



## **Weekly Meal Planner (04.27.2007)**

### **Day One:**

#### **Slow Cooker Ravioli**

*1 (25 ounce) bag beef or cheese ravioli  
1 (26 ounce) jar pasta sauce  
1 (8 ounce) can tomato sauce  
1 cup water  
1 cup shredded mozzarella cheese*

*Pour about half of the pasta sauce in the bottom of slow cooker. Add frozen ravioli. Pour additional pasta sauce, tomato sauce, and water over ravioli. Sprinkle cheese on top. Turn slow cooker on low and cook for four to five hours (until ravioli are tender).*

Serve with a garden salad.

### **Day Two:**

#### **Chicken Oregano**

*6-8 bone-in chicken portions (whatever is cheapest & sounds best)  
1/2 cup olive oil  
1/2 cup dry white wine  
2 T dried oregano, rubbed  
salt and pepper  
2 garlic cloves, crushed*

*Arrange chicken portions in a large, shallow dish. In a small bowl, combine the oil, wine, oregano, salt and pepper, and the garlic. Mix well. Spread the marinade over the chicken portions, cover, and refrigerate for 2-3 hours, turning and rearranging occasionally. Place chicken portions on an oiled broiler rack and cook under a preheated broiler for about 30 minutes or until the chicken is crisp and golden on the outside and cooked through, turning and rearranging several times during cooking. Serve warm or cold.*

#### **Rice & Noodle Pilaf**

*1 tablespoon butter  
1/2 tablespoon oil  
2 cloves minced garlic  
1/2 onion chopped (I omit because I don't like onions)  
1 cup of egg noodles  
1 cup of rice  
1/2 cup dry wine  
2 cups chicken broth (use the Fit & Active brand to cut down on sodium)*

*Heat oil and add butter. Once the butter is melted, sauté onion and garlic on high. Add noodles and rice and toss until toasted. Reduce heat to low and add wine and chicken broth. Cover and cook for 20 minutes or until rice is done and liquid absorbed.*

### **Day Three:**

Stop buying those precooked chickens at the store and enjoy this chicken right at home!

### **Sticky Chicken**

*1 tbsp salt  
2 tsp paprika  
2 tsp dried oregano leaves  
2 tsp dried thyme leaves  
1 tsp pepper  
1 tsp garlic salt  
1 - 3 or 4 lb roasting chicken  
1 cup chopped onion (I omit this)*

*In a small bowl, combine all ingredients except chicken and onion. Rub herb mixture inside and outside of chicken. Place in food storage bag; seal bag. Refrigerate overnight. Remove chicken from bag; stuff with onion. Place in crockpot on low 6-8 hours; high 2-4 hours. Chicken juices should run clear and chicken reaches 180\*. Let stand 15 minutes before carving.*

Serve with mashed potatoes and corn.

### **Day Four:**

### **Taco Soup**

*1 pound ground turkey  
1 can chili beans, with liquid  
1 can kidney beans, with liquid  
1 can whole kernel corn, with liquid  
2 cans diced tomatoes  
1 can tomato sauce  
2 cups water  
1 package of taco seasoning mix*

*In a medium skillet, cook the ground beef until browned over medium heat. Drain & set aside. Place the ground beef, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, & taco seasoning mix in a slow cooker. Mix to blend and cook on Low setting for eight hours.*

*Serve alone or can be topped with shredded cheese & sour cream.*

*Serve with tortilla chips.*

### **Day Five:**

#### **Spaghetti & Meatballs**

*1 pound spaghetti  
1 jar prepared spaghetti sauce  
1 can diced tomatoes  
1 can tomato paste (minus 2 tablespoons for the meatballs)  
½ cup beef broth  
1 pound ground turkey  
¼ cup breadcrumbs (directions for preparation to follow)  
2 tablespoons paste  
1 egg  
3 tablespoons of beef broth  
Handful of parmesan cheese  
Salt & pepper*

*Preheat oven to 400 degrees. Bring a large pot of water to a boil. Add salt and the spaghetti and cook as directed or until al dente. The spaghetti will continue to cook in sauce, later. To a large skillet add prepared spaghetti sauce, tomato paste (minus 2 tablespoons), and diced tomatoes, and allow to cook together. Add beef broth and allow the sauce to simmer while you make the meatballs. In a large bowl mix together turkey, bread crumbs, tomato paste, egg, beef broth, handful of cheese, and salt and pepper. Shape into meatballs (any size, just make sure they are all the same size for even cooking) and bake the meatballs for fifteen to twenty minutes or until cooked thoroughly. Carefully remove meatballs from the baking sheet and add them to the sauce. Drain and add cooked pasta to the pan and mix together with the red sauce.*

*Serve meal with a tossed garden salad.*

#### **Breadcrumbs Recipe**

*Making your own breadcrumbs can be easy and inexpensive. The flavor of fresh breadcrumbs versus the store bought variety is not even comparable. Store your breadcrumbs in your freezer and you will always have fresh breadcrumbs on hand. I keep mine in a freezer-safe container and when I get low, I simply make another batch. Breadcrumbs can be made out of loaf ends, stale bread, hot dog rolls, & hamburger buns- whatever you have on hand! Keep a bread bag with all of your bread in it and store it in the freezer. Once the bag is filled, it is time to make some breadcrumbs!*

*Set your oven to broil and then lay all of the bread out on cookie sheets. You only need to broil the bread a couple of minutes (keep one eye on it because it can burn quickly). This helps just to*

*dry the bread out and make it easier to handle. Once the bread is toasted, put this bread into my food processor. You can just have only the bread in there, or if you like the Italian seasonings type of breadcrumbs add your own seasonings (I add garlic salt, and an Italian seasonings dry blend of herbs to mine for that variety). Run the food processor until the bread crumbs are of a fine consistency. Then put these crumbs into a freezer-safe container.*

### **Day Six:**

#### **Mini Frittatas**

*Nonstick vegetable oil cooking spray  
8 large eggs  
1/2 cup whole milk  
1/2 teaspoon freshly ground black pepper  
1/4 teaspoon salt  
4 ounces thinly sliced ham, chopped  
1/3 cup grated Parmesan*

*Preheat the oven to 375 degrees F. Spray 2 mini muffin tins (each with 24 cups) with nonstick spray. Whisk the eggs, milk, pepper, and salt in a large bowl to blend well. Stir in the ham, cheese, and parsley. Fill prepared muffin cups almost to the top with the egg mixture. Bake until the egg mixture puffs and is just set in the center, about 8 to 10 minutes. Using a rubber spatula, loosen the frittatas from the muffin cups and slide the frittatas onto a platter. Serve immediately.*

Serve with hash brown potatoes and orange juice.

### **Day Seven:**

#### **Sour Cream Pork Chops**

*6 pork chops  
1/2 tsp garlic powder  
1/2 cup flour  
1 can chicken broth  
2 tablespoons flour  
1 (8 ounce) container sour cream*

*Season pork chops with garlic powder and then dredge in 1/2 cup of flour. In a skillet over medium heat, lightly brown chops in a small amount of oil. Place chops in slow cooker and pour chicken stock over the chops. Cover and cook on low for seven to eight hours. Preheat oven to 200 degrees. After the chops have cooked, transfer the chops to the oven to keep warm. In a small bowl, blend 2 tablespoons flour with the sour cream; mix into meat juices. Turn slow cooker to high for fifteen to thirty minutes or until sauce is slightly thickened. Serve sauce over pork chops.*

Serve over egg noodles.