

MENUFORTHEWEEK.COM : MEMBERS MENU

Grilled Steak with Pasta in a Garlic-Basil Cream Sauce



Ingredients

2 Medium Steaks
2½ cups of 35% Cream
2 tbsp. of Chopped Basil
2 tsp. of Garlic Purée
1 bag of Shell Pasta
Steak Marinade
½ Large Sweet Onion, sliced
½ of a Green Pepper, sliced
½ of a Red Pepper, sliced
2 Scallion Stalks
2 tbsp. of Philly Cream Cheese
2 tbsp. of Butter
Salt and Pepper to taste
Parmesan Cheese, grated to taste

Time: Prep: 10 min Cook: 25 min **Comment:** "A family favorite this comfort dish is packed this flavor."

Directions:

1. Slather steak in the marinade. Warm the grill to medium heat and grill steak for approximately 5 minutes per side or until desired temp is reached.
2. Let steak rest before slicing. Slice steak into strips.
3. Heat pan to medium fire and add onion, green and red peppers, sauté the vegetables until the onion start to brown (Caramelize). Stir constantly, add garlic and stir for another 1 minute. Remove vegetables and set aside in a bowl.
4. Add 3 cups of cream, heat cream until it thickens and bubbles. Add butter and cream cheese, stir for a few minutes more until clumps disappear. Add cooked pasta to cream sauce, and then add the veggies.
5. Add chopped steak, chopped basil, and chopped green onion then grate in some parmesan. Plate and grate some more parmesan and serve.

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Roast Chicken Legs with Sweet Potato Mash and Steamed Cauliflower



Ingredients

- 8 pieces of Chicken Legs
- 2 large Sweet Potato
- 1 Head of Cauliflower
- 2 tbsp. Becel Margarine
- 1 vegetable bouillon
- Dried parsley (optional)

Time: Prep: 20 min Cook: 40 min **Comment:** "A healthy satisfying meal for any afternoon. The sweet potatoes mashed instead of white potatoes increases the meal's nutritional value."

Directions:

1. Prep the ingredients by marinating chicken in your favorite seasoning for atleast 15 minutes. Peel and cube the sweet potatoes (Quick tip: Try using a carrot peeler while holding the potato upright).
2. Preheat the oven to 350 degrees F. Line a baking sheet with parchment sheet. Put the pieces of chicken on the sheet, allowing space between the pieces. Bake for 40 minutes.
3. Put a pot of salted boiling water, put vegetable bouillon in, then potatoes, and cook for 12-15 minutes or until fork tender. Drain and in the same pot, add 1 tbsp. of becel margarine to the potatoes and mash with a potato masher. Be careful not to over mash so the potatoes retain its texture.
4. Meanwhile, cut cauliflower into bite-sized florets and steam for 3-4 minutes or until fork-tender. When done, toss with 1 tbsp. of becel margarine, salt and pepper.
5. Serve together on a plate and garnish with dried parsley.

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Quinoa and Scallops with Avocado-Orange Salsa



Ingredients:

- 2 Navel Oranges
- 1 Large Avocado
- 3 and 2 tbsp. Fresh Basil
- 2 Shallots
- 1½ tsp. Red Jalapeno
- 10-12 oz. Sea Scallops
- 2 and 1 tbsp. Olive oil
- 1 cup Red, White or Multicolored Quinoa
- Salt and pepper

Time: Prep: 15 min Cook: 20 min **Comment:** "Gluten-free and tasty as can be."

Directions:

1. Prep ingredients by first peeling the oranges, pitting and cutting them into cubes (about 1/3 in. or 9 mm.). Peel avocados, pit and finely dice. Mince fresh basil; remove seeds from jalapeno and mince; and mince shallots. Rinse sea scallops, pat dry and sprinkle with salt and pepper.
2. In a bowl combine oranges, avocado, basil, shallot and jalapeno. Gently mix and season with salt and pepper to taste. Set aside.
3. To prepare quinoa, place quinoa in a medium saucepan. Rinse with cold water and drain (repeat 3 times more). Add 1½ cups water and a pinch of salt then bring to a boil. Reduce heat to low, cover and simmer for 15 minutes or until all water is absorbed. Turn off heat and let stand for 5 minutes to cool. Fluff the quinoa with a fork then mix in 1 tbsp. olive oil, 2 tbsp. basil, s/p to taste.
4. Warm 2 tbsp. olive oil in a large non-stick frying pan on medium high heat. Add scallops and sauté until almost springy to the touch (about 2 minutes on each side).
5. Serve quinoa with scallops on top and enjoy.

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Chicken and Eggplant Pasta



Ingredients

1½ cups Penne Pasta
1/3 cup Olive Oil
4 Eggplants
2 Chicken Breast Fillets
2 tsp. Lemon Juice
½ cup Chopped Italian Parsley
10 fresh Asparagus
1 heaped tbsp. Sun-Dried Tomatoes

Time: Prep: 20 min Cook: 20 min **Comment:** "A lemony Mediterranean entre. Perfect for summer."

Directions:

1. Prep ingredients by first marinating chicken in your favorite seasoning. Cook pasta in large pan as package instructions until al dente, then drain and return to pan. Slice eggplants thinly and diagonally then toss them in a small bowl with olive oil, basil, salt and pepper. Thinly slice sun-dried tomatoes.
2. Trim asparagus and Blanche by cooking asparagus in a pot of boiling salted water for 2 minutes and immediately soak them in iced-cold water. Cut into short lengths.
3. In a ridged cast iron pan or skillet, grill eggplant for 4-5 minutes or until golden. Set aside.
4. Place chicken on the same ridged cast iron pan, on medium-high heat, and grill for 4 minutes each side. Set aside to cool then cut into slices.
5. In a small jar combine lemon juice, parsley and 3 tbsp. olive then shake well. Set aside.
6. Return pasta pan to the heat and toss in the chicken, eggplant, asparagus, tomatoes, the dressing, and s/p to taste. Mix together until warmed through.
7. Serve warm with grated Parmesan.

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Rosemary Chicken served with Spiced Nectarine Rice - **Crock Pot Recipe**



Ingredients

4 Chicken Thighs
½ tsp. of Paprika
1 large Onion
1 tsp. of Rosemary
1 tsp. of Garlic Purée

Spiced Peach Rice

¼ cup Almonds
3 cups of Cooked Rice
1 cup of Chicken Broth
1 Lemon
2 Nectarines
2 big pinches of Cinnamon
1 pinch of Cumin
Fresh Dill to taste
Salt and Pepper to taste

Time: Prep: 20 min Cook: 6-8 hours **Comment:** "Easy to make healthy and delicious, this Moroccan inspired meal is sure to be a hit, you can skip the chicken and have an awesome veggie dish"

Directions:

1. Season the chicken with salt, pepper, paprika and garlic.
2. Sear the chicken in a hot pan with some vegetable oil for a few minutes until it browns.
3. Set the crock on high, chop the onions into thick rings and place on bottom of crock pot. Add broth.
4. Cook on high for two hours and the remaining 4 hours on low.

Spiced Peach Rice

5. Add olive oil, salt, pepper, cinnamon and cumin in a bowl and whisk. Cut wedges of nectarine and dunk them into the bowl with marinade.
6. Heat grill pan or BBQ grill to medium heat and place the nectarines. Grill for a few minutes until you see grill marks (see pic).
7. In a large bowl, add a cup of cooked rice, chopped nectarine, the juice of a lemon, chopped dill, almonds, and a few teaspoons of the marinade.
8. Add a pinch of paprika, salt and cinnamon and serve with chicken.

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Barbequed Chicken with Potato Salad and Rice and Peas (optional) - **Brunch**



Ingredients

- 4 Quarters of a Chicken
- 4 Large Russet Potatoes
- ½ can Peaches' n Cream
- ½ can Peas and Carrot Medley
- 1 tbsp. Mayonnaise
- 1 tbsp. Miracle Whip
- ¼ tsp. Mustard

Time: Prep: 20 min Cook: 45 min **Comment:** "Nothing says summer like barbeque chicken and potato salad. "

Directions:

1. Prep ingredients by marinating the chicken to your favorite seasoning for about ½ hour. Peel and chop potato into bbig cubes. Boil potatoes ina pot of salted water for 10-12 minutes.
2. Prepare the grill by scraping any debris and turning it up to a medium-high heat. Grill the chicken on high heat about 10 minutes till brown, and then continue the rest of the cooking for about 20-30 minutes by the convection process: Move all of the chicken to one side of the grill, and turning the heat low on that side of the grill and up on the opposite side. (The chicken will cook as the hot air rotates under the closed hood of the grill.) Remove chicken from the grill when done and allow resting for 5 minutes. Test doneness by sticking with a fork – the juices should run clear. *Always stay near to a grill, never walk away.*
3. Strain the boiled potato cubes and allow cooling. Add the corn, mixed peas and carrots, mayonnaise, miracle whip, and ¼ tsp. mustard. Stir together.
4. Serve chicken with potato salad and enjoy.

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Farfalle with Spinach and Pancetta



Ingredients

- 14-oz. Farfalle Pasta
- 2 tbsp. Olive Oil
- 3 thin slices of Pancetta (or Smoked Bacon)
- 1 Red Onion
- 5 cups Baby Spinach
- ¼ cup Crumbled Goat's Cheese
- 1-2 tbsp. Sweet Chili Sauce (optional)

Time: Prep: 15 min Cook: 20 min **Comment:** "Spinach pairs well with the pancetta in this beautiful pasta dish."

Directions:

1. Prep ingredients by chopping the bacon and finely chopping the red onion.
2. In a large saucepan, cook pasta in boiling salted water until al dente (follow package directions). Drain and return to pan.
3. Heat oil in a frying pan on medium heat. Add pancetta and cook for 3 minutes. Add onion and cook for another 4 minutes. Toss in spinach leaves and incorporate mixture for 30 seconds.
4. Add the bacon and spinach mixture to the pasta, and then stir in the sweet chili sauce, s/p to taste.
5. Serve pasta in a bowl and top with crumbled goat's cheese.

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Strawberry and Blueberry Custard Tart



Ingredients


- 12 Tart Shells
- 3 tbsp. Custard Mix
- 2 cups Milk
- ½ pint Strawberries, sliced
- ½ pint Blueberries
- 4 tbsp. Sugar

Time: Prep: 10 min Cook: 10 min **Comment:** "Cool and easy dessert that the kids can help with preparing."

Directions:


1. In a saucepan, put milk and whisk in the custard mix and sugar while bringing to a rolling boil. Stir constantly and reduce the fire to low heat when custard begins to thicken. Remove and allow cooling.
2. Preheat the oven to 425 degrees F. Spread the tart shells onto a baking sheet and bake for 8-10 minutes until golden. Remove and allow cooling.
3. Assemble the tart by spooning some custard into the shell and topping it with fruit.


The Shopping List

Produce			
	Portion	Ingredient	Recipe
	5 tbsp.	Fresh basil	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce, Quinoa and Scallops with Avocado-Orange Salsa
	½ pc	Green pepper	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	½ pc.	Red pepper	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	1 ½ pc.	Large sweet onion	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce, Rosemary Chicken served with Spiced Nectarine Rice
	2 stalks	Scallion	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	2 pc.	Large sweet potato	Roast Chicken Legs with Sweet Potato Mash and Steamed Cauliflower
	1 head	Cauliflower	Roast Chicken Legs with Sweet Potato Mash and Steamed Cauliflower
	2 pc.	Navel oranges	Quinoa and Scallops with Avocado-Orange Salsa
	1 pc.	Large avocado	Quinoa and Scallops with Avocado-Orange Salsa
	2 pc.	Shallots	Quinoa and Scallops with Avocado-Orange Salsa
	1 ½ tsp.	Red jalapeno	Quinoa and Scallops with Avocado-Orange Salsa
	1 cup	Red, white or multicolored quinoa	Quinoa and Scallops with Avocado-Orange Salsa
	4 pc.	Eggplant	Chicken and Eggplant Pasta
	1 pc.	Lemon	Chicken and Eggplant Pasta, Rosemary Chicken served with Spiced Nectarine Rice
	½ cup	Italian parsley, chopped	Chicken and Eggplant Pasta
	10 pc.	Fresh asparagus	Chicken and Eggplant Pasta
	2 pc.	Nectarines	Rosemary Chicken served with


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			Spiced Nectarine Rice
	To taste	Fresh dill	Rosemary Chicken served with Spiced Nectarine Rice
	4 pc.	Large russet potatoes	Barbequed Chicken with Potato Salad
	1 pc.	Red onion	Farfalle with Spinach and Pancetta
	5 cups	Baby spinach	Farfalle with Spinach and Pancetta

Dairy			
	Portion	Ingredient	Recipe
	2 ½ cups	35% Cream	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	2 tbsp.	Philly cream cheese	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	2 tbsp.	Butter	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	To taste	Grated parmesan cheese	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	2 tbsp.	Becel margarine	Roast Chicken Legs with Sweet Potato Mash and Steamed Cauliflower
	¼ cup	Crumbled goat's cheese	Farfalle with Spinach and Pancetta


Meat / Poultry/ Seafood			
	Portion	Ingredient	Recipe
	2pc.	Medium steaks	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	8 pc.	Chicken legs	Roast Chicken Legs with Sweet Potato Mash and Steamed Cauliflower
	10-12 oz.	Sea scallops	Quinoa and Scallops with Avocado-Orange Salsa
	2 pc.	Chicken breast fillets	Chicken and Eggplant Pasta
	4 pc.	Chicken thighs	Rosemary Chicken served with Spiced Nectarine Rice
	4 pc.	Quarter chicken	Barbequed Chicken with Potato Salad
	3 thin slices	Pancetta (or smoked bacon)	Farfalle with Spinach and Pancetta

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Canned Goods			
	Portion	Ingredient	Recipe
	½ can	Peaches'n cream	Barbequed Chicken with Potato Salad
	½ can	Peas and carrot medley	Barbequed Chicken with Potato Salad

Miscellaneous			
	Portion	Ingredient	Recipe
	1 bag	Shell pasta	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	1 bottle, or less	Steak marinade	Grilled Steak with Pasta in a Garlic-Basil Cream Sauce
	1 cube	vegetable bouillon	Roast Chicken Legs with Sweet Potato Mash and Steamed Cauliflower
	1 ½ cup	Penne pasta	Chicken and Eggplant Pasta
	1 full tbsp.	Sun-dried tomato	Chicken and Eggplant Pasta
	½ tsp.	Paprika	Rosemary Chicken served with Spiced Nectarine Rice
	1 tsp.	Rosemary	Rosemary Chicken served with Spiced Nectarine Rice
	¼ cup	Almonds	Rosemary Chicken served with Spiced Nectarine Rice
	3 cups	Cooked rice	Rosemary Chicken served with Spiced Nectarine Rice
	1 cup	Chicken broth	Rosemary Chicken served with Spiced Nectarine Rice
	2 big pinches	Cinnamon	Rosemary Chicken served with Spiced Nectarine Rice
	1 pinch	Cumin	Rosemary Chicken served with Spiced Nectarine Rice
	1 tbsp.	Mayonnaise	Barbequed Chicken with Potato Salad
	1 tbsp.	Miracle whip	Barbequed Chicken with Potato Salad
	¼ tsp.	Mustard	Barbequed Chicken with Potato Salad
	14-oz.	Farfalle pasta	Farfalle with Spinach and Pancetta
	1-2 tbsp.	Sweet chili sauce (optional)	Farfalle with Spinach and Pancetta

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From Your Pantry			
	Ingredient	Ingredient	Ingredient
	salt/pepper	dried oregano	dried basil
	white sugar	brown sugar	flour
	dried parsley	soy sauce	baking powder
	baking soda	rice	lemon juice
	onion powder	garlic powder	cayenne pepper
	Olive Oil	Parsley Flakes	Worcestershire Sauce
	Garlic puree		

Dessert List		
Strawberry and Blueberry Custard Tart		
	Portion	Ingredient
	12 pc.	Tart shells
	3 tbsp.	Custard mix
	2 cups	Milk
	4 tbsp.	Sugar
	½ pint	Strawberries
	½ pint	Blueberries