

August Meal Swap - 2008

MENU

- Jess (North American) - *Lemon Honey Chicken*
- Edel (Mexican/Southwestern) - *Tamale Pie*
- Renee (Asian/Indian) - *Indian Turkey Burgers*
- Ness (Italian/Mediterranean) - *Italian Sausage Subs*
- Tammy (Italian/Mediterranean) - *Mediterranean Burgers*

Lemon Honey Chicken 4-6 servings

1 Lemon 1 whole Roaster Chicken rinsed
1/2 Cup O.J. 1/2 Cup Honey

Cooking Day -

1. Combine O.J. and honey. Place in a freezer baggie.
2. Freeze roaster chicken and O.J. - honey mix.

Serving Day -

1. Thaw roaster chicken and O.J. - honey mix.
2. Pierce lemon with fork all over. Place in cavity of chicken
3. Pour over chicken in crock pot.
4. Cook in covered crock pot on Low 8 hours.
5. Remove lemon and squeeze over chicken.
6. Carve chicken and serve.

Tamale Pie 8 servings

3/4 cup cornmeal 1 1/2 cups milk
1 egg beaten 1 lb ground beef, browned and drained
1 envelope dry chili seasoning mix 16 oz can diced tomatoes
16 oz can corn, drained 1 C grated cheddar cheese

Cooking Day -

1. Combine cornmeal, milk, and egg.
2. Stir in meat, chili seasoning mix, tomatoes, and corn until well blended. Pour into slow cooker. Put into freezer bag set and freeze. Freeze cheese separate.

Serving Day -

1. Thaw.
2. Cover. Cook on high 1 hour, then Low 3 hours.
3. Sprinkle with cheese - cook another 5 minutes until cheese is melted.

Indian Turkey Burgers With Lime, Cucumbers & Chutney

Serves 4

Recipe from Allrecipes.com & the USA WEEKEND

4 large unpeeled garlic cloves	1/2 teaspoon salt
1/2 teaspoon black pepper	1 teaspoon ground coriander
3/4 teaspoon ground cumin	1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves	1 1/4 pounds ground turkey
2 tablespoons minced fresh ginger	1 jalapeno pepper, seeded and minced
1/2 large cucumber, sliced thin	1 tablespoon fresh lime juice
1/4 cup Major Grey Chutney	4 small (4 inch) pita breads
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry	

Cooking Day:

1. Set garlic in a small skillet over medium-high heat; toast until spotty brown, about 5 minutes. Peel, mince and set aside.
2. Mix salt, pepper, coriander, 1/2 tsp. cumin, cinnamon and cloves in a small bowl.
3. Break up turkey in a medium bowl; add garlic, spinach, spice mixture, ginger and jalapeno; stir lightly with a fork to combine. Divide turkey mixture into 4 portions. Toss meat back and forth between cupped hands to form a ball. Pat with fingertips to flatten to about 4 1/2 inches wide. Wrap and freeze.
4. Mix cucumber, lime juice, 1/4 tsp. cumin and salt to taste in a small bowl. Package and Freeze until ready to serve.

Serving Day:

1. Thaw. Do not thaw in microwave.
2. For charcoal grill: Build a hot fire on one side of grill. Replace rack. When coals are covered with white ash, add burgers. Cover and cook, turning only once, until done, about 5 minutes per side.
3. For gas grill: About 20 minutes before serving, preheat grill with all burners on high for about 10 minutes. Use a wire brush to clean rack, then use tongs to wipe a rag soaked in vegetable oil over it. Close lid and let reheat. Add burgers; cook, covered, about 5 minutes per side for medium-well.
4. Grill pitas until spotty brown and warm, a minute or so per side. Split crosswise. Place a burger on each of 4 pita halves. Top with cucumbers and chutney, then remaining pita halves.

Italian Sausage Subs

Serves 5

Recipe from McCormick & Co.

1 tablespoon olive oil	1 pound Italian sausage links (about 5 links)
1 large onion, sliced thin	1 medium green bell pepper, cut into strips
1 can (8 ounces) tomato sauce	1 1/2 teaspoons Italian Seasoning
1 teaspoon Minced Garlic	5 steak or club rolls, toasted, if desired
1 can (14 1/2 ounces) stewed or diced tomatoes	

Cooking Day:

1. Cut Onion and Bell Peppers into thin strips.
2. Turn Broiler onto LO and Open cans.
3. Unwrap sausages and place on broiler pan. Place Sausages in broiler for 4-5min. and then flip over and broil for another 4 minutes. The sausages are done when browned.
4. Place onion, peppers, and garlic into a skillet; cook and stir till the onions start to brown.
5. In a large stock pot add the diced tomatoes, tomato sauce, and Italian seasoning; stir and bring to a boil.
6. Cool everything before putting in freezer bags
7. Label freezer bags. Once cooled put everything all together in a freezer bag and freeze flat.

Serving Day:

1. Thaw. Do not thaw in microwave.
2. Dump sausage tomato veggie mixture into a deep large skillet and simmer on medium heat for 15 minutes.
3. Toast Buns - Use the broiler to toast buns. Put the buns under your oven's broiler. They should be face-up and set broiler to LO setting. It will only take a few seconds to toast.
4. Serve on Toasted buns w/salad and fresh fruit or Serve over noodles w/salad, breadsticks, and fresh fruit.

Mediterranean Burgers

Serves 6

6 ounces crumbled feta cheese	2 teaspoons minced fresh oregano
3/4 teaspoon fresh ground black pepper, divided	2 teaspoons fresh rosemary
1 tablespoon finely grated lemon zest	1 1/2 lbs ground lamb or ground beef
1/2 cup kalamata olive, pitted and chopped	1 tablespoon chopped fresh dill
1 tablespoon chopped fresh parsley	2 tablespoons fresh lemon juice
1/4 teaspoon sugar	4 tablespoons olive oil, divided
4 Kaiser rolls or other sandwich buns	1 large tomato, sliced
1/4 medium English cucumber, thinly sliced	1/2 medium red onion, thinly sliced
8 romaine lettuce leaves	

Cooking Day:

1. In a bowl, combine feta cheese, oregano, rosemary, 1/2 teaspoons pepper, and the lemon zest.
2. Add ground meat and mix gently.
3. Form into four 1-in.-thick patties.
4. In a blender, whirl olives, dill, parsley, lemon juice, sugar, and remaining 1/4 teaspoons pepper.

5. Add 3 tablespoons olive oil, 1 tablespoons at a time, to make a smooth paste.
6. Freeze burger patties & olive spread.

Serving Day:

1. Thaw burgers & buns.
2. Heat a gas or charcoal grill to medium-hot
3. Grill burgers, turning once, until browned on both sides and cooked through (cut to test), 10 to 12 minutes total.
4. Split rolls and toast cut sides on the grill.
5. Brush toasted sides with remaining 1 tablespoons olive oil and spread each with about 1 teaspoons of the olive spread.
6. Top with burgers, tomato, cucumber, red onion, and romaine.