

1. Broccoli Tomato Tortellini Salad, crusty bread
2. South of the Border Skillet, salad, chips and salsa
3. Baked Pasta with Cauliflower and Cheese, salad
4. Pesto Tomato Ravioli, salad, bread
5. Scrambled Eggs and Peppers, Blueberry Muffins with Orange Glaze, fresh fruit
6. Mexican Vegetables on Cornbread, salad
7. Nutritious Bars

Produce

Broccoli
Tomatoes
Onions
Cauliflower
Zucchini
Carrots
Green pepper
Bell peppers (red, yellow, orange, or green)
Garlic
Basil
Blueberries
Orange
Lemon juice
{Salad fixings – 4 meals}
{Favorite fruit}

Canned/Dry

Diced tomatoes, 5 cans
Kidney beans, 1 can
Brown rice
Pasta shells, 1 pound
Pesto sauce, 1 jar
Dijon mustard
Seasoned bread crumbs
Quick oats
Semi sweet chocolate chips
Orange juice
Salsa
{Chips}
{Salsa}

Dairy

Butter
Eggs
Milk
Cheddar cheese
Parmesan cheese
Mozzarella cheese
Italian blend cheese

Frozen

Cheese tortellini, 2 bags
Ravioli, 2 bags
Corn

Bread

{Crusty bread – 2 meals}

Items to Have in Pantry

Chili powder
Cumin
Garlic powder
Nutmeg
Salt
Pepper
Basil
Coriander
Olive oil
Vegetable oil
Red wine vinegar
Flour
Cornmeal
Baking powder
Baking soda
Vanilla
Brown sugar
Sugar
Powdered sugar
Peanut butter

Broccoli Tomato Tortellini Salad

- 2 bags frozen cheese tortellini
- large bunch fresh broccoli, cut into florets
- about 3 medium tomatoes or the equivalent in cherry or grape tomatoes
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 clove garlic, crushed
- Kosher salt and fresh ground pepper
- handful of fresh basil, chopped

Boil a big pan of water. Add the broccoli to the pot of boiling water. A minute or two later add the tortellini. The pasta only takes a couple of minutes to cook, so you can do the broccoli at the same time. Once the tortellini is done, drain the water and rinse the pasta and broccoli in cold water to stop the cooking process. Drain and place into a large bowl, along with the tomatoes.

To make the dressing, combine the rest of the ingredients in a container with a tight fitting lid. Shake it all up until it's well combined. Pour over the salad and toss to coat.

You can serve this right away or refrigerate it for several hours or even the next day.

Serving Suggestion: crusty bread

South of the Border Skillet

- 1 cup onion, chopped
- 1 Tbs. oil
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 can kidney beans, drained
- 1 1/2 cups cooked brown rice
- 1 cup shredded cheddar
- 3/4 cup milk
- 2 eggs, beaten

Saute the onion in oil. Stir in the spices and salt. Cook for a minute. Add the beans, rice, cheese, milk and then eggs. Mix to combine. Bake at 350 degrees for about 25 minutes or until the center is set.

I used an iron skillet to bake mine. If you don't have an oven proof skillet, you can transfer the casserole to a baking dish.

Serve with salsa.

Serving Suggestion: salad, chips and salsa

Baked Pasta with Cauliflower and Cheese

For the sauce:

- 1 stick butter
- 1/2 cup flour
- 1 quart milk, heated
- 1 1/2 Tbs. Dijon mustard
- pinch of nutmeg
- salt and pepper

Other ingredients:

- vegetable oil for sauteing
- large onion, chopped
- 3 cloves garlic, minced
- 1 head cauliflower, cut in florets
- 1 can diced tomatoes, drained
- 2 tsp. dried basil
- 3 Tbs. lemon juice
- 1 pound pasta shells
- 1 cup grated or shredded Parmesan cheese
- 1 1/2 cups shredded mozzarella
- seasoned bread crumbs

Prepare the sauce: melt the butter in a sauce pan. Whisk in the flour until smooth, cooking for a minute over medium heat. Gradually whisk in the warm milk. Add the mustard, nutmeg, salt and pepper. Let it cook over low heat, whisking every once in a while until thickened a bit. Remove from heat and cover.

Saute the onions and garlic in oil. When they are cooked soft, add the cauliflower and saute for 5 or so minutes. Add the tomatoes and basil and simmer until the cauliflower is tender.

Cook and drain the pasta. Combine the pasta, veggies and lemon juice. Mix in the sauce. Put half into a greased casserole dish. Sprinkle with half the cheese. Add the rest of the pasta mixture. Top with the rest of the cheese. Sprinkle with the bread crumbs. Bake covered at 375 degrees for 30 minutes, then uncover and bake about 15 more minutes until browned and bubbling.

Serving Suggestion: salad

Pesto Tomato Ravioli

- frozen cheese ravioli
- 1 jar pesto sauce
- 1 or 2 cans diced tomatoes, drained (fire roasted would be really good)

Cook the ravioli according to the package directions. Toss with the pesto sauce and tomatoes.

Serving Suggestion: salad, bread

Scrambled Eggs and Peppers

- onion, chopped
- red, yellow, orange or green bell peppers, chopped (I used 1/2 each yellow and red)
- butter for the skillet
- eggs, beaten with a fork (I used 8 or 9 for 5 people)
- salt and pepper to taste
- Italian blend cheese, shredded

Put the butter in a skillet and melt over medium heat. A couple tablespoons should do it. Add the onion and peppers and cook until tender.

Beat the eggs in a bowl and add in the salt and pepper. Add to the skillet and scramble until done. Remove from heat and sprinkle cheese in, stirring to melt. Serve with biscuits, toast or muffins. Add bacon, sausage or ham if you want to make your teenage boy or hungry husband happy.

Serving Suggestion: Blueberry Muffins with Orange Glaze, fresh fruit

Blueberry Muffins with Orange Glaze

- 2 cups flour
- 1 Tbs. baking powder
- 1 tsp. orange peel or zest
- 1/2 tsp. salt
- 1 stick butter, softened
- 3/4 cup sugar
- 2 eggs
- 1 cup milk
- 1 tsp. vanilla
- 1 cup blueberries

For the glaze:

- 1 cup powdered sugar
- 1 Tbs. + 2 tsp. orange juice

Stir the flour, baking powder, orange peel and salt together in a bowl.

Beat the butter and sugar together with an electric mixer. Add in the eggs, milk and vanilla. Stir the wet ingredients into the dry. Don't over stir this, just blend them together. Fold in the blueberries.

Spoon the batter into 12 muffin cups and bake at 400 degrees for 15-20 minutes.

Stir the ingredients for the glaze together. Drizzle over muffins that have cooled a bit. They don't have to be completely cool, but you don't want them piping hot either.

Mexican Vegetables on Cornbread

- 2 zucchini
- 4 carrots
- 1 green pepper
- 1 onion
- 2 cloves garlic
- 2 cups frozen corn
- 2 cans diced tomatoes with juice
- 1 tsp. cumin
- 1 tsp. coriander
- salt
- Cornbread

Chop all the veggies. Saute the onion and garlic in a large skillet. Add in the carrots and saute for a few minutes, covering to cook for about 5 minutes. Add in the other veggies and seasonings and let it cook until the veggies are tender. Serve hot over cornbread with shredded cheese and sour cream.

Serves 4-6 people.

Serving Suggestion: salad

Cornbread

- 1 1/2 cups cornmeal
- 3/4 cups flour
- heaping TBS baking powder
- salt
- 1 egg
- enough milk to make a batter

Heat the oven to 425 degrees. Put the skillet in the oven to heat (mine is 10 1/4 inches). Stir together the dry ingredients. Add the egg and milk and stir until well blended. Pull the hot skillet from the oven and add oil or spray with cooking spray. Pour in the batter and bake for 15-20 minutes.

Nutritious Bars

- 1 1/2 cups flour
- 1 cup brown sugar
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup butter
- 1/2 cup peanut butter
- 1 tsp. vanilla
- 1 egg
- 1 cup quick oats
- 1 bag semi sweet chocolate chips

Grease a 9×13 pan. In a mixer bowl, combine the butter, peanut butter, egg and vanilla. Add in the brown sugar, flour, salt and baking soda. Mix in the oats. Spread this in the 9×13 pan. Bake at 375 degrees for 15-20 minutes.

Remove from the oven and pour the chocolate chips over the top. Pop the pan back in the oven for just a minute to soften the chips. Spread the chocolate smooth with a spatula. Cool completely before serving.