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*Quick and
Easy
Meal Swap*

*From your Friends
in*

New Haven, CT

FROM THE KITCHEN OF: Addie LaDuke

Monday

Pasta Primavera

1/2 cup frozen peas, thawed
1/2 cup carrots, sliced on diagonal
1/2 cup fresh asparagus, cut into sections
1/2 cup mushrooms, sliced
4 T butter
1 clove garlic, minced
1 1/2 cup heavy cream
1/2 cup parmesan cheese
1/2 lb cooked pasta bowties
salt and pepper

lightly sauté the veggies in the butter to a tender/crisp stage. Add the garlic during the last minute. Add the cream and simmer till reduced and slightly thickened, 2-3 minutes. Add the cooked pasta, tossing well with the sauce and adding some of the cheese. Correct the seasonings turn the pasta out into a bowl, top with more cheese. serves 4-6. Other veggies may be used: broccoli, cauliflower, red peppers, zucchini, etc.)

Tuesday

Stir Fry (American version)

1 cup chop broccoli (can be frozen)
1 cup long sliced carrots
1 can corn
6-8 pieces of bacon (I like thin sliced low sodium)
1-2 eggs
White rice
Soy sauce

Cook bacon in large frying pan until done. Take bacon out. Drain most of the grease. Put all the veggies in the pan cook until tender. Move veggies to the side fry 1 or two eggs. Crumble bacon over top. Serve over white rice. Add soy sauce to individual taste for flavor.

Wednesday

Shrimp Scampi (Rachael Ray Recipe)

(good as starter, or in pasta, or in salad)
2 cloves garlic
a pinch of red pepper flakes
2 Tbs extra Virgin olive oil
5 jumbo shrimp per person peeled and deveined
a shot of white wine for every serving (optional)

Heat garlic and crushed red pepper in oil over medium high heat until garlic speaks. Add shrimp and cook for a minute on each side, keeping pan moving with vigorous shakes to avoid burning the garlic. Douse with white wine (optional). Serve over pasta with white sauce or on salad with Caesar dressing or just as appetizer.

Thursday

Calzones

1 pkg. dry pizza dough mix
1 cup Ricotta Cheese
1- 1 ½ Tbs. parmesan cheese
1 cup chopped frozen spinach

Pre-sliced pepperoni
Spaghetti sauce
Shredded Mozzarella cheese

Make dough according to directions. Divide dough into four balls. Roll out into large square shaped. Place two of the squares on cookie sheet. In bowl mix Ricotta cheese, parmesan, and defrosted spinach. Spread evenly on two dough squares. Leave room for edges to seal. Cover with pepperoni, spaghetti sauce, and some mozzarella cheese. Place the left over dough squares on top and pinch edges together. Bake according to dough package, or until top and bottom dough are cooked through.

Friday

Summer Fajita's

Chicken breasts
Hot and spicy Shake and Bake bread crumbs
Non fat sour cream

Taboule Salad Mix (follow directions and add)
1 Roma tomato diced
½ Cucumber diced
olive oil
lemon juice

Hummus: (use a mix or mix)
1 cup garbonzo beans mashed
2 garlic cloves (minced)
2 tsp. Cumin
2 tsp. Lemon juice

Corn tortillas

Coat chicken in sour cream. Cover with Shake and Bake. Bake at 350 for 25-30 minutes. Slice in strips. Prepare Taboule salad as directed on box. Add cucumbers and tomatoes when done. Make hummus by mashing together ingredients or following directions on a mix.

Serve on corn tortillas. Spread hummus, scoop of Taboule, and chicken breasts. Roll together and eat.

Saturday

Teriyaki Salmon

Salmon
Soy sauce
Brown sugar
Orange juice
Grapefruit juice (optional)
Orange, Grapefruit, or lemon slices (all kinds or just one will work)

Place aluminum foil in large large baking dish. Place in the foil. Mix soy sauce, brown sugar, and juices until looks and taste good (like teriyaki dark brown and sweet). Coat salmon with sauce. Save some for serving. Place citrus slices on Salome. Cook at 350 until tender and flakey. Serve with wild rice, salad, etc.

Sunday

Pork Tenderloin (healthy and delicious)

Pork tenderloin

Grey Poupon Dijon Mustard

Original Allegro Marinade (yellow label with a clown on it and gold foil on top)

Balsamic Vinegar

Worcestershire Sauce

Onion Powder

Garlic Powder

Coat pork in mustard, dust with pepper, garlic powder, and onion powder. Place in large gallon plastic bag. Add about 1 cup of the Allegro Marinade, 1 Tbs. Balsamic Vinegar, 1Tbs. Worcester Sauce. Seal bag and marinate for at least an hour. Can freeze for later to cook, or marinate for 24 hrs in fridge.

You can cook it many ways. Grill it, put in Crock pot over night with some extra water to coat, or broil in oven . Meat will have a pink color when cooked. The crock pot makes the most tender version. Serve with broccoli and cheese rice, rolls, and salad.

This is really simple and delicious.

FROM THE KITCHEN OF: Anna Bennett

Monday

The Ultimate Chili-Anna Bennett

Prep Time: 10 Minutes

Cook Time: 6 Hours 10 Minutes

Ready In: 6 Hours 20 Minutes

Yields: 8 servings

INGREDIENTS:

1 pound lean ground beef

1 cup chopped onions

3 cloves of garlic

salt and pepper to taste

3 (15 ounce) cans dark red kidney beans-
it tastes great with a variety of beans too
(red, black etc.)

3 (14.5 ounce) cans diced tomatoes

1 medium red bell pepper, chopped

1/4 cup red wine vinegar

3 tablespoons chili powder

1 teaspoon ground cumin

1 teaspoon dried parsley

1 teaspoon dried basil

1/2 teaspoon cayenne

1 dash garlic powder

2 tablespoons Worcestershire sauce

DIRECTIONS:

1. In a large skillet over medium-high heat, cook ground beef until evenly browned. Add onions and garlic and cook till onions are soft but not brown. Drain off grease, and season to taste with salt and pepper.

2. In a slow cooker, combine the cooked beef, kidney beans, tomatoes, red bell pepper, and red wine vinegar. Season with chili powder, cumin, parsley, basil, cayenne, garlic powder and Worcestershire sauce. Stir to distribute ingredients evenly.

3. Cook on High for 6 hours, or on Low for 8 hours. When done cooking I mix 2 tablespoons of cornstarch with water and then stir into the chili, otherwise it is a little soupy.

An alternative to cooking in slow-cooker is to put all the ingredients into a large pot on the stove and heat till bubbly and then let simmer for a couple of hours to bring all the flavors together. Serve with biscuits or corn bread. *** Leftover chili freezes well.

Kroger Quick Corn Bread

Makes about 9 servings

3/4 cup enriched corn meal

1 1/4 cups flour

1/4 cup sugar

2 teaspoons baking power

1/2 teaspoon salt

1 cup milk

1 egg beaten

1/4 cup vegetable oil

Preheat oven to 400° F. Grease 8 or 9 inch round or square pan. Blend all dry ingredients. Stir in remaining ingredients until dry ingredients are moist. (Don't over stir) Pour batter into greased pan and bake 20 to 25 minutes or until a wooden toothpick inserted into the center comes out clean. For best flavor and texture serve warm.

Tuesday

Baked Ziti -Anna Bennett

Prep Time: 20 Minutes

Cook Time: 45 Minutes

Ready In: 1 Hour 5 Minutes

Yields: 8 servings

INGREDIENTS:

1 pound dry ziti pasta

1 onion, chopped

2 cloves garlic

1 pound lean ground beef (optional)

2 (26 ounce) jars spaghetti sauce

6 ounces provolone cheese, sliced

1 1/2 cups sour cream

6 ounces mozzarella cheese, shredded

2 tablespoons grated Parmesan cheese

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.
2. In a large skillet, brown onion, garlic, and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.
3. Preheat the oven to 350° F (175° C). Butter a 9x13 inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.
4. Bake for 30 minutes in the preheated oven, or until cheeses are melted.

Notes: When halving the recipe use a smaller baking dish. We normally serve this with French bread and green beans.

Wednesday

Chili Biscuits -Anna Bennett

Prep: 20 min

Cook time: approx 30 min

Ready in: 50 min

Yields: 4-6 servings

INGREDIENTS:

1 can chili, or about 1 1/2 cups of chili left over from slow-cooker chili recipe

1 recipe baking powder biscuits

grated cheese

BAKING POWDER BISCUIT CUPS

2 cups all-purpose flour

1 tablespoon baking powder

1/4 to 1/2 teaspoon salt

1/3 cup shortening (I prefer butter flavored)

3/4 cup milk

1. Preheat oven to 350° F. In a medium bowl stir together flour, baking powder, and salt. Cut in shortening till mixture resembles coarse crumbs. Add milk all at once stir until moistened.
2. Divide the dough evenly between 12 ungreased muffin cups. Push dough against the bottom and sides of each cup up to the rim, forming a cup of dough.
3. Spoon chili evenly into each of the biscuit cups, cook in 350° F. oven for 20 to 30 minutes until the biscuit dough is lightly brown. Remove from muffin cups to cool and put grated cheese on top.

Thursday

Homemade Pizza-Anna Bennett

1 recipe of favorite pizza dough, or ready made bread dough
Can of Hunts Traditional Tomato Sauce
Pepperoni
olives
mushrooms
green peppers
red peppers
mix of cheddar and mozzarella cheese

Brush baking sheet with oil, sprinkle with cornmeal. Roll out dough and place on baking sheet, let rise for 10 minutes. Top with sauce, cheese, and rest of toppings. Bake at 450 ° for 15 to 20 minutes.

Friday

Post Office Chicken -Anna Bennett

named after the restaurant that my mother-in-law stole the recipe from

Prep and serve about 30 min

INGREDIENTS:

a bag or two of baby spinach (each person gets about ¼ a bag)
tomato, sliced to bit size pieces
orange juice concentrate
mayonnaise
Montreal Steak Seasoning
boneless skinless chicken breasts (one for each person)
goat cheese (feta cheese can be substituted)
corn

Preheat broiler. Rinse spinach and divide onto plates. Put tomatoes scattered on top, set aside. Flatten chicken breasts to about a ¼ in thick, sprinkle evenly with Montreal Steak Seasoning on both sides. Put chicken breasts, nice side down, on foil covered baking sheet in the middle of the oven. Cook for 5-7 minutes. While they are cooking mix together about equal amounts of orange juice concentrate and mayonnaise. Turn chicken and cook for another 5-7 minutes till juices run clear. Sprinkle goat cheese on top of chicken, cook until cheese is slightly melted. Put a little of the orange and mayonnaise mixture on spinach then chicken directly on top of that. Serve with corn.

Saturday

Taco Casserole- Anna Bennett

Prep: 20 min

Cook time: 30 min

Serves 4

½ lb ground beef
¼ onion diced
taco seasoning
8 oz can tomato sauce
sour cream
Corn tortillas
grated cheese

1. Preheat oven to 350° F. Cook ground beef and onions together until brown, add taco seasoning and tomato sauce. Simmer for about 5 minutes.
2. Put small amount of tomato sauce/meat mixture in bottom of pan, Spread sour cream on one side of corn tortillas and make a layer covering bottom of 9" square pan (about 4). Put about ½ remaining sauce on top of tortillas with a layer of grated cheese on top of that. Repeat the tortilla with sour cream, sauce and cheese mixture.
3. Cover with foil and cook for 20 minutes, uncover and cook remaining 10 minutes.

Serve with any vegetables.

Sunday

Slow-Cooker Fajitas -Anna Bennett

From Mable Hoffman's Crockery Cookery

Makes 8 to 10 servings

Cooks in: 3-4 hour on high, or 6-8 hour on low

Ingredients:

1½ to 2 lbs flank or skirt steak, or boneless chicken	½ teaspoon ground cumin
1 onion, thinly sliced	¼ teaspoon salt
1 red or green bell pepper, sliced	¼ cup vegetable oil
1 clove garlic, crushed	1 tablespoon fresh lemon juice
1 jalapeño chile, seeded and finely chopped	8 to 10 warm flour tortillas
2 teaspoons chili powder	½ cup sour cream
	1 avocado, peeled, pitted and thinly sliced

Cut meat across the grain into ½-inch diagonal strips. Place in a slow cooker. Top with onion and bell pepper. In a small bowl, combine garlic, chile, chili powder, cumin, salt, oil and lemon juice. Pour mixture over meat. Cover and cook on LOW 6 to 8 hours or until meat is tender. Spoon several slices of meat with sauce into center of each warm tortilla. Fold over. Top with sour cream and avocado.

FROM THE KITCHEN OF: Annie Burdett

Monday

Chicken Pillows

8 oz cream cheese
2-3 thinly sliced mushrooms
1 cooked chicken breast, diced
1 tube jumbo biscuits

Combine the above ingredients. Lay the jumbo biscuits on a cookie sheet and flatten them out with the palm of your hand. Fill each biscuit with a little cookie scoop full of the cream cheese, mushroom and chicken mixture. Fold each biscuit up like a pillow pinching the sides well. Bake at 350 degrees for 15-18 minutes.

Sauce

1 can cream of chicken soup
1 cup sour cream
Splash of lemon juice

Combine the above ingredients in a saucepan and cook on med. High heat. Pour over chicken pillows.

**this recipe makes enough to make this twice in one week. You may want to buy 2 tubes of jumbo biscuits to have later on in the week.

Tuesday

Honey Peppered Salmon

2 6oz. salmon steaks
¼ C. olive oil
1 tbs. honey
2 tbs. Dijon mustard
3 cloves garlic, minced
2 tsp. cayenne pepper (optional-makes it spicy)
½ tsp. ground coriander
2 tbs. lemon juice
Salt to taste

Combine the above ingredients and mix well. Add salmon steaks and let marinate for 30 minutes at room temperature. Place salmon in a greased baking dish and bake at 350 degrees for 6-7 minutes per side.

Wednesday

Oriental Chicken Salad

*(*This makes enough for a large group, you may want to half it for your family)*

1 12 oz bag of bowtie pasta
½ C. green onions chopped (optional)
1 bag of baby spinach
4 cooked chicken breasts, shredded
¼ C. caramelized almonds
1 green, red and yellow pepper, chopped

Dressing

¼ C. sesame seeds
¼ C. fresh parsley chopped
1/3 C. red wine vinegar
1/3 C. soy sauce
¾ C. olive oil
3 tbs. sugar
¼ tsp. salt and pepper

Thursday

Pork Chops

3-6 Pork Chops, season with salt and pepper or Salt n' Spice

Chopped carrots

3-5 potatoes, sliced

1 onion, sliced

1 can cream of mushroom soup

Lay pork chops in a 9X13 pan. Layer onion on top of pork chops. Then layer carrots and potatoes and then pour soup on top of everything. Cover with foil and bake at 400 degrees for 1 hour.

Friday

Chicken Wild Rice Soup

3 cans chicken broth

2 C. water

½ C. uncooked Uncle Ben's wild rice

½ C. finely chopped onion

½ C. margarine

¾ C. flour

½ tsp. salt

¼ tsp poultry seasoning

1/8 tsp. pepper

2 C. half & half

1 ½ C. cubed cooked chicken

Bacon-3 strips crisp and crumbled (optional)

Combine broth and water in large saucepan. Add rice and onions. Bring to a boil then reduce heat. Cover and simmer for 40 minutes. In medium pan, melt margarine and stir in flour, salt and poultry seasoning-stir constantly. Add remaining ingredients; stir frequently-DO NOT BOIL. Garnish with crumbled bacon.

Saturday

Family Fajitas

4-8 boneless, skinless chicken breast cut into strips

¼ C. lime juice

½ tsp. ground pepper

1 tsp. garlic salt

1 onion sliced into rings

1 green pepper, sliced into strips

1 red pepper sliced into strips

1 tbs. butter

Flour tortillas

Condiments (optional)

Salsa

Guacamole

Shredded cheddar cheese

Sour cream

Place chicken in a glass dish and pour lime juice over top. Sprinkle with pepper and garlic salt; cover with plastic wrap and refrigerate for several hours. In large skillet or wok, sauté onion and peppers in butter for 2 minutes. Remove vegetables and add chicken. Cook chicken until no longer pink (about 5 minutes) and add onion and peppers back. Cook until heated through. Fill warm flour tortillas with chicken mixture; top with condiments and roll each immediately.

Sunday

Sesame Beef

1 lb. sirloin strips (you can even just buy the sirloin and cut into strips yourself)

1 tbs. sesame seeds

2 tbs. sugar

2 tbs. vegetable oil

2 tbs. soy sauce

¼ tsp. pepper

3 green onions finely chopped

2 cloves of garlic

Mix beef, sugar, oil, soy sauce, garlic, pepper and green onions and refrigerate for 30 minutes. Heat seeds on medium heat until lightly toasted. Remove. Cook beef over medium heat until cooked. Sprinkle with seeds and serve over rice.

FROM THE KITCHEN OF: Becca Lloyd

Monday

“New Mom” Enchiladas

I make these enchiladas for new moms, because they can be made ahead of time, they travel well, and it's my own mom's recipe and it reminds me of her. This is a great 'fridge cleaner,' as you can throw in a variety of veggies that are on the brink. Sometimes, I throw in mushrooms or extra bell peppers. You can buy a rotisserie chicken at Costco or at the supermarket and skip step 1 and ensure the chicken is extra tender.

1 lb boneless, skinless chicken breasts
1 Tb olive oil
1 medium-size onion, chopped
2 cups white cheddar cheese, grated
2 10-oz cans mild Rosarita Enchilada sauce (Trader Joe's also has delicious enchilada sauce)
1 can mild green chilies
½ cup olives (the kind that you used to put on your fingers), chopped
Cilantro (optional)

Preheat oven to 350 degrees. Fill a stockpot with water and heat it on high. Place chicken breasts in water and simmer until cooked through. Remove chicken and let cool. When the chicken is cool enough to handle, shred breasts with two forks.

Heat oil in a large skillet over medium heat. When skillet is warm, put in onions (and peppers, if using), and cook until softened, about 5 minutes. Put onions in a large bowl and let cool slightly. Turn off stove, but return skillet to the warm burner.

Combine chicken, olives, chilies, cheese and chicken with onion mixture in the bowl.

Pour enchilada sauce in warm skillet. Dip tortilla in sauce and place flat in a glass casserole. Place mixture in the middle of the tortilla, and roll up seam-side down in a single layer. Drip remaining sauce and sprinkle remaining cheese over enchiladas. For a fancy garnish, sprinkle chopped cilantro.

Cover pan with foil and bake for 15-20 minutes. Remove foil, and bake for 5 more minutes.

Makes 8 enchiladas

Tuesday

Official Dish of the Lloyd Pizza Party:

Shane and I have a pizza party probably 4 times a month. When we were little kids, we both would do anything for a pizza party. We have them all the time now, and these pizzas are a million times better than Chuck E Cheese. I make my own dough, but you can pick up raw dough at most pizza places—Modern Apizza sells their dough for \$1. I usually will make the dough Sunday night, which makes enough for two pizzas for weeknights. That's right—2 pizza parties in one week! The dough keeps just fine in the fridge. This is my favorite fridge cleaner, because you can put almost anything on a pizza. Just don't try sauerkraut. Trust me on that one.

For the dough:

1 scant tablespoon active dry yeast
1 1/3 warm water (put your pinkie in it—it feels as warm as I like my shower. Hot, but not ouch)
1 Tb sugar
3 1/2 to 3 3/4 cups all-purpose flour
2 Tb olive oil
1 Tb salt

Put yeast in bowl of a heavy-duty mixer. Add water and sugar and let the yeast proof, or get foamy and bubbly. Once the yeast is activated, add the flour, oil, and salt. Mix with the dough hook for 3 or 4 minutes, when it seems mostly combined. *

Lightly dust countertop or large cutting board with flour. Place dough on floured surface and knead until dough becomes elastic. If there are areas of the dough that are especially sticky, add more flour. This is the most therapeutic activity I know of.

Put a little olive oil on a paper towel, and grease a large bowl. Put the dough in the bowl and roll it around a little, to lightly coat it with oil.

Let dough rise until doubled in volume, 1 to 1 1/2 hours.

Once dough has rise, divide into 2 balls of dough. If you are saving the dough for later, wrap dough in saran wrap and then in a ziplock bag.

* If you don't have an electric mixer, don't despair. I made pizza dough long before I had a mixer. It's just a little messier—use your hands to mix all of the ingredients together.

For the sauce: (I usually make the sauce while the dough is rising—couldn't be more simple!)

1 Tb olive oil
2 14 1/2-oz cans tomatoes
1 Tb salt
1/4 tsp black pepper
1 Tb Italian seasoning, pizza seasoning, or Oregano

Heat the oil in a large skillet over medium heat. Once warm, add all the ingredients. Cover skillet and reduce heat to medium-low. Let simmer for 40 minutes. Let sauce cool for 10 minutes.

Put sauce in a blender, and take the little round thing out of the blender lid to allow the steam to escape.

Tips:

To really get pizza to taste like the real deal, we put toppings on in a specific order: sauce, mozzarella cheese, toppings, parmaggiano reggiano cheese, chopped parsley.

We love using our pizza stone, because the crust really does come out more crispy. Baking sheets are ok, too. If you use a stone, be sure and put it in the oven while it is preheating. You want it to be hot!

To cook the pizza, preheat oven to 500 degrees. It's hot! Put cornmeal on stone or baking sheet, followed by dough, sauce, etc. Cook for 10-12 minutes.

Our favorite combinations:

Pizza Italiana: fresh basil leaves, artichoke hearts, kalamata olives, red pepper, onions, mushrooms
BBQ Chicken: throw chicken breasts in the slow cooker in the morning and cover with bbq sauce. Cook on low all day and shred chicken after 6 hours or so. Use extra bbq sauce as sauce, and replace white cheddar cheese for mozzarella. Use chicken and red onion as toppings, and top with cilantro.
The sky is the limit here!

Wednesday

Veg-Head Three-Bean Chili

I've got to give Rachael Ray props for this chili. It really is a 30 minute wonder. Not only does it feed us on a Saturday, but I have enough leftover to have it for lunch the whole next week.

2 Tb olive oil
1 medium onion, chopped
1 large red pepper, seeded and chopped
1 large green pepper, seeded and chopped
1 large jalepeno pepper, seeded and chopped
4 cloves of garlic, crushed and chopped
1 cup chicken/vegetable stock
1 32-oz can crushed tomatoes
1 14-oz can black beans
1 14-oz can dark red kidney beans
1 T ground cumin
2 T chili powder
1 T Tabasco
1 teaspoon coarse salt
1 cup spicy vegetarian refried beans

Toppings:

Cheddar cheese
Chopped scallions
Diced fresh seeded plum tomato
Tortilla chips

Over moderate heat, add oil to a deep pot and combine onion, peppers, and garlic. Saute for 3-5 minutes to soften vegetables. Deglaze pan with stock, add tomatoes, black beans, and red kidney beans. Stir to combine. Season chili with cumin, chili powder, hot sauce, and salt. Thicken chili by stirring in refried beans. Simmer over low heat about 5-10 minutes longer, then serve with toppings.

Thursday

Chicken in Tarragon Cream Sauce, White and Wild Rice with Walnuts

I make sure not to tell Shane how easy this is, and save it for things like his birthday or Valentines to make it seem extra special. It literally takes 20 minutes and is completely fancy and delicious.

1 package white and wild rice (recommended: Uncle Ben's or Near East brands, herb flavor) cooked to package directions
2 Tb olive oil
salt and pepper
4 pieces boneless, skinless chicken breast
¼ C balsamic vinegar
¼ C water
1 Tb tomato paste
1 tsp dried tarragon (you can use fresh, but it's nearly impossible to find and expensive)
½ C heavy cream, half-and-half, or sour cream
¼ cup chopped walnuts
2 Tb chopped parsley

Preheat olive oil in a skillet over medium high heat. Season the chicken with salt and pepper. Brown and cook chicken, 5 minutes on each side. Remove chicken on a plate and cover. Reduce heat, and add vinegar and water, scraping up pan drippings. Stir in tomato paste, cream, and tarragon. Remove from heat. Toss nuts and parsley with cooked rice. Slice chicken on an angle and arrange on bed of rice. Top with sauce and serve.

Friday

Apricot Dijon-Glazed Chicken and Roasted Red Potatoes

This is so easy, it shouldn't have been in Martha Stewart, but that is indeed where I got this recipe. Even Martha needs a break, I guess. The magic of roasting does all the work here. If you have any carrots, onions, or squash in your fridge, you can chop them up and throw them on the pan with the potatoes.

Apricot Dijon-Glazed Chicken:

8 chicken thighs (the thighs really make the difference here. You can do boneless skinless breasts, but the thighs make this dish taste like restaurant food.)

Coarse salt and ground pepper

1 jar (12 oz) apricot jam

2 T honey

2 T Dijon mustard

Preheat oven to 425. Rinse chicken thighs; pat dry, and transfer to a baking dish. Season well with salt and pepper; set aside. Bring jam, honey, and mustard to a boil in a small saucepan over medium heat. Reduce heat to medium-low. Simmer until thickened and reduced by half, about 15 minutes. Spoon apricot mixture over chicken thighs, spreading with back of spoon to coat evenly. Bake chicken, basting with sauce from bottom of dish every 10 minutes, until juices run clear when chicken is pricked with a fork, about 30 minutes.

Roasted Red Potatoes:

1 ½ pounds baby red potatoes, quartered

2 T olive oil

2 T dried rosemary

Coarse salt and freshly ground pepper (if you don't use coarse salt already, I highly recommend it. It is amazing!)

Toss potatoes, oil, and rosemary on a rimmed baking sheet. Spread out potatoes in a single layer; season with salt and pepper. In the same 425 degree oven, roast the potatoes, stirring once halfway through cooking, until potatoes are golden brown and crisp outside and tender inside, about 30 minutes—the 2 dishes finish at about the same point.

Saturday

Pesto

This is about the only thing I can bear to 'cook' in the summer in New Haven, because the only thing that requires heat is cooking the pasta. The actual sauce takes about 2 minutes, so it is very quick. So, while you wait for the pasta to cook, you can stand in front of the air conditioner unit and remember that summer IS better than winter in Connecticut. You might want a stick of gum handy for after dinner, because the garlic is a bit strong. For a little more variety, you can throw in some leftover peas, kalamata olives, green beans, or cooked chicken.

1 box pasta (we like Barilla or De Cecco brand Penne or linguine)

¼ cup walnuts

¼ cup pine nuts

4-6 cloves chopped garlic (depending on your garlicky preference)

5 cups fresh basil leaves, packed

1 tsp coarse salt

1 tsp ground pepper

1 cup olive oil (I rarely use this much)

¾ cup freshly grated parmaggiano reggiano

Cook pasta according to the maker's instructions

Place the walnuts, pine nuts, and garlic in the bowl of a food processor fitted with a steel blade. Process for 15 seconds. Add the basil leaves, salt and pepper. With the processor running, slowly pour the olive oil into the bowl thoroughly pureed. Add parmaggiano and puree for a minute. Combine pasta with pesto sauce and serve. I've also used this sauce for pizza.

Sunday

Slow-Cooker Chicken Curry

The slow cooker is my best friend in the kitchen. There's nothing better than coming home from work to dinner! This makes a lot, and the leftovers taste even better than the first time! If I don't want quite so much, I only do half of everything.

3 lbs boneless, skinless chicken thighs, trimmed of fat
2 medium onions
8 garlic cloves, thinly sliced
16 thin slices peeled fresh ginger
2 Tb curry powder
1 tsp ground coriander
1 tsp ground cumin
Coarse salt
2 cups unsweetened coconut milk
2 packages from green peas
Basmati Rice

in slow cooker, toss chicken, onion, garlic, ginger, curry powder, coriander, and cumin to coat. Season with 2 teaspoons salt. Cover; cook on high setting for until chicken is fork-tender, about 4 hours (do not uncover while cooking).

At this point, cook basmati rice according to package instructions.

Stir in coconut milk and peas; cover, cook until peas are heated through, about 20 minutes.

Transfer chicken to a large bowl, shred with forks. Return to pot; toss with sauce.

To serve, garnish with ½ cup toasted cashews and ¼ fresh cilantro. (Or, just forget this step, like me, and eat!)

Other Option:

Banana-Buttermilk Pancakes

While Shane and I love breakfast food, morning is just too early to do more than grab the box of cereal and pour it in the bowl. We love these pancakes for dinnertime.

½ cup whole-wheat flour
½ cup all-purpose flour
3 Tb brown sugar
½ tsp baking powder
¼ tsp baking soda
¼ tsp salt
1 cup buttermilk
1 large egg, lightly beaten
1 ½ Tb butter, melted
2 tsp vegetable oil
1 large ripe banana, thinly sliced
maple syrup, and other pancake toppers

In a large mixing bowl, combine flours, sugar, baking powder, baking soda, and salt. Whisk in buttermilk, egg and butter until batter is well combined and free of lumps.

In a large nonstick skillet over medium heat, swirl oil to coat bottom of pan. Working in batches, add batter in ¼ -cup portions; cook until golden brown and tiny air bubbles form evenly on top; 2-5 minutes

Top with banana slices, dividing evenly; flip pancakes and continue cooking until slightly puffed, 2 to 5 minutes. Serve pancakes with maple syrup and other tasty toppers.

FROM THE KITCHEN OF: Cortney Ricks

MONDAY

Roasted Garlic with Chicken Breasts-Cortney Ricks

3 tbs of olive oil
2 garlic cloves, diced
1 pinch of crushed dried red chile flakes
2 tbs chopped rosemary
4 boneless, skinless chicken breasts
Salt and pepper to taste
3 tbs balsamic vinegar
1 cup of nonfat chicken broth
12 cloves of roasted garlic, mashed
4 tbs of diced sun-dried tomatoes
Chopped parsley
12 cloves of roasted garlic, for garnish

In a large skillet, combine olive oil, garlic, red chile flakes and rosemary. Cook on medium heat for five minutes. Add the chicken breasts, salt and pepper and brown chicken on both sides, about five minutes each. Remove chicken and set aside.

Add vinegar to skillet and scrape pieces off the bottom. Add broth, and bring to a boil. Add mashed garlic cloves, sun dried tomatoes and reserved chicken to skillet. Bring mixture to a boil, then reduce heat and simmer, partially covered, for about 8 minutes. Turn chicken over, then continue simmering, partially covered, for about 7 minutes. Remove and serve with chopped parsley and additional garlic cloves.
Makes 4 servings.

TUESDAY

Spaghetti with Meatballs- Cortney Ricks

1 pound of lean ground beef
3 garlic cloves
1 medium onion
1 tsp dried oregano
1 tsp dried basil
1 tbs dried parsley
One egg
½ cup parmesan cheese
½ cup Italian bread crumbs
1/3 cup water

Mix all ingredients well. Mold into balls. Bake for about 20 minutes on a baking sheet.
I start the sauce first and then the meatballs because the longer you can simmer the sauce, the thicker and more savory and tasty it becomes.

Sauce:

2 cans of tomato sauce
3 cloves of garlic
Basil(to taste)
Salt(to taste)
Pepper(to taste)
Rosemary(to taste)
Thyme(to taste)
½ can Beef broth

Simmer sauce...the longer the better. Once the meatballs are made, add them into the sauce and serve on top of spaghetti!

WEDNESDAY

Basil Cream Sauce with Grilled Marinated Chicken- Cortney Ricks

Side Dishes: any type of salad and artisan bread

Basil Cream Sauce

1 cup of heavy cream

4 tlbs of butter

2/3 cup of grated parmesan cheese

¼ cup of minced fresh basil (or chives, tarragon, parsley, or a combination)

Minced garlic

Freshly grated nutmeg

2 chicken breasts (grilled and marinated overnight in an Italian dressing or marinade)

Cut up chicken breasts into neat long pieces.

Sauté garlic in 1 tlbs butter for a few minutes in a sauce pan

Add the heavy cream and rest of butter over moderately high heat. Bring to a simmer and add cheese. Simmer until desired consistency about 15-20 minutes.

Remove from heat and stir in herbs and nutmeg. Serve with bowtie pasta or fettuccine noodles and chicken (lay over top of sauce).

THURSDAY

Tomato Bisque- Cortney Ricks

2pnds of roma tomatoes

1 medium onion-sliced thin

1 tlbs butter

1 tlbs brown sugar

2 whole cloves

1 tsp salt

½ tsp black pepper

2 tsp fresh basil-chopped fine

½ pint of half and half

1 cup of milk

2 tlbs chives-chopped

½ cup of dry red cooking wine

Blanch the tomatoes until skin comes loose, then skin, seed, and chop coarsely.

Sauté onion in butter for a few minutes, then add all ingredients except the milk and cream. Simmer for about 25 minutes, and remove the cloves. Transfer to a blender or food processor and puree. Add half and half, and the milk. (If preparing before hand, put aside in the fridge at this point.) Heat up in a sauce pan and sprinkle chives on top before serving.

*I serve with rolls and a salad

FRIDAY

Macaroni and Cheese with Buttered Cream Topping- Courtney Ricks

Salt

1 lb macaroni

12 tlbs unsalted butter

6 tlbs of flour

½ medium onion, sliced thin

1 bay leaf

1 sprig of fresh thyme

9 black peppercorns(optional)

4 ½ cups of milk

2 tsp. salt

1 tsp of freshly ground black pepper

Pinch of nutmeg

6 cups of finely shredded sharp cheese

1 ¼ cups course breadcrumbs

2 tlbs unsalted butter, melted for the topping

Heat the oven to 375 and butter a 9x13 baking dish. Bring a large pot of salted water to boil and add the macaroni, cook until just tender following the package directions and drain well. Melt the butter in a heavy, medium saucepan over medium heat. Add the flour, onion, bay leaf, thyme, and peppercorns; cook on medium-low heat for 2 to 3 minutes, stirring constantly. Slowly whisk the milk into the roux until smooth and blended. Raise the heat to medium high; whisk constantly until the mixture boils. Cook for 3 to 4 minutes, stirring constantly, until thickened. Lower the heat and continue simmering for about 10 minutes, stirring constantly. Strain the sauce into a large bowl, removing the onion, herbs, and peppercorns. Add salt, pepper, nutmeg, and shredded cheese, stirring until cheese is just melted. Toss the pasta with the cheese sauce and pour the mixture into a baking dish. Toss the breadcrumbs with the melted butter and spread them over the casserole. Bake until sizzling and lightly browned, about 40 minutes.

SATURDAY

Margherita Pizza-Courtney Ricks

Pizza dough:

1 package of active dry yeast (2 ½ tsp)

1 tsp sugar

2 cups of lukewarm water, divided

3 ½ cups of flour, plus additional for handling

1 tlbs of salt

1 tlbs of olive oil

In a large bowl, combine yeast, sugar, and ½ cup of water. Stir with a fork until mixed. Cover with a dry towel and let sit for 30 minutes. If yeast is foamy, continue; if not, throw out. Add the salt, olive oil, and remaining water. Stir in flour ½ cup at a time. Dust your hands with flour and knead dough for 5-7 min or until dough is no longer sticky. Form the dough into a ball and coat with olive oil. Place dough in a bowl, cover with a towel and set it in a warm place. Let dough rise for 1 hr or longer. After dough rises, dust your hands with flour and re-knead the dough for about 2 minutes. Divide the dough into four equal parts, and using your hands, shape each into a flat disk. Cover and let rise for another 30 minutes. Using flour covered hands, flatten disks further by pressing outward until you reach your desired thickness and circumference.

Toppings (you can put on whatever you want, but the following is very rustic and authentic)

1 cup cubed mozzarella

2 tlbs diced garlic

3 tlbs olive oil

2 roma tomatoes, chopped thin

8 torn basil leaves

Pinch of salt/Dash of freshly ground pepper

Preheat oven to 450. Place the flattened pizza dough into a pizza pan and top with cheese, garlic, olive oil, tomatoes, and basil, salt and pepper. Bake for 8-12 minutes for desired crust. Makes 4 appetizer-size servings or 2 main dish servings.

SUNDAY

Chicken Picatta with Herbed Mashed Potatoes and Asparagus- Courtney Ricks

Chicken Picatta (Cuisine at Home magazine)

4 chicken cutlets

2 Tlbs. Vegetable oil

¼ cup dry white cooking wine

1 tsp. minced garlic

½ cup low sodium chicken broth

2 tlbs. Fresh lemon juice

1 tlbs, capers, drained

2 tlbs of unsalted butter

Fresh lemon slices

Chopped fresh parsley

- Pound 4 Chicken cutlets to ¼ inch thick. *I cut the chicken breast in half and then pound away! I don't have a mallet, so I use a bottle covered in plastic wrap.
- Season cutlets with salt and pepper then dust with flour.
- Spray a sauté pan with nonstick spray, add vegetable oil, and heat over medium heat.
- Saute cutlets 2-3 minutes on one side. Flip the cutlets over and sauté the other side 1-2 minutes with the pan covered. Transfer to a warm plate. Pour off fat from pan.
- Deglaze* pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly gone, about 2 minutes.
- Add broth, lemon juice, and capers. Return cutlets to pan and cook on each side 1 minute. Transfer cutlets to a warm plate.
- Finish with butter and lemon slices. Once butter has melted, pour sauce over cutlets. Garnish with parsley.

*deglaze means to scrape away the food particles stuck to the bottom of the pan while pouring some sort of liquid in. Bring to a boil. This is your "foundation of flavor" for sauce or gravy.

I serve this dish with steamed asparagus and herbed mashed potatoes (recipe follows)

Herbed Mashed Potatoes (from Martha Stewart Cook book)

6 large white Russet Potatoes, cut into chunks

Pinch of salt

1 cup of heavy cream or milk

1 tlbs chopped fresh sage

1 tlbs chopped fresh rosemary

1 tlbs chopped thyme

1 tlbs chopped fresh parsley

1 stick of unsalted butter

Freshly ground pepper

1. Place potato chunks in a large saucepan over high heat and cover with cold water. Add salt and bring to a boil. Lower heat and simmer until potatoes are tender, about 20 minutes
2. In a small saucepan over medium heat, combine cream or milk and all herbs except parsley. Bring to a simmer, then turn off heat and cover, allowing herbs to infuse for 15 minutes.
3. Drain potatoes well and pass through a food mil (or masher). Add butter and gradually stir in cream or milk until potatoes have desired consistency. Stir in parsley, season with additional salt and pepper.

FROM THE KITCHEN OF: Deanna Ebbert

***Cooking tip: When you're making a meal, it takes very little work to double or triple a recipe and freeze the extra portions for a later time! This way you always have meals on hand on the days you're in a time bind.

Monday

Spanish Rolls –

1 can tomato sauce
1 can chopped olives
1 lb. cheddar cheese
6-10 green onions, cut

1 can diced green chilies
3 hard boiled eggs, chopped
1 dozen French rolls

Slice of top of rolls and scoop out centers of rolls. Mix all other ingredients together and fill inside of rolls. Replace the tops of rolls. Wrap in foil and cook at 350 degrees for 30-40 minutes. Can make ahead and freeze.

Tuesday

Enchiladas with White Sauce –

1 ½ lbs. hamburger
¾ cup chopped onion
6 Tbsp. butter
6 Tbsp. flour
3 tsp. chicken bouillon, crushed
2 cups milk

1 small can diced green chilies
1 cup sour cream
12 soft flour tortillas
1 12-oz bottle taco sauce
2 cups grated cheddar cheese

Brown hamburger and onion; set aside. Make white sauce by melting butter and then adding flour and crushed bouillon; mix well. Slowly add 2 cups milk; stir constantly until it thickens. Add green chilies and sour cream to sauce. Mix well and let set. To assemble enchiladas, put about 1/3 cup of browned meat in center of tortilla, put taco sauce on top and sprinkle cheese over top of that; fold shell. Cover with white sauce. Bake at 350 degrees for 15-17 minutes and then sprinkle rest of cheese on top and put back in oven for a few minutes. Serves 6.

Serve with vegetable (we usually do corn) and salad.

Wednesday

Chicken Broccoli Casserole –

2-3 chicken breasts, cooked and cut into chunks
1 package frozen, chopped broccoli
2 cans cream of chicken soup
½ cup mayonnaise or miracle whip
¾ cup milk
Grated cheddar cheese

Combine all ingredients, except cheese. Bake at 350 degrees for 30 minutes. Sprinkle grated cheddar cheese on top and return to oven until melted.

Serve over rice with a fruit salad.

Thursday

Veggie & Noodle Soup –

¼ lb. hamburger
1 quart tomato juice
1 ½ to 2 quarts water
couple of bay leaves
basil, to taste
beef bouillon, to taste
salt & pepper
little bit of Worcestershire sauce
garlic & onion, if desired

1 can green beans
1 can kidney beans
1 can red or pink beans
1 can diced tomatoes
1 zucchini, cut
1 cup carrots, sliced
1 can corn
½ cup macaroni noodles

Brown hamburger in a large soup pot. Can brown with some onion and garlic, if desired. Add tomato juice, water and seasonings. Then add green beans, kidney beans, red beans, diced tomatoes, zucchini, carrots and corn. Bring to a simmer before adding macaroni noodles and cook until noodles are done. Serve with rolls.

Friday

Fettuccine Alfredo–

8-oz cream cheese, cut into chunks
¾ cup parmesan cheese, grated
½ cup butter
½ cup milk (or cream)
Minced garlic (or garlic powder), to taste
Salt & pepper to taste
8-oz fettuccine; cook – drain

In large saucepan, combine cream cheese, butter and milk; stirring constantly until smooth. Add parmesan, garlic and salt and pepper; stir until cheese has melted. Toss pasta lightly with sauce. Serve with breadsticks, salad and veggie (we like steamed broccoli)

Saturday

Philly Cheese Steak Sandwiches –

(note – I just tried to come up with measurements - in all honesty, I just chuck stuff in)
1 lb. any kind of steak, cut into thin strips
1 onion, sliced, then cut in half again
1 green or red pepper, sliced or diced
handful of mushrooms, sliced
1-2 cloves garlic
Salt and pepper
Grated cheddar and parmesan
Hoagie or sandwich rolls

In a skillet, sauté the onion, peppers and garlic until onions begin to turn clear in color. Add cut up steak and mushrooms, salt and pepper and cook until meat reaches desired doneness. Remove skillet from burner and put grated cheese on top and cover with lid. When cheese has melted, spoon mixture onto rolls and eat.

Sunday

Italian Chicken –

(recipe can be cut in half, if desired)

2 cans cream of chicken soup

1 can water

4-6 large chicken breasts

1 packet Good Season's Italian dressing (dry mix)

Mix cream of chicken soup and water in casserole dish. Add chicken breasts (defrosted) and submerge in soup mixture. Generously sprinkle the Italian dressing over the top of chicken & soup (no need to mix). Cover with foil and bake at 375 degrees for 1 to 1 ½ hours. Can also bake at 300 degrees for 3 hours while at church.

Serve over rice or mashed potatoes (the soup makes a wonderful gravy) with your choice of vegetable (we usually do corn or green beans). We also usually have rolls and salad.

FROM THE KITCHEN OF: Heidi McKay

Here are our favorites. Some are easy some take a little time. My best advice to a cook who feels inexperienced, read through the recipe before you cook it, a couple of times. If you feel like you can't do it keep the phone handy to call someone who has done it before and give your self some time. Cooking can be as relaxing and decompressing as you want! It is time for you to think and clear your head and in the end you make something that tastes great!(your husband will be motivated to keep the kids out of the kitchen when he knows he will get some good food in the end!)

I am always looking for sides and good yummy salads. So I included a couple of things besides the main courses.

Monday

Chicken Fillo Packets

3 chicken breasts split (about 6 tender size)
1 C. mayonnaise
3 T. drained and finely dried tomatoes packed in oil
2 T. minced fresh basil or 2 t. dried
1/6 lb. Thinly sliced prosciutto or good sliced ham finely chopped
8 cloves garlic minced or pressed
3/4 cup freshly grated parmesan cheese
6 T. butter - melted
12 sheets fillo dough thawed
1/4 t. pepper

Rinse chicken and pat dry. In a small bowl stir together mayonnaise, tomatoes, basil, prosciutto, 2 cloves garlic and parmesan cheese. Stir remaining garlic into butter. To make each packet lay 1 sheet of fillo flat; brush lightly with butter. Lightly sprinkle pepper in 1 side of each chicken piece, then spread 1 side of chicken with about 1 1/2 T. of mayo mixture. Lay chicken, coated side down, on 1 corner of fillo over once. Fold one side of fillo over chicken and roll again. Fold opposite side of fillo over chicken, then roll to use all fillo. Wrap again in another sheet of fillo. Place packets seam side down. Repeat steps to wrap remaining pieces of chicken in the remaining dough. Brush packet with remaining butter.

At this point you can arrange packets in a single layer in a container with a tight fitting lid and freeze up to one month - thaw completely, uncovered before baking.

To bake arrange fillo packets at least 2 inches apart in a rimmed 12X17 pan. Bake uncovered in a 375 degree oven until packets are golden brown on all sides - 20-25 minutes. Makes six servings.

Tuesday

Sweeeet Sausage Pasta Sauce

2 Lbs. Italian Sausage
2 med. Sweet onions, chopped
2 med sweet red peppers, chopped
2 med. Green peppers, chopped
6-8 garlic cloves, minced
2 TB. Olive oil
2 cans (29 oz ea) Italian stewed tomatoes drained
2 Tb. Brown sugar
4 t. chili powder
1 t. garlic powder
1 t. dried oregano
1 t dried basil
1 t pepper
¼-½ t cayenne pepper (opt.)
1 ½ lbs bow tie pasta
½ cup heavy whipping cream
Shredded Parmesan cheese

In a large skillet, cook sausage over medium heat until no longer pink, drain and set aside. In a large sauce pan, saute the onions, peppers and garlic in oil until tender. Stir in the tomato sauce, tomatoes, brown sugar and seasonings.

Cook pasta according to package directions. Meanwhile, in a blender or food processor(I use the hand held tool with the blade that mixes well), process tomato mixture in batches until smooth. Return to the pan. Add sausage; heat through. Gradually stir in cream. Cook and stir over low heat for until ready to serve.

Be mindful that there is cream in the sauce, you don't want to heat to high or let sit out heated too long or it will curdle.

Top pasta with sauce and sprinkle with cheese just before serving. You could also serve this over manicotti or Ravioli.

Wednesday

Swiss Stuffed Chops

1 cup shredded swiss cheese
4 ½ ounces of canned or fresh mushrooms, drained if canned
¼ cup minced fresh parsley or 1-2 T dried
4 pork chops
1 egg
1 C. dry bread crumbs (you can use seasoned or unseasoned for this recipe. Italian seasoned would be great and carry the parsley flavor of the stuffing)
Dash pepper
2 TB veg oil
1/3 c water
1 T flour
¼ c cold water

In a bowl, combine the cheese, mushrooms and parsley. Cut a pocket in each pork chop by slicing almost through. Stuff each chop as much or as little stuffing as you like, we like a lot of stuffing in each, secure with toothpicks. In a shallow bowl beat the egg. In another shallow bowl combine the bread crumbs and if you want 3-4 TB parmesan cheese (adds a little flavor). Dip chops in egg and then bread crumb mixture.

In a large skillet, brown chops in oil on both sides. Add water. Cover and simmer for 40-45 minutes or until juices run clear. Remove chops and keep warm; discard toothpicks. Combine flour and cold water until smooth; stir in pan juices. Cook and stir for 2 minutes or until thickened. Spoon over chops.

Thursday

Onion Beef Au Jus

1 boneless beef rump roast (4 pounds)
2 TB veg oil
2 large sweet onions cut into ¼ inch slices
6 Tb butter softened or divided
5 cups water
½ c soy sauce
1 envelope onion soup mix
1 garlic clove, minced
1 t browning sauce, optional
1 loaf French bread
1 cup swiss cheese, shredded

Over medium-high heat, brown roast in oil on all sides; drain. In a large skillet, saute onions in 2 Tb butter until tender. Add the water, soy sauce, soup mix, garlic and browning sauce. Pour over roast. Cover and bake at 325 for 2 ½ hours or until meat is tender. (depending on your cut, the meat may take longer, it needs shreddability. You can also do this in the crock pot all day or night on low.) Let stand for 10 minutes before slicing. Return meat to pan juices after you have cut or shred it. Slice bread in half lengthwise; cut into 3-in sections. Spread remaining butter over bread. Place on a baking sheet. Broil 4-6 inches from the heat for 2-3 minutes or until golden brown. Top with beef and onion, sprinkle with cheese. Broil 4-6 minutes or until cheese is melted. Serve with pan juices. (this is so yummy! I promise you will have happy campers after this one. It is a great Sunday meal, you can have the crock pot going overnight for a lunch or all day for a dinner.)

Friday

Bacon Cheese topped Chicken

I have modified this recipe, it called for marinating and cooking it differently and I like the version I came up with using the same ingredients, it cuts down on time.

½ c mustard
½ c honey
4 ½ t veg oil, divided
½ t lemon juice
4 boneless skinless chicken breasts, halved
¼ t salt 1/8 t pepper
2 c sliced fresh mushrooms
2 Tb butter
1 cup shredded Monterey Jack Cheese
1 cup shredded Cheddar Cheese (use whatever cheese you have, I have used all types)
8 bacon strips, cooked and crumbled
1 t parsley

In a bowl combine the mustard, honey, 1 ½ t oil and lemon juice. In a large skillet over medium heat, place about 1TB of above mixture in pan. Brown both sides of chicken in mixture. Sprinkle with salt and pepper on both sides. Transfer to a large baking dish.

In the same skillet saute mushrooms in butter and 1 Tb of honey mixture until tender. Spoon the rest of the honey mixture over chicken, top with cheese, mushrooms, and crumbled bacon. Bake uncovered at 375 for 20-25 minutes. Sprinkle with parsley.

Salads

Iceberg Wedges with Pancetta Gorgonzola Dressing

2 t. olive oil
4 oz. Pancetta, ham, proscuitto whatever salty ham you can find, bacon would even work
2/3 C. buttermilk
1/2 c. sour cream
1 large garlic clove minced
6 ounces crumbled Gorgonzola, can use blue cheese also
Salt and pepper to taste
1 head iceberg lettuce cut in 6 wedges

Cook your pork product in oil until crisp and golden, about 5 minutes. Drain oil with paper towel. Stir the buttermilk, sour cream and garlic in a medium bowl to blend; mix 2/3 of cheese. Season with S & P to taste.

Arrange each of the 6 lettuce wedges with dressing spooned over them, sprinkle the pancetta and remaining cheese.

Guacamole Tossed Salad

2 med tomatoes, seeded and chopped
1/2 small red onion sliced or minced
6 bacon strips, cooked and crumbled
1/3 c. oil
2 T. cider vinegar
1 t. salt
1/4 t. pepper
1/4 t. hot pepper sauce
2 lg. Avacados, cubed
4 c salad greens

In a small bowl whisk oil, vinegar, salt, pepper and hot pepper sauce. Pour over tomatoes, onion and bacon, toss gently and add avacados. Combine salad greens and mixture.

Dad's Favorite Salad

6 c. salad greens
2 hard boiled eggs - chopped
10-12 bacon strips - cooked and crumbled
1 red onion chopped - opt.

Dressing:

1 c. oil
1/3 c. sugar
1/3 c. vinegar
1 small onion quartered
1 T. mustard
1 t celery seed
1/2 t salt
1/2 t pepper

Mix dressing in blender. I usually serve this dressing on the side and let the eaters use it to their own liking.

Here are some other fun sides we enjoy at our house

Sweet Potato Souffle

3 C. cooked Yams mashed
1 C. sugar
1 T. Vanilla
2 eggs
1/3 stick butter
1/2 c. milk
Beat all together

Topping:

1 C. brown sugar
1 cup pecans halved or coarsely chopped
1/3 c butter
1/3 c. flour

Place the sweet potato mixture into a cooking dish. If you like a thin layer of sweet potatoes do a large dish, if you like a lot of the SP taste do a smaller dish. I usually do a 9X9. Sprinkle the topping over mixture and cook at 350 for 25 minutes. Enjoy, you will be a believer in SP after this, we always gobble this right up!

Rolls

I use the loaves Rhoades makes, it is a little cheaper than buying the individual rolls. Put the frozen loaf out about 5 or 6 hours before dinner. Once the loaf has risen and thawed, break apart into 2 inch balls. Dip the top of the ball in butter and then in Parmesan cheese. Place the rolls in a greased pan, use pan size according to how many rolls you want. Place so the rolls have a little room around them. Let rise about 1 hour. Bake for 20 minutes covered, uncover and bake for 15 minutes 350 degrees.

Variation - Rosemary honey buttered rolls

Prepare as directed above with out dipping rolls in cheese. Dip with butter or even brush with butter when they are in the baking dish. When they are done cooking, melt 6 T butter, 1/2 t crushed rosemary and 2 T honey. It usually takes about 30 seconds.

Onion Rolls - Prepare as directed above, instead of dipping the rolls in cheese after butter, dip into onion soup mix and bake.

FROM THE KITCHEN OF: Kalee Peacock

Monday

Chicken and Rice Casserole

I box of stove top stuffing
1 ½ cups of instant white rice
1 can cream of chicken soup
2 cooked, shredded chicken breast
1 ½ cups of water

*I like to boil three or four chicken breast at one time and save the extra in the fridge for another dinner during the week- usually enchiladas.

Prepare the stuffing from the directions on the box. In a 9X9 pan, mix the water, chicken, can of soup, and rice. You want it to be a very watery consistency in order for the rice to be moist when it is finished. Top with stovetop stuffing. Cover with foil and bake for about 45-55 minutes at 350 degrees.

* I like to serve this with a green salad and dinner rolls.

Tuesday

Main Meal Nachos

*These nachos are so fast and easy! They are also very filling and my toddler loves them!

1 can of refried beans
1 package (8oz) cream cheese (I use the no fat version since you won't be able to tell)
1 bag tortilla chips (I sometimes buy the "family size" and then only use a ½ bag)
2 cups shredded Cheddar cheese

Mix the refried beans and the cream cheese until smooth. Cover a cookie sheet with foil and spread out the chips evenly. Top the chips with the bean mixture and sprinkle with cheese. Bake at 350 for ten minutes or until cheese is bubbly. You could add extra toppings like salsa and olives if you like. I like to serve these with a plate of cut up fresh fruit.

Wednesday

French Bread Pizza

Loaf of French bread (generally I get four servings from one loaf)
1 cup mozz. Cheese
1 can pizza sauce
Pepperoni
Any additional pizza toppings you like

Cut the loaf length wise to get four "crusts". Spread sauce evenly over the crusts and sprinkle with cheese. Add pepperoni and any other toppings you like. Bake at 400 degrees for 10 minutes. Serve with a green salad.

Thursday

Chicken Enchiladas

*I use the extra chicken breast from Monday for these!

2 cooked and shredded chicken breast

1 can cream of chicken soup

1 can diced green chilies

2 cups shredded cheddar cheese

1 soup can full of water

6 tortillas

Mix chicken, soup, water, chilies, and half of the cheese. (Save the second half to sprinkle on top)

Spoon the mixture on the tortillas and roll up laying the overlapping edges down in a 9X13 pan so that the tortillas stay rolled up. Top with remaining sauce mixture and cheese. Bake covered for 30 minutes at 350 degrees. I like to top the enchiladas with salsa to add extra flavor after they are done cooking. I serve these with tortilla chips and fresh fruit.

Friday

Parmesan Chicken

½ of a chicken breast per person

2 cups Bread crumbs

½ cup Parmesan cheese, shredded

½ stick melted butter or margarine

Slice chicken breast length wise. This is easiest when the chicken is not quite all the way thawed. This is also called “filleting”. Mix the parmesan cheese and bread crumbs together in a shallow bowl. Then, roll each chicken breast in melted butter and then in the bread crumb mixture. Cook chicken in a foil lined pan for about 1 hour or until chicken is cooked through. I serve this chicken with baked potatoes and steamed veggies. The potatoes can cook along with the chicken and all be done at the same time.

Saturday

BLT sandwiches

Cook 4 slices of bacon per person (for 2 sandwiches each)

Tomatoes (2 slices per person)

Lettuce (2 leaves per person)

Toasted bread (4 per person)

Mayo

Cook the bacon or use the already cooked kind that you can just warm in the microwave. Spread mayo on one side of each piece of toast. Top each sandwich with 2 pieces of bacon, a tomato slice and a lettuce leaf. I like to serve these sandwiches with orange slices and oven fries with ketchup.

Sunday

Homemade Chicken Nuggets

1 chicken breast per person cut into small pieces about the size of a quarter or maybe a little larger

1 cup flour

½ cup bread crumbs

1 tsp salt

Pinch of pepper

3 tablespoons cooking oil

Mix the flour, bread crumbs, salt and pepper in a Ziploc bag. Shake well. Add the chicken and shake to coat all the pieces. Put the chicken into a skillet of hot cooking oil. Fry on both sides until chicken is done. This only takes a few minutes per side. Be careful when you are flipping the chicken nuggets because the oil may “pop” up and can be very hot. I like to cover the skillet with a lid in between flipping the nuggets to avoid the oil from spraying everywhere. I serve these nuggets with mashed potatoes and peas.

FROM THE KITCHEN OF: Kate Mitchell

MONDAY

Chili-rubbed Salmon – Kate Mitchell

1 ½ Tablespoon Chili powder
½ teaspoon dried oregano
¼ teaspoon kosher salt
1 ½ pounds skinless salmon fillet (4 pieces)
1 Tablespoon olive oil

In a bowl, combine the chili powder, oregano, and salt. Pat the spices on the fish or meat. Heat the oil in a large skillet over medium heat. Cook salmon 5 minutes per side. Reduce the heat if the spices begin to turn black. You can also use 4 chicken breasts or 2 pork tenderloins, halved (2 lbs.) and just increase the cook time to 10-15 min.

Yield: 4 servings

Total time: 25 min.

Asparagus with Pecans – Kate Mitchell

1 ½ pounds fresh asparagus (the thinner, the better)
2 Tablespoons balsamic or cider vinegar
2 teaspoons sugar
2 Tablespoons olive oil
1 cup minced pecans
1 Tablespoon minced garlic
¾ teaspoon salt
1-2 tablespoons minced fresh tarragon (or 2 tsp. dried) – optional
black pepper to taste

Break off and discard tough bottom ends of the asparagus, then slice on the diagonal into 1 ½ inch pieces. Set aside. Combine vinegar and sugar, mix until sugar dissolves. Set aside. Heat oil in a large skillet and add pecans. Saute over medium-low heat for about 10 min, or lightly toasted, but don't let them burn. Turn heat up and add the asparagus, garlic, and salt. Stir-fry for about 3-5 min. or until asparagus is just barely tender (thicker asparagus will take longer). Add vinegar mix to skillet, stirring well over high heat for only 30 seconds longer. Remove from heat and stir in tarragon and pepper. Serve hot, warm, or at room temp.

Yield: 4-6 servings, Prep time: 20 min.

TUESDAY

Cashew Chicken – Kate Mitchell

2 pounds boneless, skinless chicken breasts
¼ cup cornstarch
¼ cup soy sauce
2 Tablespoons sugar
2 bullion cubes

Cut up chicken into small chunks, set aside. In a large ziplock bag combine cornstarch, soy sauce, and sugar. Add chicken and let sit (it doesn't need long). Spray a deep skillet or electric skillet with Pam and add chicken. Cook until no longer pink. In a bowl combine bullion with 1 ½ cups boiling water, pour into skillet and simmer 2 min. If it doesn't thicken you can mix some more cornstarch with water and add it. Serve with rice and cashews.

I normally serve steamed broccoli or green beans with this.

WEDNESDAY

Skier's Stew – Kate Mitchell

2 ½ pounds stewing beef cut into 1 ½ inch pieces (you can buy it pre-cut)
8 medium potatoes, quartered (or new red potatoes)
2 large carrots, cut in chunks
2 bay leaves
1 package (1 ½ oz) dried onion soup
1 can cream of mushroom soup
1 can cream of celery soup
1 can (8 oz) tomato sauce
1 cup water

Whisk together soups, tomato sauce, and water. In a crock pot or large dutch oven with a tight-fitting lid make a layer of half the beef, then half vegetables; repeat. Top with bay leaves, soups, and tomato sauce. Bake at 250 (or low on the crock pot) for 8 hours or 275 for 6 hours. For a soupier consistency add more water.

Serve with a salad and crispy French bread.

THURSDAY

Chicken Enchiladas – Kate Mitchell

2 cans cream of chicken soup
1 medium package sour cream
4 cups cheese
2 small cans diced green chilies
6 boneless, skinless chicken breasts, cooked and shredded
About 15 tortillas

Combine all ingredients except chicken and tortillas in a bowl. Coat a 9x13 AND an 8x8 pan with the sauce (or use one larger pan). Coat the tortillas on both sides with sauce, set chicken in the middle and roll up. Lay tortillas tightly across the pan. Sprinkle cheese on top. Bake uncovered at 350 for 30 minutes. This freezes well with foil on top. Cook 45 min. if frozen.

FRIDAY

Simple Homemade Pizza – Kate Mitchell

1 cup milk
1 Tablespoon instant yeast
2 Tablespoons olive oil
2 ½ cups flour
1 teaspoon coarse salt

Heat the milk for 1 min. in microwave. Add the yeast. Dump into a large bowl and add all other ingredients. Knead for 3-5 min. with mixer or by hand. Let the dough rise until it is almost doubled (more or less!) Roll out into small personal pizzas or two large pizzas. We use spaghetti sauce and then add anything we like to the top. Cooks best on a pizza stone with corn meal to keep it from sticking. If you don't like white flour, this is also good with whole wheat flour, or a combo, although it turns out more dense.

SATURDAY

Minestrone Soup – Kate Mitchell

1 pound sausage
1 quart water

Cook sausage and drain. Add to soup kettle with the water.

Then add:

1 onion, chopped
2 carrots, sliced
2 stalks celery, chopped
2 cloves garlic, minced
1 (28-oz) can crushed tomatoes
2 (8-oz) cans tomato sauce
1 Tablespoon parsley flakes
½ teaspoon basil
1 teaspoon oregano
salt and pepper
2 cups beef broth

Mix together and simmer for 2-3 hours. Then add:

1 (16-oz) can garbanzo beans, drained
1 (16-oz) can cut green beans, drained
1 cup macaroni

Bring to a boil and reduce heat. Cook until macaroni is tender. Serve with fresh grated parmesan cheese on top. Makes a ton.

Easy Breadsticks – Kate Mitchell

1 loaf Rhodes dough
melted butter
Salad Supreme

Roll out dough and cut into long breadsticks (they will be flat). Spray cookie sheet with Pam and place breadsticks, touching. Brush with butter and sprinkle generously with Salad Supreme. Cook until golden.

SUNDAY

Sesame Buffalo Wings – Kate Mitchell

24 chicken wings
½ cup soy sauce
½ cup rice vinegar
2 Tablespoons honey
juice of 2 lemons
grated rind of 2 lemons
1 clove garlic, minced
1 teaspoon curry powder
¼ teaspoon ground ginger
½ teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon dried green crushed peppercorns (or black works too)
3 Tablespoons melted butter
¼ cup sesame seeds

Mix soy sauce, vinegar, honey, lemon juice, lemon rind, and all the seasonings. Marinate buffalo wings in the mixture several hours or overnight (I use a large ziplock.) Remove from mixture and pat dry. Place in a baking pan, brush with butter, sprinkle with sesame seeds, and bake at 350 for about 1 ¼ hours. May be served with the marinade, gently heated, as a dip.

Baked Red Potato Wedges – Kate Mitchell

8 red new potatoes, cut into small chunks
1 package onion soup mix
olive oil (maybe 3 Tbl. or more)

In a large ziplock combine all ingredients and coat potatoes. Lay on cookie sheet in one layer and bake for about 20-30 min. at 350. I like to slice the potatoes into circle slivers (like tomatoes) and make them into “chips” or try this with sweet potatoes.

FROM THE KITCHEN OF: Kim Thompson

Monday

Roasted Lemon Garlic Chicken

1 whole roasting chicken (3-4 lbs)

(you can get these at Costco for .69/lb or often stop/shop has them buy one get one free)

1 lemon

garlic salt

sage or rosemary (or whatever other spice you like)

wash off thawed chicken and take out all extra parts (yum). rub olive oil all over the chicken and cover the bird with garlic salt and pepper (don't forget inside the bird). cut a lemon in fourths and stick as many pieces inside as will fit. place chicken in a roasting pan (or in a separate roasting oven if you have one). sprinkle sage (or desired spice) over the top of the chicken. cook uncovered at 375 for 1-2 hours depending on the size of your chicken (most chickens need almost 2 hours). when it is done it will be golden and the legs will start to fall away from the body. if you are using a roasting oven set it for 325 and it can cook while you're at church for the full 3 hours.

Serve with:

mashed potatoes (to make them extra good put in about a cup of sour cream along with the butter, milk and salt).

vegetable of your choice (if you would like you could also cut up a bag of carrots and parsnips and some potatoes and throw them right in with the chicken. they'll cook right along with it. you just need cover them with a little olive oil and salt and then stir them up periodically while cooking so they don't get too done on the bottom.)

Tuesday

Chicken Chimichangas

Chicken – shredded or diced (about 3.5 cups)

Depending on the size of your family, you may have enough left over chicken from the roaster to use in these chimichangas. if not, you can augment it with a few chicken breasts or even canned chicken from your food storage. if using food storage canned chicken, you'll need about 2 cans.

1 cup mozzarella cheese (or any cheese you have on hand)

1 tsp cumin

1 tsp oregano

½ tsp salt

2/3 cup green chili enchilada sauce

1 pkg of burrito size flour tortillas

The first step in this recipe is to butter one side of each of your tortillas. Then mix the chicken, cumin, oregano, salt and enchilada sauce and spoon the mixture onto the unbuttered side of the tortilla. Top with shredded cheese and fold up like a burrito and place in 9x13 pan (the buttered side should be out). Cook uncovered for 10 min or so at 475 degrees. sprinkle with some remaining cheese and cook another minute. take out and top with your favorite toppings!

serve with:

black beans (we just use the kind in the can. you can make them a little more savory by sautéing 1 clove of garlic in 1 Tbs olive oil and then adding in the beans).

Wednesday

Vegetable Stir Fry

2 cups broccoli
1 cup cauliflower
1 cup carrots – cut into long thin strips
couple of hands full of sweet pea pods
sprouts
2 inches of fresh ginger grated or chopped finely
1 clove garlic minced
2 Tbs olive oil

(basically any vegetables you have and would like stir fried).
tofu cubed (optional)
any kind of meat cut thin (optional)

Sauce

1/2 cup water
4 T soy sauce
4 tsp cornstarch
2 tsp sugar
1/8 tsp black pepper

Use a wok if you have it. if not, heat a large frying pan until hot. sautee garlic and ginger for a moment (don't brown – just soften). then add veggies. (if you are using broccoli and cauliflower, blanch them in hot water for a few minutes first so they begin softening before adding them to the stir fry). cook vegetables for about 4-6 minutes until they seem to be getting cooked. make a space in the middle of the pan and add the sauce. let sit there stirring it until it its bubbly and begins to thicken. then mix it up with all of the veggies. (if using tofu add it now as well). cook for another 2 minutes or so and then remove from heat and serve with rice. if you decide to use meat. cook the meat first in the pan after the garlic and ginger were sautéed and then add the veggies second.

Thursday

Steamed Salmon and Veggie Bake

Fresh or frozen salmon fillets (without the skin and thawed)
Sliced yellow summer squash (about 1 squash for every two people)
Sliced zucchini (about 1 zucchini for every two people)
2 lemons sliced
1 garlic clove per fillet
Olive oil
Salt
Pepper
Dill weed

This is very easy to make. simply take a large bowl and place in the desired number of salmon fillets. cover with about 1 tsp olive oil per fillet (enough to coat them) and add your minced garlic, dill, salt and pepper (enough to cover each piece). place each fillet on it's own sheet of aluminum foil (about a foot long). put about 3 slices of lemon on top of each fish fillet. then place all of the sliced squash in the same bowl (now empty) and cover with olive oil, salt and pepper. divide them out among the fillets. just cover the fish with the veggies. then bring the long sides up and fold over and fold up the ends creating a little package that has some air room for the steaming action. place the packets in a 350 degree oven for 30 min (or until fish is flaky). deliver to table and enjoy. the whole meal is in the packet and you can serve it with rice or bread if you would like.

Friday

Mediterranean Night - great on a night when you want a light dinner

Tomatoes and Mozzarella

2 tomatoes
2 balls of fresh mozzarella
olive oil / balsamic vinegar
basil / salt

slice up tomatoes and place on a plate. slice mozzarella into thick slices (can get those at stop and shop, Costco (if you eat them often, this is the best deal) or at little delis) and place one slice on top of each tomato. drizzle with olive oil and balsamic vinegar and sprinkle with basil and salt! yum

Hummus and Pita

1 can (2cups) chick peas (garbanzo beans)
3 T lemon juice
1-3 cloves of garlic (depending on how much bite you want – i like 2)
3 T tahini (sesame seed paste – you find it in can around the thai food section)
salt to taste
½ tsp paprika
mix all ingredients in a blender and spoon out onto a plate. drizzle with olive oil and serve with warm pita bread.

add a fresh garden salad to this meal and you have it all – greens, veggies, protein, whole grains and dairy. enjoy!

Saturday

Tostados

1 pkg of “charras” corn tostados (these come in a tall pkg and are sold by the salsa-tasty)
1 carton sour cream
shredded cheese of choice
2 tomatoes diced
refried beans (canned or from dried from food storage)
1 jar of salsa
sliced black olives
guacamole (2 smashed avocados, 4 shakes Tabasco sauce, juice of ½ lemon , garlic salt)
1 lb of ground beef with taco seasoning (can also used chicken cooked or canned with taco seasoning)

this is a favorite of ours. it is quick to put together, and if you have to omit a couple of ingredients because you're out, they are still tasty. simply pile all of the ingredients on top of your tostado shell and enjoy!

Sunday

Taco Soup

1 can of black beans, undrained
1 can of corn, undrained
1 28 oz can of diced tomatoes, undrained
1 can of pinto beans , undrained
1 lb browned ground beef
1 pkg Hidden Valley Ranch dry dressing mix
1 pkg taco seasoning
1-2 cup of water (enough to make it soup like)

add all ingredients to a crock pot and let cook on high for a few hours. you can also cook this on the stove for about an hour. Serve with sour cream and cheese on top and with quesadillas on the side for dipping. Can also serve with tortilla chips. it is quick, easy and good!

FROM THE KITCHEN OF: Kristy Walker

***I always buy my hamburger meat in bulk from Costco/Sam's Club. When you get it home, freeze only the portions you will actually use for hamburger patties, etc. Brown and cook the rest of the meat with onion (I just use dried onion flakes). You can season the meat however you want and freeze in portion sizes your family will eat. I usually freeze a couple bags plain for Spaghetti and will sometimes make the others into taco meat or tostados depending how much time I have. If you don't have time to season the meat, freeze plain hamburger and onion in baggies and you will already be one step ahead for making lots of easy meals.

Monday

BBQ Chicken – Kristy Walker

4-6 chicken breasts
1 large red onion, sliced
2 cups ketchup
2 cups barbeque sauce (about one bottle....whatever is on sale)

Layer chicken and onion in crockpot or dutch oven. Pour ketchup and barbeque sauce over chicken and onion. Cook 7 or 8 hours on low in a crockpot. Serve with a baked potato or oven roasted potatoes and a green salad.

***Leftover idea: Dice the left over chicken and red onions. Freeze with sauce. Use it on pizza with cheese for a quick meal (buy a premade pizza crust for an even quicker meal).

Tuesday

Tostados- Kristy Walker

1 Cup Cornmeal	1 Tbsp. Oil
2 Cups Flour	2 Eggs
1 tsp. Salt	2 Cups Water
1 tsp. Sugar	

Beat all ingredients together and pour into pancakes on a hot griddle. Batter is very runny. Makes 10.

Sauce:

1 lb. Ground Beef	1 pkg. Lipton Noodle Soup
1 finely chopped onion	Dash of Tabasco
3-4 Cups Tomato Juice	¼ tsp. Chile Powder

Cook meat and add onion. Add remaining ingredients and simmer until thick. Serve over cornmeal pancakes with sour cream, lettuce and tomatoes.

As noted above, once you make the tostado sauce, it freezes really well for another easy meal where all you have to do is thaw meat and make the cornmeal pancakes.

Wednesday

French Dip Sandwiches

Items Needed:

Thinly sliced roast beef from the deli
Sliced Cheese from deli (swiss or provolone)
1 Can Beef Broth
Deli style hoagie or Portuguese rolls
Butter

Pour beef broth into pan on stove and heat until warm. Add the roast beef and turn to low, just to warm through. In the meantime, slice rolls in half and butter both sides. Place cheese on the rolls and place on a pan under the broiler in your oven until rolls are browned and cheese is melted. Put meat on sandwiches and use broth for dipping.

Serve with sliced veggies or green salad, canned fruit and or chips. (a.k.a. whatever is in the house) ☺

Thursday

Pork Chops with Vegetables- Kristy Walker

Items Needed:

Pork Chops (enough for the family)
Carrots- 1 per chop- chopped finely
Potatoes- 1 per chop- thinly sliced
Beef Bouillon cubes or granules (2-3 Tbsp. depending on how many chops you are making)
2 Cups Water
Salt and Pepper

Brown pork chops on each side. Pile carrots on top of each. Add water and bouillon. Cover pan and simmer about 5 minutes. Place potatoes on top of carrots. Lightly season with salt and pepper between the layers of meat and vegetables. Cover pan and continue cooking 30 minutes or until chops and vegetables are done. Serve with a slice of bread or a roll if desired.

Friday

Yogurt Chicken- Kristy Walker

INGREDIENTS:

1 Pint Plain Yogurt
½ tsp. garlic salt
½ -1 sleeve Ritz Crackers (finely crushed)
¼ Cup Parmesan Cheese
6 Boneless Skinless Chicken Breasts
4 Tbsp. Butter or Margarine

Preheat oven to 375. In a pie pan, combine plain yogurt and garlic salt. In another pie pan combine crushed crackers and parmesan cheese. Coat chicken breasts evenly in yogurt (don't be afraid of putting too much on). Then, dip in cracker crumbs until well breaded. Place in sprayed 9x13 dish. Pour 4 Tbsp. melted butter over top. Bake covered 45 minutes. Remove foil for the last 10-15 minutes. Can be done relatively low fat by cutting out butter on top. Serve with green beans or veggie of choice and a roll.

Saturday

Soup

Any kind of soup. Always make plenty extra for leftovers. I always make enough to put a nice size container of it in the freezer for a quick and easy meal another night. Just put it in the microwave for about 20 minutes. Or...if you are more prepared, put it in the fridge the night before you plan to eat it to thaw. Soup is a good way to use up the veggies in the fridge before they go bad. This our very favorite:

CHEESY CHICKEN CHOWDER- Kristy Walker

3 cups chicken broth
2 cups diced potatoes
1 cup diced carrots
1 cup diced celery
½ cup diced onion
1 ½ tsp. Salt
¼ tsp. pepper
4 Tbsp. Margarine
1/3 cup flour
2 cups milk
2 cups (8 oz) shredded cheddar cheese
2 cups diced cooked chicken

Bring broth to boil. Reduce heat; add potatoes, carrots, celery, onion, salt and pepper. Cover and simmer for 15 minutes. Meanwhile, melt butter in medium saucepan, add flour and mix well until paste forms. Gradually stir in milk. Cook over low heat until thick, stirring constantly. Stir in cheese and cook until melted. Add broth and veges and chicken pieces. Serves 6-8.

Sunday

Pepperoncini Beef- Kristy Walker

3-4 Pound Roast
1 Jar of Pepperoncini Peppers with juice (Greek Salad Peppers)
Buns

Spread:
Equal parts of Mayonnaise, Mustard, Sour Cream

Place roast in crock pot, cover with jar of peppers (including the juice). Cook for 8 hours on low. Remove from crock pot and shred beef with two forks. Return shredded beef to crock pot and keep warm until ready to serve. Serve on buns with spread and peppers on the side.

Serve with cut up veggies and dip.

FROM THE KITCHEN OF: Lindsay Sevy

MONDAY

Joe's Special

- Ground beef (about ½ or one pound)
- Eggs (about four)
- Spinach (about half a package—save the rest for chef salad on Thursday), washed and torn into smaller pieces

Brown the ground beef and drain off the excess grease. Crack the eggs over the top and add the spinach. Stir over medium heat until the eggs are cooked (like scrambled eggs) and the spinach has darkened and cooked as well. Add salt and pepper to taste.

I found this recipe in an old church cookbook. I have no idea what the name means! It looks kind of strange, but for some reason it is really good—one of Travis's favorite dishes. It's easiest to eat in a bowl with a spoon.

TUESDAY

Stir Fry

- Chicken breasts (about one for each person), cut into bite-size pieces or strips
- Carrots, sliced thinly
- Garlic, if you have some, cut in small pieces
- Onions, cut into bite-size pieces
- Peppers, any color, cut into bite-size pieces
- Celery, cut into bite-size slices
- Seasoning

Put a small amount of oil in a frying pan or skillet and brown chicken, carrots, and garlic. Once they're mostly cooked, add the onions, peppers, and celery (these will go limp if overcooked, so that's why I add them later).

At any time add seasoning or sauce. I always put in soy sauce with some water and vinegar, and then I experiment with different spices—lemon herb, basil, thyme, salt, parsley, garlic or onion powder, seasoned salt—just whatever I have on hand. It always turns out differently, but it always tastes great! Once we tried peanut oil and adding peanuts and that was delicious too. Just make sure you don't have too much soy sauce or vinegar because then it's a little too strong. If that ever happens, you can add more water or sugar to take the edge off.

This sounds like an "add whatever you like, how much you like" kind of recipe—it is. Like I said, we just use whatever vegetables or seasoning we have on hand, but as long as you have soy sauce and chicken, you can do it! Serve on rice or cooked egg noodles.

WEDNESDAY

Sausage, Potatoes, and Onions

- Sausage, any flavor, the kind that comes in one big link (use only half and save the rest for the pasta salad on Saturday)
- Onions, two small or one large
- Potatoes, two or three

Cut the sausage and potatoes into thin slices, and cut the onions into rings. Cook in a large skillet and add pepper and salt to taste.

I think this comes from a Danish recipe my mom had, but I can't find the recipe, so I just make it like this. You don't need any oil to cook it in since the sausage works for that. It also flavors the entire dish, so you just need a little pepper and salt to bring it out. Don't overcook or the sausage shrivels and the onions get really limp. Make sure you cut the potatoes thinly or they will take too long to cook and end up crunchy (you could also boil them a bit first or cook them first before adding the sausage and onions, which cook faster).

THURSDAY

Chef Salad

- Spinach (use what's left from Monday), washed and torn into pieces
- Hard-boiled eggs, sliced
- Carrots or celery, cut into bite-size pieces or strips
- Ham, real ham or cut up bits from lunch meat ham
- Bacon, shredded (use leftovers from a breakfast) or Bacon Bits
- Cheese, in bite-size pieces, any kind—cheddar, feta, mozzarella
- Salad dressing, any kind you like

Toss and serve. Add anything else you like.

You can boil the carrots or celery a little bit to soften so that younger kids can eat them.

FRIDAY

Wheels

- Ground beef, about $\frac{3}{4}$ or one pound
- Stewed or diced tomatoes, any flavor (Italian, Mexican, regular)
- Pasta (rotini, elbow, wagon wheels, whatever you like)

Cook the pasta separately according to directions. While it is boiling, brown the beef and drain off excess grease. Add the tomatoes and salt and pepper to taste. When the pasta is done, drain it and add it to the skillet and cook for a minute or two to flavor it.

This came from one night when Travis and I were dating in college, and I wanted to make him dinner, but after I offered, I realized that all I had in the pantry was some stewed tomatoes and wagon wheels noodles (that's why we still call it "Wheels"). It was funny because I just cooked this up, but he loved it and still always asks for it. It's a lot like other beef-and-macaroni dishes, but easier. Sometimes I add a little onion powder or garlic powder for a different flavor, or a different kind of tomato.

SATURDAY

Pasta Salad

- Colored rotini pasta (or another kind)
- Sausage, sliced up, from Wednesday
- Cheddar cheese, cut into small cubes (mozzarella is good too)
- Bacon, shredded, or Bacon Bits
- Italian salad dressing (or oil and vinegar)

Cook the pasta according to directions. When done, drain and toss with remaining ingredients.

SUNDAY

Thai Peanut Chicken

- Chicken breasts, one for each person, cut into slices or bite-size pieces
- Onions, cut into rings or strips
- Garlic, cut into small pieces
- Peanut butter, one cup (I like smooth but you can use crunchy)
- Coconut milk, one cup
- Salt and soy sauce to taste

Brown the chicken, onions, and garlic in a little bit of oil in a skillet. When done, add peanut butter, coconut milk, salt, and soy sauce to taste. Don't cook too long or peanut butter will crystallize. Serve on rice.

There are a million recipes for Thai peanut chicken, but I like this. You can also add broccoli or celery.

Monday

Crockpot Chile

1 can pinto beans
1 15-ounce can tomato sauce
1 pound ground beef
½ cup chopped onion
1 tablespoon chili powder
1 can diced tomatoes

Brown the ground beef in a skillet over medium heat. Drain the fat and stir all ingredients into the crockpot. Cook for 7–8 hours on low.

I serve this with grated cheddar cheese for everyone to sprinkle on the chile, tortillas, and fruit.

Tuesday

Pasta with Cream Cheese Sauce

Cooked pasta
1 package cream cheese
1 tablespoon margarine or butter
½ cup milk
Parmesan cheese
Garlic powder
Pepper

Melt the cream cheese in a saucepan over medium low heat. When it is mostly melted, add the margarine or butter and stir. Stir in the milk until smooth. Add seasonings and parmesan to taste. If the mixture is too thick, add more milk; if it is too thin, add more parmesan. Serve over pasta.

I serve this with fresh salad or green beans.

Wednesday

Chicken Enchiladas

Corn tortillas
2 cans cream of chicken soup
2 cups cooked and shredded chicken
1 onion, chopped
2 cans diced green chile
2 cups grated cheese (monterey jack, cheddar, mozzarella, etc.)

In a medium mixing bowl, blend the cream of chicken soup, shredded chicken, onion, and green chile. Spray a 9x13" pan with cooking spray. Cover the bottom with a layer of tortillas, followed by a layer of the chicken blend, followed by a layer of cheese. Continue until all ingredients are used, ending with a layer of cheese.

Bake at 350° for ½ to ¾ hours.

I serve this with a side of corn.

Thursday

Ground Beef Stroganoff

¼ c butter
½ c minced onion
1 lb ground beef
1 clove garlic
2 T flour
Cooked rice

¼ t pepper
¼ t paprika
1 can cream of mushroom soup
1 can cream of chicken soup
1 c sour cream

Sauté onion in butter. Stir in meat, seasonings, and flour; sauté for five minutes. Add soups; simmer uncovered for 10 minutes. Stir in sour cream just before serving. Sprinkle with paprika. Serve over rice. I serve this with salad or sauteed vegetables.

Friday

Crockpot Italian Chicken

¾ pound chicken thighs or breast
1 can cream of chicken soup
1 cup Italian salad dressing (This is approximate, I never measure it)
Cooked rice

Put the chicken, soup, and salad dressing in the crockpot and cook on low for 7–8 hours. Serve over rice. I serve this with salad or sauteed vegetables.

Saturday

Pasta with Artichokes, Tomatoes, and Pine Nuts

¼ cup olive oil
4 garlic cloves, minced
2 6-oz jars marinated artichoke hearts, drained
2 t chopped fresh oregano OR ½ t dried
salt & pepper

½ cup pine nuts
2 large tomatoes, seeded and chopped
¼ cup chopped fresh basil
9 oz angel hair pasta, freshly cooked
grated parmesan

Heat oil in heavy medium skillet over medium-high heat. Add pine nuts and garlic and sauté until light brown, about 3 minutes. Stir in tomatoes and next 3 ingredients and heat through. Season with salt and pepper. Pour over pasta and toss thoroughly. Sprinkle with Parmesan. Serve immediately, passing additional Parmesan separately.

Sunday

Bean Burritos

Necessary Items:
Flour tortillas
1 can refried beans
Grated cheddar cheese
Taco seasoning (I make this myself with chili powder, cumin, oregano, and garlic.)

Nice if you have them (I never have all of these):
Chopped tomato
Shredded lettuce
Salsa
Sour cream
Guacamole

Warm the refried beans over medium heat and stir in taco seasoning (I usually also add a tablespoon of butter). Warm the tortillas in the microwave. Set out all the ingredients and let everyone build their own burritos.

FROM THE KITCHEN OF: Melani Porter

A trick I learned from a sister in a previous ward, is to buy whole chickens, you can get them on sale cheap, or at Costco. Wash and clean the chicken, place in a large pot and cover with warm water, cover and bring to a boil. Reduce heat to low and simmer until meat is tender-about 1 ½ to 2 hours. It is done when meat is easily pierced with a fork, or the legs start coming away from the body. Take out and cool slightly. Remove and discard bones and yuckies. Shred chicken and store in freezer bags for all your chicken uses. Skim your broth and pour into containers and freeze. I love using chicken this way, its very economical, rather than using breast at every meal! Plus the chicken tastes great.

Monday

Chicken Enchiladas

1 dozen corn tortillas

1 can cream of chicken soup

1 can green enchilada sauce (you can use 2 cans of cream of chicken, 1 can of diced green chiles and a soup can of milk, but the enchilada sauce has more flavor)

A few dollops of sour cream, or as desired

Shredded cheese

2 cups shredded chicken

1 chopped onion (if desired)

Mix cream of chicken soup, enchilada sauce, onion, sour cream and chicken. Dip tortillas quickly in hot oil, drain. Place in 9x13 casserole dish in layers, flat tortillas, creamed mixture, and top each layer with shredded cheese. Make 3 layers and bake for 30 min at 350 degrees. Serve with a green salad.

Tuesday

Pork Chop and Pineapple Pie

1 boneless pork chop per person

1 slice red onion per person

1 slice green bell pepper per person

2 canned pineapple slices per person

1 T. butter or margarine per person

1 T. Teriyaki sauce per person

Salt and pepper

Heat up your BBQ grill. For each serving, lay a pork chop on a large square of heavy duty foil. Top each chop with onion, green pepper, and pineapple slices. Drizzle with the teriyaki sauce. Top with the margarine and sprinkle generously with salt and pepper. Wrap tightly in the foil, rolling ends to completely seal the package. Freeze or refrigerate until ready to cook. When ready, place packets directly in hot coals, or BBQ grill for 15-20 minutes. Check to see if the pork is cooked through, rewrap and cook a little longer if necessary. (You also can cook in the oven on a cookie sheet, but I'm not sure what temp...maybe 375...) Serve with rice and extra sauce.

Wednesday

Chicken Pizza

1 Boboli pizza crust
2-3 cups shredded Monterey Jack cheese
1-1/2 cups shredded chicken -as much as desired
1 tomato-diced
Fresh Cilantro-as much as desired
2-3 limes

Layer half of the cheese on the Boboli crust. Sprinkle with the chicken, tomatoes and rip off cilantro leaves and put around the pizza, depending on how strong you like it...then cover with the remaining cheese. Bake in 375 or 400 degree oven on a cookie sheet until melted and gooey. Cut and serve. Squeeze fresh limes over the top of the pizza. Yum! We don't usually have a side dish, but you could serve with salad.

Thursday

Chicken Pea Casserole

1 cup margarine
2 boxes Savory Herb Stovetop Stuffing
2 cans Cream of celery soup
1 can evaporated milk
Small bag of frozen peas
3 cups shredded or cubed cooked chicken
Minced onion

Melt margarine and add to 4 cups dry stuffing mix. Spread ½ the mixture into a 9x13 pan. Mix cream of celery soup, evaporated milk, 1 ½ cup defrosted frozen peas, chicken and 2 T. minced onion. Pour over crumb mixture. Top with remaining crumbs. Bake for 30 min uncovered in a 350 degree oven. Serve with bread and your favorite fruit.

Friday

Frito Enchiladas

1 bag Frito corn chips
1 lb. ground beef
1 or 2 cans Ranch Style beans (hard to find here, they are at Super Walmart-or you can use plain pinto beans or any beans you like)
Shredded cheddar cheese
Lettuce and tomato-cut into small pieces
Sour cream if desired
Enchilada Sauce-this is our family's version-1 can cream of chicken soup, 2 small cans of tomato sauce, ½ soup can of water, add ½ of each tomato sauce cans of water. Add ¼-¾ can El Pato hot sauce (also hard to find here, also at Super Walmart)-according to your taste. Wisk all ingredients together and bring up to a boil...then lower heat to low until ready to use.

Brown ground beef in a skillet with salt, pepper and onion. Warm the beans. Place about 1 cup of Fritos on the plate. Layer with the meat, beans, cheese, and enchilada sauce. Top with lettuce and tomato and sour cream. This is a definite favorite, and it's done in 15 minutes from start to eating! It is so fast and easy.

Saturday

Chicken Alfredo

2-3 chicken breasts
1 package fettuccini noodles
1 jar Alfredo sauce

Put a pot of water on to boil. Cut up chicken into small strips or pieces. Season chicken with season salt and pepper. Brown in a skillet with butter and oil until cooked through and starts to get color. Add fettuccini to boiling water, cook according to package. When the chicken is done, add the Alfredo sauce to the pan, and warm over med heat. Serve the sauce over the noodles. Serve a salad and garlic bread.

Sunday

Meatloaf –Super yummy!

2 lbs ground beef
2 eggs
1 small can of tomato sauce
½ sleeve of Ritz crackers, crushed
1/4 cup ketchup-plus more for topping
Dried chopped onion, or fresh
1 tsp Salt and ¼ tsp. pepper

Put all ingredients in a large bowl. Mix thoroughly. Heat a large skillet with lid, or the biggest frying pan with lid you have on med-high heat. Form the meatloaf into a flat disk, almost like a big hamburger...as big as your pan is...unless it's a huge pan, then just make it like 9x13 or so and lay in the pan... Drizzle ketchup all over the top, cover with a lid. Cook for about 10-15 minutes, but keep an eye on the bottom so it doesn't burn...then flip over and cook the second side. After you flip, drizzle the second side with ketchup. Cook for another 5-10 minutes, keeping an eye on the bottom. The dark crust is the best part, but don't burn it! Serve with fried potatoes, or mashed, and another veggie, like corn or green beans, and rolls. So good!

FROM THE KITCHEN OF: Mindy Georgi

Monday

Chicken Salsa (Easy!)

Place boneless, skinless chicken breasts in baking dish. Cover with salsa (I like the mango salsa from Costco). Cook covered for 1 hour @ 325. Uncover & bake 20 minutes more, then put cheese on top & bake until cheese melted (5-10 minutes). Serve with rice. It is also yummy to top with shredded lettuce & sour cream if you have it on hand.

Tuesday

Sweet-N-Sour Chicken (Lion House Cookbook)

3 lb. chicken breasts	SAUCE:
1 tsp. garlic salt	¾ cup sugar
½ tsp. pepper	½ cup vinegar
1 beaten egg	3 ½ TBS ketchup
4-6 TBS cornstarch	1 TBS soy sauce

Sprinkle chicken with garlic salt & pepper. Stand for 1 hour or more in fridge. Preheat oven to 325. Dip chicken (large pieces or you can also use chicken tenders) in beaten egg & then in cornstarch (works fast to dump chicken in bowl of beaten egg then dump into a ziplock bag full of cornstarch, then you can shake chicken around until coated with cornstarch). Lightly brown chicken in oil (if you overcook it in oil, it's tougher). Put in baking dish. Cover with sauce. Bake uncovered for 1 hour. Turn chicken 1-2 times during that hour. Serve with rice.

Wednesday

Mock Taco Salad

½ pound Hamburger browned
1 can tomato soup
1 large can pork & beans (or 2 small cans)
1 pkg. Taco seasoning mix

Heat all above ingredients together. Eat with chips, lettuce, cheese, tomato, sour cream. (good just with chips too- especially for the kids).

Thursday

Delicious Veggie Melt

Spread cream cheese on inside of 2 pieces of bread (I like plain or veggie cream cheese)

Make a sandwich with:

*cucumbers

*avocado

*cheese

*tomato

*sprouts

*any other veggies that you prefer & that will fit

Spread butter on outside of bread or use olive oil spray in pan & fry in pan til golden brown.

Friday

Veggie Lasagna

10 Lasagna noodles (boil for 5 minutes). Add sliced carrots & boil 2 minutes. Add cut up broccoli & zucchini & boil 2 minutes. Drain. (or you can buy frozen veggies & soften in microwave...make sure to drain so lasagna isn't too watery).

3 carrots (sliced)

1 cup broccoli

1 cup zucchini

1 cup crook neck yellow squash

2- 10oz. frozen pkg. spinach (thaw & drain-squeeze in hand into a ball) or use 1 bag fresh spinach

8oz. Ricotta cheese or cottage cheese

1 bottle spaghetti sauce (20oz.)

12oz. mozzarella cheese

½ cup parmesan cheese

(add more or less any kind of cheese)

*Combine spinach & cottage cheese or ricotta cheese in a bowl. In a 9x13 dish (sprayed) start layering. Bake @ 400 for 30-40 minutes uncovered.

Serve with bread sticks

1 TBS yeast

1 ½ cup warm water

(dissolve yeast in water)

Sprinkle 2 TBS sugar on top

Mix 3 cups bread flour

1 ½ tsp salt

Mix well & roll into sticks, let rise. Bake @ 400 for 10 minutes. Brush w/ melted butter & sprinkle w/ parmesan and garlic. (option 2: roll dough into sticks w/ grated mozzarella cheese, let rise & then bake. option 3: twist 2 sticks together before baking for a large/fancy breadstick)

Saturday

Chicken Enchiladas

Sauce:

1 pint sour cream

1 can cream of chicken soup

1 can diced green chilies

2-3 chicken breasts cooked & cubed

Cheese

Make enchiladas in flour tortillas

Roll up chicken, cheese, & sauce. Pour remaining sauce & cheese on top. Bake 350 for 30 min. or until hot.

Sunday

Georgi's Famous Teriyaki Chicken

4-6 lbs chicken (chicken tenders work the best!)

In a deep container, marinade chicken overnight. If you don't have time, it works fine to marinade even just 1 hour). *Makes lot's! Good left-over's or you can ½ the recipe*

Marinade:

2 cups soy sauce

2 heaping cups sugar (plus an extra ½ cup if you want it to taste "Georgi style")

2 pieces (2-3 inches) of ginger (peel, cut, & crush) or 1 TBS ground ginger

1 TBS bottled garlic or 1 whole clove garlic

Cook chicken w/ all marinade in baking dish(s) (covered w/ foil) in 350 degree oven; or we also like to put chicken on the grill. Serve with rice, green salad.