and add parmesan cheese and croutons.
3. Drizzle with Caesar dressing and toss to coat.

# Fiesta Lime Chicken

Prep 20 min Cook 20 min Total 40 min Serving: 6

## Ingredients

2 lbs **Boneless Skinless Chicken Breasts**

3/4 cup **Colby Jack Cheese**, *shredded*

1 cup **Fresh Salsa**

## Marinade:

1/2 cup **Water**

4 tbsp **Lime Juice**

3 tbsp **Soy Sauce**

1 tbsp **Worcestershire Sauce**

2 tsp **Minced Garlic**

3/4 tsp **Cumin**

1/2 tsp **Black Pepper**

## Sauce:

1/2 cup **Plain Greek Yogurt**

1/2 cup **Sour Cream**

1/2 cup **Salsa**

1 tbsp **Lime Juice**

3 tbsp **Cilantro** *finely chopped*

2 tsp **Minced Garlic**

## Directions

1. In a resalable plastic bag, combine all the marinade ingredients. Add chicken and toss to coat. Refrigerate for 8-24 hours.
2. Combine all the sauce ingredients and mix until smooth. Store in refrigerator until ready to use.
3. Preheat oven to 400°. Remove chicken from marinade and cook on the stove in a non-stick skillet over medium-high heat until mostly done and brown on both sides.
4. Transfer chicken to an oven-safe pan. Top each piece with a spoonful of sauce and sprinkle with cheese. Bake for 10-15 minutes or until chicken is cooked through.
5. Serve with a spoon full of Fresh Salsa.

## Serve With:

*Spanish Rice and tortilla chips*



\*Save time by making the sauce and marinade the night before or in the morning at breakfast.



# Spanish Rice



Prep 5 min Cook 25 min Total 30 min Serving: 6

## Ingredients

- 3 tbsp **Canola Oil**
- 2 cups **Long Grain White Rice**
- 4 cups **Chicken Broth**
- 1 8oz can **Tomato Sauce**
- 1 tsp **Salt**
- 1 tsp **Minced Garlic**
- 1/2 tsp **Cumin**
- 1/2 tsp **Garlic Powder**
- 3 tbsp **Cilantro** *diced*



\*Eat leftover rice the next morning with a can of beans and a fried egg. Or use in Cantina Bowls later in the month.

## Directions

1. Heat oil in a deep frying pan over medium heat. Add dry rice and cook until golden brown.
2. Slowly stir in chicken broth, tomato sauce, salt, garlic, cumin, and garlic powder.
3. Cover and allow to simmer for 18-22 minutes or until the rice is soft and the liquid is gone. Gently add cilantro, fluff with a fork before serving.

# Mushroom Pork Chops

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

- 6 **Bone-in Pork Chops**
- 3 **tbsp Olive Oil**
- 2 **tsp Salt**
- 1 **tsp Black Pepper**
- 1/2 **cup Butter**
- 2 **lbs Cremini Mushrooms**
- 4 **tsp Minced Garlic**
- 1 **cup Apple Juice**
- 1 **cup Heavy Whipping Cream**
- 2 **tbsp Dijon Mustard**



\*To make a thicker sauce, add 1-2 tablespoons of flour before returning the pork chops.

## Directions

1. Sprinkle pork chops with salt and pepper. In a large skillet on high heat, cook each pork chop, turning halfway through, until cooked. Remove from skillet.
2. Reduce heat to medium and add butter. After the butter is melted, add mushrooms and cook for 3-5 minutes. Add garlic and cook for an additional minute.
3. Add apple juice to the pan and simmer until liquid is reduced by half. Add in heavy cream and Dijon mustard, stir to combine.
4. Return pork chops to the skillet and spoon sauce over the top until heated through.

## Serve With:

*Sesame Green Beans and buttered noodles*



# Sesame Green Beans

Prep 5 min Cook 5 min Total 10 min Serving: 6

## Ingredients

- 1 lb **Green Beans** *washed and trimmed*
- 1/2 tsp **Crushed Red Pepper Flakes**
- 1 tbsp **Canola Oil**
- 1 tsp **Sesame Oil**
- 2 tbsp **Sesame Seeds**, *toasted*
- 1 tsp **Kosher Salt**



\*Fresh green beans are best, check out your local farmer's market to see what is available.

## Directions

1. Steam green beans in 1/2-inch boiling water for two minutes. Rinse in cold water and drain well.
2. Heat canola and sesame oil in a large frying pan. Add crushed red pepper flakes and green beans. Stir-fry for 2 minutes.
3. Add sesame seeds and salt, toss to coat the beans evenly.

# Chili Soup



Prep 15 min Cook 2 hours Total 2 hr 15 min Serving: 12

## Ingredients

- 2 lbs. **Ground Beef**
- 4 tbsp **Olive Oil**
- 1 **Yellow Onion** *diced*
- 1 **Green Bell Pepper** *diced*
- 4 tsp **Minced Garlic**
- 1/4 cup **Freshly Parsley** *finely chopped*
- 3 tbsp **Chili Powder**
- 2 tsp **Cumin**
- 1 tsp **Sugar**
- 1 tsp **Oregano**
- 1 tsp **Salt**
- 1 tsp **Black Pepper**
- 1/4 tsp **Cayenne Pepper**
- 1 46 oz can **Tomato Juice**
- 2 14.5 oz can **Diced Tomatoes**
- 1 15 oz can **Tomato Sauce**
- 1 15 oz can **Kidney Beans** *drained and rinsed*
- 1 15 oz can **Pinto Beans** *drained and rinsed*



\*This makes enough for two families so either take half to a friend or freeze half for next month. Add diced jalapenos for more heat.

## Directions

1. In a large pot, cook ground beef until it is no longer pink. Drain grease and remove meat.
2. Add olive oil, onion, bell pepper, garlic, and parsley. Cook over medium heat until vegetables are soft. Turn off the heat and add chili powder, cumin, sugar, oregano, salt, pepper, and cayenne pepper.
3. Return meat to pot. Add tomato juice, diced tomatoes, tomato sauce, kidney beans and pinto beans. Turn the heat back on and cook until boiling.
4. Reduce heat and simmer for up to 2 hours, stirring occasionally.
5. Garnish with sour cream, shredded cheese and crushed tortilla chips

## Serve With:

*Cornbread and Honey butter*

# Cornbread

Prep 10 min Cook 30 min Total 40 min Serving: 6

Preheat oven to 350°

## Ingredients

1/2 cup **Butter**  
2/3 cup **Sugar**  
2 **Eggs**  
1 cup **Buttermilk**  
1/2 tsp **Baking Soda**  
1 cup **Cornmeal**  
1 cup **Flour**  
1/2 tsp **Salt**

## Honey Butter

1/2 cup **Butter** *softened*  
1/2 cup **Honey**  
1/2 cup **Cream Cheese** *softened*



\*For a semi-homemade option: add 1 egg, 1/3 cup milk, 1/2 cup sour cream and 1/4 cup vegetable oil to a box of Jiffy Cornbread mix, then prepare as package directs.

## Directions

1. Melt butter, add sugar and eggs then beat well. Add buttermilk and baking soda.
2. Combine cornmeal, flour and salt. Mix into butter mixture until well blended.
3. Pour onto a greased 8×8 pan and bake at 350° for 30 minutes.
4. Prepare honey butter by mixing all ingredients together until smooth.

# Baked Reuben

Prep 10 min Cook 12 min Total 22 min Serving: 6

Preheat oven to 375°

## Ingredients

2 cans **Crescent Rolls**

2-4 tbsp **Thousand Island Dressing**

1 lb **Corned Beef** *sliced*

1/2 lb **Swiss Cheese** *sliced*

**Sauerkraut**

1 **Egg White** *lightly beaten*

1 tsp **Sesame Seeds**



\*Try with regular roast beef and provolone cheese for a milder flavor. Mayonnaise and mustard or mayonnaise and steak sauce may be used instead of Thousand Island.

## Directions

1. Unroll one can of dough and shape it into a long rectangle: sealing seams and perforations. Place on a greased cookie sheet. Cover the dough with thousand Island dressing, beef, Swiss cheese, and sauerkraut.
2. Unroll the second can of dough and shape it to the same size as the first. Place on top of sauerkraut and press the edges together.
3. Lightly brush the top of the dough with egg white and sprinkle with seeds.
4. Bake at 375° for 12 minutes or until dough is cooked through and lightly brown. Serve warm.

**Serve With:**

*Peaches and Cream Salad*



# Peaches and Cream Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

- 1 3.4 oz box **Instant Vanilla Pudding**
- 1 16 oz carton **Vanilla Yogurt**
- 1 8 oz carton **Cool Whip** *thawed*
- 4 large **Peaches** *peeled and chopped*



\*Consider sprinkling with chopped pecans. This can be made in the off season with frozen or bottled peaches, just drain them well before using.

## Directions

1. In a medium bowl, combine pudding mix, vanilla yogurt and Cool Whip. Fold in peaches. Serve immediately or refrigerate



# Week 2 Shopping List

## Weekly Shopping: Bread

1	loaf	French Bread	

## Weekly Shopping: Meat

8		Boneless Skinless Chicken Breasts	
2	cups	Cooked Chicken, shredded	
2	lbs	Grilled Steak	
1	lbs	Ground Beef	
2	lbs	Pork Tenderloin	

## Weekly Shopping: Produce

2		Avocado	
1/2	cup	Basil Leaves	
1	cup	Cherry Tomatoes	
1	bunch	Cilantro	
1	tbsp	Fresh Parsley	
1		Green Bell pepper	
4		Green Onion	
1	tsp	Jalapeno	
4		Limes	
1/2	cup	Radishes	
1		Red Bell Pepper	
1		Red Onion	
3	head	Romaine Lettuce	
1	10 oz	Spinach	
3		Sweet Potatoes or Yams	
3		Tomatoes	
1		Yellow Onion	

## Weekly Shopping: Dairy

1	cup	Cheddar Cheese, shredded	
4		Eggs	
1/4	cup	Feta Cheese	
1	pint	Half and Half	
1/2	cup	Heavy Whipping Cream	
1 1/4	cup	Milk (2% or whole)	
1/4	cup	Parmesan Cheese	
4	slices	Provolone Cheese	
1	cup	Sour Cream	
2		String Cheese	

## Weekly Shopping: Grocery

6	tbsp	Almonds, sliced	
1	48 oz	Chicken Broth	
1	pkg	Spanish Rice	
1	6 oz	Uncle Ben's Long Grain and Wild Rice	

# Cantina Bowls

Prep 15 min Total 15 min Serving: 6

## Ingredients

- 1 pkg **Spanish Rice**
- 1/2 tbsp **Olive Oil**
- 1/4 **Red Onion** *diced*
- 1 15 oz can **Black Beans** *drained and rinsed*
- 1 15 oz can **Corn** *drained*
- 2 cups **Grilled Steak** or **Chicken** *cooked*
- 1 head **Romaine Lettuce**
- 1 **Tomato** *chopped*
- 1 **Avocado** *chopped*
- 1 bunch **Cilantro** *chopped*
- 1/4 cup **Lime Juice**
- 1/2 cup **Salsa**
- 1/4 cup **Sour Cream**



\*This is a great way to use leftover steak or chicken. You can also use leftover Spanish rice from last week.

## Directions

1. Prepare rice as directed on the package. In a medium skillet, cook diced onions in olive oil for 2-3 minutes. Add black beans, corn, and meat. Cook until warm.
2. Layer each dish with rice, meat mixture, lettuce, tomato, avocado, and cilantro.
3. Top with lime juice, salsa, and sour cream (or ranch dressing).

## Serve With:

*Brazilian Lemonade*



# Brazilian Lemonade

Prep 10 min Total 10 min Serving: 6

## Ingredients

4 **Limes** *washed well*

6 cups **Water**

1 cup **Sugar**

6 tbsp **Sweetened Condensed Milk**



\*Add additional condensed milk or a few tablespoons of sugar for a sweeter flavor.

## Directions

1. Wash limes well, scrubbing the skin clean. Slice off the ends and thinly slice the rest.
2. In a blender, combine half the water, half the sugar, and half the limes. Pulse until blended.
3. Pour mixture through a fine mesh strainer to remove pulp and skins.
4. Repeat with the other half of the ingredients.
5. Add sweetened condensed milk and serve cold.

# Chicken with Chili Con Queso

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1 tbsp **Olive Oil**

8 **Boneless Skinless Chicken Thighs**

**Salt & Pepper** *to taste*

1 tbsp **Chili Powder**

1 tsp **Ground Cinnamon**

## Con Queso Sauce:

1/4 cup **Milk** *2% or whole*

1 cup **Cheddar Cheese** *shredded*

1 10oz pkg **Spinach**

1 4 oz can **Diced Green Chiles**



\*Chicken breasts or tenders work well too.

## Directions

1. Heat oil in a large skillet over medium-high heat. Season chicken all over with salt, pepper, chili powder and cumin. Press spices into both sides of the chicken.
2. Add chicken to hot oil and cook until nearly done. Remove chicken from pan.
3. In the same pan over medium-low heat, combine milk, cheddar cheese, spinach and green chilies. Stir frequently and simmer until the cheese melts.
4. Return chicken to the pan and simmer until cooked through 3 to 5 minutes.

## Serve With:

*Mexican Chopped Salad.*

# Mexican Chopped Salad

Prep 15 min Total 15 min Serving: 6

## Ingredients

4 cups **Romaine Lettuce** *chopped*  
1/2 cup **Radishes** *thinly sliced*  
4 **Green Onions** *sliced*  
2 **Tomatoes** *diced*  
1 **Avocado** *diced*  
1 **Red Bell Pepper** *diced*  
1 15 oz can **Black Beans** *drained and rinsed*  
1 15 oz can **Corn** *drained*  
1/4 cup **Feta Cheese** *crumbled*

## Honey Lime Dressing:

1/4 cup **Lime Juice**  
1 tsp **Minced Garlic**  
1/4 cup **Olive Oil**  
1 tsp **Jalapeño Pepper** *diced*  
2 tbsp **Honey**  
1/2 tsp **Cumin**  
2 tbsp **Cilantro** *finely chopped*



\*For better flavor use fresh lime juice. Store extra dressing in the refrigerator for up to 2 weeks.

## Directions

1. Place all salad ingredients in a large bowl.
2. Make Honey-Lime Dressing by mixing ingredients well.
3. Pour desired amount of dressing over vegetables and toss to coat.

# Honey Mustard Pork Tenderloin

Prep 5 min Marinade time 1 1/2 Hours Cook 40 min Total 45 min Serving: 6

Preheat oven to 400°

## Ingredients

- 1/2 cup **Apple Cider Vinegar**
- 1/4 cup **Olive Oil**
- 1/4 cup **Honey**
- 3 tbsp **Dijon Mustard**
- 2 tsp **Minced Garlic**
- 2 tsp **Crushed Red Pepper Flakes**
- 1 tbsp **Kosher Salt**
- 1/2 tbsp **Black Pepper**
- 2 lbs **Pork Tenderloin**



\*Pork is fully cooked when the thickest part reaches 145° on a meat thermometer.

## Directions

1. In a large resealable bag, combine vinegar, olive oil, honey, mustard, garlic, chili pepper flakes, salt, and pepper.
2. Add pork to the bag of marinade. Roll the bag around a few times to be sure the pork is well covered with marinade. Refrigerate for 1 - 12 hours.
3. Preheat oven to 400°. Heat a greased grill pan over medium-high heat. Brown pork for about 2 minutes on all four sides. Transfer pork to a foil-lined roasting pan and cook for 25-30 minutes, or until cooked through.

## Serve With:

*Mashed Sweet Potatoes and a bag of steamed mixed vegetables*



# Mashed Sweet Potatoes

Prep 5 min Cook 20 min Total 25 min Serving: 6

## Ingredients

2-3 **Sweet Potatoes** *or yams*

1 tbsp **Butter**

1/2 cup **Sour Cream**

**Salt & Pepper**



\*Try chopping potatoes in large chunks, keeping the skin on, cook as mentioned or in a pressure cooker. Peel skins off after cooking.

## Directions

1. Peel potatoes and cut into 1-inch cubes. Add to a pot of boiling water and boil until tender, drain.
2. Add butter, salt and pepper. Mash well, then fold in sour cream just before serving.

# Philly Cheesesteak Casserole

Prep 10 min Cook 40 min Total 50 min Serving: 6

Preheat oven to 350°

## Ingredients

- 1 1/2 lbs **Ground Beef**
- 1/2 **Green Bell Pepper** *diced*
- 1/2 **Yellow Onion** *diced*
- 1 tsp **Minced Garlic**
- 1 tsp **Season Salt**
- 4 slices **Provolone Cheese**
- 4 **Eggs**
- 1/4 cup **Heavy Whipping Cream**
- 1 tsp **Hot Sauce**
- 1 tsp **Worcestershire Sauce**



\*A high protein meal like meat loaf. Milk may be used instead of whipping cream.

## Directions

1. Preheat oven to 350°. Spray a 9x9 baking dish with non-stick spray. Brown ground beef in a skillet. When meat is almost cooked, add peppers, onion, garlic and seasoned salt. Continue cooking until beef is cooked through and vegetables have softened.
2. Drain grease from the skillet and pour the mixture into the prepared baking dish. Tear cheese into small pieces and place over the beef mixture.
3. In a small mixing bowl, whisk egg, cream, hot sauce, and Worcestershire sauce. Pour over the beef mixture and bake for 35 minutes or until the eggs are set.

## Serve With:

*Caprese Salad and a piece of toast*

# Caprese Salad

Prep 5 min Total 5 min Serving: 6

## Ingredients

- 1/2 cup **Basil Leaves** *chopped*
- 1 cup **Cherry Tomatoes** *halved*
- 2 **String Cheese** *diced*
- 1/4 **Red Onion** *diced*
- 1 tbsp **Balsamic Vinegar**
- 2 tbsp **Olive Oil**



\*A great salad does not have to be complicated.

## Directions

1. In a small bowl, combine basil leaves, tomatoes, onion, and string cheese. Sprinkle with balsamic vinegar and olive oil.
2. Toss to coat.



# Chicken and Wild Rice Soup



Prep 5 min Cook 40 min Total 45 min Serving: 6

## Ingredients

- 1 6oz box **Uncle Ben's Long Grain Wild Rice**
- 1/4 cup **Butter**
- 1/2 **Yellow Onion** *chopped*
- 1 4 oz can **Mushrooms** *drained*
- 2 cups **Cooked Chicken** *shredded*
- 1 48oz carton **Chicken Broth**
- 6 tbsp **Almonds** *sliced*
- 1/4 cup **Flour**
- 1 pint **Half and Half**



\* To Freeze: Follow directions 1 and 2 as written. Simmer for 10 minutes instead of 20, allow to cool and freeze. To serve, thaw soup and bring to a simmer for 10 minutes. Complete step 3.

## Directions

1. Cook the rice according to package directions. Meanwhile, melt the butter in a large pot. Add onions and sauté.
2. To the large pot, add cooked rice, mushrooms, chicken, chicken broth, and almonds. Simmer for 20 minutes.
3. Just before serving, whisk flour with half-and-half in a small bowl. Add flour mixture to the soup, and heat until thick; serve.

## Serve With:

*Toasted Garlic Bread*

# Toasted Garlic Bread

Prep 10 min Cook 10 min Total 20 min

Preheat oven to 350°

## Ingredients

- 1 loaf **French Bread**
- 1/2 cup **Butter** *melted*
- 1 tbsp **Minced Garlic**
- 1 tbsp **Fresh Parsley** *chopped*
- 1/4 cup **Parmesan Cheese** *shredded*



\*Watch very carefully while broiling to avoid burning.

## Directions

1. Cut bread in half, horizontally. Mix butter, garlic and parsley together in a small bowl. Spread mixture over bread halves. Place it on a baking pan and heat in the oven for 6-8 minutes.
2. Remove bread from oven and sprinkle with parmesan cheese.
3. Return to oven on the highest rack and broil for 2-3 minutes or until cheese melts and the bread is toasted.



# Week 3 Shopping List

## Weekly Shopping: Bread

6		Uncooked Flour Tortillas	

## Weekly Shopping: Meat

6		Bone-in Pork Chops	
1	lb	Boneless Skinless Chicken Breasts	
3.5	lbs	Chicken Drumsticks	
1	3lb	Chuck Roast	
1	lbs	Ground Beef	

## Weekly Shopping: Produce

1	head	Cabbage	
1	bunch	Cilantro	
1		Cucumber	
1		Green Bell Pepper	
1/2	lb	Mushrooms	
1		Red Onion	
3		Russet Potatoes	
3		Tomatoes	
2		Yellow Onion	
2		Zucchini	

## Weekly Shopping: Dairy

3/4	cup	Cheddar Cheese, shredded	
1/2	8 oz	Cream Cheese	
1/4	cups	Half and Half	
3/4	cup	Milk	
6	slices	Pepper Jack Cheese	
6	tbsp	Sour Cream	

## Weekly Shopping: Grocery


# Mexican Pot Roast



Prep 5 min Cook 8 Hours Total 8 Hour 5 min Serving: 8

## Ingredients

- 3 lb. **Chuck Roast**
- 1 10 oz can **Enchilada Sauce**
- 1 14 oz can **Beef Broth**
- 3 tbsp **Taco Seasoning**
- 1/2 bunch **Cilantro**



\*Great for fajitas, tacos, salads, quesadillas and nachos. Freeze the leftovers for a busy night.

## Directions

1. Place roast in a crock pot and pour the remaining ingredients over the top. Cook for 8 hours on low.
2. Shred and serve over warm tortillas.

## Serve With:

*Homemade Flour Tortillas and taco-style toppings*

# Homemade Flour Tortillas



Prep 10 min Rest 10 min Cook 10 min Total 30 min Serving: 6

## Ingredients

- 3/4 cup **Milk**
- 1 tsp **Honey**
- 2 tbsp **Butter**, *melted*
- 2 cups **Flour**
- 1/2 tsp **Salt**
- 1/2 tsp **Baking Soda**



\*There isn't always time for homemade tortillas but when there is, it is worth the effort.

## Directions

1. Combine milk, honey and butter until smooth.
2. In a stand mixer with a dough hook, combine flour, salt and baking soda. Turn on the mixer and slowly add milk mixture to dry ingredients.
3. Mix until dough comes together and pulls away from edges of the bowl (add additional milk or flour to get the right consistency).
4. Divide the dough into 12 small balls and allow them to rest, covered for 10 minutes. On a floured surface, roll each ball into a 6-8-inch circle.
5. Preheat a skillet to medium heat. Cook tortillas for approximately 1 minute on each side or until cooked through.



# BBQ Chicken Drumsticks

Prep 5 min Cook 20 min Total 25 min Serving: 6

## Ingredients

3.5 lbs. **Chicken Drumsticks**

1 tbsp **Paprika**

1 tsp **Cumin**

1 tsp **Garlic Salt**

1 1/2 cups **BBQ Sauce** *divided*

1/2 cups **Water**



\*Try using a variety of BBQ sauces.

## Directions

1. Sprinkle drumsticks with paprika, cumin and garlic salt. Press with your fingers.
2. Pour water into an Instant Pot and add chicken. (Use the instant pot rack to keep the chicken off the bottom.) Secure the lid and set the valve to pressure. Pressure cook for 15 minutes, then quick release the pressure valve.
3. Remove chicken from instant pot and place it on a foil-lined baking sheet. Brush chicken with BBQ Sauce and broil in the oven for 2-4 minutes or until chicken begins to brown.
4. Turn the chicken over and brush bottom side with BBQ Sauce. Broil for an additional 2-4 minutes.

## Serve With:

*Butter Fried Potatoes and a salad kit*



# Butter Fried Potatoes

Prep 5 min Cook 20 min Total 25 min Serving: 6

## Ingredients

3 tbsp **Butter** *divided*

1/2 **Yellow Onion** *diced*

2 tsp **Minced Garlic**

3 **Russet Potatoes** *cut into 1/2-inch pieces*



\*Add shredded cheese and/or diced bacon for additional flavor.

## Directions

1. In a skillet over medium heat, cook onion and garlic in 1 tablespoon of butter until tender.
2. Add the remaining butter and potatoes. Continue to cook, stirring frequently, until potatoes are golden brown, about 15 minutes.

# Cheesy Pork Chops

Prep 5 min Cook 40 min Total 45 min Serving: 6

Preheat oven to 350°

## Ingredients

**6 Bone-in Pork Chops**

**Season salt**

**6 tbsp Sour Cream**

**1/4 Red Onion** *sliced*

**1/2 lb. Mushrooms** *sliced*

**6 slices Pepper Jack Cheese**



\*These pork chops save well and taste just as good the next day.

## Directions

1. Preheat oven to 350°. Line a baking dish with pork chops. Sprinkle with seasoning salt. Top each pork chop with 1 tbsp sour cream, sliced mushrooms and onions. Cover with pepper jack cheese.
2. Bake for 35-40 minutes, or until pork is cooked through.

**Serve With:**

*Cucumber and Onion Salad*

# Cucumber and Onion Salad

Prep 15 min Total 15 min Serving: 6

## Ingredients

1 **Cucumber** *sliced*

**Salt**

1/4 **Red Onion** *sliced*

1/2 **Green Gell Pepper** *sliced*

## Dressing:

1/2 cup **Water**

2 tsp **Sugar**

1/2 cup **White Vinegar**

1 tbsp **Celery Seed**

1 tsp **Salt**

1 tsp **Black Pepper**



\*For best results, place cucumber slices in a colander and sprinkle with salt; rest for 10 minutes then rinse and drain.

## Directions

1. In a large bowl, add cucumbers, onions, and green bell peppers.
2. In a small bowl, whisk together water, sugar, vinegar, celery seed, salt and pepper until smooth; pour over the cucumber mixture and stir well to coat.

# Ground Beef & Cabbage Casserole

Prep 10 min Cook 30 min Total 40 min Serving: 6

Preheat oven to 350°

## Ingredients

- 1 1/2 lbs. **Ground Beef**
- 1/2 **Yellow Onion** *diced*
- 1/2 **Green Bell Pepper** *diced*
- 1 tsp **Garlic Powder**
- 2 tsp **Apple Cider Vinegar**
- 1 14.5 oz can **Diced Tomatoes** *with juice*
- 1 tsp **Salt**
- 1/2 tsp **Black pepper**
- 1 head **Cabbage** *coarsely chopped*
- 3/4 Cup **Cheddar Cheese** *shredded*



\*Try using ground chicken, turkey or pork. Add a little tomato sauce to meat mixture for a creamier texture.

Try adding a few scoops of cooked rice.

## Directions

1. Preheat the oven to 350° and grease a 2-quart casserole dish. In a large skillet cook ground beef until mostly done. Add onion and green pepper and continue cooking until meat is brown and vegetables are tender. Drain the grease.
2. Add garlic powder, vinegar and diced tomatoes. Simmer, uncovered for 10 minutes, stirring frequently. Add salt and pepper.
3. Meanwhile, put 1 inch of water and 1 teaspoon of salt in a large saucepan. Add cabbage and bring to a boil. Reduce heat and simmer for 5-7 minutes. Drain and arrange cabbage in the bottom of prepared baking dish.
4. Pour ground beef mixture over cabbage and bake uncovered for 20 minutes. Sprinkle with cheese and bake an additional 5 minutes or until cheese has melted.

## Serve With:

*Grilled Zucchini and a slice of bread and butter*



# Grilled Zucchini

Prep 20 min Cook 10 min Total 30 min Serving: 6

## Ingredients

2 tsp **Olive Oil**

1/4 tsp **Kosher Salt**

1/4 tsp **Black Pepper**

2 **Zucchini** *cut diagonally into 1/2-inch-thick slices*



\*For best results use small tender zucchini.

## Directions

1. Preheat a grill pan to medium high. Combine all ingredients in a bowl and toss to coat well.
2. Arrange zucchini in a single layer on the hot pan, and grill for 2-3 minutes on each side. Allow zucchini to rest in pan, covered until ready to serve.

# White Chicken Chili



Prep 5 min Cook 8 hrs Total 8 hr 5 min Serving: 10

## Ingredients

- 1 lb. **Boneless Skinless Chicken Breasts**
- 1 tsp **Salt**
- 1/2 tsp **Black Pepper**
- 1 tsp **Cumin**
- 3/4 tsp **Oregano**
- 1/2 tsp **Chili Powder**
- 1/4 tsp **Cayenne Pepper**
- 1 **Yellow Onion** *diced*
- 2 tsp **Minced Garlic**
- 2 15 oz cans **Great Northern Beans** *drained and rinsed*
- 2 4 oz cans **Diced Green Chilies**
- 1 15 oz can **Corn** *drained*
- 3 cups **Chicken Broth**
- 1/2 bunch **Cilantro** *chopped*
- 4 oz **Cream Cheese** *softened*
- 1/4 cup **Half and Half**



\*This seems like an unusually long list of ingredients, but they are mostly spices and cans, so it won't slow you down!

## Directions

1. Add chicken breasts to the bottom of a slow cooker, and sprinkle with salt, pepper, cumin, oregano, chili powder, and cayenne pepper.
2. Top with diced onion, minced garlic, great northern beans, green chiles, corn, chicken broth and cilantro.
3. Cover and cook on LOW for 8 hours or on HIGH for 4 hours.
4. Shred chicken and add cream cheese and half and half. Cook an additional 15 minutes or until cheese is blended with other ingredients. Stir to combine.
5. Top with: Jalapeno, avocados, sour cream, tortilla strips, and cheese.

## Serve With:

*Summer Cheese Quesadilla*

# Summer Cheese Quesadilla



Cook 10 min Total 10 min Serving: 6

## Ingredients

6 **Uncooked Flour Tortillas**

6 slices **Pepper Jack Cheese**

3 **Tomatoes** *sliced*

**Nature's Seasoning**



\*Tastes best with garden fresh tomatoes.

## Directions

1. On a griddle, cook one side of an uncooked tortilla. Flip the tortilla and immediately top with pepper jack cheese.
2. Fold the tortilla in half so the cheese is completely covered. Continue cooking the top and bottom of the tortilla until it is cooked through, and cheese is melted.
3. Top with fresh garden tomatoes and sprinkle with Nature's Seasoning.





# Week 4 Shopping List

## Weekly Shopping: Bread

6		Hoagie Buns	

## Weekly Shopping: Meat

8	strips	Bacon	
6		Chicken Tenders	
1	26 oz pkg	Frozen Meatballs	
2	lb	Ground Chicken	
6		Rib-Eye Steaks	
6		Salmon Fillets	

## Weekly Shopping: Produce

4		Baking Potatoes	
1	bunch	Broccoli	
1	head	Butter Lettuce	
1		Green Bell Pepper	
8		Green Onions	
1		Orange	
2		Sweet Potatoes	
1		Yellow Onion	

## Weekly Shopping: Dairy

1	cup	Cheddar Cheese, shredded	
1		Egg	
2	cup	Milk	
1/2	cup	Parmesan Cheese	
6	slices	Provolone Cheese	
1	cup	Sour Cream	

## Weekly Shopping: Grocery

1/2	cup	Breadcrumbs	
1/4	cup	Hoisin Sauce	
1/4	cup	Orange Juice	
1/2	cup	Pecans	
1	24	Spaghetti Sauce	
1	box	Uncle Ben's Long Grain Wild Rice	

# Chicken Lettuce Wraps

Prep 10 Cook 10 min Total 20 min Serving:4-6

## Ingredients

- 1 tbsp **Olive Oil**
- 1 lb. **Ground Chicken**
- 2 tsp **Minced Garlic**
- 1/2 **Yellow Onion** *diced*
- 1/4 cup **Hoisin Sauce**
- 2 tbsp **Soy Sauce**
- 1 tbsp **Rice Vinegar**
- 1 tsp **Ground Ginger**
- 1 tbsp **Sriracha**
- 1 8 oz can **Water Chestnuts** *drained and diced*
- 2 **Green Onions** *thinly sliced*
- Kosher Salt and Black Pepper** *to taste*
- 1 head **Butter Lettuce**



\*A great low carb dinner option. Consider doubling if teenagers are in the house.

## Directions

1. Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned; drain excess fat.
2. Stir in garlic, onion, hoisin sauce, soy sauce, rice vinegar, ginger and Sriracha. Cook until onions are tender.
3. Add water chestnuts and green onions, cook an additional 1-2 minutes, season with salt and pepper.
4. To serve, spoon several tablespoons of the chicken mixture onto the center of a lettuce leaf.

## Serve With:

*Egg Drop Soup*

# Egg Drop Soup

Prep 20 min Cook 10 min Total 30 min Serving: 6

## Ingredients

2 14.5 oz cans **Chicken Broth**

1/2 tsp **Soy Sauce**

1/2 tsp **Sesame Oil**

1 tbsp **Cornstarch**

1 **Egg** *lightly beaten*

2 **Green Onions** *sliced*

**Salt and Pepper** *to taste*



\*Make life even easier and buy a package of Sunbird Egg Drop Soup mix. Keep a dozen in the pantry for a quick light meal.

## Directions

1. In a medium saucepan, mix cold chicken broth, soy sauce, sesame oil and cornstarch. Slowly heat over medium until boiling, stirring frequently.
2. Pour beaten egg into the soup and stir once around the pot very gently to break up the egg. Cook for 1 more minute and remove soup from heat. Garnish with green onions.

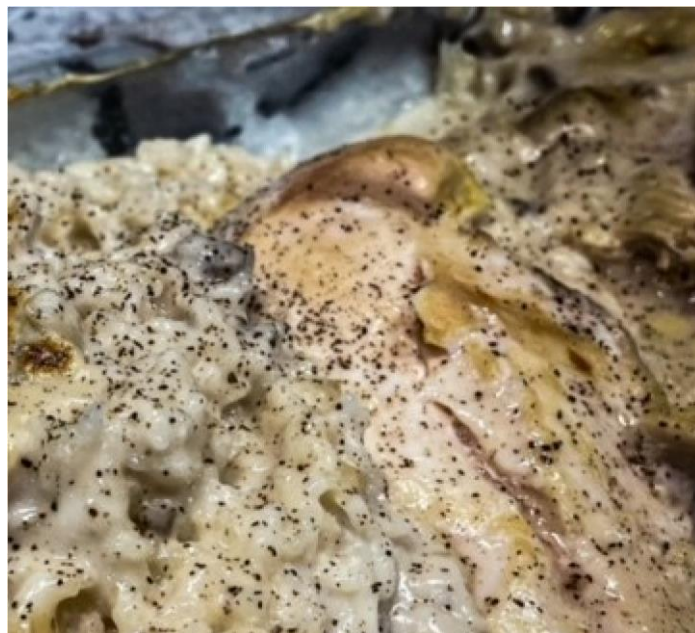
# Chicken and Rice

Prep 5 min Cook 45 min Total 50 min Serving: 6

Preheat oven to 350°

## Ingredients

- 1 10.5 oz can **Cream of Chicken Soup**
- 1 14.5 oz can **Chicken Broth**
- 1 cup **Milk**
- 1 cup **Long Grain White Rice**
- 6 **Chicken Tenders**, *cut in 2'cubes*



\*For additional flavor sprinkle chicken with salt and pepper or your favorite poultry seasoning. Use leftovers for buffalo chicken wraps. (Tortilla, chicken and rice, buffalo sauce, lettuce.)

## Directions

1. Add the first 4 ingredients to a casserole dish and stir to combine. Place chicken tenders on top and bake at 350° for 1 hour or until chicken and rice are cooked through.

## Serve With:

*Parmesan Broccoli*



# Parmesan Broccoli

Prep 5 min Cook 5 min Total 10 min Serving: 6

## Ingredients

- 1 bunch **Fresh Broccoli**
- 1/2 tsp **Garlic Powder**
- 1/2 cup **Breadcrumbs**
- 1/4 cup **Butter**, *melted*
- 1/2 cup **Parmesan Cheese**



\*If your family doesn't enjoy cooked broccoli, serve it raw with your favorite dipping sauce.

## Directions

1. Rinse broccoli well. Break into large bite-size florets. In a steamer saucepan, bring 1 inch of water to a boil. Add broccoli to the steamer basket, place over boiling water, cover and cook for 5-7 minutes or until broccoli is tender.
2. Remove broccoli from heat and add garlic powder, breadcrumbs, butter, and cheese (salt if desired). Toss well to coat.

# Lemon Pepper Salmon

Cook 6 min Total 6 min Serving: 6

## Ingredients

1 tbsp **Olive Oil**

6 **Salmon Fillets**

**Salt**

**Lemon Pepper Seasoning**

1/2 cup **Balsamic Vinegar**



\*Salmon is considered done when the thickest part reaches 145° with a meat thermometer. But the fastest way to check is to see if the fish is flaky in the middle.

## Directions

- 1- Heat the oil in a large skillet over medium-high heat. Season both sides of the salmon with salt and lemon pepper. Add the salmon to the hot pan and cook until browned, about 2 minutes per side.
- 2- Add vinegar, turn to coat, and simmer until the liquid has evaporated and the salmon is cooked through, about another 3 minutes.

## Serve With:

*Wild Rice and fresh sliced tomatoes*

# Wild Rice

Prep 5 min Cook 25 min Total 30 min Serving:6

## Ingredients

1 box **UNCLE BEN'S® Long Grain Wild Rice**

2 tbsp **Butter**

1 large **Orange** *zested and juiced*

1/2 cup **Pecans** *toasted*



\*A few extra ingredients can really increase the flavor of a typical box of rice.

## Directions

1. In a saucepan, sauté rice in butter until brown, stirring frequently. Stir in the contents of seasoning packet and orange zest.
2. Mix juice from orange and enough water to equal 2-1/3 cups. And add to rice. Bring to a boil, cover and simmer until liquid is absorbed, about 25 minutes.
3. Stir in toasted pecans before serving.

# Cuban Marinated Steak



Prep 10 min Cook 20 min Total 30 min Serving: 6

## Ingredients

- 1/2 tsp **Cumin**
- 1/4 cup **Orange Juice**
- 2 tbsp **Canola Oil**
- 2 tbsp **Montreal Steak Seasoning**
- 2 1/4 tsp **Lime Juice**
- 1 1/2 tsp **Oregano**
- 4-6 **Ribeye Steaks**



\*Slice leftovers thinly and serve the next day on crusty rolls or in a toss salad. Make a few extra and freeze for Cantina Bowls next month.

## Directions

1. In a small bowl, combine cumin, orange juice, canola oil, steak seasoning, lime juice and oregano. Place steaks in a large resealable bag and add marinade. Remove air from bag and toss to combine. Refrigerate for at least 30 minutes.
2. Remove the steaks from bag and discard marinade. Grill steaks on preheated grill until desired doneness. Allow steaks to rest 2-3 minutes before serving.

## Serve With:

*Twice Baked Potatoes and a green salad*



# Twice Baked Potatoes



Prep 20 min Cook 1 hour 20 min Total 1 hour 40 min Serving: 8

Preheat oven to 350°

## Ingredients

- 4 **Baking Potatoes** *large*
- 8 strips **Bacon**
- 1 cup **Sour Cream**
- 1/2 cup **Milk**
- 4 tbsp **Butter**
- 1/2 tsp **Salt**
- 1/2 tsp **Black Pepper**
- 1 cup **Cheddar Cheese** *shredded and divided*
- 4 **Green Onions** *sliced and divided*



\*Make less mess in the kitchen by using precooked bacon.

## Directions

1. Preheat oven to 350°. Using a fork poke holes in the potatoes and bake for 1 hour. Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
2. When potatoes are done, allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; save skins. To the potato flesh, add sour cream, milk, butter, salt, pepper, 1/2 cup cheese and 1/2 the green onions. Mix with a hand mixer until well blended and creamy.
3. Spoon mixture into potato skins. Top each with remaining cheese, green onions and bacon. Bake for another 15 minutes.

# Meatball Sandwich

Prep 10 min Cook 10 min Total 20 min Serving: 6

## Ingredients

- 1 **Green Bell Pepper** *sliced*
- 1/2 **Yellow Onion** *sliced*
- 6 **Hoagie Buns**
- 1 26 oz pkg **Frozen Meatballs**
- 1 24 oz jar **Spaghetti Sauce**
- 6 slices **Provolone Cheese**



\*Using frozen meatballs makes this sandwich so fast!

## Directions

1. In a medium saucepan, sauté peppers and onions until tender. Remove from pan.
2. Add meatballs and spaghetti sauce to a saucepan and cook over medium heat until warm through. Meanwhile, open hoagie buns and place them on a baking sheet.
3. Spoon hot meatballs over buns and top with peppers, onions and cheese. Broil until the cheese melts.

## Serve With:

*Sweet Potato Fries*

# Sweet Potato Fries



Prep 10 min Cook 20 min Total 30 min Serving: 6

Preheat oven to 425°

## Ingredients

- 2 large **Sweet Potatoes**
- 3 tbsp **Canola Oil**
- 1/2 tsp **Kosher Salt**
- 1/2 tsp **Black Pepper**
- 1/4 tsp **Paprika**
- 1/4 tsp **Garlic Powder**



\*Frozen sweet potato fries are a great alternative.

## Directions

1. Preheat oven to 425°. Spray a baking sheet with cooking spray. Peel sweet potatoes and cut into 1x3 inch wedges. Place in a bowl and drizzle with canola oil. Sprinkle with salt, pepper, paprika and garlic powder.
2. Arrange potatoes in a single layer on prepared baking sheet. Bake, turning occasionally, until tender and golden brown, about 18-25 minutes.

# November/December/January

The winter months can be long when the sun goes down early. This menu has a bit more bread than might be considered healthy, but it's easy to omit. Old-fashioned comfort food like chicken pot pie and grilled cheese sandwiches really hit the spot when it's cold outside. Finding fresh fruits and vegetables from the garden can be tricky this time of year, but most grocery stores still have many great options.

Repeating this menu three times makes planning a breeze. Even after the third month of the same menu, everyone continues to look forward to delicious recipes like Southern Fried Apples and Tomato Tortellini Soup.

## Favorite Fruits in Season

Apples                      Kiwi  
Cranberries              Oranges  
Grapefruit                Pomegranates

## Favorite Vegetables in Season

Beets                        Cauliflower  
Brussels                  Sprouts Celery  
Broccoli                  Winter squashes

Week 1	<ul style="list-style-type: none"> <li>• Sweet and Sour Chicken</li> <li>• Baked Egg Rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Pot Pie</li> <li>• Brussels Sprouts and Bacon</li> </ul>	<ul style="list-style-type: none"> <li>• Tuscan Pork</li> <li>• Tortellini Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Steak Fajitas</li> <li>• Refried Bean Dip</li> </ul>	<ul style="list-style-type: none"> <li>• Supreme Pizza Soup</li> <li>• Twisty Breadsticks</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Chicken Flautas</li> <li>• Cilantro Lime Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Jalapeno Popper Chicken</li> <li>• Baked Mac and Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Salmon</li> <li>• Steamed Broccoli with Garlic</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet and Sour Meatballs</li> <li>• 7 Layer Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• Tomato Tortellini Soup</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Korean Beef Bowl</li> <li>• Korean Banana Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Dumplings</li> <li>• Southern Fried Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Pork Chops and Rice</li> <li>• Buttery Cooked Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Hamburger Helper</li> <li>• Cheesy Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>• Ham and Cheese Sliders</li> <li>• Winter Fruit Salad</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Taco Salad</li> <li>• Horchata</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Bacon Ranch Casserole</li> <li>• Roasted Sugar Snap Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Jambalaya</li> <li>• Cheddar Baking Powder Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Herbed Steaks with Horseradish</li> <li>• 2x Baked Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Crock Pot Potato Soup</li> <li>• Garlic Crescent Rolls</li> </ul>



# Food Storage Items for Menu #2

## November/December/January

### Food Storage: Staples

Baking Powder	
Balsamic Vinegar	
Brown Sugar	
Butter	
Canola Oil	
Cornstarch	
Dijon Mustard	
Flour	
Grape Jelly	
Honey	
Horseradish	
Italian Dressing	
Ketchup	
Lemon Juice	
Lime Juice	
Long Grain White Rice	
Maple Syrup	
Mayonnaise	
Minced Garlic	
Olive Oil	
Rice Vinegar	
Salsa	
Sesame Oil	
Soy Sauce	
Sugar	
Vanilla	
Worcestershire Sauce	
Yeast	
Yellow Mustard	

### Food Storage: Spices

1	14 oz can	Beef Broth	
2	10.5 oz cans	Beef Consommé	
1	2.25 oz can	Sliced Black Olives	
7	14 oz can	Chicken Broth	
6	cups	Chicken Broth	
4	10.5 oz can	Cream of Chicken Soup	
2	4 oz can	Diced Green Chilies	
1	4 oz can	Diced Jalapeno Peppers	
4	14.5 oz can	Diced Tomatoes	
1	16 oz can	Refried Beans	
1	14 oz can	Sweetened Condensed Milk	
1	10 oz can	Tomato Soup	
2	8 oz can	Water Chestnuts	

### Food Storage: Canned Items

Bay Leaf		Italian Seasoning	
Black Pepper		Kosher Salt	
Cajun Seasoning		Minced Onion	
Cayenne Pepper		Oregano	
Cholula Hot Sauce		Paprika	
Cinnamon Sticks		Parsley Flakes	
Cream of Tarter		Ranch Dressing Seasoning	
Crushed Red Pepper Flakes		Salt	
Garlic Powder		Seasoned Salt	
Garlic Salt		Sesame Seeds	
Ground Cinnamon		Taco Seasoning	
Ground Cumin		Thyme	
Ground Ginger			



# Week 1 Shopping List

## Weekly Shopping: Bread

6		Flour Tortillas	
2		Refrigerated Pie Crusts	

## Weekly Shopping: Meat

1/2	lb	Bacon	
6		Boneless Pork Chops	
2	lbs	Boneless Skinless	
2	cups	Cooked Chicken, diced	
2		Grilled Steaks	
1	lb	Italian Sausage	
2	6oz pkgs	Pepperoni Slices	

## Weekly Shopping: Produce

1		Baked Potato	
2	dozen	Brussels Sprouts	
2	cup	Cabbage shredded	
2	cups	Carrots Grated	
1	cup	Cherry Tomatoes	
1	tbsp	Cilantro	
1/4	cup	Fresh Basil	
1	bunch	Fresh Parsley	
1	8 oz bag	Frozen Mixed Vegetal-	
2		Green Bell Pepper	
1/4	cup	Green Onion	
1/2	lb	Mushrooms	
1		Red Bell Pepper	
1		Red Onion	
3		Roma Tomatoes	
1/2		Yellow Onion	

## Weekly Shopping: Dairy

1/2	cup	Cheddar Cheese cubed	
1/2	cup	Cheddar Cheese, shredded	
1/2	8 oz	Cream Cheese	
2		Eggs	
1/2	cup	Milk	
1/2	cup	Mozzarella Cheese cubed	
1	cup	Mozzarella Cheese shredded	
1/3	cup	Parmesan Cheese	
6	slices	Pepper Jack Cheese	
1/2	cup	Pepper Jack Cheese shredded	
1/4	cup	Sour Cream	

## Weekly Shopping: Grocery

1	can	Bean Sprouts	
1	16 oz pkg	Cheese Tortellini	
16		Egg Roll Wrappers	
1/4	cup	Pineapple Juice	

# Sweet and Sour Chicken

Prep 15 min Cook 30 min Total 45 min Serving: 6

Preheat oven to 350°

## Ingredients

2 lbs. **Boneless Skinless Chicken Tenders**

2 tsp **Garlic Salt**

2 **Eggs**

1/2 cup **Cornstarch**

3 cups **Long Grain White Rice** *cooked*

### **Sweet and Sour Sauce:**

3/4 cup **Sugar**

1/2 cup **Rice Vinegar**

1/2 tsp **Salt**

4 tbsp **Ketchup**

1/4 cup **Pineapple Juice**

1 tbsp **Soy Sauce**



\*Another option is to purchase a Sweet and Sour Chicken seasoning packet. To cook rice, boil 2 cups water, add 1 cup rice and 1 tsp salt. Simmer on low 18-20 minutes

## Directions

1. Season chicken with garlic salt, dip in beaten eggs and roll in corn starch. Fry in oil until brown on both sides. Place chicken in a baking dish.
2. In a small bowl, mix sugar, vinegar, salt, ketchup, pineapple juice and soy sauce. Pour sauce over chicken and bake at 350° for 30 minutes. Serve over white rice.

### **Serve With:**

*Baked Egg Rolls and asparagus*



# Baked Egg Rolls



Prep 15 min Cook 15 min Total 30 min Serving: 6

Preheat oven to 425°

## Ingredients

- 2 cups **Carrots** *grated*
- 1 can **Bean Sprouts**
- 1/2 cup **Water Chestnuts** *chopped*
- 6 **Green Onions** *diced*
- 1 tsp **Minced Garlic**
- 2 cups **Cabbage** *shredded*
- 4 tsp **Cornstarch**
- 1 tbsp **Water**
- 1 tbsp **Soy Sauce**
- 1 tsp **Canola Oil**
- 1 tsp **Brown Sugar**
- Pinch **Cayenne pepper**
- 16 **Egg Roll Wrappers**



\*Substitute shredded chicken for the cabbage to make these rolls a main dish with protein. May be cooked in an airfryer.

## Directions

1. Coat a large skillet with cooking spray; add carrots, bean sprouts, water chestnuts, green onions, garlic and cabbage. Cook over medium heat until vegetables are crisp-tender.
2. In a small bowl, combine cornstarch, water, soy sauce, oil, brown sugar and cayenne pepper until smooth. Stir into vegetable mixture. Return to heat and simmer for 2 minutes, stirring often. Remove from heat and allow it to cool slightly.
3. Spoon 1/4 cup mixture onto each egg roll wrapper and roll tightly. Place egg rolls on a baking sheet coated with cooking spray and spray the top of the egg rolls. Bake at 425 for 10- 15 minutes or until light brown.

# Chicken Pot Pie



Prep 15 min Cook 15 min Total 1 hour Serving: 6

Preheat oven to 375°

## Ingredients

- 1 10 oz can **Cream of Chicken Soup**
- 1/2 cup **Milk**
- 1/2 tsp **Garlic Salt**
- 1/2 tsp **Black Pepper**
- 1 8 oz bag **Frozen Mixed Vegetables**
- 2 **Refrigerated Pie Crusts**
- 2 cups **Cooked Chicken** *diced or shredded*



\*Make two or three and freeze for later.

## Directions

1. Preheat oven to 375°. Unfold one pie crust and position it on a glass pie plate.
2. In a large bowl, mix cream of chicken soup, milk and seasonings. Stir in frozen vegetables (do not thaw) and chopped chicken.
3. Pour chicken mixture into bottom pie crust. Invert the second pie crust (slightly thawed) over top of the filling. Press edges together and slit the top for ventilation.
4. Place the pie on a foil-lined baking pan. Bake for 40-45 minutes, until the top crust is golden brown.

**Option:** Use 2 packages of country gravy instead of cream of chicken soup. Mix gravy according to package directions, add shredded chicken and vegetables, and proceed with steps 3 and 4.

## Serve With:

*Brussels Sprouts and Bacon*

# Brussels Sprouts and Bacon

Prep 15 min Cook 30 min Total 45 min Serving: 6

Preheat oven to 350°

## Ingredients

1/2 lb. **Bacon** *cut into small pieces*

2 dozen **Brussels Sprouts** *trimmed and halved*



\*Precooked/crumbled bacon may be used. If more grease is needed add a tablespoon of butter.

## Directions

1. Fry the bacon in a skillet over medium-high heat until crispy. Remove bacon from the pan but leave the grease.
2. Add Brussels sprouts to grease and stir until nicely coated. Cover with a lid and cook for 5 minutes.
3. Add bacon back to pan, cook uncovered until Brussels sprouts are cooked through and bacon is hot. Season with salt and pepper.

# Tuscan Pork

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1/4 cup **Flour**  
1 tsp **Salt**  
3/4 tsp **Black Pepper**  
6 **Boneless Pork Chops**  
2 tbsp **Olive Oil**  
1 tbsp **Minced Garlic**  
1/2 cup **Balsamic Vinegar**  
1/2 cup **Chicken Broth**  
3 **Roma Tomatoes** *diced*  
**Fresh Parsley**  
1/2 cup **Mozzarella Cheese** *shredded*



\*Canned tomatoes may be used if fresh tomatoes are out of season.

## Directions

1. Combine flour, salt and pepper. Dredge pork chops in flour mixture until coated, then cook in hot oil over medium-high heat for 2 minutes per side, or until brown; remove from skillet.
2. Add garlic to skillet and sauté for 1 minute. Add vinegar and chicken broth, stirring to loosen pork particles from the bottom; gently stir in tomatoes.
3. Return pork chops to skillet and bring sauce to a boil. Cover and simmer for 5-7 minutes or until pork is cooked through. Garnish with parsley and mozzarella.

## Serve With:

*Tortellini Salad*



# Tortellini Salad

Prep 10 min Cook 5 min Total 15 min Serving: 6

## Ingredients

- 1 16 oz pkg **Cheese Tortellini**
- 1/2 cup **Cheddar Cheese** *cubed*
- 1/2 cup **Mozzarella Cheese** *cubed*
- 1/2 **Green Bell Pepper** *diced*
- 1/2 **Red Bell Pepper** *diced*
- 1 cup **Cherry Tomatoes** *halved*
- 1/2 **Red Onion** *diced*
- 1 6 oz pkg **Pepperoni Slices**
- 1 cup **Italian Dressing**
- 1/4 cup **Fresh Basil** *chopped*



\*This salad stores well in the refrigerator; leftovers make a great lunch the next day. String cheese is an easy option for the mozzarella.

## Directions

1. Cook tortellini according to package directions. Drain pasta and run under cold water. Place in a large bowl.
2. While pasta is cooking, combine the remaining ingredients. Add tortellini and mix well to coat.

# Steak Fajitas



Prep 15 min Cook 30 min Total 45 min Serving: 6

## Ingredients

2 **Grilled Steaks** *cooked and thinly sliced*

6 slices **Pepper Jack Cheese**

6 **Flour Tortillas** *warmed*

2 tbsp **Olive Oil**

1/2 **Yellow Onion** *sliced*

1/2 **Green Bell Peppers** *sliced*

1/2 **Red Bell Peppers** *sliced*

1 large **Baked Potato** *cooked*

**Salsa/Sour Cream/Guacamole**

**Salt & Pepper** *to taste*



\*This is a great way to use leftover steak and baked potatoes. You can also cook extra steak to freeze for next time.

## Directions

1. In a heavy skillet, heat oil. Add potatoes, peppers and onions. Cook for 10 minutes or until tender.
2. Add steak to vegetables and cook until warm. Take a slice of pepper jack cheese and roll it in a soft tortilla. Heat it in a skillet until it is warm and the cheese is melted.
3. Carefully open the tortilla and fill it with steak and vegetables. Top with salsa, sour cream and guacamole.

## Serve With:

*Refried Bean Dip*

# Refried Bean Dip

Prep 5 min Cook 20 min Total 25 min Serving: 10

Preheat oven to 350°

## Ingredients

- 1 16 oz can **Refried Beans**
- 4 oz **Cream Cheese** *softened*
- 1/4 cup **Sour Cream**
- 3 tbsp **Taco Seasoning**
- 1/2 cup **Cheddar Cheese** *shredded and divided*
- 1/2 cup **Pepper Jack Cheese** *shredded and divided*
- 1 tbsp **Cholula Hot Sauce**
- 1 4 oz can **Diced Green Chilies**
- 1 tbsp **Cilantro**



\*Serve with chips or on tacos. This bean dip is always appreciated at a Super Bowl Party

## Directions

1. Preheat oven to 350°. Add the first 8 ingredients to a large mixing bowl, reserving half of the cheddar and pepper jack. Mix well.
2. Spread onto an 8x8 baking dish and top with reserved cheese. Bake for 20 minutes or until the cheese has melted and the beans are hot. Sprinkle with cilantro.

# Supreme Pizza Soup

Prep 10 min Cook 20 min Total 30 min Serving: 10

## Ingredients

- 1 lb. **Italian Sausage**
- 1/2 lb. **Mushrooms** *sliced*
- 1/2 **Red Onion** *diced*
- 1 **Green Bell Pepper** *diced*
- 1 tbsp **Minced Garlic**
- 1 tsp **Italian Seasoning**
- 1 tsp **Crushed Red Pepper Flakes**
- Salt and Pepper** *to taste*
- 1 6 oz pkg. **Pepperoni Slices** *diced*
- 3 14.5oz. can **Diced Tomatoes**
- 1 14 oz can **Chicken Broth**
- 1/4 cup **Black Olives** *sliced*
- Mozzarella Cheese** *shredded*



\*Great for feeding a crowd during the holidays.

## Directions

1. Brown sausage in a large pot over medium-high heat. Pour off all but 1 Tbsp of drippings and return pot to burner.
2. Add mushrooms, onion, bell pepper, garlic, and seasonings. Cook until vegetables are soft, about 5 minutes.
3. Stir in the remaining ingredients except cheese and bring to a simmer. Cook until heated through, 10-12 minutes. Sprinkle with mozzarella cheese.

## Serve With:

*Twisty Breadsticks*



# Twisty Breadsticks

Prep 30 min Cook 20 min Total 50 min Serving: 6

Preheat oven to 400°

## Ingredients

- 1 1/2 cups **Warm Water**
- 2 tbsp **Sugar**
- 1 tbsp **Yeast**
- 3 1/2 cups **Flour**
- 1 tsp **Salt**
- 1/2 cup **Butter** *melted*
- 1 tsp **Minced Garlic**
- 1/2 tsp **Kosher Salt**
- 1/3 cup **Parmesan Cheese** *grated*



\*Short on time? Just buy a can of refrigerated breadsticks and cook as directed on the package but brush with garlic butter, salt and parmesan.

## Directions

1. Mix warm water, sugar and yeast, and let sit for 5 minutes.
2. Add flour and salt, mix using a dough hook or hands. Roll out dough onto a floured surface. Mix garlic with melted butter and brush on dough. Sprinkle with Salt.
3. Fold dough in half and cut into 1-inch strips. Twist and place on a baking sheet. Cover with a light towel or plastic wrap and let sit in a warm place for 20 minutes to rise.
4. Bake at 400° for 15 minutes or until golden brown. Immediately after baking, brush with more garlic butter and sprinkle with salt and Parmesan cheese.





# Week 2 Shopping List

## Weekly Shopping: Bread

12	slices	Artisan Bread	

## Weekly Shopping: Meat

4-5		Boneless Skinless Chicken Breast	
2	cups	Cooked Chicken	
1	26 oz	Frozen Meatballs	
6		Salmon Fillets	

## Weekly Shopping: Produce

1	bunch	Broccoli	
3	stalks	Celery	
1/2	bunch	Cilantro	
1	10 oz	Frozen Peas	
10		Green Onions	
1	head	Iceberg Lettuce	
1		Lemon	
1		Yellow Onion	

## Weekly Shopping: Dairy

6	cup	Cheddar Cheese shredded	
1/2	8 oz	Chive and Onion Cream	
1	8 oz	Cream Cheese	
6		Eggs	
1	cup	Heavy Whipping Cream	
3	cups	Milk	
2	cups	Monterey Jack Cheese	
1	cup	Mozzarella Cheese shredded	
1 1/2	cups	Parmesan Cheese	
6	slices	Pepper Jack Cheese	
6	slices	Provolone Cheese	

## Weekly Shopping: Grocery

		Bacon Bits	
1	12 oz	Chili Sauce	
12		Corn Tortillas	
1	lb	Elbow Macaroni	
1	cup	Panko	
1	9 oz	Tortellini	

# Chicken Flautas



Prep 5 min Cook 35 min Total 35 min Serving: 4-6

Preheat oven to 400°

## Ingredients

- 2 cups **Cooked Chicken** *shredded*
- 2/3 cup **Salsa**
- 4 **Green Onions**
- 1/2 tsp **Cumin**
- 2 cups **Cheddar Cheese** *shredded*
- 1/4 cup **Canola Oil**
- 12 **Corn Tortillas**



\*If you have teenagers double this recipe!

## Directions

1. In a medium bowl, combine chicken, picante sauce, green onions and cumin; set aside.
2. Heat oil in a medium skillet; cook tortillas in oil until soft; drain on a paper towel.
3. Fill each tortilla with 2 tablespoons of chicken mixture and 2 tablespoons of cheese, roll and secure with toothpicks.
4. Place flautas on a baking sheet and bake at 400° for 15 minutes. Top with sour cream and guacamole.

## Serve With:

*Cilantro Lime Rice*

# Cilantro Lime Rice



Prep 5 min Cook 20 min Total 25 min Serving: 6

## Ingredients

- 1/2 **Yellow Onion** *diced*
- 1 tbsp **Olive Oil**
- 1/2 bunch **Cilantro**
- 1 1/2 cup **Long Grain White Rice**
- 3 cups **Chicken Broth** *or water*
- 1 tbsp **Sugar**
- 1 tbsp **Lime Juice**



\*If using Minute Rice, the ratio is 1-1, so use 3 cups of Minute Rice instead of 1 1/2 cups.

## Directions

1. Sauté onion in oil. Add cilantro, rice, chicken broth, and sugar. Cook for 18- 20 minutes or until liquid is gone.
2. Squeeze or sprinkle lime juice over rice before serving.

# Jalapeno Popper Chicken

Prep 15 min Cook 30 min Total 45 min Serving: 6

## Ingredients

- 1 tbsp **Canola Oil**
- 1 cup **Panko Bread Crumbs**
- 4 tsp **Taco Seasoning**
- 1 **Egg** *beaten*
- 4 oz **Cream Cheese** *softened*
- 1/2 cup **Cheddar Cheese** *shredded*
- 1 4 oz can **Diced Jalapeno** *drained*
- 4 **Green Onions** *diced*
- 4 -6 **Boneless Skinless Chicken Breasts**



\*Fresh jalapenos maybe used. To eliminate step one, use seasoned breadcrumbs instead of Panko.

## Directions

1. In a skillet over medium heat, cook panko in canola oil until golden brown and crispy. Remove from heat and add taco seasoning.
2. Place panko mixture in a small bowl. Place beaten egg in another small bowl. In a third bowl, mix cream cheese, cheddar cheese, jalapenos and green onions.
3. Using a sharp fillet knife, slice a pocket down the side of each chicken breast. Fill the pocket with cream cheese mixture, secure with a toothpick if necessary.
4. Dip each stuffed chicken breast in the egg and then in the panko. Place in a greased baking dish.
5. Bake at 375 for 30 minutes or until chicken is cooked through.

## Serve With:

*Baked Mac and Cheese*



# Baked Mac and Cheese



Prep 15 min Cook 30 min Total 45 min Serving: 6

Preheat oven to 350°

## Ingredients

- 1 lb. **Elbow Macaroni**, *about 3 cups uncooked*
- 3 cups **milk**
- 3/4 cup **Heavy Whipping Cream**
- 2 **Eggs**
- 1 tsp **Garlic Powder**
- 1/2 tsp **Paprika**
- 1/4 tsp **Cayenne Pepper**
- 1/2 tsp **Salt**
- 1/2 tsp **Black Pepper**
- 2 cups **Cheddar Cheese** *shredded*
- 2 cups **Monterey Jack Cheese** *shredded*
- 1 cup **Mozzarella** *shredded*

## Topping:

- 1 cup **Cheddar Cheese** *shredded*



\*Try using different cheese combinations to find your favorite, including Velveeta.

## Directions

1. Preheat the oven to 350°F. Grease a 9x13-inch baking dish. Cook macaroni according to the package directions.
2. In a medium bowl, whisk together milk, half and half, eggs and seasonings. Add all grated cheese.
3. Pour macaroni into the prepared pan. Pour the milk-cheese mixture on top and stir to distribute evenly. Cover with the last cup of shredded cheese.
4. Bake for 30-35 minutes, or until the top is brown and bubbly.

# Baked Salmon

Prep 5 min Cook 30 min Total 35 min Serving: 6

Preheat oven to 350°

## Ingredients

**6 Salmon Fillets**

**1/2 Yellow Onion** *sliced*

**1 Lemon** *sliced*

**Salt & Pepper** *to taste*



\*This salmon tastes great on a green salad.

## Directions

1. Preheat oven to 350°. Season salmon with salt and pepper and place in a baking dish. Top each fillet with two slices of lemon and 3-4 slices of onion.
2. Bake for 25-30 minutes or until salmon is cooked through.

## Serve With:

*Steamed Broccoli and wild rice*

# Steamed Broccoli

Prep 5 min Cook 5 min Total 45 min Serving: 6

## Ingredients

- 1 bunch **Broccoli**
- 1 1/2 tbsp **Olive Oil**
- 1 tsp **Garlic Salt**
- 1 1/2 tsp **Lemon Juice**



\*Try sprinkling broccoli with Butter Buds Sprinkles.  
Use fresh lemon juice for better flavor.

## Directions

1. Chop broccoli into bite-size florets, and discard stems. Place chopped broccoli in a steamer over boiling water, cover and cook for 4-5 minutes, until crisp-tender.
2. Meanwhile, place garlic, olive oil and lemon juice in a medium-size bowl, and whisk to combine.
3. Toss broccoli with garlic mixture until coated. Serve hot

# Sweet and Sour Meatballs

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

- 1 26 oz pkg **Frozen Meatballs**
- 1 12 oz jar **Chili Sauce**
- 1 1/2 cups **Grape Jelly**
- 2 cups **Long Grain White Rice** *cooked*



\*These meatballs make a great finger food for the Super Bowl or other party. To cook rice boil 2 cups water, add 1 cup rice and 1 tsp salt. Simmer on low 18-20 minutes.

## Directions

1. Thaw frozen meatballs. In a saucepan, combine chili sauce and grape jelly over medium heat. Stir frequently until the jelly dissolves.
2. Add meatballs and stir to coat. Continue cooking until meatballs are heated through.
3. Serve over cooked Rice.

## Serve With:

*7 Layer Salad*



# 7 Layer Salad

Prep 15 min Total 15 min Serving: 6

## Ingredients

- 1 head **Iceberg Lettuce** *shredded*
- 4 **Green Onions** *diced*
- 3 stalks **Celery** *diced*
- 1 8 oz can **Water Chestnuts**
- 1 10 oz pkg **Frozen Peas** *thawed*
- 1 1/2 cups **Mayonnaise**
- 2 tsp **Sugar**
- 1 1/2 cups **Parmesan Cheese**
- 1 tsp **Season Salt**
- 1/4 tsp **Garlic Powder**
- 3 **Eggs** *hard-boiled and crumbled*
- Bacon Bits**



\*A family favorite. This salad is large, consider cutting the recipe in half for everyday meals.

## Directions

1. In a 9×13 baking pan, layer lettuce, onions, celery, water chestnuts and peas.
2. In a small bowl, mix mayonnaise, sugar, parmesan cheese, seasoned salt, and garlic powder. Spread mayo mixture over vegetables.
3. Cover and refrigerate for 4 – 12 hours, just before serving a top salad with crumbled eggs and bacon bits.



# Grilled Cheese

Prep 10 min. Cook 15 min. Total 25 min Serving: 6

## Ingredients

### Cream Cheese Spread:

4 oz **Cream Cheese** *softened*

1/2 cup **Cheddar Cheese** *shredded*

2 tbsp **Heavy Whipping Cream**

1/4 tsp **Kosher Salt**

### Garlic Butter:

1/2 cup **Butter** *softened*

1 1/2 tsp **Garlic Powder**

1/2 tsp **Kosher Salt**

12 slices **Artisan bread**

6 slices **Pepper Jack Cheese**

6 slices **Provolone Cheese**



\*Try adding a fried egg on top for extra protein.

## Directions

1. Make cream cheese spread by blending cream cheese, cheddar, whipping cream and salt until smooth.
2. Make garlic butter by combining butter, garlic, and salt in a small bowl.
3. Build each sandwich using 2 pieces of bread, 1 piece of pepper jack, 1 piece of provolone and cream cheese spread.
4. Close sandwiches and brush both sides with garlic butter.
5. Grill on low heat in a skillet until the bread is golden brown and the cheese has melted.

### Serve With:

*Tomato Tortellini Soup*

# Tomato Tortellini Soup

Prep 5 min Cook 10 min Total 15 min Serving: 6

## Ingredients

- 2 14oz cans **Chicken Broth**
- 1 9oz pkg **Cheese Tortellini**
- 1/2 8 oz carton **Chive & Onion Cream Cheese**
- 1 10oz can **Tomato Soup**



\*Such a great way to make a can of tomato soup more filling and delicious!

## Directions

1. In a large saucepan, boil chicken broth, add tortellini and cook for 5 minutes.
2. In a small bowl, add 1/2 cup boiling broth to cream cheese and mix until smooth. Return to saucepan.
3. Add tomato soup and heat until warm.



# Week 3 Shopping List

## Weekly Shopping: Bread

12		Dinner Rolls	
1	loaf	French Bread	
1	can	Refrigerated Biscuits	

## Weekly Shopping: Meat

6		Bone in Pork Chops	
1 1/4	lb	Boneless Skinless Chicken Breast	
3	lbs	Ground Beef	
12	slices	Ham	

## Weekly Shopping: Produce

2		Apples	
1	lb	Baby Carrots	
2		Bananas (ripe)	
2	large	Carrots	
1/2	cup	Carrots shredded	
2	stalks	Celery	
5		Clementine Oranges	
1/2		Cucumber	
1	cup	Frozen Peas	
6		Granny Smith Apples	
2		Green Onion	
4		Kiwis	
1		Lemon	
1		Lime	
2		Pears	
1		Pomegranate	
2		Yellow Onion	

## Weekly Shopping: Dairy

2	cups	Cheddar Cheese shredded	
1/2	8 oz	Cream Cheese	
1	cup	Milk	
1 1/2	cup	Mozzarella Cheese shredded	
12	slices	Provolone Cheese	
1/2	cups	Sour Cream	

## Weekly Shopping: Grocery

2	cups	Dry Macaroni	
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# Korean Beef Bowl

Prep 10 min Cook 10 min Total 20 min Serving: 6

## Ingredients

- 1/3 cup **Brown Sugar**
- 1/4 cup **Soy Sauce**
- 1 tbsp **Sesame Oil**
- 1/2 tsp **Crushed Red Pepper Flakes**
- 1/4 tsp **Ground Ginger**
- 1 lb. **Ground Beef**
- 3 tsp **Minced Garlic**
- 2 **Green Onions** *thinly sliced*
- 1/2 cup **Carrots** *shredded*
- 1/2 **Cucumber** *thinly sliced*
- 2 tbsp **Rice Vinegar**
- 2 tsp **Sugar**
- 3 cups **Long Grain White Rice** *cooked*



\*Add extra soy sauce or Asian hot sauce to taste. To cook rice, boil 2 cups water, add 1 cup rice and 1 tsp salt. Simmer on low 18-20 minutes.

## Directions

1. In a small bowl, mix brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
2. In a large skillet, cook ground beef until brown, drain. Add garlic and cook for an additional minute.
3. Stir in soy sauce mixture and green onions until well combined; simmer for about 2 minutes.
4. While the meat is cooking sprinkle carrots and cucumbers with rice vinegar and sugar. Serve Beef mixture and vegetables over warm rice.

## Serve With:

*Korean Banana Milk*



# Korean Banana Milk

Prep 2 min Total 2 min Serving: 4

## Ingredients

- 2 **Bananas** *ripe*
- 1 cup **Milk**
- 1 cup **Water**
- 2 tbsp **Maple Syrup**
- 2 drops **Vanilla**



\*The riper the bananas the stronger the banana flavor will be.

## Directions

1. Combine all ingredients in a blender and blend until smooth. Serve immediately.

# Chicken and Dumplings

Prep 10 min Cook 5 hours Total 5 hours 10 min Serving: 8

## Ingredients

- 1 **Yellow Onion** *diced*
- 1 1/4 lb. **Boneless Skinless Chicken Breasts**
- 1 tsp **Oregano**
- Kosher Salt**
- Black Pepper**
- 2 10.5 oz cans **Cream of Chicken Soup**
- 2 cups **Chicken Broth**
- 1 tsp **Thyme**
- 1 **Bay Leaf**
- 2 stalks **Celery** *diced*
- 2 large **Carrots** *diced*
- 1 cup **Frozen Peas**
- 3 tsp **Minced Garlic**
- 1 can **Refrigerated Biscuits**



\*You may use a few sprigs of fresh thyme, just remove it when you remove the bay leaf.

## Directions

1. Spread onion in the bottom of a large slow cooker, season chicken with oregano, salt, and pepper. Place on top of the onion.
2. Pour soup and broth over chicken, add thyme and bay leaf. Cover and cook on High until the chicken is cooked through, about 3 hours.
3. Discard bay leaf and shred chicken with two forks. Stir in celery, carrots, peas, and garlic. Cut biscuits into fourths and stir into chicken mixture. Cover biscuits with liquid (add more if needed).
4. Cook on high until vegetables are tender and biscuits are cooked through, about an hour and a half. Stir occasionally.

## Serve With:

*Southern Fried Apples*

# Southern Fried Apples

Prep 5 min Cook 10 min Total 15 min Serving: 6

## Ingredients

1/2 cup **Butter**

1/2 cup **Sugar**

2 tsp **Ground Cinnamon**

6 **Granny Smith Apples** *peeled, cored and sliced*



\*Fruit always adds so much to dinner time.

## Directions

1. Add butter to a large skillet on medium heat.
2. Once melted, whisk in sugar and cinnamon.
3. Add apples, stir and cook for 6 to 8 minutes, or until softened.

# Pork Chops and Rice

Prep 10 min Cook 1 hour Total 1 hour 10 min Serving: 6

Preheat oven to 350°

## Ingredients

**6 Bone-in Pork Chops**

**2 10.5 oz cans Beef Consommé**

**1 cup Long Grain White Rice**

**1/2 Yellow Onion *sliced***



\*Serve pork with horseradish for a kick of flavor.

## Directions

1. In a large skillet, brown pork chops in oil for a minute or two on each side.
2. In a 9x13 baking dish, combine rice and beef consommé. Place pork chops on top of the rice, top pork with onions.
3. Bake at 350° for 1 hour or until rice is tender and pork is cooked through.

## Serve With:

*Buttery Cooked Carrots*

# Buttery Cooked Carrots

Cook 10 min Total 10 min Serving: 6

## Ingredients

- 1 lb. **Baby Carrots**
- 1/4 cup **Butter**
- 1/3 cup **Brown Sugar**



\*Colorful carrots bring a lot of life to dinner.

## Directions

1. Cook carrots in a pot of boiling water for about 5 minutes or until tender. Drain all but 2 tbsp of water. Remove carrots from the pot.
2. Add butter and brown sugar to water and simmer until butter melts. Return carrots to pot and toss to coat. Cover and let sit before serving.



# Homemade Hamburger Helper

Prep 5 min Cook 25 min Total 30 min Serving: 6

## Ingredients

- 2 lbs. **Ground Beef**
- 1/2 **Yellow Onion** *diced*
- 1/2 tbsp **Ranch Dressing Seasoning**
- 3 tsp **Minced Garlic**
- 1 4 oz can **Diced Green Chilies**
- 2 cups **Dry Macaroni**
- 1 14 oz can **Beef Broth**
- 1/2 cup **Sour Cream**
- 4 oz **Cream Cheese** *softened*
- 2-4 cups **Cheddar Cheese** *shredded*



\*An inexpensive meal using many items that can often be found in your long term food storage.

## Directions

1. In a large skillet, brown meat over medium-high heat. Drain grease.
2. Stir in onion, ranch dressing seasoning, garlic, green chilies, macaroni and broth. Cover and bring to a simmer for 12 to 15 minutes, or until macaroni is tender.
3. Remove from heat and add sour cream, cream cheese, and cheddar. Mix until smooth.
4. Turn heat back on to low and cook until warm through and the cheeses have melted.

## Serve With:

*Cheesy Garlic Bread*

# Cheesy Garlic Bread

Prep 3 min Cook 12 min Total 15 min Serving: 6

Preheat oven to 400°

## Ingredients

- 1 loaf **French Bread**
- 1/2 cup **Butter** *melted*
- 1 1/2 tsp **Garlic Powder**
- 1 1/2 cup **Mozzarella Cheese** *shredded*



\*Watch carefully after cheese has been added, it will burn quickly.

## Directions

1. Preheat oven to 400°. Cut the bread lengthwise and place both parts face up on a baking sheet.
2. Brush bread with melted butter and sprinkle with garlic powder. Cover with a piece of aluminum foil and place in oven. Bake for 10 to 12 minutes.
3. Uncover the bread and top with cheese. Place the bread back in the oven for 2 to 4 more minutes, or until the cheese has melted.

# Ham and Cheese Sliders



Prep 10 min Cook 15 min Total 25 min Serving: 6

Preheat oven to 350°

## Ingredients

12 Dinner Rolls

Mayonnaise

Yellow Mustard

12 slices Ham

12 slices Provolone Cheese

1/4 cup Melted Butter

1/2 tbsp Minced Onion

1/4 tsp Garlic Powder

1/4 tsp Worcestershire Sauce

1/2 tbsp Sesame Seeds



\*These sandwiches freeze well! Either cover an entire pan with foil before baking (bake when ready to eat) or wrap each sandwich by itself for an individual serving. Great for camping!

## Directions

1. Keep rolls together and slice them open without separating. Place the roll bottoms in a baking pan.
2. Spread mayonnaise and mustard on the inside of the rolls, and top with ham and cheese. Place the roll halves back on top.
3. In a small bowl combine butter, onion, garlic powder, Worcestershire sauce and sesame seeds. Brush over sandwiches. Cover with foil and bake at 350° for 15 minutes.

## Serve With:

*Winter Fruit Salad*

# Winter Fruit Salad

Prep 15 min Total 15 min Serving: 6

## Ingredients

5 **Clementine Oranges** *peeled and separated*

2 **Pears** *diced*

2 **Apples** *diced*

1 large **Pomegranate**, *peeled and separated*

4 **Kiwis** *diced*

## Lemon Lime Syrup:

3 tbsp **Honey**

2 tbsp **Fresh Lime Juice** *about 1 lime*

2 tbsp **Fresh Lemon Juice** *about 1 lemon*



\*Pomegranates may only be available November and December, but raspberries or blueberries are great substitutes.

## Directions

1. In a large mixing bowl, combine all prepared fruit.
2. In a small bowl, combine syrup ingredients, and microwave for 10-15 seconds or until the honey dissolves. Allow the syrup to cool.
3. Drizzle syrup over fruit and toss gently to combine.





# Week 4 Shopping List

## Weekly Shopping: Bread

1	can	Large Crescent Rolls	

## Weekly Shopping: Meat

1/2	lb	Andouille Sausage	
1/2	cup	Bacon cooked and chopped	
1	lb	Boneless Skinless Chicken Breast	
1	lb	Ground Beef	
4	cups	Rotisserie Chicken	
6		Sirloin Steaks	

## Weekly Shopping: Produce

1		Avocado	
1	30 oz	Frozen Hashbrowns	
8		Green Onions	
1	tbsp	Italian Parsley	
1/2	head	Lettuce	
1	lb	Sugar Snap Peas	
4	lg	Sweet Potatoes	
2		Tomatoes	
2		Yellow Onion	

## Weekly Shopping: Dairy

2	cup	Cheddar Cheese shredded	
2	8 oz	Cream Cheese	
1		Egg	
4	cups	Milk	
3	cups	Mozzarella Cheese shredded	

## Weekly Shopping: Grocery

1	8 oz	Rotini Pasta	
1/2	cup	Pecans	

# Taco Salad

Prep 5 min Cook 5 min Total 10 min Serving: 6

## Ingredients

1 lb. **Ground Beef**  
3 tbsp **Taco Seasoning**  
6 **Flour Tortillas or Taco Salad Shells**  
1 cup **Cheddar Cheese** *shredded*  
1/2 head **Lettuce**  
2 **Tomatoes** *diced*  
1 **Avocado** *diced*  
2 **Green Onions** *diced*  
**Salsa**  
**Sour Cream**



\*Consider adding beans, rice or corn.

## Directions

1. Brown ground beef in a large skillet, and season with taco seasoning.
2. Using flour tortillas, taco salad shells, OR tortilla chips, build a salad with ground beef, cheese and vegetables.

**Serve With:**

*Horchata*

# Horchata

Prep 1 hour Cook 10 min Total 1 hour 10 min Serving: 8

## Ingredients

- 1 cup **Long Grain White Rice** *cooked*
- 2 **Cinnamon Sticks**
- 1 tsp **Vanilla**
- 1 cup **Milk**
- 1 cup **Sweetened Condensed Milk**
- 4 cups **Water** *divided*



\*If you are short on time buy a horchata flavor packet and prepare as directed on the package.

## Directions

1. Rinse rice in cold water to remove extra starch. Add rice, cinnamon sticks and 1 1/2 cups of water to a blender. Let rice soak for at least one hour (up to five).
2. Blend until rice and cinnamon are finely ground. Strain through cheesecloth or a fine sieve into a pitcher.
3. Add vanilla, milk, sweetened condensed milk, and remaining water, mix well and chill. To serve, sprinkle with cinnamon and sugar.

# Chicken Bacon Casserole



Prep 15 min Cook 25 min Total 40 min Serving: 8

Preheat oven to 375°

## Ingredients

- 8 oz. **Rotini Pasta**
- 1 tbsp **Butter**
- 1/2 **Yellow Onion** *diced*
- 3 tsp **Minced Garlic**
- 4 oz. **Cream Cheese** *cubed*
- 2 cup **Milk**
- 3 tbsp **Ranch Dressing Seasoning**
- 3 cups **Mozzarella Cheese** *shredded and divided*
- 4 cups **Rotisserie Chicken** *diced*
- 3 **Green Onions** *sliced*
- 1/2 cup **Bacon** *cooked and chopped*



\*Use precooked, pre-crumbled bacon to save time and make less mess. For a creamier casserole add more cream cheese.

## Directions

1. Preheat the oven to 375°F. Cook pasta according to package directions.
2. Melt butter in a large skillet. Add onion and garlic and cook until tender. Add cream cheese, milk, ranch seasoning, and 1 cup mozzarella. Heat until smooth.
3. In a large bowl, combine cheese mixture, cooked pasta, chicken and green onion. Pour into a casserole dish. Sprinkle with bacon and top with remaining mozzarella.
4. Bake for 25-30 minutes or until the top is brown and crispy.

## Serve With:

*Roasted Sugar Snap Peas*

# Roasted Sugar Snap Peas

Prep 15 min Cook 30 min Total 45 min Serving: 6

Preheat broiler to high

## Ingredients

1 lb. **Sugar Snap Peas**

1 tbsp **Olive Oil**

2 **Green Onion** *with greens, finely chopped*

**Kosher Salt**



\*Short on time? Serve these peas raw with some ranch dressing or humas.

## Directions

1. Preheat broiler. Line a baking sheet with foil. Toss peas with oil and place in a single layer on a prepared baking pan.
2. Broil until peas begin to turn brown and are tender, about 2-3 minutes. Toss with sea salt and onion greens. Serve hot.



# Jambalaya

Prep 5 min Cook 30 min Total 35 min Serving: 6

## Ingredients

- 1 tbsp **Canola Oil**
- 1 lb. **Boneless Skinless Chicken Breasts** *cut into 1-inch cubes*
- 1/2 **Yellow Onion** *diced*
- 1 tbsp **Cajun Seasoning**
- 1/2 lb. **Andouille Sausage** *sliced 1/4-inch thick*
- 1 14 oz can **Chicken Broth**
- 1 14.5 oz can **Diced Tomatoes** *undrained*
- 1 cup **Long Grain White Rice**



\*You can also buy a Jambalaya rice mix. Consider adding cooked shrimp for more variety.

## Directions

1. Heat oil in a large skillet on medium-high heat. Add chicken; cook and stir for 5 minutes. Add onion and continue cooking until onion is soft. Stir in seasoning and add sausage.
2. Add broth and tomatoes; bring to boil. Stir in rice. Reduce heat to low; cover and cook 20 to 25 minutes or until rice is tender, stirring occasionally.

## Serve With:

*Cheddar Baking Powder Biscuits*

# Cheddar Baking Powder Biscuits

Prep 5 min Cook 12 min Total 17 min Serving: 8

Preheat oven to 450°



## Ingredients

- 2 cups **Flour**
- 2 tbsp **Sugar**
- 4 tsp **Baking Powder**
- 1/2 tsp **Cream of Tarter**
- 1/2 tsp **Salt**
- 1/2 cup **Butter**
- 1 cup **Cheddar Cheese *shredded***
- 1 **Egg**
- 1/3 cup **Milk**
- Topping:**
  - 2 tbsp **Butter *melted***
  - 1/2 tsp **Garlic Powder**
  - 1 tsp **Parsley Flakes**



\*Consider using the recipe on a box of Bisquick, add some cheddar cheese and brush with topping while still hot.

## Directions

1. Preheat oven to 450°. Sift flour, sugar, baking powder, cream of tartar, and salt into a bowl.
2. Use a pastry blender to cut butter into the flour mixture until it makes uniform crumbles. Add cheddar cheese.
3. Whisk egg and milk together in a separate bowl and slowly add milk mixture to flour mixture, stirring as you pour, until dough is moistened and well-mixed. Add additional milk, one tablespoon at a time, if needed.
4. Form dough into small balls and place on an ungreased baking sheet. Bake for 10 to 12 minutes or until golden brown.
5. Mix topping ingredients together and brush over biscuits while still hot.

# Herbed Steaks with Horseradish

Prep 5 min Cook 15 min Total 20 min Serving: 6

Preheat broiler or grill

## Ingredients

**6 Sirloin Steaks**

**Salt & Pepper**

**1/4 cup Horseradish**

**3 tbsp Dijon Mustard**

**1 tbsp Italian Parsley *chopped***

**3 tsp Thyme**



\*A medium rare steak is between 130-135°; a well-done steak is 155° and higher.

## Directions

1. Preheat broiler or grill. Season steaks with salt and pepper. Cook for 6-8 minutes on each side or until desired doneness.
2. Meanwhile, combine horseradish, mustard, parsley, and thyme.
3. Top with horseradish mixture during the last minute of cooking.

## Serve With:

*Twice Baked Sweet Potatoes and a green salad*



# Twice Baked Sweet Potatoes

Prep 25 min Cook 30 min Total 35 min Serving: 8

Preheat oven to 425°

## Ingredients

- 4 large **Sweet Potatoes**
- 4 oz **Cream Cheese** *cubed*
- 4 tbsp **Milk**
- 2 tbsp **Brown Sugar**
- $\frac{1}{2}$  tsp **Ground Cinnamon**
- $\frac{1}{2}$  cup **Pecans** *chopped*



\*Yams and sweet potatoes are often used interchangeably, either work great for this recipe. If refilling the shells takes too much time put all the potato filling in a small glass baking dish and make a delicious sweet potato casserole.

## Directions

1. Heat oven to 425°F. Cut potatoes lengthwise in half; place, cut sides down, on foil-covered baking sheet. Bake for 30 to 35 minutes or until tender.
2. Scoop out the center of potatoes into a medium bowl. Add cream cheese, milk, sugar and cinnamon to potato flesh, mash until blended.
3. Refill shells with potato mixture; sprinkle with nuts. Bake 8 minutes or until potatoes are heated through and nuts are toasted.

# Crock Pot Potato Soup

Prep 5 min Cook 6 hours Total 6 hours 5 min Serving: 10

## Ingredients

- 1 30 oz bag **Frozen Hash browns**
- 1 **Yellow Onion** *diced*
- 3 14 oz cans **Chicken Broth**
- 1/4 tsp **Black Pepper**
- 1 10.5 oz can **Cream of Chicken Soup**
- 1 8 oz pkg **Cream Cheese**



\*This soup can be processed with an immersion blender to make it smooth. A great soup for a bread bowl.

## Directions

1. Add all ingredients to a crock pot except cream cheese. Cook on low for 6 hours. During the last hour of cooking, add cream cheese and heat until melted.
2. Garnish with shredded cheese, green onions, bacon bits or sour cream!

## Serve With:

*Garlic Crescent Rolls*



# Garlic Crescent Rolls

Cook 12 min Total 12 min Serving: 8

Preheat oven to 350°

## Ingredients

2 cups **Flour**  
1 tbsp **Sugar**  
1 tsp **Salt**  
1/2 tsp **Baking Powder**  
1/2 tbsp **Active Dry Yeast**  
2/3 cup **Butter** *softened*  
3/4 cup warm water  
**Garlic Salt**



\*Sprinkle with grated parmesan cheese to add a bit more flavor. To save time, buy refrigerated crescent dough.

## Directions

1. Preheat oven to 375°F. In a large bowl, combine the dry ingredients. Add butter and water and mix well. Let it rest for 30 minutes. (Dough will be sticky.)
2. Divide the dough into two, roll out each piece onto a 12x8 rectangle over parchment paper. Cut each rectangle into 4 then each fourth in half diagonally to make 8 triangles.
3. Separate and roll up each triangle starting at the widest part and ending at the tip. Place crescents on a lined baking sheet and bake for 15-20 minutes.
4. Remove from oven, brush with additional butter, and sprinkle with garlic salt.

# February/March

February and March are the cruelest months of the year. By this time winter has lasted too long and the warm sun of late winter/early spring tricks us all into thinking heat will be here soon. But in the southwestern part of the United States, these two months are the coldest, windiest, and most unforgiving. It's true, the days are longer and there is a bit more heat in the sun when it comes out, but the wind always keeps us wearing a warm winter coat. The rotten weather continues to prohibit eating locally grown fruits and veggies, and grilling outside is rarely an option, so Instant Pot Carnitas, Italian Sausage Soup, and Creamy Meatball Casserole will bring a few smiles until spring really arrives.

## Favorite Fruits in Season

Apples                      Kiwi  
Bananas                    Pineapple  
Oranges                    Strawberries

## Favorite Vegetables in Season

Avocados                      Cauliflower  
Brussels Sprouts              Celery  
Broccoli                        Winter squashes

Week 1	<ul style="list-style-type: none"> <li>• Beef Fried Rice</li> <li>• Fried Wontons</li> </ul>	<ul style="list-style-type: none"> <li>• Cordon Bleu Casserole</li> <li>• Roasted Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Instant Pot Carnitas</li> <li>• Black Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Shells and Beef</li> <li>• Veggie Crunch Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Chicken Noodle Soup</li> <li>• Dinner Rolls</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Orange Chicken</li> <li>• Asian Cucumber Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Rocket Fuel</li> <li>• Orange Greensicle Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Pesto Salmon</li> <li>• Oven Roasted Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>• Slow Cooker Pot Roast</li> <li>• Creamed Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Winter BLT Panini</li> <li>• Cream of Mushroom Soup</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Big Italian Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Buffalo Chicken Wraps</li> <li>• Apricot Nectar Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Pork and Scalloped Potatoes</li> <li>• Green Bean and Bacon Sauté</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Meatball Casserole</li> <li>• Parmesan knots</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Sausage Soup</li> <li>• Italian Grilled Cheese Pita</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Chicken Fajitas</li> <li>• Cuban Style Yellow Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Shoyu Chicken</li> <li>• Buttered Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Melts</li> <li>• Creamy Tomato Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Cheeseburgers</li> <li>• Potato Wedges</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Chicken Broccoli Wraps</li> <li>• Fresh Squeezed Lemonade</li> </ul>

## Food Storage Items for Menu #3

### February/March

#### Food Storage: Staples

BBQ Sauce	
Brown Rice	
Brown Sugar	
Buffalo Hot Sauce	
Butter	
Cornstarch	
Creamy Peanut Butter	
Dijon Mustard	
Flour	
Ground Ginger	
Honey	
Lemon Juice	
Long Grain White Rice	
Mayonnaise	
Minced Garlic	
Minced Ginger	
Olive Oil	
Orange Marmalade	
Red Wine Vinegar	
Rice Wine Vinegar	
Salsa	
Sesame Oil	
Soy Sauce	
Sugar	
Vanilla	
Canola Oil	
Yeast	

#### Food Storage: Spices

Annatto Powder		Kosher Salt	
Black Pepper		Nature's Seasoning	
Cayenne Pepper		Onion Powder	
Celery Salt		Onion Soup Mix	
Crushed Red Pepper Flakes		Oregano	
Dried Parsley		Paprika	
Dry Mustard		Poultry Seasoning	
Garlic Powder		Ranch Dressing Mix	
Garlic Salt		Red Pepper Flakes	
Ground Cumin		Salt	
Ground Nutmeg		Sesame Seeds	
Italian Seasoning			

#### Food Storage: Canned Items

1	14 oz can	Beef Broth	
2	14 oz can	Black Beans	
6	Cups	Chicken Broth	
2	14.5 oz cans	Chicken Broth	
3	10 oz can	Cream of Mushroom Soup	
2	28 oz cans	Crushed Tomatoes	
1	4 oz can	Diced Green Chilies	
1	4 oz can	Diced Jalapeno Peppers	
2	14.5 oz cans	Diced Tomatoes	
1	14 oz can	Pineapple Chunks	
1	6 oz can	Tomato Paste	
3	8 oz cans	Tomato Sauce	
2	5 oz cans	Tuna Fish	
1/2	8 oz can	Water Chestnuts	



# Week 1 Shopping List

## Weekly Shopping: Meat

3	lbs	Boneless Pork Shoulder	
2		Boneless Skinless Chicken Breast	
4	cups	Cooked Chicken	
2	cups	Cubed Ham	
1	lb	Ground Beef	
1	lb	Sirloin Steak	

## Weekly Shopping: Produce

2		Avocados	
2	lbs	Carrots	
2	stalks	Celery	
1	bunch	Cilantro	
1	12 oz bag	Frozen Peas and Carrots	
8		Green Onions	
2		Limes	
3		Yellow Onions	
1		Orange	
4		Radishes	
1	head	Romaine Lettuce	
1		Sweet Vidalia Onion	

## Weekly Shopping: Dairy

1	8 oz	Cream Cheese	
5		Eggs	
1 1/2	cups	Heavy Whipping Cream	
6	cups	Milk	
1	cups	Parmesan Cheese, shredded	
1 1/2	cups	Swiss Cheese, shredded	

## Weekly Shopping: Grocery

1 1/2	cups	Breadcrumbs	
2	cups	Egg Noodles	
1	lb	Medium Shell Pasta	
1	24 oz Jar	Spaghetti Sauce	
3	tbsp	Sunflower Seeds	
1	cup	Wonton Strips	
1	14 oz pkg	Wonton Wrappers	



# Beef Fried Rice



Prep 15 min Cook 15 min Total 30 min Serving: 6

## Ingredients

- 4 cups **Long Grain White Rice** *cooked*
- 1 tbsp **Olive Oil**
- 1 lb. **Sirloin Steak** *cut into bite size pieces*
- Salt & Pepper**
- 1 tbsp **Sesame Oil**
- $\frac{1}{2}$  **Yellow Onion** *diced*
- 1 12oz bag **Frozen Peas and Carrots**
- 2 tsp **Minced Garlic**
- 4 **Eggs** *beaten*
- 4 **Green Onions** *diced*
- $\frac{1}{4}$  cup **Soy sauce**



\*To cook rice, boil 4 cups water, add 2 cups rice and 1 tsp salt. Simmer on low 18-20 minutes. Or use minute rice and cook as directed on the package.

## Directions

1. Heat olive oil in a large skillet. Season steak with salt and pepper and add to the skillet. Cook for 3-5 min until desired doneness; remove from skillet and drain grease.
2. In the same hot skillet, add sesame oil and sauté onion until nearly tender. Add frozen vegetables and garlic and continue to cook for an additional minute.
3. Push vegetables off to one side, add beaten eggs to skillet and cook until set.
4. Add green onions, soy sauce, rice and steak to the skillet and stir to combine. Cook until heated through.

## Serve With:

*Fried Wontons*

# Fried Wontons

Prep 15 min Cook 5 min Total 20 min Serving: 6

## Ingredients

1 8 oz pkg **Cream Cheese** *softened*

4 **Green Onions** *diced*

½ can **Water Chestnuts** *diced*

1 tbsp **Soy Sauce**

1 14 oz pkg **Wonton Wrappers**

**Canola Oil** *for frying*



\*Try cooking these for 7-10 minutes in an air fryer. Use extra wrappers to make wonton strips for later in the week by cutting in ½ inch strips and cooking in oil or an air fryer.

## Directions

1. Combine cream cheese, green onions, water chestnuts and soy sauce. Place a small spoonful of cheese mixture in the center of each wonton wrapper. Wrap wontons and seal with water.
2. Fry in oil until golden brown. Serve with sweet and sour sauce or hot mustard.

# Cordon Bleu Casserole



Prep 15 min Cook 25 min Total 40 min Serving: 6

Preheat oven to 350°

## Ingredients

2 cups **Cubed Ham** *cooked*  
4 cups **Cooked Chicken** *shredded*  
1 cup **Swiss Cheese** *shredded*  
 $\frac{1}{2}$  **Yellow Onion** *diced*  
 $\frac{1}{3}$  cup **Butter**  
 $\frac{1}{3}$  cup **Flour**  
 $\frac{1}{8}$  tsp **Dry Mustard**  
 $\frac{1}{8}$  tsp **Ground Nutmeg**  
1  $\frac{3}{4}$  cup **Milk**

## Topping:

$\frac{1}{2}$  cup **Swiss Cheese** *shredded*  
1  $\frac{1}{2}$  cups **Breadcrumbs**  
 $\frac{1}{4}$  cup **Butter** *melted*



\*Use a rotisserie chicken for ease and additional flavor. Canned or boiled chicken may also be used.

## Directions

1. Preheat oven to 350°. In a skillet, sauté ham for 3-5 minutes or until browned: drain and pat dry. In a greased 8x8 baking dish, layer chicken, cheese and ham.
2. In a saucepan, sauté onion in butter until tender. Stir in flour, mustard, and nutmeg until blended. Gradually stir in milk, bring to a boil and stir for 2 minutes or until thickened. Pour over the ham.
3. Combine topping ingredients and sprinkle over the top. Bake uncovered for 25-30 minutes until bubbly.

## Serve With:

*Roasted Carrots*

# Roasted Carrots

Prep 5 min Cook 20 min Total 25 min Serving: 6

Preheat oven to 425°

## Ingredients

2 lbs. **Carrots** *peeled and cut lengthwise*

2 tbsp **Olive Oil**

1 tsp **Kosher Salt**

$\frac{1}{4}$  tsp **Black Pepper**

**Parsley**



\*For better flavor, look for fresh carrots at your local farmer's market. Reserve 2-3 carrots for Chicken Noodle Soup later in the week.

## Directions

1. Preheat oven to 425°. Line a baking pan with parchment paper. Toss carrots with oil and seasoning. Arrange carrots in a single layer on prepared baking sheet.
2. Bake 18-20 minutes or until tender.



# Carnitas



Prep 10 min Cook 1 hr 30 min Total 1 hr 40 min Serving: 6

Preheat oven to Broil

## Ingredients

- 1 tsp **Cayenne Pepper**
- 1 tsp **Ground Cumin**
- 2 tsp **Kosher Salt**
- Black Pepper** to taste
- 3 lbs. **Boneless Pork Shoulder**
- 1  $\frac{1}{2}$  cup **Chicken Broth**
- 2 **Limes** *zest and juice*
- 1 **Orange** *zest and juice*
- 1 4 oz can **Diced Jalapeno Peppers**
- 1 4 oz can **Diced Green Chilies**
- 1 **Yellow Onion** *diced*



\*Serve with tortillas or cornbread and garnish with radishes, cilantro and fresh salsa. Leftovers freeze well! May be cooked in a crock pot for 8 hours on low or 4 hours on high.

## Directions

1. Season pork well with cayenne, cumin, salt and pepper.
2. Place pork in bottom of instant pot, using the rack to keep the pork off the bottom. Add broth, limes and orange (juice and zest). Lock the lid and set the pot to pressure cook for 1 hour and 15 minutes.
3. When cooking time is up release the pressure using the steam valve. Shred the meat with two forks and return to instant pot.
4. Add jalapenos, chilies and onion. Set pot to sauté and cook for 15 minutes on high, stirring often.
5. Preheat broiler. Place shredded pork on a baking sheet and broil for 2-3 minutes or until crisp.

## Serve With:

*Black Beans and cornbread*



# Black Beans

Prep 10 min Cook 5 min Total 15 min Serving: 6

## Ingredients

- $\frac{1}{2}$  **Yellow Onion** *diced*
- 1 tsp **Minced Garlic**
- 1 tsp **Butter**
- 1 14 oz can **Black Beans** *drained*
- $\frac{1}{4}$  cup **Water**
- 1 tbsp **Cilantro**
- $\frac{1}{4}$  tsp **Cayenne Pepper**
- Salt** *to taste*



\*A great way to spice up a can of beans.

## Directions

1. In a medium saucepan, sauté onion and garlic in a tsp of butter or olive oil. Cook for 3-4 minutes or until onions are tender.
2. Add beans and water and bring to a boil. Season with cilantro, cayenne, and salt. Reduce heat to medium-low, and simmer for 5 minutes.

# Creamy Shells and Beef



Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

- 1 lb. **Ground Beef**
- ½ tsp **Black Pepper**
- 1 tsp **Salt**
- 1 tbsp **Italian Seasoning**
- 1 tsp **Garlic Powder**
- 1 lb. **Medium Shell Pasta**
- 1 24 oz jar **Spaghetti Sauce**
- 3 cups **Water**
- 1½ cups **Heavy Whipping Cream**
- 1 cup **Parmesan Cheese** *shredded*



\*Using the instant pot makes this pasta dish fast and easy to clean up.

## Directions

1. In an instant pot, brown hamburger on sauté mode, and drain grease. Season with salt, pepper, Italian seasoning and garlic powder.
2. Add shells over ground beef, then add spaghetti sauce and water. Push shells down to ensure they are covered with liquid but do not stir.
3. Secure lid, close the steam valve and set to pressure cook for 5 minutes, or half the cooking time suggested on the pasta package.
4. When pressure cooking is done, do a quick release. Stir in heavy cream and parmesan cheese.

## Serve With:

*Veggie Crunch Salad*

# Veggie Crunch Salad

Prep 5 min Total 5 min Serving: 6

## Ingredients

- 1 head **Romaine Lettuce** *chopped*
- 2 **Avocados** *sliced*
- 1 cup **Wonton Strips**
- 1 **Sweet Vidalia Onion** *thinly sliced*
- 4 **Radishes** *thinly sliced*
- 3 tbsp **Sunflower Seeds**



\*Radishes make this salad extra crunchy. Save a few for the Big Italian Salad next week. Make wonton strips using extra wonton wrappers from earlier in the week.

## Directions

1. Gently mix all ingredients in a medium bowl. Serve with desired salad dressing.

# Creamy Chicken Noodle Soup



Prep 15 min Cook 1 hour Total 1 hour 15 min Serving: 8

## Ingredients

8 cups **Water**  
2 **Boneless Skinless Chicken Breasts**  
1 tsp **Celery Salt**  
 $\frac{1}{2}$  tsp **Poultry Seasoning**  
1 tsp **Onion Salt**  
2 tsp **Salt**  
 $\frac{1}{2}$  **Yellow Onion** *diced*  
2 lg **Carrots** *diced*  
2 stalks **Celery** *diced*  
2 cups **Egg Noodles** *uncooked*

## Cream Sauce:

$\frac{3}{4}$  cup **Butter**  
 $\frac{3}{4}$  cup **Flour**  
4 cups **Milk**  
**Salt and Black Pepper** *to taste*



\* This soup is great with homemade egg noodles or egg noodles from the freezer section.

## Directions

1. In a large pot, combine water, chicken, seasonings and vegetables. Bring to a boil and simmer for 45 minutes or until chicken is cooked through.
2. Remove chicken and shred or cut it into bite size pieces. Return to pot. Add onion, carrots, celery and noodles. Continue to boil for 5-6 minutes or until noodles are soft. (If too much liquid has cooked off, add more water.)
3. Make the cream sauce by melting butter in a saucepan and whisk in flour, stirring constantly. Cook for 5 minutes; slowly add in milk, stirring constantly until thickened. Add salt and pepper.
4. Add cream sauce to chicken and noodles and continue cooking until desired consistency.

## Serve With:

*Dinner rolls*



# Dinner Rolls



Prep 30 min Cook 10 min Total 40 min Serving: 18

Preheat oven to 400°

## Ingredients

- 1 cup **Water** *warm*
- $\frac{1}{3}$  cup **Canola Oil**
- $\frac{1}{4}$  cup **Sugar**
- 2 tbsp **Yeast**
- 1 **Egg** *beaten*
- 1 tbsp **Butter** *softened*
- $\frac{1}{2}$  tsp **Salt**
- 4 cups **Flour**
- $\frac{1}{8}$  cup **Milk** *warm*



\*No time for homemade rolls? Use refrigerated biscuits or frozen roll dough.

## Directions

1. Preheat oven to 400°. In a mixer or large bowl, combine water, oil, sugar and yeast. Let sit for 5-8 minutes. Stir in egg, soft butter and salt. Using a mixer with a dough hook, add flour one cup at a time until the dough is not sticky.
2. Knead by hand for 10 minutes or with a mixer for 5 minutes. Divide dough into 18 even balls, place on a greased pan and cover with parchment paper and a light dish towel.
3. Place pan in a warm place and allow to rise for 10 - 30 minutes. Lightly brush with milk and bake on the middle rack for 10-12 minutes, or until lightly browned.





# Week 2 Shopping List

## Weekly Shopping: Bread

6		Hoagie Buns	

## Weekly Shopping: Meat

12	slices	Bacon	
4	lbs	Boneless Skinless Chicken Breast	
3	lb	Chuck Roast	
6		Salmon Filets	

## Weekly Shopping: Produce

1	bunch	Asparagus	
1	lb	Baby Red Potatoes	
1	cup	Baby Spinach	
1		Banana	
1	cup	Broccoli	
1		Carrot	
1		English Cucumber	
1 1/2	cup	Frozen Peas	
1/4	head	Lettuce	
1/2	lb	Mushrooms	
1/4		Yellow Onion	
3		Oranges	
8	tbsp	Pesto Sauce	
1		Red Bell Pepper	
1		Red onion	
1	sm	Zucchini	

## Weekly Shopping: Dairy

6		Eggs	
1	cup	Half and Half	
1 1/4	cup	Heavy Whipping Cream	
1	cup	Milk	
1 1/2	tbsp	Parmesan Cheese	
1/2	cup	Plain Yogurt	

## Weekly Shopping: Grocery

1	12 oz	Linguini Noodles	
1/2	cup	Orange Juice	
1	tbsp	Pickle Juice	
1/2	cup	Oil Packed Sun Dried Tomatoes	

# Orange Chicken

Prep 10 min Cook 4 hours Total 4 hours 10 min Serving: 6

## Ingredients

3 cup **Long Grain White Rice** *cooked*  
2 tbsp **Olive Oil**  
2 lbs. **Boneless Skinless Chicken Breast** *cubed*  
 $\frac{1}{3}$  cup **Cornstarch**  
1 tbsp **Nature's Seasoning**

## Orange Sauce:

1 cup **Orange Marmalade**  
1 cup **BBQ Sauce**  
2 tbsp **Soy Sauce**



\*This chicken may be prepared in a skillet. Cook chicken in olive oil over medium until done. Add orange sauce and simmer for 10 minutes, or until heated through. Apricot jam may be used instead of orange marmalade.

## Directions

1. Place chicken in a resealable bag with corn starch and nature's seasoning. Shake well to coat. Grease the bottom of a slow cooker with olive oil, and top with chicken.
2. Combine marmalade, BBQ sauce and soy sauce in a small bowl, and mix well. Pour sauce over chicken. Cook on low for 6 hours or on high for 4 hours. Serve over white rice, and garnish with green onions.

## Serve With:

*Asian Cucumber Salad*

# Asian Cucumber Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

1 lg **English Cucumber**, *very thinly sliced*

$\frac{1}{4}$  **Red Onion** *sliced*

$\frac{1}{4}$  **Red Bell Pepper** *diced*

1 tsp **Sesame Seeds**

## Dressing:

$\frac{1}{4}$  cup **Rice Vinegar**

1 tsp **Honey**

$\frac{1}{2}$  tsp **Sesame Oil**

$\frac{1}{4}$  tsp **Crushed Red Pepper Flakes**

$\frac{1}{4}$  tsp **Kosher Salt**



\*Thinly slicing the cucumbers gives the vinegar dressing plenty of surface area, making each bite full of flavor.

## Directions

1. Add cucumber, onion, peppers, and sesame seeds to a medium bowl.
2. In a small bowl, combine dressing ingredients.
3. Toss dressing with vegetables and coat well.

# Rocket Fuel

Prep 15 min Cook 15 min Total 30 min Serving: 6

## Ingredients

- $\frac{1}{4}$  cup **Olive Oil** *divided*
- 2 lbs **Boneless Skinless Chicken Breasts** *cubed*
- 2 tsp **Minced Garlic**
- $\frac{1}{2}$  **Red Onion** *diced*
- $\frac{1}{2}$  **Red Bell Pepper** *diced*
- 1 **Carrot** *diced*
- 1 cup **Broccoli** *chopped*
- 1 small **Zucchini** *diced*
- 1 14 oz can **Black Beans** *drained and rinsed*
- 2 cups **Brown Rice** *cooked*
- 6 **Fried Eggs**



\*Best served with salt, pepper and hot sauce.

## Directions

1. Heat olive oil in a large skillet over medium high heat. Add chicken and cook until brown on all sides.
2. Add garlic, onion, pepper, carrot, broccoli and zucchini to chicken and cook until vegetables are tender and the chicken is cooked through. Add black beans and heat until warm.
3. Serve over brown rice and top with a fried egg.

## Serve With:

*Green and Orange Smoothie*



# Green Orange Smoothie

Prep 5 min Total 5 min Serving: 6

## Ingredients

$\frac{1}{2}$  cup **Orange Juice**

**3 Oranges**

**1 Banana**

$\frac{1}{2}$  cup **Plain Yogurt**

$\frac{1}{2}$  tsp **Vanilla**

1  $\frac{1}{2}$  tbsp **Honey**

1 cup **Baby Spinach**

1 cup **Ice Cubes**



\*Try almond or coconut milk instead of juice.

## Directions

1. Add all ingredients to a blender. Mix until smooth.

# Pesto Salmon

Prep 5 min Cook 20 min Total 25 min Serving: 6

Preheat oven to 450°

## Ingredients

8 tbsp **Pesto Sauce** *divided*

6 **Salmon Filets** *skin removed*

1 12 oz pkg **Linguine Noodles**

## Sauce:

$\frac{1}{2}$  cup **Butter**

1  $\frac{1}{4}$  cup **Heavy Whipping Cream**

$\frac{1}{2}$  cup **Frozen Peas**

$\frac{1}{2}$  tsp **Salt**



\*Experiment with different flavors and brands of store-bought pesto or make your own!

## Directions

1. Preheat oven to 450°. Place salmon in a greased baking dish. Spoon 1 tablespoon pesto over each salmon filet. Bake 12-15 minutes or until fish is cooked through and flakes easily.
2. Meanwhile, cook pasta as directed on package.
3. Melt butter in saucepan. Add heavy cream, peas & salt. Bring to a simmer; stir in 2 tablespoons pesto. Add sauce to pasta and top with salmon

## Serve With:

*Oven Roasted Asparagus*

# Oven Roasted Asparagus

Prep 5 min Cook 15 min Total 20 min Serving: 6

Preheat oven to 425°

## Ingredients

- 1 bunch **Asparagus** *trimmed*
- 3 tbsp **Olive Oil**
- 1 ½ tbsp **Parmesan Cheese**
- 1 tsp **Minced Garlic**
- 1 tsp **Kosher Salt**
- ½ tsp **Black Pepper**



\*Choose asparagus that are firm and stand up straight with the tips tightly closed. Keep long or cut into 2" pieces.

## Directions

1. Preheat the oven to 425°. Place asparagus into a mixing bowl; drizzle with olive oil and toss to coat. Sprinkle with Parmesan cheese, garlic, salt, and pepper.
2. Arrange asparagus in a single layer in a baking dish.
3. Bake in the oven for 12 to 15 minutes, or until tender.

# Slow Cooker Pot Roast

Prep 5 min Cook 8 Hours Total 8 hours 5 min Serving: 8

## Ingredients

- 3 lb. **Chuck Roast**
- 1 10 oz can **Cream of Mushroom Soup**
- 1 pkg **Onion Soup Mix**
- 1 14 oz can **Beef Broth**



\*Save leftovers for a broiled open face roast beef sandwich.

## Directions

1. Place roast in the bottom of a crock pot. Top with remaining ingredients and cook on low for 8 hours.

## Serve With:

*Creamed potatoes and a green salad*



# Creamed Potatoes

Prep 5 min Cook 25 min Total 30 min Serving: 6

## Ingredients

- 1 lb. **Baby Red Potatoes** *washed*
- 1 cup **Frozen Peas**
- 1 tbsp **Butter**
- 1 tbsp **Flour**
- 1 cup **Milk**
- 1 tsp **Poultry Seasoning**
- Salt and Black Pepper** to taste



\*You may dice larger potatoes into 1” cubes.

## Directions

1. Bring a large pot of water to a boil over high heat. Boil potatoes for 15 to 20 minutes, or until tender, drain.
2. In a medium saucepan, melt butter over medium heat. Stir in flour to make a thick paste; gradually whisk in milk, stirring constantly until slightly thickened, season with salt and pepper.
3. Add potatoes and peas to the sauce; simmer for about 5 minutes, stirring often.



# Winter BLT Panini

Prep 10 min Cook 5 min Total 15 min Serving: 6

## Ingredients

**6 Hoagie Buns**

**12 slices Bacon**

**½ cup Oil Packed Sundried Tomatoes**

**¼ head Lettuce**

### **Sandwich Spread:**

**⅓ cup Mayonnaise**

**2 tbsp Dijon Mustard**

**1 tsp Garlic Powder**

**1 tbsp Pickle Juice**



\*Works great with precooked bacon and refrigerates well. Make a few extra for lunch later in the week but add the lettuce after you reheat. Add shredded chicken for additional protein.

## Directions

1. Make sandwich spread by mixing mayonnaise, mustard, garlic powder and pickle juice. Butter the outside of each hoagie and spread the sandwich spread on the inside.
2. Layer sundried tomatoes, lettuce and bacon inside each bun.
3. Grill in a panini maker (or on a grill pan) until golden brown.

## Serve With:

*Cream of Mushroom Soup*

# Cream of Mushroom Soup

Prep 15 min Cook 15 min Total 30 min Serving: 6

## Ingredients

2 tbsp **Butter**  
½ lb **Mushrooms**  
¼ cup **Yellow Onion**  
6 tbsp **Flour**  
½ tsp **Salt**  
⅛ tsp **Black Pepper**  
2 14.5 oz cans **Chicken Broth**  
1 cup **Half and Half**



\*Experiment with different types and combinations of mushrooms.

## Directions

1. In a large saucepan heat butter over medium-high heat; sauté mushrooms and onion until tender. In a medium bowl mix flour, salt, pepper and broth until smooth; stir into mushroom mixture.
2. Bring to a boil and stir until thickened, about 2 minutes. Reduce heat, add half and half and simmer for 10 minutes, stirring occasionally.



# Week 3 Shopping List

## Weekly Shopping: Bread

6		Flour Tortillas	
3		Pita Bread Pockets	
1	can	Refrigerated Buttermilk Biscuits	

## Weekly Shopping: Meat

6	slices	Bacon	
6		Boneless Pork Chops	
1	16 oz pkg	Cooked Meatballs	
1	lb	Ground Beef	
1	lb	Italian Sausage	
1		Rotisserie Chicken	

## Weekly Shopping: Produce

1		Apple	
2		Bananas	
2	cup	Cabbage	
1		Carrot	
1	cup	Carrots, shredded	
2	stalks	Celery	
1	cup	Cherry Tomatoes	
1		English Cucumber	
1	cup	Basil	
1	cup	Italian Parsley	
2	10 oz	Frozen green Beans	
1	16 oz	Frozen Vegetable Stir Fry	
1/2	lb	Grapes	
1		Yellow Onion	
6	tbsp	Pesto	
1	20 oz pkg	Potato Wedges	
3		Radishes	
1		Red Bell Pepper	
1	head	Romaine Lettuce	
1	lb	Strawberries	

## Weekly Shopping: Dairy

1/4	cup	Blue Cheese	
1	16 oz	Cottage Cheese	
1/2	cup	Feta Cheese	
3	cups	Half and Half	
1	cup	Milk	
3	cups	Mozzarella Cheese, shredded	
6	slices	Mozzarella Cheese	
1	cups	Parmesan Cheese	
6	slices	Provolone Cheese	
2	cup	Sour Cream	

## Weekly Shopping: Grocery

1	10 oz can	Apricot Nectar	
1/2	cup	Kalamata Olives	
16		Lasagna Noodles	
1	16 oz jar	Marinara Sauce	
1/2	16 oz pkg	Penne Pasta	

# Lasagna

Prep 5 min Cook 35 min Total 40 min Serving: 8

Preheat oven to 350°

## Ingredients

- 1 lb. **Ground Beef**
- 1 6 oz can **Tomato Paste**
- 3 8 oz cans **Tomato Sauce**
- 1 tsp **Salt**
- ½ tsp **Black Pepper**
- ½ tsp **Garlic Salt**
- ½ tsp **Oregano**
- 16 **Lasagna Noodles** *uncooked*
- 1 16 oz carton **Cottage Cheese**
- 2 cups **Mozzarella Cheese**



\*This is such a simple way to make lasagna.  
For a stronger flavor add some cooked  
Italian sausage to the ground beef.

## Directions

1. Preheat oven to 350° and grease a 9x13 baking dish. In a skillet, brown hamburger and drain. Add tomato paste, tomato sauce and seasonings to hamburger.
2. In prepared baking dish, layer 1/3 each of uncooked noodles, hamburger mixture, cottage cheese, and mozzarella. Repeat 3 times to create layers.
3. Bake for 30-35 minutes or until the noodles are soft and the cheese is bubbly.

## Serve With:

*A Big Italian Salad*



# Big Italian Salad

Prep 15 min Total 15 min Serving: 8

## Ingredients

### Dressing:

- 1 cup **Italian Parsley**
- 1 cup **Basil** *fresh*
- $\frac{1}{4}$  tsp **Oregano**
- 2 tsp **Minced Garlic**
- $\frac{1}{4}$  cup **Red Wine Vinegar**
- $\frac{3}{4}$  cup **Olive Oil**
- $\frac{1}{8}$  tsp **Salt and Black Pepper**
- $\frac{1}{2}$  tsp **Honey**

### Salad:

- 1 head **Romaine Lettuce** *shredded*
- 1 **Red Bell Pepper** *diced*
- 1 **English Cucumber** *diced*
- 3 **Radishes** *diced*
- 1 **Carrot** *peeled into ribbons*
- 1 cup **Cherry Tomatoes**
- $\frac{1}{2}$  cup **Kalamata Olives**
- $\frac{1}{2}$  cup **Feta Cheese** *crumbled*



\*Dressing can be kept in the refrigerator for up to 2 weeks.  
Make the dressing ahead of time to speed up dinner prep on a busy night or use a store bought vinaigrette.

## Directions

1. Combine dressing ingredients in a food processor, and process until well blended.
2. Add salad ingredients to a large bowl. Toss with the desired amount of dressing.

# Buffalo Chicken Wraps



Prep 25 min Total 25 min Serving: 6

## Ingredients

- $\frac{1}{4}$  cup **Mayonnaise**
- $\frac{1}{2}$  cup **Sour Cream**
- 2 tsp **Ranch Dressing Seasoning**
- 2 cup **Cabbage** *shredded*
- 1 cup **Carrots** *shredded*
- 2 stalks **Celery** *thinly sliced*
- $\frac{1}{4}$  tsp **Kosher Salt**
- $\frac{1}{4}$  tsp **Black Pepper**
- 2 tbsp **Butter**
- $\frac{1}{2}$  cup **Buffalo Style Hot Sauce**
- 1 **Rotisserie Chicken** *shredded*
- 6 **Flour Tortillas**
- $\frac{1}{4}$  cup **Blue Cheese** *crumbled*



\*Try with grilled or canned chicken. Consider using feta cheese from yesterday's salad instead of blue cheese. Save extra shredded cabbage for Reuben Rolls later in the week.

## Directions

1. In a small bowl, combine mayonnaise, sour cream and ranch dressing seasoning.
2. In a medium bowl, toss cabbage, carrots, celery, salt and pepper.
3. Melt butter in a skillet; add hot sauce and chicken. Cook until heated through.
4. Spread mayonnaise mixture on a warm tortilla. Top tortilla with vegetables and chicken. Sprinkle with blue cheese and roll tightly.

## Serve With:

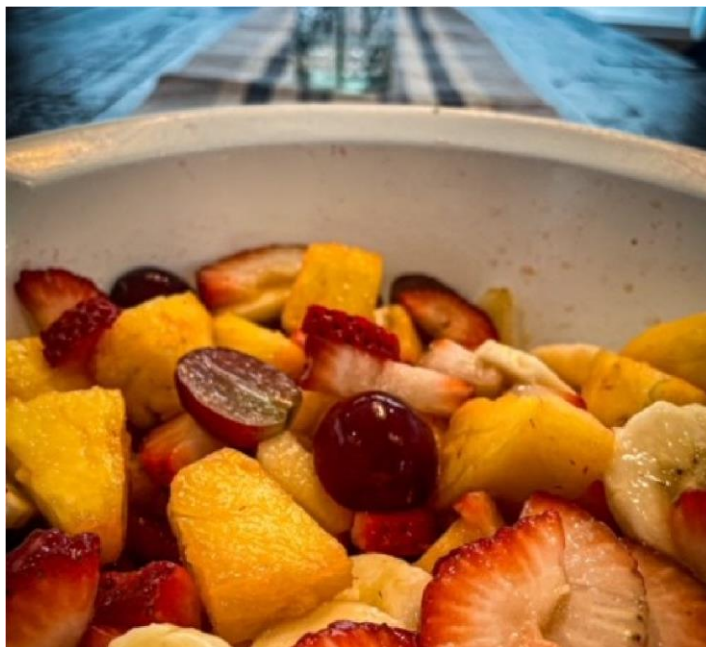
*Apricot Nectar Fruit Salad*

# Apricot Nectar Fruit Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

- 1 10oz can **Apricot Nectar**
- 1 cup **Sugar**
- 1 tbsp **Cornstarch**
- 1 tsp **Vanilla**
- 1 lb **Strawberries** *diced*
- $\frac{1}{2}$  lb **Grapes**
- 1 cup **Pineapple** *diced*
- 1 **Apple** *diced*
- 2 **Bananas** *diced*



\*Use fresh or canned pineapple. So delicious in early spring when the California strawberries are in season.

## Directions

1. In a microwave bowl, mix apricot nectar, cornstarch and sugar. Microwave for 3 minutes, or until sugar dissolves, stirring twice. Add vanilla.
2. Pour desired amount of syrup over the chopped fruit.

# Pork and Scalloped Potatoes

Prep 10 min Cook 35 min Total 45 min Serving: 6

Preheat oven to 350°

## Ingredients

**6 Boneless Pork Chops**

**1 tsp Salt**

**¼ tsp Black Pepper**

**1 tsp Garlic Powder**

**2 tbsp Butter**

**½ Yellow Onion *diced***

**1 10.5 oz can Cream of Mushroom Soup**

**1 cup Sour cream**

**4 cups Red Potatoes *thinly sliced***



\*Great served with horseradish.

## Directions

1. Preheat oven to 350°. Grease a 9 x 13 baking pan. Season pork chops with salt, pepper and garlic powder. Arrange sliced potatoes evenly in the prepared baking dish
2. Melt butter in a skillet over medium high heat. Add pork chops and brown on both sides; remove from skillet and place on top of potatoes.
3. Add onions to the skillet and cook until tender. Add mushroom soup and sour cream to onions, stir until blended, remove from heat and pour evenly over pork chops
4. Bake covered for 30 minutes or until potatoes are tender and pork is cooked through.

## Serve With:

*Green Bean and Bacon Sauté*



# Green Bean and Bacon Sauté

Prep 10 min Cook 10 min Total 20 min Serving: 6

## Ingredients

6 slices **Bacon** *cooked and diced*  
1 tbsp **Minced Garlic**  
 $\frac{1}{2}$  tsp **Crushed Red Pepper Flakes**  
2 10 oz bags **Frozen Green Beans**  
**Salt & Pepper** *to taste*



\*If using precooked bacon use 2 tbsp of butter instead of bacon grease.

## Directions

1. Cook bacon in a large skillet until crisp. Remove bacon from pan, leaving 2 tbsp of grease.
2. Add garlic and red pepper flakes to bacon grease and cook for about 1 minute. Add green beans and season with salt and pepper. Cook for 10 minutes or until green beans are tender. Stir often.
3. Return bacon to the pan and cook until heated through.



# Creamy Meatball Casserole

Prep 15 min Cook 1 hour Total 1 hour 15 min Serving: 6

Preheat oven to 350°

## Ingredients

- 1 10.5 oz can **Cream of Mushroom Soup**
- 1 cup **Milk**
- $\frac{1}{2}$  cup **Sour Cream**
- $\frac{1}{2}$  tsp **Salt**
- $\frac{1}{8}$  tsp **Black Pepper**
- 1 20oz pkg **Refrigerated Potato Wedges**
- 1 16oz pkg **Frozen Cooked Meatballs**
- 1 16oz pkg **Frozen Vegetable Stir Fry**



\*This recipe is the semi-homemade version, feel free to make potato wedges and meatballs from scratch. Buy an extra big bag of potato wedges to eat with burgers next week.

## Directions

1. Preheat oven to 350°. In large bowl, combine soup, milk, sour cream, salt, and pepper.
2. Stir in potatoes, meatballs, and frozen vegetables.
3. Transfer mixture to an ungreased 9x13 baking dish. Cover and bake for one hour or until heated through.

## Serve With:

*Parmesan Knots*

# Parmesan Knots

Prep 5 min Cook 10 min Total 15 min Serving: 6

Preheat oven to 400°

## Ingredients

1 can **Refrigerated Buttermilk Biscuits**

3 tbsp **Butter** *melted*

2 tbsp **Parmesan Cheese** *grated*

$\frac{1}{2}$  tsp **Garlic Powder**

$\frac{1}{2}$  tsp **Oregano**

$\frac{1}{2}$  tsp **Dried Parsley**

**Pinch Salt**



\*If you don't have time to roll out the dough, keep them shaped like biscuits but don't leave out the delicious, seasoned butter spread!

## Directions

1. Preheat oven to 400°. Roll each biscuit into a 12-inch rope and tie it into a knot. Place on a greased baking sheet.
2. In a small bowl, combine melted butter, parmesan cheese, garlic powder, dried oregano, dried parsley and salt. Brush knots with half of butter mixture.
3. Bake for 8-10 minutes, or until golden brown. Brush with the remaining butter mixture.

# Italian Sausage Soup

Prep 20 min Cook 25 min Total 45 min Serving: 10

## Ingredients

- 1 8 oz pkg **Penne Pasta**
- 1 lb. **Italian Sausage**
- $\frac{1}{2}$  **Yellow Onion** *diced*
- 2 tbsp **Minced Garlic**
- 2 cups **Chicken Broth**
- 2 14.5 oz can **Diced Tomatoes**
- 1 16 oz jar **Marinara Sauce**
- 1 tbsp **Italian Seasoning**
- 3 cups **Half and Half**
- 1 cup **Mozzarella Cheese** *shredded*
- 1 cup **Parmesan cheese**
- 4 tbsp **Butter**



\*Soup can be time consuming, but this one comes together fast.

## Directions

1. Cook pasta according to package directions. Rinse with cold water, drain and set aside for later.
2. In a large pot cook sausage until mostly brown. Add onion and garlic, sauté until sausage is cooked through and onion is tender. Drain grease.
3. Add chicken broth, tomatoes, marinara sauce, Italian seasoning and half and half. Bring to a low boil, stirring constantly. Reduce heat and simmer for 5 minutes.
4. Add 1 cup mozzarella and parmesan, and heat until cheese is melted. Add pasta just before serving.

## Serve With:

*Italian Grilled Pita*

# Italian Grilled Pita

Prep 10 min Cook 10 min Total 20 min Serving: 6

## Ingredients

3 **Pita Bread Pockets** *cut in half*

6 tbsp **Prepared Pesto**

6 slices **Provolone Cheese**

6 slices **Mozzarella Cheese**

5 tsp **Olive Oil**



\*Makes a great snack or light lunch.

## Directions

1. Spread a tablespoon of pesto on each piece of provolone cheese, and top with mozzarella.
2. Stuff each pita with cheese/pesto layers.
3. Brush the outside of each pita with olive oil. Grill in a Panini maker or on a grill pan until the outsides are lightly toasted and the cheese is melted.





# Week 4 Shopping List

## Weekly Shopping: Bread

6		English Muffins	
6		Flour Tortillas	
6		Hamburger Buns	
6		Whole Wheat Tortillas	

## Weekly Shopping: Meat

2	lbs	Boneless Skinless Chicken Breast	
3	lbs	Boneless Skinless Chicken Thighs	
2	lbs	Ground Beef	

## Weekly Shopping: Produce

2	cup	Broccoli Slaw	
1	stalk	Celery	
1/4	cups	Basil, fresh	
1	16 oz	Frozen Corn	
1/4	cup	Frozen Peas	
1		Green Bell Pepper	
8		Green Onions	
2	tbsp	Jalapeno Peppers	
9		Lemons	
1/4	head	Lettuce	
1		Onion	
1		Red Bell Pepper	
1/2		Red onion	
4		Russet Baking Pota-	
4		Tomatoes	
1		Yellow Bell Pepper	

## Weekly Shopping: Dairy

6	slices	Cheddar Cheese	
1/2	cups	Heavy Whipping Cream	
3/4	cup	Milk	
1/3	cups	Parmesan Cheese	
6	slices	Pepper Jack Cheese	
3	tbsp	Plain Yogurt	
1/4	cup	Sour Cream	

## Weekly Shopping: Grocery


# Chicken Fajitas



Prep 15 min Cook 10 min Total 25 min Serving: 6

Preheat oven broil

## Ingredients

1 lb. **Boneless Skinless Chicken Breasts**

**Garlic Salt**

1 **Green Pepper** *sliced*

1 **Yellow Bell Pepper** *sliced*

1 **Red Bell Pepper** *sliced*

$\frac{1}{2}$  **Red Onion** *sliced*

1 tbsp **Butter**

6 **Flour Tortillas**

$\frac{1}{2}$  cup **Salsa**

$\frac{1}{4}$  cup **Sour Cream**



\*Make a double batch of chicken and vegetables to freeze for later. Try with leftover steak.

## Directions

1. Season the front and back of the chicken with garlic salt. Broil until cooked through, about 7 minutes per side. (Pound with a mallet to allow for more even cooking.) Cut into bite-size pieces.
2. Melt butter in a skillet, add peppers and onions and cook for 2 minutes. Add chicken and cook until hot and vegetables are tender.
3. Place chicken and vegetables on a warm tortilla. Serve with salsa and sour cream.

## Serve With:

*Cuban Style Yellow Rice*

# Cuban Style Yellow Rice



Prep 10 min Cook 20 min Total 30 min Serving: 6

## Ingredients

1 cup **Long Grain White Rice**

2 cup **Water**

$\frac{1}{4}$  **Yellow Onion** *diced*

$\frac{1}{2}$  tsp **Salt**

$\frac{1}{8}$  tsp **Annatto Powder**

$\frac{1}{8}$  tsp **Paprika**

**Black pepper**

$\frac{1}{4}$  cup **Frozen Peas** *thawed*



\*Add diced chicken to make this dish a full meal.  
If you don't have annatto powder, use extra paprika and touch of turmeric.

## Directions

1. Rinse rice with cold water to remove excess starch. In a large saucepan, add rice, water, onion and spices. Bring to a boil, reduce heat to low and cover.
2. Cook for 10 minutes, stir in peas and continue cooking for 5-10 more minutes or until liquid is absorbed.

# Shoyu Chicken

Prep 5 min Cook 35 min Total 40 min Serving: 6

## Ingredients

3 lbs. **Boneless Skinless Chicken Thighs**

1 cup **Water**

$\frac{2}{3}$  cup **Soy Sauce**

$\frac{2}{3}$  cup **Brown Sugar**

4 **Green Onions** *thinly sliced*

2 tbsp **Minced Garlic**

2 tsp **Minced Ginger**



\*Watch carefully, sauce will burn easily.

## Directions

1. In a large saucepan, add all ingredients except chicken and bring to a simmer.
2. Add chicken and return to a simmer for 30 minutes, or until chicken is cooked through; stir often. Serve over rice or ramen noodles.

## Serve With:

*Buttered Corn and rice*

# Buttered Corn

Prep 3 min Cook 10 min Total 13 min Serving: 6

## Ingredients

1 16 oz bag **Frozen Corn**

$\frac{3}{4}$  cup **Milk**

1 tbsp **Butter**

1 tsp **Minced Garlic**

**Salt and Pepper** *to taste*



\*This is not creamed corn, but cooking the corn in milk really brings out the flavor. Fresh corn tastes best if it is available.

## Directions

1. Mix butter, milk and garlic in a small saucepan over medium heat. Add frozen corn and bring to a simmer.
2. Reduce heat to low and continue to cook until corn is tender and heated through.
3. Season with salt and pepper.



# Tuna Melts

Prep 10 min Cook 15 min Total 25 min Serving: 6

Preheat oven to 400°

## Ingredients

2 5 oz cans **Tuna Fish** *drained*  
1 stalk **Celery** *diced*  
3 **Green Onions** *sliced*  
 $\frac{1}{2}$  cup **Mayonnaise**  
3 tsp **Dijon Mustard**  
1 tsp **Lemon Juice**  
**Salt and Pepper** *to taste*  
2 **Tomatoes** *sliced*  
6 **English Muffins** *halved*  
2 tbsp **Butter**  
6 slices **Cheddar Cheese**



\*These also taste great on whole wheat toast!

## Directions

1. Preheat oven to 400°F. Combine tuna, celery, green onions, mayonnaise, mustard, lemon juice and salt and pepper in a small bowl; mix well.
2. Butter English muffin halves and place on baking sheet. Broil for 2-3 minutes or until light brown. Remove from oven.
3. Place a few tablespoons of tuna salad on English muffins. Top with tomato slices and cheddar cheese. Bake for 10-15 minutes or until cheese is melted.

## Serve With:

*Creamy Tomato Soup*

# Creamy Tomato Soup



Prep 5 min Cook 25 min Total 30 min Serving: 6

## Ingredients

- 2 tbsp **Butter**
- $\frac{1}{2}$  **Yellow Onion** *chopped*
- $\frac{1}{2}$  tbsp **Minced Garlic**
- 1 28 oz can **Crushed Tomatoes**
- 1 cup **Chicken Broth**
- $\frac{1}{4}$  cup **Basil** *chopped*
- $\frac{1}{2}$  tbsp **Sugar**
- $\frac{1}{4}$  tsp **Black Pepper**
- $\frac{1}{4}$  cup **Heavy Whipping Cream**
- $\frac{1}{4}$  cup **Parmesan Cheese**



\*Delicious served in a bread bowl, and great to have leftovers in the fridge for lunch the next day!  
Easy recipe to double.

## Directions

1. Melt butter in a medium saucepan and add onions. Sauté 3-5 minutes, stirring occasionally, until tender. Add garlic and cook for 1 more minute.
2. Add crushed tomatoes, chicken broth, basil, sugar, and black pepper. Bring to a boil, then reduce heat. Partially cover with a lid and simmer for 10 minutes.
3. Use an immersion blender to blend to the desired consistency (you may transfer to a blender, but hot soup must be blended in small batches).
4. Add heavy cream and parmesan cheese and return to a simmer until heated through. Garnish with additional parmesan and basil.

# Chili Cheeseburgers



Prep 10 min Cook 20 min Total 30 min Serving: 6

## Ingredients

- 3 **Green Onions** *diced*
- 3 tbsp **Plain Yogurt**
- 2 tbsp **Jalapeno Peppers** *seeded and diced*
- $\frac{1}{2}$  tsp **Black Pepper**
- $\frac{1}{2}$  tsp **Salt**
- 2 lbs. **Ground Beef**
- 6 slices **Pepper Jack Cheese**
- 6 **Hamburger Buns**
- $\frac{1}{4}$  head **Lettuce**
- 2 **Tomatoes**



\*Use canned diced jalapenos or pickled jalapenos for less spice.

## Directions

1. Combine green onions, yogurt, jalapeno peppers, black pepper, and salt. Add beef and mix well.
2. Shape into patties. Grill burgers until they are no longer pink in the center; add the cheese during the last 2 minutes.
3. Build a sandwich using buns, patties, lettuce and tomatoes.

## Serve With:

*Potato Wedges*

# Potato Wedges

Prep 10 min Cook 35 min Total 45 min Serving: 6

Preheat oven to 415°

## Ingredients

4 Russet Baking **Potatoes**

**Salt** *to taste*

### Season Topping:

3 tbsp **Olive Oil**

½ tsp **Onion Powder**

1 ½ tsp **Paprika**

2 tsp **Dried Parsley**

1 ½ tsp **Garlic Powder**

½ tsp **Black Pepper**

¼ tsp **Cayenne Pepper**



\*No time for cutting potatoes? Buy frozen potato wedges instead. May also be made in an air fryer.

## Directions

1. Preheat oven to 415°. Combine season topping ingredients and set aside.
2. Wash potatoes well and pat dry. Cut each potato in half lengthwise and each half into 1-inch wedges.
3. Place wedges in a large bowl and toss with seasoning (if necessary, use hands to coat well). Place on a greased baking sheet leaving space between each wedge. Sprinkle with salt.
4. Bake for 20 minutes then turn and bake another 15-20 minutes.



# Thai Chicken Broccoli Wraps

Prep 15 min Cook 15 min Total 30 min Serving: 6

## Ingredients

1 lb. **Boneless Skinless Chicken Breasts**

$\frac{1}{4}$  tsp **Garlic Salt**

2 cups **Broccoli-Slaw Mix**

$\frac{1}{4}$  tsp **Ground Ginger**

### **Peanut Sauce:**

$\frac{1}{4}$  cup **Creamy Peanut Butter**

3 tbsp **Water**

1 tbsp **Sugar**

2 tsp **Soy Sauce**

1 tsp **Minced Garlic**

6 **Whole Wheat Tortillas** *warmed*



\*These wraps make a great lunch or a light dinner, perfect for a busy evening on the run. Use already cooked chicken to save time.

## Directions

1. Sprinkle chicken with garlic salt. In a grill pan, cook chicken over medium-high heat for 3-4 minutes on each side or until cooked through. Remove from pan and cut into bit size pieces, set aside.
2. Meanwhile, in a small saucepan, combine peanut butter, water, sugar, soy sauce and garlic. Heat on low, stirring constantly, until the peanut butter is melted, and the mixture is smooth. Keep warm.
3. Spray a grill pan with cooking spray, add broccoli slaw and ginger. Cook, stirring constantly, for 2 -3 minutes or until vegetables are tender.
4. Spread peanut sauce over tortillas and top with chicken and broccoli mix. Serve warm.

### **Serve With:**

*Fresh Squeezed Lemonade*



# Fresh Squeezed Lemonade

Prep 10 min Cook 5 min Total 15 min Serving: 8

## Ingredients

1  $\frac{3}{4}$  cups **Sugar**

1 cup **Water**

1  $\frac{1}{2}$  cups **Squeezed Lemon Juice** *about 9 lemons*

7 cups **Cold Water**



\*This lemonade will make dinner feel like a special occasion.

## Directions

1. Combine sugar and 1 cup water in a small saucepan. Stir and bring to a boil until sugar dissolves.
2. Squeeze the juice out of the lemons, keep the pulp, but discard the seeds.
3. Add lemon juice to 7 cups of cold water. Add sugar water to taste. Serve cold.

# April/May

Even in the desert April showers bring May flowers, but these two months are often so busy we rarely have time to stop and smell the roses. Between daytime spring cleaning, yard maintenance and evening hours spent at the ballpark or at end-of-year school events, it can be a huge challenge to get everyone home for dinner. Foods that are easy to reheat, like Tex-Mex Chicken Casserole, are greatly appreciated. Eating on the road with Oven Baked Chimichangas or Beef and Cucumber Stacks can help, but the all-time favorite option from this menu is a pan of Big Mac Sliders sitting on the stove for whenever a hungry person happens to walk by.

## Favorite Fruits in Season

Bananas

Mango

Blueberries

Strawberries

Kiwi

Lemons

## Favorite Vegetables in Season

Asparagus

Mushrooms

Avocados

Peas

Cabbage

Potatoes

Week 1	<ul style="list-style-type: none"> <li>• Beef Curry with Noodles</li> <li>• Air Fryer Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Garlic Chicken with Green Beans</li> <li>• Strawberry Lemonade Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper Jack Pork Chops</li> <li>• Creamy Garlic Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Frito Casserole</li> <li>• Citrus Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Chicken Sandwich</li> <li>• Butternut Squash Soup</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Sweet and Sour Pork</li> <li>• Banana Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Tex Mex Chicken Skillet</li> <li>• Guacamole</li> </ul>	<ul style="list-style-type: none"> <li>• Ham and Broccoli Potatoes</li> <li>• Avocado Green Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic Steak and Asparagus</li> <li>• Au Gratin Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage and Tortellini Soup</li> <li>• Broccoli Grilled Cheese Sandwich</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Oven Baked Chimichanga</li> <li>• Mexican Street Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Spinach Rice</li> <li>• Brown Sugar Fruit Dip</li> </ul>	<ul style="list-style-type: none"> <li>• Honey Citrus Marinade</li> <li>• Cheesy Potato Casserole</li> </ul>	<ul style="list-style-type: none"> <li>• Big Mac Sliders</li> <li>• Strawberry Cheesecake Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza Quesadilla</li> <li>• Easy Green Salad</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Ravioli with Mushroom Sauce</li> <li>• Olive Oil Bread Dip</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Chicken</li> <li>• Baked Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon Tacos</li> <li>• Broccoli Ranch Slaw</li> </ul>	<ul style="list-style-type: none"> <li>• Reuben Rolls</li> <li>• Oven Roasted Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Beef and Cucumber Stacks</li> <li>• Cobb Salad</li> </ul>

# Food Storage Items for Menu #4

## April/May

### Food Storage: Staples

Apple Cider Vinegar	
Balsamic Vinegar	
Brown Sugar	
Butter	
Canola Oil	
Cornmeal	
Cornstarch	
Dijon Mustard	
Flour	
Honey	
Lemon Juice	
Lime Juice	
Long Grain White Rice	
Mayonnaise	
Minced Garlic	
Minced Ginger	
Olive Oil	
Peanut Oil	
Powdered Sugar	
Rice Vinegar	
Sesame Oil	
Soy Sauce	
Sriracha	
Sugar	
Vanilla	

### Food Storage: Spices

Black Pepper		Nutmeg	
Chili Powder		Onion Powder	
Crushed Red Pepper Flakes		Oregano	
Dried Basil		Paprika	
Dried Parsley		Parsley Flakes	
Garlic Powder		Rosemary	
Garlic Salt		Salt	
Grated Lemon Peel		Seasoned Salt	
Ground Cinnamon		Sesame Seeds	
Ground Cumin		Taco Seasoning	
Italian Seasoning		Thyme	
Kosher Salt			

### Food Storage: Canned Items

1/4	cup	Beef Broth	
1	14 oz can	Black Beans	
2	12.5 oz cans	Chicken	
10	cups	Chicken Broth	
2	14 oz can	Coconut Milk	
1	14 oz can	Corn	
1	10 oz can	Cream of Chicken Soup	
1	10 oz can	Cream of Mushroom Soup	
2	4 oz can	Diced Green Chilies	
3	14.5 cans	Diced Tomatoes	
1	10 oz can	Diced Tomatoes with Chilies	
1	14 oz can	Kidney Beans	
1	14 oz can	Pineapple Chunks	
1	14 oz can	Pineapple Tidbits	
2	14 oz can	Pinto Beans	
1	14 oz can	Tomato Sauce	



# Week 1 Shopping List

## Weekly Shopping: Bread

6		Hamburger Buns	

## Weekly Shopping: Meat

1	lb	Beef Sirloin	
6		Boneless Pork Chops	
2	lbs	Boneless Skinless Chicken Breasts	
6		Boneless Skinless Chicken Thighs	
2	lbs	Ground Beef	
6	slices	Ham	

## Weekly Shopping: Produce

4		Bananas	
1		Butternut Squash	
1		Carrot	
1	stalk	Celery	
5		Clementine Oranges	
1/4	cup	Coconut	
		Fresh Basil	
1/2	cup	Fresh Parsley	
1		Grapefruit	
1		Green Apple	
1	lb	Green Beans	
1/2		Lemon	
1 1/2	lbs	Mushrooms	
1		Pineapple	
1		Red Bell Pepper	
1		Red Onion	
1	10 oz	Spinach	
2	cups	Strawberries	
2		Yellow Onion	

## Weekly Shopping: Dairy

4	cups	Cheddar Cheese Shredded	
2	cup	Heavy Whipping Cream	
1	4 oz	Lemon Yogurt	
1/4	cup	Parmesan Cheese	
6	slices	Pepper Jack Cheese	
3/4	cup	Vanilla Yogurt	

## Weekly Shopping: Grocery

1	8 oz pkg	Angel Hair Pasta	
1	9 oz bag	Fritos	
2	cups	Lemonade	
1/2	cup	Pecans	
1	12 oz jar	Roasted Red Peppers	
2	tbsp	Thai Red Curry Paste	
3	cups	Vegetable Broth	



# Beef Curry with Noodles

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1 8 oz pkg **Angel Hair Pasta**

2 tbsp **Canola Oil** *divided*

1 lb. **Beef Sirloin**

**Kosher Salt**

**Black Pepper**

$\frac{1}{2}$  **Red Onion**

1 **Red Bell Pepper**

$\frac{1}{4}$  cup **Water**

1 tbsp **Thai Red Curry Paste**

1 14 oz can **Coconut Milk**

**Fresh Basil**

1 tbsp **Lime Juice**



\*Try with grilled chicken or fish. Consider adding sliced carrots, zucchini or broccoli. Mix it up by serving over rice instead of noodles.

## Directions

1. Cook noodles according to package directions and drain.
2. In a large skillet heat 1 tbsp oil over medium heat. Season beef with salt and pepper, cook in oil until medium rare and remove from skillet. Slice into strips.
3. Add onion, peppers and water to the skillet, season with salt and pepper. Cook vegetables, stirring occasionally, until tender. Add curry paste and cook for an additional minute.
4. Return beef to skillet and add coconut milk. Simmer for 4-5 minutes until heated through and the sauce has thickened.
5. Add basil and lime juice. Stir in hot noodles.

## Serve With:

*Air Fryer Bananas*

# Air Fryer Bananas

Prep 5 min Cook 6 min Total 11 min Serving: 6

## Ingredients

4 **Bananas** *ripe*  
2 tbsp **Brown Sugar**  
 $\frac{2}{3}$  tsp **Cinnamon**  
**Kosher Salt**



\*Try topped with peanut butter, Nutella, or strawberry jam.

## Directions

1. Peel bananas and cut into 1-inch pieces. Place a single layer of bananas in an air fryer basket.
2. Sprinkle bananas with brown sugar and cinnamon.
3. Cook at 375 for 6 minutes. Lightly sprinkle with salt before serving. EAT WARM!

# Lemon Garlic Chicken with Green Beans

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

6 **Boneless Skinless Chicken Thighs**

1 tsp **Onion Powder**

1 tsp **Paprika**

$\frac{1}{4}$  tsp **Salt and Black Pepper**

3 tbsp **Butter** *divided*

$\frac{1}{2}$  cup **Parsley Flakes**

4 tsp **Minced Garlic**

1 tbsp **Sriracha**

$\frac{1}{4}$  tsp **Crushed Red Pepper Flakes**

1 lb **Green Beans** *trimmed*

$\frac{1}{2}$  **Lemon** *juiced*

$\frac{1}{2}$  cup **Chicken Broth**



\*Use fresh or canned green beans.

## Directions

1. Season chicken with onion powder, paprika, salt and pepper.
2. Place green beans in a microwave-safe dish with  $\frac{1}{2}$  cup water. Cook for 6-8 minutes until tender (less time is needed for canned beans).
3. In a large skillet, cook chicken in 2 tablespoons of butter, turning after 5 or 6 minutes. After it is fully cooked, remove the chicken from skillet.
4. In the same skillet, melt 1 tablespoon of butter. Add parsley, garlic, Sriracha, red pepper flakes and green beans. Cook for 4-5 minutes. Add lemon juice and chicken broth. Simmer until slightly thickened.
5. Return cooked chicken to pan and simmer until heated through.

## Serve With:

*Strawberry Mint Lemonade and Rice a Roni*

# Strawberry Lemonade Smoothie

Prep 5 min Total 5 min Serving: 6

## Ingredients

2 cups **Strawberries** *frozen*

2 cups **Lemonade**

1 tsp **Honey**

1 4 oz carton **Lemon Yogurt**

1 tsp **Vanilla**



\*If using fresh strawberries add a cup of ice cubes.

## Directions

1. Combine all ingredients in a blender and puree until smooth!



# Pepper Jack Pork Chops

Prep 5 min Cook 15 min Total 20 min Serving: 6

Turn oven to broil

## Ingredients

- ½ cup **Olive Oil**
- 1 tbsp **Lemon Juice**
- 3 tsp **Minced Garlic**
- 2 tsp **Lemon Peel**
- ½ tsp **Salt**
- ½ tsp **Black Pepper**
- ½ tsp **Dried Basil**
- ½ tsp **Dried Parsley**
- ½ tsp **Rosemary**
- 6 Boneless **Pork Chops**
- 6 slices **Ham**
- ½ **Red Onion** *sliced*
- 6 slices **Pepper Jack Cheese**



\*Complete step one at breakfast for quick dinner prep.

## Directions

1. In a large resealable bag, add the first 9 ingredients and pork chops. Shake the bag well to coat pork. Refrigerate for 1-24 hours.
2. Drain and discard pork marinade. Broil pork chops for 5-6 minutes on each side until they are cooked through.
3. Place ham, onions and cheese on top of each pork chop. Broil for an additional 2 minutes or until cheese is melted.

## Serve With:

*Creamy Garlic Mushrooms and mashed potatoes*



# Creamy Garlic Mushrooms

Prep 5 min Cook 10 min Total 15 min Serving: 6

## Ingredients

2 tbsp **Olive Oil**

1 ½ lb **Mushrooms** *halved*

½ tsp **Salt**

¼ tsp **Black Pepper**

2 tbsp **Butter**

2 tsp **Minced Garlic**

2 tbsp **Flour**

1 cup **Heavy Whipping Cream**

½ cup **Fresh Parsley** *finely chopped*

¼ cup **Parmesan Cheese** *grated*



\*Try serving over pasta, mashed potatoes, toast or rice.

## Directions

1. Heat olive oil in a large skillet. Add mushrooms and season with salt and pepper. Sauté for 5-7 minutes or until browned on all sides.
2. Add butter, garlic and flour. Stir until well combined. Add heavy cream, parsley and parmesan cheese. Allow mushrooms to simmer, stirring often, until desired consistency.

# Frito Casserole

Prep 10 min Cook 40 min Total 50 min Serving: 6

Preheat oven to 350°

## Ingredients

- 2 lbs. **Ground Beef**
- 3 tsp **Minced Garlic**
- 1 14 oz can **Tomato Sauce**
- 1 10 oz can **Diced Tomatoes with Chilies**
- 1 14 oz can **Kidney Beans** *rinsed*
- 1 14 oz can **Pinto Beans** *rinsed*
- ½ tsp **Salt**
- 1 tsp **Oregano**
- 1 tbsp **Ground Cumin**
- 2 tbsp **Chili Powder**
- ¼ cup **Cornmeal**
- ½ cup **Warm Water**
- 1 9oz bag **Fritos**
- 1 **Yellow Onion** *diced*
- 2 cups **Cheddar Cheese** *shredded*



\*May be cooked in a slow cooker after beef has been browned.

## Directions

1. In a large saucepan, cook beef until browned; drain grease. Add garlic, tomato sauce, diced tomatoes, beans and spices. Simmer on low for 15 minutes, stirring occasionally.
2. In a small bowl, mix cornmeal and water, add to the meat mixture and cook an additional 10 minutes.
3. Preheat oven to 350°. Cover bottom of a 9x13 baking dish with a layer of Fritos. Top with meat mixture, diced onion and cheese. Add more Fritos along the outside edge of the dish.
4. Bake for 15 minutes or until cheese is melted.

## Serve With:

*Citrus Fruit Salad*

# Citrus Fruit Salad

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

- $\frac{1}{2}$  cup **Heavy Whipping Cream**
- $\frac{3}{4}$  cup **Vanilla Yogurt**
- 1 **Pineapple** *peeled, cored and cubed*
- 5 **Clementine Oranges** *peeled and sectioned*
- 1 **Grapefruit** *peeled and sectioned*
- $\frac{1}{4}$  cup **Coconut**
- $\frac{1}{2}$  cup **Pecans** *chopped and toasted*



\*Canned pineapple and oranges may be used.

## Directions

1. Beat cream in a large bowl until peaks form. Fold in yogurt, fresh fruit and coconut. Sprinkle with pecans.

# Italian Chicken Sandwich

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

2 lb. **Boneless Skinless Chicken Breasts**

1 tbsp **Olive Oil**

$\frac{1}{4}$  tsp **Crushed Red Pepper Flakes**

1 tsp **Garlic Salt**

1 tbsp **Italian Seasoning**

2 tsp **Salt**

$\frac{1}{2}$  tsp **Black Pepper**

1 10 oz pkg **Spinach**

1 12 oz jar **Roasted Red Peppers** *drained and chopped*

1 $\frac{1}{2}$  cups **Cheddar Cheese** *shredded*

6 **Hamburger Buns**



\*Step one can be done in a pressure cooker, add 1 cup water or chicken broth and pressure cook for 10 minutes.

## Directions

1. Add olive oil and chicken to a slow cooker (turn to coat). Add spices and spinach. Cook on low for 5-6 hours.
2. Using two forks, shred the chicken and return it to a slow cooker. Add red peppers and cook until hot.
3. Top each bun with chicken mixture and shredded cheese.

## Serve With:

*Butternut Squash Soup*



# Butternut Squash Soup



Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

- 1 tbsp **Olive Oil**
- 1 **Yellow Onion** *diced*
- 1 **Carrot** *diced*
- 1 stalk **Celery** *diced*
- 3 tsp **Minced Garlic**
- 3 cups **Vegetable Broth**
- 1 **Butternut Squash** *peeled and chopped*
- 1 **Green Apple** *peeled, cored and chopped*
- $\frac{1}{4}$  tsp **Ground Cinnamon**
- 1 tsp **Thyme**
- 1 tsp **Rosemary**
- 1 tsp **Kosher Salt**
- $\frac{1}{4}$  tsp **Black Pepper**
- Pinch Nutmeg**



\*Can be made in a slow cooker or made ahead and stored in the fridge for 4-5 days.

## Directions

1. Select sauté on Instant Pot. Add olive oil, onion, carrot, celery and garlic. Cook for 3-5 minutes or until soft.
2. Add vegetable broth, squash, apple, and spices.
3. Secure the lid on instant pot and set knob to seal. Cook on high pressure for 10 minutes then do a quick release.
4. Use an immersion blender in the instant pot to puree until smooth.





# Week 2 Shopping List

## Weekly Shopping: Bread

12	slices	Bread	
2		Corn Tortillas	

## Weekly Shopping: Meat

2	lbs	Boneless Pork Loin	
1	cups	Diced Ham	
1	lb	Italian Sausage	
6		Top Loin Steaks	

## Weekly Shopping: Produce

1	bunch	Asparagus Spears	
5		Avocados	
4		Baking Potatoes	
4		Bananas	
1	head	Broccoli	
1	cup	Carrots	
1/12	bunch	Celery	
2	cups	Cheddar Cheese,	
5	tbsp	Cilantro	
1/2		Cucumber	
1	10 oz	Frozen Broccoli	
1		Green Bell Pepper	
3		Green Onions	
1	tbsp	Jalapeno	
1		Lime	
1		Onion	
1		Red Bell Pepper	
4		Roma Tomatoes	
1	head	Romaine Lettuce	
4		Russet Potatoes	
1	16 oz	Spinach	
1		Yellow Bell Pepper	
1		Yellow Onion	

## Weekly Shopping: Dairy

6	slices	Cheddar Cheese	
2	cups	Cheddar Cheese, shredded	
2	8 oz	Cream Cheese	
2		Eggs	
3/4	cup	Heavy Whipping Cream	
5	cups	Milk	
1 1/4	cup	Mozzarella Cheese	

## Weekly Shopping: Grocery

1	tbsp	Apple Juice	
1/4	cup	Cashews	
1	9 oz	Frozen Cheese Tortellini	
1	box	Nilla Wafer Cookies	

# Sweet and Sour Pork

Prep 10 min Cook 40 min Total 50 min Serving: 6

## Ingredients

- 2 lbs. **Boneless Pork Loin**
- 1 tbsp **Canola Oil**
- 1 ½ cups **Water**
- 1 14 oz can **Pineapple Chunks**
- ½ cup **Brown Sugar**
- 4 tbsp **Cornstarch**
- ⅓ cup **Rice Vinegar**
- 3 tbsp **Soy Sauce**
- ½ tsp **Salt**
- ⅛ tsp **Black Pepper**
- 1 cup **Carrots** *diced*
- ½ **Green Peppers** *diced*
- ½ **Red Peppers** *diced*
- 3 **Green Onions** *diced*
- 3 cups **Long Grain White Rice** *cooked*



\*To save time purchase a Sweet and Sour Pork seasoning packet and prepare as directed.

## Directions

1. Cut pork into 1-inch cubes. Heat oil in a large skillet. Add pork and stir-fry on medium-high heat for 5-6 minutes, until pork is no longer pink. Add water and simmer for 30 minutes.
2. Drain pineapple, reserving syrup. In a small bowl, combine brown sugar, cornstarch, pineapple syrup, vinegar, soy sauce, salt, and pepper. Add the sauce to the pork and stir. Cook over medium heat until sauce thickens and boils. Add vegetables and cook for 5-6 minutes or until vegetables are tender. Add pineapple and cook for an additional minute.
3. Serve over rice.

## Serve With:

*Banana Pudding*

# Banana Pudding

Prep 10 min Cook 10 min Total 20 min Serving: 8

## Ingredients

- $\frac{1}{3}$  cup **Sugar**
- 3 tbsp **Cornstarch**
- $\frac{1}{8}$  tsp **Salt**
- 2  $\frac{2}{3}$  cups **Milk**
- 2 **Egg Yolks**
- 1  $\frac{3}{4}$  tsp **Vanilla** *divided*
- 1 tbsp **Butter**
- $\frac{3}{4}$  cup **Heavy Whipping Cream** *chilled*
- 3 tbsp **Powdered Sugar**
- 4 **Bananas** *divided*
- Nilla Wafer Cookies** *about 40*



\*Garnish with additional banana slices and crushed wafers.

## Directions

1. In a medium saucepan, whisk together sugar, cornstarch, salt, milk and egg yolks. Cook over medium heat, stirring constantly until it begins to boil. Simmer for one minute and remove from heat.
2. Add butter and  $\frac{1}{2}$  tsp vanilla. Continue to stir until butter melts. Allow it to cool slightly, stirring occasionally.
3. In a medium bowl, use a mixer to beat cream, sugar and  $\frac{1}{2}$  tsp vanilla until stiff peaks form.
4. In the bottom of an 8x8 baking dish, layer half of the cookies, bananas, pudding and cream. Repeat layers.
5. Cover and refrigerate for 2-12 hours before serving.

# Tex Mex Chicken Skillet

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

- 1 tbsp **Olive Oil**
- 1 **Yellow Onion** *diced*
- 1 **Red Bell Pepper** *diced*
- 1 **Green Bell Pepper** *diced*
- 1 tbsp **Minced Garlic**
- $\frac{1}{2}$  tsp **Ground Cumin**
- 2 tbsp **Flour**
- 1 cup **Chicken Broth**
- 2 oz **Cream Cheese** *softened*
- 2 cups **Cooked Chicken** *shredded*
- 1 14 oz can **Pinto Beans** *drained*
- 1 14 oz can **Diced Tomatoes** *drained*
- 1 4 oz can **Diced Green Chilies**
- 2 **Corn Tortillas** *torn into pieces*
- $\frac{1}{4}$  tsp **Salt**
- $\frac{1}{2}$  cup **Cheddar Cheese** *shredded*
- 2 tbsp **Cilantro** *chopped*



\*Try using a poblano pepper for a different flavor, Add a few tablespoons of Jalapeño for some added heat. Use a Mexican blend cheese for more flavor.

## Directions

1. Heat olive oil over medium heat; add onion and peppers, then cook until tender. Add garlic and cumin, cook for an additional minute. Sprinkle vegetables with flour and stir until well coated.
2. Add broth and bring to a boil. Cook until slightly thickened, and then add cream cheese, chicken, beans, tomatoes, chilies, tortilla pieces and salt. Sprinkle evenly with cheese.
3. Turn off heat, cover and let rest until the cheese has melted. Sprinkle with cilantro before serving.

## Serve With:

*Chips and Guacamole*



# Guacamole

Prep 8 min Total 8 min Serving: 6

## Ingredients

- 3 **Avocados** *ripe*
- $\frac{1}{2}$  **Yellow Onion** *finely diced*
- 1 tbsp **Jalapeno Peppers** *diced*
- 2 **Roma Tomatoes** *diced*
- 3 tbsp **Cilantro** *chopped*
- 2 tsp **Minced Garlic**
- 1 **Lime** *juiced*
- $\frac{1}{2}$  tsp **Kosher Salt**



\*Using canned jalapenos can make prep time faster and help control the heat. Spread on a piece of whole wheat bread for a light meal.

## Directions

1. Remove pit and peel from avocados and place in a medium bowl. Mash with a fork until desired consistency.
2. Add remaining ingredients and stir together. Add more salt or lime as needed.

# Ham and Broccoli Potatoes

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

4 **Baking Potatoes** *baked until soft*

2 tbsp **Butter**

2 cups **Cheddar Cheese** *shredded*

4-8 tbsp **Milk**

1 10 oz can **Cream of Chicken Soup**

1 10 oz pkg **Frozen Broccoli** *thawed*

1 cup **Diced Ham**

**Salt and Pepper** *to taste*



\*To cook potatoes, bake in oven at 400° for about 45 minutes. Add additional milk to cheese sauce until desired consistency is reached.

## Directions

1. Cut baked potatoes in half horizontally and remove the insides. Mash the potato insides with butter and set aside.
2. In a saucepan, combine cheese, milk, soup, broccoli, and ham. Heat until cheese is melted. Return potato insides to skins. Pour ham and cheese sauce over potatoes. Sprinkle with salt, pepper and additional cheese if desired.

## Serve With:

*Avocado Green Salad*

# Avocado Green Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

- 1 head **Romaine Lettuce** *chopped*
- $\frac{1}{2}$  bunch **Celery** *diced*
- $\frac{1}{2}$  **Cucumber** *diced*
- 1 **Yellow Bell Pepper** *diced*
- 3 **Roma Tomatoes** *diced*
- 2-3 **Ripe Avocados** *diced*
- $\frac{1}{4}$  cup **Mozzarella Cheese** *shredded*
- 1 tbsp **Garlic Powder**
- Salt & Pepper** *to taste*
- $\frac{1}{4}$  cup **Cashews** *chopped*
- Balsamic Vinegar** *to taste*



\*Try adding other chopped veggies too!

## Directions

1. Combine all chopped vegetables in a large bowl. Sprinkle with cheese, garlic powder, salt and pepper.
2. Drizzle with desired amount of balsamic vinegar. Add cashews just before serving.

# Garlic Steak and Asparagus

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1 tbsp **Minced Garlic**

$\frac{1}{2}$  tsp **Black Pepper**

$\frac{1}{4}$  tsp **Salt**

6 **Top Loin Steaks**

1 bunch **Asparagus**

2 tsp **Olive Oil**

$\frac{1}{4}$  cup **Beef Broth**

1 tbsp **Apple Juice**

1 tsp **Dijon Mustard**



\*Just in time for grilling season to begin.

## Directions

1. In a small bowl, combine garlic, pepper and salt. Rub the mixture on both sides of each steak, pressing down to help it stick.
2. Place asparagus in a shallow dish and drizzle with oil.
3. Preheat an outdoor grill or a grill pan to high heat. Cook steaks until desired doneness. Cover grill and add asparagus for the last 4-5 minutes of cooking.
4. Meanwhile, in a medium saucepan, stir together broth and apple juice. Cook over high heat until reduced to  $\frac{1}{4}$  cup. Remove from heat and whisk in mustard; keep warm.
5. Serve steak topped with asparagus and sauce.

## Serve With:

*Au Gratin Potatoes*



# Au Gratin Potatoes

Prep 30 min Cook 1 hr 30 min Total 2 hours Serving: 6

Preheat oven to 400°

## Ingredients

4 **Russet Potatoes** *thinly sliced*

½ **Yellow Onion** *sliced into rings*

**Salt and Pepper**

3 tbsp **Butter**

3 tbsp **Flour**

½ tsp **Salt**

2 cups **Milk**

1 ½ cups **Cheddar Cheese** *shredded*



\*Sprinkle with finely chopped green onions to add color.

## Directions

1. Preheat oven to 400°. In a 1-quart casserole dish layer 1/2 of the potatoes and season with salt and pepper. Top with onion slices and remaining potatoes. Season with salt and pepper again.
2. In a small saucepan, melt butter over medium heat. Add flour and salt. Cook, stirring constantly, for about one minute. Gradually add milk and cook for 3-5 minutes, stirring constantly.
3. Add shredded cheese to milk mixture and stir until cheese is melted. Pour cheese sauce over potatoes and cover with foil.
4. Bake for 1 1/2 hours or until potatoes are cooked through and sauce is bubbly.



# Sausage and Tortellini Soup

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

- 1 lb. **Italian Sausage**
- 2 14.5 oz cans **Diced Tomatoes**
- 1 9 oz pkg **Frozen Cheese Tortellini**
- 1 8 oz pkg **Cream Cheese**
- 1 16 oz pkg **Fresh Spinach**
- 4 cups **Chicken Broth**



\*Quick, easy and filling.

## Directions

1. Brown sausage in a large pot until cooked through, drain.
2. Add remaining ingredients, cook on low for 7-10 minutes or until the tortellini is soft and cream cheese has melted.

## Serve With:

*Broccoli Grilled Cheese*

# Broccoli Grilled Cheese Sandwich

Prep 10 min Cook 20 min Total 30 min Serving: 6

Preheat oven to 400°

## Ingredients

1 head **Broccoli** *chopped*

2 tbsp **Olive Oil**

1 tsp **Salt**

$\frac{1}{2}$  tsp **Black Pepper**

**Butter** *softened*

12 slices **Bread**

6 slices **Cheddar Cheese**

$\frac{1}{2}$  **Red Bell Pepper** *sliced*

1 cup **Mozzarella Cheese** *shredded*

**Balsamic Vinegar**



\*Try sour dough or ciabatta bread! Also consider using bottled roasted red bell peppers (do not roast).

## Directions

1. Preheat oven to 400°. Place broccoli and red pepper on a sheet pan and drizzle with olive oil. Sprinkle with salt and pepper and stir to combine. Roast in oven for 10-12 minutes or until tender.
2. Spread butter on the outside of each slice of bread, and place on a plate butter side down. Build sandwiches with bread, sliced cheese, roasted vegetables and shredded mozzarella.
3. Cook sandwiches in a skillet or grill pan until the outsides are golden, and the cheese is melted. Use a bacon press to help melt the cheeses together.
4. Peel open the sandwiches and drizzle with balsamic vinegar before serving.



# Week 3 Shopping List

## Weekly Shopping: Bread

6		Flour Tortillas, burrito size	
6		Flour Tortillas, uncooked	
12		Hawaiian Rolls	

## Weekly Shopping: Meat

6		Boneless Pork Chops	
2	lbs	Boneless Skinless Chicken Breasts	
2	lbs	Ground Beef	
1 1/2	lb	Ground Chicken	
1	3.5 oz	Pepperoni	

## Weekly Shopping: Produce

1	8 oz	Baby Spinach	
3		Bananas	
1	cup	Cherry Tomatoes	
1	bunch	Cilantro	
2	cups	Corn (4 ears)	
1		English Cucumber	
2		Green Onions	
2	cups	Iceberg Lettuce	
1	tbsp	Jalapeno	
1		Lime	
1/2		Onion	
1/4		Red Onion	
5	cups	Romaine Lettuce	
1	30 oz	Shredded Potatoes	
1	lb	Strawberries	
3		Tomatoes	
1		Yellow Onion	

## Weekly Shopping: Dairy

3	cups	Cheddar Cheese, shredded	
6	slices	Cheddar Cheese	
1	12 oz	Cool Whip	
2	8 oz	Cream Cheese	
2	cups	Mozzarella Cheese, shredded	
1/2	cup	Parmesan Cheese	
1/4	cups	Queso Fresco	
2	cup	Sour Cream	
2	5 oz	Strawberry yogurt	

## Weekly Shopping: Grocery

1	3.4	Cheesecake Pudding	
2	cups	Corn Flakes	
		Croutons	
1	cup	Dill Pickles	
3	cups	Instant Brown Rice	
1/2	cup	Italian Roasted Red Pepper	
2/3	cup	Lemon Lime Soda	
1	cup	Marinara Sauce	
1	cup	Miniature Marshmallows	
1	cup	Thousand Island Dressing	
1/2	cup	Toffee Bits	

# Oven Baked Chimichanga



Prep 5 min Cook 35 min Total 40 min Serving: 6

Preheat oven to 450°

## Ingredients

- 1 ½ lbs. **Ground Chicken**
- 3 tbsp **Taco Seasoning**
- 1 ¼ cup **Water**
- 1 tsp **Ground Cumin**
- 1 tsp **Oregano**
- 2 tbsp **Cilantro** *chopped*
- 1 4 oz can **Diced Green Chilies**
- 1 **Tomato** *diced*
- 2 **Green Onions** *diced*
- ½ cup **Sour Cream**
- 1 cup **Cheddar Cheese** *shredded and divided*
- 4 tbsp **Butter** *melted*
- 6 **Flour Tortillas** *burrito size*



\*Garnish with lettuce, sour cream, salsa, guacamole

## Directions

1. Preheat oven to 450°. Sauté chicken in a skillet until cooked through. Add taco seasoning and water, simmer for 2-3 minutes.
2. Add cumin, oregano, cilantro, chiles, tomatoes and green onions. Simmer until the rest of the liquid has evaporated. Remove from heat and let cool for 5 minutes. Stir in sour cream and 1/2 cup Cheddar cheese.
3. Brush both sides of each tortilla with the melted butter. Spoon a portion of chicken filling onto the center of each tortilla and fold like an envelope.
4. Put tortillas, seam-side down on a baking dish, space so they DO NOT touch. Bake for 20 -25 minutes or until golden and crisp. Sprinkle with cheese and return to oven until cheese is melted.

## Serve With:

*Mexican Street Corn*



# Mexican Street Corn

Prep 10 min Cook 5 min Total 15 min Serving: 6

## Ingredients

- 4 tbsp **Butter**
- 2 cups **Corn Kernels** *about 4 ears*
- 2 tsp **Minced Garlic**
- $\frac{1}{4}$  cup **Mayonnaise**
- $\frac{1}{4}$  cup **Queso Fresco**
- 1 tbsp **Jalapeno Pepper** *diced*
- 2 tbsp **Cilantro** *chopped*
- $\frac{1}{2}$  tsp **Salt**
- 1 **Lime** *juiced*
- Chili Powder** *to taste*



\*The very best way to eat corn!

## Directions

1. Heat a large skillet over medium-high heat. Add butter, corn kernels, and garlic. Cook, stirring occasionally, for 5 minutes. Transfer to a medium mixing bowl.
2. To corn, add mayonnaise, Queso fresco, jalapeno, cilantro, salt, and lime juice. Mix until fully combined. Taste and season with more salt and mayonnaise if desired.
3. Garnish with chili powder, lime wedge and additional Queso fresco.

# Chicken and Spinach Rice

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

$\frac{1}{2}$  cup **Italian Roasted Red Pepper Dressing**

2 lb. **Boneless Skinless Chicken**

**Breasts** *cut into thin strips*

2  $\frac{1}{2}$  cups **Chicken Broth**

3 cups **Instant Brown Rice** *uncooked*

6 oz **Cream Cheese** *cubed*

1 8 oz pkg **Baby Spinach**

2 large **Tomatoes** *diced*

3 tbsp **Parmesan Cheese**



\*Leftovers make a great wrap for lunch the next day.

## Directions

1. Heat dressing in a deep skillet. Add chicken and cook for 3-5 minutes, until mostly cooked through, stirring often. Add broth and bring to a boil. Stir in rice, cover and simmer for 5 minutes.
2. Add cream cheese and cook until melted, stirring frequently. Add spinach and cook 1 minute, until wilted.
3. Remove pan from heat and let stand, covered, for 5 minutes. Add tomatoes and top with parmesan.

## Serve With:

*Brown Sugar Fruit Dip and Strawberries*

# Brown Sugar Fruit Dip

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1 8 oz pkg **Cream Cheese**

1 tbsp **Vanilla**

$\frac{1}{2}$  cup **Brown Sugar**

$\frac{1}{4}$  cup **Toffee Bits**



\*Fruit doesn't last long with this dip around.

## Directions

1. Allow the cream cheese to soften. Mix cream cheese, brown sugar and vanilla until smooth. Fold in toffee bits. Serve with fresh fruit.

# Honey Citrus Marinade

Prep 5 min Cook 10 min Total 15 min Serving: 6

## Ingredients

**6 Boneless Pork Chops**

**2/3 cup Lemon-Lime Soda**

**1/4 cup Honey**

**1/2 cup Soy Sauce**



\*Leftovers are great on a green salad for lunch. To add a bit of kick, try using Hot Honey. May be used with beef or chicken

## Directions

1. Combine all ingredients in a resealable plastic bag. Cover pork chops well and marinate overnight.
2. Grill over medium heat for 4-5 minutes on each side until cooked through.

## Serve With:

*Cheesy Potato Casserole and green salad*



# Cheesy Potato Casserole

Prep 5 min Cook 15 min Total 20 min Serving: 6

Preheat oven to 350°

## Ingredients

$\frac{3}{4}$  cup **Butter** *divided*

1 **Yellow Onion**

1 30 oz bag **Shredded Potatoes**

1 10 oz can **Cream of Mushroom Soup**

1 cup **Sour Cream**

2 tsp **Garlic Salt**

2 cups **Cheddar Cheese** *shredded and divided*

2 cups **Corn Flakes**



\*This dish is also known as Funeral Potatoes because it is often served to families at funeral luncheons.

## Directions

1. Preheat oven to 350°. Spray the inside of a 9" x 13" baking dish with cooking spray.
2. In a skillet over medium heat, add  $\frac{1}{2}$  cup butter and onion, cook stirring frequently until onion is tender.
3. In a large mixing bowl, combine shredded potatoes, cream of mushroom soup, sour cream, garlic salt,  $1\frac{1}{2}$  cups shredded cheese and cooked onions.
4. Spread potato mixture into prepared baking dish and sprinkle with remaining  $\frac{1}{2}$  cup cheese and corn flakes. Drizzle  $\frac{1}{4}$  cup melted butter over cornflakes.
5. Bake uncovered for 30-40 minutes or until bubbly and golden brown.



# Big Mac Sliders

Prep 10 min Cook 35 min Total 45 min Serving: 6

Preheat oven to 350°

## Ingredients

12 **Hawaiian Rolls**

1 cup **Thousand Island Dressing**

2 lbs. **Ground Beef**

½ **Yellow Onion** *diced*

½ tsp **Seasoned Salt**

½ tsp **Black Pepper**

6 slices **Cheddar Cheese**

1 cup **Dill Pickles** *sliced*

2 cups **Iceberg Lettuce** *shredded*

2 tbsp **Sesame Seeds**



\*Double this recipe if you have teenagers in the house!

## Directions

1. Preheat oven to 350°. Spray a 9 x 13-inch baking dish with nonstick cooking spray. Slice rolls horizontally (keeping them connected) and place the bottom half in the prepared baking dish; set aside.
2. In a large skillet over medium heat cook ground beef until no longer pink. Add onion, seasoned salt and pepper, and cook an additional 2-3 minutes.
3. Spread half of the Thousand Island dressing on the bottom rolls, top with half the beef and onion mixture and cover with sliced cheese. Spread the remaining beef and onion mixture on cheese then add pickles and lettuce in an even layer. Spread the remaining sauce on the inside of the top half of the rolls and place on top of the sliders in the pan.
4. Brush rolls with melted butter and sprinkle with sesame seeds. Cover with foil and bake for 20 minutes. Cut into individual rolls and serve.

## Serve With:

*Strawberry Cheesecake Salad*

# Strawberry Cheesecake Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

- 1 12 oz carton **Cool Whip**
- 1 3.4 oz pkg **Cheesecake Pudding**
- 2 5 oz cartons **Strawberry Yogurt**
- 1 lb. **Strawberries** *sliced*
- 3 **Bananas** *sliced*
- 1 cup **Miniature Marshmallows**



\*A great option for an afternoon snack.

## Directions

1. In a large bowl, stir together cool whip, pudding powder and yogurt. Let this set up in the fridge for at least one hour.
2. Add strawberries, bananas and marshmallows just before serving. Keep refrigerated.

# Pizza Quesadilla

Cook 10 min Total 10 min Serving: 6

## Ingredients

- 6 **Flour Tortillas** *uncooked*
- 2 cups **Mozzarella Cheese** *shredded*
- 1 pkg **Pepperoni Slices**
- 1 cup **Marinara Sauce**



\*Try adding other favorite pizza toppings.

## Directions

1. Cook the tortilla on one side and turn. Place pepperoni and cheese on half of the cooked side of the tortilla and fold in half. Cook both sides until tortilla is golden brown and cheese is melted. Serve with marinara dipping sauce.

## Serve With:

*Easy Green Salad*

# Easy Green Salad

Prep 5 min Total 5 min

## Ingredients

5 cups **Romaine Lettuce** *or mixed greens*

1 cup **Cherry Tomatoes**

1 **English Cucumber** *sliced*

$\frac{1}{4}$  **Red Onion** *sliced*

$\frac{1}{4}$  cup **Parmesan Cheese**

**Croutons**

**Balsamic Vinaigrette**



\*Feel free to empty the fridge with this salad.  
Avocados and boiled eggs are a great addition.

## Directions

1. In a large bowl, combine lettuce, tomatoes, cucumber, red onion, Parmesan cheese, and croutons. Drizzle with balsamic vinaigrette and toss well. Serve immediately.





# Week 4 Shopping List

## Weekly Shopping: Bread

12	slices	Dark Rye Bread	
1	18 oz	Egg Roll Wrappers	
6		Flour Tortillas	

## Weekly Shopping: Meat

1	lb	Bacon	
1	lb	Boneless Skinless Chicken Breast	
1/2	lb	Corned Beef	
12	slices	Roast Beef	
6		Salmon Steaks	

## Weekly Shopping: Produce

1	bunch	Asparagus	
1	12 oz bag	Broccoli Slaw	
1	cup	Cabbage	
1	cup	Cherry Tomatoes	
1	bunch	Cilantro	
2		Cucumber	
2	tbsp	Fresh Parsley	
1		Green Apple	
1		Green Bell Pepper	
8		Green Onions	
1		Jalapeno	
1	lb	Mushrooms	
1/4		Onion	
1		Red Bell Pepper	
1/4		Red Onion	
1	head	Romaine Lettuce	
2	small	Summer Squash	
1		Sweet Onion	
2		Sweet Potatoes	
1		White Onion	
2	small	Zucchini	

## Weekly Shopping: Dairy

1/2	cup	Blue Cheese Crumbles	
4		Eggs	
1	cups	Heavy Whipping Cream	
6	slices	Pepperjack Cheese	
6	tbsp	Plain Yogurt	
1/2	lb	Swiss Cheese, shredded	

## Weekly Shopping: Grocery

1	18 oz	Cheese Ravioli	
3/4	cup	Dried Cranberries	
1/4	cup	Orange Juice	
1/2	cup	Sunflower Seeds	
3/4	cup	Thousand Island Dressing	

# Ravioli with Mushroom Sauce

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1 18 oz package **Cheese Ravioli**

3 tbsp **Butter**

1 tbsp **Minced Garlic**

1 lb. **Mushrooms** *sliced*

2 cups **Chicken Broth**

1 cup **Heavy Whipping Cream**

1 tsp **Italian Seasoning**

1 tsp **Salt**

$\frac{1}{2}$  tsp **Black Pepper**



\*Sauce may need additional salt and pepper. Try using a mushroom filled ravioli.

## Directions

1. Cook ravioli according to package directions, then rinse immediately with cold water. Drizzle with a bit of olive oil to keep it from sticking together.
2. In a large skillet, combine butter, garlic and mushrooms. Sauté over medium heat for 3-4 minutes or until mushrooms are tender.
3. Add broth to skillet and bring to a simmer. Stir in heavy cream and continue to simmer for 5-7 minutes or until reduced by half.
4. Stir in Italian seasoning, salt and pepper. Gently add ravioli and continue to cook until ravioli is heated through.

## Serve With:

*Olive Oil Bread Dip and crusty Italian bread*

# Olive Oil Bread Dip

Prep 5 min Total 5 min Serving: 6

## Ingredients

- 4 tbsp **Olive Oil**
- 1 tsp **Italian Seasoning**
- 1 tsp **Minced Garlic**
- 1 tsp **Dried Parsley**
- $\frac{1}{2}$  tsp **Crushed Red Pepper Flakes**
- $\frac{1}{2}$  tsp **Kosher Salt**
- 2 tsp **Balsamic Vinegar**



\*Try using different flavors of Balsamic Vinegar.

## Directions

1. Pour olive oil into a small serving bowl. Add Italian seasoning, garlic, parsley, red pepper flakes and salt. Stir gently, then add balsamic vinegar.
2. Serve with crusty Italian or sourdough bread.

# Teriyaki Chicken



Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

1 lb. **Boneless Skinless Chicken**

**Chicken Breasts** *cut into strips*

1 tsp **Olive Oil**

$\frac{1}{4}$  cup **Soy Sauce**

$\frac{1}{4}$  cup **Water**

1  $\frac{1}{2}$  tbsp **Honey**

1 tbsp **Brown Sugar**

1 tbsp **Rice Vinegar**

$\frac{1}{4}$  tsp **Sesame Oil**

2 tsp **Minced Ginger**

2 tsp **Minced Garlic**

2 tsp **Cornstarch**

2 **Green Onions** *sliced*

1 tsp **Sesame Seeds**



\* To save time, use a premade teriyaki sauce.

## Directions

1. Heat olive oil in a skillet over medium-high heat. Add chicken and cook for 5 minutes, then flip and cook for an additional 3 minutes.
2. Meanwhile, in a medium bowl, combine soy sauce, water, honey, brown sugar, rice vinegar, sesame oil, ginger, garlic and cornstarch.
3. Add the sauce to the cooked chicken and continue to cook for an additional 1 minute until thickened.
4. Top with green onions and sesame seeds.

## Serve With:

*Baked Vegetables and rice*

# Baked Vegetables

Prep 5 min Cook 15 min Total 20 min Serving: 6

Preheat oven to 425°

## Ingredients

- 1 tbsp **Sesame Oil**
- 2 ½ tbsp **Olive Oil**
- ¼ cup **Rice Vinegar**
- 2 tbsp **Soy Sauce**
- 2 small **Zucchini** *chopped*
- 2 small **Summer Squash** *chopped*
- 1 bunch **Asparagus** *chopped*
- 1 **Red Bell Pepper** *chopped*
- 1 **Green Bell Pepper** *chopped*
- 1 **White Onion** *chopped*
- 1 tsp **Black Pepper**
- 1 tsp **Salt**
- 2 1 tbsp **Garlic Powder**



\*Try squeezing a lemon over hot vegetables before serving.

## Directions

1. Preheat oven to 425°. In a small bowl, combine oils, vinegar, and soy sauce. Mix well.
2. In a large bowl, combine chopped vegetables. Drizzle the desired amount of sauce over the vegetables. Sprinkle with salt, pepper and garlic powder. Spread on a greased baking sheet.
3. Bake in hot oven for 15-25 minutes, or until desired tenderness.



# Salmon Tacos

Prep 20 min Cook 10 min Total 30 min Serving: 6

## Ingredients

6 lg **Salmon Steaks**

6 **Flour Tortillas**

### Pineapple Salsa:

$\frac{1}{2}$  **White Onion** *diced*

$\frac{1}{2}$  **Green Bell Pepper** *diced*

$\frac{1}{2}$  **Red Bell Pepper** *diced*

$\frac{1}{4}$  cup **Cilantro**

1 14oz can **Corn** *drained*

1 14 oz can **Pineapple Tidbits** *drained*

1 14oz can **Black Beans** *drained*

$\frac{1}{2}$  tsp **Ground Cumin**

$\frac{1}{2}$  tsp **Kosher Salt**

$\frac{1}{4}$  cup **Orange Juice**

### Coconut Sauce:

2 tsp **Minced Garlic**

$\frac{1}{2}$  tsp **Kosher Salt**

4 **Green Onions**

1 tbsp **Peanut Oil**

1 **Jalapeno** *seeds removed*

3 tbsp **Lemon Juice**

$\frac{1}{2}$  cup **Cilantro** *chopped*

1 14oz can **Coconut Milk**



\*Good tortillas make these tacos amazing.

## Directions

1. Combine pineapple salsa ingredients in a medium-sized bowl.
2. In a small bowl, combine coconut sauce ingredients.
3. Heat grill to 350°. Brush salmon lightly with olive oil and place on a hot grill. Allow to cook for about 5 minutes on each side.
4. Shred salmon and place on cooked tortillas; top with pineapple salsa and lemon coconut sauce.

## Serve With:

*Broccoli Ranch Slaw*

# Broccoli Ranch Slaw

Prep 15 min Total 15 min Serving: 6

## Ingredients

- 1 12 oz bag **Broccoli Slaw**
- $\frac{1}{4}$  **Red onion** *diced*
- $\frac{1}{2}$  cup **Bacon** *cooked and crumbled*
- 1 **Green Apple** *diced*
- $\frac{3}{4}$  cup **Dried Cranberries**
- $\frac{1}{2}$  cup **Sunflower Seeds**
- 2 tbsp **Fresh Parsley** *chopped*
- $\frac{3}{4}$  cup **Mayonnaise**
- 2 tsp **Apple Cider Vinegar**
- 3 tbsp **Sugar**
- Salt & Pepper** *to taste*



\* To save time, use a bag of broccoli slaw and add a few tablespoons of ranch dressing.

## Directions

1. Place broccoli slaw, red onion, bacon, apple, dried cranberries, sunflower seeds and parsley in a large bowl.
2. In a small bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper.
3. Pour the dressing over broccoli slaw and toss to combine. Cover and refrigerate for 1 hour before serving.

# Reuben Rolls



Prep 20 min Cook 10 min Total 30 min Serving: 6

Preheat oven to 400°

## Ingredients

$\frac{1}{2}$  lb. **Corned Beef** *sliced*

$\frac{1}{2}$  lb. **Swiss Cheese** *shredded*

1 cup **Cabbage** *shredded*

$\frac{1}{4}$  **Yellow Onion** *diced*

12-15 **Egg Roll Wrappers**

**Canola oil**

$\frac{3}{4}$  cup **Thousand Island Dressing**



\*Use sauerkraut instead of fresh cabbage if desired.  
With extra wrappers try making dessert by placing 1  
tbsp cream cheese and 1 tbsp jam on each wrapper,  
roll and cook.

## Directions

1. Combine cheese, cabbage and onion in a small bowl. Place two tablespoons of the mixture in the center of each egg roll wrapper. Top with a few slices of corned beef.
2. Roll up each wrapper as directed on the package.
3. Deep fry rolls in 2 inches of canola oil until golden brown; turn often for even cooking. Or bake in an air fryer at 400° for 6 minutes on each side.
4. Drain on a paper towel. Serve with Thousand Island dressing.

## Serve With:

*Oven Roasted Sweet Potatoes*

# Oven Roasted Sweet Potatoes

Prep 5 min Cook 35 min Total 40 min Serving: 6

Preheat oven to 425°

## Ingredients

2 **Sweet Potatoes** *peeled and cubed*

1 **Sweet Onion** *diced*

2 tsp **Minced Garlic**

3 tbsp **Olive Oil**

1 tbsp **Balsamic Vinegar**

**Salt and Pepper** *to taste*



\*Try a combination of sweet potatoes and yams for a more colorful dish.

## Directions

1. Preheat oven to 425°. Mix sweet potatoes, onion and garlic in a bowl. Drizzle with olive oil and toss to coat. Place sweet potatoes in a shallow roasting pan. Bake in oven for 30-35 minutes, stirring regularly.
2. Drizzle with balsamic vinegar and season with salt and pepper.



# Beef and Cucumber Stacks

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

12 slices **Dark Rye Bread**

12 Slices **Roast Beef**

6 Slices **Pepperjack Cheese**

1 **English Cucumber** *sliced*

6 tbsp **Mayonnaise**

6 tbsp **Plain Yogurt**

1 **Green Onion**

½ tbsp **Italian Seasoning**

**Salt**

**Black Pepper**



\*Creamy cucumbers go so well with roast beef.

## Directions

1. Spread a tablespoon of mayonnaise on each of six slices of bread and top with 2 slices of beef, a slice of cheese and the desired number of cucumbers.
2. In a small bowl, combine yogurt, green onions and Italian seasoning. Spoon yogurt mixture over cucumbers. Season with salt and pepper. Top with another slice of bread

**Serve With:**

*Cobb Salad*



# Cobb Salad

Prep 5 min Cook 6 min Total 11 min Serving: 6

## Ingredients

1 head **Romaine Lettuce** *chopped*

4 **Eggs** *hard boiled*

8 slices **Bacon** *cooked*

3 **Green Onions** *diced*

$\frac{1}{2}$  cup **Blue Cheese Crumbles**

1 **Cucumber** *chopped*

1 cup **Cherry Tomatoes**



\*Change this salad up a bit by using shredded raw Brussels sprouts instead of lettuce.

## Directions

1. Fill a bowl with chopped lettuce. Top with remaining ingredients.
2. Serve with a dressing of your choice.

# June/July/August

With school no longer on the schedule, vacation mode takes over for the summer months. This menu is easy to repeat three times because so many of the days and weeks are spent camping or at the lake. When the occasional evening does find some family members at home, it is nice to have a quick meal like an Avocado Quesadilla or Nachos. For the beautiful summer nights when there is time to fire up the grill, Chicken Skewers and Teriyaki Marinade are just the right choice. Side dishes like Raspberry Jell-O Salad and Creamed Peas are often optional when its busy, but they can work double duty as a potluck option or an afternoon snack.

## Favorite Fruits in Season

Apricots  
Blackberries  
Cantaloupe

Cherries  
Mangos  
Melons

## Favorite Vegetables in Season

Corn  
Cucumbers  
Beans

Peppers  
Squash Green  
Tomatoes

Week 1	<ul style="list-style-type: none"> <li>• Baked Tacos</li> <li>• Refried Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Chicken Skewers</li> <li>• Corn on the Cob</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado Quesadilla</li> <li>• White Queso Dip</li> </ul>	<ul style="list-style-type: none"> <li>• No Bun Hamburgers</li> <li>• Raspberry Jell-O Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Steak Grilled Cheese</li> <li>• Summer Vegetable Tray</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Beef Stir Fry</li> <li>• Rice Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Smoked Chicken Breast</li> <li>• Fettuccine Alfredo</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon Tapas</li> <li>• Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>• Nachos</li> <li>• Apple Empanadas</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Salad Wrap</li> <li>• Pistachio Fruit Salad</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Chicken Enchiladas</li> <li>• Roasted Peppers</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Pockets</li> <li>• Tomato Feta Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Marinade</li> <li>• Lemon Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Sloppy Joes</li> <li>• Macaroni Salad</li> </ul>	<ul style="list-style-type: none"> <li>• French Dip Sandwiches</li> <li>• Summer Vegetable Stack</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Baked Chicken Spaghetti</li> <li>• Parmesan Garlic Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Sheet Pan Hawaiian Chicken</li> <li>• Orange Dream Milkshake</li> </ul>	<ul style="list-style-type: none"> <li>• Smoked BBQ Pork</li> <li>• Pineapple Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Skirt Steak with A1 Sauce</li> <li>• Creamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Black Bean Quesadilla</li> <li>• Creamy Cucumber Salad</li> </ul>

# Food Storage Items for Menu #5

## June/July/August

### Food Storage: Staples

Apple Cider Vinegar	
Balsamic Vinegar	
BBQ Sauce	
Brown Sugar	
Butter	
Butter	
Canola Oil	
Cornstarch	
Dijon Mustard	
Flour	
Honey	
Ketchup	
Kosher Salt	
Lemon Juice	
Lime Juice	
Long Grain White Rice	
Mayonnaise	
Minced Garlic	
Minced Ginger	
Olive Oil	
Powdered Sugar	
Red Wine Vinegar	
Salsa	
Soy Sauce	
Sugar	
Worcestershire Sauce	
Yellow Mustard	

### Food Storage: Canned Items

2 1/4	cups	Beef Broth	
2	15 oz can	Black Beans	
1	12.5 oz can	Chicken	
3	14 oz cans	Corn	
1	10.5 oz can	Cream of Chicken Soup	
2	4.5 oz can	Diced Green Chilies	

1	14 oz can	Diced Tomatoes with Onion	
1	12 oz can	Evaporated Milk	
1	15 oz can	Fruit Cocktail	
1	11 oz can	Mandarin Oranges	
1	20 oz can	Pineapple Chunks	
1	20 oz can	Pineapple Crushed	
1	20 oz can	Pineapple Slices	
1	20 oz can	Pineapple Tidbits	
3	15 oz cans	Pinto Beans	
1	16 oz can	Refried Beans	
2	2.25 oz can	Sliced Olives	
1	15 oz can	Tomato Sauce	

### Food Storage: Spices

Black Pepper	
Cayenne Pepper	
Chili Powder	
Crushed Red Pepper Flakes	
Dried Dill	
Garlic Powder	
Garlic Salt	
Ground Cinnamon	
Ground Cumin	
Ground Ginger	
Ground Nutmeg	
Italian Seasoning	
Kosher Salt	
Lemon Peel	
Montreal Steak Seasoning	
Nutmeg	
Onion Powder	
Paprika	
Salt	
Taco Seasoning	
Turmeric	



# Week 1 Shopping List

## Weekly Shopping: Bread

6		Flour Tortillas, uncooked	
12	slices	White Bread	

## Weekly Shopping: Meat

4	lbs	Boneless Skinless Chicken Breasts	
2	lbs	Ground Beef	
2	lbs	Ribeye Steak	

## Weekly Shopping: Dairy

12	slices	Cheddar Cheese	
1	cup	Cheddar Cheese, shredded	
1	8 oz	Cool Whip	
1	cup	Monterey Jack Cheese,	
1/2	cup	Mozzarella Cheese, shredded	
6	slices	Pepper Jack Cheese	
6	slices	Provolone Cheese	
		Sour Cream	

## Weekly Shopping: Produce

2		Avocados	
2	cups	Baby Spinach	
1	bunch	Cilantro	
6	ears	Corn	
2	cups	Frozen Raspberries	
1		Green Pepper	
1		Jalapeno	
1/2		Lemon	
1/2		Lime	
1	cup	Mushrooms	
1		Onion	
1	head	Romaine Lettuce	
1		Tomato	
1		Yellow Onion	
		<b><u>Relish Tray Veggies</u></b>	
		Green Onion	
		Broccoli	
		Cucumbers	
		Carrots	
		Radishes	
		Snap Peas	

## Weekly Shopping: Grocery

12		Hard Taco Shells	
1	6 oz	Raspberry Jell-O	



# Baked Tacos

Prep 5 min Cook 6 hours 15 min Total 6 hours 20 min Serving: 6

Preheat oven to 350°

## Ingredients

2 lbs. **Boneless Skinless Chicken Breasts**

2 cups **Salsa**

1 15 oz can **Pinto Beans** *drained*

1 4 oz can **Diced Green Chilies**

1 14 oz can **Diced Tomatoes with Onion**

12 **Hard Taco Shells**

1 cup **Cheddar Cheese** *shredded*

**Cilantro**

**Sour Cream**



\*To substitute ground beef for chicken, skip step one and brown 1 lb. of beef in a skillet until no longer pink. Add 1/2 cup salsa and continue with step 2, replacing chicken with cooked beef.

## Directions

1. Add chicken to a crockpot and pour salsa on top. Cook on low for 6-8 hours.
2. Shred chicken, add beans, green chilies, and tomatoes. Fill taco shells. Sprinkle with cheese and cilantro. Bake in the oven at 350° for 15 minutes.
3. Top with sour cream.

**Serve With:**

*Refried Beans*

# Refried Beans

Prep 5 min Cook 10 min Total 15 min Serving: 6

## Ingredients

2 tbsp **Canola Oil**

½ **Yellow Onion** *diced*

2 tsp **Minced Garlic**

2 15 oz cans **Pinto Beans** *drained and rinsed*

½ cup **Water**

1 tsp **Ground Cumin**

1 tsp **Chili Powder**

**Salt**

½ **Lime** *juiced*



\*Garnish with shredded cheese and cilantro. Keep leftovers for bean and cheese burritos or to serve with eggs for breakfast.

## Directions

1. Heat canola oil in a large skillet over medium heat. Cook onion and garlic in hot oil, stirring frequently, for 3-4 minutes.
2. Add pinto beans, water, cumin, chili powder, and salt, and cook until beans are thoroughly heated, about 5 minutes. Stir occasionally.
3. Smash the bean mixture with a potato masher to desired texture (add more water if necessary). Squeeze lime juice over smashed beans and stir until combined.

# Lemon Chicken Skewers



Prep 5 min Cook 6 hours 15 min Total 6 hours 20 min Serving: 6

## Ingredients

2 lbs **Boneless Skinless Chicken Breasts or thighs**

$\frac{1}{4}$  cup **Olive Oil**

3 tbsp **Lemon Juice**

3 tbsp **Cilantro** *diced*

2 tsp **Minced Garlic**

1 tsp **Paprika**

1 tsp **Salt**

$\frac{1}{2}$  tsp **Ground Cumin**

$\frac{1}{4}$  tsp **Turmeric**

$\frac{1}{4}$  tsp **Cayenne Pepper**



\*Save time by buying a lemon chicken marinade. Try adding peppers, mushrooms or squash to the skewers.

## Directions

1. Grease the grill and heat to 350°. Cut chicken into 1-inch cubes for skewering. In a small bowl, whisk together olive oil, lemon juice, cilantro, garlic, paprika, salt, cumin, turmeric and cayenne pepper.
2. Place chicken pieces in a bowl. Pour the marinade over chicken and stir to coat. Cover with plastic wrap and refrigerate for 20 minutes.
3. Skewer the chicken, place the skewers on a hot grill and cook for 10-15 minutes, turning once, until cooked through.

## Serve With:

*Corn on the Cob and garden vegetables*

# Corn on the Cob



Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

6 ears **Corn on the Cob**

6 tsp **Butter**

**Salt and Pepper**



\*Try using different seasonings like hot honey, lemon garlic rub, cinnamon and sugar, parmesan cheese, Cajun sauce, lemon mayonnaise, bacon grease.

## Directions

- A. Boil it: Put a large pot of water on the stove to boil. Meanwhile, remove husks and silk. Add corn and 1 tablespoon of sugar. Boil for 10 minutes or until tender.
  - B. Bake it with the husk: Remove one layer of husk. Bake corn in the oven at 350° for 35 minutes. Remove remaining husks and silk before serving.
  - C. Bake it without the husk: Remove all husks and silk, bake corn in the oven at 350° for 35 minutes.
  - D. Grill it with husks: Heat the grill to medium high, place corn directly on the grate. Cook for 20 minutes, turning often. Remove husks and silk before serving.
  - E. Grill it without husks: Heat the grill to medium high, place husked corn directly on the grate. Cook for 20 minutes, turning often.
  - F. Grill it in tinfoil: Heat the grill to medium high, wrap corn in foil and place on the grate. Cook for 15 minutes, turning often.
1. Cover cooked corn with butter, salt and pepper.



# Avocado Quesadilla

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

- 3 tbsp **Olive Oil**
- 1 **Yellow Onion** *sliced*
- 2 cups **Baby Spinach**
- ½ tsp **Kosher Salt**
- 6 **Flour Tortilla** *uncooked*
- 6 slices **Pepper Jack Cheese**
- 2 **Avocados** *pitted, peeled, sliced*



\*Top with salsa or cilantro pesto.

## Directions

1. In a large skillet, cook onion in oil over medium heat until soft and golden brown. Remove onions and set aside. In the same pan, cook spinach on low, stirring frequently until desired doneness.
2. Wipe excess oil from the skillet and cook tortillas on one side; after turning, cover cooked side with cheese and top with 1/6th of the onion and spinach. Sprinkle with salt.
3. Fold tortilla in half and continue cooking, turning as necessary, until the tortilla is cooked through and the cheese is melted. Add avocados to the inside of the quesadilla or serve on top.
4. Repeat with remaining tortillas.

## Serve With:

*White Queso Dip and chips*



# White Queso Dip

Prep 5 min Cook 6 hours 15 min Total 6 hours 20 min Serving: 6

## Ingredients

- 1 12 oz can **Evaporated Milk**
- 1 tbsp **Cornstarch**
- 1 cups **Monterey Jack Cheese** *shredded*
- ½ cup **Mozzarella Cheese** *shredded*
- 2 tbsp **Canned Jalapeño** or *diced green chilies*
- 1 tsp **Chili Powder**
- 1 tsp **Crushed Red Pepper Flakes**
- ¼ tsp **Salt**
- ¼ tsp **Black Pepper**
- Tomatoes** *diced*
- Cilantro** *chopped*



\*Serve with tortilla chips or pita wedges.

## Directions

1. In a small saucepan, heat evaporated milk over medium heat, add cornstarch and whisk to combine. Slowly add shredded cheese, stirring constantly until the cheese is melted. Turn heat to low.
2. Add Jalapeño's, chili powder, red pepper flakes, salt and pepper.
3. Transfer cheese to an oven-safe dish. Broil for 3-4 minutes or until cheese begins to turn brown.
4. Top with cilantro, tomatoes and additional Jalapeño.

# No Bun Hamburgers

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

### Patties:

2 lbs. **Ground Beef**

1 cup **Mushrooms** *minced*

2 tsp **Paprika**

2 tsp **Onion Powder**

2 tsp **Garlic Powder**

**Salt & Pepper** *to taste*

### Toppings:

6 slices **Cheddar Cheese**

1 head **Romaine Lettuce**

½ **Lemon** *juiced*

1 **Tomatoes** *sliced*

1 **Yellow Onion** *sliced*



\*Try adding a fried egg for some additional protein

## Directions

1. In a medium bowl, mix ground beef, mushrooms, paprika, onion powder, garlic powder, salt and pepper. Form meat mixture into 6 individual patties, place on a hot grill or skillet and cook for 5-8 minutes on each side until desired doneness. Add cheese during the last few minutes.
2. Place a large lettuce leaf on each plate, sprinkle with lemon juice, and top with cooked burger, tomato, onions and other desired toppings.

### Serve With:

*Raspberry Jell-O Salad*

# Raspberry Jell-O Salad

Prep 5 min Cool time 2 hours Total 2 hours 5 min Serving: 6

## Ingredients

- 1 6 oz pkg **Raspberry Jell-o**
- 1 8 oz carton **Cool Whip**
- 2 cups **Frozen Raspberries** *thawed*



\*Great for a summer BBQ.

## Directions

1. Prepare Jell-o as directed on the package. When Jell-o is ALMOST set, fold in cool whip and raspberries.
2. Refrigerate overnight or until set.

# Cheese Steak Grilled Cheese

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

- 1 tbsp **Olive Oil**
- 2 lbs. **Ribeye Steak** *thinly sliced*
- ½ tsp **Salt**
- 1 **Green Pepper** *sliced*
- 6 slices **Provolone Cheese**
- 6 slices **Cheddar Cheese**
- 12 slices **White Bread**
- 6 tbsp **Mayonnaise**



\*Try using sour dough or whole wheat bread for additional flavor.

## Directions

1. In a skillet, heat olive oil over medium high heat. Add thinly sliced steak and sprinkle with salt. Cook meat until desired doneness, about 3-5 minutes for medium.
2. Spread 1/2 tablespoon of mayonnaise on each slice of bread. On six pieces of bread, layer cheddar cheese, steak, green pepper and provolone cheese, and top with a second piece of bread.
3. Spread butter on the outside of each sandwich. Cook on a griddle or grill pan until the bread is golden brown and cheese is melted.

## Serve with:

*Summer Vegetable Tray*



# Summer Vegetable Tray

Prep 20 min Total 20 min Serving: 6

## Ingredients

**Bell peppers**

**Green Onions**

**Broccoli florets**

**English cucumbers**

**Carrots**

**Cherry tomatoes**

**Radishes**

## Additional Options

**Olives**

**Pickles**

**Squash**

**Snap Peas**



\*Try a variety of creamy dips or humas.

## Directions

1. Slice vegetables into long, thin strips. Arrange on a large tray and serve with dipping sauce.





# Week 2 Shopping List

## Weekly Shopping: Bread

6		Flour Tortillas	
1		Pie Crust	
1		Thin Baguette	
12	cups	Tortilla Chips	

## Weekly Shopping: Meat

6		Boneless Skinless Chicken Breasts	
1	lb	Flank Steak	
1	lb	Ground Beef	
2		Salmon Steaks	

## Weekly Shopping: Produce

1	bunch	Asparagus	
2		Bananas	
1	cup	Broccoli	
1/2	cup	Carrots	
1		Cucumber	
1	16 oz	Frozen Mixed Berries	
2		Granny Smith Apples	
8		Green Onions	
3		Honey crisp Apples	
1/2	head	Lettuce	
1/2		Red Onion	
1	cup	Snow Peas	
3		Tomatoes	

## Weekly Shopping: Dairy

2	cups	Cheddar Cheese, shredded	
1	12 oz	Cool Whip	
6	tbsp	Cream Cheese	
2		Egg	
3/4	cup	Greek Yogurt	
1	cup	Heavy Whipping Cream	
4	cups	Milk	
1 1/2	cup	Parmesan Cheese	

## Weekly Shopping: Grocery

1	lb	Fettuccini Pasta	
1	cups	Instant White Rice	
1	3 oz	Instant Pistachio Pudding	
1/2		Italian Dressing	
2	cups	Miniature Marshmallows	
2	pkg	Ramen Noodles, beef	
1	pkg	Stir Fry Seasoning Mix	
1	4.6 oz	Vanilla Cook and Serve	

# Beef Stir Fry

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

1 lb. **Flank Steak** *thinly sliced*

2 tbsp **Olive Oil**

1 cup **Snow Peas**

½ cup **Carrots** *sliced*

4 **Green Onions** *sliced*

1 cup **Broccoli** *chopped*

1 pkg **Stir Fry Seasoning Mix**

2 pkg **Ramen Noodles**



\*Try using chicken instead of beef and adding different vegetables like mushrooms and bell peppers. Look for precut meat and vegetables to cut back on preparation time. Use bottled stir fry sauce for an even faster meal.

## Directions

1. Heat olive oil in a large skillet over medium high heat. Add steak and cook through, stirring often.
2. Meanwhile, prepare stir-fry seasoning and ramen noodles as directed on packages.
3. Add vegetables to cooked meat and stir fry until tender, 3-5 minutes.
4. Add seasoning to meat and vegetables and cook an additional minute or until thickened. Toss with ramen noodles.

## Serve With:

*Rice Pudding*

# Rice Pudding

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

1 **Egg**

4 cups **Milk**

1 4.6 oz pkg **Vanilla Cook and Serve Pudding**

1 cup **Instant White Rice**

$\frac{1}{4}$  tsp **Ground Cinnamon**

$\frac{1}{8}$  tsp **Ground Nutmeg**



\*Try adding  $\frac{1}{4}$  cup raisins when adding rice.

## Directions

1. In a large saucepan, beat egg and milk until well blended. Add pudding mix and stir well. Add rice and cook over medium heat, stirring constantly, until it begins to boil.
2. Remove from heat and allow to cool for 5 minutes. Add cinnamon and nutmeg before serving.

# Smoked Chicken Breast



Prep 10 min Cook 15 min Total 25 min Serving: 6

Preheat Grill or Smoker to High

## Ingredients

**6 Boneless Skinless Chicken Breasts**

**½ cup Italian Dressing**



\*Make extra for chicken wraps or a salad later in the week.

## Directions

1. Pound chicken breasts until thin and add to a resealable bag. Pour Italian dressing over chicken and refrigerate for 3 to 12 hours.
2. Cook on a grill or smoker at 350° for 20 minutes on each side or until the internal temperature reaches 165°.

## Serve With:

*Fettuccini Alfredo and a green salad*



# Fettuccine Alfredo

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

1 lb. **Fettuccine Pasta**

½ cup **Butter**

1 cup **Heavy Whipping Cream**

1 cup **Parmesan Cheese**

**Salt & Pepper** *to taste*



\*Keep an alfredo sauce seasoning packet on hand for when you don't have any heavy cream or parmesan cheese.

## Directions

1. Fill a large pot with water and bring to a boil. Add a pinch of salt and fettuccine. Cook for the time suggested on the pasta package. Drain, reserving 1/4 cup of pasta water. Return pasta to the pot.
2. Meanwhile, in a large skillet, melt butter over medium heat. Whisk in cream and bring to a boil. Cook until sauce begins to thicken, about 5 minutes. Add parmesan cheese and stir until melted.
3. Add reserved pasta water back to the pot and toss gently with cooked noodles. Add sauce and stir until coated. Season with salt and pepper.

# Salmon Tapas

Prep 10 min Cook 10 min Total min Serving: 6

## Ingredients

- 2 **Salmon Steaks** *cooked*
- 1 **Baguette** *cut into 1/4-inch slices*
- 2 tbsp **Olive Oil**
- 2 tbsp **Butter** *melted*
- Salt** *to taste*
- 6 tbsp **Cream Cheese**
- 2 tsp **Dried Dill**
- 1/2 tbsp **Lemon Juice**
- 3/4 cup **Greek Yogurt**



\*Cook salmon at 350° for 25-30 minutes or until flaky. Consider using 2 tbsp of fresh dill instead of dried. For added flavor top with capers.

## Directions

1. Preheat oven to 400°. Place sliced baguette pieces on a baking sheet. Stir together melted butter and olive oil, add a bit of salt and brush the butter mixture on top of bread slices.
2. Toast bread in the oven for 5-8 minutes, watch carefully to avoid burning. Remove and allow to cool.
3. Meanwhile, combine cream cheese, dill and lemon juice. (A food processor works well for this.) Slowly add Greek yogurt until desired consistency.
4. Top each slice of bread with cream cheese mixture and a large flake of cooked salmon. Return to oven for an additional 5 minutes or serve at room temperature.

## Serve With:

*Asparagus*

# Asparagus

Prep 5 min Cook 2 min Total 7 min Serving: 6

## Ingredients

- 1 bunch **Asparagus**
- 2 tbsp **Olive Oil**
- 2 tbsp **Parmesan Cheese**
- 1 tsp **Lemon Peel**
- Kosher salt and Black Pepper**



\*Use a steamer basket to lower asparagus into boiling water for easy draining. Consider substituting 1/4 cup feta cheese for parmesan to get a stronger flavor.

## Directions

1. Fill a medium saucepan halfway with lightly salted water. Bring to a boil. Cut off tough ends of asparagus and cut spears into 2-inch sections.
2. Add asparagus to boiling water and simmer for 2 minutes, drain. Toss hot asparagus with olive oil, parmesan, lemon peel, salt and pepper. Serve warm.

# Nachos

Prep 5 min Cook 10 min Total 15 min Serving: 6

## Ingredients

- 1 lb. **Ground Beef**
- 3 tbsp **Taco Seasoning**
- 1 16 oz can **Refried Beans**
- 12 cups **Tortilla Chips**
- 2 cups **Cheddar Cheese** *shredded*
- 1 15 oz can **Black Beans** *drained*
- 4 **Green Onions**
- 1 2.25 oz can **Sliced Olives**
- 2 **Tomatoes**
- ½ head **Lettuce**
- Salsa**
- Sour Cream**



\*Make smaller batches in the microwave to avoid heating up the kitchen with an oven.

## Directions

1. Preheat oven to 350°. Cook ground beef in a skillet until brown, drain. Add taco seasoning and refried beans and mix well.
2. Cover baking sheet with tortilla chips, sprinkle/spread the beef and bean mixture on top of the chips. Cover with shredded cheese, black beans and green onions.
3. Bake chips in the oven for 10-15 minutes or until cheese is melted.
4. Sprinkle with olives, tomatoes and lettuce. Top with salsa and sour cream.

## Serve With:

*Apple Empanadas*



# Apple Empanadas

Prep 35 min Cook 25 min Total 1 hour Serving: 8

Preheat oven to 350°

## Ingredients

1 **Pie Crust** *room temperature*

3 **Honey Crisp Apples**

2 **Granny Smith Apples**

1 **tbsp Lemon Juice**

$\frac{1}{4}$  **cup Brown Sugar**

1 **tsp Ground Cinnamon**

## Egg Wash

1 **Egg** *beaten*

1 **tbsp Water**



\*For a sweeter result and to save time use canned pie filling. These mini pies can be stored in the refrigerator for 3 days.

## Directions

1. Peel and dice apples into small pieces. Add lemon juice, brown sugar and cinnamon, cook until soft.
2. Preheat oven to 350°. Using a 3" diameter cup, cut circles in the crust, repeat with scraps until all the dough is used.
3. Roll out each circle until double in size. Place two big tablespoons of apple filling in the center of each circle of dough. Fold the dough over and seal the edges with a fork. Place 3 small slits on the top of each. Place on a baking sheet lined with parchment paper.
4. Beat egg and water until smooth. Brush the egg wash on the top of each empanada.
5. Bake for 25 minutes or until golden brown.



# Chicken Salad Wrap

Prep 10 min Cook 10 min Total 20 min Serving: 6

## Ingredients

**6 Flour Tortillas**

**1 12.5 oz can Chicken**

**1 Tomato *diced***

**1 Cucumber *diced***

**½ Red Onion *sliced***

**1 tsp Apple Cider Vinegar**

**1 tbsp Olive Oil**

**Salt and Black Pepper**



\*For more flavor add a tablespoon of Italian dressing instead of oil and vinegar.

## Directions

1. Heat chicken in a skillet and season with salt and pepper.
2. Cook tortillas on a hot griddle.
3. Build a wrap with chicken, tomato, cucumber, and onion. Lightly sprinkle with vinegar, oil, salt, and pepper.

**Serve With:**

*Pistachio Fruit Salad*

# Pistachio Fruit Salad

Prep 35 min Cook 25 min Total 1 hour Serving: 8

## Ingredients

- 1 3 oz pkg **Instant Pistachio Pudding Mix**
- 1 20oz can **Crushed Pineapple** *with juice*
- 1 12 oz carton **Cool Whip**
- 2 cups **Miniature Marshmallows**
- 2 **Bananas** *sliced*
- 1 15 oz can **Fruit Cocktail** *drained*
- 1 11 oz can **Mandarin Orange** *drained*
- 1 16 oz pkg **Frozen Mixed Berries** *thawed and drained*



\*Works well with frozen, canned or fresh fruit.

## Directions

1. In a large mixing bowl, combine instant pudding, pineapple and cool whip.
2. Slowing, add the marshmallows, bananas, fruit cocktail and oranges. Refrigerate until chilled.
3. Fold in berries before serving.



# Week 3 Shopping List

## Weekly Shopping: Bread

10		Flour Tortillas	
6		Hamburger Buns	
6		Hoagie Buns	
1	can	Refrigerated Buttermilk Biscuits	

## Weekly Shopping: Meat

6		Bone-in Pork Chops	
4	cups	Cooked Chicken, shredded	
1	lbs	Ground Beef	
1	lb	Roast Beef, sliced	

## Weekly Shopping: Produce

2		Avocados	
3		Bell Peppers, multi-color	
1/4	cups	Celery	
1/2	cups	Cherry Tomatoes	
3	tbsp	Cilantro	
1		Cucumber	
1/2	cups	Frozen Peas	
1		Green Bell Pepper	
2		Lemons	
2		Onion	
1		Red Onion	
2		Russet Potatoes	
5		Tomatoes	
1		Yellow Squash	
1		Zucchini	

## Weekly Shopping: Dairy

1	cups	Cheddar Cheese, cubed	
3	cups	Cheddar Cheese, shredded	
1/2	cup	Feta Cheese	
6	slices	Havarti Cheese	
1/4	cup	Milk	
1	cup	Mozzarella Cheese, shred-	
1	cup	Sour Cream	

## Weekly Shopping: Grocery

		Italian Dressing	
2	cups	Macaroni	
1/4	cups	Pickles	
		Salad Supreme Seasoning	

# Chicken Enchiladas



Prep 15 min Cook 25 min Total 40 min Serving: 6-8

Preheat oven to 350°

## Ingredients

8 **Flour Tortillas**

½ **Yellow Onion** *diced*

1 tsp **Minced Garlic**

2 tbsp **Butter**

1 2.25 oz can **Sliced Olives**

1 10.5 oz can **Cream of Chicken Soup**

1 4.5 oz can **Diced Green Chilies**

1 cup **Sour Cream** *divided*

¼ cup **Milk**

2 cups **Cooked Chicken** *shredded*

1 ½ cup **Cheddar Cheese** *shredded and divided*



\*Double or triple this recipe and freeze the extra for up to 3 months. For added convenience use canned or rotisserie chicken. If cooking raw chicken, cook extra for BBQ chicken pockets later in the week.

## Directions

1. In a medium saucepan, sauté onion and garlic in butter until tender; transfer to a medium mixing bowl. Add olives, soup, green chilies and 1/2 cup sour cream; mix well.
2. Set aside 3/4 cup of sauce and add the remaining sour cream and milk; mix well. Spread 1/4 cup of milk mixture to the bottom of a 9x12 baking dish and reserve the remaining milk mixture to spread over finished enchiladas.
3. To the 3/4 cup sauce, add chicken and 1/2 cup cheese. Divide chicken mixture between each tortilla and roll. Place seam side down in prepared baking dish.
4. Spoon the remaining milk mixture over the enchiladas and top with remaining cheese.
5. Bake at 350° for 25 minutes or until heated through.

## Serve With:

*Roasted Peppers*



# Roasted Peppers

Prep 5 min Cook 15 min Total 20 min Serving: 6

Preheat oven to 400°

## Ingredients

3 **Multicolored Bell Peppers** *sliced*

1 **Red Onion** *sliced*

1 **tbsp Olive Oil**

$\frac{1}{4}$  **tsp Kosher Salt**



\*These peppers taste great cooked on a grill too! Save the extras for omelets the next day at breakfast.

## Directions

1. Preheat oven to 400°. Place pepper and onion in a small bowl. Drizzle with olive oil and sprinkle with kosher salt. Toss to coat.
2. Transfer peppers and onions to a baking dish coated with cooking spray. Bake for 15-20 minutes, or until tender, stirring halfway through.

# BBQ Chicken Pockets



Prep 10 min Cook 12 min Total 22 min Serving: 6-8

Preheat oven to 375°

## Ingredients

1 can **Refrigerated Buttermilk Biscuits**

2 cups **Cooked Chicken** *shredded*

$\frac{1}{2}$  cup **BBQ Sauce**

1 cup **Cheddar Cheese** *shredded*



\*Canned chicken works great. For additional flavor, add sautéed onions to chicken mixture.

## Directions

1. Preheat oven to 375°. Flatten each biscuit until double in size.
2. In a medium bowl, combine chicken and barbeque sauce. Divide chicken evenly between each biscuit and sprinkle with cheese, fold biscuit in half and seal edges with a fork.
3. Place on a baking sheet and bake for 12-15 minutes or until golden brown.

## Serve With:

*Tomato Feta salad*

# Tomato Feta Salad

Prep 10 min Total 10 min Serving: 6

## Ingredients

**3 Tomatoes**

**2 Avocados**

**1 Cucumber**

**½ Red Onion**

**½ cup Feta Cheese**

**Italian Dressing** *to taste*

**Salt and Black Pepper** *to taste*



\*Dice vegetables extra small and serve with Ritz crackers for a great appetizer.

## Directions

1. Dice vegetables and toss with feta cheese and Italian dressing. Add salt and pepper to taste.

# Teriyaki Marinade

Prep 5 min Cook 15 min Total 20 min Serving: 6

## Ingredients

6 thick **Bone-in Pork Chops**

½ cup **Soy Sauce**

⅓ cup **Honey**

2 tbsp **Olive Oil**

2 tsp **Minced Garlic**

½ tsp **Minced Ginger**

1 20 oz can **Pineapple Slices** *drained*

1 tbsp **Canola Oil**



\*Try using fresh pineapple instead of canned for much better flavor.

## Directions

1. In a large resealable bag, combine soy sauce, honey, olive oil, garlic and ginger. Add pork chops and seal; refrigerate 8-24 hours.
2. Preheat the grill to medium high heat. Place pork chops on the grill and cook for 5-7 minutes on each side.
3. Brush pineapple slices with cooking oil and grill for 2-4 minutes on each side.
4. Serve pineapple over pork chops.

## Serve With:

*Lemon Rice and a green salad*



# Lemon Rice

Prep 10 min Cook 15 min Total 25 min Serving: 6

## Ingredients

1 cup **Long Grain White Rice**

2 cups **Water**

3 tbsp **Olive Oil**

2 **Lemons** *juiced*

**Lemon Peel** *to taste*

2 tsp **Minced Garlic**

1 pinch **Ground Ginger**

3 tbsp **Cilantro** *chopped*

**Salt and Pepper** *to taste*



\*Bottled lemon juice and lemon peel can be substituted if fresh lemons are not available.

## Directions

1. In a small saucepan, bring rice and water to a boil and then reduce heat to low. Cover and simmer until liquid is absorbed, about 18 minutes.
2. Combine olive oil, lemon juice, lemon peel, garlic, ginger, cilantro, salt and pepper in a small bowl. Pour sauce over cooked rice and fluff with a fork.



# Sloppy Joes



Prep 10 min Cook 20 min Total 30 min Serving: 6

## Ingredients

- 1.5 lbs. **Ground Beef**
- 1 **Yellow Onion** *diced*
- ½ **Green bell Pepper** *diced*
- 3 tsp **Minced Garlic**
- ½ tsp **Salt**
- ¼ tsp **Black Pepper**
- 1 tbsp **Worcestershire Sauce**
- 1 ½ tsp **Yellow Mustard**
- 1 tbsp **Brown Sugar**
- 1 15 oz can **Tomato Sauce**
- ¼ cup **Water**
- 6 **Hamburger Buns**



\*Try adding a thin slice of cheddar or pepperjack cheese. To save time, use sloppy joe mix or a can of Manwich.

## Directions

1. In a large skillet, brown beef over medium heat and remove excess grease. Add onions, peppers and garlic during the last 5 minutes of cooking. Season with salt and pepper.
2. In a small bowl, combine Worcestershire sauce, mustard, brown sugar, tomato sauce and water.
3. Add sauce to the meat mixture and simmer for 10 minutes. Add additional water if mixture becomes too dry.
4. Build a sandwich using hamburger buns.

## Serve With:

*Macaroni Salad*

# Macaroni Salad

Prep 10 min Cook 10 min Total 20 min Serving: 6

## Ingredients

2 cups **Macaroni**

$\frac{1}{4}$  cup **Celery** *diced*

1 cup **Cheddar Cheese** *cubed*

$\frac{1}{2}$  cup **Cherry Tomatoes**

$\frac{1}{2}$  cup **Frozen Peas** *thawed*

$\frac{1}{4}$  cup **Pickles** *diced*

1 cup **Mayonnaise**

1 tbsp **Pickle Juice**

**Salad Supreme Seasoning** *to taste*



\*Consider adding shredded carrots, diced peppers, tiny shrimp or cubed ham. Best Foods Mayonnaise has great flavor for this salad.

## Directions

1. Cook macaroni as directed on the package. Allow it to cool.
2. Add celery, cheese, tomatoes, peas, and pickles.
3. In a small bowl, mix mayonnaise with pickle juice. Pour the desired amount over macaroni and blend well. Refrigerate for 1 hour or until ready to serve.

# French Dip Sandwiches

Prep 5 min Cook 10 min Total 15 min Serving: 6

Preheat oven to broil

## Ingredients

5 tbsp **Butter** *divided*

2 tbsp **Flour**

2 ¼ cups **Beef Broth**

1 tbsp **Worcestershire Sauce**

**Salt and Pepper** *to taste*

6 **Hoagie Buns**

1 lb. **Roast Beef** *sliced*

1 **Yellow Onion** *sliced*

6 slices **Havarti Cheese**



\*To save time try buying an Au Jus packet instead of making it from scratch.

## Directions

1. Make Au Jus sauce by melting 4 tablespoons of butter in a small saucepan and sprinkling it with flour. Whisk until a thin paste forms. Slowly add beef broth and Worcestershire sauce. Whisk well to combine. Bring to a boil and simmer for 5 minutes or until desired consistency. Season with salt and pepper.
2. Meanwhile, sauté onion in 1 tablespoon of butter until tender. Add roast beef and continue cooking until warm. Preheat oven to broil.
3. Build sandwiches with roast beef, onions and cheese. Broil until cheese is melted. Serve with Au Jus sauce.

## Serve With:

*Summer Vegetable Stack*

# Summer Vegetable Stack

Prep 10 min Cook 1 hours Total 1 hours 10 min Serving: 6

Preheat oven to 400°

## Ingredients

- 1 **Zucchini**
- 1 **Yellow Squash**
- 2 **Russet Potatoes**
- 2 **Tomatoes**
- 2 **tbsp Olive Oil**
- 3 **tsp Minced Garlic**
- 1 **tbsp Italian Seasoning**
- 1 **tsp Salt**
- 1 **cup Mozzarella Cheese *shredded***



\*Tastes best right out of the oven.

## Directions

1. Preheat oven to 400°. Slice zucchini, squash, potatoes and tomatoes about 1/4 inch thick. Place vegetables in a mixing bowl and sprinkle with oil, garlic, Italian seasoning, and salt. Toss well to coat.
2. Arrange vegetables vertically in rows in a 9x9 baking dish. Cover with foil and bake for 45 minutes or until potatoes are tender.
3. Remove the foil and sprinkle vegetables with cheese. Bake an additional 5-10 minutes or until cheese is melted and golden brown.





# Week 4 Shopping List

## Weekly Shopping: Bread

6		Flour Tortillas	
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## Weekly Shopping: Meat

2	lbs	Boneless Skinless Chicken Breasts	
2	cups	Cooked Chicken, shredded	
3	lb	Pork Roast	
2	lbs	Skirt Steak	

## Weekly Shopping: Produce

1		Banana	
1	bunch	Cilantro	
1		Cucumber	
8		Green Onions	
1		Lime	
1		Orange Bell Pepper	
1	tbsp	Parsley	
1		Red Bell Pepper	
1	large	Red Onion	
1	16 oz	Tri Color Coleslaw Mix	
1		Yellow Onion	

## Weekly Shopping: Dairy

2	cups	Cheddar Cheese, shredded	
1	cup	Heavy Whipping Cream	
1 1/2	cups	Mozzarella Cheese, shredded	
1	cup	Parmesan Cheese, shredded	
3/4	cup	Plain Greek Yogurt	
1/4	cup	Sour Cream	
		Vanilla Ice Cream	

## Weekly Shopping: Grocery

2	cup	Apple Juice	
1	tbsp	Franks Hot Sauce	
1/2	cup	Hawaiian BBQ Sauce	
2	cups	Marinara Sauce	
1	cup	Orange Juice	
1	tbsp	Pineapple Juice	
2	cans	Refrigerated Biscuits	
1	lb	Spaghetti	

# Baked Chicken Spaghetti



Prep 10 min Cook 40 min Total 50 min Serving: 8

Preheat oven to 375°

## Ingredients

- 1 lb. **Spaghetti**
- 1 tsp **Salt**
- 2 tbsp **Olive Oil**
- ½ **Yellow Onion** *diced*
- 1 tbsp **Minced Garlic**
- 1 tsp **Italian Seasoning**
- 1 tbsp **Parsley** *chopped*
- 2 cups **Marinara Sauce**
- ½ cup **Heavy Whipping Cream**
- 2 cups **Cooked Chicken** *shredded*
- 1 ½ cups **Mozzarella Cheese** *shredded*
- ½ cup **Parmesan Cheese** *shredded*



\*Consider adding fresh basil, parsley, spinach, peas, sautéed peppers or zucchini.

## Directions

1. Preheat the oven to 375°. Cook spaghetti according to package directions. Drain and rinse with cool water.
2. In a large skillet over medium heat, cook onion, garlic and Italian seasoning in olive oil until tender (2-3 minutes). Add marinara sauce until warm. Remove from heat and add cream, season with salt and pepper.
3. Add spaghetti and chicken to the sauce and mix well. Transfer to a 9x13-inch baking dish and sprinkle with mozzarella and parmesan.
4. Cover with foil and bake until cheese melts and pasta is hot, about 20 minutes. Remove foil for the last 3-5 minutes.

## Serve With:

*Parmesan Garlic Bread*

# Parmesan Garlic Bread

Prep 10 min Cook 25 min Total 1 hours 10 min Serving: 8

Preheat oven to 350°

## Ingredients

- ½ cup **Butter**
- 1 tsp **Italian Seasoning**
- 1 tsp **Garlic Salt**
- 2 cans **Refrigerated Biscuits**
- ½ cup **Parmesan Cheese**



\*Turn this bread into a dessert by substituting cinnamon and sugar for the Italian seasoning and garlic. Sprinkle with brown sugar instead of parmesan cheese.

## Directions

1. Preheat oven to 350°. In a microwavable bowl, melt butter. Add Italian seasoning, and garlic salt.
2. Cut biscuits into quarters. Pour melted butter onto a pie plate and cover with biscuits.
3. Bake for 20-25 minutes or until golden brown. Flip pie plate upside down on a large plate, and sprinkle with parmesan cheese.

# Sheet Pan Hawaiian Chicken

Prep 10 min Cook 25 min Total 35 min Serving: 6

Preheat oven to 350°

## Ingredients

2 lbs. **Boneless Skinless Chicken Breast** *cubed*

1 **Red Bell Pepper** *cubed*

1 **Orange Bell Pepper** *cubed*

$\frac{1}{2}$  **Red Onion** *cubed*

1 20 oz can **Pineapple Chunks**

$\frac{1}{2}$  cup **Hawaiian BBQ Sauce**

1 tbsp **Canola Oil**

$\frac{1}{4}$  tsp **Salt**

1 **Lime** *juiced*

**Cilantro**



\*Try adding cubed zucchini and squash. Reserve pineapple juice for coleslaw later in the week.

## Directions

1. Preheat oven to 350°. Line a baking sheet with parchment paper and spray with cooking spray. Place chicken in a medium bowl and season with salt, pepper and olive oil. Add bell peppers, onion and BBQ sauce. Use your hands to coat meat and vegetables with sauce.
2. Pour the mixture on the prepared baking sheet. Bake in the oven for 20 minutes, then add pineapple. Return to oven and continue baking for 15-20 minutes or until chicken is cooked through.
3. Squeeze lime juice over sheet pan and top with chopped cilantro.

## Serve With:

*Orange Dream Milkshake and rice*

# Orange Dream Milkshake

Prep 10 min Total 10 min Serving: 6

## Ingredients

- 1 cup **Orange Juice**
- 4-5 scoops **Vanilla Ice Cream**
- 2 tbsp **Powdered Sugar**
- 1 **Banana** *very ripe*
- 1 cup **Ice Cubes**



\*Try adding fresh raspberries and blackberries.

## Directions

1. Place ingredients in a blender in the order they are listed. Blend well.



# Smoked BBQ Pork



Prep 5 min Cook 8-10 hours Total 8 hours 5 min Serving: 6

Preheat oven or smoker to 225°

## Ingredients

3 lb. **Pork Roast**

1 tbsp **Salt**

½ tbsp **Black Pepper**

½ tbsp **Paprika**

1 tbsp **Montreal Steak Seasoning**

2 cup **Apple Juice** *divided*



\*Make a double batch and freeze extra for later.  
Makes great sandwiches, salads and quesadillas.

## Directions

1. Season roast with salt, pepper, paprika, and steak seasoning.
2. Place a metal container filled with 1 cup of apple juice inside a smoker and allow the juice to evaporate during cooking. Fill a spray bottle with the remaining cup of apple juice.
3. Smoke roast at 225° for 10 hours. Spray roast with apple juice every two to three hours.
4. Shred pork and serve with BBQ sauce.

## Serve With:

*Pineapple Coleslaw and baked beans*

# Pineapple Coleslaw

Prep 20 min Total 20 min Serving: 8

## Ingredients

- 1 16oz bag **Tri Color Coleslaw**
- $\frac{3}{4}$  cup **Plain Greek Yogurt**
- 2 tbsp **Sugar**
- 1 tbsp **Pineapple Juice**
- 1 tbsp **Lime Juice**
- $\frac{1}{2}$  tbsp **Apple Cider Vinegar**
- Salt and Black Pepper**
- 4 **Green Onions** *diced*
- $\frac{1}{2}$  **Red Onion** *diced*
- $\frac{1}{2}$  bunch **Cilantro** *chopped*
- 1 20 oz can **Pineapple Tidbits**



\*A premade coleslaw kit works great too, just add pineapple and fresh onions. Consider adding a diced jalapeno for some heat. Try using fresh pineapple for better flavor.

## Directions

1. Place coleslaw in large bowl and cover with ice water. Add 1 teaspoon salt and stir; allow to sit for 15-30 minutes. Drain well and pat dry with paper towels.
2. Whisk Greek yogurt, sugar, pineapple juice, lime juice, vinegar, salt and pepper in a large salad bowl until smooth.
3. Add onions, cilantro and pineapple to coleslaw. Cover with the desired amount of yogurt mixture and stir well to blend.

# Skirt Steak with A1 Sauce

Prep 5 min Cook 15 Total 20 min Serving: 6

Preheat grill to high

## Ingredients

2 tbsp **Balsamic Vinegar**  
2 tbsp **Worcestershire Sauce**  
2 tbsp **Ketchup**  
1 tbsp **Olive Oil**  
1 tbsp **Hot Sauce** *such as Franks*  
1 tsp **Dijon Mustard**  
1 tsp **Honey**  
**Canola oil** *for grill*  
2 ½ lbs. **Skirt Steak**  
**Salt and Black Pepper**



\*Try using Hot Honey instead of hot sauce and regular honey.

## Directions

1. In a small bowl, combine vinegar, Worcestershire sauce, ketchup, oil, hot sauce, mustard, honey and 1 tablespoon of water. Season with salt.
2. Heat grill and brush with canola oil. Season steak with salt and pepper and cook on hot grill, turning, until the desired doneness.
3. Transfer steaks to a cutting board and slice against the grain in 1/2" strips. Drizzle with sauce before serving.

## Serve With:

*Creamed Corn and green salad*

# Creamed Corn

Prep 5 min Cook Time 10 Total 15 min Serving: 8

## Ingredients

2 tbsp **Butter**

½ **Yellow Onion** *diced*

2 14 oz cans **Corn** *or 6 fresh ears*

¼ cup **Water**

1 tsp **Sugar**

1 pinch **Nutmeg**

½ cup **Heavy Whipping Cream**

**Salt and Black Pepper** *to taste*



\*Try adding parmesan cheese and diced boiled eggs for additional protein.

## Directions

1. Melt butter in a medium saucepan. Add onion and cook until tender.
2. Drain corn well or remove fresh corn from cobs. Add corn and 1/4 cup water to butter and onions. Simmer for 5-10 minutes or until corn is tender (fresh corn will take more time).
3. Add sugar, nutmeg, and cream. Cook, stirring constantly, for 5-6 minutes or until thick.



# Black Bean Quesadilla



Prep 5 min Cook 10 Total 15 min Serving: 6

## Ingredients

- 1 15 oz can **Black Beans** *drained and rinsed*
- 1 14 oz can **Corn** *drained*
- $\frac{1}{4}$  bunch **Cilantro** *chopped*
- $\frac{1}{2}$  **Red Onion** *diced*
- 2 cups **Cheddar Cheese** *shredded*
- 3 tbsp **Taco Seasoning**
- 1 tsp **Garlic Powder**
- 6 **Flour Tortillas**



\*To freeze place on a parchment lined baking sheet and freeze for 2 hours. Remove from baking sheet and place in a freezer bag for later. Reheat in the microwave or on a skillet.

## Directions

1. Place beans and corn in a large bowl. Add cilantro, onion, and cheese. Season with taco seasoning and garlic powder. Stir to combine.
2. Place a half cup of filling on one side of a tortilla and fold it in half. Cook on a hot skillet or griddle until tortillas are lightly browned and cheese has melted.

## Serve With:

*Creamy Cucumber Salad*



# Creamy Cucumber Salad

Prep 5 min Total 5 min Serving: 6

## Ingredients

- 1 **Cucumber** *diced*
- $\frac{1}{2}$  tsp **Salt**
- 4 **Green Onions** *diced*
- 1 tbsp **Red Wine Vinegar**
- 1 tsp **Sugar**
- 1 dash **Black Pepper**
- $\frac{1}{4}$  cup **Sour Cream**



\*For a stronger onion flavor, try cutting onions in 1" pieces instead of dicing.

## Directions

1. Sprinkle cucumbers with salt and let stand for 15 minutes.
2. In a small bowl, combine vinegar, sugar, pepper and sour cream. Drain liquid from cucumbers. Add onions and sour cream mixture to cucumbers and gently stir.

# Recipe Index

## Recipes by Name

	7 Layer Salad	76
<b>A</b>	Air Fryer Bananas	158
	Apple Empanadas	226
	Apricot Nectar Fruit Salad	134
	Asian Cucumber Salad	120
	Asparagus	224
	Au Gratin Potatoes	176
	Avocado Green Salad	174
	Avocado Quesadilla	211
<b>B</b>	Baked Chicken Spaghetti	243
	Baked Egg Rolls	58
	Baked Mac and Cheese	72
	Baked Reuben	15
	Baked Salmon	73
	Baked Tacos	207
	Baked Vegetables	196
	Banana Pudding	170
	BBQ Chicken Drumsticks	33
	BBQ Chicken Pockets	233
	Beef and Cucumber Stacks	201
	Beef Curry with Noodles	157
	Beef Fried Rice	107
	Beef Stir Fry	219
	Big Italian Salad	132
	Big Mac Sliders	187

	Black Bean Quesadilla	251
	Black Beans	112
	Brazilian Lemonade	20
	Broccoli Grilled Cheese Sandwich	178
	Broccoli Ranch Slaw	198
	Brown Sugar Fruit Dip	184
	Brussels Sprouts and Bacon	60
	Buffalo Chicken Wraps	133
	Butter Fried Potatoes	34
	Buttered Corn	146
	Butternut Squash Soup	166
	Buttery Cooked Carrots	86
<b>C</b>	Caesar Salad	8
	Cantina Bowls	19
	Caprese Salad	26
	Carnitas	111
	Cheddar Baking Powder Biscuits	98
	Cheese Steak Grilled Cheese	215
	Cheesy Garlic Bread	88
	Cheesy Pork Chops	35
	Cheesy Potato Casserole	186
	Chicken and Dumplings	83
	Chicken and Rice	45
	Chicken and Spinach Rice	183
	Chicken and Wild Rice Soup	27
	Chicken Bacon Casserole	95
	Chicken Enchiladas	231
	Chicken Fajitas	143
	Chicken Flautas	69
	Chicken Lettuce Wraps	43

	Chicken Pot Pie	59
	Chicken Salad Wrap	227
	Chicken with Chili Con Queso	21
	Chili Cheeseburgers	149
	Chili Soup	13
	Cilantro Lime Rice	70
	Citrus Fruit Salad	164
	Cobb Salad	202
	Cordon Bleu Casserole	109
	Corn on the Cob	210
	Cornbread	14
	Cream of Mushroom Soup	128
	Creamed Corn	250
	Creamed Potatoes	126
	Creamy Chicken Noodle Soup	115
	Creamy Cucumber Salad	252
	Creamy Garlic Mushrooms	162
	Creamy Meatball Casserole	137
	Creamy Shells and Beef	113
	Creamy Tomato Soup	148
	Crock Pot Potato Soup	101
	Cuban Marinated Steak	49
	Cuban Style Yellow Rice	144
	Cucumber and Onion Salad	36
<b>D</b>	Dinner Rolls	116
<b>E</b>	Easy Green Salad	190
	Egg Drop Soup	44

<b>F</b>	Fettuccine Alfredo	222
	Fiesta Lime Chicken	9
	French Dip Sandwiches	239
	Fresh Squeezed Lemonade	152
	Fried Wontons	108
	Frito Casserole	163
<b>G</b>	Garlic Crescent Rolls	102
	Garlic Steak and Asparagus	175
	Green Bean and Bacon Sauté	136
	Green Orange Smoothie	122
	Grilled Cheese	77
	Grilled Zucchini	38
	Ground Beef & Cabbage Casserole	37
	Guacamole	172
<b>H</b>	Ham and Broccoli Potatoes	173
	Ham and Cheese Sliders	89
	Herbed Steaks with Horseradish	99
	Homemade Flour Tortillas	32
	Homemade Hamburger Helper	87
	Honey Citrus Marinade	185
	Honey Mustard Pork Tenderloin	23
	Horchata	94
<b>I</b>	Italian Chicken Sandwich	165
	Italian Grilled Pita	151
	Italian Sausage Soup	140
<b>J</b>	Jalapeno Popper Chicken	71
	Jambalaya	97



<b>K</b>	Korean Banana Milk	82
	Korean Beef Bowl	81
<b>L</b>	Lasagna	131
	Lemon Chicken Skewers	209
	Lemon Garlic Chicken with Green Beans	159
	Lemon Pepper Salmon	47
	Lemon Rice	236
<b>M</b>	Macaroni Salad	238
	Mashed Sweet Potatoes	24
	Meatball Sandwich	51
	Mexican Chopped Salad	22
	Mexican Pot Roast	31
	Mexican Street Corn	182
	Mushroom Pork Chops	11
<b>N</b>	Nachos	225
	No Bun Hamburgers	213
<b>O</b>	Olive Oil Bread Dip	194
	Orange Chicken	119
	Orange Dream Milkshake	246
	Oven Baked Chimichanga	181
	Oven Roasted Asparagus	124
	Oven Roasted Sweet Potatoes	200
<b>P</b>	Parmesan Broccoli	46
	Parmesan Garlic Bread	244
	Parmesan Knots	138
	Peaches and Cream Salad	16

	Pepper Jack Pork Chops	161
	Pesto Salmon	123
	Philly Cheesesteak Casserole	25
	Pineapple Coleslaw	248
	Pistachio Fruit Salad	228
	Pizza Quesadilla	189
	Pork Chops and Rice	85
	Pork and Scalloped Potatoes	135
	Potato Wedges	150
<b>R</b>	Raspberry Jell-O Salad	214
	Ravioli with Mushroom Sauce	193
	Refried Bean Dip	64
	Refried Beans	208
	Reuben Rolls	199
	Rice Pudding	220
	Roasted Carrots	110
	Roasted Peppers	232
	Roasted Sugar Snap Peas	96
	Rocket Fuel	121
<b>S</b>	Salmon Tacos	197
	Salmon Tapas	223
	Sausage and Tortellini Soup	177
	Sesame Green Beans	12
	Sheet Pan Hawaiian Chicken	245
	Shoyu Chicken	145
	Skillet Lasagna	7
	Skirt Steak with A1 Sauce	249
	Sloppy Joes	237
	Slow Cooker Pot Roast	125

	Smoked BBQ Pork	247
	Smoked Chicken Breast	221
	Southern Fried Apples	84
	Spanish Rice	10
	Steak Fajitas	63
	Steamed Broccoli	74
	Strawberry Cheesecake Salad	188
	Strawberry Lemonade Smoothie	160
	Summer Cheese Quesadilla	40
	Summer Vegetable Stack	240
	Summer Vegetable Tray	216
	Supreme Pizza Soup	65
	Sweet and Sour Chicken	57
	Sweet and Sour Meatballs	75
	Sweet and Sour Pork	169
	Sweet Potato Fries	52
<b>T</b>	Taco Salad	93
	Teriyaki Chicken	195
	Teriyaki Marinade	235
	Tex Mex Chicken Skillet	171
	Thai Chicken Broccoli Wraps	151
	Toasted Garlic Bread	28
	Tomato Feta Salad	234
	Tomato Tortellini Soup	78
	Tortellini Salad	62
	Tuna Melts	147
	Tuscan Pork	61
	Twice Baked Potatoes	50
	Twice Baked Sweet Potatoes	100
	Twisty Breadsticks	66

<b>V</b>	Veggie Crunch Salad	114
<b>W</b>	White Chicken Chili	39
	White Queso Dip	212
	Wild Rice	48
	Winter BLT Panini	127
	Winter Fruit Salad	90

# Recipes by Category

## Around the World

Apple Empanadas	226
Baked Egg Rolls	58
Baked Tacos	207
Beef Curry with Noodles	157
Beef Fried Rice	107
Beef Stir Fry	219
Cantina Bowls	19
Carnitas	111
Chicken Enchiladas	231
Chicken Flautas	69
Chicken Lettuce Wraps	43
Fried Wontons	108
Homemade Flour Tortillas	32
Horchata	94
Italian Grilled Pita	151
Jambalaya	97
Korean Banana Milk	82
Korean Beef Bowl	81
Mexican Pot Roast	31
Mexican Street Corn	182
Olive Oil Bread Dip	194
Orange Chicken	119
Refried Bean Dip	64



Refried Beans	208
Salmon Tacos	197
Salmon Tapas	223
Sheet Pan Hawaiian Chicken	245
Shoyu Chicken	145
Southern Fried Apples	84
Spanish Rice	10
Steak Fajitas	63
Sweet and Sour Chicken	57
Sweet and Sour Pork	169
Tex Mex Chicken Skillet	171
Thai Chicken Broccoli Wraps	151
Tuscan Pork	61

### **Beans**

Black Bean Quesadilla	251
Black Beans	112
Chili Soup	13
Refried Bean Dip	64
Refried Beans	208
White Chicken Chili	39

### **Beef**

Baked Reuben	15
Beef and Cucumber Stacks	201
Beef Curry with Noodles	157
Beef Fried Rice	107
Beef Stir Fry	219

Big Mac Sliders	187
Cantina Bowls	19
Cheese Steak Grilled Cheese	215
Chili Cheeseburgers	149
Chili Soup	13
Creamy Meatball Casserole	137
Creamy Shells and Beef	113
Cuban Marinated Steak	49
French Dip Sandwiches	239
Frito Casserole	163
Garlic Steak and Asparagus	175
Ground Beef & Cabbage Casserole	37
Herbed Steaks with Horseradish	99
Homemade Hamburger Helper	87
Korean Beef Bowl	81
Lasagna	131
Meatball Sandwich	51
Mexican Pot Roast	31
Nachos	225
No Bun Hamburgers	213
Philly Cheesesteak Casserole	25
Reuben Rolls	199
Skillet Lasagna	7
Skirt Steak with A1 Sauce	249
Sloppy Joes	237
Slow Cooker Pot Roast	125

Steak Fajitas	63
Sweet and Sour Meatballs	75
Taco Salad	93

### **Breads**

Apple Empanadas	226
Avocado Quesadilla	211
Cheddar Baking Powder Biscuits	98
Cornbread	14
Dinner Rolls	116
Garlic Crescent Rolls	102
Homemade Flour Tortillas	32
Parmesan Garlic Bread	244
Parmesan Knots	138
Pizza Quesadilla	189
Summer Cheese Quesadilla	40
Toasted Garlic Bread	28
Twisty Breadsticks	66

### **Chicken**

Baked Chicken Spaghetti	243
Baked Tacos	207
BBQ Chicken Drumsticks	33
BBQ Chicken Pockets	233
Buffalo Chicken Wraps	133
Cantina Bowls	19
Chicken and Dumplings	83
Chicken and Rice	45

Chicken and Spinach Rice	183
Chicken and Wild Rice Soup	27
Chicken Bacon Casserole	95
Chicken Enchiladas	231
Chicken Fajitas	143
Chicken Flautas	69
Chicken Lettuce Wraps	43
Chicken Pot Pie	59
Chicken Salad Wrap	227
Chicken with Chili Con Queso	21
Cordon Bleu Casserole	109
Creamy Chicken Noodle Soup	115
Fiesta Lime Chicken	9
Italian Chicken Sandwich	165
Jalapeno Popper Chicken	71
Lemon Chicken Skewers	209
Lemon Garlic Chicken with Green Beans	159
Orange Chicken	119
Oven Baked Chimichanga	181
Rocket Fuel	121
Sheet Pan Hawaiian Chicken	245
Shoyu Chicken	145
Smoked Chicken Breast	221
Sweet and Sour Chicken	57
Teriyaki Chicken	195
Tex Mex Chicken Skillet	171

Thai Chicken Broccoli Wraps	151
White Chicken Chili	39

### **Corn**

Buttered Corn	146
Corn on the Cob	210
Creamed Corn	250
Mexican Street Corn	182

### **Drinks**

Brazilian Lemonade	20
Fresh Squeezed Lemonade	152
Green Orange Smoothie	122
Horchata	94
Korean Banana Milk	82
Orange Dream Milkshake	246
Strawberry Lemonade Smoothie	160

### **Fish**

Baked Salmon	73
Lemon Pepper Salmon	47
Pesto Salmon	123
Salmon Tacos	197
Salmon Tapas	223
Tuna Melts	147



### **For Dipping**

Brown Sugar Fruit Dip	184
Guacamole	172
Olive Oil Bread Dip	194
Refried Bean Dip	64
White Queso Dip	212

### **Freezer Recipes**

Baked Chicken Spaghetti	243
Baked Egg Rolls	58
Baked Mac and Cheese	72
BBQ Chicken Pockets	233
Beef Fried Rice	107
Black Bean Quesadilla	251
Buffalo Chicken Wraps	133
Butternut Squash Soup	166
Carnitas	111
Cheddar Baking Powder Biscuits	98
Chicken and Wild Rice Soup	27
Chicken Bacon Casserole	95
Chicken Enchiladas	231
Chicken Fajitas	143
Chicken Flautas	69
Chicken Pot Pie	59
Chili Cheeseburgers	149
Chili Soup	13

Cilantro Lime Rice	70
Cordon Bleu Casserole	109
Corn on the Cob	210
Creamy Chicken Noodle Soup	115
Creamy Shells and Beef	113
Creamy Tomato Soup	148
Cuban Marinated Steak	49
Cuban Style Yellow Rice	144
Dinner Rolls	116
Ham and Cheese Sliders	89
Homemade Flour Tortillas	32
Lemon Chicken Skewers	209
Mexican Pot Roast	31
Oven Baked Chimichanga	181
Reuben Rolls	199
Sloppy Joes	237
Smoked BBQ Pork	247
Smoked Chicken Breast	221
Spanish Rice	10
Steak Fajitas	63
Summer Cheese Quesadilla	40
Sweet Potato Fries	52
Teriyaki Chicken	195
Twice Baked Potatoes	50
White Chicken Chili	39

## **Fruit**

Air Fryer Bananas	158
Apple Empanadas	226
Apricot Nectar Fruit Salad	134
Brown Sugar Fruit Dip	184
Citrus Fruit Salad	164
Peaches and Cream Salad	16
Pistachio Fruit Salad	228
Raspberry Jell-O Salad	214
Southern Fried Apples	84
Strawberry Cheesecake Salad	188
Winter Fruit Salad	90

## **Pasta**

Baked Chicken Spaghetti	243
Baked Mac and Cheese	72
Beef Curry with Noodles	157
Beef Stir Fry	219
Chicken Bacon Casserole	95
Creamy Shells and Beef	113
Fettuccine Alfredo	222
Lasagna	131
Macaroni Salad	238
Ravioli with Mushroom Sauce	193
Sausage and Tortellini Soup	177

Skillet Lasagna	7
Tomato Tortellini Soup	78
Tortellini Salad	62

## **Pork**

Carnitas	111
Cheesy Pork Chops	35
Ham and Broccoli Potatoes	173
Ham and Cheese Sliders	89
Honey Citrus Marinade	185
Honey Mustard Pork Tenderloin	23
Italian Sausage Soup	140
Mushroom Pork Chops	11
Pepper Jack Pork Chops	161
Pork Chops and Rice	85
Pork and Scalloped Potatoes	135
Sausage and Tortellini Soup	177
Smoked BBQ Pork	247
Supreme Pizza Soup	65
Sweet and Sour Pork	169
Teriyaki Marinade	235
Tuscan Pork	61
Winter BLT Panini	127

## **Potatoes**

Au Gratin Potatoes	176
Butter Fried Potatoes	34
Cheesy Potato Casserole	186
Creamed Potatoes	126
Creamy Meatball Casserole	137
Crock Pot Potato Soup	101
Ham and Broccoli Potatoes	173
Mashed Sweet Potatoes	24
Oven Roasted Sweet Potatoes	200
Pork and Scalloped Potatoes	135
Potato Wedges	150
Sweet Potato Fries	52
Twice Baked Potatoes	50

## **Rice**

Beef Fried Rice	107
Cantina Bowls	19
Chicken and Rice	45
Chicken and Spinach Rice	183
Cilantro Lime Rice	70
Cuban Style Yellow Rice	144
Jambalaya	97
Korean Beef Bowl	81
Lemon Rice	236



Pork Chops and Rice	85
Rice Pudding	220
Rocket Fuel	121
Sheet Pan Hawaiian Chicken	245
Shoyu Chicken	145
Spanish Rice	10
Sweet and Sour Chicken	57
Sweet and Sour Meatballs	75
Sweet and Sour Pork	169
Wild Rice	48

### **Salad**

7 Layer Salad	76
Asian Cucumber Salad	120
Avocado Green Salad	174
Big Italian Salad	132
Broccoli Ranch Slaw	198
Caesar Salad	8
Caprese Salad	26
Cobb Salad	202
Creamy Cucumber Salad	252
Cucumber and Onion Salad	36
Easy Green Salad	190
Mexican Chopped Salad	22
Pineapple Coleslaw	248
Taco Salad	93

Tomato Feta Salad	234
Tortellini Salad	62
Veggie Crunch Salad	114

## **Sandwiches**

Avocado Quesadilla	211
Baked Reuben	15
BBQ Chicken Pockets	233
Beef and Cucumber Stacks	201
Big Mac Sliders	187
Black Bean Quesadilla	251
Broccoli Grilled Cheese Sandwich	178
Buffalo Chicken Wraps	133
Cheese Steak Grilled Cheese	215
Chicken Salad Wrap	227
Chili Cheeseburgers	149
French Dip Sandwiches	239
Grilled Cheese	77
Ham and Cheese Sliders	89
Italian Chicken Sandwich	165
Italian Grilled Pita	151
Meatball Sandwich	51
Oven Baked Chimichanga	181
Pizza Quesadilla	189
Reuben Rolls	199
Sloppy Joes	237

Steak Fajitas	63
Summer Cheese Quesadilla	40
Thai Chicken Broccoli Wraps	151
Tuna Melts	147
Winter BLT Panini	127

### **Side Dishes**

Au Gratin Potatoes	176
Beef Fried Rice	107
Black Beans	112
Butter Fried Potatoes	34
Buttered Corn	146
Cheesy Potato Casserole	186
Cilantro Lime Rice	70
Citrus Fruit Salad	164
Corn on the Cob	210
Cornbread	14
Cream of Mushroom Soup	128
Creamed Corn	250
Creamed Potatoes	126
Creamy Garlic Mushrooms	162
Cuban Style Yellow Rice	144
Dinner Rolls	116
Egg Drop Soup	44
Fettuccine Alfredo	222
Fried Wontons	108

Garlic Crescent Rolls	102
Green Bean and Bacon Sauté	136
Grilled Cheese	77
Guacamole	172
Homemade Flour Tortillas	32
Italian Grilled Pita	151
Lemon Rice	236
Macaroni Salad	238
Mashed Sweet Potatoes	24
Mexican Street Corn	182
Oven Roasted Sweet Potatoes	200
Parmesan Garlic Bread	244
Parmesan Knots	138
Peaches and Cream Salad	16
Pistachio Fruit Salad	228
Potato Wedges	150
Raspberry Jell-O Salad	214
Ravioli with Mushroom Sauce	193
Refried Bean Dip	64
Refried Beans	208
Rice Pudding	220
Southern Fried Apples	84
Strawberry Cheesecake Salad	200
Summer Cheese Quesadilla	40
Summer Vegetable Stack	240

Sweet Potato Fries	52
Toasted Garlic Bread	28
Tomato Tortellini Soup	78
Tortellini Salad	62
Twice Baked Potatoes	50
Twisty Breadsticks	66
White Queso Dip	212
Wild Rice	48
Winter Fruit Salad	90

### **Soups**

Butternut Squash Soup	166
Chicken and Dumplings	83
Chicken and Wild Rice Soup	27
Chili Soup	13
Cream of Mushroom Soup	128
Creamy Chicken Noodle Soup	115
Creamy Tomato Soup	148
Crock Pot Potato Soup	101
Egg Drop Soup	44
Italian Sausage Soup	140
Jambalaya	97
Sausage and Tortellini Soup	177
Supreme Pizza Soup	65
Tomato Tortellini Soup	78



## **Sweet Sides**

Banana Pudding	170
Brown Sugar Fruit Dip	184
Orange Dream Milkshake	246
Peaches and Cream Salad	16
Raspberry Jell-O Salad	214
Rice Pudding	220
Southern Fried Apples	84
Strawberry Cheesecake Salad	188

## **Vegetables**

Asian Cucumber Salad	120
Asparagus	224
Avocado Quesadilla	211
Baked Vegetables	196
Big Italian Salad	132
Broccoli Ranch Slaw	198
Brussels Sprouts and Bacon	60
Buttery Cooked Carrots	86
Caesar Salad	8
Caprese Salad	26
Cheddar Baking Powder Biscuits	98
Cobb Salad	202
Creamy Cucumber Salad	252
Creamy Garlic Mushrooms	162

Cucumber and Onion Salad	36
Easy Green Salad	190
Green Bean and Bacon Sauté	136
Grilled Zucchini	38
Guacamole	172
Mexican Chopped Salad	22
Oven Roasted Asparagus	124
Parmesan Broccoli	46
Pineapple Coleslaw	248
Roasted Carrots	110
Roasted Peppers	232
Roasted Sugar Snap Peas	96
Sesame Green Beans	12
Steamed Broccoli	74
Summer Vegetable Stack	240
Summer Vegetable Tray	216
Veggie Crunch Salad	114