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Produce

Onions
Garlic
Green onions
Red bell peppers
Green bell pepper
Orange bell pepper
Lettuce
Broccoli
Corn on the cob
Zucchini
Carrots
Avocados
Lemon juice
Apple
Pear

Canned/Dry

Stewed tomatoes, 1 15 oz. can
Fire roasted diced tomatoes, 1 can
Spaghetti sauce, 1 jar
Ingredients for a Lazy Marinade
Chipotle peppers in adobo sauce, 1 can
Cream of chicken soup, 1 can
Liquid smoke
Sesame seed oil
Poppy seeds
Cashews
Dried cranberries
Powdered sugar

Frozen

Shredded hash brown potatoes, 1 bag
Meatballs

Bread

Flour tortillas
Sub buns

Dairy

Buttermilk (or regular milk and vinegar)
Butter
Eggs
Sour cream, 8 oz.
Cream cheese, 8 oz.
Shredded cheddar cheese
Shredded Swiss cheese
Shredded Mozzarella cheese

Meat

Chicken tenders, 3 lbs.
Boneless chicken breasts, 1.5 lbs.
Ham or smoked sausage, 1-2 lbs.
Salmon fillets, 4-8

Items to Have in Pantry/Fridge

Soy sauce
Italian dressing
Dijon mustard
Vegetable oil
Olive oil
Salt
Pepper
Cinnamon
Vanilla
Baking powder
Baking soda
White sugar
Brown sugar
Whole wheat flour
White flour





Skillet Chicken, Peppers and Tomatoes

- 1 1/2 lbs. chicken tenders marinated in soy sauce and Italian dressing
- olive oil for cooking the chicken
- 1 red pepper, cut in strips
- 1 orange pepper, cut in strips
- 1 onion, sliced
- 2 garlic cloves, crushed
- 15 oz. can stewed tomatoes with juice
- salt and pepper, to taste

Cook chicken in olive oil till done and browned. Remove chicken from pan. Add peppers, onion and garlic to pan and cook for several minutes. Add stewed tomatoes to other veggies. Return chicken to pan. Season with salt and pepper. Serve over couscous or angel hair pasta.

Serving Suggestion: couscous cooked in chicken broth, salad





Smoky Chipotle Chicken Tacos in the Slow Cooker

- 4 boneless chicken breasts – about 1 1/2 lbs.
- 1 green pepper, sliced
- 1 onion, peeled and sliced
- 1 can Fire Roasted diced tomatoes, drained
- 1 chipotle pepper in adobo sauce, finely chopped (not the whole can, just 1 pepper)
- 1/4 tsp. liquid smoke
- flour tortillas
- shredded cheddar cheese
- lettuce, chopped

Mix all of the ingredients together in the slow cooker. Cook on high for 5-6 hours or low for 7-8 hours. Serve in tortillas with cheese and lettuce, if desired.

Serving Suggestion: chips & salsa, Guacamole





Guacamole

- 2 ripe avocados
- 2 cloves garlic, pressed or minced
- lemon or lime juice to taste
- salt and red pepper to taste

Slice the avocados in half and take out the pit. Mash them together with the other ingredients. I put everything in the stand mixer to do this. Adjust the seasonings as needed.



Hashbrown Casserole with Ham in the Slow Cooker

- 1 bag frozen, shredded hash brown potatoes
- 8 oz. sour cream
- 1 can cream of chicken soup
- 1/2 cup butter, melted
- onion, chopped fine (about 1/2 a small onion)
- 1 cup shredded cheddar cheese (or a bit more if you like)
- 1-2 lbs. ham or smoked sausage wrapped in foil

Stir all the ingredients together. Place ham or sausage in foil on top of potatoes, if you are making meat. Bake in an oven at 350 degrees for about 1 hour. Or cook in the slow cooker 5-6 hours on high or 7-8 hours on low.

Serving Suggestion: favorite green veggie





Asian Salmon on the Grill

- 4-8 salmon fillets, thawed (I used 4, but use more if you're feeding more people. You won't need to double the sauce, as there will be plenty.)
- 1/2 cup soy sauce
- 1 clove garlic, minced or crushed
- 1/2 tsp. sesame seed oil
- 2 green onions, sliced
- fresh ground pepper, to taste

Place each salmon fillet in a piece of foil that is large enough to fold into a packet. Stir the soy sauce and other ingredients together. Spoon a couple tablespoons of sauce over each fillet. There will be extra sauce, which is tasty over white rice. Grill the packets on an outdoor grill for 10-15 minutes or until the fish flakes easily with a fork. Or bake at 450 degrees for 20 minutes.

Serving Suggestion: Roasted Broccoli and Red Peppers, Microwave Corn on the Cob





Roasted Broccoli and Red Peppers

- fresh broccoli, cut into florets
- red bell peppers, cut into strips
- olive oil
- Kosher salt
- black pepper

This is more method than recipe. Use the amounts you need for your family. Toss the broccoli and red peppers with a drizzle of olive oil. You want the veggies to be lightly coated with oil. It doesn't take very much oil. Sprinkle with seasonings and toss again. Place on a rimmed cookie sheet and put it in the oven at 400 degrees for about 15-20 minutes.





Microwave Corn on the Cob

- corn on the cob
- butter
- salt

Put the shucked, cleaned ears of corn in a microwaveable dish. You can break them in half if you like. Top with plenty of butter pats and sprinkle with salt. Microwave for about 10 or 11 minutes. That's it. Roll each ear around in the bottom of the pan before you put it on the plates and it's pre-buttered.



Grilled Chicken with a Lazy Marinade

- boneless chicken breasts or tenders
- ingredients for a Lazy Marinade, mentioned below

For this I used 4 GLAD Freezerware containers and 2 bags of chicken tenders. It only took a couple of minutes to mix up each marinade. I poured marinade over the meat and snapped the lid on tightly. Then I turned the containers upside down and shook them gently to distribute the marinade. Back into the freezer they went.

When you're ready to eat, take out the containers and put the chicken on the grill. If you're making a whole container, you might have to thaw them in the microwave a little bit.

Here are the 4 marinades to try.

Italian Dressing and Soy Sauce Marinade

This may sound strange, but it tastes great. Mix equal parts Italian dressing, soy sauce and sugar together. I used 1/4 cup of each.

Lemon Juice and Garlic

Mix 1/2 cup lemon juice with 1-2 crushed garlic cloves. Season with salt and pepper.

Raspberry Vinaigrette

It doesn't get easier than this. Pour bottled raspberry vinaigrette over the frozen chicken. I used fat-free. The grilled chicken had a barely sweet flavor and tender texture.

Hoisin Sauce

Stir together 1/4 cup Hoisin sauce with 1/8 cup rice wine vinegar. This would be really good as part of an Asian inspired meal, but don't let that keep you from trying it at other times too. It's got a great taste that will go well with all kinds of side dishes.

Serving Suggestion: Winter Fruit Salad with Lemon Poppy Seed Dressing, Graham Muffins



Winter Fruit Salad with Lemon Poppy Seed Dressing

Lemon Poppy Seed Dressing

- 1/2 cup white sugar (or a bit less)
- 1/2 cup lemon juice
- 2 tsp. minced onion
- 2 tsp. Dijon mustard
- salt
- 2 tsp. poppy seeds
- 2/3 cup vegetable oil

Whisk the sugar, lemon juice, onion, mustard and salt together. Whisk in the oil in a slow stream and then stir in the poppy seeds. Or just put all the ingredients in a container with a tight fitting lid and shake the daylights out of it.

Winter Fruit Salad

- 1 head of Romaine lettuce, torn into bite size pieces
- 4 oz. shredded Swiss cheese (Karen uses Monterey Jack)
- 1 cup cashews (I used pecan pieces)
- 1/4 – 1/2 cup dried cranberries
- 1 apple, chopped
- 1 pear, chopped

Put all that together in a salad bowl and toss with the dressing. You can peel the fruit, but I left the skins on. This tasted great with grilled chicken.





Graham Muffins

- 1 cup whole wheat flour
- 1 cup white flour
- 1 tsp. baking soda
- 1/4 cup brown sugar
- 1/4 tsp. salt
- 1 egg, beaten
- 1 cup buttermilk (or regular milk that you've added 1 Tbs. vinegar to)
- 3 Tbs. oil

Mix the dry ingredients. Add in the wet ingredients and stir only until blended. Put the batter in greased muffin cups and bake at 375 degrees for 15 minutes.





Easy Meatball Subs

- frozen meatballs (I used about 1/3 of the package)
- 1 jar of spaghetti sauce
- shredded mozzarella cheese
- sub buns

Microwave the frozen meatballs for a minute or two, just to thaw them a bit. Put them in a pan and pour the sauce over the top and let it heat for several minutes. cut the meatballs in half so they would stay on the sandwiches better.

Split the buns open and toast them under the broiler in the oven. Put the meatballs on the buns and top with cheese. Stick the sandwiches back under the broiler to melt the cheese.

Serving Suggestion: salad



Zucchini Carrot Cake with Cream Cheese Frosting

For the cake:

- 2 cups flour
- 2 cups sugar
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1 tsp. baking powder
- 2 tsp. baking soda
- 3/4 cup vegetable oil
- 4 eggs
- 1 tsp. vanilla
- 2 cups shredded zucchini
- 1 cup shredded carrots

Combine the dry ingredients. Mix in the oil, eggs, and vanilla until well blended. Stir in zucchini and carrots. Pour into greased jelly roll pan (15"x10"). Bake at 350 degrees for 35 minutes or until a toothpick comes out clean. You can also bake it in 9x13 pan for 45 minutes. Cool, then top with cream cheese frosting.

For the frosting:

- 1 stick butter, softened
- 8 oz. cream cheese, softened
- 3 1/2 cups powdered sugar
- 1 tsp. vanilla

Mix butter and cream cheese together with an electric mixer. Add powdered sugar and vanilla. Blend until smooth and spreadable.

