

6 DINNERS UNDER \$60 - WEEK #54

*Shaky Drumsticks with Rice *Bacon Spinach Calzones

*Caesar Chicken Sandwich *Sausage & Pepper Pasta

*Creamy Chicken over Rice *Cottage Pie Potatoes

SHOPPING LIST

PRODUCE

- Spinach (10oz)
- Leaf Lettuce
- Strawberries (1lb)
- Potatoes (3lbs)

MEAT DEPT

- Chicken Drumsticks (4-5lbs)
- Bacon (12oz)
- Rotisserie Chicken
- Ground Turkey (1lb)
- Italian Sausage (5-6ct)

DAIRY

- Italian Blend Cheese (8oz)
- Cream Cheese (8oz)
- Milk (1/2 gal)
- Cheddar Cheese (8oz)

PANTRY

- Garlic Parmesan
- Seasoning
- Breadcrumbs
- White Rice (1lb)
- Crushed Pineapple (20oz)
- Pizza Crust Mix
- Egg Noodles (1lb)
- Tomato Sauce (8oz)
- French Bread
- Caesar Dressing
- Vegetable Soup Mix
- Chicken Broth (14.5oz)
- Ketchup
- Worcestershire Sauce

FROZEN

- Brussel Sprouts (12oz)
- Sweet Potato Fries (20oz)
- Peppers & Onions (20oz)
- Mixed Veggies (12oz)

Assuming you have your preferred cooking oil and your favorite seasonings

Shaky Drumsticks with Pineapple Rice & Brussel Sprouts

Need:

4-5lbs chicken drumsticks

1 pack garlic parmesan seasoning

1/2 cup breadcrumbs

1 cup white rice

1 cup crushed pineapple

1/3 cup pineapple juice

1.5 cups water

12oz bag of Brussel sprouts

1. Place chicken legs into a large ziploc bag. Add in seasoning mix and breadcrumbs. Seal and shake bag until well coated. (may have to do this in 2 batches depending on bag size)
2. Arrange chicken on greased sheet pan, and bake in 375 degree oven for about 35-40 minutes. Timing can vary depending on size of drumsticks.
3. While that is baking, add white rice, crushed pineapple with juice, and water to a pan. I like to add some extra seasoning to this like a salt free herb blend, but you can also add some heat with jalapenos or pepper flakes. Let this come to a boil, then reduce heat, cover, and let simmer for 15-20 minutes.
4. Steam brussels in the microwave per directions. We typically add butter, salt, and pepper to these!

Bacon Spinach Calzones with Butter Noodles

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Need:

Pizza Crust Mix

8oz pasta

12oz bacon

8oz tomato sauce

3 cups of spinach

1 cup Italian Blend Cheese

Favorite seasonings

1. Mix pizza dough per directions (this one only requires adding hot water). Let this sit covered with plastic wrap for at least 20-30 minutes to rise.
2. In a large skillet, fry bacon. (I like to cut my bacon into large chunks before frying it) Once the bacon is cooked to your preference, remove and place on paper towels.
3. Remove all about 1-2 tbsp of bacon grease, then lightly wilt spinach. (Depending on size of spinach, I will break the leaves in half).
4. Boil water for pasta. Cook until tender, then drain. Add pasta back to the pan, and add butter and parmesan cheese. I like to add some garlic herb seasonings as well.
5. Once your dough has doubled, we want to cut the ball in half for 2 large calzones or into 4 pieces for 4 medium calzones. Using your hands, I gently pull the dough to be rectangles. Depending on the stickiness of the dough you may need to use flour on your fingers.
6. Once you have your dough is laid out, I like to top each piece with tomato sauce on half, then add my bacon, spinach, and cheese. You can also add your favorite seasonings at this point, I usually add a sprinkle of an Italian Blend. Fold the dough over and pinch to seal.
7. Bake in 400 degree oven for about 10-14 minutes. You can brush the top with oil or butter if you like!

Caesar Chicken Sandwich with Sweet Potato Fries & Strawberries

Need:

20oz bag Sweet Potato Fries

Rotisserie Chicken

Caesar Dressing

Lettuce Leaves

Strawberries

French Bread Slices

1. I like to do my sweet potato fries in the air fryer, but you can also do them in the oven. Follow bag directions for time and temperature.
2. We are going to start by pulling as much meat as possible off the rotisserie chicken. I like to mix up the white and dark meat then put half in a bag for another dish. We will need about the half the meat for this dish.
3. Either cut the chicken in chunks or shred with forks, Mix the chicken with Caesar salad dressing and your favorite seasonings.
4. Top each slice of French bread with lettuce leaves, then spoon the Caesar Chicken mixture on top with another slice of bread.
5. Serve the sandwiches with sweet potato fries and sliced strawberries! (The sweetness of the strawberries helps offset the strength of the Caesar dressing) You can also opt to use the lettuce as a side salad if you like.

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Sausage & Pepper Pasta

Need:

8oz Egg Noodles

5-6 Italian Sausage Links

20oz bag Onions & Peppers

1 cup chicken broth

Favorite Seasonings

1. Boil water for pasta. Let pasta cook until tender and then drain.
2. In a large skillet, saute Italian Sausage for about 3-4 minutes on each side. Add a little water to the pan to keep the sausage from sticking as well as to help steam the sausage. Once full cooked, removed from pan and set aside to cool.
3. Next add the peppers and onions to the pan with your favorite seasonings. I typically go with either an Italian Blend or Garlic and Oregano. Add 1 cup of chicken broth and cook veggies until they start to soften which will be about 4-5 minutes.
4. Slice sausage into rounds and add back to the pan and stir well. Continue cooking for about 3-5 minutes so the chicken broth can reduce some.
5. Add cooked pasta to the skillet, and stir well to absorb all the liquid.
6. Serve with slices of French Bread!

Creamy Chicken over Rice

Need:

1 cup white rice

1.5 cups water

1 pack of vegetable soup mix

1 cup milk

1 cup water

4-8oz cream cheese

2 cups cooked chicken

other half of the rotisserie chicken

2-3 cups of Spinach

1. In a saucepan, combine white rice and water. Bring to a boil, then reduce heat, cover, and let simmer for 15-20 minutes until rice is tender and liquid is absorbed.
2. In a skillet, combine vegetable soup mix, milk, and water. Combine well and bring to a boil. Once boiling, reduce heat and let simmer for 4 minutes.
3. Add in chunked cream cheese and stir to melt. I like it really creamy, so I use a whole block, but if you are a not a huge fan of cream cheese, you can reduce it to only 4oz).
4. Next add in cooked chicken and spinach. Stir this over medium heat until every is hot and the spinach is wilted.
5. Serve the chicken and sauce over the rice!

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Cottage Pie Potatoes

Need:

4-5 Potatoes

3 tbsp ketchup

1 lb ground beef

2 tsp Worcestershire sauce

Favorite Seasoning

12oz bag of Mixed Vegetables

3/4 cup chicken broth

Favorite Seasonings

1 cup shredded cheddar cheese

1. Start by washing the potatoes and using a fork to poke holes on all side. I like to microwave these for 3 minutes, turn them, microwave another 3 minutes, and keep repeating until the potatoes are fully softened like a baked potato. Let these sit to cool so you can handle them. (You can also do this in the oven or air fryer!)
2. In a skillet, brown the ground turkey and drain off any excess grease. Stir in chicken broth, ketchup, Worcestershire sauce, and frozen mixed vegetables. Simmer for 8-10 minutes until vegetables are soft and sauce has thickened. Add your favorite seasonings, I typically go with garlic powder and black pepper.
3. Half the cooled potatoes, and use a fork to fluff the potato in the center and try to make space for the meat (similar to a twice baked potato) . Divide the meat mixture between the potatoes and top with cheese. Pop in the air fryer (5-6 minutes) or oven (10-15 minutes) at 350 degrees to melt the cheese.