

Side = Side dish as outlined in weekly menus

Item	Baked Subs	Southwest Pasta Salad	Layered Lasagna Casserole	Slow Cooker Ribs	Parsley Potatoes	Med. Grilled Chicken	Cobb Chopped Salad
PRODUCE / DELI							
Tomatoes	√						√
Red onion	√						
Green onion		√					√
Red pepper		√					
Pears	Side						
Melon - honeydew or cantaloupe							Side
Large yellow onion			1/2	1			
Fresh flat leaf Italian parsley			√		√		√
Lettuce & ingredients for a side salad			Side			Side	
Romaine lettuce							√
Red skin potatoes					√		
Sugar snap peas				Side			
Fresh basil							√
Garlic						√	√
Lemons						2	
Bakery bread							Side
Shaved deli ham	√						
Thickly sliced deli turkey (1/2" slice)							√
Thinly sliced deli turkey	√						
Thickly sliced salami							√
Sliced provolone cheese	√						
MEAT							
Lean ground beef or turkey (1 pound)			√				
Baby back ribs (1-2 slabs)				√			
Chicken Legs (6-8)						√	
IN THE AISLES							
Hoagie or sub sandwich rolls	√						
Pasta (dilitini or farfalle)		√				Side	
Pasta (farfalle)			√				
Canned whole kernel corn (15 oz.)		√					
Canned black beans (15 oz.)		√					
Canned garbanzo beans (15 oz.)							√
Canned small black olives (15 oz or 6oz. drained weight)		√					
Taco flavored chips		√					
Spaghetti sauce (32 oz.)			√				
BBQ Sauce (18 oz. bottle)				√			
Red wine vinegar	√						√
Light olive oil	√					√	√
DAIRY							
Ricotta cheese (2 pound)			√				
Shredded mozzarella cheese			√				√
Grated parmesan cheese			√				√

I'm assuming you have: salt, black pepper, dried oregano, Dijon mustard, Italian salad dressing, an egg, butter, flour, granulated sugar, aluminum foil

Make Dinner Easy Recipe Summary for the Week of July 3, 2017

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

Menus for this Week:

Baked Subs served with Southwest Pasta Salad and sliced pears

Layered Lasagna Casserole served with a side salad

Slow Cooker Ribs served with Parsley Potatoes and sugar snap peas

Mediterranean Grilled Chicken Legs served with buttered noodles and a side salad

Cobb Chopped Salad served with bakery bread and melon cubes

Baked Sub Sandwiches

Dressing:

2 Tablespoons light olive oil
1 teaspoon dried oregano
1 teaspoon red wine vinegar
1/2 teaspoon Dijon mustard
1/8 teaspoon salt

Sandwich:

4 Hoagie or sub sandwich rolls
8 slices provolone cheese
8 slices thinly sliced deli turkey
1/2 pound shaved deli ham
1 small tomato thinly sliced (blot dry with a paper towel)
1-2 slices thinly sliced red onions

Combine all of the dressing ingredients in a small bowl or cup and set aside. Tear 4 sheets of aluminum foil about 14" long. For each sandwich, open up a hoagie roll and place the roll on a sheet of aluminum foil. Place 2 slices of cheese, 2 slices of sliced turkey, 1/4 of the ham, a few slices of tomato and onion inside the roll, covering the inner surface of the roll. Pour 1-2 teaspoons of the dressing over the meat and tomatoes trying not to get any dressing on the bread (it will make the bread soggy). Wrap and seal foil around sandwich. Bake at 350°F for 15-20 minutes.

Serves 4

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 (Leftovers are great for lunch – just don't add the chips to the portion you expect to save for leftovers)

Layered Lasagna Casserole

(Prep Time: 30 minutes. Baking Time: 35 minutes)

1 lb lean ground beef or turkey
½ chopped onion
32 oz jar spaghetti sauce
12 oz box medium size pasta, such as farfalle, cooked according to directions on box
2 lb container ricotta cheese
1 egg
¼ cup fresh parsley (not necessary, but it's nice)
½ teaspoon black pepper
½ teaspoon salt
2 cups (8 oz.) shredded mozzarella cheese
Grated Parmesan cheese

Brown meat and onion until done and well browned. Stir in spaghetti sauce and simmer for 15 minutes. Meanwhile cook pasta. Heat oven to 375. In a large bowl, combine ricotta, egg, parsley, pepper and salt. Layer the ingredients in a 13 x 9 x 2 baking dish, in the following order:

- * 1/3 of the meat sauce, then
- * ½ of the hot pasta, then
- * cover with ½ of the ricotta mixture, then
- * 1 cup mozzarella, then
- * 1/3 of the meat sauce, then
- * the rest of the pasta, then the rest of the ricotta, then
- * 1/3 of the meat sauce, then
- * the rest of the mozzarella
- * sprinkle with Parmesan cheese

Cover with aluminum foil. Bake for 30 minutes. Remove foil and bake 5 more minutes or until bubbly. If you make this ahead and bake it, allow for at least 60 minutes to get hot and bubbly. If frozen, thaw 1-2 days ahead of time in the refrigerator.

Slow Cooker Ribs

1-2 whole slabs of baby back ribs (I can fit 2 slabs in my large oval Slow Cooker after they have been cut up)
1 large onion, sliced
1 - 18 ounce bottle of your favorite bottled BBQ sauce

Place onion in the bottom of a Crockpot. Cut each slab into 5 portions of about 3-4 ribs each. Place ribs on top of the onions. Cover with lid and cook on low for 5-7 hours. At that time, remove the ribs into a bowl and discard the onions and any liquid. Rinse the Crockpot if necessary.

Return the ribs to the crock pot and pour BBQ sauce over ribs. Use a pastry or BBQ brush to brush the sauce over the top and bottom of each rib. Continue to cook on low for 2-3 hours or on high for 1-2 hours. These times are approximate and can be modified to fit your schedule.

After the ribs are cooked in the sauce they are ready to be served. If you prefer, the ribs can be browned by placing on the grill or under the broiler for 2-3 minutes per side while basting with sauce.

Reheating tip: Refrigerated leftovers or ribs made in advance can be reheated in the oven at 350 for 25 minutes. If you want to serve ribs for a party or a large group of people, this reheating method works great. My kids think they taste even better when they are reheated with additional sauce on top.

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.

Mediterranean Grilled Chicken Legs

Preparation Time: 5-10 minutes. Marinating Time: 30 minutes or more. Grilling Time: 45 minutes

Juice of 1-2 lemons or about 2-3 Tablespoons fresh juice (I've also used a combo of lemons and limes)
1 Tablespoon dried oregano
3 cloves of garlic, minced
1 Tablespoon olive oil
1 teaspoon salt
¼ teaspoon freshly ground black pepper
6-8 chicken legs (skin on or off, your preference)

Place the first 6 ingredients in a zip style bag. Gently squeeze the bag near the contents to mix them together. Place chicken legs in the bag, seal, and turn the bag so that the marinade coats all of the legs. Place the bag in a bowl in the refrigerator (to prevent leaks!) and allow to marinate for at least 30 minutes or up to 10 hours (whatever you have time for).

Grill until chicken is thoroughly cooked (about 40-45 minutes with medium heat)

Serves 4-6

Cobb Chopped Salad

Salad:

1 head romaine lettuce, chopped into narrow (1/8") strips
2 Tablespoons fresh basil, chopped
2 cups shredded mozzarella cheese
1 cup canned garbanzo beans, drained
3 -4 ripe tomatoes, diced
2 Tablespoons, green onions
2 cups diced turkey meat (you can dice a few thick slices from the deli)
½ cup salami, cut into thin strips

Dressing:

1-1/3 cups light extra virgin olive oil
¼ cup red wine vinegar
1 garlic clove, minced
2 Tablespoons Dijon style mustard
½ teaspoon sugar
1 ½ teaspoons, dried oregano
1 teaspoon fresh parsley
¼ teaspoon each salt and pepper
3 Tablespoons grated parmesan cheese

Mix Salad ingredients together. Make dressing and mix well. Just before serving add enough dressing to taste to the salad ingredients.

(serves 4 as a dinner salad)