

# Family-Friendly Menu: September

## Week one

Maple glazed pork chops with baked potatoes and salad: One hour or less (A)

Deluxe turkey burgers and fries: 30 minutes or less (B)

Lemon Linguine with Broccoli (C)

Slow Cooker Salsa Chicken Quinoa (D)

Autumn chicken dinner: One pan, ready in under an hour (E)

Slow Cooker Italian Stew (F)

Lasagna (G)

Dutch apple pancakes (H)

Harvest caramel corn (I)

## Menu Planning Central Shopping List Summer Family-Friendly Option

### Fresh Produce

(A, C, F, G) Side salad, enough for family for 4 meals

(A) Potatoes, 4 medium

(B) green chilies, 2

(B,) onions, 3 Tbsp.,

(B) Carrot sticks, 1 lb.

(B) Celery, 1 bunch

(E) Garlic, 3 cloves

(E) Thyme, 1 Tbsp.

(E) Sage, 1 Tbsp.

(E) Rosemary, 1 Tbsp.

(E) Sweet potato, 1

(E) Brussel sprouts, 1 lb.

(E) Fuji apples, 2

(E) Shallots, 2

(F) Baby portabella mushrooms, ½ lb.

(F) Onion, 1

(H) Small apples, 3

### Bakery / Bread

(B) hamburger buns, 4

(C, G) French bread, enough for family

### General Grocery / Beverages

(C) lemon juice - 2 tablespoons \_

### General Grocery / Cooking and Baking

Salt and pepper

(A,) flour, 3 ¾ cups

(A,) cornstarch, 3 Tbsp.,

(A, H) sugar, 2/3 cup, ¼ tsp.

(B) chili powder, ½ tsp.

(D) organic chicken broth, 2 cups

(D) cumin, 1 tsp.

(E) Olive oil, 4 Tbsp.

(E) Red wine vinegar, 1 ½ Tbsp.

(F) Red pepper flakes, ½ tsp.

(F) Cornstarch, 2 Tbsp.

(H) active dry yeast, ½ Tbsp.

(H) Flour, 2 cups

(H) Brown sugar, 1 cup

(H) Vanilla extract, 2 tsp.

(H) Baking soda, ½ tsp.

### General Grocery / Condiments and Sauces

(F) Garlic and herb sauce mix, 1 package

### General Grocery / Dry Food and Mixes

(C) linguine noodles, 1 lb.

(D) Quinoa, 8 oz.

(G) Oven ready noodles, 1 packages

### General Grocery / Canned and Bottled

(A) cider vinegar, 1/4 cup

(A) syrup, 1/3 cup

(D) Black beans, 1 (14 oz. can)

(D) Sweet corn, 1 (12 oz. can)

(D) Salsa, 2 cups

- (D) Diced green chilies, 1 (4 oz. can)
- (F) Italian style diced tomatoes, 2 (14.5 oz. cans)
- (F) Tomato sauce, 1 (8 oz. can)
- (G) Spaghetti sauce, 1 ½ jars

### **General Grocery / Snacks**

- (D) Tortilla chips, enough for family
- (H) Mini Rollo's, 1 bag
- (H) M&M's, 1 bag

### **Frozen**

- (B) French fries, enough for family
- (C) 1 lb. bag frozen broccoli florets

### **Dairy / Refrigerated**

- (A, C, H, I) butter, 3 Tbsp. + 1 stick + 1 ¼ tsp.  
+ 1 cup

- (B) shredded Monterey jack cheese, 4 oz.
- (C) Parmigiano-Reggiano, ¾ cup
- (D) Fiesta blend shredded cheese, 8 oz.
- (D) Queso fresco, 5 oz.
- (G) Cottage cheese, 36 oz.
- (G) Shredded mozzarella cheese, 2 ½ cups
- (G) Parmesan cheese, 1 cup
- (H) milk, 1 ½ cups

### **Meat / Fish**

- (A) bone in pork loin chops, 4
- (B) ground turkey - 1 lb.
- (D) Rotisserie chicken, 2 cups
- (E) Bone in chicken thighs, 4
- (E) Bacon, 4 slices
- (F) Beef roast, 5 lb.
- (G) Ground beef, 2 ½ lb.

## Maple Glazed Pork Chops (A)

Ready in under an hour. Makes 4 servings

½ cup flour

Salt to taste

Pepper to taste

4 bone-in pork loin chops - 1" thick

2 Tbsp. butter

¼ cup cider vinegar

1/3 cup maple syrup

1 Tbsp. cornstarch

3 Tbsp. water

2/3 cup packed brown sugar

4 medium russet potatoes, scrubbed and wrapped in foil

Side salad

1. In a large resealable plastic bag, combine flour, salt and pepper. Add pork chops and shake to coat.

2. In a skillet brown chops on both sides in the butter.

3. Place in an ungreased 13x9 inch baking pan. Bake uncovered at 450 degrees for 20-25 minutes or until juices run clear. While meat is baking place potatoes alongside and bake 30-40 minutes or until soft.

4. Meanwhile, in a skillet, bring the vinegar to a boil. Reduce heat and add maple syrup. Cover and cook for 10 minutes. Combine Cornstarch and water until smooth and add to the syrup mixture. Bring to a boil, cook and stir for 2 minutes or until thickened.

5. Place chops on a broiler pan, sprinkle with brown sugar. Broil 4 inches from the heat for 2-3 minutes or until sugar is melted. Drizzle with maple glaze. Serve with baked potatoes and salad.

## Deluxe Turkey Burgers and Fries (B)

30 minutes or less! Makes 4 servings

1 lb. ground turkey	¼ tsp. salt
2 green chilies chopped	½ cup Monterrey jack cheese diced
1 Tbsp. dried minced onion	Carrot and celery sticks
1 Tbsp. water	Favorite French fries, prepared according to package
½ tsp. chili powder	

1. In a medium bowl, combine turkey, green chilies, onion, water, chili powder, and salt. Stir in cheese. Divide mixture into four equal portions. Shape into 4-inch diameter patties and place on wax paper.

2. Heat grill pan over medium high heat and place patties on warm pan. Turning once, cook 5 to 7 minutes on each side for medium or until desired doneness. Serve with veggie sticks and French fries.

## Lemon Linguine with Broccoli (C)

Makes 4 servings

1 stick unsalted butter	$\frac{3}{4}$ cup freshly grated Parmigiano-Reggiano
Grated lemon zest from one lemon	
2 Tbsp. lemon juice	1 lb. Frozen broccoli florets (approx.)
Salt and pepper	Side salad
16 oz. linguine noodles	French bread

1. In a skillet large enough to hold all of the pasta, melt the butter over medium heat. Remove from the heat and stir in the lemon zest and juice, a pinch of salt, and pepper to taste.

2. Bring at least 4 quarts of water to a boil in a large pot. Add 2 tablespoons of salt, the frozen broccoli, and then the pasta, gently pushing it down until the pasta is completely covered with water. Stir well. Cook over high heat, stirring frequently, until the pasta is al dente, tender but still firm to the bite. Drain the pasta, reserving some of the cooking water.

3. Add the pasta and broccoli to the sauce and toss well. Add the cheese and toss again. Stir in a tablespoon or two of the cooking water if the pasta seems dry. Serve immediately with salad and bread.

## Slow Cooker Salsa Chicken Quinoa (D)

Makes 4 servings

2 cups shredded rotisserie chicken	8 oz. shredded Mexican Blend Cheese
8-ounces quinoa	1 can (4-ounces) diced green chilies, not drained
1 can (15-ounces) black beans, rinsed and drained	5-ounces queso fresco, crumbled
1 can (15-1/4 ounces) sweet corn, rinsed and drained	1 tsp. ground cumin
2 cups salsa, use your favorite brand	1/2 tsp. salt
2 cups organic chicken broth, divided	1/2 tsp. fresh ground pepper

1. Combine all the ingredients - except 4 ounces of shredded cheese and 1 cup of chicken broth - in a 4 to 5-quart slow cooker; smooth out the top.
2. Add the remaining broth and shredded cheese over the ingredients.
3. Cover with a lid and cook on LOW for 6 to 8 hours or on HIGH for 4 hours, or until the quinoa is fully cooked.
4. Serve with tortilla chips.

## Autumn Chicken Dinner (E)

Ready in under an hour. Makes 4 servings

4 bone-in, skin-on chicken thighs	1 large sweet potato, chopped into cubes
4 Tbsp. olive oil, divided	1 lb. Brussels sprouts, sliced into halves
1 ½ Tbsp. red wine vinegar	2 Fuji apples, cored and sliced into half moons
3 cloves garlic, minced	2 shallots, peeled and sliced
1 Tbsp. each minced fresh thyme	4 slices bacon, chopped into 1-inch pieces
1 Tbsp. sage	French bread
1 Tbsp. rosemary	
Salt and pepper	

1. Preheat oven to 450 degrees.
2. Pour 2 Tbsp. olive oil, red wine vinegar, garlic and herbs into a gallon size resealable bag, add chicken, season with salt and pepper then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies.
3. Place sweet potato, Brussels sprouts, apples and shallot on a large rimmed baking sheet.
4. Drizzle with remaining 2 Tbsp. olive oil then toss to evenly coat and season with salt and pepper to taste. Spread into an even layer then set chicken over veggie/fruit mixture.
5. Sprinkle bacon (separate any pieces that stick together) evenly over veggie/fruit mixture. Roast in preheated oven until chicken and veggies are golden brown, about 30 minutes.
6. Broil during last few minutes for a more golden skin on chicken if desired. Sprinkle with more herbs and serve immediately with French bread.



## Slow Cooker Italian Stew (F)

Makes 4 servings

½ lb. sliced baby portabella mushrooms	two 14.5 oz. cans Italian-style diced tomatoes, drained (or undrained for more gravy)
1 onion halved and sliced	
5 lb. beef roast	8 oz. can tomato sauce
1.5 oz. package garlic and herb sauce mix	2 Tbsp. cornstarch
½ tsp. red pepper flakes	2 Tbsp. cold water
	Side salad

1. Put your mushrooms, onion and roast in your crock pot.
2. Sprinkle your sauce mix and red pepper flakes evenly across your roast. Pour tomatoes and sauce over top.
3. Cover and cook on low for 8-10 hours, it is done when your roast is cooked through and very tender.
4. Take your roast out, cut into large chunks and keep warm.
5. In a small bowl, mix together your water and cornstarch until smooth.
6. Pour into the juices in your crock pot and stir until combined well.
7. Cover and cook on high for 20-30 minutes, until your mixture is thickened, stir once.
8. Add your roast chunks back into your crock pot.
9. Cover and cook an additional few minutes until everything is heated through.
10. Serve with salad.

## Lasagna (G)

Makes 6 servings

2 ½ lb. ground beef

Package of Oven Ready Lasagna

Noodles

1½ jar spaghetti sauce

36 oz. cottage cheese

2¼ cups Mozzarella

1 cup Parmesan Cheese

Side salad

French bread

1. Preheat oven to 350. Brown beef and drain fat. While doing that, spray pan with non-stick spray.
2. Add spaghetti sauce to cooked and drained meat.
3. Layer bottom of sprayed casserole dish with oven baked lasagna noodles.
4. Add half the meat mixture. Add half cottage cheese on top, spread evenly. Add ½ mozzarella on top, spread evenly.
5. Repeat starting with oven baked lasagna noodles.
6. Bake at 350 for 45 minutes covered.
7. Remove cover, sprinkle generous amount of Parmesan cheese on top.
8. Cook uncovered another 20 - 25 minutes until top is browning and bubbly. Remove, let stand 10 minutes.
9. Serve with side salad and bread.

## Dutch apple pancakes (H)

Makes 12 servings

½ Tbsp. active dry yeast

1 ½ cups milk, warmed

¼ tsp. sugar

1 ¼ tsp. butter

2 cups flour

3 small apples, cored, peeled, and sliced

¼ tsp. salt

(8 circles per apple)

1. Dissolve the yeast and sugar in ½ cup warm water. Cover and set aside until doubled in size.
2. In a large bowl, mix the flour and salt. Make a well in the middle. Pour in the swollen yeast and add 1 ¼ cups milk to the well. Mix with a wooden spoon, adding only enough of the remaining milk to make a fairly thick batter.
3. Set aside in a warm place for about 30 minutes until bubbles begin to appear.
4. Melt ½ tsp butter. Pour ½ cup of batter on griddle. Place 4 or 5 slices of apple on the top (uncooked side).
5. When pancake bottom is brown, turn over and brown the apple side. Be sure pancakes are cooked; they cook more slowly than baking powder pancakes.
6. Serve immediately.

## Harvest caramel corn

Makes 6 servings

10 Cups of Popped Popcorn

½ tsp. Baking Soda

Salt

Mini Rollo's

1 Cup Butter

Harvest Blend M&M Candy

1 Cup Brown Sugar

2 tsp. Vanilla

1. Pop your popcorn and salt it liberally. Remove all of the un-popped kernels.
2. Melt 1 cup of butter in a medium saucepan over medium heat.
3. Add 1 cup of brown sugar and stir until thoroughly mixed.
4. Stirring continuously, bring the butter and sugar mixture up to a boil and cook for 5 minutes. Add the 2 tsp. of vanilla at the 4-minute mark.
5. After boiling for 5 minutes, add the 1/2 teaspoon of baking soda.
6. Drizzle 3/4 of the caramel mixture over the popcorn. Use a spoon to gently fold the popcorn with the mixture until the kernels are all covered. Save 1/4 of the mixture to the side.
7. Pour the popcorn out onto a cookie sheet covered with aluminum foil or a silpat liner.
8. Add candy to the popcorn mix.
9. Let the popcorn cool and serve.