

©2010 MakeDinnerEasy.com Grocery List – for the week of August 30, 2010

Side = Side dish as outlined in weekly menus

Main= Main dish as outlined in weekly menus

Grocery List Items	Southwest Pasta Salad	Rotisserie Chicken Salad	Citrus Spinach Salad	Italian Soup	BBQ Onion Burgers	Roasted Asparagus	Fajitas
<b>PRODUCE / BAKERY</b>							
Green onions	√						
Yellow Onions		1/4		1	1/4		1
Red onion			√				
Red pepper (can substitute tomato if preferred)	√						
Green pepper							√
Carrots or carrot sticks	Side						
Celery		√					
Assorted fresh fruit for fruit salad							Side
Flat leaf Italian parsley		√					
Basil				√			
Strawberries		Side					
Cantaloupe					Side		
Baby spinach leaves			√				
Lettuce and ingredients for a side salad				Side			
Cherry tomatoes			√				
Lemon							√
Zucchini				3			
Asparagus						1 #	
Garlic				√		√	√
Tomatoes				4-6			
Sugar Snap Peas							Side
Bakery bread				Side			
Mini croissants		√					
<b>MEAT</b>							
Italian sausage	Main						
Rotisserie chicken		√					
Ground Beef (1.25 pounds for 4 burgers)					√		
Boneless sirloin steak							2.5#
<b>IN THE AISLES</b>							
Ditalini pasta (or any other medium sized pasta such as farfalle)	1 #			√			
Canned whole kernel corn (15 ounce)	1						
Canned black beans (15 ounce)	1						
Canned small black olives (15 ounce)	1						
Canned sliced black olives (2.25 ounce)			1				
Taco flavored chips (Doritos)	√						
Light Miracle Whip or mayonnaise		√					
Canned mandarin oranges (11 ounce)			√				
Light olive oil			√	√		√	√
Balsamic vinegar			√				
BBQ Sauce (we like Sweet Baby Rays brand)					√		
Hamburgers Buns					√		
Salsa							√
Tortillas							√
Chili powder							√
Cumin							√
<b>DAIRY</b>							
Sour cream							√
Shredded cheddar cheese							√
Sliced cheddar or American cheese for burgers					√		

I'm assuming you have: salt, black pepper, milk, Dijon mustard, sugar, 2 eggs, butter, Italian Salad dressing

## **Make Dinner Easy Recipe Summary for the Week of August 30, 2010**

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

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

*Grilled Italian Sausage served with Southwest Pasta Salad and carrot sticks*  
*Rotisserie Chicken Salad served on a croissant with fresh strawberries and a Citrus Spinach Salad*  
*Italian Soup served with bakery bread and a side salad*  
*BBQ Onion Burgers served with Roasted Asparagus and cantaloupe wedges*  
*Slow Cooker Fajitas served with a fresh fruit salad and sugar snap peas*

### **Southwest Pasta Salad**

1 # small to medium size pasta (farfalle or I prefer ditalini)  
1 (15 oz.) can whole kernel corn (don't use cream style), drained  
1 (15 ounce) can black beans, rinsed and drained  
2 green onions, chopped  
1 (15 oz.) small black olives (the can may say 6 oz. drained weight)  
1 red pepper chopped (you can substitute tomato if preferred)  
Italian Salad dressing to taste (try 1/2 to 3/4 cup)  
salt and pepper to taste  
2 cups crushed taco flavored chips, i.e. Doritos)

Cook pasta as directed on the box and drain well. Add drained corn, beans, and olives. Add the chopped onions, red pepper, and salad dressing. Add salt and pepper to taste. The crushed chips should be added just before serving. The salad can be prepared and refrigerated ahead of time, with the exception of the chips. Then prior to serving, add chips, check if additional dressing is needed and serve.

Serves 8-10 as a side dish

### **Rotisserie Chicken Salad**

1 (3#) rotisserie chicken, diced with skin and bones removed (about 5-6 cups diced chicken)  
3 stalks of celery, diced (about 1 1/4 cup)  
1/4 large diced onion (about 1/2 cup)  
1-2 Tablespoons, chopped flat leaf fresh Italian parsley  
3/4 cup light miracle whip (or light mayonnaise)  
1/4 cup milk  
black pepper to taste

Place the diced chicken, celery, onion, and parsley in a large mixing bowl. In a 2 cup glass measuring cup or medium sized bowl, combine the miracle whip and milk. You will need to stir the miracle whip and milk for 1-2 minutes to make sure it's completely combined. Add this mixture to the chicken and other ingredients in the large bowl. Add black pepper and stir. If you are using rotisserie chicken you probably won't need to add salt. If you use this recipe and cook your own chicken, you may want to add salt to taste.

Serve over lettuce or on a mini croissant or small roll

You can also add any of the following ingredients to jazz up this recipe:

halved grapes  
halved and pitted black cherries  
chopped nuts such as cashews, walnuts or almonds  
chopped apples

## Citrus Spinach Salad

(Prep Time: 10 minutes)

5-6 cups baby spinach leaves (about 1/2 of a 9 ounce bag)

1 cup cherry tomatoes

1/8 red onion, thinly sliced

1 (11 ounce) can mandarin oranges

1 (2.25 can) sliced black olives

Dressing (Revised):

1/4 cup extra light virgin olive oil

4 teaspoons balsamic vinegar (or more if desired)

1/4 teaspoon Dijon mustard

1 teaspoon granulated sugar

1/8 teaspoon each, salt and black pepper

Combine dressing ingredients and set aside. Combine salad ingredients in a large bowl. Pour desired amount of dressing over salad and serve immediately. You probably will have a little dressing left over, depending on how much dressing you like in your salad

Serves 4-5

## Italian Soup

2 Tablespoons olive oil

1 medium onion, chopped

3 small to medium sized zucchini, diced with skin on

1 garlic glove, minced

4 large (or 6 plum) ripe tomatoes, diced

2 Tablespoons sugar

1 teaspoon salt or to taste

2 Tablespoons fresh basil or 2 teaspoon dried basil

Cooked pasta of your choice (I use small pasta such as orzo)

In a large pan, sauté onion in olive oil. Add the zucchini and continue to cook until zucchini is softened. Add the tomato and garlic. Let simmer for 15 minutes. Cook and place mixture in a blender or use a hand held blender to mix ingredients well. Return blended mixture to pan, add sugar and salt and chopped basil. Serve over hot pasta

Serves six

Make Ahead Tip: This can be made ahead and reheated or even complete the first 4 steps and refrigerate. Complete the rest of the recipe 15 minutes before serving.

## BBQ Onion Burgers

1.25 pounds ground beef (80-85% lean)

2 Tablespoons bottled Barbeque Sauce

¼ large onion, finely chopped (about ½ cup)

¾ teaspoon salt

¾ teaspoon black pepper

4 slices cheese, if desired

Place ground beef in a medium size mixing bowl. Add remaining ingredients. Use a spoon or your hands to mix. Divide the meat mixture into 4 equal portions. Loosely shape each portion into a 1" patty. Try not to press or pack the meat too tightly. Grill on one side, with the lid down, 3-5 minutes, flip and cook an additional 3-5 minutes or until done to your liking. During the last minute of cooking time, place sliced cheese on top, if desired, and allow to melt. Serve on buns with desired condiments.

Serves 4

Cook's notes: You can make these burgers in advance and place them in a single layer on a wax paper lined plate. If you have more than one layer, separate the layers with wax paper. Refrigerate or freeze until ready to use.

### Oven Roasted Asparagus

1 pound fresh asparagus (about 2 bunches – try to select bunches with narrow stems if possible)  
2-3 garlic cloves, minced  
2 Tablespoons, light olive oil  
½ teaspoon, salt

Preheat oven to 400°F.

Meanwhile, trim the asparagus by cutting off 1 ½ - 2" off of the cut ends. Place the asparagus in a 9"x12" glass baking dish along with the minced garlic cloves. Pour olive oil over veggies and sprinkle with salt. Toss the asparagus so the olive oil coats all pieces. Roast asparagus in the preheated oven for about 10 minutes.

*Cook's Notes: This is a flexible recipe. If you are cooking something else in the oven at a lower temperature, just increase the cooking time a bit. If you are in a hurry, you can also broil these for a shorter period of time.*

### Slow Cooker Steak Fajitas

(Prep Time: 20 minutes. Cooking Time: 8 hours)

1 Tablespoon olive oil  
2.5 # boneless sirloin steak, cut (across the grain) into thin strips  
1 large onion, thickly sliced  
3 Tablespoons fresh lemon juice  
2 cloves garlic, minced  
2 teaspoons ground cumin  
1 teaspoon salt or to taste  
½ teaspoon chili powder

Heat the olive oil in a large skillet. Add half of the steak strips and brown on all sides. This may take a total of 7-9 minutes. Transfer the browned steak strips into a slow cooker. Brown the remaining steak strips (you probably won't need additional oil) and transfer those into the slow cooker. In the same skillet, add the onion and garlic and sauté over medium heat. Meanwhile, mix the lemon juice, cumin, salt and chili powder in a small glass and add to the skillet. Stir well and pour the onions, garlic, and the spice liquid over the steak in the slow cooker. Stir, place the cover on the slow cooker and cook on low for 7-8 hours or on high for approximately 3 hours or until the meat is tender.

Serve with warm tortillas, salsa, sour cream, grated cheddar cheese, sautéed green pepper and onions, and shredded lettuce.

Serves 6