

1. Fish Tacos, chips and salsa, salad
2. Sweet Chili Linguine with Grilled Chicken, salad
3. Chicken Casserole with Corn and Peas, steamed veggie, cranberry & orange salad
4. Loaded Baked Potatoes, salad
5. Blueberry French Toast Bake, fresh fruit, milk to drink
6. Italian Beef Sandwiches in the Slow Cooker, baby carrots, French fries
7. Apricot Pound Cake

### **Produce**

Baking potatoes  
 Broccoli  
 Slaw mix or cabbage  
 Green pepper  
 Cilantro  
 {Salad fixings – 3-4 meals}  
 {Fresh fruit}  
 {Baby carrots}

### **Canned/Dry**

Chicken broth – 2 cans  
 Brown gravy mix – 1 packet  
 Good Seasons Italian dressing mix -1  
 Linguine or vermicelli  
 Pepperocinis – small jar  
 Chipotle peppers in adobo sauce  
 Thai sweet chili sauce  
 Old Bay Seasoning  
 {Tortilla chips}  
 {Salsa}  
 Pancake syrup – maple and/or blueberry  
 Apricot jam – 10 oz  
 {Whole cranberry sauce}  
 {Mandarin oranges}

### **Meat**

Tilapia fillets  
 Boneless chicken breasts  
 Chicken to cook for casserole  
 Bacon – pre-cooked or regular  
 Large beef roast

### **Bread**

French bread  
 Hoagie rolls

### **Dairy**

Sour cream – 16 oz  
 Cheddar, shredded – 1 bag  
 Half and half  
 Parmesan cheese  
 Corn tortillas  
 Milk  
 Eggs  
 Butter

### **Frozen**

Corn  
 Peas  
 Blueberries – 12 oz  
 {Favorite veggie}  
 {French Fries}

### **Items to have in Pantry/Fridge**

Foil  
 Lime juice  
 Cajun or Creole seasoning  
 Vinegar  
 Garlic powder  
 Bread crumbs  
 Flour  
 Sugar  
 Brown sugar  
 Baking powder  
 Cinnamon  
 Vanilla

## **Fish Tacos**

- 4-6 Tilapia fillets, thawed
- Old Bay seasoning
- 1/2 cup sour cream
- 1 Tbs. lime juice
- several teaspoons of adobe sauce from chipotle peppers
- palmful of chopped fresh cilantro
- slaw mix
- corn tortillas
- cheddar cheese, shredded – if desired

Sprinkle the fish with Old Bay seasoning. I used a George Foreman grill to cook the fish. You could cook it in the oven or a skillet though. In the oven, it will take about 20 minutes. The fish will cook in less time in a skillet. It's done when it flakes easily with a fork.

For the sauce, stir the sour cream, cilantro, adobe sauce and lime juice together. I just used a spoon to dip out the sauce from the can. I used about 3 spoonfuls. The adobe sauce is spicy, so add according to how much heat your family likes. I froze the rest of the sauce and peppers for another dish.

Cut the fish into pieces. Assemble the tacos by layering the fish, slaw and sauce on warmed corn tortillas. You can also add cheddar cheese, tomatoes or avocado if you like. I used 4 fillets and that was just enough for 5 of us, but one child only ate one taco. All the rest of us had more. Also, we had just enough sauce to go around. If you're serving more people, you'll probably want to make more sauce.

**Serving Suggestion: salad, chips and salsa**

## **Sweet Chili Linguine with Grilled Chicken**

- 16 oz linguine or vermicelli
- Cajun or Creole seasoning
- 1-2 lbs. boneless chicken breasts, I used tenders
- 2 cups half & half
- 3/4 cup Parmesan cheese
- 1/2 cup sweet chili sauce (find it in the Asian food section)

Sprinkle the chicken with the seasoning and grill or cook in a bit of oil in a skillet. Cook the pasta according to the package directions.

For the sauce, warm the half & half in a sauce pan. Stir in the cheese and sweet chili sauce. Reduce the heat to low and simmer it until the pasta and chicken are ready. I mixed the sauce with the finished pasta, but you could also spoon sauce over each serving.

This fed my family of 6, with plenty of leftovers.

**Serving Suggestion: salad**

## **Chicken Casserole with Corn and Peas**

- 2-3 cups cooked chicken, shredded or cubed
- 2-2 1/2 cups frozen corn
- 2-2 1/2 cups frozen peas
- 4 1/2 Tbs. butter
- 4 1/2 Tbs. flour
- 1 1/2 cups chicken broth
- 1 1/2 cups milk, warmed
- salt and pepper
- 1/4 – 1/2 cup seasoned bread crumbs
- 1/4 – 1/2 cup cheddar cheese, shredded

Combine the chicken, corn and peas in a greased 9×13 casserole dish. In a saucepan, melt the butter. Stir in the flour and cook for a minute or two. Whisk in the chicken broth and milk, stirring until smooth. Cook until thickened. Season with salt and pepper. Pour the sauce over the chicken and vegetables. Top with the cheese and bread crumbs. Bake at 350 degrees for 45 minutes to 1 hour.

**Serving Suggestion: favorite steamed veggie, cranberry and orange salad**

## **Loaded Baked Potatoes with Homemade Cheese Sauce**

- baking potatoes, scrubbed
- fresh broccoli
- bacon, cooked and crumbled
- 3 Tbs. butter
- 3 Tbs. flour
- 1 1/2 cups warm milk
- 1 cup cheddar cheese, shredded
- salt and pepper

Bake the potatoes until tender. I poke holes in them and wrap them in foil. Bake them at 400 degrees for an 1 – 1 1/2 hours.

Cut the broccoli in florets and steam in a pan until tender-crisp.

In a skillet, melt the butter. Whisk in the flour and cook for a minute. Gradually whisk in the warm milk. Let it cook over medium heat until it begins to thicken a bit. Stir in the cheese, letting it melt into the sauce. Season with salt and pepper.

Split the baked potatoes open. Top with broccoli, bacon and cheese sauce. Eat up!

**Serving Suggestion: Salad**

## **Blueberry French Toast Bake**

- 1 loaf French bread, cut in cubes
- 6 egg whites
- 3 eggs
- 1 3/4 cup milk
- 1 tsp. sugar
- 1 tsp. cinnamon
- 1 tsp. vanilla
- a pinch of salt
- 12 oz. frozen blueberries
- 2 Tbs. butter
- 1/3 cup brown sugar

Spray a 9×13 pan with cooking spray and place the cubed bread in it. In a bowl, combine the egg whites, eggs, milk, sugar, cinnamon, vanilla and salt. Pour over the bread. Cover and refrigerate for 6 hours or overnight.

30 minutes before baking, take the berries out of the freezer and set them aside. Take the baking dish from the fridge and turn the oven to 350 degrees. Bake the dish for 30 minutes. Meanwhile, cut the butter and brown sugar together to make a crumb topping. Remove the baking dish from the oven and sprinkle the berries and crumb topping over it. Bake, uncovered, for 15-20 minutes.

**Serving Suggestion: fresh fruit, milk to drink**

## **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, French fries**

## **Apricot Pound Cake**

- 2 sticks butter, softened
- 2 cups sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 cup sour cream
- 10 oz jar apricot jam

In a mixer bowl, beat the butter and sugar together. Add the eggs, one at a time. Add the vanilla.

In a separate bowl, stir together the flour, baking powder and salt. Add to the butter mixture, alternating with the sour cream. Mix just until blended after each addition.

Place 1/3 of the batter in a greased and floured bundt pan. Spread the apricot jam over the top of the batter. Add another 1/3 batter over the jam, then spread the rest of the jam. Finish with the last of the batter.

Bake at 350 degrees for 50-55 minutes or until a toothpick comes out clean. Remove from the pan and cool completely. I made a simple glaze of powdered sugar and milk to drizzle over the top.