

| Menu – Week 1  | Recipes  |  |
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| <p><b>Monday</b></p> <p><i>Layered Taco Salad</i></p> <p><i>Broiled Pineapple</i></p>  | <p><b>Layered Taco Salad:</b></p> <ul style="list-style-type: none"> <li>• 1 lb lean ground beef</li> <li>• 1 pkg. taco seasoning</li> <li>• 6 green onions, chopped</li> <li>• 8 oz. tortilla chips</li> <li>• 4 cups shredded lettuce</li> <li>• 8 oz canned corn, drained</li> <li>• 8 oz shredded cheddar cheese</li> <li>• 1 tomato, diced</li> <li>• 2 oz sliced black olives</li> <li>• 8 oz ranch dressing</li> <li>• 8 oz salsa</li> <li>• 1 avocado, sliced (or guacamole)</li> </ul> <p>9x12 baking dish<br/>Skillet</p> <p>Brown ground beef &amp; onions in skillet. Prepare taco seasoning according to package directions and add to beef mixture. Set aside.</p> <p>Layer ½ tortilla chips on the bottom of baking dish, followed in order by: lettuce, beef, corn, cheese, tomato, olives, and remaining chips, crushed. Mix together dressing and salsa, pour over salad and garnish with avocado.</p> | <p><b>Broiled Pineapple:</b></p> <ul style="list-style-type: none"> <li>• 22 oz sliced pineapple *</li> <li>• 4 oz cherries, sliced in half &amp; pitted</li> <li>• 1 tbsp melted butter</li> <li>• 1 tbsp brown sugar</li> </ul> <p>baking sheet</p> <p>Place a single layer of pineapple in the baking sheet. Mix together butter and sugar and brush over pineapple. Broil until lightly browned (move rack to the second slot from the top to keep pineapple from burning). Top each with a cherry half.</p> <p>* if you can find fresh, sliced pineapple it broils better.</p>  |
| <p><b>Tuesday</b></p> <p><i>Creamy Chicken</i></p> <p><i>Steamed Rice</i></p> <p><i>Green Beans w/Bacon &amp; Onions</i></p> <p><i>Mandarin Oranges w/chopped pecans (opt)</i></p> | <p><b>Creamy Chicken:</b></p> <ul style="list-style-type: none"> <li>• 4 boneless chicken breasts, cubed (large cubes)</li> <li>• 1 tbsp olive oil</li> <li>• ¼ tsp sage</li> <li>• ¼ tsp rosemary, crushed</li> <li>• ¼ tsp crushed garlic</li> <li>• 1 tsp (1 cube) chicken bouillon</li> <li>• ¼ cup flour</li> <li>• 1 cup milk (non-fat ok)</li> <li>• ¼ cup water, more as needed</li> <li>• 1 tbsp butter, melted</li> </ul> <p>large deep skillet</p> <p>Heat oil; add chicken cubes, sage, rosemary &amp; garlic. Brown on all sides, cover, reduce heat and cook for 15 minutes. Mix flour, bouillon, milk and water until smooth, stir in butter and add to chicken, bring to a slow boil, stirring constantly. Reduce heat to low, cover and cook 5 minutes.</p> <p>Serve over steamed rice.</p>   | <p><b>Green Beans w/Bacon &amp; Onions:</b></p> <ul style="list-style-type: none"> <li>• 1 lb fresh or frozen green beans</li> <li>• 2 strips bacon, cut into small pieces</li> <li>• 4 green onions, chopped</li> <li>• salt &amp; pepper to taste</li> </ul> <p>Sm. Saucepan &amp; steamer<br/>Skillet</p> <p>Steam beans until slightly crisp, but tender. While beans are steaming, begin browning bacon until crisp. You can drain most of the bacon drippings, leaving 1 tbsp to lightly coat beans. Add onions. Drain beans and dab with a paper towel. Add to bacon mixture, mixing well, until beans are coated in bacon drippings. Cook on medium-low for 1 to 2 minutes, until onions are heated through.</p> |

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| <p>Wednesday</p> <p><b>Crockpot Pot Roast<sup>1</sup></b></p> <p><i>Tossed Salad</i></p> <p><b>Ice Cream Delight</b></p> <p><b>Easy Gravy:</b><br/>if you want gravy, it's really easy. Add ½ cup beef juices, salt &amp; pepper to a saucepan (skim fat off if you want), turn heat to medium high, bring to low boil. Mix together 1½ cups cold water and ¼ cup flour until smooth. Add slowly, stirring constantly, into boiling liquid. Reduce heat, simmer for 2-5 min until thickened.</p> | <p><b>Crockpot Pot Roast<sup>1</sup>:</b></p> <ul style="list-style-type: none"> <li>• 2-3 lbs Pot Roast (chuck roast)</li> <li>• ½ to 1 cup water*</li> <li>• 1 tsp rosemary</li> <li>• ¼ tsp dried dill</li> <li>• 2 bay leaves (<u>remove</u> before serving)</li> <li>• ½ tsp salt &amp; pepper</li> <li>• 1 large onion, quartered</li> <li>• 6 medium potatoes, quartered</li> <li>• 1 lb bag baby carrots</li> </ul> <p>crockpot</p> <p>Optional: coat roast in 1 tbsp flour and brown on all sides in 2 tbsp oil in skillet before adding to crockpot. Nice, but not necessary for great flavor.</p> <p>Add roast &amp; water to crockpot. Sprinkle rosemary, dill, bay leaves, salt &amp; pepper on top of roast. Add in order: onion, potatoes and carrots (this keeps carrots from over cooking). Cover &amp; cook according to your crockpot directions (they vary considerably) usually 8 to 10 hours on low.</p> <p>* you don't want to cover the roast with water, just enough water to come ½ way up its side.</p> | <p><b>Ice Cream Delight:</b></p> <ul style="list-style-type: none"> <li>• 8 oz Oreo style cookies</li> <li>• ¼ cup butter, melted</li> <li>• 1 qt. mint chocolate chip ice cream</li> <li>• 6 oz chocolate topping</li> <li>• 4 oz. frozen whipped topping, thawed</li> </ul> <p>8x8 baking dish</p> <p>Crush cookies in a blender until fine crumbs. Mix ½ of the crumbs with melted butter, spread on the bottom of baking dish, don't pack down. Cut ice cream into 1-inch thick slices and layer on crust (or let melt enough to be spreadable and spread with a large spatula). Spread chocolate, then whipped topping on top. Sprinkle remaining cookie crumbs over top. Freeze.</p>                                   |
| <p>Thursday</p> <p><b>Regional Night</b><br/>Cajun/Creole</p> <p><b>Gumbo</b></p> <p>Rice</p> <p><b>Creole Salad</b></p> <p><i>Sliced strawberries, raspberries topped with whip topping &amp; granola</i></p> <p>*most Gumbo calls for a dark roux, but in the interest of time, we're using a light roux here.</p>   | <p><b>Gumbo:</b></p> <ul style="list-style-type: none"> <li>• light roux* – 3 tbsp vegetable oil, 3 tbsp flour</li> <li>• 1 boneless chicken breast, cubed</li> <li>• 2 boneless chicken thighs, cubed</li> <li>• 2 links (1/4lb) smoked sausage, quartered</li> <li>• 1 green pepper, chopped</li> <li>• 6 green onions, chopped, separate whites from greens</li> <li>• 8 oz. shrimp (shelled, deveined)</li> <li>• 2 ½ cups water (more as needed)</li> <li>• 1 tsp crushed garlic</li> <li>• 2 tsp (add more as needed) Cajun spice <sup>2</sup></li> </ul> <p>Dutch oven (or large soup pot)</p> <p>Combine oil and flour, heat slowly until golden brown to create roux. Add onion whites, peppers, chicken &amp; sausage and sauté 15 minutes. Add water, garlic, Creole spice and stir until well combined while bringing to a boil, reduce heat and simmer 10 minutes. Add shrimp, onion greens and cook for 5 minutes. Serve over rice.</p>  | <p><b>Creole Salad:</b></p> <p><b>Dressing:</b></p> <ul style="list-style-type: none"> <li>• ½ cup olive oil</li> <li>• ¼ cup red wine vinegar</li> <li>• ¼ tsp crushed garlic</li> <li>• ½ tsp dried basil</li> <li>• ½ tsp tarragon</li> <li>• salt &amp; pepper to taste</li> </ul> <p>Mix dressing ingredients, whisk or shake well.</p> <p><b>Salad:</b></p> <ul style="list-style-type: none"> <li>• 2 lbs roma tomatoes</li> <li>• 1 sweet red onion</li> <li>• 1 avocado, peeled, pitted</li> <li>• 4 oz shredded mozzarella</li> </ul> <p>small bowl or dressing bottle<br/>large platter</p> <p>Slice tomatoes, onion &amp; avocado. Arrange on the plate, top with shredded cheese and drizzle with dressing.</p> |

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| <p>Friday<br/><b>Kids Night</b></p> <p><b>Chili-Mac</b></p> <p><b>Corn Muffins</b></p> <p><i>Raw Vegetable Tray</i></p> <p><i>Apples</i></p> | <p><b>Chili-Mac:</b></p> <ul style="list-style-type: none"> <li>• 12 oz elbow macaroni</li> <li>• 2 tsp olive oil</li> <li>• ½ onion, diced</li> <li>• ½ green pepper diced</li> <li>• 1 lb ground beef</li> <li>• 14 oz can diced tomatoes</li> <li>• 15 oz can kidney beans</li> <li>• 1 tsp to 2 tbsp chili powder</li> <li>• ¼ tsp salt</li> <li>• pepper to taste</li> </ul> <p>2 qt. saucepan<br/>skillet</p> <p>Cook macaroni according to package directions. Drain. While macaroni is cooking, heat oil in skillet, sauté onions &amp; peppers. Add hamburger, brown &amp; crumble. Add hamburger, tomatoes, beans, chili powder &amp; salt to drained macaroni. Stir, let simmer on low heat for 10 minutes.</p> | <p><b>Corn Muffins:</b><br/>(again, you can't beat those 33¢ Jiffy mixes, but this is a good muffin recipe)</p> <ul style="list-style-type: none"> <li>• 1 cup flour</li> <li>• ¼ cup sugar</li> <li>• 2 tsp baking powder</li> <li>• ¾ tsp salt</li> <li>• 1 cup yellow corn meal</li> <li>• 1 egg (well beaten)</li> <li>• 8 oz can creamed corn</li> <li>• ¾ cup milk</li> <li>• 2 tbsp vegetable oil</li> </ul> <p>muffin pan<br/>paper muffin cups</p> <p>Mix dry ingredients, make well in the center, add egg, corn, milk &amp; oil. Stir until just moistened, don't over mix. Add paper muffin cups to pan, fill each 2/3 full. Bake at 425° for 15-20 minutes.</p> |
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**Notes:** *Time savers:* Gather all your ingredients and utensils together before you begin cooking. Jar of crushed garlic is a highly recommend timesaver. Chop vegetables into large pieces when needed. Frozen vegetables are a good substitute for fresh.

Unless otherwise directed, when using green onions, include the greens. Crush dried spices before adding to recipes, brings out flavors quicker. When recipe calls for crushed or chopped, then item, it needs to be done before measuring. When it calls for the item and then says crushed, chopped, etc, measure it, then crush or chop.

<sup>1</sup> For a nice flavor, add chuck roast and 1 cup red wine & crushed dried rosemary to a freezer bag, marinate overnight or freeze, to add some zing to your pot roast. Just thaw and cook as directed, substituting marinade for water in recipe.

<sup>2</sup> You should be able to find this in most grocery stores, but if you cannot find this seasoning, mix equal parts of the following together and store in an airtight container: paprika, onion powder, garlic powder, lemon zest, black pepper, red pepper, allspice, thyme, ground cloves, mace, cayenne, and crushed bay leaf.

**Substitutions:** You can substitute ground turkey for hamburger in many recipes. Non-alcoholic wine for any wine or sherry. Thighs for chicken breasts - use two thighs for each breast. In anything but baked goods you can use low or non-fat substitute for full fat items, such as sour cream, yogurt, milk, cheese, whipped cream, etc., mayonnaise for Miracle Whip style salad dressing. Fresh and frozen vegetables & fruits can often be interchanged. You can experiment with substituting oil for butter, we usually suggest butter for flavor & texture. Olive oil works well in savory items, vegetable oil in sweet items. Look for low salt options, such as no-salt added tomato products (tomatoes are very salt alone), butter, nuts, etc. And look for no or low sugar in packaged products, especially fruits – look for canned fruits packed on fruit juices and frozen fruits with no added sugars. Even if you have to add sugar it will be less than if they're packed in sugars.

Recommended **minimum** cooking temperatures for safety on meats and poultry (according to the USDA):

- Pork 160°
- Beef 145° (this is medium rare for most steaks and roasts)
- Poultry 165°
- Ground Meat 160°

Turkey 165° to 180° (sources differ. If you take it out of the oven at 165° and let it rest for 20 minutes before carving it should reach 175-180°)