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**Produce**

Onions  
Garlic  
Potatoes  
Sweet potatoes  
Green bell pepper  
Red bell peppers  
Slaw mix  
Jalapeno  
Roma tomatoes  
Cucumber  
Basil  
Parsley  
{Salad fixings – 2 meals}

**Canned/Dry**

Diced tomatoes with fennel and red pepper, 1 15 oz. can  
Chicken broth, 2 15 oz. cans  
Cream of chicken soup, 1 can  
Crushed pineapple, 1 8 oz. Can  
Pesto sauce  
BBQ sauce  
Sweet pickle relish  
Mayonnaise  
Rice  
Cornmeal  
White cake mix, 1 box  
Coconut extract  
Old Bay Seasoning  
Biscuit Bites ingredients  
{Bowtie pasta}

**Frozen**

Corn, 32 oz. bag  
Cheese ravioli, 2 bags  
{Favorite veggie – 2 meals}

**Dairy**

Eggs  
Butter  
Italian-blend shredded cheese  
Refrigerated biscuit dough  
{Cheddar cheese}

**Meat**

Turkey legs, 2 lbs.  
Sweet Italian turkey sausage, 1.25 lbs.  
Ham steak, 1  
Medium, deveined, tail off, shrimp, 1 lb.  
Whole chicken  
Chopped chicken, 2-3 cups  
Chicken breasts or tenders

**Bread**

Buns

**Items to Have in Pantry/Fridge**

Salt  
Pepper  
Dry mustard  
Oregano  
Basil  
White wine vinegar  
Red wine vinegar  
Olive oil  
Flour  
Sugar  
Powdered sugar





### **Turkey Legs, Italian Sausage and Potatoes in the Slow Cooker**

- 2 lbs. turkey legs (I used 3 legs)
- 1.25 lbs. sweet Italian turkey sausage
- 6 small potatoes, cut in chunks
- 1 onion, sliced
- 3-4 cloves garlic, whole
- 15 oz. diced tomatoes with fennel and red pepper
- salt and pepper to taste

Place all ingredients in the slow cooker with the meat on bottom. Cook 7-8 hours on low or 5-6 hours on high.

**Serving Suggestion: favorite green veggie**





## **BBQ Ham Steak on the Grill**

- 1 ham steak
- BBQ sauce of your choice

I cooked the ham on low for about 15-20 minutes. Baste with barbecue sauce toward the end of cooking. Simple.

**Serving Suggestion: Corn Salad, bowtie pasta with cheddar cheese**





## Corn Salad

- 32 oz. frozen corn, thawed
- 1 cucumber, peeled and chopped
- 1 small green pepper, chopped
- 4 Roma tomatoes, chopped
- 1/2 large white onion, chopped
- 1 jalapeno, seeds removed, diced
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped

### For the dressing:

- 2 tsp. dry mustard
- 1/4 tsp. black pepper
- 3 cloves garlic, crushed
- 2 Tbs. white wine vinegar
- 1/3 cup olive oil
- salt to taste

Stir all the veggies together in a large bowl. Whisk the dressing ingredients together and pour over veggies. Toss.

This salad holds up well for several days and it travels well too.



## Whole Chicken in the Slow Cooker

### How to Clean a Whole Chicken

Take the chicken out of the wrapper. I like to do this in a clean sink so I have plenty of room to work. Pull the bag of innards out of the cavity of the bird. Then run cold water and rinse the chicken, inside and out. Put it in the slow cooker with the breast meat on top. If the chicken has a pop up timer, that should be on top. Cook the chicken on high for 6-8 hours, depending on the size. If it's a big chicken and still a bit frozen, you'll need closer to 8 hours.

See, that wasn't so bad, was it? Now you can scrub out your sink and you'll not only have your dinner ready to go, but a shiny sink too.

### Ideas for Seasoning a Whole Chicken

A lot of times, I just go with salt and pepper. Sometimes I use Kosher or sea salt and freshly ground pepper. Other times, I just use the regular table stuff. You can't go wrong with plain salt and pepper. If I want to end up with broth for making dumplings or noodles, I add several cups of water.

Here are some other ideas for seasoning:

- Lemon pepper
- Dried herbs, such as thyme, tarragon, basil, oregano
- Fresh herbs, such as parsley, rosemary, thyme
- Mix lemon juice or white wine with olive oil and rub on the chicken. Add any herbs you like.
- Spice it up with paprika, ground red pepper or chili powder

**Serving Suggestion: favorite veggie, Biscuit Bites**



## Biscuit Bites

And then, I got to thinking that there are all kinds of ways to make these. Determine your mood, determine your biscuit bite. This is definitely more method than recipe. Do your own thing with these.

Here are some jumping-off ideas:

For all of these ideas, melt the butter and add the other ingredients. Toss with the cut biscuits. Bake on a baking sheet for about 10 minutes at 350 degrees. Use the instructions on the can as a guide.

### Italian Parmesan Biscuit Bites

- 1 can biscuits, cut in quarters
- 3 Tbs. butter, melted
- oregano, basil, Parmesan to taste

### Honey Butter Biscuit Bites

- 1 can biscuits, cut in quarters
- 3 Tbs. butter, melted
- a squirt of honey, to taste

### Buffalo Biscuit Bites

- 1 can biscuits, cut in quarters
- 3 Tbs. butter, melted
- shakes of Tabasco, to taste

### Cheddar Buffalo Biscuit Bites

- add shredded cheddar to the above ingredients

### Poppy Seed Biscuit Bites

- 1 can biscuits, cut in quarters
- 3 Tbs. butter, melted
- poppy seeds
- (make it lemon with a bit of lemonade added to the butter)

### Cinnamon Sugar Biscuit Bites

- 1 can biscuits, cut in quarters
- 3 Tbs. butter, melted
- cinnamon and sugar to taste

### Herb Biscuit Bites

- 1 can biscuits, cut in quarters
- 3 Tbs. butter, melted (or use olive oil)
- fresh herbs – try chives, rosemary, thyme, parsley





### Italian Chicken and Rice Casserole

- 2-3 cups cooked, chopped chicken
- 1 cup rice, uncooked
- 1 red bell pepper, chopped
- handful of chopped fresh parsley
- 1 cup Italian blend shredded cheese
- 2 cans (15 oz) chicken broth
- 1 can cream of chicken soup
- 1/2-1 tsp. oregano
- 1/2-1 tsp. basil
- 1 garlic clove, minced or crushed
- black pepper to taste

Put the chicken in the bottom of a 9×13 casserole dish. Sprinkle the rice, red pepper and parsley over the top. Spread the cheese evenly over the top. In a small bowl, combine the broth, chicken soup, oregano, basil, garlic and pepper. Pour evenly over the top of the other ingredients. Bake at 350 degrees for 1 hour - 1 hour and 15 minutes. Let it stand for a few minutes before serving.

**Serving Suggestion: salad**





### **Cheese Ravioli with Pesto, Red Peppers and Grilled Chicken**

- 2 bags frozen cheese ravioli
- about 1/2 - 3/4 cup of pesto sauce
- 1 red pepper, cut into strips
- 1 onion, coarsely chopped
- grilled chicken breasts or tenders, sliced thin

Cook the ravioli according to the directions. Saute the onions and peppers in olive oil. When the pasta is done, drain it and put it back into the cooking pan. Add the peppers and onion, grilled chicken and pesto. Serve it up and make everyone happy. Yum!

**Serving Suggestion: salad**







### **Pan Fried Shrimp Sandwich**

- 1 cup cornmeal
- 1/2 cup flour
- 4 tsp. Old Bay Seasoning
- 2 eggs, beaten
- 1 lb. medium shrimp, deveined, tail off, thawed
- oil for frying
- buns
- 1/2 cup mayonnaise
- 1 Tbs. (or more) sweet pickle relish

Stir cornmeal, flour and Old Bay Seasoning together in a small bowl. Mix eggs and shrimp together in a bowl. Using your hands, lift shrimp out of egg in small batches and toss in breading. Fry in oil in large skillet, in batches. Flip shrimp to the other side half way through cooking. It should only take a few minutes on each side for breading to brown and shrimp to get done. Stir mayo and relish together for tartar sauce. Serve shrimp on buns with tartar sauce.

**Serving Suggestion: Quick Cole Slaw, Sweet Potato Fries**





## Quick Cole Slaw

- 1 bag of slaw mix
- 1/2 cup mayonnaise
- 1/4 cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Put the slaw mix in a big bowl. Mix the other ingredients together and pour over the slaw, tossing to mix. How easy is that?





## 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.





### **Pina Colada Cake Mix Cookies**

- 1 box white cake mix
- 1 stick butter
- 2 eggs
- 8 oz. crushed pineapple, drained well and reserve the juice
- 1 tsp. coconut extract
- 2 Tbs. flour

#### For the glaze:

- 1 1/2 - 2 cups powdered sugar
- reserved pineapple juice
- 1/2 tsp. coconut extract

Mix all the ingredients together in a bowl with an electric mixer. Drop by teaspoonful onto baking sheet or stone. Bake at 350 degrees for 8-10 minutes. Cool. Stir together the glaze, add only enough pineapple juice to get a spreadable consistency. Frost cooled cookies.

