

Menu – Week 2	Recipes	
<p>Monday</p> <p>Marinated Grilled Steak - marinate overnight -</p> <p><i>Foil wrapped Veggies</i></p> <p>Easy Waldorf Salad: dice apples, celery, & walnuts, mix with whip topping and miracle whip (about ¼ cup each)</p> <p>S'mores: chocolate bars, graham crackers & marshmallows</p>	<p>Marinated Grilled Steak:</p> <ul style="list-style-type: none"> • 1 to 1 ½ lb steak ¹ • Suggested cuts: sirloin, London broil, skirt steak • ½ cup teriyaki sauce • 2 tsp pepper • 1 tsp crushed garlic • ½ cup wine (non-alcoholic okay) <p>Mix teriyaki, pepper, garlic & wine in a plastic bag, add steak (if using London broil or other less tender cut, pound with meat tenderizer first) and let marinate for 1 hour.</p> <p>Grill five minutes on each side for rare, longer if desired.</p>	<p>Foil wrapped Veggies:</p> <ul style="list-style-type: none"> • 1 zucchini squash • 1 yellow summer squash • 1 red pepper • 1 green pepper • 2 tbsp butter • salt & pepper to taste <p>foil</p> <p>Slice squash, slice the peppers into rings and layer on enough foil to fold over and cover them. Add salt & pepper. Slice butter into 4 to 6 slices and place on top of veggies. Fold & seal foil to cover veggies. Grill (or place in oven at 375°) for 10-15 minutes (not directly over fire) until fork tender.</p>
<p>Tuesday</p> <p>It's Not Fried Chicken</p> <p><i>Broccoli</i></p> <p>Garlic Mashed Potatoes</p> <p><i>Sliced Pears</i></p>	<p>It's Not Fried Chicken:</p> <ul style="list-style-type: none"> • 4 boneless chicken breasts ³ • 2 cups Italian breadcrumbs • 2 eggs, beaten • 1 tbsp olive oil • ¼ cup water* • 1/8 tsp ea. salt & pepper (or to taste) <p>large mouth bowl, large plate baking sheet lined with foil or parchment</p> <p>Wash and pat dry chicken. In large bowl, add water, eggs, oil, salt and pepper, mix well. Spread Italian breadcrumbs evenly on large plate. Take chicken pieces one at a time and dredge in the egg mixture*, coating completely, roll in bread crumbs until lightly coated on all sides. Place on baking sheet. Bake at 375° for 30 minutes with foil covering the chicken, uncover and cook 15 minutes.</p> <p>* add more if needed</p>	<p>Garlic Mash Potatoes:</p> <ul style="list-style-type: none"> • 6 potatoes - washed & cut into 6-8 pieces (peeling is optional) • 1-3 tsp crushed garlic • 2 tbsp butter or margarine • ¼ cup milk • ¼ cup chicken broth • salt & pepper (to taste) <p>2 quart saucepan</p> <p>Add potatoes to saucepan and cover with water, place lid on and bring to a boil. Once potatoes are fork tender, drain, add butter, garlic, salt & pepper, milk and broth. Mash or beat with a mixer until fluffy.</p>

<p>Wednesday</p> <p>Washday Rice & Beans</p> <p><i>Sliced Steamed Zucchini</i></p> <p>Corn Bread</p> <p><i>Blueberries & Raspberries w/whip cream</i></p>	<p>Washday Beans & Rice:</p> <ul style="list-style-type: none"> • 1 cup rice • 1 cup water • 1 cup chicken broth • 1 tbsp olive oil • 4 green onions, chopped • 2 celery stalks, chopped • 1 large green pepper, chopped • 4 links Italian or Andouille sausage (sweet or spicy) - slice each link into 4 pieces • 15 oz can red kidney bean • 1 tsp to 1 tbsp Cajun Creole⁴ Seasoning (start with teaspoon and work your way up to taste) • 14 oz diced tomato <p>2 quart saucepan skillet</p> <p>Combine rice with water & chicken broth in a saucepan, cover. Bring to a boil, reduce to simmer, cook until all the liquid is absorbed (about 20 minutes)</p> <p>Over medium high, heat oil in second saucepan, add onions, celery, pepper & sausage, cook until sausage is done in the center. Add beans & tomatoes, bring to a boil, 1 minute, reduce heat and cook 10 minutes to let flavors blend. Serve w/rice.</p>	<p>Corn Bread:</p> <p>Okay, in all honesty, I don't think you can beat the Jiffy brand corn bread. Especially at 50 cents a box. But this is a good recipe when you don't have that on hand:</p> <ul style="list-style-type: none"> • 1 cup flour • ½ cup sugar • 4 teaspoons baking powder • 1 tsp salt • 1 cup yellow corn meal • 2 eggs • 1 cup milk • ¼ cup butter or oil <p>1 large bowl 9x9 baking dish, greased</p> <p>Mix together flour, sugar, baking powder and salt, add corn meal, mix well. Add eggs, milk and oil. Beat with mixer until smooth (do not overbeat). Pour into baking dish and bake at 425° for 20-25 minutes. Light brown on top, toothpick should come out clean.</p>
<p>Thursday</p> <p>International Night It's All Greek to us...</p> <p>Greek Pasta w/Shrimp</p> <p><i>Greek Style Green Beans:</i> steam beans until tender-crisp, add 1 tbsp olive oil, 1 tbsp lemon juice, ½ tsp oregano, salt & toss</p> <p>Honey of a Pie</p>	<p>Greek Pasta w/Shrimp:</p> <ul style="list-style-type: none"> • 2 tbsp olive oil • 2 tsp crushed garlic • 1 lb shrimp, peeled* • 4 oz. feta cheese, crumbled • 6 green onions, chopped • 4 tomatoes, diced • pepper to taste • 9 oz. pkg. Fresh linguini <p>large bowl 2-quart saucepan skillet</p> <p>In skillet, heat oil & garlic, sauté shrimp until cooked (about 2 minutes). In bowl, toss shrimp with feta, onions, tomatoes, salt & pepper.</p> <p>Cook pasta, drain and toss with shrimp mix. Serve immediately.</p> <p>*You can substitute 3 chicken breasts, cubed for shrimp.</p>	<p>Honey of a Pie</p> <p>Pastry:</p> <ul style="list-style-type: none"> • ½ cup flour • ¼ cup butter • ½ tsp sugar • 1 tbsp toasted sesame seeds <p>(stir in a hot skillet, stirring constantly, about 1 minutes until toasted)</p> <ul style="list-style-type: none"> • dash of salt <p>8x8 or smaller baking dish</p> <p>Mix all ingredient, press firmly onto bottom of baking dish and bake for 5 minutes at 475° Cool completely.</p> <p>Filling:</p> <ul style="list-style-type: none"> • 8 oz cream cheese • 1 egg • ¼ cup sugar • ¼ cup honey • ¼ cup heavy cream • ½ tsp lemon zest • dash of nutmeg <p>Beat until fluffy, add to cooled pastry shell & chill.</p>

<p>Friday Kids Night Crockpot</p> <p>BBQ Beef on Kaiser Rolls</p> <p>Oven Fries</p> <p><i>Raw Vegetable Tray</i></p> <p><i>Baked Apples with Cinnamon Sticks:</i> add <u>cored</u> apples to a baking dish with small amount of water in the bottom, put cinnamon sticks in the center of each apple, sprinkle with brown sugar, bake until tender, baste as needed.</p>	<p>BBQ Beef on Kaiser Rolls:</p> <ul style="list-style-type: none"> • 1 lb. chuck roast, cut into four pieces • 2 tbsp olive oil • 16 oz bottle BBQ sauce • 1 small onion, quartered • 4 Kaiser Rolls <p>Skillet Crockpot</p> <p>(opt)In a skillet, heat oil, brown roast on all sides.</p> <p>Place in crockpot, add onion, BBQ sauce and follow crockpot instructions for temperature. Cook 8-10 hours. Roast should be fork tender and onion should easily fall apart. Take a fork and shred beef and onion. Serve on Kaiser rolls.</p>	<p>Oven Fries: (okay, these are so easy, but everyone raves about them)</p> <ul style="list-style-type: none"> • 4 large potatoes, cut into 6-8 wedges • ½ cup olive oil (you may not use it all) • salt & pepper • 1 tsp sugar <p>baking sheet pastry brush</p> <p>Mix oil, sugar, salt & pepper together. Place potatoes evenly on baking sheet. With a pastry brush, coat each with oil mixture. Bake in oven at 450°, turning frequently and brushing with oil mixture as needed. Takes 10-20 minutes for potatoes to become crispy on the outside and tender on the inside.</p>
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Notes: Next menu email is on September 25.

¹ Marinades: these are great to do when you purchase the meat, mix all the marinade ingredients into a plastic bag, add meat and freeze. All that's left is to thaw the meat and cook.

³ You can substitute thighs for breasts, plan on 2 boneless thighs for each breast.

⁴ You should be able to find this in most grocery stores, but if you cannot find this seasoning, mix equal parts of the following together and store in an airtight container: paprika, onion powder, garlic powder, lemon zest, black pepper, red pepper, allspice, thyme, ground cloves, mace, cayenne, and crushed bay leaf.