

MARCH, 2016 MENU PLAN

from Cooking During Stolen Moments

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3/1 Cheesy Pasta Casserole; Green Beans	3/2 Crockpot Sticky Chicken; Rice: Peas	3/3 BBQ Pork Chops; Mashed Potatoes; Corn	3/4 Pizza Pies; Side Salad	3/5 Hot Dogs; French Fries; Baked Beans
3/6 Pork Tenderloin; Rosemary Potatoes; Broccoli	3/7 Chicken Paprikash with Noodles; Peas	3/8 Pork Fried Rice; Side Salad	3/9 Crock Pot Beef Stew; Biscuits	3/10 Honey-Glazed Salmon; Couscous Pilaf; Asparagus	3/11 French Bread Pizzas; Side Salad	3/12 Taco Pinwheel
3/13 Broccoli & Cheese Soup; Homemade Bread Bowls	3/14 Swedish Meatballs; Egg Noodles; Carrots	3/15 Chicken Enchiladas; Skillet Corn	3/16 Nachos	3/17 Corned Beef Dinner with Potatoes & Veggies; Rye Bread	3/18 Blackened Tilapia; Rice Pilaf with Mixed Veggies	3/19 Corned Beef Hash; Fried Eggs; Toast
3/20 Florentine Stuffed Shells; Garlic Bread	3/21 Crock Pot Sausage & Beans; Corn Bread	3/22 Tortilla Pie; Side Salad	3/23 Ham & Cheese Strata; Cinnamon Apples	3/24 Baked Mostaccioli; Green Beans	3/25 Salmon Burgers; 3-Bean Salad	3/26 Oven Baked Chicken Fingers; Oven Fries; Peas
3/27 Ham; Cheesy Potatoes; Fruit Salad; Hard-boiled Eggs; Oven-Roasted Asparagus; Rolls	3/28 Cheesy Mac and Broccoli; Side Salad	3/29 Stir Fry Beef & Veggies; Rice	3/30 Crock Pot White Chicken Chili; Tortilla Chips	3/31 Deconstructed Chicken Cordon Bleu; Buttered Egg Noodles; Green Beans		

RECIPES FOR WEEK 1 ~ 3/1 - 3/6

Tuesday, 3/1

Cheesy Pasta Casserole

Cheesy Pasta Casserole

- 1 15 oz. can tomato sauce
- 2 t. Italian seasoning
- 1/2 t. salt
- 1/2 t. garlic powder
- 5 oz. cream cheese, softened
- 1/2 c. sour cream
- 1/2 lb. egg noodles, cooked and drained
- 1/2 lb. ground beef, fully cooked
- 1 c. shredded cheddar cheese

In a small bowl, combine tomato sauce and seasonings. Set aside. In a second bowl, combine cream cheese and sour cream.

Place cooked egg noodles in a 13x9 casserole dish. Top with cooked ground beef and tomato sauce. Dollop cream cheese/sour cream mixture on top of that. Cover with shredded cheese. Bake at 350 degrees for 20 minutes, until cheese is completely melted.

Wednesday, 3/2

Crock Pot Sticky Chicken

Crock Pot Sticky Chicken

- 4 garlic cloves, minced
- 1 whole orange, sliced
- 3 Tbsp. honey
- 3 Tbsp. soy sauce
- 1 Tbsp. finely minced ginger root (or 1 t. ground ginger powder)
- 4 lb. whole roasting chicken
- 2 Tbsp. cornstarch
- 1 cup chicken stock
- salt and pepper to taste

Rinse chicken thoroughly and drain well. Pat the chicken with paper towels to dry well. Stuff garlic and orange slices inside chicken.

Spray a 4-6 quart crockpot with nonstick cooking spray and place chicken inside. Combine honey, soy sauce and ginger root in small bowl and pour over chicken. Cover crockpot. Cook on LOW for 6-8 hours. The chicken should be fork tender and thoroughly cooked; 170 degrees into the leg or thigh on an instant read thermometer.

Remove chicken from crockpot and cover with foil to keep warm. Mix cornstarch and chicken stock in small saucepan and add the juices left in the crockpot. Mix well, transfer to a saucepan, and cook over medium high heat until the sauce boils and thickens, stirring frequently. Add salt and pepper to gravy to taste and serve with chicken.

NOTE: Shred and freeze any leftover chicken to use in place of diced/cubed chicken in any recipe later in the month. About 2-3 cups shredded chicken can be used in place of 1 lb.

Thursday, 3/3

BBQ Pork Chops
Mashed Potatoes

BBQ Pork Chops

- 1 - 1 1/2 lb. pork loin chops
- Salt and pepper, to taste
- 1 bottle barbecue sauce

Season pork with salt and pepper to taste. Place in a baking pan, cover with barbecue sauce and bake at 375 degrees for 30-40 minutes, until fully cooked.

Mashed Potatoes

- 2 lbs. baby red-skinned potatoes
- 1/4 c. butter or margarine
- 1/2 c. milk
- 3 T. sour cream
- 1 t. salt
- 1/2 t. pepper
- 1/2 t. garlic powder

Wash and quarter potatoes. Place in a large pot filled with cold water. Bring to a boil and boil until potatoes are fork-tender, about 15-20 minutes. Drain. Return potatoes to pot. Add butter or margarine and mash with potatoes. Stir in milk, sour cream, salt, pepper and garlic powder.

Friday, 3/4

Pizza Pie

Pizza Pie

- 1 unbaked (9 in) pie shell
- 1 c. shredded mozzarella
- 2 oz. sliced pepperoni
- 1 12 oz. can evaporated milk
- 3 eggs, beaten
- 2 tablespoons flour
- 1 teaspoon dried basil
- 1/8 teaspoon garlic powder

Preheat oven to 350 degrees. Sprinkle 1 cup of cheese and half of the pepperoni onto the bottom of the pie shell. Whisk together the milk, eggs, flour, basil, and garlic powder. Pour into pie shell. Sprinkle remaining cheese over top and carefully lay pepperoni on top of cheese. Bake for 40-45 minutes or until done.

WEEK 2 ~ 3/7 - 3/13

Sunday, 3/7

Pork Tenderloin
Rosemary Potatoes

Pork Tenderloin

- 1 1/2 - 2 1/2 lb. pork tenderloin
- Olive oil
- 1 T. black pepper (coarsely ground, if available)
- 2 t. salt

Drizzle olive oil over pork tenderloin. On a plate, combine pepper and salt. Roll pork tenderloin in seasonings to coat. Place on a baking dish and bake at 425 degrees for 15 to 20 minutes, until fully cooked.

NOTE - Cube and store leftover meat for dinner on Tuesday.

Rosemary Oven-Roasted Potatoes

- 1/4 c. butter or margarine
- 1/4 c. extra-virgin olive oil
- 2 lbs. red potatoes cubed
- 3 cloves garlic minced
- 1 T. dried rosemary crushed
- 1 T. salt
- 2 T. Parmesan cheese optional

1. Preheat oven to 425 degrees. Place 1/4 c. butter or margarine in baking dish and put in oven until melted.

2. Add olive oil, potatoes, garlic, rosemary and salt to pan. Stir to combine. Bake at 425 degrees for 30 - 45 minutes, until potatoes are fully-cooked and crispy, stirring every 15 minutes. If adding optional Parmesan, sprinkle on top of potatoes for the last 10 minutes of cooking.

Monday, 3/8

Chicken Paprikash

Chicken Paprikash

- 2 T. Extra virgin olive oil
- 1/2 onion, thinly sliced
- Salt and pepper, to taste
- 1 lb. boneless, skinless chicken breasts
- 1 T. sweet paprika
- 1 c. Chicken stock
- 3/4 c. sour cream
- 1/2 lb. fully cooked & drained egg noodles

Heat the olive oil in a large skillet. Add the onions and season with salt and pepper. Cook for 3 minutes.

Add the chicken to the skillet, then add the paprika and chicken stock. Stir to incorporate the paprika. Bring to a boil. Reduce heat to a simmer, cover skillet, and let simmer for one hour. Remove from heat.

Take the chicken out of the skillet and cut into cubes. Stir the sour cream into the sauce in the skillet. Place the chicken back in and stir to coat. Serve over egg noodles.

Tuesday, 3/9

Pork Fried Rice

Pork Fried Rice

- 3 T. oil
- 4 c. cold, cooked rice
- 2 eggs
- Salt and pepper, to taste
- 1 1/2 - 2 1/2 c. cubed leftover pork
- 1/2 c. sliced green onions
- 1/4 c. soy sauce

1. In a large skillet or wok, heat oil over medium heat. Add the rice and cook for 5 minutes, stirring frequently.

2. In a small bowl, whisk the eggs with the salt and pepper. Create a well in the center of the skillet. Pour the eggs and scramble, within the well, until done. Then, stir the scrambled eggs into the rice.

3. Add the pork and green onions. Cook another 5 minutes. Stir in the soy sauce until combined.

Wednesday, 3/10

D: Crock Pot Beef Stew

D: Biscuits

Crock Pot Beef Stew

3 tbsp. oil
1 - 2 lbs. stew meat
1/2 cup chopped green pepper
1 1/2 cup diced potatoes
1 1/2 cup sliced carrots
1 cup chopped celery
1 cup sliced onion
1/2 tsp. salt
1 lg. clove garlic
1/8 tsp. pepper
1 8 oz. can crushed tomatoes
3 cups beef stock
2 T. Worcestershire sauce
1/4 c. cold water
3 tbsp. cornstarch

Add all ingredients, except cold water and cornstarch to crock pot. Cook on low for 8-10 hours.

About 10-15 minutes before serving, mix cornstarch and cold water until smooth. Stir into crock pot and simmer uncovered until slightly thickened.

Biscuits

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1 tablespoon white sugar
1/3 cup butter or margarine
1 cup milk

In a large bowl, whisk together the flour, baking powder, salt, and sugar. Cut in the shortening until the mixture resembles coarse meal. Gradually stir in milk until dough pulls away from the side of the bowl.

Turn out onto a floured surface, and knead 15 to 20 times. Pat or roll dough out to 1 inch thick. Cut biscuits with a large cutter or juice glass dipped in flour. Repeat until all dough is used. Brush off the excess flour, and place biscuits onto an ungreased baking sheet.

Bake for 13 to 15 minutes at 425 degrees, or until edges begin to brown.

Thursday, 3/11

Honey Glazed Salmon
Couscous Pilaf

Honey-Glazed Salmon

- 4 salmon steaks
- 1 c. honey
- 1/4 c. freshly squeezed lemon juice
- 1/4 c. soy sauce
- 1 T. dijon mustard

Whisk together honey, lemon juice, soy sauce and dijon mustard. Place salmon in a shallow dish and cover with half the sauce. Store remaining sauce separately. Refrigerate for at least 30 minutes or up to 8 hours. Remove fish from marinade and place on a foil-lined baking sheet. Cook at 400 degrees for 15-20 minutes, until the salmon flakes easily. Serve with reserved marinade.

Couscous Pilaf

- 1/3 cup chopped green onions
- 1 clove garlic, finely chopped
- 2 teaspoons margarine or butter
- 1 1/2 c. chicken stock
- 1 cup uncooked couscous
- 1/4 cup chopped fresh parsley
- 1/2 t. Italian seasoning
- 1/4 teaspoon pepper

Cook onions and garlic in margarine in saucepan, stirring frequently, until onions are tender. Stir in chicken stock. Heat to boiling; remove from heat. Stir in remaining ingredients. Cover and let stand 5 minutes or until liquid is absorbed. Fluff lightly with fork.

Friday, 3/12

French Bread Pizzas

French Bread Pizzas

- 2 loaves French bread
- 1 14 oz. can tomato paste
- 1/2 c. water
- 1 T. olive oil
- 1 T. Italian seasoning
- 2 t. garlic powder
- 1 t. salt
- 1/8 t. crushed red pepper flakes
- 3 c. shredded mozzarella or pizza blend cheese
- Any desired pizza toppings

Split French bread loaves in half lengthwise.

In a small bowl, combine tomato paste, water, olive oil and seasonings. Stir to combine. Spread on bread halves. Top with shredded cheese and any desired toppings. Bake at 375 degrees for 10-15 minutes, until cheese is completely melted.

Saturday, 3/13

D: Taco Pinwheel

Taco Pinwheel

1 lb. ground beef
1/2 onion, diced
1 T. chili powder
2 t. cumin
2 t. salt
1 t. garlic powder
1/4 c. water
1 15 oz. can crushed tomatoes
1 4oz. can diced green chili peppers, optional
2 c. flour
1/2 c. corn meal (plus extra for dusting)
1 T. baking powder
1 t. salt
6 T. butter or margarine
1/3 c. milk
1 c. shredded cheese
Standard taco toppings, optional

Cook the ground beef and onions in a large skillet until beef is fully cooked. Drain. Stir in the seasonings, water, tomatoes and chili peppers. Bring to a slow boil and simmer until thickened.

While the taco filling is simmering, combine the flour, corn meal, baking powder and salt. Cut in the butter or margarine until crumbly. Stir in the milk just until dough is moist. Knead about 8-10 times.

Sprinkle your work surface with cornmeal and roll dough into a large circle. Cut strips around the edge of the dough that go in about 1/3 of the way.

Transfer the dough to a cookie sheet and spoon the filling into the center. Fold in the cut out strips of dough. Bake at 375 degrees for 20-25 minutes, until corn biscuit crust is lightly browned.

WEEK 3 ~ 3/14 - 3/20

Sunday, 3/14

D: Broccoli and Cheese Soup

D: Homemade Bread Bowls

Broccoli and Cheese Soup

1 lb. frozen broccoli florets
6 cups chicken broth
1 1/2 cups milk
1/2 cup plus 2 tablespoons flour
2 cups shredded cheddar cheese

Salt and pepper, to taste

In a large saucepan combine broth and milk. Slowly whisk in flour. Cook over med to med high heat, stirring constantly. Cook until it starts to thicken but not too thick. Add broccoli. Reduce heat to med low. Continue to cook about 5 minutes. Add cheese; stir until cheese melts. Season to taste with salt and pepper.

Bread Bowls

1 1/2 T. yeast
2 1/2 c. warm water
2 t. salt
2 T. oil
6-7 c. flour
1 T. cornmeal
1 egg white
1 T. water

In a large bowl (or bowl of an electric mixer), dissolve yeast in warm water. Let stand until creamy, about 10 minutes.

Add salt, oil and 4 cups flour to the yeast mixture; beat well. Stir in the remaining flour, 1/2 cup at a time, beating well with an electric mixer at medium speed after each addition until a soft but not sticky dough is formed. Knead the dough by hand or with mixer for 5-8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled, about 40 minutes. Punch dough down, and divide into 6-8 equal portions. Shape each portion into a round ball. Place loaves on lightly greased baking sheets sprinkled with cornmeal. Cover and let rise in a warm place, free from drafts, until doubled, about 35 minutes.

Bake at 400 degrees for 25-30 minutes. Cut off top, scoop out bread and fill with soup.

Monday, 3/15

D: Swedish Meatballs

Swedish Meatballs

2 cups bread crumbs
2/3 cup milk
1 tablespoon butter
1/2 cup finely chopped onion
1 1/2 pounds lean ground beef
3 eggs, slightly beaten
2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon nutmeg
1 teaspoon paprika
3 tablespoons butter
3 tablespoons flour

1 c. beef broth or stock
1 cup sour cream

Soak bread crumbs in milk until softened. Melt 1 tablespoon butter in a saucepan or skillet and saute onion over low heat until softened. Mix softened bread crumbs, cooked onion and ground beef. Add eggs, salt, pepper, nutmeg and paprika. Mix thoroughly until well blended. Shape meat into small balls, dusting hands with flour frequently while shaping the balls. Melt remaining 3 tablespoons butter in large skillet. Add meat balls and fry until browned, turning carefully to brown all sides.

Remove from pan, pour off all but about 3 tablespoons of drippings, then stir 3 tablespoons of flour into the remaining drippings. Stir until well blended. Add beef broth, and a dash of pepper. Cook, stirring constantly until thickened. Reduce heat to low and cook 5 minutes. Stir in sour cream, a little at a time, stirring until thoroughly blended after each addition. Return meatballs to sauce; cover pan and simmer gently 5 minutes. Serve with hot buttered noodles.

Tuesday, 3/16

D: Chicken Enchiladas
D: Skillet Corn

Chicken Enchiladas

1 lb. boneless, skinless chicken breasts
1 14.5 oz. can crushed tomatoes
1/4 c. water
2 t. chili powder
1 t. cumin
1/2 t. salt
1 c. shredded cheddar cheese, divided
8 tortillas
1 can enchilada sauce

In a small skillet, combine chicken with crushed tomatoes, water, chili powder, cumin and salt. Bring to a slow boil, cover and simmer 20 minutes, until chicken is fully cooked. Shred the chicken using two forks.

Scoop some of the chicken filling down the center of each tortilla and top with a little cheese. Pour half the enchilada sauce in the bottom of a casserole dish. Roll up tortillas and place in casserole dish. Cover with remaining enchilada sauce and cheese. Bake at 350 degrees for 10-15 minutes, until cheese is fully melted.

Skillet Corn

4 T. butter or margarine
1/2 lb. frozen corn
1/4 onion, diced
2 t. cumin
1/2 t. salt
1/2 t. pepper

Melt butter or margarine in a skillet. Add corn, onion and seasonings. Cook until corn is slightly crispy, about 5-10 minutes.

Wednesday, 3/17

D: Corned Beef Dinner

Corned Beef Dinner

3 - 4 lb. corned beef brisket
1 small head cabbage, quartered
2 lbs. baby red skinned potatoes
1 lb. carrots, peeled and cut into thirds

Combine all ingredients, including the spice packet that comes with the corned beef, in a crock pot. Cover with 3 cups of water. Cook on low for 8-10 hours.

NOTE - Dice leftover corned beef, potatoes and carrots for dinner on Friday.

Thursday, 3/18

D: Blackened Tilapia

D: Rice Pilaf with Mixed Veggies

Blackened Tilapia

1 lb. tilapia fillets
Blackening/Cajun seasoning
Olive oil

Generously cover tilapia with blackening seasoning and place in a baking dish. Drizzle olive oil on top and bake at 350 degrees for 15-20 minutes, until fully cooked.

Rice Pilaf with Mixed Veggies

2 t. olive oil or butter
1 1/2 c. rice
2 green onions, sliced
2 c. frozen mixed veggies
2 c. chicken stock
2 c. water
1/2 t. salt
1/4 t. black pepper

Heat olive oil or butter in a large skillet. Add rice and cook, stirring continuously, until toasted and nutty smelling. Stir in green onions. Add frozen veggies, chicken stock, water, salt and pepper to skillet. Bring to a boil, cover, reduce heat to low and simmer for 15 minutes. Fluff with a fork.

Friday, 3/19

D: Corned Beef Hash

Corned Beef Hash

1 large onion, diced
4 T. butter, margarine or olive oil
2 1/2 c. cooked red skin potatoes, diced
3 c. cooked corned beef, diced
2 c. cooked carrots, diced
Salt, garlic powder and pepper, to taste

1. Melt the butter or margarine (or heat the olive oil) in a large skillet over medium-high heat. Add the onion and cook for about 5 minutes, until tender.
2. Add everything else to the skillet. Unless you really like salty foods, you probably don't need to add any salt. But if you want to, go for it! With a spatula, press everything down in the skillet. Let cook for about 10 minutes. Keep a close eye on it so that it doesn't burn. Flip over in sections, press down again, and cook about 10 more minutes.

Saturday, 3/20

D: Nachos

Nachos

1/2 - 1 bag tortilla chips
1/2 lb. ground beef
1 can refried beans
1/4 c. taco sauce
1 jar salsa, divided
2 c. shredded cheddar cheese
Optional toppings: shredded lettuce, sour cream, diced tomatoes

Spread tortilla chips on a cookie sheet.

Brown ground beef in a skillet. Drain. Stir in refried beans and taco sauce. Spread over tortilla chips. Top with half the salsa and shredded cheese. Bake at 350 degrees for 10-15 minutes, until cheese is fully melted. Serve with remaining salsa and any optional toppings.

WEEK 4 ~ 3/21 - 3/27

Sunday, 3/21

D: Florentine Stuffed Shells

Florentine Stuffed Shells

1/2 pk Large shells cooked and drained
1 sm Onion chopped
10 oz Frozen chopped Spinach thawed and drained
1/2 teaspoon Garlic powder
1 teaspoon Italian seasoning
16 oz Container ricotta cheese
2 Eggs

1 15 oz can tomato Sauce
1 15 oz. can crushed tomatoes
1 teaspoon Salt
1/2 teaspoon Black pepper
1/2 teaspoon Italian seasoning
1/2 teaspoon Sugar
2 c. Shredded mozzarella cheese

In a large bowl, combine onion, spinach, 1/2 t. garlic powder, 1 t. Italian seasoning, ricotta cheese and eggs. Spoon into shells and place in a casserole dish.

In a small bowl, combine tomato sauce, diced tomatoes and remaining seasonings. Pour over shells. Top with mozzarella cheese. Cover dish with foil and bake at 350 degrees for 45 minutes. Remove foil and bake an additional 5-10 minutes, until cheese is completely melted.

Monday, 3/22

D: Crock Pot Sausage & Beans

D: Corn Bread

Crock Pot Sausage & Beans

1 pound kielbasa type sausage
1 medium onion, chopped
1 cup ketchup
3/4 cup packed brown sugar
1/2 cup sugar
2 tablespoons white vinegar
2 tablespoons molasses
2 tablespoons prepared mustard
3 15 oz. cans (or 4 c. cooked, dried) great northern beans, rinsed and drained

Mix together ketchup, sugars, vinegar, molasses, and mustard. Set aside.

Cut kielbasa into bite sized pieces.

In a crockpot mix together the kielbasa, onion, and beans. Add ketchup mixture and stir well.

Cook on low for 6-8 hrs.

Cornbread

4 tablespoons butter, margarine or olive oil
1 1/2 cups cornmeal
1/2 cup all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1/4 to 1/2 cup sugar
2 eggs
1 1/4 cups milk, more if needed

1. Preheat oven to 375 degrees. Put fat in a 10-inch cast-iron skillet or in an 8-inch square baking pan. Place pan in oven.

2. Meanwhile, combine dry ingredients in a bowl. Mix eggs into milk, then stir this mixture

into dry ingredients, combining with a few swift strokes. If mixture seems dry, add another tablespoon or two of milk.

3. When fat and oven are hot, remove skillet or pan from oven, pour batter into it and smooth out top. Return pan to oven. Bake about 30 minutes, until top is lightly browned and sides have pulled away from pan; a toothpick inserted into center will come out clean. Serve hot or warm.

Tuesday, 3/23

D: Tortilla Pie

Tortilla Pie

4 flour tortillas

1 tablespoon olive oil, plus more for pan
1 medium onion, chopped
1 1/2 teaspoons ground cumin
1/4 teaspoon red-pepper flakes
Coarse salt and ground pepper
2 tablespoons tomato paste
1 pound ground beef
3 garlic cloves, minced
1 package (10 ounces) frozen corn kernels
2 cups (8 ounces) shredded Monterey Jack cheese
Sour cream (optional)

Preheat oven to 400 degrees.

In a large skillet, heat oil over medium. Add onion, cumin, and red-pepper flakes; season with salt and pepper. Cook until onion has softened, 3 to 5 minutes. Stir in tomato paste.

Raise heat to medium-high; add beef and garlic. Cook, breaking up meat with a spoon until no longer pink, 4 to 6 minutes. Add corn; cook about 2 minutes.

Place one tortilla in a pie plate or Springform pan. Spreading evenly, top with 1 1/2 packed cups beef mixture, then 1/2 cup cheese. Repeat with two more layers. Top with last tortilla, and sprinkle with remaining 1/2 cup cheese.

Bake pie until top is lightly browned, 15 to 20 minutes. Cut into wedges. If desired, serve with sour cream.

Wednesday, 3/24

D: Ham & Cheese Strata

D: Cinnamon Apples

Ham & Cheese Strata

8 slices bread white or whole wheat
2 c. shredded cheddar cheese

1 1/2 c. ham chopped
2 1/4 c. milk
4 eggs, beaten
1 t. salt
1/4 t. dry mustard
1/4 t. paprika
1/4 t. pepper

1. Cut the crusts off 5 slices of bread and set aside. Place remaining 3 slices of bread and the removed crusts into the bottom of a greased 13×9 casserole dish.
2. Layer the ham and cheese on top of the bread. Cut the remaining 5 slices of bread in 1/2 and layer on top in two rows.
3. Combine the milk, eggs and seasonings in a small bowl. Pour over bread. Cover and refrigerate at least 6 hours.
4. Bake at 350 degrees for 45-60 minutes. Let stand 5 minutes before cutting.

Cinnamon Apples

4 apples, peeled and cubed
1/3 c. butter or margarine
1 c. sugar
1 T. cinnamon

Melt butter in a large skillet. Add sugar and cinnamon. Cook for 2 minutes. Stir in apples and continue cooking until apples are fully glazed and softened.

Thursday, 3/25

D: Baked Mostaccoli

Baked Mostaccoli

1/2 pound uncooked mostaccoli noodles
1-1/2 pounds ground beef
1/2 cup chopped onion
1 garlic clove, minced
1 can (28 ounces) crushed tomatoes
1 can (8 ounces) tomato sauce
1 can (6 ounces) tomato paste
1 can (4 ounces) sliced mushrooms
1/2 cup water
1 to 1-1/4 teaspoons salt
1 teaspoon sugar
1 teaspoon dried basil
1/8 teaspoon pepper
1 bay leaf
2 cups (8 ounces) shredded part-skim mozzarella cheese
1/2 cup grated Parmesan cheese

Cook mostaccoli according to package directions; drain and set aside.
In a large saucepan, cook the beef, onion and garlic over medium heat until no longer pink;

drain. Stir in the tomatoes, tomato sauce and paste, mushrooms, water, salt, sugar, basil, pepper and bay leaf. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes, stirring occasionally.

Discard bay leaf. Stir in mostaccoli. Spoon half into a 13-in. x 9-in. baking dish. Sprinkle with mozzarella cheese; layer with remaining meat mixture. Sprinkle with Parmesan cheese. Cover and bake at 350 ° for 30-35 minutes or until heated through. Let stand for 5 minutes before serving.

Friday, 3/26

D: Oven Baked Chicken Fingers

D: Oven Fries

Oven Baked Chicken Fingers

1 lb boneless skinless chicken breasts, cut into "fingers"
1 cup bread or cracker crumbs
1/2 tsp onion powder
1/2 tsp garlic powder
1 tsp paprika
1/2 tsp black pepper
1/2 cup buttermilk (or 1/2 c milk + 2 t vinegar)
just enough vegetable oil to thinly coat a cookie sheet

Place chicken fingers in a shallow dish and cover with buttermilk. Allow to soak in the fridge for at least 15 minutes.

While the fingers are soaking combine the crumbs and seasoning in a large freezer bag. Preheat the oven to 400°F, use just enough vegetable oil to thinly coat a baking sheet. Drain the excess buttermilk from the chicken strips. Add the fingers, a few at a time, to the crumb mixture and shake to coat thoroughly. Remove and place on the baking sheet, cook for 15 – 20 minutes turning once, until chicken is fully cooked.

Oven Fries

5 russet potatoes
1/4 cup extra-virgin olive oil
Salt and freshly ground black pepper
1/2 cup grated Parmesan

Peel potatoes and cut into half-inch thick slices (lengthwise) cut again into 1/2-inch thick fries. Place the potatoes into a pot with cold water and 1 tablespoon of salt. Bring up to a gentle boil and simmer until a paring knife tip goes through easily. Cooked about 3/4 of the way through.

Drain carefully and put in a bowl. Add olive oil, 1 tablespoon salt, 1/2 teaspoon black pepper. Toss well and lay out in 1 layer on nonstick baking sheet. Bake at 400 degrees until light brown.

When brown, sprinkle with Parmesan and continue to bake until well-browned and crispy and the cheese is melted and caramelized, about 6 to 7 more minutes. Remove and let cool for 2 minutes.

Saturday, 3/27

D: Salmon Burgers

D: 3-Bean Salad

Salmon Burgers

1 pound salmon fillet, skinned OR 1 lb. canned salmon, well drained
2 tablespoons finely chopped onion
2 tablespoons chopped fresh cilantro
1/4 teaspoon ginger powder
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil, or canola oil

If using fresh salmon: With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy) until you have a mass of roughly 1/4-inch pieces.

Transfer fresh or canned salmon to large bowl and gently stir in onion, cilantro, ginger, salt and pepper, being careful not to overmix. Divide the mixture into patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

Heat oil in a large nonstick skillet over medium heat. Add the burgers and cook until browned on both sides and just cooked through, 4 to 6 minutes total. Serve on buns with toppings of choice.

3-Bean Salad

1 15-oz can green beans, rinsed and drained
1 15-oz can kidney beans, rinsed and drained
1 15-oz can garbanzo beans, rinsed and drained
2 celery stalks, chopped fine
1/2 onion, chopped fine
1 cup fresh, finely chopped flat-leaf parsley
1 t. dried rosemary
1/3 cup apple cider vinegar
1/3 cup granulated sugar
1/4 cup olive oil
1 1/2 teaspoons salt
1/4 teaspoon black pepper

In a large bowl, mix the beans, celery, onion, parsley and rosemary.

In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.

Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.

WEEK 5 ~ 3/28 - 3/31

Sunday, 3/28

D: Deconstructed Chicken Cordon Blue

D: Oven-Roasted Asparagus

Deconstructed Chicken Cordon Bleu

1 1/2 lb. boneless, skinless chicken breasts, cut into large 4 or 5 bite pieces

Salt and pepper, to taste

1/2 lb. ham lunch meat

4 T. butter or margarine

1/4 c. flour

2 c. milk

2 c. shredded Swiss cheese, divided

1/2 t. Italian seasoning

1/4 t. black pepper

1 T. butter or margarine, melted

3/4 c. breadcrumbs

1. Season chicken with salt and pepper to taste and place in a baking dish. Layer ham on top of the chicken.

2. In a small sauce pan, melt 4 T. butter or margarine over medium heat. Stir in flour and cook for 2 minutes. Slowly whisk in milk, Italian seasoning and black pepper. Bring to a slow boil and let slowly boil until thickened, about 3 to 5 minutes. Remove from heat and stir in 1 1/2 c. Swiss cheese until melted.

3. Pour cheese sauce over the chicken and ham. Sprinkle remaining Swiss cheese on top.

4. Melt 1 T. butter or margarine and stir into the bread crumbs until moistened. Sprinkle over the cheese. Bake at 350 degrees for 35-45 minutes, until chicken is fully cooked. (Cooking time will vary depending on the thickness on your chicken.)

Oven Roasted Asparagus

1 lb. asparagus, trimmed

3 T. olive oil

1 t. salt

1/2 t. pepper

Rinse asparagus and pat dry. Spread on a baking sheet. Drizzle with olive oil and salt and pepper. Bake at 400 degrees for 20 minutes or at 350 for 30 minutes.

Monday, 3/29

D: Cheesy Mac & Broccoli

Cheesy Mac & Broccoli

1/2 T. oil
1/2 lb. boneless, skinless chicken breasts, cubed
2 t. blackening seasoning
3 T. butter or margarine
3 T. flour
1 c. milk
1 c. chicken stock
1 t. blackening seasoning
2 c. frozen broccoli, thawed
1 1/2 c. shredded cheddar cheese
1/2 – 1 lb. elbow macaroni (or other pasta shape), fully cooked and drained

1. Heat oil in a large skillet. Season chicken with blackening seasoning and add to skillet. Cook until chicken is browned and fully cooked, about 5-8 minutes. Remove chicken with a slotted spoon and set aside.
2. Add butter or margarine to skillet and melt. Stir in flour and cook for 2 minutes. Slowly whisk in milk and chicken stock. Bring to a slow boil until thickened slightly. Stir in remaining blackening seasoning, broccoli and cheddar cheese. Stir until cheese is fully melted. Add chicken back into skillet and then add cooked noodles. Stir until heated through. Serve and enjoy!

Tuesday, 3/30

D: Stir Fry Beef & Veggies

Stir Fry Beef & Veggies

2 tablespoons vegetable oil
1 pound boneless top sirloin steak, thinly sliced into bite-size pieces
1/2 cup sliced onion
1 tablespoon minced garlic
1 t. powdered ginger
2 bags frozen vegetable stir-fry medley
2 tablespoons oyster sauce
1/2 teaspoon red pepper flakes
1 pack stir-fry seasoning mix

In a large skillet or wok, heat 1 tablespoon of oil over high heat. Add the beef and stir-fry for about 3 minutes. Remove beef and reserve. To the same wok, add the remaining oil and saute the onions, garlic, and ginger. Add the stir-fry vegetable medley, mushrooms, water chestnuts, and red bell peppers. Stir-fry for about 3 minutes and return the beef to the wok. Stirring constantly, add the oyster sauce and crushed red pepper flakes. In a small bowl, whisk the stir-fry seasoning mix with 1/8 cup water until combined. Add the seasoning mixture to the wok and stir for another 3 minutes. Serve with rice.

Wednesday, 3/31

D: Crock Pot White Chicken Chili

Crock Pot White Chicken Chili

- 1 lb. boneless, skinless chicken breasts or thighs
- 1 cup chopped onion
- 2 cloves garlic, finely chopped
- 1 1/2 cups chicken broth
- 2 teaspoon ground cumin
- 1 teaspoon dried leaf oregano
- 1/2 teaspoon salt
- 1/2 teaspoon Hot (Tabasco) sauce
- 2 c. dry white beans, fully cooked OR 2 cans, rinsed and drained
- 1 1/2 c. frozen corn
- 2 Tbsp. chopped fresh cilantro, optional

Add all ingredients to crockpot. Cover and cook on low for 6-8 hours. Shortly before serving, remove chicken and shred. Stir back into pot and serve.

SHOPPING LIST ~ WEEK 1 ~ 3/1 - 3/6

**Remember to shop your kitchen first!

<p><u>Asian</u> Soy sauce (3 T)</p> <p><u>Baking</u> Honey (3 T) Cornstarch (2 T) Brown sugar (1 T) Evaporated milk, 12 oz. (1) Flour (2 T)</p> <p><u>Bread</u> Hot dog buns</p> <p><u>Canned</u> Tomato sauce, 15 oz. (1) Crushed tomatoes, 15 oz. (1) Chicken stock, broth, bullion cubes (1 c) Baked beans (1 or 2 cans)</p> <p><u>Cheese</u> Shredded cheddar - 2 c. Shredded mozzarella - 1 c.</p> <p><u>Condiments</u> Barbecue sauce (1 bottle) Ketchup (1/3 c) Mustard (1 1/2 T)</p> <p><u>Dairy</u> Cream cheese (5 oz) Sour cream (1 c) Butter or margarine (1/4 c) Milk Pie shell (1) *Omit if using frozen Eggs (3)</p> <p><u>Frozen</u> Pie shell (1) *Omit if using fresh Green beans (1/2 lb) Peas (1/2 lb) Corn (1/2 lb) French fries (1 or 2 bags)</p> <p><u>Meats</u> Ground beef (1 1/2 lb) Roasting chicken (about 4 lbs) Pork loin chops (1 - 1 1/2 lbs.) Pepperoni (2 oz) Hot dogs (1 pkg.)</p>	<p><u>Oils</u> Olive oil Canola or vegetable oil</p> <p><u>Pasta</u> Egg noodles (1/2 lb) Spaghetti (1/2 lb)</p> <p><u>Produce</u> Garlic Orange (1) Baby red skinned potatoes (2 lb) Onion (1/2) Lettuce</p> <p><u>Spices</u> Italian seasoning Salt Pepper Garlic powder Ginger powder Chili powder Cumin Basil</p>
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SHOPPING LIST ~ WEEK 2 ~ 3/7 - 3/13

**Remember to shop your kitchen first!

<p><u>Asian</u> Soy sauce (1/2 c)</p> <p><u>Baking</u> Cornstarch (3 T) Flour (4 c) Baking powder (2 T) Sugar (1 T) Honey (1 c) Cornmeal (1/2 c)</p> <p><u>Bread</u> French bread (2 loaves)</p> <p><u>Canned Goods</u> Chicken stock, broth or bullion cubes (1 c) Beef stock, broth or bullion cubes (3 c) Crushed tomatoes, 8 oz. (1) Crushed tomatoes, 15 oz. (1) Tomato paste, 14 oz. (1)</p> <p><u>Cheese</u> Grated Parmesan Shredded mozzarella or pizza blend (3 c) Shredded cheddar (1 c)</p> <p><u>Condiments</u> Worcestershire sauce (2 T) Dijon mustard (1 T)</p> <p><u>Dairy</u> Butter or margarine (1 c) Sour cream (1 c) Milk</p> <p><u>Frozen</u> Broccoli (1/2 lb) Peas (1/2 lb)</p> <p><u>Meats</u> Pork tenderloin (1 1/2 - 2 1/2 lb) Boneless, skinless chicken breasts (1 lb) Beef stew meat (1 -2 lb) Any desired pizza toppings Ground beef (1 lb)</p>	<p><u>Mexican</u> Diced green chili peppers, 4 oz (1) *Optional</p> <p><u>Oils</u> Olive oil Canola or vegetable oil</p> <p><u>Pasta</u> Egg noodles (1/2 lb)</p> <p><u>Produce</u> Lettuce (head or bag/s) Asparagus (1 lb) Red potatoes (3 lb) Garlic Onion (1 1/2) Green onions (1 bunch) Green pepper (1/2) Carrots (1/2 lb) Celery (1/2 lb) Lemon (1) Parsley (1 bunch)</p> <p><u>Rice & Beans</u> Rice (2 c) Couscous (1 c)</p> <p><u>Seafood</u> Salmon (4)</p> <p><u>Spices</u> Salt Pepper Rosemary Sweet paprika Italian seasoning Garlic powder Crushed red pepper flakes Chili powder Cumin</p>
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SHOPPING LIST ~ WEEK 3 ~ 3/14 - 3/20

**Remember to shop your kitchen first!

<p><u>Baking</u> Flour (8 c) Yeast (1 1/2 T) Cornmeal (1 T) Bread crumbs (2 c)</p> <p><u>Bread</u> Rye bread (1 loaf) White or wheat loaf (1)</p> <p><u>Canned Goods</u> Chicken stock, broth or bullion cubes (8 c) Beef stock, broth or bullion cubes (1 c) Crushed tomatoes, 14/5 oz (1)</p> <p><u>Cheese</u> Shredded cheddar (4 c)</p> <p><u>Dairy</u> Milk Eggs (10) Butter or margarine (3/4 c) Sour cream (1 c)</p> <p><u>Frozen</u> Broccoli florets (1 lb) Corn (1/2 lb) Mixed vegetables (2 c)</p> <p><u>Meats</u> Ground beef (2 lb) Boneless, skinless chicken breast (1 lb) Corned beef brisket (3 - 4 lb)</p> <p><u>Mexican</u> Tortillas (8) Enchilada sauce, 12 oz. (1) Refried beans (1) Taco sauce (1/4 c) Salsa (1 jar)</p>	<p><u>Oils</u> Olive oil Canola or vegetable oil</p> <p><u>Produce</u> Onion (1 1/2) Cabbage, small head (1) Red potatoes (2 lb) Carrots (1 1/2 lb) Green onions (1 bunch) Lettuce (head or bag/s)</p> <p><u>Rice & Beans</u> Rice (1 1/2 c)</p> <p><u>Seafood</u> Tilapia (1 lb)</p> <p><u>Snacks</u> Tortilla chips (1 bag)</p> <p><u>Spices</u> Salt Pepper Nutmeg Paprika Chili powder Cumin Blackening/Cajun seasoning Garlic powder</p>
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SHOPPING LIST ~ WEEK 4 ~ 3/21 - 3/27

**Remember to shop your kitchen first!

Baking

Sugar (2 1/2 c)
Brown sugar (3/4 c)
Molasses (2 T)
Cornmeal (1 1/2 c)
Flour (1/2 c)
Baking powder (1 1/2 t)
Bread crumbs (1 c)

Bread

White or wheat loaf (1)

Canned Goods

Tomato sauce, 15 oz. (1)
Tomato sauce, 8 oz. (1)
Crushed tomatoes, 28 oz. (1)
Crushed tomatoes, 15 oz. (1)
Tomato paste, 6 oz. (2)
Sliced mushrooms, 4 oz. (1)
Green beans (1)
Salmon, 16 oz (1) *Omit if using fresh/frozen

Cheese

Shredded mozzarella (4 c)
Shredded Monterrey Jack (2 c)
Shredded cheddar (2 c)
Grated Parmesan (1 c)

Condiments

Ketchup (1 c)
Vinegar (3 T)
Mustard (2 T)
Apple cider vinegar (1/3 c)

Dairy

Ricotta cheese, 16 oz (1)
Eggs (8)
Butter or margarine (3/4 c)
Milk

Frozen

Chopped spinach, 10 oz. (1)
Corn, 10 oz. (1)
Garlic bread (1 or 2)
Green beans (1/2 lb)
Peas (1/2 lb)

Meats

Polish or smoked sausage (1 lb)
Ground beef (2 1/2 lb)
Chopped ham (1 1/2 c)
Boneless, skinless chicken breasts (1 lb)

Mexican

Tortillas (4)

Oils

Olive oil
Canola or vegetable oil

Pasta

Large shells (1/2 box)
Mostaccoli (1/2 lb)

Produce

Onion (4)
Garlic
Apples 94)
Russet potatoes (5)
Cilantro (1 bunch)
Celery (1/4 lb)
Parsley (1 bunch)
Lettuce (head or bag/s)

Rice & Beans

Great Northern beans (3 cans or 2 c dried)
Kidney beans (1 can or 1/2 c. dry)
Garbanzo beans (1 can or 1/2 c dry)

Seafood

Salmon (1 lb) *Omit if using canned

Spices

Salt & Pepper
Garlic powder
Italian seasoning
Cumin
Red pepper flakes
Dry mustard
Paprika
Cinnamon
Basil
Bay leaf
Onion powder
Ginger
Rosemary

SHOPPING LIST ~ WEEK 5 ~ 3/28 - 3/31

**Remember to shop your kitchen first!

<p><u>Asian</u> Oyster sauce (2 T) Stir-fry seasoning packet (1)</p> <p><u>Baking</u> Flour (1/2 c) Bread crumbs (3/4 c)</p> <p><u>Canned Goods</u> Chicken stock, broth or bullion cubes (2 1/2 c)</p> <p><u>Cheese</u> Shredded Swiss (2 c) Shredded cheddar (1 1/2 c)</p> <p><u>Condiments</u> Tabasco sauce (1/2 t)</p> <p><u>Dairy</u> Butter or margarine (1/2 c) Milk</p> <p><u>Frozen</u> Broccoli (2 c) Stir-Fry vegetable medley (2 bags) Corn (1 1/2 c)</p> <p><u>Meats</u> Boneless, skinless chicken breasts (3 lb) Ham lunch meat (1/2 lb) Top sirloin steak (1 lb)</p>	<p><u>Oils</u> Olive oil Canola or vegetable oil</p> <p><u>Pasta</u> Elbow macaroni, or shape of choice (1/2 - 1 lb)</p> <p><u>Produce</u> Asparagus (1 lb) Onion (1 1/2) Garlic Cilantro (1 bunch) Lettuce (head or bag/s)</p> <p><u>Rice & Beans</u> White beans (1 1/2 c. dry or 2 cans) White or brown rice (2 c)</p> <p><u>Snacks</u> Tortilla chips (1 bag)</p> <p><u>Spices</u> Salt Pepper Italian seasoning Blackening/Cajun seasoning Ginger Red pepper flakes Cumin Oregano</p>
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