

Side = Side dish as outlined in weekly menus

Grocery Shopping List Items	Kung Pao Chicken	Roasted Asparagus	Baked Mac & Cheese	Citrus Skirt Steak	Grilled Potato Packets	Beefy Onion Strudel	Garlic Shrimp
PRODUCE							
Onions					2	1	
Green onions	4			4			
Fresh asparagus (thin if possible)		1#					
Garlic	1 clove	3 cloves		2 cloves			12 cloves
Baking Potatoes (need 1 for each person served)					√		
Corn on the Cob				Side			
Lemons				2			
Broccoli			Side				
Strawberries			Side				
Red or Green Pepper	√						
Watermelon	Side					Side	
Cantaloupe							Side
Lettuce and ingredients for a side salad						Side	
MEAT							
Boneless, skinless chicken breasts (1.5 lb.)	√						
Skirt or hanger steak (2-3 pounds or enough for your family)				√			
Beef tenderloin or deli roast beef cut ½ " thick (or leftover skirt steak)						1.5#	
Fresh or frozen shrimp							2#
IN THE AISLES							
Chicken broth							1 cup
Elbow macaroni			√				
Canned evaporated milk (12 ounce)			1				
Angel hair pasta							Side
Rice (white or brown, your preference)	Side						
Light olive oil		√		√		√	√
Cayenne pepper				√			
Soy sauce						√	
Worcestershire sauce						√	
Tabasco	√						
Red Wine Vinegar	√						
Sesame Oil	√						
Honey				√			
Roasted Peanuts (not Spanish peanuts)	√						
DAIRY							
Tubes of recipe creations or crescent roll dough (i.e. Pillsbury)						2	
Sliced American cheese			√				
Cream cheese (3 ounce)			√				
Shredded cheddar cheese			2 cups				
Sliced provolone cheese						√	

I'm assuming you have: flour, paprika, salt, black pepper, dried oregano, garlic powder, butter, 1 egg, canola oil, cornstarch, granulated sugar, aluminum foil

Make Dinner Easy Recipe Summary for the Week of September 9, 2019

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

This Week's Menus:

Kung Pao Chicken served over rice with Roasted Asparagus and Watermelon wedges

Baked Mac with Triple Cheese served with steamed broccoli and fresh strawberries

Grilled Citrus Skirt Steak served with Potato Packets and corn on the cob

Beefy Onion Strudel served with watermelon cubes and a side salad

Garlic Shrimp served over angel hair pasta with cantaloupe slices

Kung Pao Chicken Recipe

Preparation Time: 5-10 minutes. Cooking Time: 15-20 minutes

1 - 1.5 pounds boneless chicken breasts, cut into 1" cubes
1 teaspoon sesame oil
1 teaspoon canola oil
1/2 cup roasted peanuts
1 clove garlic, minced
3-4 green onions, chopped with green portion reserved
1 green or red pepper, cut into 1" chunks

Sauce

1 1/4 cup water
1/4 cup soy sauce (you can use low sodium if you prefer)
4 teaspoons cornstarch
1 Tablespoon granulated sugar
1 teaspoon red wine vinegar
4-5 dashes hot pepper sauce, such as Tabasco (or to taste)

In a large bowl, toss chicken with 1 teaspoon of sesame oil and set aside. Heat 1 teaspoon of canola oil in a large non-stick skillet and add peanuts. Sauté the peanuts about 2-3 minutes, without browning them. Transfer the peanuts to another large bowl and set aside. Add the garlic, white portion of the green onions and pepper chunks to the pan and sauté about 1-2 minutes or until tender. Transfer these ingredients to the bowl with the sautéed peanuts and set aside.

Return the same pan to medium high heat and add the chicken. Sauté the chicken until browned and fully cooked, about 6-10 minutes. While this is cooking make the sauce by combining all of the sauce ingredients in a bowl or measuring cup. When the chicken is fully cooked, add the chicken to the bowl with the peanuts and peppers. Stir the sauce once more to make sure the cornstarch is fully combined (it tends to stick to the bottom!) and add it to the pan. Cook over medium heat several minutes until thickened, stirring constantly. Add the cooked chicken, pepper mixture, and peanuts to the sauce. Simmer for about 1 minute until heated through.

Serve over rice with green onion tops sprinkled on top.

Serves 4

Oven Roasted Asparagus

1 pound fresh asparagus (about 2 bunches – try to select bunches with narrow stems if possible)
2-3 garlic cloves, minced
2 Tablespoons, light olive oil
1/2 teaspoon, salt

Preheat oven to 400°F.

Meanwhile, trim the asparagus by cutting off 1 1/2 - 2" off of the cut ends. Place the asparagus in a 9"x12" glass baking dish along with the minced garlic cloves. Pour olive oil over veggies and sprinkle with salt. Toss the asparagus so the olive oil coats all pieces. Roast asparagus in the preheated oven for about 10 minutes.

Baked Macaroni with Triple Cheese

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

2 cups (7ounces) uncooked dried elbow macaroni
¼ cup butter
2 Tablespoons flour
1 (12 ounce) can evaporated milk
½ teaspoon salt
6 slices American cheese
3 ounces cream cheese, diced
2 cups (8 ounces) shredded cheddar cheese

Heat oven to 350°. Cook macaroni according to package directions. Drain. Meanwhile, melt butter in a large (3 quart) saucepan, but do not brown. Stir in the flour and cook over medium low heat while stirring. Cook flour and butter for 1-2 minutes or until mixture is smooth and bubbly. Add milk and salt, stirring occasionally. Continue to cook for 3-4 minutes until sauce is thickened. Add American cheese, once slice at a time. Stir between each addition. Add diced cream cheese. Stir well and continue cooking on low until cheeses are melted (if you see a few cream cheese lumps, it's ok). Remove pan from heat and combine cheese sauce with cooked macaroni. Add shredded cheddar cheese and stir until combined. Pour mac and cheese mixture into a greased 2 quart casserole dish. Bake at 350° for 20 minutes

Citrus Skirt Steak Recipe

2-3 pounds skirt or hanger steak

Marinade

1/2 cup light olive oil
2 teaspoons salt
4 green onions, trimmed and chopped in half
2 large garlic cloves, minced
1/4 cup fresh lemon juice (about 2 lemons)
2 teaspoons honey
1/8 teaspoons cayenne pepper (or more if you want it zippy)

Place the marinade ingredients in a large zip style bag and massage the bag to mix the ingredients together. Add the meat and allow to marinate in the refrigerator for 4-12 hours. Grill 2-4 minutes per side depending on the thickness of the meat and how well you like your steak cooked.

Cut against the grain into small strips and serve.

Serves 4-8

Grilled Potato Packets

Prep Time: 10 minutes Grilling Time: 40 minutes

Make one packet for each person you will be serving
For each packet you will need:

1 piece of aluminum foil, 12-14" long
1-2 teaspoons, salted butter
1/4 medium onion, sliced
1 uncooked baking potato, well scrubbed, skin on
salt and pepper as desired

Lay out all the pieces of aluminum foil that you will need. Place butter in the center of each piece of foil. Place the onions on top of the butter. Starting at the narrow end, cut each potato into 1/4" slices. Place slices on top of onions. Add salt and pepper as desired. Bring ends of the foil together and fold down to seal the foil tightly around the potato and onions, keeping the packets as flat as possible. Place packets on a grill on medium-low heat. Cook on each side for 20 minutes or a total of 40 minutes. We usually grill the potato packets first, then keep them warm on a rack inside the grill while grilling the main course.

Foil packets can be placed in a basket and your family or guests can serve themselves.

Beefy Onion Strudel

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

- 1 Tablespoon olive oil
- 1 Tablespoon butter
- 1 large onion thinly sliced, then cut each slice in quarters
- 1 Tablespoon flour
- 2 teaspoons Worcestershire sauce
- 2 Tablespoons soy sauce
- 2 cups cooked beef tenderloin cut into 1" cubes
(or 1 - 1½ lbs deli roast beef, thickly sliced and then cut into ½ " cubes)
- 4 slices provolone cheese
- 2 (8 ounce) packages unbaked "Recipe Creations" or crescent roll dough (i.e. Pillsbury)
- 1 egg, well beaten

1. Preheat oven to 375°F.
2. Heat olive oil and butter in a large skillet, sauté onions until tender and slightly browned. Remove pan from heat and stir in flour very well. Return to medium-low heat and add Worcestershire sauce and soy sauce, stirring well until blended and thickened. Remove from heat and add beef. Toss to coat.
3. Unroll 1 package of crescent roll dough – do not separate. Arrange longest sides of the dough across the width of a cookie sheet. Repeat with the second package of dough, slightly overlapping the two packages of dough (you are trying to form 1 large piece of dough). Using your fingers, press the edges of the two pieces of dough together. To make serving easier, I often line the cookie sheet with a piece of parchment paper prior to laying down the dough. This prevents the strudel from sticking (it's not critical to do this).
4. Spread the filling down the middle of the large piece of dough. Top with cheese. Using a knife, cut lines 1 ½" apart down both sides of the dough that has not been covered with filling. To form a "braid", start at one end and lift 1-one inch strip of dough from the right side of the beef mixture and lift it up and half way across the beef mixture. Repeat with a strip from the left side. When the strips meet in the middle, slightly overlap them and press together. Repeat until all strips have been braided together.
5. Brush beaten egg over top (you don't need to use all of the egg, just enough to slightly coat the braid).
6. Bake 20-22 minutes or until golden brown. Cut into 1 ½" slices and serve.

Serves 10



Garlic Shrimp

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

- 2 # shrimp (fresh or frozen, should be shelled, can be any size)
- ½ cup, light olive oil
- 2 Tablespoons, butter
- 12 garlic cloves, minced (use more if you like!)
- 1 Tablespoon, flour
- 1 cup chicken broth
- ¼ teaspoon salt

First, prepare the shrimp. If you bought frozen shrimp, the shrimp needs to be defrosted. This can be done by placing the bag of frozen shrimp in a bowl, and placing the bowl in the refrigerator for about 8-10 hours. Then pour the shrimp from the bag into a bowl and run cold water over the shrimp. Every 5 minutes or so, drain the water off the shrimp and add new cold water until the shrimp is

defrosted. If you are taking the shrimp straight from the freezer, you can just use the cold water bath method, as outlined above, to defrost. Once the shrimp is defrosted, drain very well and blot with paper towels. If your shrimp are still frozen or very wet, your dish will turn out too watery.

Heat the olive oil and butter in a large skillet. Add the minced garlic cloves and sauté (don't brown) for about 1 minute. Add flour and stir well. Add chicken broth and salt. Add shrimp. If you are using cooked shrimp, just heat the shrimp for 2-3 minutes on medium low. If you are using raw shrimp, cook the shrimp for about 4-5 minutes or until they turn pink in color. Don't overcook, or the shrimp will be tough. Serve over pasta or rice

Serves 6.