

<p><b>Winter Dinner</b></p> <ol style="list-style-type: none"> <li>1. In a skillet, brown chicken slices in a little olive oil. Spray slow cooker with vegetable oil and place chicken in bottom.</li> <li>2. Add Kielbasa, onions, beans, ketchup, brown sugar, and vinegar to slow cooker, stir.</li> <li>3. Cover and cook on LOW for 7 - 8 hours or on HIGH for 3 -4 hours.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 lb. Chicken Tenderloins</li> <li>2 Onions, chopped</li> <li>31 oz. Pork and Beans</li> <li>15 oz. Ranch-style Beans, drained</li> <li>15 oz. Great Northern Beans</li> <li>15 oz. Butter Beans, Drained</li> <li>1 c ketchup</li> <li>1/4 c packed brown sugar</li> <li>1 tbs.. Vinegar</li> <li>1 lb. Kielbasa</li> </ul>
<p><b>Beef &amp; Bean Burritos</b></p> <ol style="list-style-type: none"> <li>1. In a large skillet cook ground beef, onion, and garlic until ground beef is no longer pink, stirring to break up meat. Drain well. Add chili powder, cumin, salt, and cayenne pepper; simmer for 5 minutes. Add refried beans and 1/2 cup of the enchilada sauce. Cook until heated through; keep warm</li> <li>2. Wrap tortillas in foil; bake at 350° for 10 minutes, or until thoroughly heated. Spoon about 1/2 cup ground beef mixture on each warm tortilla. Roll tightly and place seam-side down on a shredded lettuce-lined serving platter. When all burritos are made, spoon remaining enchilada sauce over the burritos. Garnish with your choice of toppings.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 lb. Lean Ground Beef or Turkey</li> <li>1/2 c. onion, chopped</li> <li>1 clove garlic, minced</li> <li>2 tsp. chili powder</li> <li>1/2 tsp. Ground Cumin</li> <li>1/2 tsp. Salt</li> <li>1/4 tsp. Cayenne Pepper</li> <li>16 oz. Refried Beans</li> <li>10 oz. Enchilada Sauce</li> <li>6 flour tortillas</li> </ul>
<p><b>Spicy Scallops and Pasta</b></p> <ol style="list-style-type: none"> <li>1. In a saucepan, add shallots, chili and white wine. Bring to a boil, and cook until reduced by half.</li> <li>2. Pour in the half and half and simmer for a few more minutes. Whisk in the butter. Keep the sauce warm.</li> <li>3. Heat cooking oil in skillet. Add scallops and cook them for 4-5 minutes or until cooked through. Season to taste with salt and pepper.</li> <li>4. Divide the scallops among 4 plates over pasta; spoon the sauce on top and serve.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 lb. Scallops</li> <li>2 Shallots, chopped</li> <li>1 Chili, seeded and finely chopped</li> <li>1/2 c. White Wine</li> <li>1/2 c. fat free half and half</li> <li>4 tbs.. Butter</li> <li>2 tbs. Cooking Oil</li> <li>4 c. Fettuccini, cooked</li> </ul>
<p><b>Turkey Dinner</b></p> <ol style="list-style-type: none"> <li>1. Prepare stuffing mix according to the directions and place in the slow cooker.</li> <li>2. Layer with chopped turkey, green beans, corn, and lastly gravy.</li> <li>3. Cover and cook on LOW for 3 1/2 - 4 1/2 hours.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>6 oz. Stuffing mix</li> <li>3 c. Cooked, chopped Turkey (or Chicken)</li> <li>16 oz. frozen green beans</li> <li>16 oz. frozen corn</li> <li>12 oz. Turkey Gravy</li> </ul>
<p><b>Creamy Seafood Lasagna</b></p> <ol style="list-style-type: none"> <li>1. Rinse fish &amp; shrimp. In a large skillet bring wine to a boil. Add frozen fish; cook for 4 minutes. Add frozen shrimp; cook for 2 to 4 minutes more or until fish flakes easily with a fork &amp; shrimp turn pink. Drain. Cut fish into bit-size pieces. Coarsely chop shrimp. Set aside.</li> <li>2. For filling, in a small bowl combine egg, ricotta or cottage cheese, half of the Parmesan &amp; the basil. Set aside.</li> <li>3. For sauce, in a saucepan cook mushrooms &amp; green onions in butter until tender. Stir in flour, salt &amp; cayenne pepper. add milk all at once. Cook &amp; stir until thickened &amp; bubbly. Remove from heat. Stir about 1 cup of the hot mixture into the sour cream; return all of the sour cream mixture to the saucepan. Stir fish and shrimp into the sauce.</li> <li>4. To assemble, layer half of the noodles in a 11 x 7 x 2-inch baking dish. Spread with half of the filling. Top with half of the sauce &amp; half of the mozzarella cheese. Repeat layers. Sprinkle with the remaining Parmesan cheese.</li> <li>5. Bake in a 375°F (190°C) oven for 30 to 35 minutes or until heated through. Let stand 10 minutes before serving.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>12 oz. Fish fillets</li> <li>8 oz. Shrimp, peeled and deveined</li> <li>1 1/2 c White Wine</li> <li>1 Package No Boil Lasagna Noodles</li> <li>1 egg</li> <li>2 c. Ricotta Cheese</li> <li>1/2 c grated Parmesan cheese</li> <li>1 tsp. Dried Basil</li> <li>1 c. Mushrooms, fresh</li> <li>2 Green Onions, chopped</li> <li>3 Tbsp. Butter</li> <li>3 tbs. Flour</li> <li>1/4 tsp. Cayenne Pepper</li> <li>1 1/3 c. skim milk</li> <li>1/2 c. Fat Free Sour Cream</li> <li>Salt to taste</li> <li>8 oz. Mozzarella Cheese, sliced</li> </ul>