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Produce

Onions
Garlic
Green pepper
Red bell peppers
Broccoli
Green onions
Romaine lettuce
Spinach
Apple
Pear
Lemon juice
{Salad fixings – 2 meals}
{Potatoes – 1 meal}

Canned/Dry

Fire roasted tomatoes, 2 cans
Hunt's spaghetti sauce, 2 cans
Chipotle peppers in adobo sauce, 1 can
Kidney beans, 1 can
Jumbo pasta shells, 1 box
{Brown rice}
{Salsa}
Liquid smoke
Sesame seed oil
Dijon mustard
Honey
Poppy seeds
Cashews
Dried cranberries
Coffee liqueur or strong coffee
Semi-sweet chocolate chips, 1 12 oz. bag
{Chips}

Dairy

Butter
Eggs
Cheddar cheese, shredded
Italian style blend cheese, shredded
Swiss cheese, shredded
Ricotta cheese, 2 lbs.

Meat

Whole chicken
Boneless chicken breasts, 1 3 lb. bag
Salmon fillets, 4-8
Italian sausage, 1 lb.
{Chicken for grilling – 1 meal}

Bread

Flour tortillas

Frozen

{Favorite veggie – 1 meal}

Items to Have in Pantry

Salt
Pepper
Chili powder
Minced onion
Cumin
Olive oil
Vegetable oil
Soy sauce
Flour
White sugar
Brown sugar
Baking soda
Cocoa





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 and salsa





Asian Salmon on the Grill

- 4-8 salmon fillets, thawed
- 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. You could also bake at 450 degrees for 20 minutes.

Serving Suggestion: Roasted Broccoli and Red Peppers, brown rice





Roasted Broccoli and Red Peppers

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

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.





Italian Sausage and Spinach Stuffed Shells

- 1 lb. Italian sausage
- 1 onion, chopped
- 1 clove garlic, minced or crushed
- 1 bag fresh spinach
- 2 lbs. ricotta cheese
- 1 cup Italian style blend cheese, shredded
- 1 box jumbo pasta shells, cooked according to package directions
- 2 cans Hunt's spaghetti sauce

Brown the sausage with the onion and garlic. Drain and rinse under hot water. Cook the spinach in 1 cup of water until soft and wilted. Drain and squeeze out the water, then coarsely chop the spinach.

Mix the sausage, spinach, ricotta and Italian cheese together. Fill each cooked shell with the mixture. Spread a bit of sauce on the bottom of two 9×13 pans. Put the stuffed shells in the pans as you fill them. Cover with the rest of the sauce.

To bake, cover the pan with foil and bake at 350 degrees for 45 minute to 1 hour.

To freeze, cover tightly with foil and label with directions, "Thaw in fridge. Bake at 350 degrees for 1 hour".

Serving Suggestion: salad





Southwest Chicken and Brown Rice

- 1 1/2 lbs. boneless chicken breast, cut in bite-size pieces
- 1 1/2 tsp. chili powder
- 1 1/2 tsp. cumin
- oil
- 1 onion, sliced thin
- 1 clove garlic, minced or crushed
- 1 can fire roasted tomatoes, lightly drained (just pour off a little juice)
- 1/2 cup salsa
- 1 can kidney beans
- cooked brown rice
- cheddar cheese, shredded

Sprinkle the chicken with the spices and brown in the oil in a skillet. Add the onion and garlic and cook until the onion is soft. Add the tomatoes, salsa and beans. Simmer until the chicken is cooked through. Serve over the brown rice and top with cheddar cheese.

Serving Suggestion: salad



Winter Fruit Salad with 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.

Here's what you'll need for the actual salad:

- 1 head of Romaine lettuce, torn into bite size pieces
- 4 oz. shredded Swiss cheese
- 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.

Serving Suggestion: grilled chicken





Honey Mustard Chicken in the Slow Cooker

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

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

Serving Suggestion: steamed veggie, boiled new potatoes





Mocha Chocolate Chip Cookies

- 2 sticks butter, softened
- 3/4 cup brown sugar
- 3/4 cup white sugar
- 1 Tbs. coffee liqueur, or strong brewed coffee
- 2 eggs
- 2 cups, plus 1 big spoon (several Tbs) of flour
- 1/4 cup cocoa
- 1 tsp. baking soda
- 1/2 tsp. salt
- 12 oz. semi-sweet chocolate chips

Preheat the oven to 375 degrees. Cream the butter and sugars together in a mixer bowl. Beat in the eggs and add the coffee liqueur. Stir the dry ingredients together and then beat them into the wet ingredients. Stir in the chocolate chips. Bake for about 9 minutes.

