

Side = Side dish as outlined in weekly menus

Item	Oven Baked Turkey Burgers	Chicken Paprikash	Super Easy Quiche	Raspberry Spinach Salad	Mexican Mostacholi	Pasta with Shrimp
PRODUCE						
Yellow onions	1/2	1			1	
Red onion				√		
Plum tomatoes						2
Broccoli (or broccoli florets in a bag)			√			
Lettuce & ingredients for a side salad	Side				Side	Side
Apples	Side					
Baby spinach leaves				√		
Raspberries (can use canned mandarin oranges if these are out of season!)				√		
Cantaloupe			Side			
Cauliflower		Side				
Green onions						√
Fresh basil						√
Garlic					√	√
MEAT						
Ground turkey (1-1.25 lbs)	1.5lbs.				1 lb.	
Boneless, skinless chicken thighs		8-10				
Cooked, peeled shrimp						√
IN THE AISLES						
Seasoned bread crumbs	√					
Canned Diced Tomatoes (28 oz.)						
Canned black beans (16 ounce)					√	
Canned sliced black olives (2.25 ounce)					√	
Chicken broth		2 cups				
Chicken bouillon or concentrated chicken stock paste		√				
Wide egg noodles or no-yolk noodles		Side				
Angel hair pasta noodles (16 oz.)						√
Penne or Spiral Noodles (16 oz)						
Paprika (Hungarian sweet paprika preferred)		√				
Chili Powder					√	
Cumin					√	
Light olive oil				√	√	√
Hamburger buns	√					
DAIRY / FROZEN						
Sour cream (light sour cream is ok to use)		√				
Frozen deep dish pie shell			√			
Sliced cheese (if desired for burgers)	√					
Shredded cheddar cheese			1.5 cups		2 cups	
Parmesan Cheese (in the dairy section or freshly grated is nicer to use!)			√			
Eggs			3			
Grated parmesan cheese			√			√

I'm assuming you have: salt, black pepper, dried oregano, butter, flour, milk, baking powder, Dijon mustard, brown sugar, granulated sugar, ketchup, red wine vinegar,

Make Dinner Easy Recipe Summary for the Week of October 19, 2020

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

Menu

Oven Baked Turkey Burgers served with a side salad and apple slices
Slow Cooker Chicken Paprikash served over wide egg noodles and steamed cauliflower
Super Easy Quiche served with Raspberry Spinach Salad and cantaloupe cubes
Mexican Mostacholi served with a side salad
Angel Hair Pasta with Shrimp served with a side salad

Baked Turkey Burgers

Preparation Time: 10 minutes Baking Time: 40 minutes

Burgers

1 small onion, finely chopped (about 1/2 cup)
3/4 cup seasoned bread crumbs
2 Tablespoons ketchup
1/3 cup milk
1 teaspoon salt
1/2 teaspoon black pepper
1.5 pounds lean ground turkey

Baking Sauce

1 cup water
1/3 cup ketchup
1/3 cup brown sugar
2 teaspoons red wine vinegar

sliced cheese, if desired

Preheat the oven to 350°F. In a small bowl, combine all of the burger ingredients. Form the meat mixture into 6 equal patties and place them in an 9"x12"x2" glass baking dish.

Mix together the baking sauce ingredients and pour over the turkey patties. Bake uncovered at 350°F for 35-40 minutes or until thoroughly cooked (internal temperature of 165°). If you would like cheese on top, place a slice of cheese on top of each burger for the last 5 minutes they are in the oven, or place under the broiler to melt the cheese. Serve on buns or with sauce spooned over the top

Yield: 6 burgers

Slow Cooker Chicken Paprikash

(Prep Time: 30 minutes. Cooking Time 6-8 hours)

8-10 Boneless, Skinless Chicken Thighs
2 teaspoons Hungarian Paprika (Get the good stuff for this recipe! It comes in a large red can)
½ teaspoon salt
¼ teaspoon freshly ground black pepper
1 large onion, coarsely chopped
1/3 cup, flour
2 cups chicken [broth](#)

1 teaspoon chicken [bouillon](#) (I prefer concentrated stock paste)
½ cup sour cream (can use light sour cream)
1 teaspoon flour

1. Place thighs in a large skillet. Sprinkle 1 teaspoon of paprika over the thighs. Turn thighs over and sprinkle the other 1 teaspoon of paprika over the other side. Sprinkle the salt and pepper over the chicken.
2. Place the skillet on the burner on medium/high heat. Watch the thighs carefully as there is no extra oil or water in the pan at this point. This is done deliberately so that the thighs brown nicely. Cook the thighs on one side for 2-4 minutes without moving or turning them. You can carefully peek under them occasionally to make sure they don't burn. It's ok to let them stick a little as this improves the flavor. After one side is nicely browned, use tongs and turn thighs over. Cook on this side 2-4 minutes as well until browned. If you need to, you can add a small amount of water to prevent overbrowning.
3. Transfer thighs to a slow cooker. Keep the pan drippings intact and add the onion to the skillet. Return the skillet to medium heat and sauté for several minutes. Turn the heat off and add the flour, mixing well. Add chicken broth and turn the heat back on the medium, stirring well until mixture starts to thicken. Add bouillon.
4. Pour thickened broth over the thighs in the slow cooker. Cover and cook on low for 6-8 hours.
5. 30 minutes before serving. Mix the sour cream with 1 teaspoon flour in a separate bowl. Add a few tablespoons of the liquid from the slow cooker to warm up the sour cream mixture (this will prevent it from curdling). Add the sour cream to the slow cooker and stir well. Continue to cook on low for 30 minutes. Serve over wide noodles.

Serves: 6-8. Leftovers freeze well

Super Easy Quiche

1 1/2 cups shredded cheddar cheese
2 Tablespoons flour
1 cup milk
3 eggs slightly beaten
1/2 cup grated Parmesan cheese (freshly grated preferred over the powdered variety)
1 1/2 - 2 cups fresh broccoli florets (see cook's notes)
dash of salt and black pepper
1 (9 inch) deep dish frozen unbaked pastry shell

Preheat oven to 350°F. In a medium bowl, toss cheddar cheese with flour. Add milk, eggs, Parmesan, pepper and veggies. Pour into pastry shell. Bake at 350°F for 50-60 minutes, or until set.

Cook's notes You can use substitute chopped fresh spinach, diced ham, crumbled bacon, onions, or a combination of these ingredients in place of the broccoli. This recipe will accommodate about 1 1/2 - 2 cups of any desired filling if you use a deep dish pie crust. If you don't have a deep dish frozen pie crust, use about 3/4 cup of broccoli or desired filling ingredients. Saree likes to use Pillsbury Brand Pet Ritz Deep Dish Pie Crusts but other brands could be used as well.

Raspberry Spinach Salad with Raspberry Vinaigrette

Salad

Baby Spinach leaves
Thinly sliced red onion
Fresh Raspberries

Raspberry Vinaigrette

1/2 cup canola oil or light olive oil
4 Tablespoons raspberry vinegar
3 teaspoons granulated sugar
1/4 teaspoon Dijon mustard
1/4 teaspoon salt

Combine salad ingredients in a large bowl. In a separate bowl or cup, combine the vinaigrette ingredients. Add just enough dressing to lightly coat the spinach. Most likely you will not use all of the dressing but it will keep for at least a week in the refrigerator. Remember if you do use olive oil, that it will solidify when cold but will return to it's normal consistency when brought back to room temperature.

Mexican Mostacholi

Preparation Time: 30 minutes Baking Time: 25 minutes

1 pound penne or spiral pasta
2 teaspoons olive oil
1 medium yellow onion, diced
2 cloves minced garlic
1 - 1.25 pounds ground turkey
1 large can (29 ounce) diced tomatoes, undrained
1 Tablespoon chili powder
1/2 teaspoon cumin
1/2 teaspoon salt
1 (16 ounce) can black beans, drained
2 cups shredded cheddar cheese
1 (2.25 ounce) can sliced black olives, drained

Cook pasta as directed. Meanwhile, sauté the onions and garlic in olive oil in a large non-stick skillet. Add the ground turkey and brown the meat. Use two spoons to separate the turkey into small chunks as it browns. Add the undrained diced tomatoes, the seasonings and the drained black beans. Simmer for 1-2 minutes. Combine the drained penne pasta, the turkey and tomato mixture and 3/4 cup of the shredded cheddar cheese and pour the combined mixture into a 9"x13"x2" baking pan. Sprinkle the remaining shredded cheese on top along with the drained sliced black olives. Cover with foil and bake at 350°F for 20 minutes. Uncover and bake an additional 5 minutes.

Serves 8 and leftovers are great for lunch. This recipe can also be cut in half and baked in a smaller pan.

Angel Hair Pasta with Shrimp

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

½ cup extra light virgin olive oil
2 ripe Tomatoes
4 green onions

1 package Fresh Basil, can use less if desired
2 garlic cloves, minced
½ cup freshly grated Parmesan cheese
½ teaspoon each salt and pepper
1 pound dry angel hair pasta
12 ounce bag of cooked shrimp, thawed and drained

1. Dice tomatoes, green onions, basil and garlic and set aside in separate bowls.
 2. Cook pasta according to package directions. Meanwhile, heat olive oil on low in a large skillet, add garlic and sauté about 5 minutes, add shrimp and cook an additional 2 minutes. Add tomatoes, green onions and salt and pepper.
 3. Drain pasta and add pasta to sauté pan with shrimp mixture. Add basil and Parmesan cheese. Toss and serve
- Serves: 6