

Side = Side dish as outlined in weekly menus

Grocery Items	Braised BBQ Ribs	Parsley Potatoes	Pasta Primavera	Baked Fried Chicken	Citrus Spinach Salad	Marinated Flank Steak	Sautéed Green Beans	Minestrone Soup
PRODUCE								
Onions	1		1					1
Red skin potatoes (small)		√						
Flat leaf Italian parsley		√						
Assorted fruit for fruit salad	Side							
Garlic			1 clove			6 cloves	3 cloves	3 cloves
lemon						√		
Baby carrots			√					
Red and yellow peppers (1 of each)			√					
Broccoli			√					
Green onions			√					
Fresh basil			√					
French green beans							√	
Baking Potatoes (1 per person)				Side				
Celery								√
Zucchini								√
Lettuce and ingredients for side salad								Side
Red onions					√			
Cherry tomatoes					√			
Baby spinach leaves					√			
Bakery Bread			Side					Side
MEAT								
Baby back ribs	√							
Boneless, Skinless Chicken Thighs				√				
Beef Flank Steak (1.5 – 2 pounds)						√		
IN THE AISLES								
BBQ sauce (28 oz. bottle)	√							
Small pasta, such as small shells								√
Linguine			√					
Pasta of your choice						Side		
Chicken broth			½ cup					32 oz.
Chicken bouillon or chicken stock paste			√					
Seasoned Bread Crumbs (panko preferred!)				√				
Non-stick aluminum foil				√				
Low sodium soy sauce						√		
Canned Italian style petite diced tomatoes (15 oz.)								2
Canned cannellini beans (15 oz.)								1
Canned kidney beans (15 oz.)								1
Canned mandarin oranges (11 oz.)					1			
honey						√		
DAIRY								
Fat free half and half			√					
Grated parmesan cheese			√					√
Buttermilk or Fat-free half and half				√				
Grated Parmesan Cheese				½ cup				
Sour Cream and Butter (for baked potatoes)				optional				

I'm assuming you have: salt, black pepper, garlic powder, paprika, bottle of beer, butter, light olive oil, flour, heavy duty aluminum foil, dried oregano, Dijon mustard, granulated sugar

Make Dinner Easy Recipe Summary for the Week of January 7, 2019

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

Menus for this Week:

Oven BBQ Ribs served with Parsley Potatoes and a Fresh Fruit Salad

Pasta Primavera served with Bakery Bread

Baked Fried Chicken served with a baked potato and Citrus Spinach Salad

Marinated Flank Steak served with Buttered Noodles and Sautéed Green Beans

Minestrone Soup served with a Side Salad and Bakery Bread

Oven Braised BBQ Ribs

Preparation Time: 30 minutes. Baking Time 2-3 hours)

2 slabs baby back ribs
1 large onion
1 bottle of beer (any type will do)
1 (28 ounce) bottle of BBQ Sauce

Cut slabs of ribs into sections of about 3-4 rib each. Place ribs in a large stock pot. Add onions and beer and then add enough water to cover the ribs. The water should be about 1" over the ribs. Bring the liquid the stock pot to a boil, reduce heat slightly and continue to cook for 20 minutes. If any solids or froth rises to the top, scoop this off and discard.

Meanwhile, preheat the oven to 300°F and place the BBQ sauce in a medium sized sauce pan and simmer on low. Prepare a large roasting pan (I use a 17"x12"x2" pan) by lining it with a large piece of heavy duty aluminum foil (approximately 40" long).

When ribs have finished par-boiling, remove the ribs from the large stock pot using tongs. Coat all sides of each rib section with the bbq sauce and place the ribs carefully in a single layer in the foil lined roasting pan (make sure you don't puncture the foil!). Pour about ½ of the remaining sauce over the ribs, saving the remaining sauce. Bring the ends and the sides of the foil together, crimping tightly. Bake, with the foil well sealed for 2-3 hours at 300°F.

Carefully unseal the foil (hot steam will escape, be careful!) and brush the remaining bbq sauce over the tops of the ribs. Return the uncovered ribs to the oven and broil for 1-3 minutes until slightly browned.

Parsley Potatoes

1.5 # small red skin potatoes (10-12 potatoes)
1 ½ Tablespoons salted butter or to taste
¼ - ½ teaspoon salt or to taste
1 Tablespoon finely chopped fresh flat leaf Italian parsley

Scrub potatoes (leave the skins on) and trim any dark spots. Cut each potato into quarters or bite sized pieces. Place cut potatoes in a medium sized saucepan and cover with water (the water should be about 1- 1 ½" over the potatoes) Place on the stove and heat to a boil. Cook until fork tender (may be about 8-10 minutes depending on size of potato dice). Drain potatoes and add remaining ingredients. Stir gently so that butter melts and serve.

You may want to make a double batch of these Parsley Potatoes and brown the leftovers in a skillet with a little butter and diced onions for breakfast or lunch the next day

Pasta Primavera

1 Tablespoon olive oil
1 medium onion, chopped
1 clove garlic, minced
10 baby carrots cut lengthwise in small pieces
1 red pepper, chopped
1 yellow pepper, chopped
2 cups of broccoli florets, steamed (in a pinch you can use 1 bag of frozen Birdseye steamfresh)
8 ounces dry linguine
1 cup whipping cream (you can use evaporated milk or fat free half and half instead if desired)
½ cup chicken [broth](#)
3 green onions, chopped
2 teaspoons dried or 2 Tablespoons fresh basil
½ teaspoon each salt and freshly ground black pepper
½ teaspoon chicken bouillon or to taste (I prefer Better than bouillon concentrated stock base)
1 cup freshly grated parmesan cheese

1. Sauté the first 6 ingredients until veggies are crisp tender (this can be prepped ahead, refrigerated and reheated)
2. Steam or microwave broccoli until crisp tender
3. Cook linguine as directed
4. Combine whipping cream, chicken broth, green onions, basil, salt, black pepper and bouillon in a saucepan and cook over low heat for 5 minutes or until hot or well blended (this can be prepped ahead, refrigerated and reheated)
5. In a large bowl combine the sauté ingredients from step #1, the broccoli, the drained linguine, the whipping cream mixture. Add parmesan cheese and mix.

Baked Fried Chicken

(Prep Time: 15 minutes. Baking time 40 minutes)

1 cup buttermilk, or fat free half and half
6-8 boneless, skinless chicken thighs
1 cup seasoned bread crumbs
½ cup grated Parmesan cheese
½ teaspoon salt
1/8 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon dried oregano
3 Tablespoons, olive oil

1. Place buttermilk or half and half in a large bowl. Add the chicken and toss. Let the chicken sit in the milk bath while you prepare the coating.
2. Combine all of the dry ingredients in a large pie plate.
3. Line a rimmed baking sheet, such as a jelly roll pan, with non-stick aluminum foil. Make sure you place the non-stick side up, Spread the olive oil over the baking sheet.
4. Take one piece of chicken at a time out of the milk and dredge the chicken in the crumb mixture, making sure all sides are coated. Place each piece in the oiled jelly roll pan.
5. After all chicken pieces are coated and placed in the pan, turn each piece over. This helps to coat each side with olive oil, while still leaving some olive oil on the pan.
6. Bake in an oven preheated to 350°F for 40 minutes. After 20 minutes, use tongs to turn over each piece of chicken.

Serves: 4-5

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

Marinated Flank Steak

1 cup low-sodium soy sauce
1/4 cup lemon juice, or the juice of 1 lemon
1 Tablespoon honey
1 Tablespoon brown sugar
6 garlic cloves, minced
1 beef flank steak (1.5 - 2 pounds)

Combine the first five ingredients in a gallon zip-style bag. Add the steak. Seal the bag and turn to coat. Refrigerate for 6-10 hours.

Broiler Method:

Remove the meat from the marinade. Place the meat on a foil lined, rimmed baking sheet. Broil 4-6 inches away from the broiler for approximately 8 minutes per side (total of 16 minutes). Remove from the oven and tent with foil for about 5 minutes. Slice against the grain.

Grill Method:

Remove the meat from the marinade. Place on a grill over medium heat. Grill approximately 3-4 minutes per side (a total of 6-8 minutes)

Use a meat thermometer in order to cook to desired degree of doneness. (145' - 160'F)

Serves: 6

Sautéed Green Beans

(Prep Time: 5 minutes. Cooking Time: 10-12 minutes)

1 pound French green beans
1 cup water
1 Tablespoon butter
3 cloves garlic minced
1/2 teaspoon salt or to taste

1. Rinse green beans in cold water and drain
2. Place drained green beans in a large skillet and add water
3. Place skillet over medium heat and bring to a boil, cover and reduce heat to medium low
4. Uncover the pan and stir after 3 minutes, checking to make sure there is still water in the bottom of the pan. Continue to cook with the cover on for an additional 3 minutes. Again, keep an eye on the water level. At the end of 6 minutes you want there to be just a little water left in the pan, but not so little that the green beans scorch. If additional water is needed add 1/4 cup.
5. After the beans have been cooking a total of 6 minutes with the cover on, take the cover off and add the butter, and garlic. Continue to cook uncovered for an additional 5 minutes, stirring occasionally, or until green beans are crisp tender. Stir in salt and serve.

Serves: 4-6

Minestrone Soup

(Prep Time: 15 minutes. Cooking Time: 30 minutes)

1 Tablespoon olive oil
1 onion, diced
3 garlic cloves, minced
1 large carrot, diced
2 stalks celery, diced

2 (15 oz) cans Italian style petite diced tomatoes
1 (15 oz) can cannellini beans, drained
1 (15 oz) can kidney beans, drained
1 (32 oz) box chicken broth
1 small zucchini, diced
1 Tablespoon basil or oregano
1 ½ cups small dried pasta such as small shells
Parmesan cheese

1. In a large stock pot, sauté onion, garlic, carrots and celery in olive oil for a few minutes.
 2. Add remaining ingredients, except for pasta. Bring to a low boil and then reduce heat. Allow soup to simmer for at least 30 minutes .
 3. Prior to serving, cook pasta as directed
 4. To serve, place a ¼ cup of cooked pasta in each bowl and top with soup. Sprinkle Parmesan cheese on top as desired.
- Serves: 6