

# 6 DINNERS UNDER \$60 - WEEK #86

\*Chicken Fajitas and Salsa Rice

\*Cottage Pie

\*Chicken Parmesan with Noodles

\*Creamy Sausage & Spinach Pasta

\*Montreal Chicken with Carrots & Potatoes

\*Western Frittata with Roasted Potatoes

## SHOPPING LIST

### PRODUCE

- Onions x2
- Bell Peppers x3
- Potatoes (5lb)
- Spinach (10oz)
- Baby Carrots (1lb)

### MEAT DEPT

- Chicken Breasts (5lb)
- Ground Pork/Beef (1lb)
- Ground Italian
- Sausage (1lb)
- Diced Ham (8oz)

### FROZEN

- Peas & Carrots (12oz)
- Broccoli (12oz)

### PANTRY

- White Rice
- Salsa
- Fajita Seasoning
- Flour Tortillas
- Spaghetti Pasta
- Breadcrumbs
- Marinara Sauce
- Penne Pasta
- Diced Tomatoes (14.5oz)
- Montreal Chicken Seasoning

### DAIRY

- Butter (8oz)
- Cream Cheese (8oz)
- Mozzarella Cheese (8oz)
- Eggs (1 dz)

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

@lowdoughfamily

## Chicken Fajitas and Salsa Rice

Need:

1 cup white rice  
1/2 cup salsa  
2 tbsp vegetable oil  
1.5 lb chicken breast,  
(sliced into strips)  
Fajita Seasoning  
1 onion, sliced  
2 bell peppers, sliced  
8 flour tortillas

1. In a small pot, heat 1 tbsp oil. Sauté rice for 2 minutes. Stir in 2 cups water, the salsa, and favorite seasonings. Cover and simmer on low for 15–20 minutes.
2. While rice cooks, heat 1 tbsp oil in a large skillet over medium-high heat. Add chicken and season with fajita seasoning. Cook until browned.
3. Add sliced onions and peppers to the skillet. Sauté for 5–7 minutes until tender-crisp.
4. Warm tortillas in the microwave or a dry pan. Fill with the chicken/veggie mix and serve with the rice on the side.

## Cottage Pie

Need:

3-4 large potatoes, chopped  
2 tbsp butter  
4oz cream cheese  
1 lb ground pork/beef blend  
1/2 onion, diced  
12oz frozen peas and carrots

1. Boil potatoes in salted water until soft (15 mins). Drain, add butter and cream cheese, and mash until smooth. Set aside.
2. In a large skillet, brown the meat blend with the diced onion over medium heat. Drain excess fat if needed.
3. Stir in the frozen peas and carrots and a splash of water (about 1/4 cup). Season with favorite seasonings. Simmer for 5 minutes.
4. Spread the meat mixture into a baking dish. Top with the mashed potatoes, smoothing them to the edges. Bake at 375°F for 20 minutes until the top is lightly peaked with brown.

## Chicken Parmesan with Noodles

Need:

8oz spaghetti pasta

3 tbsp butter

1.5 lb chicken breast

(sliced into thin cutlets)

1 cup plain breadcrumbs

3 tbsp vegetable oil

1.5 cups marinara sauce

1 cup shredded mozzarella cheese

12oz frozen broccoli

1. Cook pasta in boiling water until tender, drain and set aside. Add butter and allow to melt and stir to coat.
2. Season chicken cutlets with favorite seasoning, then press each side of the chicken firmly into the breadcrumbs until coated.
3. Heat oil in a large skillet over medium heat. Fry chicken for 4–5 minutes per side until golden and cooked through.
4. Remove fried chicken to a paper-towel-lined plate. Wipe the skillet clean of oil. Return chicken to the pan. Spoon a small amount of marinara only on top of each cutlet. Sprinkle with mozzarella. Cover with a lid for 1 minute until cheese melts.
5. Steam broccoli and serve on the side with the chicken on top of the buttered noodles.

## Creamy Sausage & Spinach Pasta

Need:

8oz penne pasta

1 lb ground Italian sausage

14.5oz diced tomatoes

2 cups fresh spinach

4 oz (half a block) cream cheese

1. Cook the pasta in boiling water until tender, then drain and save  $\frac{1}{2}$  cup of the pasta water. Set the pasta aside.
2. In a large skillet, cook the sausage over medium heat, breaking it into crumbles until browned. Drain any excess grease if needed.
3. Pour the canned tomatoes (with their juice) into the skillet with the sausage. Let it simmer for 3–5 minutes.
4. Turn heat to low. Add the cream cheese and a splash of pasta water to the sausage. Stir until the cheese melts into a smooth sauce. (Thin with extra pasta water if needed)
5. Fold in the spinach and the cooked pasta. Stir for 1 minute until the spinach is wilted and the sauce coats the noodles.

## Montreal Chicken with Carrots & Potatoes

Need:

3 large potatoes (cubed)

1lb baby carrots

3 tbsp oil

Montreal Chicken Seasoning

1.5 lb chicken breast (cubed)

1. Preheat oven to 400°F.
2. In a bowl, toss potatoes and carrots with 1.5 tbsp oil and 1 tbsp seasoning. Arrange them around the outer edges of the sheet pan.
3. In the same bowl, toss chicken with 1.5 tbsp oil and 1 tbsp seasoning. Place chicken in the center of the pan.
4. Bake for 25–30 mins until potatoes are tender and chicken is golden.

## Western Frittata with Roasted Potatoes

Need:

2 large potatoes, diced small

2 tbsp vegetable oil

Favorite Seasoning

8 oz diced ham

1/2 onion, diced

1 bell pepper, diced

8 eggs

1. Toss diced potatoes with 1 tbsp oil and favorite seasonings. Air Fry at 360°F for 15-20 minutes until crispy. Shake the potatoes about half way through.
  2. While potatoes cook, heat 1 tbsp oil in a skillet. Saute ham, onion, and pepper for 5 minutes.
  3. Whisk eggs with a pinch of salt. Pour over the ham and veggies in the skillet.
  4. Turn heat to low. Cover with a lid and cook for 8–10 minutes until the eggs are set and firm. Slice into wedges and serve with the roasted potatoes.
- Optional: Top eggs with mozzarella cheese and let melt before serving!