



1. **Garlic Chicken, Green Beans, Cous Cous**
2. **Swiss Macaroni and Cheese with Sausage, Broccoli**
3. **Fish Tacos with Chipotle Dressing, Orange and Red Onion Salad**
4. **Quick and Easy Skillet Chicken Jambalaya, Green Veggie or Choice**
5. **Ham, Asparagus, and Swiss Quiche, Cantaloupe**
6. **Grilled Round Steak, Green Bean and Tomato Salad, Baked Potatoes**
7. **Sliced Peaches with Homemade Vanilla Ice Cream**

Produce

Onion, 1 small, + ½ ,+1 small ,+1
Garlic Cloves, 10-20, +1
{Green Beans}
{Broccoli}
Cilantro, 1 small palmful
Slaw Mix
{Oranges, ½ -1 per person}
{Red Onion, ¼ cup}
Green Pepper, ½
{Green Veggie of Choice}
Asparagus, 1 bunch
{Cantaloupe}
{Green Beans, 1 cup}
{Cherry or Grape Tomatoes, 1 cup}
{Potatoes for Baking}
Peaches for Slicing

Canned/Dry

{Cous Cous}
Flour, 2 Tbs.
Dijon Mustard, ½ Tbs.
Pasta Shells, ½ lb.
Old Bay Seasoning
Chipotle Peppers in Adobe Sauce
Jasmine or Brown Rice, 1 cup
Chicken Broth, 1 ½ cups
Cajun Seasoning, ½ Tbs.
Diced Tomatoes, 1 can
Flour, ½ cup
Red Wine Vinegar
Seasoned Salt
Sweetened Condensed Milk, 1 can
Vanilla, 2 tsp.

Meat

Chicken, 1 ½ -2 lbs.
Smoked Sausage, ½ lb.
Light Fish Filets, 3-4
Cooked Chicken, 1-1 ½ cups
Ham, 1 cup cooked
Round Steak

Items to Have in Pantry/Fridge

Olive Oil
Salt
Pepper
Paprika

Bread

Corn Tortillas

Dairy

Butter, 2 Tbs.
Milk, 1 ½ cups, +2 cups
Swiss Cheese, 1 cup shredded, +1 ½ cups
Sour Cream, ¼ cup
Cheddar Cheese, Shredded
Eggs, 4
Cream Cheese, 2 oz.
Half and Half, 2 cups

Garlic Chicken

Serves: 3-4

Ingredients

- 1 ½ -2 pounds of chicken (I used a large pack of legs. You could use any cut you like)
- 1 small onion, sliced
- ½ Tbs. olive oil
- 1 tsp. paprika
- 1 tsp. kosher salt
- ½ tsp. pepper
- 10-20 garlic cloves, peeled but left whole

Instructions

Toss the onions in the bottom of the crockpot. In a large bowl, mix the chicken with the other ingredients. I used my hands to mix it all up. Put the chicken in the crockpot on top of the onions. Cook on high for 4-5 hours or low for 7-8 hours.

Serving Suggestion: Green Beans and Cous Cous

Swiss Macaroni and Cheese with Sausage

Serves: 3-4

Ingredients

- 2 Tbs. butter
- ¼ onion, diced
- 2 Tbs. whole wheat flour
- 1 ½ cups milk, warmed
- ½ Tbs. Dijon mustard
- about 1 cup shredded Swiss cheese
- ½ lb. smoked sausage, heated according to package directions, sliced
- ½ lb. pasta shells, cooked

Instructions

1. Melt butter in large skillet over medium heat.
2. Add onion and cook till soft.
3. Whisk in flour and cook 1 minute.
4. Whisk in milk. Cook over medium heat, stirring often.
5. Add mustard and cheese.
6. When cheese is melted, combine sauce, cooked pasta and smoked sausage.

Serving Suggestion: Broccoli

Fish Tacos with Chipotle Dressing

Serves: 3-4

Ingredients

- 3-4 filets light fish; (like red snapper, sole, flounder, or rainbow trout, *avoid tilapia**)
- Old Bay seasoning
- ¼ cup sour cream
- ½ Tbs. lime juice
- a couple teaspoons of adobe sauce from chipotle peppers
- small palmful of chopped fresh cilantro
- slaw mix
- corn tortillas
- cheddar cheese, shredded – if desired

Instructions:

1. Sprinkle the fish with Old Bay seasoning. I used a George Foreman grill to cook the fish. You could cook it in the oven or a skillet though. In the oven, it will take about 20 minutes. The fish will cook in less time in a skillet. It's done when it flakes easily with a fork.
2. For the sauce, stir the sour cream, cilantro, adobe sauce and lime juice together. I just used a spoon to dip out the sauce from the can. The adobe sauce is spicy, so add according to how much heat your family likes. I froze the rest of the sauce and peppers for another dish.
3. Cut the fish into pieces. Assemble the tacos by layering the fish, slaw and sauce on warmed corn tortillas.
4. You can also add cheddar cheese, tomatoes or avocado if you like. I used 4 fillets and that was just enough for 5 of us, but one child only ate one taco. All the rest of us had more. Also, we had just enough sauce to go around. If you're serving more people, you'll probably want to make more sauce.

**Most tilapia in the US is farm raised, and given LOTS of medicines, and fed an unnatural diet. Avoid farm raised fish when possible, look for "wild" when buying fish.)*

Serving Suggestion: Orange and Red Onion Salad

Orange and Red Onion Salad

Ingredients

- ½ - 1 orange per person, depending on the size of the orange
- approximately ¼ cup thinly sliced red onion
- kosher salt and black pepper to taste

Instructions

1. Peel and cut oranges in bite sized pieces.
2. Toss red onion slices with oranges in bowl.
3. Add kosher salt and pepper to taste.

Quick and Easy Skillet Chicken Jambalaya



Serves: 3-4

Ingredients

- 1 cup uncooked jasmine rice(*Or brown)
- 1 ½ cups chicken broth
- ½ Tbs. olive oil
- 1 small onion, diced
- 1 garlic clove, crushed
- ½ green pepper, diced
- 1-1 ½ cups chopped cooked chicken
- ½ Tbs. Cajun seasoning
- 1 can diced tomatoes with juice

Instructions

1. Bring broth to a boil in a 3 quart saucepan.
2. Add rice, cover loosely and turn heat to low. Cook over low heat 15 minutes.
3. Put olive oil in large skillet and heat over medium heat.
4. Add onion and garlic. Cook 2-3 minutes.
5. Add green pepper to skillet and continue cooking vegetables.
6. Add chicken, Cajun seasoning and tomatoes to skillet.
7. Cover and cook over low heat while rice finishes.
8. Stir finished rice into the skillet.

*Note: You can use brown rice, but it will increase the prep time.

Serving Suggestion: Green Veggie of Choice

Ham, Asparagus, and Swiss Quiche

Ingredients

- 2 tsp. olive oil
- 1 cup cooked, diced ham
- 1 onion, chopped
- 1 bunch asparagus, cut in 1" pieces
- 1½ cups shredded Swiss cheese
- 4 eggs, beaten
- 2 cups milk
- 1/2 cup flour
- salt and pepper to taste

Instructions

1. Preheat oven to 350 degrees.
2. Heat olive oil in skillet and cook ham, onion and asparagus until the onion is soft.
3. Spoon half of that mixture into a greased 9" pie plate.
4. Layer half the cheese over it and then repeat the layers.
5. Beat the eggs, milk, flour, salt and pepper together.
6. Pour over layers in pie plate.
7. Bake 350 degrees for 50 minutes or until a knife inserted near the center comes out clean.

Serving Suggestion: Cantaloupe

*Refrigerate any leftovers and enjoy later in the week!

Grilled Round Steak

Ingredients

Round Steak
Red Wine Vinegar
Homemade Seasoned Salt

Instructions

1. I didn't list amounts because this is more method than recipe. Place the steak on a plate or cutting board. Sprinkle red wine vinegar on one side. Sprinkle the seasoned salt on the meat. Rub the seasonings into the meat. Flip the steak over and repeat on the other side.
2. Let the steak rest at room temp for about 30 minutes while you work on the rest of the meal and preheat the grill. Grill over medium heat for about 8-10 minutes per side, or until it's as rare or well-done as you like. If you have time, you can let the steak marinate in the refrigerator for several hours.

Serving Suggestion: Green Bean and Tomato Salad, Baked Potatoes

Green Bean and Tomato Salad

Ingredients

- 1 cup fresh green beans, cut in bite size pieces
- 1 cup cherry or grape tomatoes, cut in half
- Kosher salt
- black pepper
- splash of red wine vinegar

Instructions

1. Blanch the green beans by adding them to a pot of already boiling water.
2. Let them cook in the boiling water 2-3 minutes.
3. Meanwhile, fill a large bowl with ice water.
4. Drain the green beans and pour them into the ice water to stop the cooking process.
5. Drain again and add to the salad bowl.
6. Stir in the tomatoes.
7. Sprinkle with kosher salt, pepper and add a splash of red wine vinegar.
8. Adjust seasonings and serve.
9. This recipe holds well in the refrigerator for a couple of days.

Sliced Peaches with Homemade Vanilla Ice Cream

Yield: 1 Quart of Ice Cream

*Slice up some fresh peaches to top this yummy homemade ice cream!

Ingredients

- 2 oz cream cheese, softened
- 1 can sweetened condensed milk
- 2 cups half & half
- 2 tsp. vanilla

Instructions

1. Whisk together cream cheese and a small amount of sweetened condensed milk till smooth.
2. Whisk in remaining sweetened condensed milk.
3. Add half & half and vanilla.
4. Continue whisking until smooth.
5. Pour into ice cream maker and freeze according to maker's instructions.