

Item	Sweet & Spicy Chicken	Citrus Spinach Salad	Steak Fajitas	Taco Salad	Rosemary Chicken	Garlic Shrimp
PRODUCE						
Ginger root (look near the pea pods and bean sprouts)	√					
Baby spinach leaves		√				
Cherry tomatoes		√				Side
Red onion		√				
Yellow onions			2	1	1/2	
Lemons			√		√	
Garlic			2 cloves	1 clove		12 cloves
Green peppers			Side			
Assorted fruit for fruit salad			Side			
Romaine lettuce				√		Side
Tomatoes				2		
Pears				Side		
Fresh rosemary sprigs					√	
Baking potatoes					Side	
Sugar snap peas					Side	
Strawberries						Side
MEAT						
Boneless skinless chicken breasts	√					
Boneless sirloin steak (2.5 lbs)			√			
Lean ground or ground turkey (1 #)				√		
Shrimp (2 lbs, shell off)						√
Chicken leg quarters (bone in with leg and thigh attached)					√	
IN THE AISLES						
Tortillas			√			
Salsa			topping			
Hot chutney (may be near the BBQ sauce)	√					
Orange marmalade (low-sugar variety is ok to use)	√					
Rice	Side					
Canned mandarin oranges (11 oz.)		2				
Canned sliced black olives (2.25 oz.)		2				
Taco seasoning (1.25 oz. package)				√		
Taco flavored chips (such as Doritos)				√		
Chicken broth (need 1 cup)						√
Linguine						Side
Ground cumin			√			
Balsamic vinegar		√				
Wine vinegar				√		
Light olive oil		√	√	√	√	√
Dry sherry wine (in the liquor department)	√					
White wine					√	
Soy sauce	√					
DAIRY						
Shredded cheddar cheese			topping	2 cups		
Sour cream (for baked potatoes)			topping			optional

I'm assuming you have: salt, black pepper, garlic powder, Dijon mustard, granulated sugar. Chili powder, paprika, dried oregano, butter, flour

Make Dinner Easy Recipe Summary for the Week of March 8, 2010

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

Menus for this Week:

Sweet & Spicy Baked Chicken served over rice with a Citrus Spinach Salad
Slow Cooker Steak Fajitas and sautéed green peppers served with a fresh fruit salad
Taco Salad served with pear wedges
Roasted Rosemary Chicken served with a baked potato and sugar snap peas
Garlic Shrimp served over linguini with a side salad and fresh strawberries

Sweet and Spicy Baked Chicken

Preparation Time: 10 minutes. Baking Time: 40-70 minutes

6 boneless, skinless chicken breasts (see note for cooking bone in breasts)
Garlic powder to taste

Soy Basting Sauce:

2 ½ Tablespoons soy sauce
¼ cup dry sherry (try to use the real stuff instead of cooking sherry)

Sweet and Spicy Sauce:

2 ½ Tablespoons soy sauce
¼ cup dry sherry
1/3 cup hot chutney, coarsely chopped if necessary
¼ cup orange marmalade (ok to use low-sugar marmalade)
1 ½ teaspoons freshly ground ginger

Preheat the oven to 350°F. Place the boneless, skinless chicken breasts in a large baking dish (I used a 10"x2"x15" glass pan). Sprinkle breasts with garlic powder. Mix together the soy basting sauce and pour over the meat. Bake for 15 minutes. Meanwhile, mix together the sweet and spicy sauce. Remove the chicken from the oven, turn the breasts over, and pour the sweet and spicy sauce over the meat. Return to the oven and bake approximately 20 - 25 minutes or until the meat reaches 165°F.

If you are using bone in split breasts, remove the skin and place the breasts meat side down in the baking dish. Pour the soy basting sauce over the meat and bake for 30 minutes. Remove from the oven, turn the breasts over and pour the sweet and spicy sauce over the meat and bake an additional 20 minutes or until the meat reaches 165°F.

Serves 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

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, sauteed green pepper and onions, and shredded lettuce.

Serves 6

Taco Salad

Prep Time and Cooking Time: 30 minutes

1 pound, lean ground round or ground turkey
1 small onion, diced
½ package taco seasoning
6 ounces (1/2 of a large bag) of taco flavored Doritos, crushed
Romaine Lettuce, chopped into small slices (I use 2-3 large heads for my family and it really tastes better chopped rather than torn)
2 tomatoes, chopped
2 cups, shredded cheddar cheese

1. Brown meat and onion until cooked well. Add taco mix and stir. Set aside.
2. Mix other ingredients in a large bowl and add meat (meat should be warm when you add it)
3. Add an amount of dressing that suits your taste and toss well (if you make the recipe below, you will have left over dressing).

For the dressing: you can use bottled Italian dressing or mix together:

¼ cup wine vinegar
¾ cup oil

½ teaspoon paprika
½ teaspoon dried oregano
½ teaspoon each, salt and pepper
½ teaspoon garlic and onion powder (or 1 clove garlic, minced)
½ teaspoon sugar
½ teaspoon mustard

Roasted Rosemary Chicken

Preparation Time: 15 minutes. Baking Time: 60 minutes

6-8 bone in leg quarters (leg attached to the thigh), with skin removed

Rosemary Rub:

1 teaspoon chopped fresh rosemary (see cook's notes)
¼ teaspoons each salt and black pepper
¼ teaspoon garlic powder
¼ teaspoon paprika

Lemon Sauce:

2 Tablespoons olive oil
½ large onion
½ cup white wine (or chicken broth)
½ teaspoon grated lemon zest (lemon peel)
2 Tablespoons fresh lemon juice (about ½ of a lemon)
1/8 teaspoon salt

Preheat oven to 350°F. Place skinless chicken in a large baking dish with 2" sides. Mix together the rosemary rub and pour over chicken, rubbing it in with your fingers or the back of a spoon. Bake chicken for 20 minutes. Meanwhile, place the ingredients for the lemon sauce in a saucepan and bring to a boil. Simmer for a few minutes and turn off heat. After the chicken has baked for 20 minutes, pour the lemon sauce over the chicken and bake an additional 40 minutes or until chicken reaches an internal temperature of 165°F.

Cook's notes: When using fresh rosemary, remove the rosemary from the stalk by placing two fingers from each hand at the top of the stalk and pull two fingers from one hand down toward the base of the stalk. The rosemary leaves will fall right off the stalk (don't use the stalk in this recipe). When grating the lemon zest, it's easier to have a dry lemon. Just grate the yellow portion and it's easier to grate the lemon first before juicing it.

Serves 6-8 and leftovers are yummy for lunch.

Garlic Shrimp

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

2 # shrimp (fresh or frozen, should be shelled, can be any size)
½ cup, light olive oil
2 Tablespoons, butter
12 garlic cloves, minced (use more if you like!)
1 Tablespoon, flour
1 cup chicken broth
¼ teaspoon salt

First, prepare the shrimp. If you bought frozen shrimp, the shrimp needs to be defrosted. This can be done by placing the bag of frozen shrimp in a bowl, and placing the bowl in the refrigerator for about 8-10 hours. Then pour the shrimp from the bag into a bowl and run cold water over the shrimp. Every 5 minutes or so, drain the water off the shrimp and add new cold water until the shrimp is defrosted. If you are taking the shrimp straight from the freezer, you can just use the cold water bath method, as outlined above, to defrost. Once the shrimp is defrosted, drain very well and blot with paper towels. If your shrimp are still frozen or very wet, your dish will turn out too watery.

Heat the olive oil and butter in a large skillet. Add the minced garlic cloves and sauté (don't brown) for about 1 minute. Add flour and stir well. Add chicken broth and salt. Add shrimp. If you are using cooked shrimp, just heat the shrimp for 2-3 minutes on medium low. If you are using raw shrimp, cook the shrimp for about 4-5 minutes or until they turn pink in color. Don't overcook, or the shrimp will be tough. Serve over pasta or rice

Serves 6.