

Paula's WEEKLY 5 dinners planned for a week!



Monday

Easy Turkey Ragù
Steamed green beans
Garlic bread

Easy Turkey Ragù
Makes 4 to 6 servings

Swapping ground turkey for ground pork or beef is an easy and tasty change for a weeknight.

- 2** tablespoons butter
- 1** pound ground turkey
- ½** onion, chopped (about $\frac{3}{4}$ cup)
- 3** cloves garlic, minced
- 1** teaspoon Italian seasoning
- Pinch** crushed red pepper (optional)
- 1** (28-ounce) can diced tomatoes, drained
- 1** teaspoon salt
- 1** teaspoon ground black pepper
- 12** ounces spaghetti, cooked and kept warm
- 1** cup freshly grated Parmesan cheese

- 1.** In a large skillet, melt butter over medium-high heat. Add turkey, onion, garlic, Italian seasoning, and, if desired, crushed red pepper. Cook until turkey is browned and crumbly and onion is tender.
- 2.** Add diced tomatoes, and simmer for 15 minutes or until mixture has thickened. Season with salt and pepper. Toss with warm cooked spaghetti, and sprinkle with cheese before serving.



Tuesday

Steak Tacos with All the Trimmings
Corn on the cob with seasoned butter

Steak Tacos with All the Trimmings
Makes 4 servings

Set out all the toppings, and let the family assemble their own tacos!

- 1** pound flank steak
- 2½** teaspoons salt-free fajita seasoning, divided*
- ¾** teaspoon salt
- 2** tablespoons butter, softened
- 4** ears frozen corn on the cob, cooked according to package directions
- 8** (8-inch) flour tortillas, warmed
- 1** (16-ounce) jar salsa
- 1** cup shredded Mexican four-cheese blend
- 1** cup lettuce, shredded
- 1** lime, cut into wedges
- ¼** cup chopped fresh cilantro

- 1.** Spray grill rack with nonstick non-flammable cooking spray. Preheat grill to medium-high heat (350° to 400°). Season both sides of steak with 2 teaspoons fajita seasoning and $\frac{3}{4}$ teaspoon salt. Grill steak to medium-rare (145°) or until desired degree of doneness. Let steak stand for 5 minutes. Cut across grain into thin slices.
 - 2.** Combine butter and remaining $\frac{1}{2}$ teaspoon fajita seasoning. Brush over cooked corn on the cob.
 - 3.** Serve steak with tortillas, salsa, cheese, lettuce, lime wedges, and cilantro alongside corn on the cob.
- *We used Frontier Mexican Fiesta Seasoning Blend.
- Note: Steak can be cooked on a cast-iron grill pan over medium-high heat, instead of on the grill, if desired.



Wednesday

Chicken Cordon Bleu Casserole
Tossed salad

Shrimp Stir-fry with Cilantro-Scallion Rice

Makes 4 servings

Stir fresh herbs and green onion into microwaveable precooked rice to make a quick and tasty side.

- 1 **tablespoon vegetable oil**
- 1½ **cups sugar snap peas, trimmed**
- 1 **red bell pepper, cut into strips**
- ¼ **onion, cut into strips (about ½ cup)**
- 1 **clove garlic, minced**
- 1½ **teaspoons cornstarch**
- 3 **tablespoons teriyaki sauce**
- 1 **tablespoon fresh lime juice**
- 1 **(8-ounce) can pineapple tidbits, drained with 2 tablespoons juice reserved**
- 1 **(12-ounce) package frozen cooked medium shrimp, thawed**
- 2 **(8.5-ounce) pouches precooked jasmine rice**
- ¼ **cup chopped fresh cilantro**
- ¼ **cup chopped green onion**

1. In a large skillet, heat oil over medium-high heat. In a large bowl, place sugar snap peas, bell pepper, onion, and garlic; sprinkle with cornstarch, tossing to combine. Add vegetable mixture to skillet. Cook for 6 minutes or until vegetables are nearly tender. Add teriyaki sauce, lime juice, and reserved 2 tablespoons pineapple juice. Cook until sauce is thickened and glossy. Add pineapple tidbits and shrimp; cook until heated through.
2. Heat rice according to package directions; toss with cilantro and green onion. Serve with shrimp and vegetables.

Chicken Cordon Bleu Casserole

Makes 4 to 6 servings

This casserole has all the flavors of Chicken Cordon Bleu—chicken, ham, and cheese—without all that messy rolling and stuffing!

- 2 **tablespoons butter**
- ½ **large onion, chopped (about 1 cup)**
- 2 **cloves garlic, minced**
- 2 **cups shredded cooked chicken**
- ¾ **cup precooked ham**
- 1 **cup uncooked long-grain rice**
- 1¼ **cups chicken broth**
- ¼ **cup milk**
- ½ **teaspoon salt**

- ½ **teaspoon ground black pepper**
- 1 **cup freshly grated Parmesan cheese**

1. Preheat oven to 350°. Spray an 11x7-inch baking dish with cooking spray.
2. In a medium saucepan, melt butter over medium-high heat. Add onion and garlic; cook until onion is tender. Add chicken and ham; cook until heated through. Add rice, and cook 1 minute, stirring constantly. Stir in chicken broth, milk, salt, and pepper; cook for 2 minutes.
3. Pour mixture into prepared baking dish. Sprinkle with cheese. Cover and bake for 45 minutes or until rice is tender.



Thursday

Shrimp Stir-fry with
Cilantro-Scallion Rice

Friday

Ham and Potato Soup
Tossed salad
Crackers

Ham and Potato Soup

Makes 4 to 6 servings

Leftover diced ham adds a lot of flavor to this quick soup.

- 1 **tablespoon butter**
- 1 **cup diced ham**
- 1/3 cup diced onion**
- 1 **teaspoon minced garlic**
- 1 **(24-ounce) package refrigerated mashed potatoes***
- 2 **cups chicken broth**
- 1 **tablespoon chopped fresh dill**
- 1 **(3-ounce) package cream cheese**
- 1/2 teaspoon ground black pepper**
- 1/8 teaspoon salt**
- Garnish: chopped fresh dill, small buttery crackers***

1. In a medium saucepan, melt butter over medium-high heat. Add ham, onion, and garlic; and cook until onion is softened and ham is lightly browned.
2. While ham mixture cooks, microwave mashed potatoes according to package directions.
3. Add potatoes, chicken broth, and dill to onion mixture, stirring until well combined. Bring to a boil, and immediately reduce heat to low. Stir in cream cheese, pepper, and salt; cook until cream cheese melts. Ladle soup into individual bowls, and garnish with chopped fresh dill and crackers, if desired.

*We used Simply Potatoes® Traditional Mashed Potatoes and Club® Minis.

shopping list

PRODUCE:

- 1 head garlic
- 1 (12-ounce) package trimmed fresh green beans
- 2 heads leaf lettuce
- 2 limes
- 1 bunch cilantro
- 1 bunch green onions
- 2 onions
- 1 red bell pepper
- 1 1/2 cups sugar snap peas
- Fresh dill

FISH/MEAT/POULTRY:

- 1 pound ground turkey
- 1 pound flank steak
- 1 (8-ounce) package diced ham
- 1 (3- to 4-pound) rotisserie chicken

DRY INGREDIENTS:

- 12 ounces spaghetti
- 1 cup long-grain rice
- Garlic bread
- 8 (8-inch) flour tortillas
- Small buttery crackers (Club® Minis)

PANTRY ITEMS:

- 1 (28-ounce) can diced tomatoes
- 1 (16-ounce) jar salsa
- 1 (8-ounce) can pineapple tidbits
- 2 (8.5-ounce) pouches precooked jasmine rice
- 3 1/4 cups chicken broth
- 3 tablespoons teriyaki sauce

DAIRY/REFRIGERATED:

- 1 wedge Parmesan cheese
- 1 cup shredded Mexican four-cheese blend
- 1 (24-ounce) package refrigerated mashed potatoes (Simply Potatoes®)
- 1 (3-ounce) package cream cheese

FROZEN:

- 4 ears frozen corn on the cob
- 1 (12-ounce) package frozen cooked medium shrimp

STAPLES:

- Butter
- Milk
- Bottled salad dressing
- Salt
- Pepper
- Nonstick cooking spray
- Vegetable oil
- Cornstarch
- Italian seasoning
- Salt-free fajita seasoning
- Crushed red pepper