

Side = Side dish as outlined in weekly menus

Entrée= Ingredient for main dish as outlined in weekly menus

Grocery List Items	Marinated Grilled Chicken	Orzo Pasta Salad	Italian Sausage Skillet	Ham & Cheese Sandwiches	Corn & Bean Salad	Stuffed Whitefish	Baked Ziti
PRODUCE							
Onions	1/4		1	1/8	1/8		1
Green onions		√				√	
Cherry tomatoes		√					
tomatoes			5-6				
Fresh dill		√					
Fresh Basil							√
Pitted kalamata olives		√					
Garlic	2 cloves		5 cloves				3 cloves
Broccoli						Side	
Green pepper			√				
Red pepper					√		
Fresh Pears		Side					
Cantaloupe				√			
Celery						√	
Lemon						√	
Zucchini			1.5 #				
Lettuce and ingredients for side salad			Side				Side
MEAT							
Thinly sliced or shaved ham				1 #			
Boneless skinless chicken breasts or thighs	√						
Filletts of sole or other whitefish (4-6 or amount that you need)						√	
Sausage (hot or mild & either bulk or links)			1 #				1 #
IN THE AISLES							
Hamburger buns or Kaiser rolls (package of 8)				√			
Penne pasta (1 #)			Side				
Orzo pasta (1 # box)		√					
Rice						Side	
Ziti Noodles (1 pound)							√
Canned diced tomatoes (each can 14.5 ounces)							3
Canned evaporated milk (a 5 ounce "mini" can)							√
Canned kernel corn – 15 ounce (not cream style)					√		
Canned black beans (15 ounce)					√		
Canned crabmeat (7 ounce)						√	
Seasoned breadcrumbs							
Cumin					√		
Balsamic vinegar	√	√					
Red wine vinegar		√					
Light olive oil	√	√					
Worcestershire sauce	√			√			
Dry mustard (look by the spices)	√			√			
Honey	√						
Poppy seeds				√			
DAIRY							
Sliced provolone cheese (6 oz.)			√				
Sliced Swiss or Munster cheese (8 slices)				√			
Feta cheese crumbles (need ½ cup)		√					
Grated parmesan cheese			√				
Shredded mozzarella cheese							2 cups

I'm assuming you have: 1 ½ sticks of butter, foil, mustard, dried oregano, salt, black pepper, sugar, cornstarch, Italian Salad dressing, seasoned breadcrumbs, paprika, cornstarch, flour

Make Dinner Easy Recipe Summary for the Week of 5/13/19

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

Menus for This Week:

Marinated Grilled Chicken served with Mediterranean Orzo Pasta Salad and pear wedges
Italian Sausage Skillet served over penne pasta with a side salad
Grandma Jo's Hot Ham and Cheese Sandwiches served with a Corn & Bean Salad and cantaloupe wedges
Stuffed Whitefish served over rice with steamed broccoli
Baked Ziti with Sausage and Fresh Basil served with a side salad

Marinated Grilled Chicken

(Prep Time: 15 minutes)

4-6 boneless skinless chicken breasts or thighs
½ cup olive oil
¼ cup balsamic vinegar
2 Tablespoons dry mustard (can substitute Dijon or yellow mustard)
2 garlic cloves, finely chopped
1/4 onion, finely diced
1/8 cup honey
1 Tablespoon Worcestershire Sauce
½ Tablespoon Black Pepper
1 Tablespoon salt

Combine all ingredients in a zip style bag. Add chicken and marinate overnight or at least for a few hours in the refrigerator.

Remove chicken from bag and grill until done.

Cook's Note: I love using zip style bags to marinate meat. I can easily turn the meat and massage the marinade into the meat and clean up is very easy

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 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.

Italian Sausage Skillet

Preparation and Cooking Time: about 45 minutes, start to finish

1 pound Italian sausage (either hot or mild)

1 large chopped onion (about 1.5 cups)

5 cloves minced garlic

1/2 cup chopped green pepper

5-6 chopped tomatoes

1.5 pounds small zucchini, sliced thinly (about 2-3 eight inch zucchini)

1 Tablespoon oregano

1/4 teaspoon each salt and ground black pepper

1/2 cup grated Parmesan cheese

1 (6 ounce) package provolone cheese (I used about 4 slices)

Remove sausage from the casing if necessary and cook fully until browned in a large skillet. Use two spoons to break up the sausage into small pieces as it cooks. Remove from heat, drain off any grease, and blot with paper towels. Return to medium heat and add chopped onion, garlic, green pepper, tomatoes, zucchini, and spices. Simmer until vegetable are as tender as you desire. Stir in Parmesan cheese. Place provolone cheese on top and allow to melt.

Can be served alone with garlic bread or served over pasta.

Serves 6

Grandma Jo's Hot Ham and Cheese Sandwiches

6 Tablespoons salted butter, softened

2 teaspoons finely diced onions

1 teaspoon poppy seeds

1/2 teaspoon dry mustard

2 teaspoons Worcestershire sauce (or more if desired)

8 hamburger buns or kaiser rolls

1 pound thinly sliced, or shaved ham (I use shaved)

8 slices Swiss or Munster cheese (a little over .5#)

8 pieces of foil, each about 16" long

In a small mixing bowl, combine the softened butter, onions, poppy seeds, dry mustard and Worcestershire sauce. I find it faster to use an assembly line method to put these sandwiches together. To do so, line up the foil, side by side, on a counter. On each piece of foil, place an opened hamburger bun. Spread a generous 1/2 teaspoon of the butter mixture on the inside of both the top and bottom of each bun. Place approximately 1/8 of the ham on the bottom of each bun. Top with a slice of cheese and the top portion of the bun. Wrap the foil around each sandwich.

Bake at 350°F for 20 minutes. When baking, you can place the foil packets directly on the oven rack. You can refrigerate or freeze these foil wrapped sandwiches after placing them in a zip style bag

Corn and Bean Salad

1 can corn (not cream style), drained

1 can black beans, rinsed and drained well

½ red pepper, finely diced

2 Tablespoons onion, finely diced (I prefer to use red onion, but use whatever you have in the house)

2 Tablespoons Italian Salad Dressing

¼ teaspoon cumin

Combine all ingredients in a bowl. Mix well. You can easily adjust the quantities to suit your taste or use up ingredients in your refrigerator. Taste improves if chilled before serving.

Stuffed Whitefish

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

4 Tablespoons butter, melted

¼ cup seasoned bread crumbs

2 green onions chopped

1 stalk, celery finely chopped

1 (7 ounce) can crab meat

4-6 fillets of sole, tilapia, or whitefish

½ teaspoon paprika

½ lemon, thinly sliced

1. In a medium mixing bowl, combine the first 5 ingredients. Use a fork to flake apart the crab meat and stir all ingredients together.

2. Place a portion of the crab mixture on each fillet and roll up.

3. Place stuffed sole fillets, seam side down on a glass baking pan

4. Sprinkle with paprika

5. Bake 350°F for 20 minutes. Top with lemon slices

Serves 4

Baked Ziti with Sausage and Fresh Basil

(Prep Time: 20 minutes. Baking Time: 25minutes)

1 pound, ziti noodles

1 # bulk Italian Sausage

1 large onion, diced

3 cloves garlic, minced

2 Tablespoons, flour

1 (5 ounce) can evaporated milk (a mini can)

3 (14.5 ounce) cans diced tomatoes, undrained

½ teaspoons salt

2 Tablespoons fresh basil, chopped or 1 Tablespoons dried basil

2 cups shredded mozzarella cheese

Cook ziti according to package directions. Meanwhile, place Italian sausage into a large skillet on medium high heat. Using 2 spoons break sausage up into smaller pieces as it is browning. Add onions and garlic and continue to brown the sausage mixture until the crumbled sausage is fully cooked and brown. This may take 10-12 minutes. Add the flour and stir until completely mixed in. Add the evaporated milk, undrained tomatoes, and salt. Continue to cook over medium-low heat for several minutes. Stir in chopped basil and remove from heat. Add drained, cooked ziti to the tomato and sausage mixture, stir and transfer this mixture to a 12"x9"x3" casserole dish. Sprinkle with shredded cheese. You can either bake the casserole immediately at 350°F for 20 minutes covered with foil, and then 5 minutes uncovered. Or the casserole can be refrigerated and baked at a later time. A cold casserole should be baked at 350°F for 45 minutes, covered with foil, and then an additional 5 minutes uncovered or until bubbly and hot.

Serves 8-10. Cook's Notes: You can also freeze this casserole without the cheese on top, and then add the cheese when the casserole is thawed and ready to bake.