



Weekly Meal Planner (04.12.07)

Day One:

Banana Pancakes

1 cup flour

1 tablespoon white sugar

2 teaspoons baking powder

¼ teaspoon salt

1 egg, beaten

1 cup milk

1 teaspoon vanilla

1 teaspoon cinnamon

2 tablespoons vegetable oil

1 ripe banana

Combine flour, white sugar, baking powder cinnamon, & salt. In a separate bowl, mix together egg, milk, vegetable oil, vanilla, & bananas. Stir flour mixture into banana mixture; batter will be slightly lumpy. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop batter onto the griddle, using approximately ¼ cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Serve with warmed syrup and orange juice.

Day Two:

Slow Cooker Lemon Chicken

1 (3#) broiler-fryer chicken

1 tsp dried oregano

1/2 teaspoon dried rosemary

3 garlic cloves, minced

2 tablespoons butter

1/4 cup chicken broth (or sherry wine if it is in your pantry)

1/4 cup lemon juice

Salt & pepper

Wash chicken; pat dry; season chicken generously with salt and pepper; sprinkle half of oregano, rosemary and garlic inside cavity of chicken; melt butter in frying pan and brown chicken; transfer to slow cooker or crockpot; sprinkle with remaining oregano, rosemary and garlic; add sherry to frying pan and stir to loosen brown bits; pour into slow cooker. Cover, cook on LOW (200 degrees) for 7 hours; add lemon juice and cook 1 more hour (total of 8); transfer chicken to cutting board; skim fat from juices and serve over chicken.

Serve with rice & baby peas.

Day Three:

Ranch Chicken

6 boneless skinless chicken breasts

1/2 cup ranch dressing

1 cup Italian breadcrumbs

1/2 cup grated parmesan cheese (freshly or packaged shredded)

1 t. sage

Salt and pepper to taste

Marinate chicken in ranch overnight. Preheat oven to 450. Combine breadcrumbs, cheese, sage, salt, and pepper. Coat breasts in breading and place in 9x13 pan. cook the chicken at 400 for 20 minutes and check for doneness.

Serve with mashed potatoes and a garden salad.

Day Four:

Saucy Mozzarella Patties

2 jars of your favorite tomato sauce

1 lb ground turkey)

1 cup breadcrumbs

2 cups breadcrumbs

1 egg

Salt & pepper to taste

Garlic powder to taste

Butter or margarine

Olive or veggie oil

1 cup shredded mozzarella cheese

1/2 cup grated or shredded Parmesan cheese

Place ground meat into a large mixing bowl. Add egg & incorporate into meat. Add 1 cup bread crumbs. Add salt, pepper & garlic powder to taste. Combine ingredients by hand until well-blended. Heat non-stick frying pan. Melt about 1 TB of butter & about 1 TB of olive oil in pan. Put 2 cups bread crumbs into flat dish. Measure 1/3 cup of meat with a 1/3 measuring cup & flatten meat into a patty, like a hamburger. Press patty into dish with bread crumbs to coat/bread patty. Cook patty in butter & olive oil just until both sides are browned. Depending on size of pan, cook 3-4 patties at once. Place patties in a flat baking dish, sprayed with cooking oil if desired. Repeat until all of meat mixture is used. Spoon some sauce onto top of each patty. Sprinkle with Parmesan and mozzarella. Drizzle more sauce on top of cheese. Bake at 350 until cheese is melted and bubbly, but not brown; about 15-20 minutes. Special Note: For kids, 1/4 measuring cup of meat is a great serving size.

Serve these on a bed of spaghetti or angel hair pasta.

Day Five:

Doritos Casserole

Bag of generic Dorito, any kind (or you can substitute with regular tortilla chips)

3-4 cups cooked ground turkey (you can add a taco seasoning packet for a more Mexican flair- follow manufacturer's instructions for cooking)

1 can cream of mushroom soup

1 can cream of chicken soup

1 can diced tomatoes

2 cups shredded cheddar or taco cheese

Layer a 9x13 greased pan with the following. Layer of crushed lightly chips, layer of chopped meat, another layer of chips, a layer of cheese, a layer of the soups and tomatoes mixed together (heat them lightly), and then top finally with a cup of chips and another cup of cheese. Bake the casserole at 350 for 25-30 minutes.

Serve with extra tortilla chips.

Day Six:

Pepperoni Bread

1 lb loaf frozen bread, thawed

1 egg, beaten

4 oz sliced pepperoni

1 cup mozzarella

¼ cup grated parmesan cheese

1½ tsp Italian seasoning

Preheat oven to 375°. Roll bread into rectangle and brush with egg. Arrange pepperoni and cheeses. Sprinkle on the seasoning. Roll and pinch seam to seal. Place seam side down on greased cookie sheet. Bake 40 minutes or until golden.

Serve with spaghetti sauce for dipping and a garden salad filled with olives, sliced pepperoni, and Italian dressing.

Day Seven:

Lemon Crumb Tilapia

12 ounces tilapia fillets, thawed

¼ cup Italian seasoned breadcrumbs

2 tablespoons parmesan cheese (fresh)

1 tsp garlic salt

1 tsp lemon zest

3 tbsp butter

1-2 tablespoons lemon juice

Rinse fish and pat dry. Combine bread crumbs, parmesan cheese, garlic salt, and lemon peel on waxed paper. Melt 2 tablespoons butter. Dip fillets in melted butter. Coat fillet with crumb mixture. In nonstick skillet, melt remaining 1 tablespoon butter with oil over medium heat. Cook fillets for 2 to 4 minutes per side or until fish flakes easily. Sprinkle with lemon juice. When removing fish from skillet, use a spatula or the fish will fall apart.

Serve with steamed broccoli & white rice. Substitute the water ratio with chicken broth and zest some of the lemon into the rice for a different variation.