

Side = Side dish as outlined in weekly menus

Grocery Shopping List	Turkey Burgers	Shrimp Italiano	Pineapple & Ham Kabobs	Citrus Spinach Salad	Spaghetti Casserole	French Dip Sandwiches	Healthy Waldorf Salad
PRODUCE							
Onions	1/2	1					
Sugar snap peas	Side						
Assorted fruit for a fruit salad	side						
Red apples							3
Pineapple			√				
Celery							√
Baby spinach leaves				√			
Cherry tomatoes				√			
Red onion				√			
Green onions		√					
Lettuce and ingredients for a side salad		Side			Side		
Bakery Bread					side		
MEAT							
Ground turkey	1.5 #						
Mini ham (2 pounds – or 2 pounds thick cut 1” – 1.5” deli ham)			√				
Round Tip Beef Roast (or any kind of roast beef)						2/5 lbs.	
Frozen cooked shrimp		1 #					
IN THE AISLES							
Seasoned bread crumbs	√						
Hamburger Buns	√						
Canned mandarin oranges (11 ounce)				√			
Spaghetti sauce (26 ounce jar)		1			1		
Canned, diced tomatoes (15 ounce)		1					
Canned black olives, sliced (2.25 ounce)		√		√			
Linguine or pasta of choice		1 #					
Spaghetti noodles					√		
Low sugar orange marmalade			√				
Dark raisins							√
Balsamic vinegar				√			
Light olive oil		√		√			
Worcestershire sauce	√						
Soy sauce	√						
Beef Broth						32 oz.	
Dried Onion Soup Mix (need one 1 oz envelope)						√	
DAIRY							
Cream cheese (8 oz. package)					√		
Grated parmesan cheese					√		
Shredded mozzarella cheese					1.5 cps		
Vanilla yogurt							√

I'm assuming you have: salt, black pepper, ketchup, dried oregano, granulated sugar, brown sugar, orange juice, Dijon mustard, skewers for kabobs

Make Dinner Easy Recipe Summary for the Week of 4/22/19

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

Menus for This Week:

Grilled Turkey Burgers served with raw sugar snap peas and a fresh fruit salad

Shrimp Italiano served over linguini with a side salad

Grilled Ham and Pineapple Kabobs served with a Citrus Spinach Salad

Easy Cheesy Spaghetti Casserole served with a side salad and bakery bread

Quiche Lorraine served with Healthy Waldorf Salad

Grilled Turkey Burgers

Prep Time: 15 minutes.

1 ½ pounds ground turkey

½ onion, chopped

2 Tablespoons soy sauce

¼ cup ketchup

1 Tablespoon Worcestershire sauce

½ cup seasoned bread crumbs

Mix all ingredients together and divide into 6 equal portions. Shape each portion into a patty and grill until done.

These can be prepped a few hours ahead, layered in between wax paper, and refrigerated until needed

Serves 6

Shrimp Italiano

(Prep time: 10 minutes. Cooking time 20-25 minutes)

3 green onions, chopped

1 Tablespoon olive oil

1 medium sweet onion, chopped

1 (26 ounce) jar spaghetti sauce

2 teaspoons, dried oregano

1 (15 ounce) can diced tomatoes, drained

1 teaspoon, sugar

1 pound cooked frozen shrimp

1 small can sliced black olives

Heat olive oil on low in a large skillet. Add white part of green onions (reserve the green portion) and chopped sweet onion and sauté until tender. Add spaghetti sauce, oregano, drained tomatoes and sugar. Cook over medium-low for 10 minutes, stirring as needed. Add frozen shrimp and continue to cook until shrimp is thoroughly heated. Add green onion tops and black olive slices. Serve over rice or pasta.

Serves 6

Grilled Pineapple and Ham Kabobs with a Brown Sugar Glaze

1 pineapple, peeled, cored and cut into 1" - 1 1/2" chunks
1 (2 pound) mini half ham cut into 1" - 1 1/2" cubes

Glaze:

1/4 cup brown sugar
1 Tablespoon orange juice
1 Tablespoon low sugar orange marmalade
1/2 teaspoon Dijon mustard

Cut up the pineapple and ham as indicated and thread the fruit and the meat on kabob skewers in an alternating fashion (for a 14" skewer I use about 4-5 pieces of ham and 4-5 pieces of pineapple per skewer) and set aside.

Make the glaze by adding all of the glaze ingredients together in a small saucepan and cook over low heat until all ingredients are fully combined and the mixture is bubbly.

Cook the kabobs on the grill about 3-5 minutes per side, brushing each side with the brown sugar glaze. Remove fruit and meat from kabob skewers and serve.

Yield: 12 8" kabobs

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

Easy Cheesy Spaghetti Casserole

Preparation Time: 15 minutes. Baking Time: 35 minutes

16 ounces spaghetti noodles
1 (8 ounce) package cream cheese
¼ cup grated Parmesan cheese
¼ cup milk
1 (26 ounce) jar spaghetti sauce
1 Tablespoon dried oregano
1 ½ cups shredded mozzarella cheese

Cook spaghetti according to the package directions. Meanwhile, place the cream cheese in a medium sized glass or microwave safe mixing bowl. Soften the cream cheese in the microwave for 30 seconds. Remove from the oven, stir and return to the microwave for another 10-15 seconds or until very soft and easy to stir. Add the milk and Parmesan cheese to the cream cheese and stir well. Set aside until the noodles are cooked.

Drain the spaghetti noodles. Rinse and dry the pot if necessary and return to the burner. Place the softened cream cheese mixture into the pot you cooked the spaghetti in and heat on low, stirring constantly, until well mixed and easy to stir (probably less than 1 minute). Remove from heat and add the cooked spaghetti noodles to the cream cheese mixture. Stir well to mix. Transfer the cream cheese and noodle mixture to a 9"x13"x2" baking pan (I use a glass pan) and spread noodles out evenly. Pour the spaghetti sauce over the noodles (don't stir!). Sprinkle first the oregano, then the mozzarella cheese over the sauce. Cover with foil.

The casserole can be baked immediately at 350°F for 30 minutes with the foil on and an additional 5 minutes with the foil off. Or, you can refrigerate and bake the casserole later. A refrigerated casserole can be baked covered at 350°F for 45 minutes and an additional 5 minutes with the foil off. The casserole can be served easier if you let it stand for about 5 minutes. Cut into 2-3" squares and serve.

Serves 6-8

Slow Cooker French Dip Sandwiches

Preparation Time 5 minutes in the morning. Cooking Time 8 hours

2.5 pound round tip beef roast (approximate weight, any size roast will work)
32 ounce container low sodium beef broth
1 (1 ounce) envelope, onion soup mix

Pour beef broth and the dry onion soup mix into a medium size sauce pan and bring to a boil. Meanwhile, place beef roast in the bottom of a slow cooker. If there is a string or pop up timer around or in the beef, this should be removed. Once the broth mixture comes to a boil, pour the liquid over the beef in the slow cooker. Place the lid on and cook on low for at least 8 hours.

Serve meat on hoagie buns with some of the liquid spooned over the inside of the bun as well.

Serves 6-8

Healthy Waldorf Salad

(Prep time: 10 minutes)

3 red apples

2 stalks, celery

½ cup of raisins

½ to ¾ cup vanilla yogurt (depending on desired consistency)

Place raisins in a microwave safe bowl and stir in 2 Tablespoons of water. Microwave raisins for 25 seconds or until warm and plump; drain and set aside. Leaving skins on, core apples and dice into ½" chunks. Dice celery. Mix all ingredients together and serve.

Serves 4