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Produce

Onions
Garlic
Red onion
Carrots
Celery
Broccoli
Cauliflower
Lettuce
Tomatoes
Green bell pepper
Baking potatoes
{Salad fixings – 3 meals}

Canned/Dry

Cream of chicken soup, 1 can
Chicken broth, 1 box
Tomato sauce, 2 cans
Diced tomatoes, 1 can
Enchilada sauce, 1 jar
Sweet pickle relish, 1 jar
Mayonnaise, 1 jar
Marzetti Ranch Dip, 1 jar
Brownie mix, 1 box
Couscous, 1 box
Pasta, 1 box
White rice
Cajun or Creole seasoning
Hot fudge
M&Ms
Cracker Jacks or Crunch 'n Munch
{Chips}
{Salsa}

Dairy

Butter
Milk
Shredded mozzarella cheese
Shredded cheddar cheese
Shredded Monterey Jack cheese
Whipped cream

Meat

Tilapia fillets, 12 small or 6 large
Italian sausage, 1 lb.
Bacon
Boneless chicken breasts, 2 3 lb. bags
Whole chicken, 1

Bread

Sandwich buns
Flour tortillas

Frozen

Vanilla ice cream
{French fries}
{Favorite veggie – 2 meals}

Items to Have in Pantry

Salt
Pepper
Basil
Garlic powder
Onion powder
White pepper
Paprika
Cayenne pepper
Thyme
Flour
Soy sauce





Grilled Fish Sandwiches with Homemade Tartar Sauce

- 12 small or 6 large tilapia fillets
- Cajun or Creole seasoning, to taste
- 1/3 cup mayonnaise
- 1-2 Tbs. sweet pickle relish, depending on how pickley you like it
- 6 sandwich buns

Sprinkle seasoning on one or both sides of the fish. Go as heavy or light as you like. Grill fish on a George Foreman or other indoor grill for about 5-6 minutes. Stir relish and mayo together to make tartar sauce. Serve fish on buns with tartar sauce. Add lettuce, tomato and red onion if desired.

Serving Suggestion: Ranch Veggie Salad, french fries





Ranch Veggie Salad

- 1 bunch broccoli, chopped
- 1 head cauliflower, chopped
- 5-6 Roma tomatoes, chopped
- 1-2 stalks celery, chopped
- 4-5 carrots, chopped
- 2 cups Marzetti Ranch Dip

Stir the veggies together with ranch dip.





Italian Sausage Enchiladas

- 1 lb. Italian sausage
- 1/2 red onion, chopped
- 8 oz Monterey Jack Cheese, shredded
- 9-10 flour tortillas
- 10 oz enchilada sauce
- 15 oz tomato sauce
- 1/2 tsp. garlic powder
- salt and pepper to taste

Brown sausage and onion in large skillet. Drain and rinse under hot water to remove extra grease. Mix 2/3 of the cheese with the meat, reserving some cheese for the top. Stir together enchilada sauce, tomato sauce and garlic powder. Spread some sauce on bottom of 9x13 pan. Fill tortillas with meat and cheese. Roll and place in pan. Cover with sauce. Top with cheese. Bake 30 minutes or till hot at 350 degrees.

Serving Suggestion: salad, chips and salsa



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.

Serving Suggestion: salad





Italian Chicken Melts

- grilled chicken breasts (I used 4 to make 6 sandwiches)
- good sandwich buns
- butter
- 1/2 cup mayonnaise
- 1 clove garlic, minced
- 1/2 tsp. basil
- salt and pepper
- mozzarella cheese, shredded
- lettuce and tomato

Slice the grilled chicken thin. Mix the mayo, garlic, basil, salt and pepper together for the sauce.

Butter the buns and pop them under the broiler to toast them. Pull them out and layer the chicken and mozzarella on the buns. Put it back under the broiler to melt the cheese.

Spread the top bun with the sauce. Add lettuce and tomato and serve.

Serving Suggestion: Pasta Soup, salad





Pasta Soup

- 1 box chicken broth
- 1 can tomato sauce
- 1 can diced tomatoes with juice
- 2 carrots, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- about 1 cup pasta, any shape
- salt and pepper

Combine all the ingredients, except the pasta, in a pot on the stove. Bring to a boil and cook until the carrots are tender. Add in the pasta and cook until the pasta is tender. Season with salt and pepper to taste.





Mandarin Chicken Rice Bake

- 3/4 cup uncooked white rice
- 1 1/2 cups boiling water
- 2 cups cooked chicken
- 1 onion, chopped fine
- 1/2 cup green pepper, chopped
- 1 can cream of chicken soup
- 2 Tbs. soy sauce

Grease a 2 quart casserole dish. Put the rice and the boiling water in the dish, stirring to mix. Add the other ingredients, stirring to mix them all in. Bake at 350 degrees for an hour and 15 minutes.

You can use celery or pimento in addition to or instead of the green pepper. The recipe serves 6.

Serving Suggestion: steamed green veggie





Zesty Chicken in the Slow Cooker

- 4 tsp. salt
- 2 tsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. onion powder
- 1 tsp. thyme
- 1 tsp. white pepper
- 1/2 tsp. garlic
- 1/2 tsp. black pepper
- 1 whole chicken
- 1 large onion, sliced thin

Clean the chicken and remove the giblets from the insides. Place the onions on the bottom of the slow cooker. Mix all the spices together and rub all over the chicken. Place the chicken in the slow cooker on top of the onions. Cook on high for 5-6 hours or low for 7-9 hours.

For the couscous:

Use a box of couscous. Cook according to the package directions, except instead of water use the broth and onions from the chicken. Couscous cooks in about 5 minutes, making it perfect for a busy night.

Serving Suggestion: steamed green veggie





Dad's Brownie Sundaes

- brownies – ours were made from a box mix
- vanilla ice cream
- hot fudge
- M & Ms
- Cracker Jacks - I couldn't find Cracker Jacks so we used Crunch 'n Munch
- whipped cream

Let everyone build their own sundae for lots of fun.

