

Item	Orange Glazed Chicken	Turkey Stuffed Zucchini	Citrus Spinach Salad	Lettuce Wraps	Cheese Burger Sliders	Glazed Tilapia	Crispy Cucumber Salad
PRODUCE							
Orange	√				Side		
Baking potatoes	Side						
Broccoli	Side						
Zucchini (each 6-7"long)		4					
Yellow onions		1/2		1/4	1/2		
Garlic		2 cloves					
Lettuce and ingredients for a side salad					Side		
Baby spinach			√				
Cherry tomatoes			√				
Red onion			√				
Butter lettuce (Bib lettuce is ok to use too)				√			
Carrots (I find baby carrots are a little easier to use)				√			
Cucumbers				1			2
Fresh dill weed							√
Green onions				√			
Flat leaf Italian parsley						√	
Cilantro				√			
Assorted fruit for a fruit salad				Side			
MEAT							
Chicken breasts or thighs	√						
Lean ground turkey (3/4 lb)		√					
Diced cooked chicken (pre-cooked rotisserie or cook your own)				√			
Ground Sirloin, 93% lean (2 pounds)					√		
Tilapia fillets						√	
IN THE AISLES							
Apple juice	√						
Low sugar orange marmalade	√						
Seasoned bread crumbs		√			√		
Canned diced tomatoes (15 oz.)		1					
Canned mandarin oranges (11 oz.)			√				
Canned sliced black olives (2.25 oz.)			√				
Peanuts				√			
Chicken broth (1 ¼ cup needed)				√			
Light mayonnaise						√	√
Slivered almonds						√	
Dinner Rolls or Kings Hawaiian Rolls (12-18 pack)							
Cayenne pepper				optional			optional
Onion Powder					√		
Balsamic vinegar			√				
White vinegar							√
Light olive oil		√	√	√			
cornstarch	√						
DAIRY / FROZEN							
Sour cream	Side						√
Grated mozzarella cheese		√					
Grated parmesan cheese						√	
Sliced Cheddar or American Cheese (6 slices)					√		
Dill Pickle Slices (I like Clausen)					optional		
Frozen French Fries					side		
Cream (only need 1 Tablespoon)						√	

I'm assuming you have: salt, black pepper, paprika, 1 egg, dried basil or oregano, Dijon mustard, ketchup, granulated sugar, soy sauce, butter, peanut butter (either creamy or crunchy)

Make Dinner Easy Recipe Summary for the Week of January 30, 2012

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

Menus for this Week:

Orange Glazed Chicken served with a baked potato and steamed broccoli

Turkey Stuffed Zucchini Boats served with Citrus Spinach Salad

Lettuce Wraps with Peanut Sauce served with a fresh fruit salad

Oven Baked Cheeseburger Sliders served with French Fries, a side salad and orange slices

Dijon Glazed Tilapia served over rice with a Crispy Cucumber Salad

Orange Glazed Chicken

(Prep time 10 minutes, baking time 50 minutes)

6 chicken skinless chicken thighs or breasts (can be boneless or with bone)

Salt and pepper to season chicken

¼ teaspoon paprika or enough to sprinkle on each chicken piece

1 ½ cups apple juice

2 Tablespoons cornstarch

1/3 cup low sugar orange marmalade

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 orange, cut into ½ slices

Remove skin from chicken if necessary and place chicken in a 9"x13"x2" glass baking dish. Season the chicken with a small amount of salt, pepper and paprika. Pour apple juice into a cold sauce pan and stir in cornstarch. When mixed well, add the marmalade, salt and black pepper. Place pan on the stove and cook over medium-low heat, while stirring constantly, until the mixture thickens. Remove from heat and spoon the glaze over each piece of chicken. I use the back of the spoon to spread the glaze around the chicken. Bake at 350° F for approximately 45 minutes or until done (small boneless pieces may be done in less time) Place ½ slice of an orange on top of each piece of chicken and bake for an additional 5 minutes Serve over rice.

Prep ahead Tip: Make glaze and cool slightly before spooning over chicken. Assemble dish, cover and refrigerate until ready to bake.

Serves 4-6

Turkey Stuffed Zucchini Boats

Preparation Time: 15 minutes. Baking Time 30 minutes

4 zucchini, each about 6-7" in length

1 teaspoon olive oil

½ large onion, diced

2 garlic cloves

¾ pound ground turkey

1 egg, beaten

1/3 cup seasoned bread crumbs

1 Tablespoon dried basil or oregano

1 (15 ounce) can diced tomatoes, drained
1 cup grated mozzarella cheese

Heat the olive oil in a large skillet and sauté the onions and garlic. Add the ground turkey and continue to cook until the turkey is browned and fully cooked. As the turkey is cooking, make sure to break up the meat into small clumps.

Meanwhile, cut each zucchini in half lengthwise. Using a spoon, scrape out the center pulp of each zucchini half. Discard the pulp. Place the zucchini halves, with the hollowed out portion facing up, in a rectangular glass baking dish.

When the turkey is browned, remove from heat and add the beaten egg, breadcrumbs, seasoning and drained diced tomatoes. Spoon the turkey mixture into each zucchini half. Sprinkle with mozzarella cheese. Bake at 350°F for 25 minutes covered with foil and for an additional 5 minutes uncovered. These can be made several hours in advance and refrigerated. The cooking time may need to be extended additional 5 or so minutes so that the boats are hot and bubbly.
Serves 4-6

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

Lettuce Wraps with Peanut Sauce

(Prep Time: 20 minutes. Cooking Time: 10 minutes)

3 cups cooked chicken, diced or shredded (pre-cooked rotisserie or leftover chicken works great)
1 head butter or Bibb lettuce (I prefer butter lettuce for this recipe)
½ cup julienned raw carrots
½ cup julienned cucumber
¼ cup chopped green onion

¼ cup chopped cilantro
½ cup finely chopped peanuts

Peanut Sauce

1 teaspoon olive oil
¼ cup finely chopped onion
½ cup peanut butter (either crunch or smooth)
1 ¼ cups chicken broth
1 teaspoon soy sauce
1/8 teaspoon cayenne pepper (optional)

1. Make peanut sauce by heating olive oil in a medium skillet and sautéing the onion until tender. Add the remaining ingredients, stirring over low heat until blended. Additional broth can be added if sauce is too thick.
2. Arrange chicken, lettuce and vegetable on a platter. Place cilantro and chopped peanuts in separate small bowls.
3. Serve by placing a desired amount of chicken and vegetables on a lettuce leaf and top with cilantro and peanuts. Spoon a small amount of sauce on top. Roll lettuce up burrito fashion.

Serves: 4

Oven Baked Cheese Burger Sliders

Preparation Time: 10 minutes Baking Time: 30 minutes

2 pounds, 93% lean ground sirloin
1/4 cup seasoned bread crumbs
1 small onion finely diced (about 3/4 cup) or 1/4 cup dried minced onions
1/2 teaspoon onion powder
1/2 teaspoon salt

1 package of dinner rolls (I like Kings Hawaiian rolls) 6 slices of Cheddar or American cheese

Preheat the oven to 400°F. In a medium bowl, combine the beef, bread crumbs, diced onion, onion powder, and salt.

Evenly distribute the beef in a 9"x13"x2" baking dish. Gently press the meat mixture so that it is one large patty of even thickness. Use the tines of a fork to poke holes throughout the meat.

Bake at 400°F for about 30 minutes. As it's baking, the meat will shrink away from the sides and liquid will accumulate around the edges of the pan. When fully cooked, remove the pan from the oven (keep the oven on, your not done yet!) and carefully drain off the liquid. I usually hold the pan with a potholder in my left hand and use a spatula in my right hand to prevent the meat from falling out as I drain the liquid off. Be careful doing this, or get someone to help you drain off the liquid. If it's easier for you you can also use paper towels to blot off the liquid.

Top the meat with sliced Cheddar or American cheese.

Return the pan to the oven for 2 minutes or until the cheese is melted. Remove from the oven, allow to rest for a few minutes and then cut into 2" squares (or the size of your buns).

I like to serve these with a sandwich sized dill pickle slice and ketchup.

Yield 9-15 mini-burgers

Dijon Glazed Tilapia

(Prep Time: 10 minutes. Baking Time: 15 minutes)

4-6 Tilapia Fillets
½ cup light mayonnaise
¼ cup Dijon mustard
1 Tablespoon Parmesan cheese
½ teaspoon fresh parsley
1 Tablespoon cream
½ cup slivered almonds

Rub a foil lined cookie sheet with butter (or use quick release foil). Place fillets on foil. In a small mixing bowl, combine the mayo, mustard, parmesan, parsley and cream. Using a spoon, coat the top of each fillet with the mayo mixture. Sprinkle the almonds over each fillet. Bake at 350 for 12-15 minutes, or until you can flake the fish with a fork.

Serves: 4

Crispy Cucumber Salad

2 cucumbers, peeled and cut into ½ inch slices
1 teaspoon salt
1 teaspoon white vinegar
½ cup light mayonnaise or miracle whip
¼ cup light sour cream
1 Tablespoon fresh dill weed, chopped
¼ teaspoon freshly ground black pepper
¼ teaspoon paprika
A dash of cayenne pepper(optional)

Place cucumber slices in a glass bowl in layers, sprinkling each layer with salt. Pour vinegar on top and toss. Cover and let stand at least 30 minutes or up to several hours. Refrigerate if you are letting this stand for over 30 minutes.

Squeeze the liquid out of the cucumbers by placing 5-6 slices in the palm of one hand and use the palm of your other hand to squeeze out the liquid (this makes them crispy!). The liquid that you squeeze out should be discarded. Place the squeezed cucumbers in an empty bowl. Add remaining ingredients and stir to coat. Adjust salt and pepper to suit your tastes. This can be made in advance and refrigerated.

Serves 4, recipe can be doubled