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**Produce**

Garlic  
Onions  
Red Bell Pepper – 1  
Bananas  
{Salad fixings – 4 meals}  
{Fresh fruit}

**Canned/Dry**

Hunt's spaghetti sauce – 1 can  
Tomato sauce 15 oz – 2 cans  
Spaghetti – 8oz  
Rice  
Cream of chicken soup  
Chicken broth – 2 cans  
Teriyaki sauce  
Green chilis, diced  
{Salsa}  
{Tortilla chips}  
Pineapple chunks, 20 oz

**Frozen**

Tortellini – 1 bag  
Peas – small bag  
{Favorite veggie – 2 meals}  
{Corn or Fiesta corn}  
{hash browns}

**Bread**

English muffins  
{French or Italian bread}

**Dairy**

Half & half, 1 pint  
Cheddar Cheese, shredded – 4 cup  
Muenster cheese slices  
Eggs  
Tortillas  
Parmesan, grated or shredded  
Mozzarella – 2 cups  
Cream cheese 8 oz

**Meat**

Whole chicken or equal boneless, to cook for casseroles  
Boneless chicken breasts (for Teriyaki)  
Ham cubes, or small amount of ham  
Ground beef, 1 pound

**Items to have in Your Pantry**

Crushed red pepper flakes  
Basil, fresh or dried  
Garlic powder  
Oregano  
Salt and pepper  
Ginger, ground  
Vanilla  
Sugar and Powdered sugar  
Flour  
Baking powder  
Baking soda  
Olive oil  
Butter  
White wine – small amount or skip  
Orange juice (or add 1 orange to list)





### **Cheesy Chicken and Rice Casserole**

- 2 cups chicken, cooked and shredded
- 1 cup cheddar cheese
- 1 cup rice
- 2 cans chicken broth
- 1 can cream of chicken soup
- pepper

Place the chicken in a casserole dish and sprinkle the rice over it. Stir the broth, soup and pepper together and pour over the top. Bake uncovered at 350 degrees for an hour.

**Serving Suggestion: favorite steamed veggie, tossed salad**





### **Creamy Tortellini with Red Bell Pepper and Peas**

- 1 bags frozen tortellini, I used cheese filled
- ½ red bell pepper, diced
- ½ onion, diced
- 1 cup of frozen peas
- 1-2 cloves garlic, minced
- olive oil
- 2 Tbs. butter
- ¼ cup white wine
- 1 cup half and half
- 1 cups parmesan cheese
- fresh basil
- salt and pepper

Start the water for the tortellini. Saute the garlic and onion in olive oil until tender. Toss in the red pepper and peas to cook for a bit. Remove the veggies from the pan.

Put the butter in the hot pan and let it melt. Add the wine. (I used wine I had frozen. It thaws quickly on the counter while you prep the meal.) Let the wine and butter cook together for a minute or two, then add the half & half. Gradually whisk in the parmesan. Season the sauce with salt and pepper and fresh basil. After the tortellini has cooked, drain it and put it back in the large cooking pot. Add the veggies and the sauce and serve.

\*Note – This is half the amount that is on the website. The whole recipe calls for 2 bags of tortellini and double everything else. It makes a huge pot that has fed 9 people with leftovers.

**Serving Suggestion: tossed salad**





### **Crockpot Teriyaki Chicken**

- 2-3 pounds boneless chicken breasts
- 20 oz can pineapple chunks
- 1 cup Teriyaki Sauce
- ground ginger, just a shake or two

Drain the pineapple chunks, reserving the juice and setting the pineapple chunks aside for later. Put the chicken in the crockpot. Mix the juice, Teriyaki sauce and ginger and pour over the chicken. Cook 6-8 hours on low or 4-6 on high. Don't over cook this! Add the pineapple chunks about 20-30 minutes before you're ready to eat.

**Serving Suggestion: steamed rice, favorite steamed veggie**





### Scramble Egg-wiches

- 1 egg per sandwich
- ½ - 1 cup ham cubes or torn lunch meat ham
- butter for scrambling eggs
- salt and pepper to taste
- 1 English muffin per sandwich
- 1 Muenster cheese slice per sandwich

Melt the butter in a skillet. Add the ham and cook it for a minute. Scramble the eggs with a fork and pour into the skillet. Cook and stir, seasoning with salt and pepper to taste.

Meanwhile, separate the English muffins and place them on a cookie sheet or baking stone. Pop them under the broiler for a minute to toast. When the eggs and ham are cooked, put it on the English muffins. Top with a slice of Muenster cheese and pop them back under the broiler for a minute to melt the cheese. Put the tops on the sandwiches and eat.

**Serving Suggestion: fresh fruit, hash brown potatoes**





## Chicken Enchiladas

- 2 cups cooked chicken, shredded
- 8 oz. can tomato sauce
- 1-2 cups cheddar cheese, shredded
- 1 small can green chilies, diced
- salt and pepper
- ½ - 1 tsp. garlic powder
- tortillas

In a large bowl, combine the chicken, cheese, green chilis. In a small bowl, combine the tomato sauce, salt and pepper and garlic powder.

Put a small amount of sauce on the bottom of a 13x9 inch casserole dish. Fill each tortilla and roll, placing them seam side down in the dish. Pour the sauce over the top of the enchiladas. Top with cheese if desired.

Cover with foil and bake at 350 degrees for 45 minutes.

**Serving Suggestion: chips and salsa, tossed salad, corn or fiesta corn**





### **Baked Spaghetti**

- 1 lb. ground beef
- 1 can Hunt's spaghetti sauce
- 1 can tomato sauce, 15 oz
- 1 onion, diced
- about 2 cups Mozzarella
- generous shakes of oregano, basil, salt and pepper (optional)
- 8 oz spaghetti

Brown the meat with the onion. Drain the fat and rinse under hot water. Cook the spaghetti according to the package directions. Drain and stir it together with the meat, sauces and extra spices. Put it into a casserole dish and top with cheese. Bake at 350 degrees for about 30 minutes, or till hot and bubbly.

**Serving Suggestion: Garlic bread or warmed French or Italian bread, tossed salad**





## Cream Cheese Banana Bread with Orange Glaze

- 3/4 cup butter
- 8 oz. cream cheese
- 2 cups sugar
- 2 eggs
- 1 1/2 cups of mashed banana (about 4 medium bananas – I didn't measure the mush)
- 1/2 tsp. vanilla
- 3 cups flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt

Cream the butter and cream cheese together in a mixer bowl. Mix in the sugar, then the eggs, bananas, and vanilla. In a separate bowl, combine the dry ingredients. Add them to the wet ingredients and mix until combined. Pour into 3 well-greased loaf pans. Bake at 350 degrees for 60-75 minutes.

### For the Glaze:

- 1 cup powdered sugar
- 3 Tbs. orange juice
- 1 tsp. orange peel

Start with *less* than the 3 Tbs. of orange juice, stirring it into the powdered sugar until you get a nice consistency. I don't usually use orange peel, but it would add flavor to the glaze.

Drizzle the loaves with the glaze. This recipe freezes very well.

