



Weekly Menu Plan & Recipes – May 16, 2008

Store: VONS
Number of Servings: 4

On The Menu May 16, 2008

Day One:

Ginger Glazed Mahi Mahi
Oven Cooked Rice
Tossed Salad with Creamy Buttermilk Dressing

This is a good one! 'Nuf said.

Day Two:

Saucy Baked Pork Chops
Roasted Potatoes
Steamed Baby Carrots

*The pork chop dish has a 1 ½ hour
bake time, so make it on an early
night. It's worth the wait!*

Day Three:

Spaghetti with Spicy Amatriciana Sauce
Crusty Bread
Chopped Italian Salad

*An Italian-inspired feast that goes
together quickly.*

Day Four:

Chicken with Spicy Chicago Rub
Pasta with Bread Crumbs
Carrot & Celery Sticks

*My 8-year old daughter's favorite
chicken!*

Day Five:

Turkey Burgers
Oven Fries
Seasonal Fruit Salad

*Way better (and healthier) than
the local burger joint!*

Day Six:

Lentil Soup with Pasta
Parmesan Cheese Toast
Frozen Vegetables

*Make this one at the end of the week
as all the ingredients are hardy.*

Approximate cost of fresh items for this week's menus for 4 people = \$49.00.

*This information is for Thrifty Kitchen subscribers only.
If you'd like to share with a friend, please encourage them to purchase their own
subscription for just \$1.25 per week at www.thriftykitchen.com. We thank you!*

Advance Prep – doing these tasks in advance will make your week go smoothly!

1. Store the baguettes in your freezer, and defrost 2-3 hours before serving time to retain freshness.
2. Prepare the Red Wine Vinaigrette and Creamy Buttermilk dressings. Cover and store in the refrigerator for up to 2 weeks if you have extra.

Red Wine Vinaigrette	Creamy Buttermilk Dressing
½ cup vegetable oil 3 Tbsp white vinegar 1 Tbsp sugar 2 Tbsp dry red wine 1 tsp bottled minced garlic ½ tsp dried thyme ½ tsp dried oregano ½ tsp paprika ¼ tsp dry mustard 1/8 tsp pepper	1 cup mayonnaise ½ cup buttermilk 1 Tbsp grated parmesan cheese 1 tsp dried parsley ¼ tsp garlic powder ¼ tsp onion powder 1/8 tsp pepper
Combine all ingredients and mix well. Use a screw-top jar if one is available & shake well, or use a blender or food processor.	Stir together mayonnaise and buttermilk. Stir in remaining ingredients.

From Your Pantry: These items will be used this week - be sure to check your stock and pick up anything you might be out of while you are shopping.

Spices & Baking	Oils / Vinegars / Sauces	Dairy	Other
Ground Sage Salt & Pepper Onion powder Garlic Powder Dry Mustard Red pepper flakes Paprika Chili Powder Dried Parsley Dried Thyme Dried Oregano Dried Marjoram Curry Powder Ground Cumin Ground Cloves Brown Sugar Sugar	Olive Oil** Vegetable Oil White Vinegar Balsamic Vinegar Soy Sauce Canned Goods Chicken Broth (6 cans)** Tomato Paste**	Eggs** Milk Butter** Grated parmesan** Supplies	Bread (2 Slices) Dry White Wine Dry Red Wine Bottled Minced Garlic** Long Grain Rice Honey Mustard Mayonnaise
**Stock up at Costco whenever you run low – they have great prices on these items!			

Day 1 Menu

Main Dish (A1)	Side 1 (A2)	Side 2 (A3)
<p align="center">Ginger Glazed Mahi Mahi <i>Adapted from AllRecipes.com</i></p>	<p align="center">Oven Cooked Rice</p>	<p align="center">Tossed Green Salad</p>
<p>3 tablespoons honey 3 tablespoons soy sauce 3 tablespoons balsamic vinegar 1 teaspoon grated fresh ginger root 1 tsp bottled minced garlic 2 teaspoons olive oil 4 (6 ounce) mahi mahi fillets salt and pepper to taste 1 tablespoon vegetable oil</p>	<p>1 1/3 cups boiling water 2/3 tablespoon butter 2/3 cup white rice (long grain) 1/4 teaspoon salt</p>	<p>1/2 head romaine lettuce 1 tomato, sliced or chunked Other veggies & toppings as desired</p> <p>Prepared Creamy Buttermilk Dressing (see "Advance Prep")</p>
<p>In a shallow glass dish, stir together the honey, soy sauce, balsamic vinegar, ginger, garlic and olive oil. Season fish fillets with salt and pepper, and place them into the dish. If the fillets have skin on them, place them skin side down. Cover, and refrigerate for 20 minutes to marinate.</p> <p>Heat vegetable oil in a large skillet over medium-high heat. Remove fish from the dish, and reserve marinade. Fry fish for 4 to 6 minutes on each side, turning only once, until fish flakes easily with a fork. Remove fillets to a serving platter and keep warm.</p> <p>Pour reserved marinade into the skillet, and heat over medium heat until the mixture reduces to a glaze consistently. Spoon glaze over fish, and serve immediately</p>	<p>In a 1 quart casserole, combine boiling water and butter; stir until melted. Stir in rice and salt. Cover; bake in 350 oven about 35 minutes. Fluff with a fork</p>	<p>Wash lettuce and pat dry. Place in a bowl and top with prepared vegetables. Add other vegetables, grated cheese, chopped nuts, croutons etc. as desired.</p> <p>Dress and toss.</p>

Cooking Plan

Marinate fish. While it is marinating, prepare rice & place in oven to bake. Prepare salad, then cook fish. Dinner's ready!

Day 2 Menu

Main Dish (B1)	Side 1 (B2)	Side 2 (B3)
Saucy Baked Pork Chops	Roasted Potatoes	Steamed Baby Carrots
4 to 6 sirloin chops, boneless or bone-in 1/2 cup chopped onion 4 ounces coarsely chopped mushrooms, 3 tablespoons Creamy Buttermilk Dressing 1 1/2 tablespoons mustard seasoned salt and pepper 1 Tbsp olive oil 1/2 cup chicken broth	1 lbs Russet potatoes 2 Tbsp olive oil 1 tsp dried thyme 1/2 tsp salt 1/4 tsp pepper	1 lb baby carrots
<p>Heat olive oil in skillet over medium-high heat. Salt and pepper the chops; put in skillet, in batches if necessary, and brown quickly on both sides. Remove to a baking dish lightly sprayed with nonstick cooking spray.</p> <p>To the hot skillet, add chopped onions and mushrooms. Cook, stirring, until onions are browned and just tender. Add chicken broth to the pan.</p> <p>Stir together buttermilk dressing and mustard; add to broth. Let the mixture boil for a minute; pour over chops in baking dish.</p> <p>Cover baking dish with foil and bake at 325° for 1 1/2 hours.</p>	<p>Cut the potatoes into 1 inch chunks.</p> <p>Place potatoes into a shallow roasting pan or rimmed baking sheet. Drizzle with the olive oil and sprinkle with the thyme, salt and pepper. Toss to coat, and then spread the potatoes into a single layer.</p> <p>Roast the potatoes, stirring 1 or 2 times, until golden and tender when pierced with a fork, about 45-55 minutes. Season with additional salt and pepper if desired.</p>	<p>Place carrots in a microwave steam bag and cook 6 minutes (half bag) or 12 minutes (full bag)</p> <p>Alternatively, cook in a small amount of salted boiling water for 10-12 minutes.</p>

Cooking Plan

Prepare the pork chops & start to bake. Prepare the potatoes & put them in to bake next to the pork chops. In the last 5-10 minutes baking time, steam the carrots. Dinner's ready!

Day 3 Menu

Main Dish (C1)	Side 1 (C2)	Side 2 (C3)
<p>Spaghetti with Spicy Amatriciana Sauce <i>Adapted from Williams Sonoma "Pasta" Cookbook</i></p>	<p>Crusty French Bread</p>	<p>Chopped Italian Salad <i>Adapted from the Betty Crocker "Quick & Easy Cookbook"</i></p>
<p>1 lb spaghetti 2 Tbsp Olive Oil 1 yellow onion, chopped 3 oz pancetta OR Bacon, chopped ¼ tsp red pepper flakes ½ cup dry white wine 2 Tbsp tomato paste 2.5 cups canned whole tomatoes Salt ½ cup Freshly Grated Parmesan Cheese</p>	<p>1 loaf French bread, defrosted if necessary</p>	<p>4 cups chopped romaine lettuce 1/2 cup fresh basil leaves 1 large tomato 1 cucumber, chopped ½ can cannellini beans, drained & rinsed. 2 oz chopped dry salami Prepared Red Wine Vinaigrette Dressing (see "Advance Prep")</p>
<p>Bring a large pot of water to boil.</p> <p>In a large frying pan over medium-low heat, warm the oil. Add the onion, pancetta, and red pepper flakes and sauté until the onion is softened and the pancetta is lightly browned, about 6 minutes. Stir in the wine and the tomato paste.</p> <p>Reduce the heat to low and cook until most of the alcohol has evaporated, about 1 minute. Add the tomatoes and ½ tsp salt. Raise the heat to medium-low and simmer, uncovered, stirring occasionally, until the sauce is thickened, about 20 minutes.</p> <p>Meanwhile, add 2 Tbsp salt and the pasta to the boiling water. Cook according to pasta directions & drain, reserving about ½ cup of the cooking water. Add the pasta to the sauce and toss well to coat. Add about 1/3 of the cheese and toss again. Add some cooking water if needed to loosen the sauce.</p> <p>Serve, passing the remaining cheese at the table.</p>	<p>Wrap loaf in foil & warm in a 300 degree oven for 10-15 minutes.</p>	<p>Wash lettuce and pat dry. Place in a bowl and add remaining ingredients.</p> <p>Dress and toss.</p>

Cooking Plan

Prepare salad & set aside. Prepare pasta. While the sauce simmers, warm the bread. Drain & top pasta. Dinner's ready!

Day 4 Menu

Main Dish (D1)	Side 1 (D2)	Side 2 (D3)
<p>Chicken with Spicy Chicago Rub <i>Adapted from the George Foreman Cookbook</i></p>	<p>Quick Pasta with Bread Crumbs <i>Adapted from Williams Sonoma "Pasta"</i></p>	<p>Carrots & Celery Sticks</p>
<p>1 lb chicken pieces (drumsticks & thighs) 1 tsp black pepper 4 tsp ground paprika 1 tsp salt 2 tsp chili powder 1 tsp onion powder 1 tsp garlic powder 1 tsp dried parsley 2 tsp brown sugar</p>	<p>6 Tbsp olive oil 4 tsp bottled minced garlic 6-8 green onions 1 tsp dried marjoram ½ tsp red pepper flakes 2 cups chicken broth 1 lb small shell-shaped pasta (or other small pasta) ¼ cup fresh bread crumbs (about 1 slice)</p>	<p>2-3 carrots, cut into sticks 2-3 stalks celery, cut into sticks</p>
<p>Preheat oven to 350.</p> <p>Combine all ingredients except chicken in a small bowl. Mix thoroughly to distribute the sugar. Coat each piece of chicken on all sides. Place on a rimmed baking sheet & bake at 350 for 45-50 minutes.</p>	<p>Bring a larger pot of water to boil</p> <p>Warm about 2/3 of the olive oil in a large frying pan. Add the garlic, green onions, marjoram and red pepper flakes & sauté about 4 minutes. Stir in the parsley & broth.</p> <p>Raise the heat to medium & cook until the liquid is slightly reduced – about 12 minutes. Remove from heat.</p> <p>Meanwhile, add the pasta to the boiling water & cook according to package directions. Drain & add to pasta mixture, tossing to combine.</p> <p>In a small frying pan, heat the remaining oil. Add the bread crumbs & cook, stirring frequently, until golden brown, about 2 minutes.</p>	<p>Serve veggies with Creamy Buttermilk dressing for dipping!</p>

Cooking Plan

Prepare the chicken & place in oven to bake. Prepare the pasta.

Day 5 Menu

Main Dish (E1)	Side 1 (E2)	Side 2 (E3)
Quick Turkey Burgers	Sweet Potato Fries	Seasonal Fruit Salad
1 pound ground turkey 1 egg 2 Tbsp milk ¾ cup soft bread crumbs (1 slice) ¼ tsp onion powder 1 tsp bottled minced garlic ½ tsp dry mustard ¼ tsp each salt and pepper 1 tomato, sliced 6 leave lettuce 1 package hamburger buns Condiments as desired: ketchup, mustard, cheese, mayonnaise etc.	3 peeled sweet potatoes (8-ounce) 1 1/2 teaspoons olive oil 1/2 teaspoon curry powder 1/4 teaspoon salt 1/4 teaspoon ground cumin 1/8 teaspoon ground cloves 1/8 teaspoon pepper	About 1 lb seasonal fruit. Some great choices right now: Mangos Kiwi Strawberries Melon
Beat the egg and combine with milk. Stir in bread crumbs, onion powder, mustard, garlic, salt and pepper. Add meat and mix well. Shape into 6 ½-inch thick patties. Cook on a grill, or in a skillet, about 8-10 minutes per side or to desired degree of doneness. Serve each patty on a bun with sliced tomato, lettuce and desired condiments.	Preheat oven to 425°. Cut sweet potatoes in half lengthwise; cut each half lengthwise into 6 wedges. Combine sweet potatoes and remaining ingredients in a bowl; toss gently to coat. Place wedges on a baking sheet covered in non-stick foil (do not overlap); bake at 425° for 25 minutes or until very tender.	Chop fruit into bite-sized pieces, toss gently to combine.

Cooking Plan

Prepare fruit & set aside. Prepare the potatoes & place in oven to bake. Prepare the burgers. Dinner's ready!

Day 6 Menu

Main Dish (F1)	Side 1 (F2)	Side 2 (F3)
<p>Lentil Soup with Pasta <i>Adapted from Williams Sonoma "Pasta" Cookbook</i></p>	<p>Parmesan Cheese Toast</p>	<p>Frozen Vegetables</p>
<p>3 Tbsp Olive Oil 2 oz Pancetta OR Bacon 1 yellow onion, chopped 2 tsp bottled minced garlic 1 carrot, finely chopped 1 stalk celery, finely chopped 1 tsp ground sage 2 cups lentils 1 cup canned whole tomatoes with juice 6 cups chicken broth (about 3 ½ 14.5-oz cans – use remainder in spinach salad recipe) Salt & pepper ¼ lb ditalini or other small pasta (use remaining shells from Pasta with Bread Crumbs)</p>	<p>1 baguette, defrosted if necessary 2 Tbsp olive oil 2 Tbsp grated Parmesan cheese</p>	<p>1 8 oz package frozen vegetables, your choice!</p>
<p>In a large pot over medium-high heat, warm the oil. Add the pancetta or bacon and sauté until lightly browned, about 2 minutes. Add the onion, garlic, carrot, celery, and sage and sauté until vegetables are softened, about 3 minutes.</p> <p>Stir in the lentils & tomatoes and cook, stirring occasionally, for 5 minutes. Raise the heat to high, add the broth, and bring to a boil. Add 1 Tbsp salt, reduce the heat to medium-low, and simmer, partially covered, until the lentils are nearly tender, 30-40 minutes. Add more broth if the soup starts to dry out.</p> <p>Add the pasta to the lentils. Cook, stirring occasionally to prevent sticking, until the pasta is not quite al dente (about 2 minutes less than the package directions.) Season to taste with salt and pepper.</p>	<p>Slice baguette crosswise into 1 inch slices.</p> <p>Set oven to broil. Place bread slices on cookie sheet. Brush with oil & sprinkle with cheese.</p> <p>Broil with tops 4-6 inches from the heat for 1-2 minutes or until edges of bread are golden brown.</p>	<p>Prepare vegetables according to package directions.</p>

Cooking Plan

Prepare the soup. After the point where the pasta is added, prepare the bread and the vegetables. Dinner's ready!

This Week's Shopping List

Be sure to check your pantry and freezer for items you may already have!

Grocery Aisle	Amt	Unit	Item	Recipe Code	Approx. Unit Cost	Approx Final Cost
Bakery	2	loaf	French bread	C2	1.49	2.98
Bakery	1	8-pack	hamburger buns	E1	1.50	1.50
Dairy	1	pint	buttermilk	Dressing	1.00	1.00
Meat and poultry	2	lbs	Mahi Mahi filets	A1	0.99	1.49
Meat and poultry	1.0	lb	boneless pork sirloin chops	B1	3.99	3.99
Meat and poultry	1	12-oz pkg	bacon	C1, F1	3.49	3.49
Meat and poultry	1	3-oz pkg	salami	C3	1.99	1.99
Meat and poultry	1	lb	chicken pieces	D1	0.89	0.45
Meat and poultry	1	20-oz pkg	ground turkey	A1	2.39	2.39
Produce	1	1 inch piece	fresh ginger	A1	1.40	1.40
Produce	2	heads	lettuce	A1, C3	1.69	3.38
Produce	2		onions	B1, F1	0.67	1.34
Produce	1	lb	carrots	A3, B3, F1	0.79	0.79
Produce	1	bunch	celery	B3, F1	1.49	1.49
Produce	0.25	lb	mushrooms	B1	4.49	1.12
Produce	1.0	lb	russet potatoes	B2	0.68	0.68
Produce	1	lb	baby carrots	B3	1.00	1.00
Produce	3		tomato	A3, C3, E1	1.00	3.00
Produce	1		cucumber	C3	0.99	0.99
Produce	1	bunch	fresh basil	C3	1.99	1.99
Produce	3		sweet potatoes	E2	0.68	2.04
Produce	1.0	lb	seasonal fruit - kiwi, mango etc.	E3	1.50	1.50
Canned Goods	3	14.5 oz cans	whole tomatoes	C1, F1	1.00	3.00
Canned Goods	1	can	cannellini beans	C3	1.00	1.00
Frozen	1	8-oz pkg	frozen vegetables - your choice!	F3	1.50	1.50
Rice & Pasta	1	lb	spaghetti	C1	1.00	1.00
Rice & Pasta	1	lb	small shell-shaped pasta, or any small pasta	D2, F1	1.00	1.00
Dried Beans	1	1-lb bag	lentils	F1	1.22	1.22

Approximate cost of this week's fresh items = \$49.00.

48.71

*Notes: If you need to buy large packs of meat to get the lowest price, just store the extra in your freezer for future weeks. Extra cheese, bacon, tortillas and bread products also freeze well!
Also, consider buying your produce at a local produce market. You could save \$5-10 and get fresh local items.*

Save \$2.00-\$3.00 by using the coupons below:

Small pasta: <http://www.scholastic.com/barilla>

Frozen Vegetables: <http://print.coupons.com/alink.asp?qo=13823um4910>