

## Monday Recipes

*Notes for Monday:*

This is an easy dinner that is a big kid-pleaser. Dads may prefer additional pepperoni, so feel free to add more slices to some of the crescents.



### Pepperoni and Cheese Crescents

- 2 cans low-fat crescent rolls
- 48 slices of pepperoni
- 1 cup shredded mozzarella cheese
- 1/3 cup shredded Parmesan cheese
- 28 oz. can spaghetti sauce

Unroll crescent dough and separate into 16 triangles (as pre-cut). Place 3 slices pepperoni (or more for Dad) on each triangle. Sprinkle with 1-2 Tbsp. mozzarella cheese and a dab of Parmesan cheese. Starting with with shortest side, roll crescents toward opposite point. Place on baking sheet and bake at 375° for 10-14 minutes or until golden brown. Open spaghetti sauce. Reserve 1 cup for Friday's dinner. Warm the remaining spaghetti sauce and serve with crescents for dipping.

### Green Beans

### Salad

## Tuesday Recipes

*Notes for Tuesday: none*



### Breaded Pork Chops

- 6 pork chops, trimmed of fat
- bread crumbs

- 2 eggs
- oil for browning

Tenderize pork chops with a metal pounder. Beat eggs in a bowl. Put bread crumbs in a container large enough to fit one pork chop in it at a time. Dip each pork chop in the bread crumbs, then the egg, then back into the bread crumbs. Line a 9x13 pan with heavy duty foil and preheat oven to 350°.

Heat oil in a fry pan. Brown the breaded pork chops lightly on each side. Place chops in the foil lined pan and bake covered at 350° for 1 hour, turning halfway through.



### **Cooked Apples**

- 5 Granny Smith apples
- 1/4 cup water
- 1-2 tsp. vanilla
- 1-2 tsp. sugar

Wash, peel, core, and slice apples. Place all ingredients in a sauce pan and simmer, stirring occasionally until apples are tender. You may need to add more water if it cooks down. You may either serve these hot as slices or mash them up and serve them as hot or cold applesauce.

### **Collard Greens**

## **Wednesday Recipes**

*Notes for Wednesday:*

1. Make the black bean salad ahead of time so it can chill.
2. If you work, you could try having an older child put the enchiladas on to cook in the early afternoon and cook them on high for 3 hours, but I haven't tried this. A programmable crockpot with a Keep Warm function is the best idea - you can start it before you leave for work and when it is done cooking it will switch to the Keep Warm temperature.



### **Crockpot Enchiladas**

- 1 lb. ground beef, cooked (**from freezer**)

- 1 medium onion, sauteed (**from freezer**)
- 1/2 tsp. **Adobo** seasoning
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 4 whole wheat flour tortillas
- 1 can corn, drained
- 1 10-oz. can enchilada sauce
- 1 can Rotel tomatoes and green chiles, undrained
- 2 cups shredded cheddar or Mexican blend cheese
- sour cream

In a bowl, combine ground beef, onion, Adobo, salt, and pepper. In another bowl, mix the Rotel and enchilada sauce. Place 2 tortillas in the bottom of the slow cooker. Place half of the following in layers over the tortillas: meat, corn, sauce mixture, and cheese. Repeat layers. Cook on low 5-6 hours.



### **Black Bean Salad**

- 1/4 cup red wine vinegar
- 2 Tbsp. olive oil
- 1 tsp. lemon juice
- 1 clove garlic, minced
- 2 tsp. sugar
- 2 cups black beans (**from freezer**, thawed & rinsed, or 1 can, rinsed)
- 1 cup cut corn, drained
- 1 cup chopped red bell pepper
- 2 Tbsp. dried parsley

Combine vinegar, olive oil, lemon juice, garlic, and sugar. Mix well and combine with remaining ingredients. Toss before serving.

### **Corn**

## **Thursday Recipes**

*Notes for Thursday: none*



### **Baked Ravioli**

- 2 Tbsp. olive oil
- 28 oz can spaghetti sauce, any flavor
- 24 pieces frozen Four Cheese Ravioli
- 1 oz. grated Romano or Parmesan\* cheese
- 1 lb. cooked ground beef, thawed (**from freezer**)
- 5 oz. shredded mozzarella cheese
- sautéed peppers and onions, thawed (**from freezer**)

Preheat the oven to 400°. Spread olive oil in an 8"x10" baking pan and spread about 5 oz. of the spaghetti sauce around. Layer with 1/2 of the ravioli, 1/2 of the Romano or Parmesan Cheese, 1/2 of the meatballs and peppers and onions, and 2 oz. of the mozzarella cheese. Repeat layers, saving 1 oz. of mozzarella cheese for the top. Tent the pan with aluminum foil and bake for 1 hour 15 minutes.



## Garlic Bread

- 1 loaf ciabatta\* or Italian bread
- 1 stick butter, softened
- 4 cloves garlic, crushed or minced

Slice bread in half length-wise. Mix butter and garlic well. Spread each half with half of the garlic butter mixture and place halves together on baking sheet. Bake at 350° until bread is crusty and butter mixture is bubbly.

## Salad

Make a large salad tonight and save half for tomorrow night. Add any crunchy ingredients and salad dressing just before serving each night.

## Friday Recipes

*Notes for Friday:*

1. I recommend periodically making a double (or triple) pizza dough recipe in your bread machine or large mixer and freezing the extra dough for an easy lunch or dinner another day. The Urban Homemaker has a **double pizza dough recipe** that is very good. It has variations for garlic, herbed, or seeded dough.

2. If you are using a bread machine to make dough, time it so that it is ready just before you want to cook the pizza. If you are using a frozen pizza dough, be sure to allow enough time for it to thaw. I like to thaw it for several hours in the refrigerator.
3. Make the ice cream sandwiches before dinner and they will be ready when you are done eating.



## **Cheeseburger Pizza**

- Homemade pizza dough
- 1 lb. ground beef (**from freezer**)
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 8 oz. spaghetti sauce
- 1 Tbsp. yellow mustard
- 1/2 cup chopped red onion (optional)
- 1-1/2 cups shredded cheddar cheese
- Shredded lettuce
- Chopped or sliced tomatoes

Prebake pizza dough for 8 minutes. Combine pizza sauce and mustard and spread on crust. Top with beef, cheese, and onions. Bake for 10 minutes at 450° or until crust is done and toppings are hot. Top with lettuce and tomatoes before serving.

## **Leftover Salad**



## **Homemade Ice Cream Sandwiches**

- 1 package of refrigerated cookie dough (jumbo sized-cookies), any flavor, baked
- 1/2 gallon vanilla ice cream
- sprinkles

Soften ice cream by placing in the refrigerator for 20 minutes (set a timer!). After cookies are baked and cool, scoop ice cream between two cookies (bottom side facing towards the ice cream) and roll in sprinkles. You may find it easier to spoon sprinkles over the sides as you roll the ice cream sandwich in your other hand. Place in freezer 30-60 minutes before serving. Kids love them!

*\* Indicates that of the options listed, this item is the one on the grocery list.*

<b>Shopping List: 10/17/2006</b>	<b>Refrig. Items</b>
<b>Bread</b>	Tomato 1 0.00
Ciabatta bread 1 2.50	Lettuce leaves 1 0.00
<b>Canned Vegeta</b>	Mustard 1 0.00
Canned Corn 3 0.50	Lemon Juice 1 0.00
Canned Green Beans 32 oz. 1 2.00	Eggs 2 0.00
Glory Collard Greens 1 2.00	Salad Dressing 1 0.00
<b>Cheese</b>	Sour cream 1 0.00
Cheddar shredded - 2 cups 1 2.50	Butter 1 0.00
Mozzarella - shredded 8 oz. 2 2.00	<b>Sauces</b>
Mexican Blend - 2 cups 1 2.00	Spaghetti Sauce - 28 oz. 2 1.25
Parmesan cheese - 8 oz (bag) 1 1.99	Rotel tomatoes and green chili 1 1.00
<b>Dairy/spreads</b>	<b>Total: \$63.74</b>
Crescent rolls - low fat 2 1.50	
Refrigerated Cookie Dough - ju 1 2.50	
<b>Ethnic Food</b>	
Enchilada Sauce (red) 1 1.50	
Whole Wheat tortillas 1 2.50	
<b>Freezer Items</b>	
Sauted Onion (from freezer) 1 0.00	
Peppers & onions (from freezer) 1 0.00	
Browned beef (from Freezer) 3 0.00	
Black beans (from freezer) 1 0.00	
<b>Frozen Dessert</b>	
Vanilla Ice Cream 1/2 gal. 1 4.00	
<b>Frozen Pasta</b>	
Frozen Ravioli 1 4.99	
<b>Fruit</b>	
Bag of Granny Smith apples 1 3.00	
<b>Meat</b>	
Pepperoni 2 1.39	
Pork Chops - 6 large 1 6.00	
<b>Pantry Items</b>	
Garlic clove 5 0.00	
Vegetable Oil (pref. light oli) 1 0.00	
Salt 1 0.00	
Bread Crumbs 1 0.00	
Vanilla Extract 1 0.00	
Sugar 1 0.00	
Red Wine Vinegar 1 0.00	
Parsley 1 0.00	
Adobo 1 0.00	
Sugar sprinkles 1 0.00	
Pizza crust ingredients or pre 1 0.00	
Pepper, black 1 0.00	
<b>Produce</b>	
Red Onion 1 1.00	
Salad greens 2 1.99	
Red Bell Pepper 1 2.50	
Salad mix-ins 2 2.00	

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