

6 DINNERS UNDER \$60 - WEEK #59

*Roasted Ranch Chicken **Bacon & Tomato Tarts with Salad

*Mediterranean Turkey Bowls *BBQ Chicken with Mac & Cheese

*Bacon & Pea Pasta *Breakfast Sausage Bowls

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Carrots (1lb)
- Roma Tomatoes (x3)
- English Cucumber
- Spinach (10oz)
- Onion (x2)
- Strawberries

MEAT DEPT

- Chicken Leg Quarters (10lb)
- Bacon (12oz)
- Ground Turkey (1lb)
- Breakfast Sausage (1lb)

FROZEN

- Peas (12oz)

PANTRY

- Ranch Seasoning
- Chickpeas (15.5oz)
- Italian Dressing
- White Rice
- Elbow Noodles
- Green Beans (14.5oz)
- French Bread
- Country Gravy Pack
- BBQ Sauce

DAIRY

- Biscuits (10ct)
- Feta Cheese (5oz)
- Cheddar Cheese (16oz)
- Monterey Cheese (8oz)
- Cottage Cheese (16oz)
- Sour Cream (8oz)

Assuming you have your preferred cooking oil,
your favorite seasonings, mayo, and your
preferred salad dressing.

Roasted Ranch Chicken with Potatoes & Carrots

Need:

5lbs chicken leg quarters

Ranch Seasoning

1lb Carrots

2.5lbs Potatoes

oil/ favorite seasonings

1. Pat dry the chicken quarters and season well with Ranch seasoning. Arrange these on a greased baking sheet with sides. Bake in 400 degree oven for about 45-60 minutes.
2. Wash and cut potatoes into large chunks, mix with carrots. Drizzle with oil and sprinkle with favorite seasoning. I like to keep it simple with salt, pepper, garlic powder, etc. Place on separate baking sheet and bake with chicken.
3. Total time needed for chicken will vary depending on size of the leg quarters. Potatoes can vary as well depending on thickness. Use a thermometer to double check temperature. Once chicken reaches 165 degree, remove from oven, and let rest for 10 minutes.
4. Serve chicken with potatoes and carrots.

Bacon & Tomato Tarts with Side Salad

Need:

6oz bacon

1 Roma tomato (diced)

½ cup shredded cheese

Favorite Seasonings

¼ cup mayo

10ct rolled biscuits

1. Chop bacon and fry in a pan until crispy. Remove from pan and let sit on paper towels until cooled.
2. Combine bacon, diced tomato, shredded cheese, mayo, and favorite seasonings. I used an Italian Seasoning!
3. Push each biscuit dough into a greased muffin cup. Use fingers to make them into a cup. Use a spoon to spread the tomato/bacon mixture on top of each cup.
4. Bake in 375 degree oven for 10-13 minutes until golden brown!
5. Serve with salad made with spinach, cheese, cucumber, and preferred salad dressing. We usually go with a Ranch dressing.

Mediterranean Turkey Bowls

Need:

1-2 Roma Tomatoes (diced)	2 cups of water
½ English cucumber (diced)	1lb ground turkey
15.5oz chickpeas (drained)	Favorite Seasonings
1/4 cup Italian Dressing	Chopped Fresh Spinach
1 cup white rice	Feta Cheese

1. In a bowl, combine diced tomatoes, cucumbers, and drained/rinsed chickpeas. Add Italian Dressing and stir well to combine. Place in fridge to chill.
2. In a saucepan, combine 1 cup of rice and 2 cups of water. Bring to a boil, then reduce heat, cover, and let simmer for 20 minutes until tender.
3. In a skillet, brown the ground turkey. Drain any excess grease and add favorite seasonings. I typically go with Italian Seasoning and garlic powder.
4. To assemble bowls, start with rice on the bottom, top with ground turkey, add tomato/cucumber salad, add chopped fresh spinach, and sprinkle feta on top!

BBQ Chicken with Mac & Cheese

Need:	8oz elbow macaroni
5lbs chicken leg quarters	1.5 cups cottage cheese
favorite seasonings	2 cups shredded cheddar
BBQ Sauce	1 cup sour cream
	14.5oz Green Beans

1. Pat chicken quarters dry and season well. We will grill these until mostly done then, add BBQ sauce to taste. Always check the temperature with a thermometer and once they hit 165, let rest for 10-15 minutes before serving.
2. Boil 8oz elbow noodles until tender. Drain and set aside.
3. In a bowl, combine cottage cheese, 1.5 cups of shredded cheese, and 1 cup sour cream. Mix well and additional seasonings if you like. Add noodles and then pour mixture into a greased 9 x 13 casserole or baking dish.
4. Top with remaining cheddar cheese and bake in 400 degree oven for about 30-35 minutes until golden brown.
5. Serve BBQ chicken with mac and cheese, and green beans!

Bacon & Pea Pasta

Need:

8oz pasta (any shape)

6oz bacon

1 onion (diced)

12oz bag frozen peas

1 cup shredded cheese

French Bread

1. Boil water for pasta. Cook until tender and then drain and set aside. Save 1 cup of pasta water.
2. Chop bacon and saute in a pan until crispy. Remove bacon and grease, but leave about 2 tbs worth. Saute onion in bacon grease until tender.
3. Add frozen peas and saute until defrosted. Add $\frac{1}{2}$ cup of pasta water and let steam.
4. Add cooked pasta to the pan, and remove heat. Stir well. Add 1 cup shredded cheese and add your favorite seasonings.
5. Serve with sliced French bread and butter!

Breakfast Sausage Bowls

Need:

4-5 potatoes

1 onion (diced)

oil/favorite seasonings

1lb breakfast sausage

1 pack country gravy

1. Wash and chop potatoes into a small dice. Add oil to the pan and cook over medium heat for about 10-15 minutes.
2. Add onion and continue to cook for about 10 minutes until potatoes are tender.
3. In a separate skillet, brown breakfast sausage. Drain and excess grease.
4. Prepare country gravy per directions.
5. Serve potatoes, topped with sausage, sprinkled with cheese, and with country gravy. Add sliced strawberries to the side.
6. Serve with toast, butter, and jelly as well!