

Item	Pizza Squares	Crustless Quiche	Raspberry Spinach Salad	Mexican Mostacholi	Chicken Paprikash	Pasta with Shrimp
<b>PRODUCE</b>						
Yellow onions	1			1	1	
Red onion			√			
Plum tomatoes	2	1				2
Lettuce & ingredients for a side salad	Side			Side		Side
Apples	Side					
Green onions		√				
Baby spinach leaves			√			
Raspberries			√			
Cantaloupe		Side				
Cauliflower					Side	
Green onions						√
Fresh basil						√
Garlic				√		√
<b>MEAT</b>						
Bulk Italian sausage (1 – 1.25 lbs)	√					
Bacon		√				
Ground turkey (1-1.25 lbs)				√		
Boneless, skinless chicken thighs					8-10	
Cooked, peeled shrimp						√
<b>IN THE AISLES</b>						
Canned pizza sauce (8 oz.)	√					
Canned Diced Tomatoes (28 oz.)						
Canned black beans (16 ounce)				√		
Canned sliced black olives (2.25 ounce)				√		
Chicken broth					2 cups	
Chicken bouillon or concentrated chicken stock paste					√	
Wide egg noodles or no-yolk noodles					Side	
Angel hair pasta noodles (16 oz.)						√
Penne or Spiral Noodles (16 oz)						
Paprika (Hungarian sweet paprika preferred)					√	
Chili Powder				√		
Cumin				√		
Light olive oil	√		√	√		√
<b>DAIRY / FROZEN</b>						
Sour cream (light sour cream is ok to use)					√	
Cream cheese (need 4 oz.)		√				
Frozen bread dough (need 1 lb. loaf)	√					
Shredded mozzarella cheese	3 cups					
Shredded cheddar cheese		√		2 cups		
Cottage cheese		√				
Eggs		5				
Grated parmesan cheese		√				√

I'm assuming you have: salt, black pepper, dried oregano, butter, flour, milk, baking powder, Dijon mustard, brown sugar, granulated sugar

## **Make Dinner Easy Recipe Summary for the Week of March 1, 2010**

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

### **Menu**

Deep Dish Pizza Squares served with a side salad and apple slices  
Crustless Cheesy Quiche served with Raspberry Spinach Salad and cantaloupe cubes  
Mexican Mostacholi served with a side salad  
Slow Cooker Chicken Paprikash served over wide egg noodles and steamed cauliflower  
Angel Hair Pasta with Shrimp served with a side salad

### **Deep Dish Pizza Squares**

Preparation Time: 30 minutes. Baking Time: 25 minutes

2 teaspoons light olive oil, divided  
1 pound frozen bread dough  
1 – 1.25 pounds bulk Italian sausage  
1 medium yellow onion, diced  
1 (8 ounce) can pizza sauce  
1 Tablespoon oregano  
3 cups shredded mozzarella cheese, divided  
2 plum tomatoes, sliced

In the morning, pour 1 teaspoon of olive oil in a large mixing bowl and spread around and up the sides of the bowl using your fingers. Place the frozen bread dough in the greased bowl and cover with plastic wrap. Allow the dough to defrost and rise for at least 6-8 hours.

About 60 minutes before dinner, preheat the oven to 400°F. Brown the Italian sausage in a large skillet, breaking it up into small clumps using 2 spoons. When fully cooked and browned, add the diced onions to the pan and sauté and additional 1-2 minutes until onions are softened. Remove from heat and blot off any excess fat.

Place 1 teaspoon of olive oil in a 9"x12"x2" glass baking pan. Place dough in the center and turn it over once so that all sides are covered with olive oil. Using your hands press out the dough so the dough covers the bottom and up the sides of the pan evenly. If the dough wants to spring back, try holding the dough in place for a few seconds until it stays in place. Bake the crust at 400°F for 5 minutes.

Remove the crust from the oven and spread pizza sauce evenly over the bottom of the crust. Sprinkle the oregano on top. Sprinkle 1 cup of mozzarella cheese on top. Then spread the cooked sausage and onion mixture over the cheese. Sprinkle another cup of mozzarella over the sausage. Place the sliced tomatoes over the mozzarella and cover with the remaining cup of mozzarella.

Bake at 400°F for 25 minutes. Allow to rest for 5 minutes before cutting into 2-3" square. Serves: 6-8 and leftovers are great for lunch.

### **Crustless Cheesy Quiche**

½ stick, butter (1/4 cup)  
¼ cup, flour

¾ cup, milk  
1 cup cottage cheese  
½ teaspoon baking powder  
½ teaspoon salt  
½ teaspoon Dijon mustard  
5 eggs  
4 ounces, softened cream cheese (make sure it's really softened can even soften it in the microwave)  
6 ounces shredded swiss or cheddar cheese  
3 Tablespoons Parmesan cheese  
¼ cups green onions, chopped  
3 slices cooked bacon, crumbled (use ready to serve precooked bacon or diced ham if pressed for time)  
1 tomato sliced and set on a paper towel to drain

Melt the butter in a saucepan, stir in flour, stir and cook until bubbly, add milk slowly while stirring. Cook over medium low while stirring for 5 minutes or until thickened. Add the cream cheese and stir until combined. Remove from heat and let cool for about 15 minutes.

Meanwhile, preheat oven to 350°F.

Combine cottage cheese, baking powder salt and mustard in a large bowl. Add the beaten eggs and stir. Add the milk/flour sauce that is in the saucepan to the cottage cheese mixture in the bowl. Stir well, and then add the cheeses, green onion and bacon.

Pour this mixture into a buttered 10" pie plate and top with sliced tomatoes.

Bake at 350°F for 40 minutes. A knife inserted into the center of the quiche should come out clean. Let rest for 15 minutes and serve.

### **Raspberry Spinach Salad with Raspberry Vinaigrette**

#### **Salad**

Baby Spinach leaves  
Thinly sliced red onion  
Fresh Raspberries

#### **Raspberry Vinaigrette**

1/2 cup canola oil or light olive oil  
4 Tablespoons raspberry vinegar  
3 teaspoons granulated sugar  
1/4 teaspoon Dijon mustard  
1/4 teaspoon salt

Combine salad ingredients in a large bowl. In a separate bowl or cup, combine the vinaigrette ingredients. Add just enough dressing to lightly coat the spinach. Most likely you will not use all of the dressing but it will keep for at least a week in the refrigerator. Remember if you do use olive oil, that it will solidify when cold but will return to it's normal consistency when brought back to room temperature.

### **Mexican Mostacholi**

Preparation Time: 30 minutes Baking Time: 25 minutes

1 pound penne or spiral pasta  
2 teaspoons olive oil  
1 medium yellow onion, diced  
2 cloves minced garlic  
1 - 1.25 pounds ground turkey  
1 large can (29 ounce) diced tomatoes, undrained  
1 Tablespoon chili powder  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1 (16 ounce) can black beans, drained  
2 cups shredded cheddar cheese  
1 (2.25 ounce) can sliced black olives, drained

Cook pasta as directed. Meanwhile, saute the onions and garlic in olive oil in a large non-stick skillet. Add the ground turkey and brown the meat. Use two spoons to separate the turkey into small chunks as it browns. Add the undrained diced tomatoes, the seasonings and the drained black beans. Simmer for 1-2 minutes. Combine the drained penne pasta, the turkey and tomato mixture and 3/4 cup of the shredded cheddar cheese and pour the combined mixture into a 9"x13"x2" baking pan. Sprinkle the remaining shredded cheese on top along with the drained sliced black olives. Cover with foil and bake at 350°F for 20 minutes. Uncover and bake an additional 5 minutes.

Serves 8 and leftovers are great for lunch. This recipe can also be cut in half and baked in a smaller pan.

### Slow Cooker Chicken Paprikash

(Prep Time: 30 minutes. Cooking Time 6-8 hours)

8-10 Boneless, Skinless Chicken Thighs  
2 teaspoons Hungarian Paprika (Get the good stuff for this recipe! It comes in a large red can)  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 large onion, coarsely chopped  
1/3 cup, flour  
2 cups chicken [broth](#)  
1 teaspoon chicken [bouillon](#) (I prefer concentrated stock paste)  
½ cup sour cream (can use light sour cream)  
1 teaspoon flour

1. Place thighs in a large skillet. Sprinkle 1 teaspoon of paprika over the thighs. Turn thighs over and sprinkle the other 1 teaspoon of paprika over the other side. Sprinkle the salt and pepper over the chicken.
2. Place the skillet on the burner on medium/high heat. Watch the thighs carefully as there is no extra oil or water in the pan at this point. This is done deliberately so that the thighs brown nicely. Cook the thighs on one side for 2-4 minutes without moving or turning them. You can carefully peek under them occasionally to make sure they don't burn. It's ok to let them stick a little as this improves the flavor. After one side is nicely browned. Use tongs and turn thighs over. Cook on this side 2-4 minutes as well until browned. If you need to, you can add a small amount of water to prevent overbrowning.
3. Transfer thighs to a slow cooker. Keep the pan drippings intact and add the onion to the skillet. Return the skillet to medium heat and sauté for several minutes. Turn the heat off and add the flour, mixing well. Add chicken broth and turn the heat back on the medium, stirring well until mixture starts to thicken. Add bouillon.
4. Pour thickened broth over the thighs in the slow cooker. Cover and cook on low for 6-8 hours.

5. 30 minutes before serving. Mix the sour cream with 1 teaspoon flour in a separate bowl. Add a few tablespoons of the liquid from the slow cooker to warm up the sour cream mixture (this will prevent it from curdling). Add the sour cream to the slow cooker and stir well. Continue to cook on low for 30 minutes. Serve over wide noodles.

Serves: 6-8. Leftovers freeze well

### **Angel Hair Pasta with Shrimp**

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

½ cup extra light virgin olive oil  
2 ripe Tomatoes  
4 green onions  
1 package Fresh Basil, can use less if desired  
2 garlic cloves, minced  
½ cup freshly grated Parmesan cheese  
½ teaspoon each salt and pepper  
1 pound dry angel hair pasta  
12 ounce bag of cooked shrimp, thawed and drained

1. Dice tomatoes, green onions, basil and garlic and set aside in separate bowls.
2. Cook pasta according to package directions. Meanwhile, heat olive oil on low in a large skillet, add garlic and sauté about 5 minutes, add shrimp and cook an additional 2 minutes. Add tomatoes, green onions and salt and pepper.
3. Drain pasta and add pasta to sauté pan with shrimp mixture. Add basil and Parmesan cheese. Toss and serve

Serves: 6