

6 DINNERS UNDER \$60- WEEK #68

*Greek Salad Pitas *Ham & Veggie Pasta Salad

*Pizza Quesadillas *Cucumber Chicken Salad

*Turkey Grilled Cheese Sandwiches *BLT Salad

SHOPPING LIST

PRODUCE

- Cucumber (x1)
- Roma Tomatoes (x4)
- Red Onion (x1)
- Carrots (1lb)
- Watermelon
- Romaine Lettuce

MEAT DEPT

- Rotisserie Chicken
- Cubed Ham (8oz)
- Pepperoni (6oz)
- Turkey Lunchmeat (1lb)
- Pre Cooked Bacon (2.1oz)

DAIRY

- Feta Cheese (5oz)
- Mozzarella (8oz)
- Sliced Cheese (8oz)
- Cheddar (8oz)

PANTRY

- Chickpeas (15.5oz)
- Italian Dressing
- Pita Bread
- Veggie Straws
- Small Pasta (1lb)
- Flour Tortillas
- Tomato Sauce (8oz)
- Italian Seasoning
- Mayo
- French Bread
- Ranch Dressing

FROZEN

- Frozen Peas (12oz)

*Assuming you have your preferred
cooking oil and your favorite seasonings.

Greek Salad Pitas with Veggie Straws

Need:

2 Cups Cooked Chicken (chopped)

15oz chickpeas

1/2 Cucumber (diced)

2 Roma Tomatoes

1/2 red onion (diced)

Feta Cheese

Italian Dressing

Pita Bread/ Wraps

Veggie Straws

1. In a large bowl, combine chopped chicken, drained & rinsed chickpeas, diced cucumber, chopped tomatoes, diced onion, and feta cheese.
2. Drizzle with Italian dressing and mix well.
3. Stuff into pita halves and serve with veggie straws!

Ham & Veggie Pasta Salad with Watermelon

Need:

1lb small pasta

8oz cubed ham

1 cup frozen peas

1 cup shredded carrots

3/4 cup shredded cheese

1/2 cup Italian Dressing

Sliced Watermelon

1. Cook pasta in boiling water until tender, drain, and place in ice bath to stop pasta from getting mushy.
2. In a large bowl, combine cubed ham, thawed peas, shredded carrots, shredded cheese, cooked pasta, and Italian Dressing.
3. Serve room temperature or serve chilled.
4. Pair the pasta salad with sliced watermelon!

Pizza Quesadillas with Side Salad

Need:

Flour Tortillas

Tomato Sauce

Shredded Mozzarella Cheese

Pepperoni

Italian Seasoning

Lettuce, Tomato, Cheese, Salad Dressing

1. Spread out the number of tortillas you want. Then top half of each tortilla with tomato sauce, mozzarella cheese, pepperoni, and Italian seasoning.
2. Fold the tortilla over to create your quesadilla. These can be heated in a skillet, George Foreman, or flat top griddle.
3. Cook each tortillas for 1-2 minutes on each side until golden brown and cheese is melty.
4. Serve with side salad made with lettuce, tomato, cheese (feta, mozzarella, or cheddar) and either Italian or Ranch Dressing.

Cucumber Chicken Salad with Watermelon

Need:

2 cups Cooked Chicken

½ Cucumber (diced)

⅓ cup mayo or Greek yogurt

Italian Seasoning

Leftover Pitas/ French Bread/ Lettuce

Sliced Watermelon

1. Mix shredded chicken, diced cucumber, mayo/greek yogurt, and seasonings together in a bowl.
2. Once combined, refrigerate to chill for at least 30 minutes.
3. Serve the chicken salad on leftover pitas, tortillas, french bread, or over a lettuce base!
4. Pair the chicken salad with sliced watermelon!

Turkey Grilled Cheese Sandwiches with Carrots & Ranch

Need:

Turkey Lunchmeat

Sliced Cheese

Loaf of French Bread

Mayo

Carrot Sticks

Ranch Dressing

1. Layer Turkey and cheese slices between 2 slices of French Bread.
2. Spread mayo or butter on the outsides of each piece (optional- you can skip this part if you want)
3. Toast each sandwich in a pan with oil, George Foreman, or flat top griddle.
4. Serve each sandwich with carrot sticks with ranch dressing.

BLT Salad with Crostini

Need:

French Bread

Oil

Favorite Seasonings

Romaine or Iceberg Lettuce

Roma Tomatoes (x2)

Pre Cooked Bacon

Ranch Dressing (or mayo & vinegar)

1. Drizzle each slice of French bread with oil and your favorite seasonings. I like to go with a garlic herb blend. Place slices in toaster oven, air fryer, pan on stove top, or flat top griddle. For toaster oven or air fryer, bake for 4-5 minutes until crunchy. For stovetop or griddle, toast each side about 1-2 minutes until browned.
2. Assemble each salad with lettuce on the bottom, add chopped tomato & chopped bacon. For dressing, we typically use Ranch dressing, but you can also make one using mayo, vinegar, and favorite seasonings.
3. Serve each salad with sliced crostini for extra crunch!