



SHAY'S KITCH

FOR THE
HUNGRIES

Dinner Planner

Monday

Baked Meatballs
Brown rice spaghetti
Roasted mini peppers and mushrooms

Tuesday

Grilled Chicken and veggie kabobs
Cabbage salad
Spanish rice

Wednesday

Crockpot chicken
Cauliflower mashed potatoes

Thursday

Pink lasagna
Caesar salad

Recipes

Baked Meatballs

Ingredients:

1 pound ground beef
½ cup bread crumbs
1 egg
1 frozen garlic cube
1 tablespoon bbq sauce
Salt and pepper

Sauce:

1 15oz can crushed tomatoes or sauce
½ cup bbq sauce

Directions:

Preheat oven to 350 degrees. Combine all Ingredients, and roll into balls. Transfer to a baking pan. Combine sauce ingredients, and pour over meatballs. Cover pan and bake for 35 minutes.

Roasted Peppers and Mushrooms

Ingredients:

Mini peppers
Fresh mushrooms of choice
1 onion sliced
2 tablespoon oil
1 frozen garlic cube
1 frozen dill cube
Salt and pepper

Directions:

Preheat oven to 425 degrees. Combine all Ingredients, and transfer to a baking sheet. Roast for about 15-20 minutes

Grilled veggie and chicken Kebabs

Ingredients:

8 skewers
2 pounds chicken cutlets cubed
1 small zucchini
1 red pepper
1 yellow pepper
Frozen Pearl onions defrosted
Cherry tomatoes
Hellman's cilantro lime dressing or see below

Marinade:

Salt, pepper, garlic powder
Juice of one lime
¼ cup fresh chopped cilantro
2 tablespoon oil

Directions:

Combine cubed chicken and marinade or Hellman's dressing in a ziplock. Let marinate for at least an hour or overnight.

Thread veggies and chicken to the skewers.

Once all done, lightly oil spray the kebabs and sprinkle salt. Grill on medium high for about 5 minutes per side.

Spanish Rice

Ingredients:

1 bag microwave rice cooked
1 carrot diced
1 small onion diced
2 tablespoons tomato paste
1 frozen garlic cube
½ teaspoon chicken consomme
1 tablespoon oil

Directions:

In a large frying pan, add oil and sauté onions, carrots, and frozen garlic until soft, about 5 minutes. Add tomato paste, consume, salt and pepper cook on low for about 10 minutes or until carrots are soft. Add in cooked rice and more spices as needed. Mix until fully combined.

Cabbage Salad**Ingredients:**

1 bag Coleslaw
1-2 jalapeños thinly sliced
1 mango diced
2 tablespoons vinegar
1 tablespoon oil
3 tablespoon sugar
Salt and pepper to taste

Combine all Ingredients in a ziplock bag

It Tastes amazing after marinating for about 30 minutes to an hour.

Crockpot Veggie Chicken**Ingredients:**

1 whole chicken quartered
1 zucchini diced
1 carrot diced
1 sweet potato diced
1 onion diced
¼ cup sugar
1 teaspoon paprika
Salt and pepper to taste

Directions:

In a bowl, combine all Ingredients besides the chicken. Pour half the veggie mixture into the crockpot. Put the chicken on top of that, then sprinkle salt and pepper. Pour the rest of the veggies on top of the chicken cover and cook on low for 5-8 hours.

Cauliflower mashed potatoes**Ingredients:**

1 bag frozen cauliflower
2 potatoes peeled and chopped
3 frozen garlic cubes
Salt and pepper

Directions:

Add cauliflower, potatoes, and salt to a pot. Add water until covering veggies plus one inch.

Cook covered on a medium high flame for about 30-40 minutes or until super soft.

Drain liquid saving about ¼ cup to mix back in.

Using a fork or a masher, mash potatoes and Cauliflower. Add frozen garlic, saved liquid and more salt and pepper as needed.

Pink lasagna**Ingredients:**

1 box barilla noodles

1 container ricotta cheese

1 jar marinara sauce

1 cup shredded cheese plus more for topping.

Directions:

In a bowl, combine ricotta cheese, marinara, and shredded cheese.

Using a ladle, start with a layer of cheese sauce then noodles then sauce until and so on and so forth. Cover the top layer with more shredded cheese. Bake covered for one hour. Then uncovered for 5 minutes to get a nice crunch.

Shopping List

1 pound ground beef

2 pound cubed chicken cutlets

1 whole chicken quartered

Brown rice instant Noodles

Barilla oven ready lasagna

Bread crumbs

Microwave rice

Frozen Cauliflower florets

Frozen pearl onions

Frozen garlic

Frozen dill

Ricotta cheese

Shredded cheese blend

Marinara sauce

Bbq sauce

15 oz tomato sauce

Squeezable Tomato paste

Lettuce

Shredded cabbage

Mini peppers

Fresh mushrooms

Jalapeño
Cherry tomatoes
Cucumber
Red pepper
Yellow pepper
Mango
Lime
Fresh cilantro or parsley
2 zucchini
2 carrots
2 onions
2 potatoes
Saladmate Caesar dressing
Eggs