

©2010 MakeDinnerEasy.com Grocery List – for the week of August 23, 2010

Side = Side dish as outlined in weekly menus

Grocery List Items	Slow Cooker Kielbasa	Lasagna Casserole	Everyday Side Salad	Chicken Roma	Asian Sirloin Steak	Easy Mashed Potatoes	Greek Shrimp
<b>PRODUCE</b>							
Small red-skin potatoes	Side						
Oranges	Side						
Yellow onions		1/2		1			1
Green onions							√
Ginger root (look by the Asian vegetables)					√		
Fresh Italian flat leaf parsley		√					√
Fresh herb salad greens or field greens			√				
Garlic			2 cloves		2 cloves		2 cloves
Sugar snap peas				Side			
Potatoes						√	
Broccoli					Side		
Lettuce and ingredients for side salad	Side						Side
Tomatoes							3
<b>MEAT</b>							
Kielbasa (Polish Sausage)	√						
Lean ground beef or ground turkey		1#					
Boneless skinless chicken breasts or thighs				4-6			
Boneless beef top sirloin steak					2-3#		
Shrimp, peeled and deveined							2 #
<b>IN THE AISLES</b>							
Apple juice	√						
Jar of spaghetti sauce (32 ounce)		√					
Medium size pasta (i.e. farfalle)		1#					
Canned diced tomatoes (15 ounce)				1			
Wide noodles (egg or no-yolk)				√			
Angel hair pasta							Side
White wine							√
Caraway seeds	√						
Red wine vinegar					√		
Soy sauce					√		
Honey					√		
<b>DAIRY</b>							
Fat free half and half						optional	
Provençal goat cheese crumbles (4 oz. container)			√				
Feta cheese crumbles (4 oz.)							√
Sauerkraut (may be by the hot dogs)	2#						
Ricotta cheese		2#					
Shredded mozzarella cheese		2 cups					
Grated parmesan cheese		√		½ cup			
Cream cheese				√			

I'm assuming you have: salt, black pepper, brown sugar, 1 egg, light olive oil, flour, dried oregano or basil, paprika, milk, 5 Tablespoons of butter

## **Make Dinner Easy Recipe Summary for the Week of August 23, 2010**

Please refer to individual recipe pages for hits, tips, and techniques

### ***Menus for This Week:***

*Slow Cooker Kielbasa served with boiled potatoes, a side salad and orange wedges*

*Layered Lasagna Casserole served with everyday side salad*

*Baked Chicken Roma served over egg noodles with sugar snap peas*

*Grilled Asian Sirloin Steak served with easy Mashed Potatoes and steamed broccoli*

*Greek Shrimp served over angel hair pasta with a side salad*

### **Slow Cooker Kielbasa and Sauerkraut**

Prep: 10 minutes. Cooking Time: 4-6 hours

2# sauerkraut (I buy the refrigerated variety that comes in a bag)

½ cup brown sugar

½ teaspoon salt

½ teaspoon caraway seeds

2 links Kielbasa or Polish Sausage

½ cup apple juice

Pour the sauerkraut into a colander and rinse very well with water. Allow to drain, using a spoon to press out extra water. Place the rinsed and drained sauerkraut into a slow cooker. Add the brown sugar, salt, and caraway seeds to the sauerkraut, mixing well. Place the kielbasa on top. Pour the apple juice over the kielbasa. Don't stir. Cover and cook on low for 4-6 hours.

Serves 4

### **Layered Lasagna Casserole**

(Prep Time: 30 minutes. Baking Time: 35 minutes)

1 lb lean ground beef or turkey

½ chopped onion

32 oz jar spaghetti sauce

12 oz box medium size pasta, such as farfalle, cooked according to directions on box

2 lb container ricotta cheese

1 egg

¼ cup fresh parsley (not necessary, but it's nice)

½ teaspoon black pepper

½ teaspoon salt

2 cups (8 oz.) shredded mozzarella cheese

Grated Parmesan cheese

Brown meat and onion until done and well browned. Stir in spaghetti sauce and simmer for 15 minutes. Meanwhile cook pasta. Heat oven to 375°F. In a large bowl, combine ricotta, egg, parsley, pepper and salt. Layer the ingredients in a 13 x 9 x 2 baking dish, in the following order:

\* 1/3 of the meat sauce, then

\* ½ of the hot pasta, then

\* cover with ½ of the ricotta mixture, then

\* 1 cup mozzarella, then

\* 1/3 of the meat sauce, then

- \* the rest of the pasta, then the rest of the ricotta, then
- \* 1/3 of the meat sauce, then
- \* the rest of the mozzarella
- \* sprinkle with Parmesan cheese

Cover with aluminum foil. Bake for 30 minutes. Remove foil and bake 5 more minutes or until bubbly. If you make this ahead and bake it, allow for at least 60 minutes to get hot and bubbly. If frozen, thaw 1-2 days ahead of time in the refrigerator.

### Everyday Side Salad

Prep Time: 5 minutes

½ (5 ounce) container fresh herb salad greens or 5-6 cups field greens (*I buy O Organics or Earthbound Farms packaged Organic Herb Salad*)

1-2 garlic cloves minced

2 ounces (1/2 of a 4 ounce container) Provencal goat cheese crumbles (*I buy Saladena Brand with thyme, basil and red pepper*)

2 Tablespoons light olive oil, or more if desired

1/8 teaspoon salt, or to taste

Combine all ingredients in a mixing bowl. Toss and serve

Serves 3-4 as a side salad

### Baked Chicken Roma

(Prep time: 30 minutes, baking time: 30 minutes)

4-6 boneless, skinless chicken breasts or thighs

¼ cup flour

2 Tablespoon dried oregano or basil, divided

½ teaspoon salt

1 teaspoon paprika

2 Tablespoons, olive oil

1 medium onion, diced

1 (15 ounce) can diced tomatoes

6 ounces, softened cream cheese

1/3 cup skim milk

1 Tablespoon, softened butter

½ cup, parmesan cheese

Combine flour, 1 Tablespoon of dried oregano, salt and paprika in a shallow dish. Heat olive oil in a large skillet. Dredge each piece of chicken in flour mixture and place in heated skillet. Brown both sides of chicken and transfer chicken to a 9x13x2" glass baking dish.

In the same skillet, sauté the onions, add the un-drained tomatoes and 1 Tablespoon of dried oregano. Simmer for 5-10 minutes. Meanwhile, in a small bowl, combine cream cheese, milk and butter. Spread the cream cheese mixture over each piece of chicken. Pour the tomato mixture over the cream cheese coated chicken and sprinkle Parmesan cheese on top. Bake uncovered at 350° for at least 30 minutes or until chicken is thoroughly cooked.

Serves 4

## Grilled Asian Sirloin Steak

1/3 cup olive oil  
2 cloves garlic, minced  
2 Tablespoons red wine vinegar  
1/3 cup soy sauce  
1 Tablespoon freshly grated ginger root  
2 Tablespoons honey  
¼ teaspoons each salt and black pepper  
2-3# boneless top sirloin steak

In a small bowl, mix together the first seven ingredients. Place the steaks in a large zip style bag and pour the marinade mixture in the bowl over the steaks. Seal the bag and place the bag of steaks in a baking dish (to avoid a mess if the bag leaks!). Refrigerate for 8-20 hours, turning and massaging the steaks occasionally.

About 20-30 minutes before you are ready to serve dinner, remove the steaks from the marinade and grill over medium heat until steaks reach desired degree of doneness. Cooking times may vary, for medium-rare, cook approximately 5-7 minutes per side for a 1" steak or 7-9 minutes per side for a 1- 1/2" steak. Allow steak to rest for about 5 minutes off of the grill before slicing or serving.

## Easy Mashed Potatoes

(Prep Time: 15 minutes. Cooking Time: 25 minutes)

5 # Idaho potatoes  
4 Tablespoons butter  
¾ cup, milk or fat free half and half  
1 ½ teaspoons salt

1. Peel potatoes, rinse and cut into quarters
2. Place potatoes in a large stock pot and cover them completely with water.
3. Boil potatoes until fork tender (usually about 20-30 minutes depending on the size the potato pieces)
4. Drain potatoes. Add remaining ingredients and mash with a potato masher, or use a hand or stand mixer to mash

## Greek Shrimp

(Prep Time: 25 minutes. Baking Time: 12 minutes)

2 teaspoons, olive oil  
1 medium onion, diced  
1 cup chopped green onions  
2 garlic cloves, minced  
2 cups diced tomatoes (canned or fresh)  
½ cup white wine (any type will do)  
¼ cup Italian flat parsley (not curly)  
½ teaspoon dried oregano  
¼ teaspoon salt and pepper or to taste  
2 pounds raw shrimp, peeled and deveined  
4 ounces, crumbled feta cheese

1. Heat oil in a skillet on medium heat.
2. Add both type of onions and garlic. Sauté until tender.
3. Add tomatoes (drain the tomatoes if using canned), wine, half of the parsley, oregano, salt and pepper and simmer on

low for 15 minutes.

4. Pour half of the wine sauce in the bottom of a casserole dish

5. Rinse and drain shrimp (if using frozen shrimp, the shrimp should be defrosted). Place shrimp on top of the sauce in the casserole dish

6. Pour the rest of the wine sauce over the shrimp and sprinkle the feta on top

7. Bake at 450° for 10-12 minutes or until shrimp turns pink and sauce is bubbly.

8. Serve over angel hair pasta or rice and garnish with the remaining fresh parsley

Serves: 6 as an entrée