

# eat at home

## Weekly Menu, Recipes, and Grocery List



### Week 22, LARGE 6-8 Servings, May 26

1. [Pineapple Chili & Cornbread](#) drizzled with honey
2. [Chicken, Broccoli & Red Pepper Stir-Fry](#) with Brown Rice
3. [Shrimp Scampi](#) & sauteed spinach with garlic & red pepper flakes
4. [Crock-Pot Honey Mustard Chicken](#), sautéed asparagus or green beans (or a bag of your favorite frozen vegetable mix)
5. [Grilled Fish Sandwich, Sweet Potato Fries, and Carrot Sticks](#)
6. [Sticky Coconut Chicken](#), with Brown Rice & Broccoli
7. DESSERT: [Slow Cooker Blueberry Crisp](#)

#### PRODUCE

{asparagus or green beans, 1-2 lbs}  
{spinach, 2 bunch (or) frozen leaf spinach}  
{sweet potatoes, 3-4 large}  
broccoli, 1 bunch, {1-2 heads}  
flat-leaf parsley, 1/2 cup fresh  
garlic, 4 cloves, +1-2 cloves, +4-6 cloves  
ginger, 1 Tbs. minced fresh  
green onions, small bunch  
lemon, juice of 1  
onion, 1  
red pepper, 1

#### CANNED/DRY

{cornmeal, 2 cups }  
almond meal (or) whole wheat flour, 1/2 cup  
Brown rice, 2 cups  
Cajun or Creole seasoning  
chicken broth, 1 cup  
chili powder,  
coconut milk, 1 cup canned  
cornstarch, 1 Tbs.  
diced tomatoes, 3 15oz cans  
dijon mustard, 1/4 cup  
honey (raw) 1/4 cup, +1/2 cup, +2 tsp.  
Mayonnaise, 1/3 cup  
pecan pieces, 1/2 cup  
pineapple tidbits, 1 8oz can  
quick oats, 1 cup  
sesame oil, 1/8 tsp.  
soy sauce, +4 Tbs.  
sweet pickle relish, 1-2 Tbs.  
tomato sauce, 2 15oz cans  
white wine, 1/2 cup  
whole wheat angel hair pasta, 1 pound  
whole wheat sandwich buns, 6

#### BREAD

-none-

#### FROZEN

frozen blueberries, 16 oz

#### DAIRY

{egg, 1}  
butter, 5 Tbs., +5 Tbs.  
{milk, 1 cup}

#### MEAT

ground beef, 2 lb.  
chicken breasts, 6 small  
whole chicken, cut up (or) 3 lbs.  
tilapia fillets, 12 small or 6 large  
boneless chicken thighs or breasts, 6-8  
1-2 lb bag frozen, pre-cooked shrimp,  
medium size (could use fresh too)

#### ITEMS TO HAVE IN PANTRY/FRIDGE

Salt & Pepper  
Baking Powder  
Cooking Oil (Olive or Coconut)  
Ground Ginger  
Garlic Powder  
Red Pepper Flakes

## Pineapple Chili & Cornbread drizzled with honey

Yields: 6-8 Servings

### Ingredients

- 2 lb. ground beef
- 1 onion, chopped
- 4 cloves garlic, crushed
- 3 15oz cans diced tomatoes
- 2 15oz cans tomato sauce
- 1 8oz can pineapple tidbits
- 2 cups water
- 4 Tbs. chili powder
- salt and pepper to taste

### Instructions

1. Brown ground beef, onion and garlic in a large pot.
2. Drain and rinse under hot water to remove extra grease.
3. Return meat to the pot and add all other ingredients.
4. Taste (add more spices if desired)
5. Heat thoroughly.

### **Serving Suggestions: Cornbread drizzled with honey**

## Cornbread

### Ingredients

- 2 cups cornmeal
- 1TBS baking powder
- salt
- 1 egg
- enough milk to make a batter (about 1 cup)

### Instructions

1. Heat the oven to 425 degrees. Put the iron skillet in the oven to heat (mine is 10 1/4 inches). You can also use a 8x8 baking dish, but don't heat it in the oven.
2. Stir together the dry ingredients.
3. Add the egg and milk and stir till well blended.
4. Pull the hot skillet from the oven and add oil or spray with cooking spray.
5. Pour in the batter and bake for 15-20 minutes.

## Chicken, Broccoli & Red Pepper Stir-Fry with Brown Rice

Yields: 6-8 Servings

### Ingredients

- 6 small chicken breasts, cut in very small pieces
- splash of soy sauce
- cooking oil (coconut oil is great for stir fry)
- 1-2 cloves garlic, crushed or minced
- 1 bunch broccoli, cut in florets
- 1 red pepper, chopped
- small bunch green onions, chopped
- 1 cup chicken broth
- dash ginger
- 1/8 tsp. sesame oil
- 4 Tbs. soy sauce
- 2 tsp. honey
- 1 Tbs. cornstarch
- hot cooked brown rice

### Instructions

*NOTE: The second secret to a good stir fry is to cut the pieces of meat very small. This helps them cook faster. Use a sharp knife to quickly chop everything*

1. Splash the chopped chicken with soy sauce to give it extra flavor.
2. Heat a large skillet (or wok, if you have one) with a tablespoon or two of oil. Add the chicken in batches. You don't want to crowd it all together. Cook until it's done and remove from the skillet. Add the next batch and cook. Remove all the chicken from the skillet.
3. While the chicken cooks, stir up the sauce – broth, ginger, sesame oil, soy sauce, sugar and cornstarch.
4. Add the garlic to the pan and cook for a minute. Toss in the broccoli and red pepper, cooking till tender-crisp. Add in the green onion and chicken.
5. Give the sauce another quick stir and pour it over the chicken and veggies. Heat to boiling. Serve over BROWN rice.

**Serving Suggestion: Brown Rice**

## Shrimp Scampi & sautéed spinach with garlic & red pepper flakes

Yields: 6-8 Servings

### Ingredients

- 1 pound whole wheat angel hair pasta
- 4-6 cloves garlic, minced or crushed
- 1/2 cup fresh flat-leaf parsley, chopped
- ¼ cup olive oil
- 1-2 lb bag frozen, pre-cooked shrimp, medium size (could use fresh too)
- 1 tsp. crushed red pepper flakes
- salt and pepper
- 1/2 cup white wine
- juice of 1 lemon
- 5 Tbs. butter
- 1-2 ladels of the pasta cooking water

### Instructions

1. Boil the water for the pasta and when it's ready cook the pasta according to the package directions.
2. Run the frozen shrimp under cold water to thaw it out.
3. In a large skillet, put the garlic, parsley, salt, pepper, crushed red pepper flakes and about 1/4 cup olive oil. Cook that for just a couple of minutes over medium-high heat.
4. Add the wine to the skillet, then add a couple of ladels of the pasta cooking water and the lemon juice. Then, add the shrimp and the butter to the skillet and let it cook for a few minutes.
5. Drain the pasta and add it to the skillet, stirring to combine everything with the pasta.

### **Serving Suggestion: sautéed spinach with garlic & red pepper flakes**

#### Sauteed Spinach

- 2 tsp olive oil or coconut oil
- 2 bunch of fresh spinach (or) 2 package of frozen leaf spinach
- 1-2 tsp garlic powder
- ¼ tsp red pepper flakes (or more if desired)

Heat oil in a frying pan, add spinach, cook until wilted. Sprinkle garlic powder & red pepper flakes and cook for an additional 2 minutes. Serve hot.

## Crock-Pot Honey Mustard Chicken, sautéed asparagus or green beans

Yields: 6-8 Servings

### Ingredients

- whole chicken, cut up (or the equivalent in chicken pieces) about 3 lbs.
- 1/2 cup honey (raw)
- 1/4 cup dijon mustard
- salt and pepper to taste

### Instructions

1. Mix the honey, mustard, salt and pepper together in a small bowl.
2. Put the chicken in the crockpot and pour the mixture over the top.
3. Cook on high for 6-8 hours.

**Serving Suggestions: sautéed asparagus or green beans**

## [Grilled Fish Sandwich, Sweet Potato Fries, and Carrot Sticks](#)

Yields: 6-8 Servings

### Ingredients

- 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 your tartar sauce
- 6 whole wheat sandwich buns

### Instructions

1. Sprinkle seasoning on one or both sides of the fish. Go as heavy or light as you like.
2. Grill fish on a George Foreman or other indoor grill for about 5-6 minutes. (or) Grill on an outdoor grill for 2-3 minutes per side.
3. Stir relish and mayo together to make tartar sauce.
4. Serve fish on buns with tartar sauce. Add lettuce, tomato and red onion if desired.

### **Serving Suggestions: Sweet Potato Fries & Carrot Sticks**

## [Sweet Potato Fries \(oven-roasted\)](#)

### Ingredients

- sweet potatoes (1 large potato= 2 servings)
- olive oil
- Kosher salt
- black pepper

### Instructions

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

## Sticky Coconut Chicken, with Brown Rice & Broccoli

Yields: 6-8 Servings

### Ingredients

- 6-8 boneless chicken thighs or breasts (I used tenders)
- 1 cup canned coconut milk
- 1 Tbs. minced fresh ginger
- 1 tsp. black pepper
- 1 tsp. red pepper flakes

Instructions: Mix these ingredients together and marinate the chicken for at least an hour. I let mine marinate several hours. Grill the chicken.

### Ingredients for Glaze:

- 3/4 cup rice vinegar
- 1/2 cup sugar
- 3 Tbs. soy sauce
- 1 tsp. red pepper flakes

Instructions: While the chicken is grilling, bring these ingredients to a boil over medium-high heat. Cook 8-10 minutes until it reduces and starts to thicken. (Mine didn't really thicken but it worked anyway) Glaze the chicken with the sauce during the last few minutes of grilling.

*NOTE: Use the rest of the coconut milk as part of the liquid in the rice. Very yummy!*

**Serving Suggestions: Brown Rice & Steamed Broccoli**

## DESSERT: Slow Cooker Blueberry Crisp

Yields: 6-8 Servings

### Ingredients

- 16 oz frozen blueberries
- 1 cup quick oats
- 1/2 cup pecan pieces
- 1/2 cup almond meal (or) whole wheat flour
- 1/2 tsp. salt
- 1/4 cup honey
- 5 Tbs. butter, softened

### Instructions

1. Spray the inside of the crock with cooking spray.
2. Place blueberries in the bottom of the crock (no need to thaw).
3. Stir together oats, pecans, almond meal.
4. Add honey and softened butter, using a fork to make crumbles.
5. Loosely crumble the topping over the blueberries.
6. Cover and cook on low 3-5 hours.