








FREEWEEK OF THE MONTHLYSPREAD

RECIPE KEY

30 MINUTES OR LESS  OVEN-PLAY-EAT 

LEFTOVERS FOR LUNCH  FREEZE FOR LATER  ONE POT 

DO IT WITH YOUNGSTERS  CROCK POT 

CROCK POT MEXICAN LASAGNA---2

CHICKEN & PASTA IN PEANUT SAUCE---3

LATE SUMMER SOUP---4

CUMIN CHICKEN *with* BLACK BEAN SLASA---5

SUMMER PICNIC---6

CROCK POT MEXICAN LASAGNA

SERVING IDEA: refried black beans

CP

LOL

DWY

PREP: 15 MINUTES **COOK:** 2 HOURS 45 MINUTES **SERVES:** 8

INGREDIENTS:

1 TABLESPOON OLIVE OIL	1 LARGE EGG, WHISKED
1 LARGE ONION, DICED	1/2 CUP SOUR CREAM
1 GARLIC CLOVE, MINCED	1 CUP CARROTS, PEELED AND GRATED (ABOUT 2 CARROTS)
1 POUND LEAN GROUND TURKEY	1 CUP FROZEN CORN KERNELS, DEFROSTED
1 TEASPOON GROUND CUMIN	1/4 CUP CILANTRO, CHOPPED
1 TEASPOON KOSHER SALT	1 12 OZ PKG. CORN TORTILLAS (12 TORTILLAS)
1/2 TEASPOON CHILI POWDER	2 CUPS MEXICAN CHEESE BLEND
	2 16 OZ JAR MILD CHUNKY SALSA

DIRECTIONS:

1. HEAT 1 TBSP OF OLIVE OIL IN A LARGE SAUTÉ PAN AND COOK THE ONIONS FOR 3 MINUTES. ADD THE GARLIC AND SAUTÉ AN ADDITIONAL MINUTE.
2. ADD THE GROUND TURKEY MEAT, CUMIN, SALT AND CHILI POWDER AND COOK FOR 6-7 MINUTES UNTIL COOKED THROUGH. PLACE TURKEY MIXTURE ASIDE AND COOL.
3. IN A LARGE BOWL, WHISK THE EGG AND SOUR CREAM TOGETHER. ADD THE COOLED TURKEY MIXTURE, CARROTS, CORN AND CILANTRO AND MIX TO COMBINE.
4. SPREAD A 1 CUP OF SALSA ON THE BOTTOM OF THE CROCK POT.
5. LAYER 5 TORTILLAS ON TOP OF THE SALSA, CUTTING THEM IF NECESSARY TO FIT THE CROCK POT AND COVERING THE SALSA COMPLETELY.
6. PLACE HALF THE TURKEY MIXTURE ON TOP OF THE TORTILLAS AND TOP WITH 1 CUPS OF SALSA AND 1/2 CUP OF CHEESE.
7. ADD ANOTHER LAYER OF 3 TORTILLAS ON TOP OF THE CHEESE. POUR THE REMAINING TURKEY MIXTURE ON TOP OF THE TORTILLAS AND TOP WITH ANOTHER 1/2 CUP OF CHEESE.
8. TOP THE LASAGNA WITH ANOTHER LAYER OF TORTILLAS, POUR THE REMAINING SALSA ON TOP AND COVER WITH 1 CUP OF CHEESE.
9. COOK ON LOW FOR 2 1/2 HOURS & THEN SERVE!

CHICKEN & PASTA IN PEANUT SAUCE

SERVING IDEA: Thai or regular iced tea

LOL

30<

START TO FINISH: 30 MINUTES **SERVES: 6**

INGREDIENTS:

8 OUNCES THIN SPAGHETTI
1 HEAD OF BROCCOLI
1 RED BELL PEPPER, SLICED
1 POUND SKINLESS, BONELESS CHICKEN BREAST
1 TABLESPOON OLIVE OIL
½ CUP BOTTLED PEANUT SAUCE
SALT AND PEPPER TO FLAVOR

DIRECTIONS:

1. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS, ADDING BROCCOLI AND PEPPER DURING THE LAST 3 MINUTES OF COOKING. DRAIN AND SET ASIDE.
2. MEANWHILE, CUT CHICKEN INTO BITE SIZE PIECES. PLACE EXTRA LARGE SKILLET OVER MEDIUM-HIGH HEAT, ADD OIL AND CHICKEN AND SPRINKLE WITH SALT AND PEPPER. COOK UNTIL CHICKEN IS NO LONGER PINK.
3. ADD PASTA, VEGETABLES AND PEANUT SAUCE TO CHICKEN AND TOSS. DIVIDE AMONG PLATES AND SERVE!

LATE SUMMER SOUP

SERVING IDEA: toasted cheese sandwich halves

OPE LOL

PREP: 20 MINUTES **COOK:** 20 MINUTES **SERVES:** 6

INGREDIENTS:

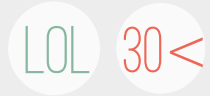
2 TBL OLIVE OIL
1 MEDIUM ONION, DICED
3 CLOVES GARLIC, CRUSHED
2 LARGE CARROTS, DICED
½ POUND GREEN BEANS, END TRIMMED AND CUT INTO 1 INCH PIECES
2 CUPS DICED FRESH TOMATOES
6 CUPS CHICKEN STOCK
2 EARS OF CORN, KERNELS SLICED OFF (OR 1 ½ CUPS FROZEN CORN)
2 CUP CHARD, CUT FROM STEM AND CHOPPED
¼ CUP FRESH FINELY CHOPPED HERBS (BASIL, CHIVES, OREGANO) OR 2 ½ TEAS ITALIAN SEASONING
1 CAN WHITE KIDNEY OR GARBANZO BEANS, DRAINED AND RINSED
1 - 2 TEAS SEA SALT
FRESH GROUND BLACK PEPPER
SHREDDED PARMESAN CHEESE, TO TOP (OPTIONAL)

DIRECTIONS:

1. CHOP ONION AND SET ASIDE. CRUSH GARLIC, CHOP CARROTS AND SET ASIDE IN SEPARATE BOWL. CUT TOMATOES AND BEANS AND SET ASIDE IN THIRD BOWL.
2. HEAT OLIVE OIL IN A 6 QT POT OVER MEDIUM HEAT. ADD THE ONIONS AND SAUTÉ UNTIL SOFT. ADD THE GARLIC AND CARROTS AND SAUTÉ A FEW MINUTES MORE.
3. ADD THE GREEN BEANS, TOMATOES AND CHICKEN STOCK. SIMMER, COVERED FOR 10-15 MINUTES OR UNTIL VEGETABLES ARE TENDER BUT NOT ALL THE WAY COOKED.
4. WHILE SOUP SIMMERS, CUT CORN FROM COB, CUT CHARD, & CHOP FRESH HERBS. DRAIN AND WASH BEANS. ADD REMAINING INGREDIENTS TO SOUP AND COOK UNTIL GREENS ARE WILTED AND CORN IS COOKED. SEASON WITH SALT AND PEPPER TO TASTE.
5. DIVIDE AMONG BOWLS, TOP WITH CHEESE, & SERVE.

CUMIN CHICKEN *with* BLACK BEAN SALSA

SERVING IDEA: rice, cheese quesadillas, tortilla chips or salad



START TO FINISH: 30 MINUTES **SERVES: 4**

DRESSING:

2 BONELESS, SKINLESS CHICKEN BREAST HALVES
1 TEASPOON GROUND CUMIN
1/4 TEASPOON CAYENNE PEPPER
2 TABLESPOONS OLIVE OIL
2 SCALLIONS, THINLY SLICED
3 CUPS CANNED BLACK BEANS, RINSED AND DRAINED
1 1/2 CUPS FROZEN CORN KERNELS, THAWED
1 1/4 CUPS CHERRY TOMATO HALVES
2 TABLESPOONS COARSELY CHOPPED CILANTRO
2 TEASPOONS RED WINE VINEGAR
KOSHER SALT & BLACK PEPPER

DIRECTIONS:

1. CUT CHICKEN INTO BITE SIZE PIECES.
2. HEAT OIL IN A SKILLET OVER MEDIUM HEAT. ADD CHICKEN AND SAUTE LIGHTLY BROWNEED, ABOUT 6 TO 8 MINUTES STIR IN CUMIN, CAYENNE, & 3 TABLESPOONS WATER AND COOK UNTIL CHICKEN IS DONE.
3. MEANWHILE IN A MEDIUM SAUCE PAN, COMBINE, BEANS, CORN, TOMATOES, & 3 TABLESPOONS WATER & HEAT THROUGH.
4. ADD BEAN MIXTURE TO SKILLET WITH THE CHICKEN. TOSS WITH SCALLIONS, CILANTRO, AND VINEGAR SEASON WITH SALT AND PEPPER.
5. DIVIDE AMONG PLATES AND SERVE!

PICNIC MENU

*what i love about picnics is that no matter how fancy or casual (we went for cas) the food is, it's always fun!
try using our suggestions below & putting your own spin on it!*



START TO FINISH: 30 MINUTES **SERVES: 4-6**

BUILD YOUR OWN SANDWICHES:

SET OUT BREAD OR WRAP OF CHOICE, MEAT, CHEESE, TOPPINGS, & CONDIMENTS. THEN CALL EVERYONE TO THE KITCHEN SO THEY CAN MAKE THEIR OWN SANDWICH FOR THE PICNIC!

CAPRESE SALAD (ON A STICK):

INGREDIENTS - TOOTHPICKS, CHERRY TOMATOES, BASIL LEAVES, & FRESH MOZZARELLA (CUT INTO CUBES), OLIVE OIL & BALSAMIC VINEGAR FOR DRIZZLING

1. THREAD A TOMATO, BASIL LEAF, & PIECE OF CHEESE ON EACH TOOTHPICK & LAY ON A PLATTER
2. DRIZZLE WITH OIL AND VINEGAR

YOUR FAVORITE CHIPS & SALSA

FRESH STRAWBERRIES

LEMONADE