

Day _____ Date _____

Slow Cooker Teriyaki Steak (A)

Makes 4 servings

- 2 pounds beef flank steaks
- 1 cup soy sauce
- 2 teaspoons ground ginger
- 1/4 cup olive oil
- 2 tablespoons sugar
- 2 tablespoons garlic, crushed

1. Cut steak into 1/8-inch thick slices.
2. Combine remaining ingredients in bowl.
3. Place meat in crock-pot, pour sauce over meat and stir. Cover and cook on low heat for 8 hours.

Serve with (A*) Rice and Steamed Broccoli

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Turkey Casserole (B)

Makes 6 servings

- 3 cups turkeys diced, cooked
- 2 eggs hard-cooked and chopped
- 1 4 1/2-ounce can mushrooms sliced, drained
- 3/4 cup celery diced
- 1/4 cup almonds sliced blanched
- 1 tablespoon onions minced
- 1 10 1/2-ounce can cream of mushroom soup
- 3/4 cup mayonnaise real
- 1 3-ounce can chow mein noodles

1. Heat oven to 350° F. Mix first 6 ingredients. Stir soup into mayonnaise; toss with turkey mixture.
2. Turn into a greased 2-quart casserole and sprinkle with chow mein noodles. Bake for 30 minutes.

Note: Shredded cheese and crushed potato chips may be used in place of noodles. This recipe may be made ahead to the point of adding the topping. Purchase cooked turkey from deli if you don't have leftovers or use chicken instead.

Melon with Sweet Lime Dressing (B*)

Makes 6 servings

- 3 cups cubed cantaloupes
- 3 cups cubed honeydew
- 2 tablespoons orange marmalade
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 teaspoon chopped fresh mint leaves

1. In a large bowl, combine cantaloupe and honeydew.
2. In a small bowl, combine the orange marmalade, lime juice, honey and mint; mix well. Pour over the fruit and toss gently to coat. Serve immediately.

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Sausage Lasagna (C)

Makes 4 servings

- 1/2 pound bulk Italian sausage
- 4 ounces lasagna noodles
- 1 egg beaten
- 1 cup ricotta cheese
- 1/2 cup parmesan cheese grated
- 1 6-ounce package mozzarella cheese sliced
- 2 cups spaghetti sauce

1. Heat oven to 375° F.
2. Brown sausage; drain off fat. Cook noodles in boiling salted water according to package directions; drain. Combine egg, ricotta cheese, Parmesan cheese, and sausage.
3. In a greased 8-inch square baking dish, layer 1/2 each noodles, meat mixture, mozzarella, and tomato or spaghetti sauce. Repeat layers.
4. Bake, uncovered, for 40 minutes. Let stand a few minutes; sprinkle with additional Parmesan cheese.

Note: This lasagna recipe is easily doubled; freeze the extra one for future use or make a big 9x13 pan instead if you have a larger family or are having company.

Serve with (C*) Tossed Green Salad and French Bread

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Crumb Coated Salmon (D)

Makes 4 servings

- 2 eggs
- 1/2 cup milk
- 1 cup seasoned bread crumbs
- 2 teaspoons lemon pepper seasoning
- 1/2 teaspoon dill weed
- 1/4 teaspoon garlic powder
- 4 salmon fillets 6 ounces each (can be bought frozen or fresh)

1. In a shallow dish, beat the eggs and milk.
2. In another shallow dish, combine the bread crumbs, lemon pepper seasoning, dill and garlic powder.
3. Dip salmon in egg mixture, then coat with crumb mixture. Place on a greased baking sheet.
4. Bake at 350 degrees for 14-18 minutes or until fish flakes easily with a fork.

Serve with (*D) Cooked Buttered Noodles and Steamed Carrots

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Sesame Baked Chicken Breasts (E)

Makes 8 servings

- 1/3 cup butter
- 1 egg slightly beaten
- 1 1/2 tablespoons water
- 1 1/2 tablespoons soy sauce
- 1 1/4 teaspoons salt
- 1/8 teaspoon black pepper
- 8 chicken breasts, boned and skinned
- 1/3 cup flour
- 1/4 cup sesame seeds

1. Preheat oven to 400 degrees F. Place butter in 8x12-inch baking pan; melt in oven as it preheats.
2. In meantime blend egg, water, soy sauce, salt, and pepper. Dip chicken into flour, then into egg mixture. Arrange chicken breasts in pan, turning to coat with butter. Sprinkle generously with sesame seeds. Bake at 400 degrees F. for 40 to 45 minutes or until tender and golden brown.

Special Dinner Mashed Potatoes – (E*)

Makes 4 servings

- 2 1/2 pounds potatoes peeled and cubed
- 1/2 cup sour cream
- 1 3-ounce package cream cheese softened
- 1 1/2 tablespoons butter or margarine divided
- 1/2 teaspoon salt
- 1/2 teaspoon onion salt
- 1/8 teaspoon pepper

1. Place potatoes in a large pot; cover with water. Cover and bring to a boil. Cook for 20-25 minutes or until very tender; drain well.
2. In a large mixing bowl, mash potatoes. Add sour cream, cream cheese, 1 T. butter, salt, onion salt and pepper; beat until fluffy. Transfer to a greased 1 quart baking dish. Dot with remaining butter. Bake, uncovered, at 350 degrees for 15-20 minutes or until heated through.

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Cheeseburger Pasta Toss (F)

Makes 6 servings

- 2 cups uncooked wagon wheel pasta (rotelle) (4 ounces)
- 1 pound ground beef
- 1 large onion, sliced or chopped (1 cup)
- 1 (8-ounce) package process sharp cheddar cheese spread
- 1/2 cup milk
- 1/2 teaspoon garlic salt
- 1 large tomato, chopped (1 cup)
- 1/2 cup shredded cheddar cheese (2 ounces)

1. Cook and drain pasta as directed on package.
2. While pasta is cooking, cook beef and onion in 10-inch skillet over medium-high heat about 10 minutes, stirring occasionally, until beef is brown; drain.
3. Reduce heat to medium. Stir cheese spread, milk and garlic salt into beef; continue stirring until cheese is melted and mixture is well blended. Stir in pasta and tomato. Sprinkle with Cheddar cheese; cover and heat 2 to 3 minutes or until cheese is melted.

Serve with (F*) Grapes

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Pork Chop Supper (G)

Makes 6 servings

6 pork loin chops (3/4 inch thick)
1/2 cup all-purpose flour
2 tablespoons olive oil or vegetable oil
2 teaspoons dried thyme
2 teaspoons salt
1/4 teaspoon pepper
4 large potatoes (about 2-1/4 pounds)
5 medium carrots, sliced 1/4-inch thick
1 medium onion, cut into wedges
3 cups beef broth

1. Place flour in a large Ziplock bag. Add pork chops and shake.
2. Heat oil in a large skillet; brown the chops on both sides. Sprinkle with thyme, salt and pepper.
3. Peel potatoes and cut into 3/4-in. cubes; add to skillet along with the carrots and onion. Pour broth over all; bring to a boil. Reduce heat; cover and simmer for 40-50 minutes or until pork and vegetables are tender.

Serve with (G*) Dinner Rolls

Menu Planning Central – Family-Friendly Option - Sample

Weekend Brunch Ideas - (H & I)

Day _____ **Date** _____

Canadian Bacon Omelet - H

Makes 4 servings

1/2 pound Canadian bacon cut in julienne strips

2 to 3 tablespoons butter or margarine

6 eggs

1/2 cup half and half

1 tablespoon flour

1/4 teaspoon salt

Freshly ground pepper to taste

3 tablespoons chives minced fresh

1 tablespoon vermouth

1 teaspoon butter or margarine, melted

1 tablespoon parsley minced fresh

1. In skillet, sauté bacon strips in 2 tablespoons butter or margarine. Remove and keep warm.
2. In a bowl blend eggs, half-and-half, flour, salt, pepper, chives, and vermouth.
3. Add 1 tablespoon butter or margarine to heated skillet if necessary. When hot pour in egg mixture and stir with a fork in a circular motion for a minute or two. When omelet is beginning to set, sprinkle bacon over top. Lift up omelet with spatula and let any uncooked portion run underneath. Cook until set and bottom is golden. Fold omelet and turn out onto heated plate. Drizzle 1 teaspoon melted butter or margarine over top and sprinkle with parsley. Omelet can be left unfolded and served from skillet cut in wedges and sprinkled with parsley.

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Raspberry Coffee Cake - I

Makes 8 servings

1 cup flour
1/3 cup sugar
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 egg
1/2 cup plain yogurt
2 tablespoons butter or margarine melted
1 teaspoon vanilla extract
3 tablespoons brown sugar
1 cup fresh or frozen raspberries (if using frozen berries, do not thaw)
1 tablespoon sliced almonds
GLAZE
1/4 cup confectioners' sugar
1 teaspoon milk
1/4 teaspoon vanilla extract

1. In a bowl, combine the flour, sugar, baking powder, baking soda and salt. In a separate bowl, combine egg, yogurt, butter and vanilla. Add to dry ingredients just until moistened.
2. Spoon 2/3 of the batter into an 8" round baking pan coated with nonstick cooking spray. Combine the brown sugar and raspberries; sprinkle over batter. Spoon remaining batter over the top. Sprinkle with almonds.
3. Bake at 350 degrees for 35-40 minutes or until cake springs back when lightly touched and is golden brown. Cool for 10 minutes before removing from pan to a wire rack. In a small bowl, combine the glaze ingredients. Drizzle over coffee cake. Serve warm or at room temperature.

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Desserts - (J & K)

Day _____ **Date** _____

Irish Cream Mint Cookies - J

Makes 48 cookies

- 1 1/4 cups oats old-fashioned or quick-cooking
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 cup butter or margarine, softened
- 1 cup brown sugar packed
- 1/2 cup sugar
- 1 egg large
- 1/4 cup Irish cream liqueur
- 1 teaspoon vanilla extract
- 12 ounces mint chocolate chips (2 cups)

1. Heat oven to 350°. Have baking sheets ready.
2. Place oats in a blender or food processor. Cover and blend or process until like flour. Mix oat flour, baking powder, baking soda, and salt.
3. Beat butter, brown sugar, and sugar in a large bowl with electric mixer until fluffy. Beat in egg, liqueur, and vanilla. On low speed, gradually beat in flour mixture. Stir in chocolate chips. (Chill 15 to 20 minutes if very soft.)
4. Drop by heaping teaspoonfuls about 2 inches apart onto baking sheets. Bake 10 to 12 minutes until cookies look dry on top and edges are lightly browned. Cool on baking sheets 2 minutes. Remove to wire racks to cool.

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Mini Blueberry Cheesecakes - K

Makes 6 servings

- 4 ounces cream cheese softened
- 1 egg large
- 1 6-ounce container lemon custard yogurt
- 6 individual graham cracker crust tart shells (4 oz. package)
- 1/4 cup peach preserves or apricot preserves
- 2 teaspoons cornstarch
- 1 cup blueberries fresh
- Fresh mint leaves (optional)
- Shredded orange peel (optional)

1. Heat oven to 325°. In a small bowl, whisk cream cheese until smooth. Beat in egg until well blended; fold in yogurt. Spoon into tart shells. Place on a baking sheet and bake 15 to 18 minutes until edges are set, but center is still slightly soft. Cool, cover, and refrigerate until ready to assemble.
2. Meanwhile, in a small saucepan, stir preserves and cornstarch until blended. Stir in 1/2 cup of the berries. Over medium heat, bring to a boil. Cook and stir until mixture is shiny and thickened. Remove from heat and stir in remaining berries; let cool.
3. To serve, using the point of a knife, lift crusts from foil pans. Place on small dessert plates. Spoon blueberry sauce over top. Garnish with mint and orange peel if desired.