



1. [Italian Sausage Pasta Sauce](#) over pasta, salad
2. [Chicken Gyros](#) with cucumber yogurt sauce, baby carrots, chips
3. [Fish/Shrimp Tacos](#), salad, chips and salsa
4. [Honey Cashew Pork Stir-fry](#) over rice
5. Burgers on the grill, [Sweet Potato Fries](#), watermelon
6. [Bacon and Tomato Pasta](#), salad
7. [German Chocolate Upside Down Cake](#)

**Produce**

Onions  
Garlic  
Fresh basil-optional, 2 recipes  
Cucumber  
Cilantro  
Romaine, cabbage, or slaw mix  
Carrots  
Celery  
Sweet potatoes  
{Watermelon}  
{Salad fixings – 3 meals}  
{Baby carrots}

**Canned/Dry**

Crushed tomatoes  
Tomato paste – 6 oz  
Diced tomatoes  
Pasta – any shape  
Penne pasta  
Rice  
Chipotle peppers in adobo sauce  
{Salsa}  
{Tortilla chips}  
{Favorite chips}  
Cashews – 2/3 cup  
Chopped pecans – 1 cup  
Coconut  
German chocolate cake mix  
Powdered sugar – 1 lb.

**Meat**

Bulk Italian sausage – 1 lb  
Boneless chicken breast – 2-2 ½ lbs  
Med. Shrimp, deveined tail off  
Tilapia fillets  
6 boneless pork chops  
Hamburgers  
Bacon – pre-cooked or regular

**Dairy**

Greek style or plain yogurt – 6 oz  
Sour cream – 8 oz  
Corn or flour tortillas  
Half and half – 1 pint  
Parmesan cheese, shredded  
Cream cheese 8 oz  
Orange juice – 1 cup

**Bread**

Pita pockets

**Items to Have in Pantry/Fridge**

Olive oil  
Lemon juice  
Lime juice  
White wine  
Soy sauce  
Honey – ½ cup  
Dried mint  
Oregano  
Old Bay Seasoning  
Ginger  
Butter  
Cornstarch





### Italian Sausage Pasta Sauce

- Olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed or minced
- 1 can crushed tomatoes
- 1 6 oz can tomato paste
- 1/4 cup chopped fresh basil (small handful of leaves)
- 1/2 lb. bulk Italian sausage, browned
- 1 tsp. sugar
- salt and pepper to taste

Add a couple tablespoons of olive oil to a skillet. Cook the onion and garlic until soft. Stir in the crushed tomatoes and tomato paste till well blended. Add the basil, sausage, sugar, salt and pepper. Let simmer until the pasta is finished cooking.

I had sausage already cooked in the freezer, which made this meal super fast. If you don't have fresh basil, use a teaspoon of dried.

**Serving Suggestion: salad**





## Chicken Gyros

- 1/4 cup olive oil
- 3 Tbs. lemon juice
- 2 cloves garlic, minced or crushed
- 1 1/2 tsp. dried mint
- 1 1/2 tsp. oregano
- 1 1/2 tsp. ground black pepper
- 1/2 tsp. salt
- 2-2 1/2 lbs. boneless chicken breast, cut in bite size pieces
- 1 pack pita pockets
- 6 oz Greek-style or plain yogurt
- 1 small cucumber

Whisk all the ingredients except the chicken to make the marinade. You could put them in a tight fitting container with a lid and give them a good shake instead of whisking.

Pour the marinade over the chicken and give it a stir to be sure all the chicken is coated with marinade. Refrigerate for several hours.

Cook the chicken in a skillet over medium-high heat. Work in batches, if necessary, so that the chicken isn't crowded in the pan. Remove the cooked chicken to a bowl and let it cool. Place the chicken in a plastic freezer bag. Don't forget to label it with the date, recipe title and reheating instructions.

For the cucumber-yogurt sauce I used about 1/2 a cucumber cut into small pieces. I stirred the cucumber into 6 oz. of Greek-style yogurt.

The chicken can be made ahead and frozen. If you've frozen the chicken, reheat it in the microwave. Fill a pita pocket with chicken and top with the cucumber-yogurt sauce.

**Serving Suggestion: baby carrots, potato chips**



## Shrimp Tacos with Chipotle Sauce

- 1 lb. medium raw shrimp, deveined with tails removed
- Old Bay Seasoning
- 2-3 Tbs. of oil for frying
- 1/2 cup sour cream
- 1 Tbs. lime juice
- several teaspoons of adobe sauce from chipotle peppers
- palmful of chopped fresh cilantro
- chopped romaine lettuce, cabbage or slaw mix
- corn or flour tortillas

Thaw the shrimp, if it's frozen and drain it. Generously sprinkle with Old Bay Seasoning. Heat a skillet over medium-high heat and put a couple tablespoons of oil in it. Add the shrimp, but don't stir. Let the shrimp get very browned on one side before flipping. Remove from the skillet when cooked.

For the sauce, stir the sour cream, cilantro, adobe sauce and lime juice together. I just used a spoon to dip out the sauce from the can. I used about 3 spoonfuls. The adobe sauce is spicy, so add according to how much heat your family likes. I froze the rest of the sauce and peppers for another dish.

Warm the tortillas and assemble the tacos. This recipe will feed 3-4 people. Double it if you need to feed more.



## Fish Tacos

- 4-6 Tilapia fillets, thawed
- Old Bay seasoning
- 1/2 cup sour cream
- 1 Tbs. lime juice
- several teaspoons of adobe sauce from chipotle peppers
- palmful of chopped fresh cilantro
- slaw mix
- corn tortillas
- cheddar cheese, shredded – if desired

Sprinkle the fish with Old Bay seasoning. I used a George Foreman grill to cook the fish. You could cook it in the oven or a skillet though. In the oven, it will take about 20 minutes. The fish will cook in less time in a skillet. It's done when it flakes easily with a fork.

For the sauce, stir the sour cream, cilantro, adobe sauce and lime juice together. I just used a spoon to dip out the sauce from the can. I used about 3 spoonfuls. The adobe sauce is spicy, so add according to how much heat your family likes. I froze the rest of the sauce and peppers for another dish.

Cut the fish into pieces. Assemble the tacos by layering the fish, slaw and sauce on warmed corn tortillas. You can also add cheddar cheese, tomatoes or avocado if you like. I used 4 fillets and that was just enough for 5 of us, but one child only ate one taco. All the rest of us had more. Also, we had just enough sauce to go around. If you're serving more people, you'll probably want to make more sauce.

**Serving Suggestion: salad, chips and salsa**





## Honey Cashew Pork Stir Fry

- 1 cup orange juice
- just under 1/2 cup honey
- 1/4 cup soy sauce
- 4 tsp. corn starch
- 1/4 tsp. ground ginger
- 3 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 6 boneless pork chops, cut into thin strips
- 2/3 cup cashews
- oil for stir-frying

Combine juice, honey, soy sauce, cornstarch and ginger in a bowl. Set aside.

Heat some oil in a large skillet over medium high heat. Add the carrots and celery and stir-fry until tender crisp. Remove the veggies and set aside. Add more oil and stir-fry the pork until cooked through. Add the veggies back into the skillet, along with the sauce. Heat until it comes to a boil. Serve over rice.





## Sweet Potato Fries

- sweet potatoes
- olive oil
- Kosher salt
- black pepper

Wash the sweet potatoes and cut them into sticks. Put them in a large bowl and drizzle with olive oil. Sprinkle with salt and pepper and toss to coat. Place them on a greased baking sheet and bake at 400 degrees for about 30 minutes, or until the potatoes are tender.





### **Bacon and Tomato Pasta**

- 1 lb. pasta – I used penne, but you could use any shape you like
- 2 Tbs. butter + 2 Tbs. olive oil (this didn't make it into the picture)
- onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1 1/2 cups half & half
- 1 1/2 cups Parmesan cheese, shredded or grated
- salt & pepper
- bacon, cooked and diced
- 1 can diced tomatoes, drained
- fresh basil leaves, chopped

Boil the pasta according to the directions. Melt the butter and olive oil together in a pan and add the onion and garlic. Cook until the onion is tender. Add the wine and cook for a minute or two. Add the half & half, whisking to blend. Stir in the cheese and let it melt. Season with salt and pepper. Toss in the bacon, tomatoes and basil.

Drain the pasta then mix it with the sauce. Serve it with extra Parmesan and black pepper if you like. Yum!

**Serving Suggestion: tossed salad**





## German Chocolate Upside Down Cake

- 1 cup chopped pecans
- 1 cup coconut
- 1 German chocolate cake mix + ingredients to make the cake according to the directions
- 8 oz cream cheese, softened
- 1 lb. powdered sugar

Mix the pecans and coconut together and sprinkle into a greased 9×13 pan.

Mix the German chocolate cake mix according to the package directions. Pour the batter over the coconut and pecans in the pan.

Stir the cream cheese and powdered sugar together. Dollop onto the cake mix. Bake at 350 degrees for 50 minutes. Cool. To serve, dip it out and turn each piece upside down on the plate.

