

<p>Baked Orzo with Chicken, Peppers, and Cheese</p> <ol style="list-style-type: none"> 1. Preheat oven to 450 degrees 2. Cook Orzo according to package directions 3. Mix orzo with peppers, chilies, Monterey Jack, and chicken. 4. In a lightly greased casserole dish pour orzo mixture. Spread sour cream evenly over top, sprinkle with Parmesan cheese, dot with butter. 5. Bake at 450 degrees for 15 minutes until golden. 	<p>Shopping List</p> <ul style="list-style-type: none"> 2 tsp. salt 1/2 c. roasted red peppers, diced 1/3 c. green chili peppers, diced 1 c. fat-free sour cream 2 tbs. butter cut into small pieces 1 c. orzo 1 c. grated low-fat mozzarella cheese 1/2 c. grated parmesan cheese 2 cans of chicken (large)
<p>Crockpot Italian Beef</p> <ol style="list-style-type: none"> 1. Mix together water, gravy mix, dressing, garlic powder, and Italian seasoning. Pour over roast in crock-pot. Add peppers if desired. Cook on LOW about 2 hrs. 2. Break up roast and cook 1 more hour. Serve on hamburger buns. 	<p>Shopping List</p> <ul style="list-style-type: none"> 3-5 lb. rump roast 1/2 tbs. dry Italian dressing mix 1 c water 1 tbs. au jus gravy mix 2 tsp. garlic powder 1 c. sliced pepperoncini peppers
<p>Salmon with Mushroom Sauce</p> <ol style="list-style-type: none"> 1. Pour broth into small saucepan. Bring to a boil over high heat and reduce to 1 c. Set aside. 2. Sauté mushrooms in olive oil in a large skillet over high heat 5 minutes, or until golden brown. Reduce heat to medium and stir in garlic. Sauté 1 to 2 minutes. 3. Season with pepper. Add yogurt and cornstarch to broth and whisk until evenly blended. Whisk yogurt mixture into mushrooms. Bring to a boil, stirring constantly until thickened. Remove from heat and keep warm. 4. Season salmon steaks with salt and pepper and place in a lightly oiled non-stick pan over medium-high heat cooking about 5 minutes per side, or until fish just lakes when tested with a fork. 5. Arrange each salmon steak on a dinner plate and top with mushroom sauce. 	<p>Shopping List</p> <ul style="list-style-type: none"> 14 1/2 oz. chicken broth, 6 c. Sliced mushrooms 2 tbs. Olive oil 1/2 tbs. minced garlic Freshly ground pepper to taste 1/2 c. Non-fat plain yogurt 2 tsp. Cornstarch 4 Salmon steaks, about 6 oz. each
<p>Cranberry Pork Roast</p> <ol style="list-style-type: none"> 1. Sprinkle roast with salt and pepper. Place in crockpot. 2. Combine remaining ingredients; pour over roast. 3. Cover and cook on low in slow cooker for 8 to 10 hours. Makes 6 to 8 servings. 	<p>Shopping List</p> <ul style="list-style-type: none"> Pork roast Salt & pepper 1 c. finely chopped Cranberries 1/4 c. honey 1 tsp. grated orange peel 1/8 tsp. ground cloves 1/8 tsp. ground nutmeg
<p>Spicy Shrimp, Sausage, and Grits</p> <ol style="list-style-type: none"> 1. In a heavy-bottomed saucepan, bring the chicken stock, and whipping cream up to a low simmer. While simmering whisk in the grits and a pinch of salt. Stir constantly and return to a low simmer. Cook until thickened, stirring often, about 5 minutes. 2. Stir in the butter and Parmesan cheese. Season, to taste, with salt and pepper. 3. Heat a large sauté pan over medium-heat. Melt butter and sauté onion, garlic, red pepper flakes, and green bell pepper. Sauté until tender and translucent, and add the sausage. When the sausage has cooked, add the shrimp and sauté for about 2 minutes. Add white wine and diced tomatoes. Bring to a boil, about 5 minutes. Season with salt and pepper. 4. Serve over the Parmesan cheese grits. Garnish with chopped chives. 	<p>Shopping List</p> <ul style="list-style-type: none"> 4 c. chicken broth 1/2 c. fat free half and half 1 c. quick cooking grits Salt and black pepper 1 tbs. butter 1/4 c. Parmesan 2 tbs. butter 1/2 medium onion, chopped 1 tbs. minced garlic 1 tsp. Red Pepper Flakes 1 green bell pepper, chopped 1 red bell pepper, chopped 1/2 pound kielbasa sausage, sliced 2 lbs. uncooked large shrimp, peeled and deveined 1/4 c. dry white wine 1 (14.5-oz.) can diced tomatoes