

<p><b>Cheese Tortellini Pasta Salad and Rotisserie Chicken</b></p> <ol style="list-style-type: none"> <li>1. Cook tortellini according to package directions; drain.</li> <li>2. In small bowl, whisk together salsa and dressing.</li> <li>3. In bowl, combine tortellini, olives, tomatoes, and onions. Toss dressing with salad; refrigerate.</li> <li>4. Serve with a store bought rotisserie chicken.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 package fresh or frozen cheese-filled tortellini 9-ounce</li> <li>1/3 c. Italian salad dressing</li> <li>1/4 c. ripe olives, cut in half</li> <li>4 green onions, sliced</li> <li>1 1/2 c. grape tomatoes cut in half</li> <li>1 c. Medium Salsa</li> <li>Rotisserie Chicken</li> </ul>
<p><b>Cream Cheese Chicken with Broccoli</b></p> <ol style="list-style-type: none"> <li>1. Toss chicken with olive oil. Sprinkle with Italian salad dressing mix. Place in slow cooker. Cover; cook on LOW 3 hours.</li> <li>2. Coat large skillet with nonstick cooking spray. Add mushrooms and onion; cook 5 minutes over medium heat or until onions are tender, stirring occasionally.</li> <li>3. Add soup, broccoli, and cream cheese to skillet; cook and stir until hot. Transfer to slow cooker. Cover; cook on LOW 1 hour.</li> </ol> <p>Serve chicken and sauce over pasta.</p>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>4 lbs. chicken breasts, cut into cubes</li> <li>1 tbs. olive oil</li> <li>1 tbs. Italian salad dressing mix</li> <li>2 c. sliced mushrooms</li> <li>1 c. chopped onion</li> <li>1 can condensed low-fat cream of chicken soup, undiluted</li> <li>10 oz. frozen broccoli, thawed</li> <li>8 oz. low-fat cream cheese,</li> <li>Hot cooked pasta</li> </ul>
<p><b>Lobster Rolls</b></p> <ol style="list-style-type: none"> <li>1. Combine the lobster meat and mayonnaise in medium bowl – season to taste with salt and pepper.</li> <li>2. Butter the outside surfaces of the hot dog rolls.</li> <li>3. Warm a skillet over medium-high heat. Place the rolls (buttered side down) in the skillet and toast until browned slightly, about 2 minutes per side.</li> <li>4. Open the rolls and fill with lettuce and then lobster mixture – serve immediately.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>16 - 20 oz. cooked lobster meat, torn into bite-size pieces (you can substitute crab meat if you cannot find lobster)</li> <li>1/4 c. onion, chopped</li> <li>6 tbs. light mayonnaise</li> <li>2 tbs. butter, room temperature</li> <li>4 hot dog rolls</li> <li>1 head of butter lettuce, thinly sliced</li> </ul>
<p><b>Crockpot Egg and Hash brown Casserole</b></p> <ol style="list-style-type: none"> <li>1. Spray inside of slow cooker with nonstick cooking spray. In small skillet, cook onion and green pepper in olive oil until crisp tender. Let cool about 10 minutes. Place one third of the frozen hash brown potatoes in the slow cooker. Add one third of the ham, onion, green pepper and cheese. Repeat layers, ending with the cheese.</li> <li>2. In a large bowl, beat the eggs, milk and seasonings until well mixed. Pour over the ingredients in the slow cooker, cover and turn on low. Cook for 8-10 hours, until casserole is set and eggs are thoroughly cooked. Serves 12</li> <li>3. If you have a new hotter cooking crockpot, you'll need to check this after 6 hours. It will probably be done after 7 hours. The eggs should reach a temperature of 160 degrees F.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>32 oz. frozen hash brown potatoes</li> <li>1 lb. cooked ham, cubed</li> <li>1 Onion, chopped</li> <li>1 Green Pepper, chopped</li> <li>1 Tbsp. Olive Oil</li> <li>2 c shredded cheddar cheese</li> <li>12 Eggs</li> <li>1 c Low fat Milk</li> </ul>
<p><b>Slow Cooker Lasagna</b></p> <ol style="list-style-type: none"> <li>1. Heat a large nonstick skillet over medium-high heat. Add meat, onion and garlic; cook, stirring frequently, breaking up meat with a wooden spoon as it cooks, about 5 to 7 minutes. Stir in crushed tomatoes, tomato sauce, salt, oregano, basil and red pepper flakes; simmer 5 minutes to allow flavors to blend.</li> <li>2. Meanwhile, in a medium bowl, stir together ricotta cheese and 1 c. of mozzarella cheese.</li> <li>3. Spoon 1/3 of meat mixture into a 5-quart slow cooker. Break 3 lasagna sheets in half and arrange over meat mixture; top with half of ricotta mixture. Repeat with another layer and finish with remaining 1/3 of meat mixture.</li> <li>4. Cover slow cooker and cook on low setting for 4 to 6 hours. Remove cover; turn off heat and season to taste, if desired.</li> <li>5. In a small bowl, combine remaining 1/2 c. of mozzarella cheese and Parmesan cheese; sprinkle over meat mixture. Cover and set aside until cheese melts and lasagna firms up, about 10 minutes.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 lb. uncooked ground meat</li> <li>1 small onions), chopped</li> <li>1 garlic clove, minced</li> <li>28 oz. canned crushed tomatoes</li> <li>15 oz. canned tomato sauce</li> <li>1 tsp. table salt</li> <li>1 tsp. dried oregano</li> <li>1/2 tsp. dried basil</li> <li>1/4 tsp. crushed red pepper flakes</li> <li>1 c. part-skim ricotta cheese</li> <li>1 1/2 c. shredded part-skim mozzarella cheeses, divided</li> <li>No boil lasagna noodles</li> <li>1/2 c. shredded parmesan cheese</li> </ul>