

©2021 MakeDinnerEasy.com Grocery List – for the week of December 20, 2021

Side = Side dish as outlined in weekly menus

Item	Baked Chicken Roma	French Toast Casserole	Glazed Sausage	Southwest Pasta Salad	Fettuccini Alfredo	Crispy Baked Tilapia	Lemon Dilled Rice
<b>PRODUCE</b>							
Onions	1						1/2
Lettuce & ingredients for side salad	Side				Side		
Apples (Jonathan or McIntosh)		3					
Assorted fruit for fruit salad		Side					
Lemons							✓
Garlic					6 cloves		
Carrot and celery sticks			Side				
Green onions				✓			
Red pepper				✓			
Broccoli					✓	Side	
Pears					Side		
Dill							✓
<b>MEAT</b>							
Boneless, skinless chicken breasts or thighs	✓						
Italian sausage (1-2 sausages per person)			✓				
Tilapia fillets						✓	
Rotisserie chicken or cook your own					2 cups		
<b>IN THE AISLES</b>							
Canned diced tomatoes (15 oz.)	1						
Seasoned Italian breadcrumbs						✓	
Dark raisins		✓					
Sliced raisin bread (1 lb. loaf)		✓					
Fettuccini noodles					1 lb.		
Small to medium sized pasta (i.e. Ditalini or Farfalle)	Side			1 lb			
Canned whole kernel corn (15 oz.)				✓			
Canned black beans (15 oz.)				✓			
Small black olives (15 oz. or 6 oz. drained weight)							
Taco flavored chips (i.e. Doritos)				✓			
Canned evaporated milk (12 oz.)					✓		
Chicken broth							✓
Minute brown rice							✓
Italian salad dressing				✓			
Paprika	✓		✓			✓	
Ground cinnamon		✓					
Olive oil	✓				✓		✓
<b>DAIRY</b>							
Cream cheese	6 oz.				4 oz.		
Grated parmesan cheese	✓				✓		
eggs		6					

I'm assuming you have: salt, black pepper, flour, dried oregano, milk, butter, brown sugar, vanilla, and cornstarch

## **Make Dinner Easy Recipe Summary for the Week of December 20, 2021**

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

### ***Menus for this Week:***

*Baked Chicken Roma served with buttered noodles and a side salad*

*Apple French Toast Casserole served with a fruit salad*

*Glazed Italian Sausage served with Southwest Pasta Salad and Carrot and Celery Sticks*

*Fettuccini Alfredo with Chicken and Broccoli served with a side salad and pear wedges*

*Crispy Baked Tilapia served with Lemon Dilled Rice and Steamed Broccoli*

### **Baked Chicken Roma**

(Prep time: 30 minutes, baking time: 30 minutes)

4-6 boneless, skinless chicken breasts or thighs

¼ cup flour

2 Tablespoon dried oregano or basil, divided

½ teaspoon salt

1 teaspoon paprika

2 Tablespoons, olive oil

1 medium onion, diced

1 (15 ounce) can diced tomatoes

6 ounces, softened cream cheese

1/3 cup skim milk

1 Tablespoon, softened butter

½ cup, parmesan cheese

Combine flour, 1 Tablespoon of dried oregano, salt and paprika in a shallow dish. Heat olive oil in a large skillet. Dredge each piece of chicken in flour mixture and place in heated skillet. Brown both sides of chicken and transfer chicken to a 9x13x2" glass baking dish.

In the same skillet, sauté the onions, add the un-drained tomatoes and 1 Tablespoon of dried oregano. Simmer for 5-10 minutes. Meanwhile, in a small bowl, combine cream cheese, milk and butter. Spread the cream cheese mixture over each piece of chicken. Pour the tomato mixture over the cream cheese coated chicken and sprinkle Parmesan cheese on top. Bake uncovered at 350° for at least 30 minutes or until chicken is thoroughly cooked.

Serves 4

### **Apple French Toast Casserole**

1/3 cup brown sugar

1 teaspoon + 2 teaspoons cinnamon

1/3 cup butter, melted

3 baking apples, peeled and sliced with core removed

½ cup dark raisins

1 (1 pound) loaf raisin bread, diced up into 1 ½ " squares (approximately!)

6 eggs, beaten

1 ½ cups, milk

1 teaspoon vanilla extract (use the real stuff, not imitation vanilla)

In a large bowl, combine brown sugar and 1 teaspoon of the cinnamon. Stir in the melted butter. Add the sliced apples and raisins and stir until they are coated well. Pour this apple mixture into a greased 9"x12" glass baking dish. Spread the diced raisin bread on top of the apples.

Using the same bowl, combine the eggs, milk, vanilla and the remaining 2 teaspoons of cinnamon. Pour this over the apples. Make sure all the bread pieces are fully soaked with the egg mixture. You may need to press some of the bread down into the egg mixture to assure this. Cover the pan with foil and refrigerate for 8-10 hours.

One hour before you want to serve this, bake the foil covered casserole in an oven that has been pre-heated to 375°F for 40 minutes. Remove the foil and bake an additional 5 minutes. Remove from the oven and let stand 5 minutes before serving.

Serves 8-10 and leftovers can be reheated

### **Glazed Italian Sausage**

(Prep Time: 5 minutes. Cooking Time: 45 minutes)

Italian Sausage Links

5 teaspoons paprika

2/3 – 1 cup, water

1. Place sausage in the bottom of a cold skillet. Add 1/3 cup of water and sprinkle the top of the sausages with 2-3 teaspoons of paprika
2. Turn burner heat on high and bring the water to a boil.
3. Cover pan and reduce heat to low.
4. Cook with the cover on for a total of 30 minutes. During that 30 minutes you will need to turn the sausages and check the water level by doing the following: After an initial 10 minutes, uncover and turn sausages over using tongs. Add an additional 1/3 cup of water and sprinkle an additional 1-2 teaspoons of paprika on top of sausages. Cover and cook an additional 10 minutes. Uncover, turn sausages again and check the water level, add a little more (1/4 cup) if necessary to prevent scorching.
5. After 30 minutes, uncover the pan. There should be paprika colored liquid in the bottom of the pan. Continue to cook, uncovered over low heat, for an additional 4-6 minutes turning sausage often with tongs. The outside of the sausages will start to glaze as the liquid in the pan evaporates. Continue to cook until all the liquid is gone and the glaze on the sausages is to your liking. Serve or use in a recipe calling for cooked sausage.
6. If your pan is really messy after you've finished cooking the sausage, fill ½ way with water, cover and bring to a boil for a few minutes to loosen any cooked on residue and to make clean up easier.

### **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

## **Fettuccini Alfredo with Chicken and Broccoli**

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

1 pound, dried fettuccine  
1 teaspoon cornstarch  
1 (12 ounce) can evaporated milk  
1 Tablespoon butter  
1 Tablespoon olive oil  
6 cloves, garlic, minced  
4 ounces low fat cream cheese  
¼ teaspoon salt  
¾ cup grated Parmesan cheese  
2 cups cooked chicken, diced  
1 cup steamed broccoli florets

1. Cook fettuccine according to package instructions or individual preference, drain and return to pot
  2. Mix together cornstarch and milk and set aside (you may have to stir a bit to mix completely).
  3. In a medium sized saucepan, heat olive oil and butter until butter is melted but not browned. Add garlic and sauté until tender. Add milk mixture (you may need to stir it again before adding to make sure it is well blended). Stir constantly until mixture is thickened.
  4. Cut cream cheese into small cubes and add to saucepan. Stir and continue to heat on low-medium until cream cheese is melted. Add salt.
  5. Steam broccoli until fork tender and warm diced chicken in microwave or on the stove.
  6. When ready to serve, pour sauce over drained fettuccine, stir in Parmesan cheese, chicken and steamed broccoli.
- Cook's notes: Rotisserie chicken and frozen steam in the bag broccoli work fine in this recipe. The chicken and broccoli can also be omitted and the fettuccine can be served as a side dish.

## **Crispy Baked Tilapia**

(Prep Time: 10 minutes. Baking Time: 15-20 minutes)

2 large Tilapia Fillets  
1 cups seasoned Italian breadcrumbs  
1 teaspoon dried oregano  
2 teaspoons paprika  
¼ teaspoon black pepper  
¼ cup butter, melted

1. Preheat oven to 400°F
2. In a large shallow dish (like a pie pan) mix breadcrumbs, oregano, paprika and black pepper
3. Place melted butter in another shallow dish
4. Place fillets, one at a time in the butter, turning to coat both sides. Then transfer each buttery fillet to the breadcrumb mixture, turning to coat both sides. Place fillets in a 9x12 baking dish. To make clean up easier, you can line the baking dish with foil and spread 1 Tablespoon of olive oil over the foil before placing the fillets in the baking dish.
5. Bake 15-20 minutes until fish is golden brown and flakes easily

## Lemon Dilled Rice

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

- 1 Tablespoon olive oil
- ½ cup diced onion
- 1 ¾ cup chicken broth
- 2 cups minute brown rice
- 1 Tablespoon dill
- 1 teaspoon lemon zest

1. Heat olive oil in a medium sized saucepan. Add onion and sauté until tender
2. Add chicken broth and bring to a boil. Add uncooked minute brown rice and stir. Allow liquid to come to a boil again, cover and reduce heat to low. Cook for 5 minutes
3. Add dill and lemon zest. Stir and serve