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Produce

Garlic
 Tomato – 4
 Onion
 Lettuce – for Salsa Verde
 Broccoli – for 2 cups, chopped
 Bananas
 Red bell pepper
 Green pepper
 {Salad fixings – 3 meals}
 {Cucumbers}
 {Vidalia onion}
 {Watermelon}
 {Fresh fruit}

Canned/Dry

Penne pasta
 {Angel hair pasta}
 Diced tomatoes – 1 can or buy fresh
 Salsa verde – 7 oz can
 {Tortilla chips}
 {Salsa}
 Chicken broth – 1 can
 Whole wheat flour
 Graham cracker crumbs
 Marshmallow cream – 7 oz
 Crushed pineapple – 20 oz
 Maraschino cherries – 10 oz
 Nut topping
 Chocolate syrup
 White wine

Frozen

Whipped topping – 8 oz

Bread

Sandwich bread

Dairy

Half & half – 1 pint
 Gorgonzola – 5 oz
 Parmesan – ½ cup shredded
 Butter
 Milk
 Swiss – 2 cups shredded
 Cheddar – 2 cups shredded
 Flour tortillas
 Sour cream – garnish
 Eggs
 Plain yogurt – ½ cup
 Cream cheese – 8 oz

Meat

Boneless chicken – 1 lb.
 Whole chicken cut up
 Boneless round steak – 1 ½ - 2 lb.
 Ham, sliced thin from deli - 1 lb.

Items to Have in Pantry/Fridge

Flour
 Brown sugar
 Baking powder
 Sugar
 Vegetable and olive oils
 Vinegar
 Mayonnaise – 1/3 cup
 Dijon mustard
 Nutmeg
 Chili powder
 Cumin
 Basil
 Thyme





Penne Gorgonzola

- penne pasta, 1 box
- 2 cups half & half
- Gorgonzola cheese (the package I used was 5 oz)
- Parmesan cheese, about 1/2 cup grated
- 1 clove garlic, minced
- 4 Tbs. butter
- fresh ground pepper
- tomato for garnish
- grilled chicken, sliced thin

Heat the water for the pasta and cook it according to the package directions. While that's cooking, melt the butter in a saucepan. Saute the garlic for a bit in the butter. Whisk in the half & half and heat it over medium heat, then whisk in the cheeses. Allow the cheese to melt and add the pepper. I tried to keep mine hot, but not boiling but I wasn't successful. It boiled just before I was about to pour it on the pasta. At first the sauce seemed very thin, but then after adding it to the pasta it thickened up. Pour the sauce over the pasta and stir in the thinly sliced grilled chicken. The Carino's version also has mushrooms, so if you like those you could add them in. Top with chopped tomato and extra cheese if you like.

Serving Suggestion: salad





Salsa Verde Steak in the Slow Cooker

- boneless rounds steak or another cut of beef
- 1 small can of salsa verde
- 1/2 cup chicken broth, beef broth or water
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 clove garlic, minced
- 1 onion, sliced
- flour tortillas
- cheddar cheese
- lettuce, tomato, sour cream etc

Put the steak and onions in the crockpot. Combine the salsa, broth and seasonings. Pour over the steak. Cook on high for 5-6 hours or low for 7-8 hours. Shred the meat and serve in the tortillas with the fixings.

Serving Suggestion: chips and salsa



Croque Monsieur

- 2 Tbs. butter, plus extra for butter the bread
- 2 Tbs. flour
- 1 cup milk, warmed
- 2 tsp. Dijon mustard
- shake of nutmeg
- salt and pepper to taste
- sandwich bread
- 1 lb. ham, thinly sliced
- 2 cups shredded Swiss cheese

First, you're going to make a white sauce to spread on the inside of the sandwiches. Melt the butter in a small saucepan. Stir in the flour and cook for a minute. Whisk in the milk. Add the mustard, nutmeg, salt and pepper. Cook for a couple of minutes until thickened.

To make the sandwiches, heat a non-stick skillet or griddle. Spread the sauce on a slice of bread. Top with ham and the other slice of bread. Butter the outside of the bread. I found this easiest to do by putting the sandwich on a plate and buttering one side, flipping to butter the other.

Press both sides of the sandwich into the shredded cheese and place on the griddle or skillet. Cook for several minutes, until golden brown then flip to cook the other side. Yum!

My kids love these. This recipe will serve about 6 people.

Serving Suggestion: cucumbers and onions, watermelon





Cucumbers and Onions

- Cucumbers, peeled and sliced
- Vidalia onion, peeled and sliced
- 1 cup sugar
- 1/2 cup vinegar

Mix up the sugar and vinegar and pour it over the cucumbers and onions. That's it. You can make more "juice" if you need to. Just use twice as much sugar as vinegar.



Baked Chicken with Summer Vegetables in the Slow Cooker

- about 3 pounds of chicken (I used a whole chicken, cut up)
- a bit of olive oil
- 2 Tbs. Dijon mustard
- salt and pepper
- 1 tsp. thyme
- 1 onion, cut in thick wedges
- 4 large cloves garlic, minced
- red bell pepper, sliced
- green bell pepper, sliced
- 1 can diced tomatoes, drained (or use fresh, chopped tomatoes)
- 1/2 cup white wine
- {You can also add mushrooms and hot peppers if you like them}

Rub the inside of the crockpot with olive oil. Rinse and pat the chicken pieces dry with a paper towel. Rub the undersides of the chicken with Dijon mustard and sprinkle with salt, pepper and thyme. Place them in the bottom of the crockpot, skin side down. Put the veggies and wine on top of the chicken. Cover and bake on high for 5 hours or so. Or bake on low all day.

Serving suggestion: Angel hair pasta, tossed salad





Whole Wheat Waffles with Honey Cinnamon Butter

- 2 eggs
- 1 1/2 cups milk
- 1/4 cup oil
- 2 Tbs. brown sugar
- 2 tsp. baking powder
- 1/2 tsp. Salt
- 2 cups whole wheat flour

In a mixer bowl, put the eggs, milk, and oil. Mix until well blended. Stir the dry ingredients together and add to the mixer bowl, mixing until blended. Cook on a hot waffle iron.

While the waffles cook, gather up your Honey Cinnamon Butter ingredients. The amounts for this are only determined by how much you want to make. I used a bit more than a half stick of butter, a big glob of honey and several shakes of cinnamon. Melt them all together over low heat and drizzle over hot waffles.

Yum!





Veggie Pie

For the crust:

- 1/2 cup butter, softened
- 1 1/4 cups whole wheat flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup plain yogurt

For the filling:

- 2 cups broccoli, finely chopped
- 1/2 cup onion, diced
- 1 cup shredded cheese (cheddar, Swiss, etc)
- 2 medium tomatoes, sliced
- 1/3 cup mayonnaise
- 1 tsp. dried basil or several Tbs. fresh basil

In a large bowl, combine the dry ingredients for the crust. Cut the butter in and then stir in the yogurt. Pat into a buttered pie plate.

Layer the broccoli, onion, and tomatoes in the crust. Sprinkle with the basil. Spread the mayo over the top of the veggies. Add the cheese to the top of the pie. Bake at 450 degrees for 10 minutes. Reduce the heat to 350 degrees and bake for 30 minutes.

Serving Suggestion: salad



Banana Split Dessert

For the crust:

- 2 cups graham cracker crumbs
- 1 stick butter, melted

For the filling:

- 8 oz cream cheese, softened
- 7 oz jar marshmallow cream (2 cups)
- For the fruit and toppings:
- 4 firm bananas, sliced
- 1 can crushed pineapple
- 8 oz frozen whipped topping, thawed
- 10 oz jar maraschino cherries, cut in half
- 1/3-1/2 cup nut topping
- generous drizzle chocolate syrup

Mix the graham cracker crumbs and butter together in a bowl and then press into a 9×13 inch pan. Bake at 350 degrees for 5 minutes. Cool.

With an electric mixer, blend the cream cheese and marshmallow cream together. Mix until creamy and smooth. Spread over the cooled crust.

Place the bananas in a colander and pour the crushed pineapple over the top. Allow this to drain thoroughly. Once it's drained, spread the fruit over the filling. Spread frozen whipped topping over the fruit and refrigerate.

Sprinkle with nuts and cherries and drizzle chocolate syrup right before serving.

I made the dessert the day before I served it. It held up fine for that amount of time. I made sure to completely cover the bananas with whipped topping so they stayed fresh.

