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Produce

Onions
Garlic
Red onions
Green bell pepper
Red (or yellow or orange) bell peppers
Broccoli
Sweet potatoes
{Salad fixings – 3 meals}

Canned/Dry

Penne pasta, 1 lb.
White rice
Cornmeal
Chicken flavored Ramen noodles, 2 packages
Taco seasoning, 1 packet
Slivered almonds
Sunflower seeds
Pinto beans, 2 cans
Crushed tomatoes, 1 28 oz. can
Tomato sauce, 1 15 oz. can
Pineapple tidbits, 1 20 oz. can
Enchilada sauce, 1 10 oz. can
Taco sauce, 1 8 oz. Jar
Ketchup or BBQ sauce
Dijon mustard
Soy sauce
Liquid smoke
Creole or Cajun seasoning
Graham crackers (I used Honey Maid low-fat cinnamon graham crackers)

Bread

Buns
Flour tortillas

Dairy

Eggs
Butter
Milk
Shredded Italian-blend cheese
Shredded Monterey Jack and/or cheddar cheese
Swiss cheese

Meat

Boneless pork chops, 6-8
Boneless chicken breasts, 1 3 lb. bag
Tilapia fillets, 6
Ham, 2 cups diced
Pepperoni, 6 oz.

Frozen

Peas and carrots
Frozen yogurt or ice cream (I used Blue Bunny frozen yogurt)
{Favorite veggie – 2 meals}

Items to Have in Pantry

Salt
Pepper
Basil
Oregano
Garlic powder
Dry mustard
Vegetable oil
Olive oil
Vinegar
Worcestershire sauce
Brown sugar
White sugar
Honey



Pepperoni Pizza Pasta

- 1 lb. penne pasta
- 2 Tbs. oil
- 1 green pepper, chopped
- 1 red (or yellow or orange) pepper, chopped
- 2 cloves garlic
- 1/2 red onion, chopped
- 28 oz crushed tomatoes
- 1 tsp. basil
- 1 tsp. oregano
- 6 oz pepperoni (I used turkey pepperoni), cut in halves
- salt and pepper, to taste
- 1 cup Italian 5 cheese, shredded

Cook the pasta according to package directions. While it cooks, saute the peppers, onions and garlic in oil in a large skillet. When the veggies are tender-crisp, add crushed tomatoes, basil, oregano and pepperoni. Cook over medium heat till pasta is done. Season with salt and pepper. Drain pasta and put back in cooking pan. Pour sauce over pasta and stir to combine. Serve with shredded cheese.

Serving Suggestion: salad



Ham and Pineapple Fried Rice

- 2 cups white rice
- 1 onion, chopped
- 3 garlic cloves, minced or crushed
- vegetable oil
- 2 cups diced ham
- 2 Tbs. soy sauce, plus extra to taste
- 20 oz can pineapple tidbits, drained and reserve juice
- 2 eggs, beaten
- 1-2 cups frozen peas and carrots
- salt and pepper to taste

Cook the rice according to the package directions. Cook the onion and garlic in oil in a large skillet till soft. Add the ham, 2 Tbs. soy sauce, 1 Tbs. pineapple juice. Cook for several minutes till the ham is hot. Pour the eggs into the skillet and cook, stirring frequently. Add the peas and carrots and heat through. Stir in the drained pineapple. Add the cooked rice, stirring to combine. Add soy sauce, pineapple juice, salt and pepper to taste. I added about 2 Tbs. each of soy sauce and pineapple juice.



Tony's Tilapia

- 6 Tilapia fillets, thawed
- 1/2 stick butter, melted
- Creole or Cajun seasoning to taste

Place the fillets on a foil covered baking sheet. Pour the melted butter over them and sprinkle with the seasoning. Tony's seasoning has a nice kick to it, so you might want to go lightly (or heavier if you like it hot). Bake at 400 degrees for about 17 minutes or until you can flake the fillets with a fork.

Serving Suggestion: favorite veggie, Asian Broccoli Salad



Asian Broccoli Salad

- 2 pkg chicken flavored ramen noodles
- 1 cup slivered almonds
- 1 head broccoli, chopped in small pieces
- 1/2 red onion, diced
- 1 red bell pepper, chopped
- 1 cup sunflower seeds
- 1 cup oil
- 1/2 cup sugar
- 1/3 cup vinegar
- 2 packets Ramen noodle seasoning

Break Ramen noodles in small pieces. Set seasoning packets aside for later. Toast broken noodles and almonds in shallow pan at 350 degrees for 10-15 minutes. Stir several times during toasting. Combine broccoli, onion, red pepper, sunflower seeds, and toasted noodles and almonds in large bowl. Whisk together oil, sugar, vinegar and seasoning packets in a small bowl. Pour over salad right before serving and toss to coat.



Honey Mustard Grilled Pork Chops

- 6-8 boneless pork chops
- 2 Tbs. Dijon mustard
- 4 Tbs. honey
- black pepper, to taste

Grill the pork chops over medium heat. Stir the mustard, honey and pepper together. Baste the pork chops with the sauce a few minutes before removing from the grill.

Serving Suggestion: Spoon Bread with Swiss, salad



Spoon Bread with Swiss

- 3 Tbs. butter
- 3 cups milk
- 1/2 cup water
- 1/2 tsp. salt
- 1 1/2 cups cornmeal
- 3 eggs, beaten
- 1 cup grated Swiss cheese

Rinse a 3 quart sauce pan with cold water. This helps prevent scalding. To the wet pan, add milk, water and salt. Bring to a near boil over medium heat. When it's almost boiling, whisk in the cornmeal in a slow stream so it doesn't lump. Continue cooking and whisking until it's thick and bubbling, about 5 minutes. Remove from heat and stir in butter and eggs. Combine well. Fold in cheese. Pour into greased 1 1/2 quart casserole dish. Bake at 350 degrees for 45 minutes.



BBQ Chicken Sandwiches in the Slow Cooker

- 3 lb. bag frozen chicken breasts
- 1 onion, diced
- 2 cups of any combo of ketchup or any kind of BBQ sauce (clean out the fridge time!)
- 8 oz taco sauce (not salsa)
- 2 Tbs. brown sugar
- 1 Tbs. dry mustard
- 2 Tbs. vinegar
- 2 Tbs. Worcestershire sauce
- 1 tsp. oregano
- 1 tsp. garlic powder
- 1 tsp. liquid smoke
- buns

Toss all the ingredients into the slow cooker. You don't even need to stir. Cook on high for 5-6 hours or low for 7-8. Shred the meat and stir it all up. Serve on buns.

Serving Suggestion: Sweet Potato Fries, favorite veggie



Sweet Potato Fries

- sweet potatoes
- olive oil
- Kosher salt
- black pepper

Wash the sweet potatoes and cut them into sticks. Put them in a large bowl and drizzle with olive oil. Sprinkle with salt and pepper and toss to coat. Place them on a greased baking sheet and bake at 400 degrees for about 30 minutes, or until the potatoes are tender.



Bean and Cheese Enchiladas

- 2 cans pinto beans, drained and rinsed
- 1 Tbs. butter
- 15 oz can tomato sauce
- 1 packet of taco seasoning (1/4 cup)
- 10 oz can enchilada sauce
- 2 cups shredded cheese (I used Monterey Jack and cheddar)
- 8 flour tortillas

Mash the beans in a bowl. Melt the butter in a skillet. Stir in the beans, half the can of tomato sauce and the taco seasoning. Cook until hot and bubbly.

Mix the enchilada sauce with the remaining tomato sauce. Pour a bit in the bottom of a 9×13 inch pan and spread it around. This will help keep the enchiladas from sticking. Spread some beans on a tortilla and top with shredded cheese. Roll up and place in the pan. Fill the rest of the tortillas. Pour the sauce over the top and add more cheese to the top. Bake at 350 degrees for 30 minutes.

Serving Suggestion: salad



110 Calorie Ice Cream Sandwiches

- graham crackers (I used Honey Maid low-fat cinnamon graham crackers)
- frozen yogurt or ice cream (I used Blue Bunny frozen yogurt)

Add 1/4 cup ice cream between two graham crackers. Eat!

Experiment with flavors, but watch the calories.

