### Week 8 Menu

**PRODUCE**
- **Onion** – 1 +½ +½
- **Potatoes** – 3-4
- **Carrots**
- **Garlic cloves** – 1-2 +1-2 +1 small
- **Cucumber** ½
- **Potatoes** – 1-2 large
- **Green onions** – 1-8 cup finely chopped
- **Red pepper** – 1/8 cup finely chopped
- **Celery** – 1/8 cup finely chopped
- **Green Beans** – 1 cup
- **Cherry or grape tomatoes** – 1 cup
- **Apples** – 2-3
- **Cauliflower** – 1 small head or ½ large
- **Green onions** – 1/8 cup finely chopped

**CANNED/DRY**
- **Chicken broth** – ½ cup
- **Ranch dip**
- **Beef broth** – ¾ cup – IP
- **Crab meat** – 6 oz. can
- **Italian style bread crumbs** – ½ cup
- **Cocktail sauce** – 1 Tbsp.
- **Diced tomatoes** – ½ 15 oz. can
- **Pasta shells** – ½ lb.
- **Grated or shredded parmesan cheese** – ½ cup
- **Seasoned bread crumbs**
- **Flour** – ¼ cup
- **Pineapple chunks** – 10 oz. can
- **White rice** – 1 cup
- **Graham crackers** -1 sleeve
- **Jar of hot fudge** – ½
- **Caramel topping**
- **Marshmallows** – about 16

**FROZEN**
- **Broccoli** – 1 small bag
- **Frozen popcorn chicken** – 1/4 bag
- **Edamame** – 1 small bag

**DAIRY**
- **Brie** – 3-4 oz.
- **Plain Greek yogurt** – 4 oz.
- **Cream cheese** – ½ tub
- **Milk** – 1 Tbsp. +2 cups
- **Egg** – 1 small
- **Butter** – ½ stick
- **Shredded mozzarella** – ¼ cup

**MEAT**
- **Chicken** – 1 – 1 ½ cups cooked
- **Bacon** – 3 slices
- **Thin cut sirloin steak** – 1 lb.
- **Boneless pork chops** – ¾ - 1 lb.

**BREAD**
- **Pita Bread** – 1 package
- **Dinner Rolls** – 1 package

**ITEMS TO HAVE IN PANTRY/FRIDGE**
- **Herbs de Provence**
- **Lemon juice** +1 ½ Tbsp.
- **Dried mint**
- **Oregano**
- **Garlic powder**
- **Kosher Salt**
- **Red wine vinegar**
- **Honey**
- **Cinnamon**
- **Nutmeg** +a pinch
- **Flour**
- **Dijon mustard**
- **Dried basil**
- **Vegetable Oil** +1 Tbs.
- **Vinegar**
- **Brown sugar**
- **Soy sauce**
- **Cornstarch**
- **Olive Oil**
- **Salt**
- **Pepper**

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Brie, Bacon and Chicken Stuffed Baked Potatoes, Carrots and Ranch

Yield: 3-4 Servings
Time: 15 Minutes Hands On, 1 Hour Cook Time (includes potato baking time)

- 1 onion, sliced
- ½ - 1 Tbs. olive oil
- 1 – 1 ½ cups cooked chicken (rotisserie chicken works great)
- 1 tsp. Herbs de Provence
- salt and pepper to taste
- ½ cup chicken broth
- 3-4 potatoes, baked
- 3-4 oz brie, sliced
- 3 slices cooked bacon, crumbled

Cook the onions in olive oil in a large skillet till the onions are soft.
Add the chicken, herbs, salt and pepper and chicken broth.
Cook till everything is hot and the broth has reduced a bit, about 5 minutes.
To serve, split the potatoes, tuck sliced brie into the potato, spoon on chicken and onions, top with crumbled bacon.

*Serving Suggestion: Carrots and Ranch Dip*
Slow Cooker Beef Gyros with Potato Wedges

Yield: 3-4 Servings
Time: 10 Minutes Hands On, 6-8 Hours Cook Time

- ¼ cup olive oil
- 2 Tbs. lemon juice
- 1-2 cloves garlic, crushed
- ¾ tsp. dried mint
- ¾ tsp. oregano
- ½ tsp. black pepper
- ¼ tsp. salt
- 1 lb. thin cut sirloin steak, cut in strips
- ½ cucumber, diced (refrigerate or freeze remaining cucumber for later use)
- 4 oz plain Greek yogurt
- 1/8 tsp. dried mint
- pita bread

Mix oil, lemon juice, garlic, mint, oregano, salt and pepper together in a small bowl. Use a fork or small whisk to combine. Place steak in slow cooker. Pour dressing over the top and stir to combine. Cook on high 5-6 hours or low 7-8 hours. Stir cucumber, yogurt and mint together. Serve meat in pita bread, topped with cucumber sauce.

Beef Gyros – Instant Pot

- Additional Ingredient: ¾ cup beef broth

Add ¾ cup beef broth. Place meat in the pressure cooker pot. Whisk oil, lemon juice, garlic, mint, oregano, salt and pepper together and pour over the meat. Set cook time for 15 minutes. Do a quick pressure release.

Potato Wedges

- 1-2 large potatoes
- Olive oil
- salt and pepper to taste

Scrub potatoes. Cut into 1/2” thick wedges. Toss with olive oil, salt and pepper. Place on oiled baking sheet and bake at 425 for 20-30 minutes, until potatoes are tender.

Serving Suggestion: Potato Wedges
**Crab Cakes with Creamy Sauce, Green Beans and Tomato Salad with Salt & Pepper Dressing**

Yield: 3-4 Servings  
Total Time Needed: 25 Minutes

- 1 can crab meat (6 oz.), well drained
- ½ cup Italian style bread crumbs
- 1/8 cup finely chopped green onions
- 1/8 cup finely chopped red pepper
- 1/8 cup finely chopped celery
- ½ tub plain Philadelphia cream cheese spread
- 1 Tbsp milk
- ¼ Tbsp garlic powder
- 1 small egg, beaten
- 1 Tbs. cocktail sauce

Place crab meat in bowl and shred lightly with a fork. In a separate bowl combine cream cheese, milk and garlic powder. To the bowl with the crab meat, add in the bread crumbs, veggies, ¾ cup cream cheese mixture and the egg. Combine well and form into 4 or 5 small patties. Cook in a non-stick skillet coated with cooking spray over medium heat, about 3 minutes on each side or until browned. Stir remaining cream cheese mixture and cocktail sauce together. Serve over crab cakes.

**Green Beans and Tomato Salad with Salt and Pepper**

- 1 cup fresh green beans, cut in bite size pieces
- 1 cup cherry or grape tomatoes, cut in half
- Kosher salt
- black pepper
- splash of red wine vinegar

 Blanch the green beans by adding them to a pot of already boiling water. Let them cook in the boiling water 2-3 minutes. Meanwhile, fill a large bowl with ice water. Drain the green beans and pour them into the ice water to stop the cooking process. Drain again and add to the salad bowl. Stir in the tomatoes. Sprinkle with kosher salt, pepper and add a splash of red wine vinegar. Adjust seasonings and serve. This recipe holds well in the refrigerator for a couple of days.

*Serving Suggestion*: Green Beans and Tomato Salad with Salt and Pepper
Pork Chops and Apples Sheet Pan Dinner with Steamed Broccoli

Yield: 3 Servings
Time: 15 Minutes Hands On, 25-30 Minutes Cook Time

- ½ - 1 Tbs. olive oil
- ¾ - 1 lb. boneless pork chops, thin cut
- salt and pepper to taste
- 2-3 apples, peeled and sliced
- ½ Tbs. honey
- ¼ tsp. cinnamon
- dash nutmeg

Brush sheet pan with olive oil.
Place pork chops on pan and sprinkle with salt and pepper.
Stir apples together with honey, cinnamon and nutmeg.
Pour apples onto sheet pan with pork chops.
Bake at 425 degrees for 25-30 minutes, until pork chops are cooked through and apples are tender.

*Serving Suggestion:* Steamed Broccoli
Baked Pasta with Cauliflower and Cheese with Caesar Salad, Rolls

Yield: 3-4 Servings
Time: 20 Minutes Hands On, 45 Minutes Cook Time

**For the sauce:**
- ½ stick butter
- ¼ cup flour
- 2 cups milk, heated
- ¾ Tbs. Dijon mustard
- pinch of nutmeg
- salt and pepper

**Other ingredients:**
- vegetable oil to saute
- ½ large onion, chopped
- 1-2 cloves garlic, minced
- 1 small head or ½ large head cauliflower, cut in florets
- ½ can diced tomatoes, drained
- 1 tsp. dried basil
- 1 ½ Tbs. lemon juice
- ½ lb. pasta shells
- ½ cup grated or shredded Parmesan cheese
- ¾ cup shredded mozzarella
- seasoned bread crumbs

Prepare the sauce: melt the butter in a sauce pan. Whisk in the flour until smooth, cooking for a minute over medium heat. Gradually whisk in the warm milk. Add the mustard, nutmeg, salt and pepper. Let it cook over low heat, whisking every once in a while until thickened a bit. Remove from heat and cover.

Saute the onions and garlic in oil. When they are cooked soft, add the cauliflower and saute for 5 or so minutes. Add the tomatoes and basil and simmer until the cauliflower is tender.

Cook and drain the pasta. Combine the pasta, veggies and lemon juice. Mix in the sauce. Put half into a greased casserole dish. Sprinkle with half the cheese. Add the rest of the pasta mixture. Top with the rest of the cheese. Sprinkle with the bread crumbs. Bake covered at 375 degrees for 30 minutes, then uncover and bake about 15 more minutes until browned and bubbling.

Note: Any leftover produce or canned ingredients can be refrigerated or frozen for later use.

*Serving Suggestion*: Caesar Salad and Rolls
15 Minute Sweet and Sour Chicken with Steamed White Rice, Edamame

Yield: 3-4 Servings
Total Time Needed: 15 Minutes

- ½ bag frozen popcorn chicken
- 1 Tbs. vegetable oil
- ½ onion, chopped (refrigerate or freeze remaining for later use)
- ½ green pepper, chopped (refrigerate or freeze remaining for later use)
- 1 small garlic clove, crushed
- 10 oz can pineapple chunks, drained and juice reserved
- 1 ½ Tbs. vinegar
- 1 ½ Tbs. brown sugar
- 1 Tbs. soy sauce
- ½ Tbs. cornstarch
- 1 cup white rice, cooked

Bake the popcorn chicken according to package directions.

While the chicken bakes, cook the onion, green pepper and garlic in oil in a large skillet until vegetables are tender crisp.

Mix up the sauce by combining the juice from the pineapple, vinegar, brown sugar, soy sauce and cornstarch.

Remove chicken from oven and add to skillet, along with pineapple chunks.

Pour sauce into skillet, stirring to coat chicken and vegetables. Bring to a boil.

Serve over hot rice.

Serving Suggestion: Edamame
Caramel Fudge S’more Nachos
Yield: 6 Servings
Total Time Needed: 10 Minutes

- 1 sleeve graham crackers
- about 1/2 jar hot fudge, warmed
- generous squirt of caramel topping
- about 16 marshmallows or caramel swirl marshmallows

Break the graham crackers into pieces. Place them in uneven layers on a baking stone or cookie sheet. Swirl hot fudge and caramel topping over the top. Place marshmallows on top of it all. Bake at 350 for several minutes, until marshmallows start to melt a bit. Test this by smooshing them with the back of a spoon. Turn the oven to broil and toast the marshmallows. Serve with a big glass of milk.