



Weekly Meal Planner (04.20.07)

Day One:

Yeast Waffles

*1/4 cup warm water
1 package yeast (dissolve the yeast in the 1/4 cup of water)
1/2 cup oil
1 egg
1 tablespoon sugar
3/4 teaspoon salt
3 cups flour
2 cups warm milk*

*Mix all ingredients together, cover, and refrigerate overnight. Warm waffle iron and spray with non-stick spray. If batter is too thick, use milk to thin down. *Keep water warm- if too hot it will kill the yeast. Serve with orange juice & turkey bacon.*

Day Two:

Note- This meal came from a freezer cookbook. You can make extra of these and keep them in the freezer. I do not freeze the pasta in the sauce, only freeze the sauce & chicken itself. When preparing this, just toss everything into a freezer bag and label it. To prepare- unthaw it and pour into a 9x13" pan. Then add dry pasta to the sauce.

Penne with Rosemary Chicken

*1 pound diced cooked chicken
1 pound penne pasta (can sub with any short pasta, should penne not be available)
1 cup low-fat shredded cheese blend
1 tbs dried rosemary
1 tsp salt
1/2 tsp black pepper
2 cups nonfat milk
1 1/2, 15 ounce cans of cream of mushroom soup*

Preheat oven to 350. Place everything into a baking dish and cover with the foil. Bake for 1 to 1 1/4 hours. Or, place in a slow cooker set on low heat for five to six hours.

Serve with steamed broccoli & bread (of your choice)

Day Three:

Stroganoff Skillet

1 lb ground beef
10 ¾ can cream of mushroom soup
3 c wide egg noodles (uncooked)
1 c sour cream
1 c beef broth,
½ c water

Brown ground beef in a large skillet over medium heat; drain and return meat to skillet. Gradually add soup and remaining ingredients. Bring to a boil; cover. Reduce heat and simmer for ten minutes or until noodles are tender. Makes four to six servings.

Serve with a tossed salad.

Day Four:

Tuscan Pork Chops

1/4 cup all purpose flour
1 teaspoon salt
3/4 teaspoon pepper
4 1 inch thick pork chops, boneless
1 tablespoon olive oil
3 cloves minced garlic
1/3 cup balsamic vinegar
1/3 cup chicken broth
3 plum tomatoes seeded and diced-or small can diced tomatoes, drained
2 tablespoons capers- (can be omitted to make this an Aldi store recipe. Feel free to add, should you have these in your pantry!)

Combine first 3 ingredients in shallow dish, dredge pork chops in flour mixture. Cook pork chops in hot oil in large skillet over medium high heat until golden brown on each side. One or two minutes per side. Remove chops and set aside. Add Garlic to skillet, sauté for 1 minute. Add vinegar and chicken broth and stir to loosen particles from bottom of skillet, stir in tomatoes and capers. Return pork chops to skillet, bring sauce to a boil. Cover, reduce heat and simmer 4-5 minutes until pork is done. Plate pork chops and cover with sauce.

Serve over angel hair or thin spaghetti pasta.

Day Five:

Greek Chicken Over Orzo

8 oz orzo (you can substitute with white rice to make this an Aldi Recipe)
1.5# skinless, boneless chicken breasts

2 cloves garlic or 2 tsp bottled garlic
1 can diced tomatoes
1 8 oz can tomato sauce
1 jar artichoke hearts (14 oz), quartered
1 can sliced olives (3.8 oz)
1/2 tsp dried oregano
1/2 tsp dried basil

Cook orzo or rice as directed. Heat oil in pan and add chicken. Cook until chicken turns white on the outside (approximately 4 minutes). Add garlic to the skillet. Add tomatoes with their juice and tomato sauce. Drain artichokes and add them to the skillet. Drain olives and them to the skillet. Add oregano & basil. Cook until chicken is no longer pink (about five minutes). Reduce heat to low until ready to serve. Serve chicken with sauce over the hot orzo.

*To add extra flavor, cook the rice/orzo in chicken broth, instead of water.

Day Six:

Sloppy Joe Turnovers

1 lb ground beef (or turkey)
1/4 cup chopped onion (or onion powder)
1/2 cup ketchup
1/4 cup sour cream
1/2 t salt
1/4 t garlic powder

10-oz can of the larger biscuits (should be ten in the can)

Preheat oven to 375°. Brown the ground beef and onion, drain. Add the ketchup, sour cream, salt and garlic powder, stir to combine. Roll out dough to 4" round. Place 1/4 cup (or so) meat mixture in center and fold over top. Seal edges firmly with fork. Bake 15 minutes.

Shoestring Oven Fries

Serves 4

Russet potatoes - cut into thin wedges
3 tablespoons extra-virgin olive oil
1 teaspoon dried thyme
1 teaspoon dried oregano

Preheat oven to 500 degrees. Slice potatoes into thin shoestrings and place them on a greased cookie sheet. Pour olive oil over the potatoes and seasonings. Using fingers, toss gently. Cook for fifteen to twenty minutes or until the potatoes are done. We then give them a generous shake of Parmesan cheese.

Day Seven:

One-Pot Pasta with Italian Chicken

*1# boneless, skinless chicken
2 tsp olive oil
8 oz fresh button mushrooms
1 tsp bottled minced garlic
1 tsp dried Italian seasonings
1/2 cup dry white wine
1 can diced tomatoes
1 can chicken broth
8 oz pasta- egg noodles, macaroni, or orzo*

Heat oil. Slice mushrooms and add to the skillet. Add garlic. Cut chicken into bite size pieces and add to the skillet. Add seasoning. Cook for three minutes. Add wine and cook stirring constantly for one minute. Add tomatoes with their juice, broth, 1/2 cup water and pasta. Bring to a boil and press pasta down into the liquid. Cover and cook at moderate boil for seven to nine minutes, stirring once.