

# Menu

Week of: 8/26

Day	Meal
Sunday	Baked Chicken Parmesan
Monday	Leftovers
Tuesday	Crunchy Baked Garlic Shrimp 
Wednesday	Leftovers
Thursday	Buffalo Chicken Burgers 
Friday	Leftovers
Saturday	U-Pick Quick Fix

## Grocery List

Produce		Dry/Canned Goods	
Salad fixings	Parsley	Jar tomato sauce	
Lemon		Ital. breadcrumbs	
Garlic		Panko breadcrumbs	
1 tomato			
Celery			
Meat			
1 lb. ground chicken = 4 servings			
4 Chicken Breasts or 10 Tenders= 4 servings		Dairy	
1 ½ lbs. shrimp= 4 servings		Mozzarella ball	Eggs
Frozen Foods			
Bakery		Misc.	
Whole Wheat Rolls		Bleu Cheese	
		Buffalo Wing Sauce	
		Dry White Wine	

# Recipes

## Baked Chicken Parmesan- makes 4 servings

### Ingredients

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|---|---|
| <ul style="list-style-type: none"> <li>- 4 chicken breasts pounded to ½ inch thickness, or 6 to 8 chicken tenders</li> <li>- ½ cup Italian breadcrumbs</li> </ul> | <ul style="list-style-type: none"> <li>- 2 eggs beaten</li> <li>- 1 jar tomato sauce of choice</li> <li>- Mozzarella Cheese ball</li> </ul> |
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### Recipe

- Pre-heat oven to 450 degrees and coat bottom of baking dish with approximately ½ cup sauce (should be a very thin layer of sauce)
- Pound chicken to ½ inch thickness if using chicken breasts
- Crack eggs and beat in a shallow dish, wide enough to fit chicken
- Pour breadcrumbs into another dish large enough to fit chicken
- Dip chicken in egg, and then into breadcrumbs, coating both sides thoroughly
- Place in baking dish, topping with a thin layer of sauce
- Repeat with remaining pieces of chicken, topping each with a thin layer of sauce
- Bake chicken 15-20 minutes (15 for tenders, 20 for breasts)
- Top chicken with cheese and bake until cheese is melted and is just browning, about ten more minutes
- Serve with your favorite pasta or garlic bread!

## Buffalo Chicken Burgers- makes 4 burgers

### Ingredients

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|--|---|
| <ul style="list-style-type: none"> <li>- 1 lb. ground chicken</li> <li>- ¼ cup buffalo wing sauce</li> <li>- ½ tsp. paprika</li> <li>- pinch cayenne pepper</li> </ul> | <ul style="list-style-type: none"> <li>- 2 celery stalks-chopped</li> <li>- Lettuce for serving</li> <li>- Whole wheat rolls</li> <li>- Bleu cheese dressing</li> </ul> |
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### Recipe

- Pre-heat grill to medium
- Combine ground chicken, paprika, cayenne, and approximately half of wing sauce
- Form into patties and grill, flipping once
- Brush grilled burgers with remaining sauce and serve on rolls with lettuce, bleu cheese and chopped celery.

## Crunchy Baked Garlic Shrimp

### Ingredients

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|---|---|
| <ul style="list-style-type: none"> <li>- 1 ½ lbs. Shrimp –raw, peeled, deveined and tails removed</li> <li>- 5 cloves garlic-minced</li> <li>- 4 Tbsp. dry white wine</li> <li>- ½ lemon- juiced</li> <li>- salt and pepper to taste</li> </ul> | <ul style="list-style-type: none"> <li>- 4 Tbsp. butter-melted</li> <li>- ½ cup panko breadcrumbs</li> <li>- 3 Tbsp. fresh chopped flat leaf parsley (or other herb of choice)</li> </ul> |
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### Recipe

- Pre-heat oven to 400° F
- Spray baking dish with non-stick cooking spray and place shrimp in dish
- Season shrimp with salt and pepper
- Combine garlic, wine, and lemon juice and pour over shrimp
- Combine melted butter, parsley and panko using a fork to stir
- Sprinkle over shrimp
- Bake 15-20 minutes until shrimp turn pink and breadcrumbs are golden brown

# A-Pick, Quick Fix!

<b>Caprese Quesadillas</b>	
<b>Ingredients</b>	
<ul style="list-style-type: none"> <li>- 4 Whole Wheat Tortillas</li> <li>- 1 cup or 4 oz. Mozzarella cheese-sliced or shredded</li> </ul>	<ul style="list-style-type: none"> <li>- 1-2 tomatoes-sliced</li> <li>- Fresh basil leaves-approximately 4 leaves per tortilla</li> </ul>
<b>Recipe</b>	
<ul style="list-style-type: none"> <li>- Preheat oven to 450 and spray a baking sheet with non-stick cooking spray</li> <li>- Layer cheese, basil, and tomato on half of tortilla</li> <li>- Fold tortilla, pressing down slightly</li> <li>- Spray top with cooking spray</li> <li>- Repeat with remaining tortillas</li> <li>- Bake until cheese has melted and tortilla is slightly crispy (about 8 minutes), flipping once if desired.</li> </ul> <p><i>* You could also add your favorite Italian meat to this! (Capicola, prosciutto, etc).</i></p>	
<b>Honey Mustard Chicken</b>	
<b>Ingredients</b>	
<ul style="list-style-type: none"> <li>- 4 chicken breasts</li> <li>- 2 Tbsp. honey</li> </ul>	<ul style="list-style-type: none"> <li>- 2 Tbsp. Whole Grain Mustard</li> <li>- ¼ cup Dijon Mustard</li> </ul>
<b>Recipe</b>	
<ul style="list-style-type: none"> <li>- Pre-heat oven to 375</li> <li>- Spray a baking dish with cooking spray</li> <li>- Combine mustards and honey</li> <li>- Place chicken in baking dish and pour mustard/honey mixture on top</li> <li>- Bake 30 - 40 minutes</li> </ul>	

<b>Grilled Honey Garlic Pork Chops</b>	
<b>Ingredients</b>	
<ul style="list-style-type: none"> <li>- 1/3 cup honey</li> <li>- 1/4 cup soy sauce</li> </ul>	<ul style="list-style-type: none"> <li>- 6 cloves garlic, minced</li> <li>- 4 pork chops</li> </ul>
<b>Recipe</b>	
<ul style="list-style-type: none"> <li>- Combine honey, soy, and garlic</li> <li>- Coat pork chops and allow to marinate 20 minutes</li> <li>- Pre-heat grill to medium</li> <li>- Remove pork chops from marinade and place on grill</li> <li>- Baste with leftover marinade twice while grilling.</li> </ul> <p><i>* You can also bake pork chops in sauce, in 375 degree oven for 30-40 minutes</i></p>	



# Bonus Recipes!



<b>Oven Baked Asparagus</b>	
<i>Ingredients</i>	
- 1 bunch asparagus-ends trimmed	- Salt and Pepper to taste (be liberal since this is where most of the flavor comes from)
- 1 Tbsp. Olive oil	
- 1 clove garlic, minced	
<i>Recipe</i>	
<p>* I bake this at whatever temperature the other item in my oven is at.</p> <p>- 400 degrees or above usually takes about 15 minutes. Below 400 takes closer to 25 minutes.</p> <p>- Place asparagus in a small baking dish.</p> <p>- Pour olive oil over top and stir to coat.</p> <p>- Top with garlic, salt and pepper, stirring again to evenly distribute seasonings.</p> <p>- Bake 15-25 minutes.</p>	
<b>Baked Broccoli and Spinach Bites</b>	
<i>Ingredients</i>	
- 2 Cups frozen broccoli -defrosted and chopped into small pieces	- ½ Cup cheddar cheese
- ½ Cup frozen chopped spinach- defrosted and squeezed of excess water	- 2 eggs- beaten
	- ½ cup panko or regular breadcrumbs
	- ¼ cup parmesan cheese
	- ½ tsp. garlic powder
	- salt and pepper to taste
<i>Recipe</i>	
<p>-Pre-heat oven to 400 °F</p> <p>- Spray a mini muffin tin with non-stick spray</p> <p>- Combine all ingredients in a bowl and form into ping pong sized balls</p> <p>- Place in muffin tin and sprinkle tops with parmesan cheese</p> <p>- Bake 15-20 minutes</p>	

<b>Quinoa Cakes with Chive Sour Cream</b>	
<i>Ingredients</i>	
- 2 cups cooked quinoa	- 2 Tbsp. whole wheat flour (or white)
- 2/3 cup shredded fontina cheese	- 1/4 cup breadcrumbs
- 2 scallions- chopped	- 1/2 cup Light Sour Cream
- 1 egg	- 1 tsp. dried chives
<i>Recipe</i>	
<p>- Pre-heat oven to 425° F</p> <p>- Spray a baking sheet with cooking spray</p> <p>- Combine all ingredients except sour cream and chives</p> <p>- Make patties with quinoa mixture and place onto baking sheet.</p> <p>- Spray tops of cakes lightly</p> <p>- Bake 5-7 minutes on each side</p> <p>- Combine sour cream and chives</p> <p>- Serve cakes with sour cream!</p>	



*These are delicious for adults and children alike! They take about five minutes to prep and are a great and fun way to get kids to eat their veggies!*

# Freezer Recipes!

<i>Hamburger Pie</i>	
<i>Ingredients</i>	
<ul style="list-style-type: none"> <li>- 1 lb. ground beef or turkey</li> <li>- 1 small onion</li> <li>- 1 can tomato paste (small)</li> <li>- 1 package crescent rolls</li> </ul>	<ul style="list-style-type: none"> <li>- 1 package Spatini (spaghetti sauce spices) or Good Seasons</li> <li>- 1 cup parmesan cheese</li> <li>- 8 oz. grated mozzarella cheese</li> </ul>
<i>Recipe</i>	
<ul style="list-style-type: none"> <li>- Dice the onion and brown with the meat. Drain fat.</li> <li>- Stir in tomato paste, Spatini, and ¼ cup water. Cook about 3 minutes.</li> <li>- Create a crust with the rolls in a pie plate. Sprinkle parmesan cheese on the bottom.</li> <li>- Spread half the meat layer, sprinkle parmesan cheese and half the mozzarella cheese.</li> <li>- Spread the other half of meat on top, sprinkle the rest of the parmesan and then finish with mozzarella.</li> <li>- Bake at 350° until the crust has browned and the cheese is melted.</li> <li>- Allow to cool. Cover with foil and freeze.</li> <li>- To re-heat: Place in oven at 300° until cheese has melted and center is hot.</li> </ul>	

<i>Shredded Chicken with Taco Seasoning</i>	
<i>Ingredients</i>	
<ul style="list-style-type: none"> <li>- 4 boneless, skinless chicken breasts</li> <li>- 2 packages taco seasoning</li> </ul>	<ul style="list-style-type: none"> <li>- 2 -4 cups chicken broth or stock</li> <li>- Slow Cooker</li> </ul>
<i>Recipe</i>	
<ul style="list-style-type: none"> <li>- Place Chicken in bottom of slow cooker</li> <li>- Sprinkle Taco Seasoning on top</li> <li>- Pour broth/stock over chicken so that it is submerged</li> <li>- Cook on low 3-5 hours.</li> <li>- Shred chicken and divide into containers for freezing.</li> </ul> <p style="margin-top: 10px;">* I pull this out to use for chicken tacos, fajitas, burritos or tortilla soup. Just let it thaw and re-heat in a skillet or pot with the other ingredients that you are cooking!</p>	