

Side = Side dish as outlined in weekly menus

Grocery List Items	Roasted Asparagus Fettuccini	Salmon Patties	Waldorf Salad	Chicken & Dumpling Casserole	Meatball Stroganoff	BBQ Pork Sandwiches	Roasted French Fries
PRODUCE							
Fresh asparagus	1#						
Green onions	√						
Garlic	4 cloves			2 cloves			
Cherry tomatoes	√						
Pears	Side						
Yellow Onions		1/2		1/2	1		
Red apples			3				
Celery			√	√			
Broccoli				Side			
Kiwi				Side			
Seedless Red Grapes					Side		
Romaine lettuce						Side	
Tomatoes						Side	
Sliced mushrooms (8 ounces)					√		
Baking Potatoes							4-6
Bakery bread	Side						
MEAT							
Chicken – rotisserie or cook your own				4 cups			
Bone in Pork Shoulder (3-6 pounds – boneless is fine too)						√	
IN THE AISLES							
Fettuccini noodles	1#						
Wide Egg Noodles (or no-yolk noodles)					Side		
Extra virgin, light olive oil	√	√			√		√
Salmon (7.01 oz) I recommend the type in foil packets		2					
Seasoned dry breadcrumbs		√					
Raisins			√				
Chicken broth (I buy a 32 oz box which has 4 cups)				4 cups	4 cups		
Chicken bouillon or concentrated broth paste				√			
Biscuit mix (i.e. Bisquick)				√			
BBQ Sauce (I like Sweet Baby Ray's)						√	
Hamburger Buns or Kaiser Rolls						√	
DAIRY / FROZEN FOODS							
Goat cheese crumbles (may be near the deli)	4 oz.						
Grated parmesan cheese	√						
Vanilla yogurt			√				
Fat Free half and half (1 cup is needed)					√		
Frozen peas				9 oz.			
Frozen Meatballs (1.7 pound bag)					√		
Frozen Green Beans (or fresh if preferred)					Side		
Shredded mozzarella cheese					2 cups		

I'm assuming you have: salt, black pepper, 2 eggs, butter, flour, sugar, dried oregano, dried basil, milk, paprika, onion powder, a bottle of beer

Make Dinner Easy Recipe Summary for the Week of February 4, 2019

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

Menus for this Week:

Fettuccini with Roasted Asparagus and Goat Cheese served with pear wedges and bakery bread

Salmon Patties served with Healthy Waldorf Salad

Chicken and Dumpling Casserole served with steamed broccoli and kiwi halves

Meatball Stroganoff served over wide egg noodles, green beans, and red grapes

Slow Cooker BBQ Pork Sandwiches served with Roasted French Fries and a side Salad

Fettuccini with Roasted Asparagus and Goat Cheese

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

- 1 pound fettuccine noodles
- 1 pound fresh asparagus (about 2 bunches – try to select bunches with narrow stems if possible)
- 4 green onions, chopped with green portion reserved
- 4 garlic cloves, minced
- ½ cup olive oil
- 1 teaspoon salt
- 1 pint cherry tomatoes (approximately 2 cups), cut in half
- 1 (4 ounce) package of goat cheese crumbles (I use Saladena Brand)
- ¼ cup Parmesan cheese

Place water on to boil for the fettuccine.

Preheat oven to 400°F.

Meanwhile, trim the asparagus by cutting off 1 ½ - 2" off of the cut ends. Discard these ends. Cut the remaining asparagus spears into 1-2" pieces. Place the asparagus in a 9"x12" glass baking dish along with the white portion of the green onions and the minced garlic cloves. Pour olive oil over veggies and sprinkle with salt. Toss the asparagus so the olive oil coats all pieces.

(The timing for this recipe works great if you put the fettuccine into the boiling water at the same time as you put the asparagus into the oven as they both take about 10 minutes to cook.)

Cook fettuccine as directed. Bake the asparagus mixture for 9 minutes. Add the cherry tomatoes, which have been cut in half, to the asparagus and continue to roast for 1 more minute. The amount of time necessary to roast the asparagus could differ depending on the thickness of the asparagus; a total of 10 minutes is usually about right.

Drain fettuccine. Add roasted asparagus to the fettuccine. Make sure you add all of the olive oil from the pan that the fettuccine was roasted in. Add the green onion tops, goat cheese and Parmesan cheese. Toss and serve.

Serves: 6-8 as a main course

Salmon Patties

- 2 (7.1 ounce) salmon in foil packets (I use Chicken of the Sea Brand)
- ½ medium onion, chopped
- ½ cups seasoned dry breadcrumbs
- 2 eggs beaten
- Salt and pepper to taste

2 Tablespoons butter
2 Tablespoons olive oil

In a medium sized mixing bowl, combine salmon, onion, breadcrumbs, egg, salt and pepper. Then heat oil and butter in a large skillet on medium low. Using disposable rubber gloves (my preference) form 1-2 Tablespoons of salmon mixture into a patty (1 ½ "-2" in diameter). Place patties in pan and brown on both sides. It may take 4-5 minutes per side to brown. Remove patties to a paper towel lined plate and blot off any excess oil.

Makes approximately 14 (2") patties
Serves 6

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

Chicken and Dumpling Casserole

(prep time 30 minutes, cooking time 45 minutes)

Casserole:

¼ cup butter
½ cup chopped onion
½ cup chopped celery
2 garlic cloves, minced
½ cup flour
1 teaspoon, sugar
1 teaspoon salt
½ teaspoon freshly ground black pepper
1 teaspoon dried basil
4 cups chicken [broth](#)
1 teaspoon chicken [bouillon](#) or to taste
1 (9 ounce) bag frozen peas, thawed
4 cups [cooked chicken](#)

Dumplings:

2 cups biscuit mix (such as bisquick)
2 teaspoons dried basil
2/3 cups milk

In a large saucepan, melt butter and sauté onion, celery and garlic until soft. Add flour, sugar, salt, pepper and basil. Mix until flour is mixed in well. Add broth and bring to a boil, stirring until mixture is blended and thickened. Add bouillon and stir. Taste and adjust seasonings as desired. Stir in chicken and peas. Pour mixture into a 13x9x2" glass baking dish. If you are making the dish ahead of time it can be covered and refrigerated at this point.

1 hour before you wish to serve, make dumplings by combining dumpling ingredients in a medium bowl. Drop 2-3 Tablespoons of dumpling mixture on top of casserole in approximately 12 separate mounds. Bake uncovered at 350°F for 30-45 minutes (bake for the longer time if mixture has been refrigerated). Cover with foil if necessary (so dumplings don't get too brown) and bake for an additional 10 minutes or until casserole is hot and bubbly.
Serves 6-8.

Meatball Stroganoff Recipe

This can be made in less than 30 minutes, start to finish

2 teaspoons olive oil
1.75 ounce bag, frozen cooked meatballs (either 1/2" or 1" it's up to you)
4 Tablespoons butter
8 ounces fresh sliced mushrooms
1 medium yellow onion, diced
1/2 cup flour
4 cups chicken broth (1 32 oz. box of broth)
1 cup fat free half and half
1 teaspoons salt or to taste

Heat the olive oil over medium low heat in a non-stick pan. Add the frozen meatballs. Brown the meatballs on all sides by stirring or shaking the pan. This may take 7-8 minutes. Transfer the meatballs into a bowl and set aside. Return the pan to the burner. Melt the butter and add the sliced mushrooms and diced onion. Sauté 2-3 minutes until softened. Turn off the burner and add the flour to the pan. Stir until the flour is completely combined with the onions and mushrooms. Add the chicken broth and the half and half. Turn the burner back on to medium-low and stir constantly until the flour is dissolved and the mixture starts to thicken. Add salt to taste. Return the meatballs to the sauce. Heat and serve over noodles.

Serves 6-8 and leftovers freeze well.

Barbeque Pork Sandwiches

Preparation Time: 15 minutes Cooking Time: 6-10 hours

6 pounds bone-in pork shoulder
1 Tablespoon paprika
1 teaspoon black pepper
1 teaspoon onion powder
1 bottle beer
2 cups barbeque sauce, divided

Place roast in a large non-stick skillet. Mix together the paprika, black pepper, and onion powder. Pour this spice mixture over both sides of the roast, and either pat the spices into the meat with your hands or with the back of a spoon.

Brown the meat over medium-low for 1-2 minutes on each side, being careful not to burn the spices. If you are using a non-stick pan, no oil will be necessary. Transfer the browned meat into a slow cooker.

In the same pan, pour the beer and 1 cup of the barbecue sauce in the pan. Cook over medium heat, stirring until blended and the mixture comes to a boil. Pour this liquid over the meat in the slow cooker.

Cover the slow cooker and cook on low for 8-10 hours, or on high for 5-6 hours.

When cooking time is complete, remove meat and scrape off any fat. Remove and reserve 1 cup of the sauce from the slow cooker. I like to put the reserved sauce in the freezer for 5-10 minutes so the fat rises to the top and can be removed. Shred the meat using two forks. Transfer the shredded meat back into the slow cooker along with the 1 cup of reserved and defatted cooking liquid and 1 cup of additional barbeque sauce. Stir well and serve on hamburger buns or Kaiser Rolls.

Yield: approximately 10-12 sandwiches and leftovers freeze well.

Cook's Notes If you don't have a slow cooker, you can prep the roast in the same manner and place the browned roast along with the beer and bbq sauce mixture in a large covered baking dish and bake at 350°F for 3-4 hours, or about 30 minutes per pound, reaching an internal temperature of 165°F.

Roasted French Fries

(Prep Time: 10 minutes. Baking Time: 35 minutes)

4-6 medium potatoes
1 Tablespoon olive oil + 1 teaspoon
½ teaspoon salt or to taste
½ teaspoon paprika

Preheat oven to 400°. In a medium bowl, mix 1 Tablespoon of olive oil, salt and paprika and set aside. Scrub potatoes. Potatoes can be peeled or skin left on depending on your preference. Cut each potato in ½" strips (like a french fry). Add potatoes to olive oil mixture in bowl and toss to coat. Line a cookie sheet with foil and distribute 1 teaspoon of olive oil over the surface of the foil. Pour the potatoes onto the foil. Add additional salt if desired. Bake at 400° for 30-40 minutes, turning and loosening potatoes from the foil half way through the baking time.

Serves 4-6