

Day _____ **Date** _____

Hungarian Goulash (A)

Makes 6 servings

- 2 pounds beef round steaks, cut in cubes
- 1 cup onions, chopped
- 1 clove garlic, minced
- 2 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon thyme, dried
- 1 bay leaf
- 1 14 1/2-ounce can tomatoes
- 1 cup sour cream

1. Put steak cubes, onions, and garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on LOW 8 to 10 hours, HIGH 4 to 5 hours.

2. Add sour cream 30 minutes before serving.

Serve with (A*) buttered noodles

Day _____ Date _____

Chicken Nugget Casserole (B)

Makes 5 servings

- 1 13 1/2-ounce bag frozen chicken nuggets
- 1/3 cup grated parmesan cheese
- 1 26-ounce jar spaghetti sauce
- 1 cup shredded mozzarella cheese
- 1 teaspoon Italian seasoning

1. Place chicken nuggets in a greased 11x7 inch baking dish.
2. Sprinkle with Parmesan Cheese.
3. Top with Spaghetti sauce, mozzarella cheese and Italian Seasoning.
4. Cover and bake at 30 degrees for 30-35 minutes of until chicken is heated through and cheese is melted.

Broccoli-Corn Casserole – B*

Makes 4 servings

- Cooking Time: 11 to 13 minutes Power: 100% (700 watts)
- 1 10-ounce package frozen chopped broccoli
 - 3 tablespoons butter or margarine
 - 1 cup seasoned stuffing mix
 - 1 17-ounce can cream style corn
 - 1/2 teaspoon onion salt
 - 1/8 teaspoon black pepper
 - Paprika

1. Place broccoli in a shallow 1-quart microwavable dish. Cover with a glass lid or plastic wrap, turning one edge back. Microwave at 100% power (700 watts) for 4 to 5 minutes or until no longer icy, stirring after 2 minutes. Drain well; set aside.
2. Place butter in a 2-cup microwavable measuring cup or bowl. Microwave, uncovered, at 100% power for 45 to 60 seconds or until melted. Stir in stuffing mix until well coated.
3. Into broccoli, stir corn, 1/2 cup of the buttered stuffing mix, onion salt and pepper until blended. Microwave, uncovered, at 100% power for 3 minutes. Stir, then sprinkle remaining stuffing mixture over top. Sprinkle with paprika. Microwave at 100% power for 3 to 4 minutes or until heated through.

Day _____ **Date** _____

Dagwood Pork Sandwich (C)

Makes 4 servings

- 2 Italian rolls 8-inch, sliced in half lengthwise
- 3 tablespoons butter or margarine, softened
- 1 pound ground pork
- 1/2 cup onions minced
- 1 clove garlic minced
- 1/2 cup celery sliced
- 1 cup sour cream
- 1 teaspoon dill weed dried
- 1/2 teaspoon salt
- Few drops hot pepper sauce
- 2 tomatoes firm, sliced
- 1 green bell pepper cut into thin rings
- 1 cup mozzarella cheese shredded

1. Spread rolls with 2 tablespoons butter or margarine; place each halved roll in 12-inch square of foil, folding edges up around the roll.

2. Heat remaining 1 tablespoon butter or margarine in skillet. Sauté pork, onion, garlic, and celery until golden. Drain off fat. Add sour cream, dill weed, salt, and hot pepper sauce; taste for additional seasoning. Spread mixture on roll halves. Place slices of tomato and green pepper on top of meat and sprinkle with cheese. Do not close foil.

3. Bake in preheated 375° F oven for 15 to 20 minutes, until heated through and cheese has melted.

Serve with (C*) canned pears

Day _____ Date _____

Meat Loaf (D)

Makes 6 servings

- 2 eggs
- 3/4 cup milk
- 2/3 cup crackers crumbs, saltine crackers, finely crushed
- 1/2 cup onions chopped
- 1 teaspoon salt
- 1/2 teaspoon sage rubbed
- Black pepper just a dash
- 1 1/2 pounds ground beef lean
- 1 cup ketchup
- 1/2 cup brown sugar packed
- 1 teaspoon Worcestershire sauce

1. In a large bowl, beat eggs. Add milk, saltines, onion, salt, sage and pepper. Add beef and mix well. Shape into a loaf in an ungreased loaf pan. Combine remaining ingredients; spread 3/4 cup over meat loaf.
2. Bake at 350 for 60-65 minutes or until no pink remains; drain. Let stand 10 minutes before slicing. Serve with remaining sauce.

Carrots with Basil – D*

Makes 4 servings

- 3/4 pound carrots peeled and sliced diagonally 1/8 -inch thick (about 2 cups)
- Water
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1 tablespoon butter or margarine
- 1 teaspoon basil chopped fresh basil leaves or 1/4 teaspoon dried leaves

1. Place carrots in a small saucepan. Add enough water to cover. Stir in sugar and salt. Bring to a boil and simmer, uncovered, 6 to 8 minutes until crisp-tender. Drain well.
2. Stir in butter and basil. Return to heat, stirring until butter is melted and carrots are coated. Serve immediately.

Day _____ **Date** _____

Fish with Sour Cream Sauce (E)

Makes 2 servings

- 2 tablespoons butter
- 1/2 cup onions, chopped
- 1 pound fish of choice
- 1/2 teaspoon paprika
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup water
- 1/4 cup sour cream

1. Melt butter in a skillet. Sauté onions in butter until lightly browned. Arrange fish on top of onions and sprinkle with seasonings.
2. Add the water. Cover and cook over low heat for 45 minutes. Stir the sour cream into the onions and liquid in pan. Serve sauce over fish.

Serve with (E*) fruit cocktail

Day _____ **Date** _____

Grilled Caribbean Chicken (F)

Makes 4 servings

- 1 teaspoon allspice
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon paprika
- 1/4 teaspoon hot pepper sauce
- 2 teaspoons olive or vegetable oil
- 2 teaspoons lime juice
- 4 boneless skinless chicken breast halves

1. Grill directions: Heat grill. In small bowl, combine all ingredients except chicken; mix well. Rub mixture on chicken breast halves. Let stand at room temperature for 15 minutes to marinate.

2. When ready to grill, place chicken on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until chicken is fork-tender and juices run clear, turning once.

TIP: To broil chicken, place on sprayed broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once.

Serve with (F*) green salad

Day _____ Date _____

Home-style Mac & Cheese (G)

Makes 4 servings

2 cups prepared elbow macaroni
2 tablespoons butter
2 tablespoons all-purpose flour
3/4 cup milk
1/8 teaspoon salt
Pepper to taste
1/2 teaspoon dried, minced onions
1 cup shredded American cheese, divided
1 cup shredded Cheddar cheese, divided
1 cup sour cream
Paprika to taste

1. Pour macaroni in a 2-quart casserole dish; set aside.
2. Melt butter in saucepan; whisk in flour, stirring until smooth. Gradually pour in milk; add salt, pepper and onion. Stir in 3/4 cup each of American and Cheddar cheeses, stirring until melted; pour over macaroni. Mix in sour cream; stir until combined. Top with remaining cheeses; sprinkle with paprika.
3. Bake at 350 degrees until cheese is golden, about 25 to 30 minutes.

Serve with (G*) peas

Weekend Brunch Ideas - (H & I)

Day _____ Date _____

Ricotta Crumb Cake – H

Makes 8 servings

2 1/2 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
3/4 cup (1 1/2 sticks) unsalted butter
2/3 cup sugar
1 large egg

FILLING

1 pound whole or part-skim ricotta cheese
1/4 cup sugar
1 teaspoon grated lemon zest
1 large egg, beaten
1/4 cup raisins
Confectioners' sugar

1. Place a rack in the center of the oven. Preheat the oven to 350°F. Grease and flour a 9-inch spring form pan. Tap out the excess flour.
2. In a large bowl, stir together the flour, salt, and cinnamon.
3. In a large bowl, with an electric mixer at medium speed, beat together the butter and sugar until light and fluffy, about 3 minutes. Beat in the egg. On low speed, stir in the dry ingredients until the mixture is blended and forms a firm dough, about 1 minute more.
4. Prepare the filling: Stir together the ricotta, sugar, and lemon zest until blended. Add the egg and stir well. Stir in the raisins.
5. Crumble 2/3 of the dough into the prepared pan. Pat the crumbs firmly to form the bottom crust. Spread with the ricotta mixture, leaving a 1/2-inch border all around. Crumble the remaining dough over the top, scattering the crumbs evenly.
6. Bake 40 to 45 minutes or until the cake is golden brown and a toothpick inserted in the center comes out clean. Let cool in the pan on a rack 10 minutes.
7. Run a thin metal spatula around the inside of the pan. Remove the pan rim and cool the cake completely. Sprinkle with confectioner's sugar before serving. Store covered with a large inverted bowl in the refrigerator up to 2 days.

Day _____ **Date** _____

Cheesy Ham Strata – I

Makes 8 servings

- 12 slices bread, crusts trimmed
- 3/4 pound Cheddar cheese, sliced
- 1 (10-ounce) package frozen broccoli, prepared
- 2 cups cooked ham, cubed
- 2 tablespoons dried, minced onions
- 6 eggs
- 3 1/2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/2 cup shredded Cheddar cheese

1. Cut out desired shapes from center of each bread slice using cookie cutters; place shapes to the side and remains into a greased 13" x 9" baking pan. Layer Cheddar cheese slices over bread pieces; spread broccoli and ham over cheese slices. Sprinkle with onion; arrange bread cut-outs on top.
2. Blend eggs, milk, salt and mustard together; pour over the top. Cover and refrigerate overnight; bake, uncovered, at 325 degrees until set, about 55 minutes. Sprinkle with shredded cheese for last 5 minutes of baking; let stand 10 minutes before serving.

Menu Planning Central – Family-Friendly Option Week 2 of September

Desserts - (J & K)

Day _____ Date _____

Brownie Strawberry Shortcake – J

Makes 6 servings

Brownie mix of your choice
3 cups strawberries
2 to 3 tablespoons powdered sugar
1 pint vanilla ice cream to 1 quart
3/4 cup chocolate syrup purchased
1 cup frozen whipped topping thawed, or whipped cream

1. At least 1 1/2 hours before serving, prepare brownies according to package directions; let cool. You will need only six square or rectangular pieces-eat the rest later!
2. Reserve six whole berries for garnish; halve remaining berries and place in a medium bowl. Sprinkle with powdered sugar; set aside.
3. To assemble, place six brownies in shallow dessert dishes or on individual plates. Top each with a scoop of ice cream. Spoon on berries, drizzle with syrup, and add a dollop of whipped topping. Garnish with reserved berries.

Day _____ Date _____

Banana Cream Parfaits – K

Makes 4 servings

1 cup frozen whipped topping thawed
1 cup sour cream
2 tablespoons sugar
1 cup vanilla wafers or crumbled chocolate chip cookies
2 bananas large
4 strawberries fresh or maraschino cherries

1. In a small bowl, mix whipped topping, sour cream and sugar until well blended.
2. Into each of four parfait or wine glasses, layer 1/4 cup of the sour cream mixture and 1/4 cup of the cookie crumbs. Slice half of a banana into each glass; top with 1/4 cup of the sour cream mixture and a strawberry or cherry.
3. Refrigerate until ready to serve,