

Menu

1. Chicken Broccoli Divan in the slow cooker or oven
2. Tilapia and Veggies Baked in Foil Packets
3. Bowtie Pasta with Feta and Lemon Pepper Chicken
4. Barbeque Chicken Fajitas
5. Stuffed Shells + extra for the freezer
6. Italian Beef Sandwiches in the slow cooker + extra for the freezer
7. Dessert – Peanut Butter Chocolate Ice Cream Sandwiches

Produce

Tomatoes – 4 plum
Green onions
Broccoli/cauliflower/carrots – 1 bag
Onion
Green pepper – 2
{fresh fruit for side dish}
{baking potatoes}
{salad fixings – 3 meals}
{corn on the cob}
{baby carrots}

Dry/Canned Goods

Cream of chicken soup – 2
Chicken broth – 1
Bowtie pasta
Jumbo shells
2-3 cans spaghetti sauce
Mayonnaise
Sweet Baby Ray's BBQ sauce
Peperoncini – small jar
Good Seasons Italian dressing pack
Brown gravy mix – 1 packet
Peanut butter, creamy or crunchy
Cinnamon graham crackers
{Jiffy corn bread mix}
{potato chips}

Meat

Frozen boneless chicken breasts – 2 bags
or equivalent
Tilapia fillets
Beef roast, large, any type

Dairy

Cheddar Cheese, shredded 8 oz – 2
Feta cheese, crumbled 6-8 oz
Half & half, pint
Flour tortillas
Ricotta cheese, 15 oz – 2
Mozzarella, shredded 8 oz
Parmesan, grated (cheap is fine) $\frac{3}{4}$ cup
Eggs (you'll need 3 eggs for recipes)

Frozen

Broccoli florets
Chocolate ice cream

Bakery/Bread

Hoagie rolls
{French or Italian bread}

Things you'll need in your pantry/fridge

Lemon juice
Mrs. Dash or similar seasoning
Lemon pepper
Basil and oregano
Garlic powder
Olive oil
Vinegar
Butter
Foil
Plastic wrap

Chicken Broccoli Divan in the Slow Cooker or Oven

1 bunch broccoli (I used frozen that I cooked till tender)

2 cups cooked, chicken

2 cans cream of chicken soup

3/4 cup mayonnaise

1 tsp. lemon juice

about 1/2 cup of grated cheddar cheese

Put the chicken in the bottom of a slow cooker or casserole dish, if you're baking it in an oven. Layer the broccoli on top of the chicken. Stir together the soup, mayo and lemon juice. Spread this mixture over the broccoli. Top with the cheese. Bake in an oven at 350 degrees for 45 minutes or so. Or cook in a crockpot on low for 4-5 hours.

Serving Suggestions: Fresh fruit, corn bread (use a Jiffy mix or make homemade)

Tilapia and Veggies Baked in Foil Packets

Tilapia fillets (1 per packet)

Mrs. Dash seasoning

Tomatoes, sliced

Green onions, sliced

Basil, chopped

Lemon juice

Olive oil

Foil squares to wrap the fish and veggies (heavy duty foil works best)

Rub a bit of olive oil on the foil so the fish won't stick. Place a tilapia fillet in the middle of the foil. Shake some Mrs. Dash seasoning on the fish. Layer tomatoes, green onions and basil on top. Shake a bit of lemon juice over it all. Wrap the foil around the fish loosely to make a packet. Bake at 450 degrees for 20 minutes.

Vegetarian Suggestion: Skip the fish and add more veggies like zucchini, yellow squash, mushrooms, broccoli, red peppers etc. Serve with brown rice. Don't forget to add these items to your grocery list!

Serving Suggestion: baked potatoes, tossed salad, rice, noodles, steamed broccoli or green beans

Bowtie Pasta with Feta and Lemon Pepper Chicken

4 boneless chicken breasts

box of bowtie pasta

broccoli, cauliflower and carrots (I like to use those steam in the bag fresh kind)

feta cheese 6-8oz, crumbled

lemon pepper

3-4 Tbs butter

1 1/2 - 2 cups half and half, warmed for a minute or two in the microwave

Sprinkle the chicken on both sides with lemon pepper and grill it. While the chicken is grilling start the pasta cooking. Steam the vegetables in the microwave, if you bought that kind. If you don't have the steam bag of fresh veggies, you can cut up the veggies and toss them into the pasta cooking water for the last 5 minutes or so of cook time. Just be sure your pot is big enough to accommodate both the veggies and the pasta.

When the chicken is done, slice it into thin strips. Drain the pasta and put it back in the pot. Add the butter and warmed half & half. Stir in the feta cheese, veggies and chicken. You may want to add a bit more half & half, if it looks like it needs it. Serve with additional lemon pepper.

Vegetarian suggestion: Skip the chicken

Serving suggestion: tossed salad

Barbeque Chicken Fajitas

Boneless chicken breasts (3-4)

Sweet Baby Ray's BBQ sauce, or other honey type bbq

Green pepper, sliced

Onion, sliced

Cheddar cheese shredded, about ½ cup

Flour tortillas

Grill the chicken breasts, basting with bbq sauce as they cook. Slice them up thin. While the chicken cooks, sauté the onions and peppers in a bit of oil.

Warm the tortillas and layer chicken, peppers and onions. Add a bit of cheese and extra bbq sauce if you like.

Vegetarian suggestion: Use beans (black, red or kidney) instead of the chicken. You might want to use taco sauce or salsa instead of the bbq. Don't forget to add these things to your grocery list!

Serving Suggestion: corn on the cob

Stuffed Shells

1 box jumbo shells
4 cups (2 lbs) ricotta cheese
2 cups (8 oz) shredded mozzarella
3/4 cup grated Parmesan cheese
3 eggs
3/4 tsp. oregano
1/2 tsp. salt
1/4 tsp. pepper
2-3 jars or cans of spaghetti sauce (I always use the cheap Hunt's brand sauce for this. It works fine.)

Cook the shells according to the package directions. Drain them and cool in a single layer on wax paper or foil. Meanwhile, combine the cheeses, eggs, and seasonings. Fill each shell with 1 1/2 Tbs. of the cheese mixture.

Spread a thin layer of sauce on the bottom of the pan. Place the shells in the pan in a single layer. Cover with remaining sauce. Bake covered at 350 degrees for about 45 minutes or until hot and bubbly.

Freeze the extra shells to use later in a single layer and then placed them in a ziplock bag. To use them, I'll just assemble the shells and sauce in the pan and bake them a bit longer.

Serving suggestion: tossed salad, warm buttered or garlic bread

Italian Beef Sandwiches in the Slow Cooker

1 large roast (fat trimmed if needed)

1 package Good Seasons Italian dressing

1/4 cup vinegar

1 Tbs. sugar

1-2 cans chicken broth (I used 1)

1 tsp. garlic powder

1 package brown gravy mix (mixed with 1 cup water)

1 green pepper, sliced

1 small jar pepperocinis with juice (I used half the jar you see in the picture)

Poke the meat with a fork or knife and put it in the crockpot. Mix all the ingredients and pour over the meat. Let it marinade overnight or cook it right away on low for 8-10 hours. Or, be like me and don't fix it until lunch time then crank it up on high and cook it for 5-6 hours.

Shred the meat and serve on hoagie buns with the peppers and sauce for dipping.

Serving Suggestion: raw baby carrots, potato chips

Peanut Butter Chocolate Ice Cream Sandwiches

Cinnamon graham crackers

Crunchy peanut butter

Chocolate ice cream, allowed to soften just a bit

Spread the peanut butter on each half of the graham cracker. Spread chocolate ice cream over the peanut butter. Put the sandwich together. You can wrap these in plastic wrap and pop them in the freezer to keep for later. I think they're better after they've been made for a day or two because the graham cracker softens a bit.