

Whole Foods May 2014



Shopping List

Serving each recipe 2 times to 4 people.

Item	Amount	Measure	Store	Notes
Baking items				
<input type="checkbox"/> evaporated milk	30	fluid ounces		
<input type="checkbox"/> olive oil	1.92	fluid ounces		
<input type="checkbox"/> powdered sugar	13.64	ounces		
<input type="checkbox"/> sucanat	6.67	ounces		
<input type="checkbox"/> vanilla extract	0.33	fluid ounces		
Canned goods				
<input type="checkbox"/> black olives, sliced, canned	10.67	ounces		
<input type="checkbox"/> chicken broth/stock	4	fluid ounces		
<input type="checkbox"/> chipotle peppers in adobo sauce	8	ounces		
<input type="checkbox"/> diced tomatoes, canned	74.67	ounces		
<input type="checkbox"/> mild green chiles, diced, canned	5.33	ounces		
<input type="checkbox"/> seafood broth/stock	96	fluid ounces		
<input type="checkbox"/> sliced pears, canned	30.08	ounces		
<input type="checkbox"/> whole kernel corn with peppers	14.67	ounces		
Condiments				
<input type="checkbox"/> balsamic vinegar	1	fluid ounce		
<input type="checkbox"/> blackberry jam	4.17	ounces		
<input type="checkbox"/> coconut aminos	4	fluid ounces		
<input type="checkbox"/> honey	12.05	ounces		

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Prep Instructions

Serving each recipe 2 times to 4 people.

Your Recipe Cards and Cooking Day Instructions assume that you have completed the below tasks before you start your cooking day.

Meats Needed	Amount	Measure	Instructions
Chicken, Boneless Breasts	4.87	pounds	If less than 3 lbs total, boil water. Place chicken in water for 30 minutes or until cooked through. If more than 3 lbs total, place in a slow cooker (1 lb for each quart; example 3 lbs will fit in a 3 quart slow cooker) with 1 cup of water. Cook on low for 8 hours or high for 4 hours. Dice.
Ground Beef	1.33	pounds	If less than 3 lbs total, brown in a skillet. If more than 3 lbs total, place in a slow cooker (1 lb for each quart; example 3 lbs will fit in a 3 quart slow cooker) with 1 cup of water. Cook on low for 8 hours or high for 4 hours.
Ground Sausage, Italian	1.62	pounds	If less than 3 lbs total, brown in a skillet. If more than 3 lbs total, place in a slow cooker (1 lb for each quart; example 3 lbs will fit in a 3 quart slow cooker) with 1 cup of water. Cook on low for 8 hours or high for 4 hours.

To-Do Night Before

	Amount	Measure	Instructions
Jumbo Shrimp, Frozen	1.04	pounds	thawed & peeled.

Add-ons

	Amount	Measure	Instructions
Dairy Free Ranch Dry Seasoning Mix	2	tablespoons	See Recipe Card
Homemade Taco Seasoning	8	teaspoons	See Recipe Card
Homemade Vegetable Broth	5.33	cups	See Recipe Card
Artisan Bread	2	individual	See Recipe Card
Refrigerator Rolls	96	individual	See Recipe Card

Chopping List	Amount Bought	Measure	Approx. Prep Amount	Prep Measure	Ingredient
Asparagus	2	bunches	7	cups	dice Asparagus
Banana	4	medium	4	medium	peel Banana
Basil, Fresh	1	bunch	1.33	cups	chop Basil, Fresh
Beet	4	medium	5	cups	peel and chunk Beet
Chicken, Boneless Breasts	4.87	pounds	13	cups	cook and dice Chicken, Boneless Breasts
Chicken Sausage, Pre-Cooked	28.13	ounces	4.50	cups	slice Chicken Sausage, Pre-Cooked



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Recipe Cards

Serving each recipe 2 times to 4 people.

Balsamic Chicken Sausage Kebabs

Author Name: Lisa

Recipe URL: <http://onceamonthmeals.com/balsamic-chicken-sausage-kebabs/>

Yield: 8 Servings

Ingredients

6 tablespoons	Blackberry Jam
2 tablespoons	Balsamic Vinegar
0.50 tablespoons	Olive Oil
1 teaspoon	mince Garlic, Cloves
1 tablespoon	chop Basil, Fresh
4.50 cups	slice Chicken Sausage, Pre-Cooked
3 cups	chunk Onion, Red

Supplies Needed

8 Skewers

Containers Needed

2 Gallon Freezer Bag

Cooking to Freeze Instructions

In indicated number of gallon freezer bags, evenly divide and combine jam, balsamic vinegar, olive oil, garlic, and basil. Evenly divide chicken sausage and red onions between bags of marinade. Label and freeze.

Serving Day Instructions

If using wooden skewers, soak in water before assembling kebabs. Assemble kebabs, alternating chicken and onion pieces. Brush with remaining marinade. Cook kebabs on grill over medium heat, marinating halfway through.

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Cooking Day Instructions

Serving each recipe 2 times to 4 people.

Menu Description	Menu Notes
<p>Our Whole Foods May 2014 Menu brings together sweet and savory pairings as well as some fun fare for grilling.</p>	
<p>Step 1 Oven Cook</p>	<p>Sausage Pear Breakfast Casserole: Preheat oven to 350.0 degrees Fahrenheit. Place bread cubes on a rimmed baking sheet and bake 350F for 15 minutes until just begin to turn golden brown.</p>
<p>Step 2</p>	<p>Twisted Cinnamon Spice Sticks: Prepare refrigerator rolls according to recipe instructions up to the refrigerating step. Roll dough into a square, about 1/4" thick. Spread warmed honey in a thin layer over the top of dough. In a small bowl, combine sucanat, cinnamon, nutmeg, and all spice. Sprinkle over dough and honey. Using a pizza cutter, slice each dough round into equal sized 1/2" strips. Fold each strip in half, then pinch together the open ends, and twist.</p>
<p>Step 3 Stove Cook</p>	<p>Sausage Pear Breakfast Casserole: Meanwhile, heat olive oil over medium heat. Add onions and saute until translucent. Add sausage and combine. Set aside. In a large bowl, whisk eggs, half and half, sea salt, pepper and nutmeg. Divide sausage/onion mixture evenly between 8x8 foil baking pans. Divide pears over sausage mixture in pans. Divide half of shredded cheddar cheese over the top of pears, and then top with toasted bread cubes. Pour egg mixture evenly between 8x8 pans and cover as much as you can. Sprinkle remaining shredded cheese evenly over the top of the casseroles. Cover pans tightly with aluminum foil, label and freeze.</p>
<p>Step 4 Oven Cook</p>	<p>Twisted Cinnamon Spice Sticks: Place on parchment paper lined baking sheet and bake 350F for 15-20 minutes. While cinnamon sticks are baking, whisk together the powdered sugar, whole milk, vanilla extract and cinnamon #2. Drizzle over the tops of the warm cinnamon sticks. Flash freeze. After flash freeze, divide between indicated number of gallon freezer bags, label and freeze.</p>
<p>Step 5 Stove Cook</p>	<p>Cheesy Chicken Ranch Lasagna: Cook noodles in boiling, salted water until al dente. Drain and rinse in cold water and set aside. Combine evaporated milk and Ranch dressing mix in a heavy saucepan. Heat over low heat, stirring frequently until dry ingredients are dissolved. Stir in chicken and pepper. Simmer, uncovered, 25 minutes, stirring frequently.</p>
<p>Step 6 Stove Cook</p>	<p>Shrimp Asparagus Risotto: Blanche asparagus in boiling water for 4 minutes, then transfer to a bowl of ice water. Heat stock in a large pot on high, then turn down to medium-low once it begins steaming. Melt the butter in a pan over medium heat. Add onion and saute for 3 minutes. Add the rice, stirring to coat all in butter. Add one cup of the hot stock, stirring, until the liquid is absorbed. Repeat this until the all of the liquid has been absorbed. The full amount of stock may not be needed, depending on the texture of rice. If more is needed, use boiling water. Toss in the raw shrimp with your last cup of liquid. After 2 minutes, flip the shrimp. Once the shrimp are pink and the rice is the desired texture remove from heat. Add in drained asparagus, cheese, salt and pepper. Allow to cool.</p>
<p>Step 7</p>	<p>Cheesy Chicken Ranch Lasagna: Layer half of lasagna noodles, sauce, and cheese in greased freezer baking dish. Repeat layers again. Cover tightly with foil, label & freeze.</p>

Beet, Banana & Raspberry Smoothie



Date Frozen: _____

Thaw. Enjoy cold.

Sausage Pear Breakfast Casserole



Date Frozen: _____

Thaw. Bake covered with aluminum foil 350F for 40 minutes. Remove foil and bake and additional 10 minutes.

Twisted Cinnamon Spice Sticks



Date Frozen: _____

Thaw. Reheat cinnamon twists in microwave for 30-60 seconds, until warmed through.

Shrimp Asparagus Risotto



Date Frozen: _____

Thaw. Reheat in microwave for 1-2 minutes, until heated through.

SAMPLE

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Thaw Sheet

Serving each recipe 2 times to 4 people.

	Thaw Instructions	Cooking Time	Cooking Type
Breakfasts			
Beet, Banana & Raspberry Smoothie	In fridge	1 minute	N/A
Sausage Pear Breakfast Casserole	In fridge	about 1 hour	Oven cook
Twisted Cinnamon Spice Sticks	In fridge	1 minute	Microwave
Lunches			
Creamy Tomato Tortellini Soup	In fridge	2 minutes	Microwave
Shrimp Asparagus Risotto	In fridge	2 minutes	Microwave
Skinny Orange Chicken	In fridge	2 minutes	Microwave
Dinners			
Balsamic Chicken Sausage Kebabs	In fridge	29 minutes	Grill cook
Cheesy Chicken Ranch Lasagna	In fridge	about 1 hour	Oven cook
Chipotle Cheddar Burgers	In fridge	10 minutes	Grill cook
Crock Pot Thai Peanut Pork	In fridge	about 8 hours	Slow cook
Gourmet Mozzarella Stuffed Burgers	In fridge	12 minutes	Grill cook
Taco Spaghetti	In fridge	27 minutes	Oven cook