

Side = Side dish as outlined in weekly menus

Item	Korean Beef Ribs	Orzo Pasta Salad	Parmesan Tilapia	Slow Cooker Lasagna	Monster Meatballs	Mushroom Barley Soup	Everyday Side Salad
<b>PRODUCE</b>							
Garlic	8 cloves					2 cloves	2 cloves
Green onions	√	√					
Cherry tomatoes		√					
Fresh dill		√				√	
Onions					1	1	
Flat leaf Italian parsley				√	√		
Carrots					Side	√	
Celery					Side	√	
Sliced mushrooms (1 lb.)						√	
Field greens, herb salad mix or your choice of lettuce							√
Oranges	Side						
New potatoes (small red potatoes)			Side				
Sugar snap peas			Side				
Lettuce and ingredients for a side salad	Side			Side			
Bakery bread				Side		Side	
<b>MEAT</b>							
Chuck country style boneless beef ribs	√						
Tilapia Fillets			√				
Lean ground beef				1 lb	1 lb.		
<b>IN THE AISLES</b>							
Orzo pasta		√					
1 jar spaghetti sauce (26 oz.)				√			
Canned diced tomatoes (15 oz.)					2		
Lasagna noodles (9 oz. box)				1			
Rice					√		
Chicken broth (or veggie broth if preferred)						3 qts.	
Pearl barley (comes in a box, often in the soup aisle)						√	
Noodles of choice (no-yolk or broad noodles recommended)					Side		
Pitted calamata olives		√					
Balsamic vinegar		√					
Red wine vinegar		√					
Light Olive Oil		√	√		√		√
Lite Soy Sauce (10 oz. bottle)	√						
Sesame Oil	√						
<b>DAIRY</b>							
Goat cheese crumbles (sometimes located near the deli)				5 cups			√
Grated mozzarella cheese				7 oz.			
Crumbled feta cheese		√					
Cream or fat free half & half				1/3 cup			
Ricotta cheese				15 oz.			
Grated parmesan cheese			√	√			

I'm assuming you have: salt, black pepper, dried oregano, dried basil, mustard, granulated sugar, 1 egg, paprika

## **Make Dinner Easy Recipe Summary for the Week of December 31, 2018**

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

### ***Menus for This Week:***

*Korean Beef Ribs served with an Orzo Pasta Salad, fresh orange slices and a side salad*

*Parmesan Tilapia served with boiled new potatoes and sugar snap peas*

*Slow Cooker Lasagna served with bakery bread and a side salad*

*Monster Meatballs served over pasta with celery and carrot sticks*

*Mushrooms Barley Soup served with Everyday Side Salad and bakery bread*

### **Korean Beef Ribs**

- 1 (10 oz) bottle lite soy sauce (about 1.5 cups)
- 1/4 cup sesame oil
- 1/4 cup granulated sugar
- 8 cloves of garlic, minced
- 4 green onions, chopped with green portion reserved
- 4 pounds chuck country style boneless beef ribs (about 16-18 ribs)

In a large size zip style bag, combine the soy sauce, sesame oil, sugar, garlic, and the white portion of the green onions (save the green portion for a garnish before serving). Add the ribs and refrigerate for 6-10 hours.

Remove the ribs from the marinade and grill the ribs over medium heat approximately 5-8 minutes per side or until cooked as desired.

Transfer to a serving platter and sprinkle the reserved green onions tops over the ribs.

Serves 6-8 and this recipe can be cut in half

### **Orzo Pasta Salad**

(Prep Time: 25 minutes)

- 1 pound orzo pasta
- 4 green onions, chopped
- 6 ounces cherry tomatoes (about 20)
- 1 Tablespoon fresh dill, chopped
- 1 cup pitted kalamata olives, chopped
- ½ cup feta cheese

Dressing:

- 2/3 cup light extra virgin olive oil
- 4 Tablespoon red wine vinegar
- 1 Tablespoon balsamic vinegar
- 1 teaspoon mustard
- 1 teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon sugar

1. Combine all of the salad ingredients in a large mixing bowl. I recommend quartering the cherry tomatoes.
2. Combine all of the dressing ingredients in a glass jar with a lid. Shake to mix.

3. Initially add about 1/3 cup of the dressing to the salad mixture. Adjust seasoning and amount of dressing to suit your tastes. If you prepare the pasta salad in advance you will probably need to add additional dressing as the pasta absorbs the dressing over time.

Serves: 10 as a side dish. You can add shrimp or other protein and make this a main dish as well

### **Parmesan Tilapia**

Preparation Time: 5 minutes. Baking Time: 10-12 minutes

2 Tablespoons olive oil  
1/4 cup Parmesan cheese  
1 teaspoon paprika  
1/4 teaspoon each salt and black pepper  
4-6 Tilapia Fillets (about 1 pound)

Preheat the oven to 400°F. If you want to increase the ease of clean-up, line a 9"x13"x2" baking pan with aluminum foil. A glass baking pan without foil can also be used. Spread the olive oil on the foil, or in the pan. Place the fish in a single layer in the pan. Carefully turn the fish over so both sides of the fish are coated with the olive oil. In a small bowl, combine the parmesan cheese, paprika, salt and pepper. Spoon about 1 Tablespoon of this mixture over each fish fillet, or use it all if desired. Bake 10-12 minutes or until the thickest part of the fish is opaque.

Serves 4-6

### **Slow-Cooker Lasagna**

Submitted by Sara Wolf

1 lb. ground beef (or turkey)  
1 jar (26 oz.) spaghetti sauce  
1 cup water  
1 container (15 oz.) Ricotta Cheese  
1 pkg. (7 oz.) Shredded Mozzarella cheese, divided  
1/4 cup Grated Parmesan Cheese, divided (or shredded)  
1 egg  
2 Tbsp. chopped fresh parsley (curly or flat leaf)  
6 lasagna noodles, uncooked

Brown meat in large skillet; drain. Stir in spaghetti sauce and water. Mix ricotta, 1-1/2 cups mozzarella, 2 Tbsp. Parmesan, egg and parsley.

Spoon 1 cup meat sauce into slow cooker; top with layers of half EACH of the noodles, broken to fit, and cheese mixture. Cover with 2 cups of the remaining meat sauce. Top with remaining noodles, broken to fit, cheese mixture and meat sauce.

Cover with lid.

Cook on LOW 4-6 hours or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until melted.

\*for best results do not cook on the HIGH heat setting

## Monster Meatballs

(Prep Time: 30 minutes. Cooking Time: 45 minutes)

1 cup uncooked rice  
1 Tablespoon olive oil  
1 onion, chopped  
2 – 15 ounce cans tomato sauce  
1 Tablespoon, oregano  
2 teaspoon salt, divided  
1 teaspoon freshly ground pepper, divided  
1 teaspoon, sugar  
1 pound ground round  
1 Tablespoon fresh parsley

1. Cook rice according to package directions.

2. Using a large skillet, heat olive oil and sauté onion. Add one can of the tomato sauce, the oregano, 1 teaspoon of salt, ½ teaspoon of pepper and the sugar. Simmer on low for 5 minutes and turn off heat.

3. Place the meat, rice, onions, the rest of the salt and pepper and parsley in a large mixing bowl. Using your hands (I use disposable rubber gloves for this!) Mix the meat well and divide the meat mixture into 8 equal portions. Form each portion into a large meatball.

4. Place the meatballs in the tomato mixture and pour the remaining can of tomato sauce over the top of the meatballs. Cover pan and simmer on medium-low for 30-45 minutes. You can baste and turn the meatballs occasionally using 2 large spoons. Monitor the liquid in the bottom of the pan while cooking. If the liquid is getting low you can turn down the heat, uncover the pan a little or add more tomato sauce. Serve with lots of freshly ground black pepper.

Make ahead tip. The meatballs can be prepped and placed in the pan in the refrigerator until 50 minutes before you want to serve dinner. Cook as directed.

Serves: 5-6

## Mushroom Barley Soup

(prep time: 15 minutes cooking time: 2.5 hours)

3 Tablespoons butter  
1 large onion, diced  
1 cup chopped carrots  
1 cups diced celery  
2 garlic cloves, minced  
1 pound sliced mushrooms  
3 quarts, chicken broth  
1 teaspoon salt and freshly ground black pepper  
1 cup uncooked pearl barley  
2 Tablespoons fresh dill

In a large stock pot, melt butter. Add onions, carrots, celery and garlic. Sauté until tender but not browned. Add mushrooms and cook until soft. Add broth, salt, black pepper and dill. Simmer for 2 hours or until barley is tender. Just before serving add dill.

## Everyday Side Salad

Prep Time: 5 minutes

½ (5 ounce) container fresh herb salad greens or 5-6 cups field greens (*I buy O Organics or Earthbound Farms packaged Organic Herb Salad*)

1-2 garlic cloves minced

2 ounces (1/2 of a 4 ounce container) Provencal goat cheese crumbles (*I buy Saladena Brand with thyme, basil and red pepper*)

2 Tablespoons light olive oil, or more if desired

1/8 teaspoon salt, or to taste

Combine all ingredients in a mixing bowl. Toss and serve

Serves 3-4 as a side salad