

November 2011 Menu

Our Choice:

Kristine - Chicken Packets



Sara - Chicken Fajita Casserole



North American/European:

Bridget - Macaroni and Cheese "Surprise"



Kirsten - Baked Pasta with Chicken Sausage



Italian/Mediterranean:

Lisa - Stromboli



Tanya - Italian Stuffed Meatloaf



Far East (Asian - Indian):

Andi - Kung Pao Chicken



Erica - Asian BBQ Chicken



Southwestern/Latin American:

Nicole - Mexican Baked Fish



Erin - Tex Mex Braised Skillet Chops



Our Choice

Chicken Packets

Makes 8 packets

3 cups chopped cooked chicken
1 package cream cheese
1 Tablespoon chopped chives (OR use chive flavored cream cheese!)
Pinches of shredded sharp cheddar
2 Tablespoons milk
1 Tablespoon onion powder
any additional seasonings to taste
1/2 cup breadcrumbs
2 (8 ounce) packages refrigerated crescent dinner rolls

**online reviews said alone, this recipe can be bland. Therefore, I heavily seasoned the water when I boiled the chicken and also seasoned the cream cheese mixture with onion powder and garlic powder. I also did a couple shakes of garlic salt into the breadcrumb bag.

You provide: 1/4 cup melted butter (or cooking spray)

****OPTIONAL****

Sauce for packets:

1 can cream of mushroom soup
1 can cream of chicken soup
a little milk
Mushrooms (sliced)
chopped green pepper and pimientos (optional)
Just heat up and pour over packets.

Prep Day: Mix chicken, cream cheese, cheddar, seasonings and milk in a bowl (mixing with hands works best) to make filling, and store in a 1 qt freezer bag. Put breadcrumbs in another 1 qt bag, attach it to bag of chicken filling, and freeze. Refrigerate crescent rolls.

Serve Day: Thaw chicken mixture. Preheat oven to 350°F. Unroll crescent rolls. Each tube will contain 4 rectangles of dough with a diagonal perforation. Press dough along each perforation so the rectangle halves will not separate. Place about 1/4 cup of the chicken mixture into the center of each rectangle. Fold dough over the filling, and pinch the edges to seal tightly. Dip each packet in melted margarine (or spray with cooking spray) and coat with breadcrumbs. Place packets on a baking sheet. Bake for 15 minutes or until golden brown. Packets are good either hot or cold.

Chicken Fajita Casserole

8 Chicken Breast Tenders or 8 Chicken Tenderloins
1 box Red Beans and Rice mix w/seasoning packet
1 can black olives, 4 oz, drained
1 can green chilies, 4 oz, drained and diced
1 can diced tomatoes, 15 oz
1 cup Monterey Jack cheese, shredded
1 cup tortilla chips, crushed

Prep Day: Combine black olives, green chilies, diced tomatoes and chicken in zip lock bag. Freeze.

Serving Day: Thaw chicken mixture. Pour box or red beans and rice into 13 x 9 inch baking dish. Dump chicken mixture over bean & rice mix and spread out evenly. Boil 2 cups of boiling water and add seasoning packet from box of beans & rice. Pour over chicken mixture. Cover and bake 45 minutes at 350 degrees. Remove cover; sprinkle with cheese and tortilla chips. Bake 5 minutes longer or until rice is cooked and chicken is done.

North American/European

Marshall Fields Marketplace Mac & Cheese

1 pound spiral pasta (or shells or macaroni)	3 cups <u>whipping cream</u>
1 pound sharp white Cheddar cheese, grated (divided)	1/2 tsp dry ground mustard
1/4 teaspoon freshly ground black pepper (or to taste)	1 tsp Worcestershire sauce
1/8 teaspoon cayenne pepper	1 teaspoon kosher salt
cubed Ham	steamed Asparagus

Prep Day: Cook pasta in salted boiling water until tender. Drain, rinse and cool. Set aside. Pour cream in heavy-bottomed saucepan set over medium heat and warm slowly, stirring. Do not boil. When cream is hot, gradually whisk in 12 ounces of the cheese. Whisk in mustard, Worcestershire, pepper, cayenne and salt. Remove from heat. Set pasta in large bowl. Pour cheese sauce over pasta and toss well to combine. Slice and cut Ham, Steam Asparagus and cut to add. Put mixture in freezer bag and freeze. Mix Italian bread crumbs and grated parmesan cheese add to freezer bag.

Serving day: Butter bottom of high-sided baking dish. There should be at least 1 inch of space at top of dish after pasta mix is added. Pour cheese and pasta mixture into dish. Top with remaining breadcrumbs. Cover and bake in preheated oven 40 minutes or until bubbling and golden brown.

Servings: 6

Baked Rigatoni with Italian Sausage

1 tbsp. olive oil
1 medium red onion
4 cloves minced garlic
1 can (28 oz) whole tomatoes with juice (crush lightly with hands or spoon)
1/2 tsp. dried oregano
1/2 cup heavy cream
1 pound rigatoni
9 oz. bag baby spinach
12 oz. italian sausage (halved lengthwise and sliced 1/4 inch thick)
1 bag (8 oz) Italian Style 5 cheese blend
salt and pepper to taste

Prep Day: Cook sausages in a large skillet with olive oil on low heat with cover for 10-15 minutes, turning regularly. Heat oil in a separate large skillet over medium heat and add chopped onion and garlic; cook until translucent. Stir in tomatoes and oregano; cook until tomatoes are falling apart (10-15 min). Add heavy cream and cook until warm. Season sauce with salt and pepper. Add sausage and mix. Bring large pot of salted water to a boil and add rigatoni, cook until al dente according to package. Boil spinach until wilted and add to sauce and mix. When pasta is finished cooking, drain and add to sauce and mix all together, then salt and pepper to taste. Allow mixture to cool and put in ziploc bags, freeze.

Serve Day: Thaw out meal in the refrigerator (take out in the morning). Spread mixture into a large glass pan. Preheat oven to 400 degrees and bake with cheese on top for 20-30 minutes (until heated throughout and cheese is browned and edges are crisp).

Italian/Mediterranean

Stromboli

1 loaf frozen Sam's club pizza dough, thawed
1/8 lb (2oz) deli salami, thinly sliced
1/8 lb (2oz) deli ham, thinly sliced
1/8 lb (2oz) pepperoni, thinly sliced
2.5 cups mozzarella cheese, shredded
½ cup parmesan cheese, shredded
1 tablespoon garlic powder
1 ½ Tbsp dried Italian spices (~ 1 tsp each: basil, oregano, parsley, thyme)
1 tsp. pepper
1 egg yolk, beaten (you provide)

Prep Day Directions: Thaw dough on the counter for a few hours. When thawed spray plastic wrap with olive oil cooking spray and wrap up. Then put in fridge overnight. In the morning take out of fridge and put on counter unwrapped on the oiled plastic wrap and let dough rise until doubled. Once doubled punch down and lightly spray with olive oil. Roll onto a 15" X 12" rectangle jelly roll pan sprayed with olive oil. Arrange the salami, ham, and pepperoni over each rectangle. Sprinkle each with mozzarella cheese, parmesan cheese, garlic powder, Italian seasoning and pepper. Roll up each rectangle jelly roll style beginning with the long side. Seal seams and ends. Place seam side down . Wrap in the same plastic wrap as before. Wrap again in tin foil and freeze.

Serving Day Directions: Thaw. Generously brush with egg yolk. Bake at 375F for 30 - 35 minutes or until golden brown. Let stand for 5 minutes before slicing. **Serve warm with marinara and a lettuce salad.**

Note: Increase to a package of 4 frozen pizza/bread dough and ½ pound meat (8 oz) and can be divided easily to make 4 at a time.

Italian Stuffed Meatloaf

2 pounds ground beef
1 large egg white
1 cup tomato juice
Salt and pepper to taste
1 teaspoon minced garlic
1 teaspoon dried oregano leaves
1 onion, chopped
4 ounces sliced part-skim Mozzarella cheese
1/2 cup frozen spinach, cooked according to directions and squeezed dry
1/2 cup jarred roasted red peppers, drained and chopped

Prep Instructions: In large bowl, combine meat, egg white, tomato juice, salt and pepper, garlic, and oregano. In small nonstick skillet coated with nonstick cooking spray, sauté onion until tender. Add cooked onion to meat mixture, mixing well. Put half meat mixture into prepared loaf pan and layer with Mozzarella cheese, spinach, and red peppers, cover with remaining meat mixture.

To Freeze: Cool to room temperature, then wrap, label, and freeze.

To Prepare After Freezing: Remove from freezer to defrost. Preheat the oven to 350°F. Bake meat loaf one hour or until meat is done.

Makes 6-8 servings

Far East (Asian - Indian)

Kung Pao Chicken

1-1/2 pounds skinless, boneless chicken breast halves - cut into chunks
3 tablespoons white wine
3 tablespoons soy sauce
3 tablespoons sesame oil, divided
3 tablespoons cornstarch, dissolved in 2 tablespoons water
1-1/2 ounces hot chili paste
1-1/2 teaspoons distilled white vinegar
1 tablespoon brown sugar
3 green onions, chopped
1 tablespoon and 1-1/2 teaspoons chopped garlic
1-1/2 (8 ounce) cans water chestnuts
6 ounces chopped peanuts

Prep -

Marinade: Combine 1.5 tablespoon wine, 1.5 tablespoon soy sauce, 1.5 tablespoon oil and 1.5 tablespoon cornstarch/water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes.

Sauce: In a small bowl combine 1.5 tablespoon wine, 1.5 tablespoon soy sauce, 1.5 tablespoon oil, 1.5 tablespoon cornstarch/water mixture, chili paste, vinegar and sugar. Mix together and add green onion, garlic, water chestnuts and peanuts. Sauté Chicken in a large skillet until meat is white and juices run clear. Add Sauce and let simmer together until sauce thickens

Serve Day - Defrost Chicken overnight in refrigerator. Cook Chicken until Juice runs clear-about 15-20 min. Coarsely chop peanuts. Add sauce, peanuts and water chestnuts to chicken. Simmer to thicken- about 5 min. Serve over rice.

Cook Rice - Boil 4 cups of water. Add 2 cups of rice simmer for 20 minutes.

Asian BBQ Chicken

1/4 C packed brown sugar
1/4 C soy sauce
2 T lime juice (about 1 lime)
1/4 t cayenne pepper
1/4 t curry powder
3-4 garlic cloves, minced
1 t grated fresh ginger
8 boneless, skinless chicken thighs
Optional garnish: sliced green onions
Included side dish: frozen broccoli

Prep: Combine everything but the chicken in a small bowl. Whisk to dissolve brown sugar. Place marinade and chicken in a zip-lock bag. Refrigerate for a minimum of 4 hours, or longer if you have it (even overnight).

Cook: Thaw. Preheat a grill (or an indoor grill pan or broiler). Spray cooking surface with cooking spray and place chicken on it to cook. (If using broiler, line baking pan with foil for easier cleanup.) Cook for 5-10 minutes on each side depending on the thickness.

Optional: garnish with sliced green onions. Steam broccoli and serve as a side dish.

Southwestern/Latin American

Mexican Baked Fish

6-7 cuts of tilapia individually wrapped	1 cup salsa
1 cup shredded sharp Cheddar cheese	1/2 cup coarsely crushed corn chips
1 avocado - peeled, pitted and sliced with citrus	1/4 cup sour cream

Prep Day Directions: Put cheese and salsa in one bag. Put corn chip in another bag. Put avocado in another bag. Put citric juice on to prevent browning. Put all in one gallon bag with fish.

You provide - sour cream

Serving Day Directions - thaw kit. Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 8x12 inch baking dish. Rinse fish fillets under cold water, and pat dry with paper towels. Lay fillets side by side in the prepared baking dish. Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips. Bake, uncovered, in the preheated oven for 15 minutes, or until fish is opaque and flakes with a fork. Serve topped with sliced avocado and sour cream.

TEX MEX BRAISED SKILLET CHOPS

from Fix, Freeze, Feast
recipe makes 2 entrees, 6 servings each

12 boneless pork loin chops
1 cup shredded Parmesan cheese
2 Tbsp black pepper
2 Tbsp taco seasoning
3 egg whites, lightly beaten
1-1/3 cups chicken broth
1 (15 oz) can Green Giant Mexicorn, drained
1 (15 oz) can diced tomatoes with green chilies
2/3 cup diced onion
2 Tbsp minced garlic

You Provide:

1-1/2 Tbsp vegetable oil

PREP DAY:

1. Put egg whites in a shallow dish. Mix the Parmesan, pepper, and taco seasoning in another shallow dish. Dip chops into egg, then dredge in Parmesan coating.
2. Place each chop onto a rimmed baking sheet. When all chops are coated, place in freezer for 1 hour. Discard remaining egg and Parmesan mixture.
3. Into each of 2 1-quart freezer bags measure 2/3 cup chicken broth, 2/3 cup corn, 2/3 cup tomatoes, 1/3 cup onion, and 1 Tbsp garlic. Seal.
4. Divide frozen chops evenly among 2 1-gallon freezer bags. Place one bag tomato mixture into each bag of chops. Seal, label, and freeze.

SERVE DAY:

1. Completely thaw entree in refrigerator.
2. Heat oil in a deep skillet or Dutch oven over medium heat. Fry chops 3 minutes on each side; remove from pan.
3. Pour broth and vegetables into pan. Gently scrape browned bits from the bottom; reduce heat to medium-low. Return chops to pan. Simmer, covered, 15 to 20 minutes, turning chops occasionally, or until an instant-read thermometer inserted into the thickest part of a chop reads 160* F.