

6 DINNERS UNDER \$60- WEEK #58

*Pesto Chicken Sandwiches*Chorizo & Cheese Quesadillas

Chicken Corden Blue Casserole Lemon Pepper Shrimp

Chicken Fajita Pasta Ham & Broccoli Stromboli

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Roma Tomatoes (x4)
- Lemon (x1)
- Asparagus
- Bag Salad (12oz)
- Cucumber (x1)

MEAT DEPT

- Chicken Breasts (5lb)
- Chorizo (8oz)
- Ham Steaks (14oz-2 pk)
- Shrimp (12-16oz)

DAIRY

- White Cheddar (8oz)
- Sour Cream (16oz)
- Milk (qt)
- Swiss Cheese (8oz)
- Cheddar Cheese (8oz)

PANTRY

- Pesto Sauce
- Sliced French Bread
- White Rice
- Salsa Verde
- Flour Tortillas (10ct)
- Southwest Corn (15.25oz)
- Egg Noodles (16oz)
- Cream of Chicken (10.5oz)
- Bread crumbs
- Taco/Fajita Seasoning
- Pizza Crust Mix
- Alfredo Sauce
- Sweet Peas (14.5oz)

FROZEN

- Onions & Peppers (20oz)
- Broccoli (12oz)

Assuming you have your preferred cooking oil, your favorite seasonings, black pepper, butter, and salad dressing.

Pesto Chicken Sandwiches with Home Fries

Need:

2-3 chicken breasts

1/2 cup pesto sauce

3-4 Potatoes

oil/favorite seasoning

Sliced French Bread

2 Roma Tomatoes (sliced)

Shredded White Cheese

1. Cut chicken breasts into chunks and place at the bottom of a greased crockpot. You can add additional seasonings like salt, pepper, and garlic powder to the chicken if you like!
2. Top the chicken with pesto sauce (if it's a little thick, thin it with chicken broth or water). Cook on low for 4-5 hours or on high for 2-3 hours.
3. Closer to dinner time, wash and cut your potatoes into wedges. Drizzle with oil and sprinkle with your favorite seasonings. I like to do these in the air fryer at 340 degrees for about 15-20 minutes. Timing will vary depending on the shape and size of the potatoes.
4. Using a fork, shred the chicken and mix well with the sauce.
5. I like to toast my sliced bread first in the air fryer, then top with chicken, sliced tomato, and shredded cheese. Then bake for 3-4 minutes until melted!

Chorizo & Cheese Quesadillas with Salsa Verde Rice & Corn

Need:

1 cup white rice

1/4 cup salsa verde

1 3/4 cup water

8oz chorizo (beef or pork)

1-2 cups of onions & peppers

Flour Tortillas

Shredded Cheese

15.25oz Southwest Corn

1. In a sauce pan, add rice, salsa verde, and water. Bring to a boil, then reduce heat, cover, and let simmer for 15-20 minutes until rice is tender! (You can add additional seasonings if you like!)
2. In a skillet, brown chorizo and once cooked drain any excess grease. Add in chopped onions & peppers. Cook another 4-5 minutes until soft. Let this cool for a few minutes.
3. Spread out your chorizo mix between the flour tortillas, top with cheese and fold the tortilla in half. You can pan fry these on the stove top or use a George Foreman.
4. Serve with Southwest corn and use salsa or sour cream for dipping if you like!

Chicken Corden Blue Casserole

Need:

8oz egg noodles

1-2 chicken breasts

1 ham steak (chopped)

10.5oz cream of chicken

1/2 cup milk

1/3 cup sour cream

8oz swiss cheese

Bread crumbs

Sweet Peas (14.5oz)

1. Boil water for noodles. Cook egg noodles until tender, drain, and set aside.
2. While that is boiling, cut chicken into chunks, and saute in a pan until fully cooked. You can add any additional seasonings you like!
3. In a bowl mix together cream of chicken, milk, and sour cream. Add in cooked pasta and stir well to coat. Add in chopped ham, cooked chicken, and swiss cheese (either shredded or cut into chunks)
4. Pour this into a greased casserole dish, top with bread crumbs, and then bake for 30 minutes in a 350 degree oven.
5. Heat up sweet peas in the microwave or in a pan on the stove top. Serve these on the side. (If using frozen you can actually mix these into the casserole before baking!)

Lemon Pepper Shrimp over Rice

Need:

1 cup white rice

2 cups water

1 lemon (juice & zest)

black pepper

1 tbsp cooking oil

1 bunch asparagus

12-16oz shrimp

2 tbsp butter

1. In a saucepan, add rice and water. Bring to a boil, then reduce heat, cover, and let simmer for 15-20 minutes until tender.
2. In a bowl, mix together lemon zest and black pepper to taste. Set aside.
3. Wash and trim asparagus. Chop into 2 inch pieces.
4. In a skillet, add your oil and heat over medium high. Add in asparagus and shrimp. Let cook for about 3-4 minutes until shrimp turns pink. Add your lemon pepper seasoning, and stir well. Let cook another 2-3 minutes until asparagus is tender. (If you like asparagus soft, cook asparagus first, and then add shrimp- this way asparagus will still be firm.)
5. Add butter & lemon juice to the pan, and remove from heat.
6. Serve shrimp and asparagus over rice! (Serve with French bread as well!)

Chicken Fajita Pasta

Need:

1-2 chicken breasts

3-4 cups onions & peppers

Taco or Fajita Seasoning

8oz pasta

2.5 cups of water

1/2 cup sour cream

1 cup cheddar cheese

1. Cut your chicken into chunks or strips. Then saute them with oil in a large skillet with tall sides. Once these are mostly cooked, add your peppers and onions. Cook another 5-6 minutes until tender.
2. Add taco seasoning to taste and then add your pasta and water to the pan. Stir this well, it's ok if the pasta is not fully covered in water!
3. Heat this to a boil and let cook about 10 minutes until pasta is soft and the liquid has started to thicken.
4. Reduce heat. Stir in sour cream and then top with shredded cheddar. Place lid on top of the pan until cheese is melted!

Ham & Broccoli Stromboli with Side Salad

Need:

1 pack pizza crust (or ready made dough)

6oz frozen broccoli

1 ham steak (chopped)

Alfredo Sauce

1 cup cheddar cheese

Bagged Salad

2 Roma Tomatoes

Salad Dressing

1. Prepare pizza crust per the directions and let rise for at least 20 minutes. (The longer it rises the fluffier the dough)
2. Steam broccoli in the microwave, then allow to cool and chop the broccoli if the pieces are very large.
3. Spread your pizza dough out on a greased sheet pan, then spread alfredo sauce across most of the crust. Leave about 1 inch clear on one of the short sides. Top the alfredo sauce with chopped ham, broccoli, and cheese. I like to fold my dough over in thirds making sure the last fold is the one without sauce on the edge. This will help you have a spot to pinch the dough together without making a mess. I roll this seam to the middle and place it down on the pan. Make a few slashes to the top to vent.
4. Bake the stromboli in a 400 degree oven for about 10-15 minutes. I usually want the top golden brown, so you can add melted butter or an egg wash.
5. Serve with a side salad (lettuce, tomato, cucumber) and extra alfredo to dip if needed.