



## ***Weekly Meal Planner (05.11.07)***

### ***Day One:***

#### ***Slow Cooked Pork Chops***

*4 pork chops (I use a package of center-cut chops)  
1 package onion soup mix  
1 cup chicken broth*

*Place pork chops in the slow cooker. In a separate bowl, combine soup mix & chicken broth, stir. Pour over chops. Cook on low heat for six to eight hours.*

Serve with chicken flavored rice & a roll of tube biscuits.

### ***Day Two:***

#### ***Yummy Chicken Tacos***

*1# chicken breast (or 1# boneless top sirloin)  
1 T. vegetable oil  
2 cups water  
1 cup mild salsa  
1 package taco seasonings  
2 cups minute rice (uncooked)  
8-12 tortilla shells*

*Heat oil in a skillet. Add chicken; cook until lightly brown. Stir in water, salsa, and seasoning mix. Heat to a boil and stir in rice; cover. Remove from heat and let stand five minutes. Spoon into tortillas and top with shredded cheese.*

Serve with a side of tortilla chips & salsa.

### ***Day Three:***

#### ***Crispy Parmesan Chicken Tenders***

*1 large egg  
3 Tbsp butter or margarine, melted*

30 round buttery crackers, crushed (1 cup)  
1/4 Tsp each: paprika, pepper and salt  
3 Tbsp grated Parmesan cheese  
1 lb chicken tenders

*Preheat oven to 400 degrees. Line a rimmed baking sheet with foil (for easy cleanup); coat foil with nonstick spray. Put egg in shallow bowl; beat lightly with a fork. Put melted butter in another shallow bowl. Mix crushed crackers, paprika, pepper, and salt on a sheet of wax paper; spread Parmesan cheese on another sheet. Dip tenders in egg, then cracker mixture to coat; then dip 1 side in melted butter, then Parmesan cheese. Place tenders cheese side up on lined pan. Bake 12-15 minutes or until tenders are golden and cooked through.*

Serve with honey for dipping, macaroni, & baby carrots.

#### **Day Four:**

##### **Baked Salmon Dijon**

4 (4 ounce) fillets salmon  
3 tablespoons prepared Dijon-style mustard  
salt and pepper to taste  
1/4 cup Italian-style dry bread crumbs  
1/4 cup butter, melted

*Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil. Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter. Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.*

Serve with baked potatoes & a salad.

#### **Day Five:**

##### **Lemon Grilled Chicken and Mushrooms**

##### **Servings: 4**

1 1/2 cups lemon juice  
2 tablespoons extra-virgin olive oil  
2 tablespoons Dijon-style mustard  
1 tablespoon pressed garlic  
1 teaspoon freshly ground pepper  
1 1/2 teaspoons light salt  
1 1/4 pounds boneless, skinless chicken breasts (turkey breast scallops may be substituted)  
2 medium portobello mushrooms  
Nonfat or olive oil cooking spray

## **Lemon Cream Capellini**

*2 tablespoons capers (omit to make an Aldi-friendly recipe)*

*1/3 cup finely chopped parsley*

*1 whole lemon*

- 1. Preheat indoor grill. If you have a grill with a variable temperature control, set it to medium-high (1 or 2 steps below high) or to about 350 to 400 degrees F.*
- 2. Marinade: mix the lemon juice, oil, Dijon-style mustard, garlic, pepper and salt.*
- 3. Divide the marinade between two (1-gallon) zippered freezer-weight storage bags, 1-quart airtight containers or shallow square glass dishes (8 x 8 x 2-inch). Set aside while you prepare the chicken and mushrooms.*
- 4. Spread a large piece of plastic wrap on a flat work surface. Arrange the chicken breasts in a single layer over the plastic wrap. Cover the breasts with another large piece of plastic wrap. Pound the breasts with the flat side of a meat mallet, bottom of a large heavy skillet or rolling pin until evenly flattened to about 1/4- to 1/2-inch thick.*
- 5. Put the pounded breasts into one of the marinade-filled bags, containers or dishes. Turn the chicken so all surfaces are coated with the marinade. Zip the bag closed, or cover the container or dish and marinate in the refrigerator for 20 minutes or up to 24 hours.*
- 6. Prepare and marinate the portobello mushrooms. Using a small pairing knife cut the stems from the portobello mushrooms and slice the caps into 1-inch thick strips.*
- 7. Put the mushrooms into the remaining marinade-filled bag, container or dish. (Note: If you are marinating the chicken overnight, do not put the mushroom slices in the marinade filled bag or container until up to 2 hours before cooking. The mushrooms will get too soggy if marinated longer.)*
- 8. With your fingertips, gently turn the mushroom pieces so all surfaces are coated with the marinade. Zip the bag closed, or cover the container or dish and marinate in the refrigerator for 20 minutes or up to 2 hours.*
- 9. Grill the chicken and mushrooms. If you have a grill with a small grilling surface, grill the mushrooms first, then the chicken.*
- 10. If you own a larger capacity grill, grill everything simultaneously. Transfer the grilled food to a platter covered with aluminum foil to keep it warm until serving time.*
- 11. Spray all surfaces of the mushrooms and chicken with cooking spray before putting them on the grill. Grill the mushrooms until grill marks appear, they are cooked through and a little over half their size when raw. Grill the chicken until the interior temperature reaches 160 degrees F on an instant-read thermometer. (about 4-6 minutes on a hot double sided grill) The meat should no longer be pink in the center, and all the juices should run clear when pricked with the tip of a knife.*
- 12. To serve, slice the lemon into very thin rounds. Place equal amounts of pasta on four dinner plates. Slice the chicken breasts across the grain into 1/4- to 1/2-inch slices. Arrange equal amounts of the chicken and the grilled mushrooms on top of the Lemon Cream Capellini on each plate.*
- 13. Sprinkle each plate with equal amounts of the capers, and parsley. Garnish with the thinly sliced lemon. Serve immediately with hot garlic bread and a Caesar salad.*

## **Lemon Cream Capellini:**

*1/2 pound capellini or spaghetti*

*2 teaspoons olive oil  
1/2 teaspoon salt*

### **Sauce**

*2 tablespoons light butter  
1/8 teaspoon white pepper  
1/4 teaspoon light salt  
Pinch of nutmeg  
1 cup low-fat or nonfat sour cream  
1 tablespoon lemon juice  
1/2 cup shredded Parmesan cheese*

- 1. In a 4- to 5-quart pot, bring very hot tap water, salt and oil to a rolling boil over high heat with the cover on. (The cover helps the water boil faster because the steam is trapped.)*
- 2. When water is boiling, add the pasta. Part of the pasta will be sticking out of the pot. Stir gently until the pasta softens and all the noodles fit in the pot. Cover the pot and bring the water back up to a boil, about 1 to 3 minutes. When the water begins to boil again, take the cover off, and cook for 8 to 12 minutes until tender but slightly chewy (al dente). Since cooking times vary per brand, read the package for exact timing.*
- 3. When pasta is done, drain immediately in a large colander.*
- 4. While the pasta is cooking, melt the butter in a 1-quart saucepan over medium low heat. Whisk in the pepper, salt and nutmeg. Cook for 1 to 2 minutes.*
- 5. Measure the sour cream, lemon juice and Parmesan into a 2or 3-cup bowl or measure. Whisk the butter mixture into the sour cream.*
- 6. Using a rubber spatula, fold the lemon cream sauce into the hot pasta right before serving. Cover to keep warm if chicken and mushrooms are not quite done.*

### **Day Six:**

#### **Perfectly Perfect Quiche**

*3 cups shredded cheddar cheese  
2 tablespoons & 2 teaspoons all-purpose flour  
1 cup cooked ham, diced  
6 eggs  
2 cups milk  
1/3 teaspoon salt  
2 (9") unbaked pie crusts*

*In a medium bowl, toss the flour with the grated cheese. Sprinkle mixture into the two unbaked pie crusts. On top of the cheese, sprinkle ham over each of the pies. In a medium bowl, combine eggs and milk. Add salt & pepper then beat until smooth. Pour the mixture over each of the quiches. Bake one of the quiches at 400 degrees for forty minutes or until filling is set & the crust is golden brown.*

*Freeze the other quiche before baking. Put plastic wrap large enough to overlap sides over the top of the quiche, then a piece of foil, and seal well around the edges (the plastic will keep the*

*foil from sticking to the food). Place prepared quiche in the freezer.  
Each quiche serves eight.*

*Serve the quiche with a tossed garden salad & orange juice.*

### ***Amy's Tips:***

This quiche is the perfect new mommy meal, for potlucks, or to welcome a new neighbor. Keep one of these on hand for any last minute guests and it will always go over well.

Don't feel limited by my list of ingredients, you can fill your quiche with any variety of your favorite ingredients- mushrooms, spinach, tomatoes, green peppers....whatever suits your fancy! These are a great way to use up those little baggies of extra ingredients you might have on hand. You can also chop up extra pizza toppings (if you make pizza one week) and have them ready to go to prepare the quiche for the next day.

If you have leftover quiche and don't think it will get eaten, wrap it in individual slices for your hubby to take to work in the morning or for a quick breakfast before taking the kiddos to school. Just lay the piece of quiche in the refrigerator, the night before, to unthaw and zap it in the microwave for a yummy breakfast.

### ***Day Seven:***

#### ***Baked Potato Soup***

*4 large baked potatoes  
2/3 cup butter  
2/3 cup flour  
6 cups milk (whole or two percent)  
3/4 tsp salt  
1/2 tsp pepper  
12 slices bacon, fried & crumbled  
2 cups shredded cheese  
1 cup (8 ounces) sour cream*

*Cut potatoes in half. Scoop out the pulp and put it in a small bowl. Melt butter in a large pot. Add flour. Gradually stir in milk. Continue to stir until smooth, thickened, and bubbly. Stir in potato pulp, salt and pepper, & 3/4 of the cheese. Cook until heated. Stir in sour cream. Top with remaining bacon & cheese.*

*Makes four servings.*

*Serve with grilled cheese sandwiches.*