

3 Dinners Mini Menu #29- Spinach Meals

Grocery List

Italian Sausage (1lb)
Onion (x1)
Garlic
Italian Tomatoes
(14.5oz)
Chicken Broth (32oz)
Cheese Tortellini
Spinach (10oz)
Rotisserie Chicken
White Rice
Cucumber (x1)
Roma Tomatoes (x2)
Feta Cheese
Greek Yogurt
Pizza Crust Mix
Mozzarella (8oz)
Alfredo Sauce

@lowdoughfamily

Italian Sausage & Spinach Tortellini Soup

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| 1 lb Italian sausage
(mild or hot) | 1. In a large pot, brown the sausage over medium heat until cooked through. Drain excess grease if needed. |
| 1 onion, diced | 2. Add onion and garlic; sauté 2-3 minutes until fragrant. |
| 2 cloves garlic, minced | 3. Stir in diced tomatoes, broth, water, and Italian seasoning. Bring to a gentle boil. |
| 14.5 oz Italian diced tomatoes | 4. Add the tortellini and cook 6-8 minutes (or per package directions) until tender. |
| 4 cups chicken broth | 5. Stir in spinach and cook another 1-2 minutes until wilted. |
| 1 cup water | |
| 8-9oz refrigerated or frozen
cheese tortellini | |
| 2 cups fresh spinach | |

Greek Chicken Pita Bowls

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| 1-2 cups shredded rotisserie chicken | 1. In a small bowl, stir favorite seasonings into the shredded chicken to add flavor. |
| 2 cups cooked rice or orzo | 2. Assemble bowls with rice on the bottom, then spinach, chicken, cucumber, tomato, and feta. |
| 2 cups fresh spinach, chopped | 3. For the sauce, stir a little lemon juice or water with your favorite seasonings into the Greek yogurt and drizzle over the top before serving. |
| 1/2 cup diced cucumber | |
| 1/2 cup diced tomato | |
| 1/4 cup crumbled feta | |
| 1/4 cup Greek yogurt | |
| Favorite Seasonings (like garlic powder, oregano, salt & pepper) | |

Spinach Chicken Pizza with

Garlic White Sauce

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| 1 store-bought pizza crust mix,
dough, or flatbread | 1. Preheat oven to 425°F. |
| 1 cup shredded rotisserie chicken | 2. Make pizza crust according to mix. Most just need water and oil. Let dough rest for 5-15 minutes -the longer the rest will be more airy. |
| 2 cups fresh spinach | 3. Spread Alfredo sauce evenly over the pizza crust (use just enough to lightly coat it). If you like extra garlic flavor, stir the minced garlic into the Alfredo before spreading. |
| 1/2 cup jarred Alfredo sauce | 4. Top with spinach, rotisserie chicken, mozzarella, and feta. |
| 1-2 cloves fresh garlic, minced | 5. Bake 10-12 minutes, or until the crust is golden and cheese is melted. |
| 1 cup shredded mozzarella cheese | |
| 1/4 cup crumbled feta cheese | |