



1. [Tropical Tilapia with Pineapple Salsa and Coconut Rice](#), steamed broccoli
2. [Chicken Shwarma in the Slow Cooker](#), salad
3. [Southwestern Steak and Cornbread Dressing in the Slow Cooker](#), corn, salad
4. [Broccoli and Tomato Tortellini Salad](#), warm bread
5. [Swiss and Bacon Quiche](#), steamed veggie, salad
6. [Linda's BBQ Ham Sandwiches](#), [Oven Fried Potatoes](#), carrot sticks
7. [Coconut No Bake Cookies](#)

**Produce**

Red onion  
Garlic  
Red bell pepper  
Jalapeno pepper  
Broccoli  
Potatoes  
Tomatoes  
Cucumber  
Basil  
Cilantro  
Lime juice  
Lemon juice  
{Salad fixings – 3 meals}  
{Corn}  
{Carrots}

**Canned/Dry**

Tomatoes with green chilies, 1 can  
Pineapple tidbits, 1 8 oz. can  
White rice  
Cornbread stuffing mix, 1 box  
Quick-cooking oats  
Pie crust, 1 crust  
Grape jelly  
Coconut milk, 1 can  
Red wine vinegar  
Cocoa  
Ketchup  
Mustard  
Curry powder  
Coconut Extract

**Dairy**

Butter  
Eggs  
Milk  
Half & half, 2 cups  
Plain or Greek yogurt, 8 oz.  
Parmesan cheese  
Swiss cheese

**Meat**

Tilapia fillets, 6-8  
Boneless chicken thigh strips, 3 lbs.  
Sirloin tip steak, round steak, or other cut, 2 lbs.  
Bacon, 4-6 slices  
Chipped ham, 2 lbs. cut thin from the deli

**Frozen**

Cheese tortellini, 2 bags  
{Broccoli}  
{Favorite veggie – 1 meal}

**Bread**

Pita bread  
{Bread}

**Items to Have in Pantry**

Salt  
Pepper  
Seasoned salt  
Cayenne pepper  
Nutmeg  
Ginger  
Soy sauce  
Olive oil  
Sugar  
Brown sugar



## Tropical Tilapia with Pineapple Salsa and Coconut Rice

For the coconut rice:

- 1 can coconut milk
- Water to bring liquid to 3 cups
- 2 cups white rice

Pour the coconut milk in a measuring cup. Add water to bring the level to 3 cups. Pour into a saucepan and bring to a boil. Add the rice, turn the heat to low and cook until the liquid is absorbed, about 15-20 minutes.

For the salsa:

- 8 oz. pineapple tidbits, lightly drained
- 1 Tbs. red onion, minced
- 1/3-1/2 cup red bell pepper, diced
- 1/2 jalapeno pepper, seeded and diced
- 2 tsp. cilantro, minced
- Salt, to taste

Combine all the ingredients for the salsa in a small bowl. Set aside while you fix the fish. This can be made ahead of time and stored in the fridge, if you like.

For the fish:

- 6-8 Tilapia fillets
- Salt and pepper, to taste
- Olive oil
- 2 garlic cloves, crushed
- 1 Tbs. brown sugar
- 2 Tbs. soy sauce
- 3 Tbs. lime juice
- pinch dried ginger

Stir the brown sugar, soy sauce, ginger and lime juice together in a small bowl.

Salt and pepper the Tilapia fillets. Heat a skillet over medium heat. Add a few tablespoons of olive oil and the crushed garlic. Place the Tilapia in the skillet (work in batches, if necessary). Cook a few minutes, then flip. Cook another couple of minutes.

Pour the sauce over the fish in the skillet. Cook for 2-3 more minutes, until the sauce is reduced a bit and the fish flakes easily with a fork.

Serve fish on bed of Coconut Rice, topped with Pineapple Salsa.

**Serving Suggestion: steamed broccoli**





## Chicken Shwarma in the Slow Cooker

- 6 Tbs. lemon juice
- 6 Tbs. olive oil
- 1 tsp. salt
- 2 tsp. curry powder
- 2 dashes cayenne pepper
- 3 cloves garlic, crushed
- 3 lbs. boneless chicken thigh strips
- 8 oz. plain or Greek style yogurt
- 1 small cucumber, chopped
- pita bread
- tomatoes

Stir lemon juice, olive oil, salt, curry, cayenne pepper and garlic together in a small bowl. Place chicken in slow cooker. Pour olive oil mixture over the top, stirring to coat the chicken. Cook on high for 5-6 hours or low for 7-8 hours.

Stir cucumber and yogurt together. Serve chicken in pita bread, topped with yogurt sauce and tomatoes.

**Serving Suggestion: salad**





### **Southwestern Steak and Cornbread Dressing in the Slow Cooker**

- About 2 lbs. sirloin tip steak or round steak or other beef cut
- 1 box cornbread stuffing mix
- 1 can tomatoes with green chilies, undrained
- 1/2 stick butter (4 Tbs), melted

Place the steak in the slow cooker. Stir the stuffing mix, tomatoes and melted butter together. Put the stuffing on top of the steak in the slow cooker. Cook on low for 5-7 hours.

**Serving Suggestion: corn, salad**





### Broccoli and 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 till 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: warm bread**





### Swiss and Bacon Quiche

- 1 pie crust
- 4-6 slices of bacon, crumbled
- 1 cup Swiss cheese, grated
- 4 eggs
- 2 cups half & half
- 1/4 cup Parmesan cheese
- salt and pepper
- dash of nutmeg

Put the pie crust in a pie plate. Prick it with a fork and bake it at 400 degrees for 3 minutes. Take it out and prick it again, then bake it for another 5 minutes.

In a bowl, beat the eggs and then add the other ingredients, stirring to combine. Pour into the pie shell. Turn the oven down to 350 degrees and bake for 45 minutes.

**Serving Suggestion: steamed veggie, salad**





### Linda's BBQ Ham Sandwiches

- 1 1/2 Tbs. grape jelly
- 1 Tbs. mustard
- 1/3 cup brown sugar
- 2 cups ketchup
- salt and pepper to taste
- a few teaspoons of water as it cooks
- 2 lbs. chipped ham (Ask for this in the deli section. You want it shaved so thin that it falls apart.)

Mix all the ingredients except the ham in a skillet. Bring it to a low boil, stirring so it doesn't burn. Add in the ham and heat through. Pile the meat on buns and serve. I'm guessing you could also put this in the crockpot if that's more convenient.

**Serving Suggestion: Oven Fried Potatoes, carrot sticks**





## Oven Fried Potatoes

- potatoes, cleaned and sliced very thin
- olive oil, just a Tbs. or 3
- seasoned salt

In a large bowl, drizzle olive oil over the potatoes. Sprinkle with seasoned salt and stir until well combined. The amounts just depend on how many people you are feeding. Four decent sized potatoes should feed 6 people.

Place in a single layer on a baking sheet. Bake at 425 degrees for about 20 minutes, or until tender and browned. You can flip them over with a spatula and let them brown on the other side too if you want them crisper.







### Coconut No Bake Cookies

- 1 stick butter
- 1/2 cup cocoa
- 2 cups sugar
- 1/2 cup milk
- a bit of salt
- 1 tsp. coconut extract
- 3 cups quick cooking oats

Combine all the ingredients, except the oats in a sauce pan. Bring to a boil and boil for 3 minutes, stirring constantly. Remove from heat and stir in the oats. Drop by teaspoons onto wax paper. Allow to cool for a while, until they have set up a bit.

