



Weekly Menu, Recipes, and Grocery List

1. Grilled chicken with [Lemon Juice & Garlic Freezer Marinade](#), [Orange Curry Couscous](#), favorite green veggie
2. [Mediterranean Chicken in the Slow Cooker](#), angel hair pasta, salad
3. [Tony's Tilapia](#), baked potatoes, [Asian Broccoli Salad](#)
4. [Pepperoni Pizza Pasta](#), salad
5. [Ham and Pineapple Fried Rice](#)
6. [Nachos](#), salad
7. [Easy Pumpkin Pecan Sticky Rolls](#)

Produce

Onions
Garlic
Green onions
Red onions
Red bell peppers
Green bell pepper
Broccoli
Parsley
Currants
Orange
Lemon juice
{Salad fixings – 3 meals}
{Baked potatoes}

Canned/Dry

Fire roasted diced tomatoes, 1 can
Diced tomatoes, 1 can
Tomatoes with green chilis, 1 can
Tomato paste, 1 6 oz. can
Stewed tomatoes, 1 can
Crushed tomatoes, 1 28 oz. can
Pumpkin, 1 can
Black beans, 1 can
Corn, 1 can
Sliced black olives, 1 small can
Pineapple tidbits, 1 20 oz. can
Slivered almonds
Pecan pieces
Sunflower seeds
Chicken-flavored Ramen noodles, 2 packages
Penne pasta, 1 lb.
Couscous
White rice
Taco seasoning, 1 packet
Rice vinegar
Creole or Cajun seasoning
Tortilla chips
{Angel hair pasta}

Dairy

Butter
Eggs
Shredded cheddar cheese
Shredded Italian five cheese blend
Parmesan cheese

Meat

Boneless chicken breasts, 2 3 lb. bags
Pepperoni, 6 oz.
Diced ham, 2 cups
Tilapia fillets, 6
Ground meat (for Nachos), 1 lb.

Frozen

Peas
Peas and carrots
Dough rolls, 12
{Favorite veggie – 1 meal}

Items to Have in Pantry/Fridge

Salt
Pepper
Cinnamon
Curry powder
Oregano
Basil
Nutmeg
Allspice
Honey
Soy sauce
Vegetable oil
Canola oil
Vinegar
White sugar
Brown sugar





Lemon Juice & Garlic Freezer Marinade

- lemon juice
- garlic

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

It only took a couple of minutes to mix up the marinade. I poured marinade over frozen chicken, placed it in a Tupperware container, and snapped the lid on tightly. Then I turned the container upside down and shook it gently to distribute the marinade. Back into the freezer it went.

When it was time to eat, I put the frozen chicken on the grill and they turned out fantastic! Full of flavor and moist too.

Serving Suggestion: Orange Curry Couscous, favorite green veggie





Orange Curry Couscous

- 2 cups water
- 1 1/2 cups couscous
- 1/4 cup rice vinegar
- 2 tablespoons minced garlic
- 2 tablespoons grated orange rind
- 1 tablespoon honey
- 2 teaspoons cinnamon
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/2 cup canola oil
- 1/2 cup fresh parsley, chopped
- 1 cup green onions, chopped
- 1/2 cup slivered almonds
- 1 cup currants
- 1/2 cup frozen peas, thawed

In a saucepan, bring the water to a boil. Add the couscous and stir. Cover, remove from heat, and let stand for 10 minutes. While the couscous is standing, process the vinegar, garlic, orange zest, honey, cinnamon, curry powder and salt in the blender. Continue to process while adding the canola oil through the top of the blender. When the couscous is ready, fluff it with a fork. In a large bowl, mix together the cooked couscous, dressing, parsley, green onions, slivered almonds, currants, and peas. Serve immediately.





Mediterranean Chicken in the Slow Cooker

- 3 boneless chicken breasts (or more if you like it meatier)
- 1 can fire roasted diced tomatoes
- 1 can stewed tomatoes
- 1 6 oz can tomato paste
- 1 onion, sliced
- 1 small can sliced black olives
- 1 whole bulb of garlic cloves, peeled but left whole (you can use less if you like things less garlicky)
- salt and pepper to taste
- Parmesan cheese, if desired

Place the chicken breasts in the bottom of the slow cooker. Add the other ingredients on top and stir to combine them a bit. Cover and cook on low for 7-8 hours or high for 5-6 hours. Serve over angel hair pasta. Top with Parmesan cheese if desired.

Serving Suggestion: angel hair pasta, salad





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: baked potatoes, 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 pkts 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.





Pepperoni Pizza Pasta

- 1 lb. penne pasta
- 2 Tbs. oil
- 1 green pepper, chopped
- 1 red (or yellow or orange), 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.





Nachos

- 1 lb. of ground meat
- 1 can diced tomatoes, drained
- 1 can tomatoes with green chilis, drained well
- 1 can corn, drained
- 1 can black beans, rinsed and drained
- 1 packet of taco seasoning (or equivalent amount)
- tortilla chips
- 1-2 cups cheddar cheese, shredded

Brown ground beef and rinse under hot water to remove grease. Add all ingredients except chips and cheese. Bring to a boil. On a large cookie sheet or baking stone, make a layer of tortilla chips. With a slotted spoon, place meat over chips. Top with cheese. Brown under broiler until toasty.

Serving Suggestion: salad





Easy Pumpkin Pecan Sticky Rolls

- 12 frozen dough rolls, thawed
- 1 stick butter, melted
- 3/4 cup brown sugar
- 1/2 cup canned pumpkin
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. allspice
- 1/2 cup pecan pieces

Place roll dough in greased baking dish. I used 9" pie plate. Stir butter, sugar, pumpkin and spices together. Stir in pecans. Pour over roll dough. Let rolls rise until double in size. Bake at 350 degrees for 20-30 minutes, or until rolls are done in the middle. Invert onto large platter to serve.

