

6 DINNERS UNDER \$60 - WEEK #93

- *Sweet Chili Glazed Ham Steaks
- *Crockpot Lemon Garlic Chicken
- *Sloppy Joe Pinwheel Sandwiches
- *Honey Mustard Chicken Skillet
- *Turkey Ranch Burgers
- *BBQ Chicken Flatbreads

SHOPPING LIST

PRODUCE

- Asparagus
- Garlic
- Onion (x1)
- Baby Carrots (1lb)
- Spinach (10oz)
- Potatoes (3lb)

MEAT DEPT

- Ham Steaks (1lb)
- Chicken Breasts (5lb)
- Ground Turkey (2lb)

DAIRY

- Crescent Dough Sheet
- Shredded Cheese (8oz)
- Sliced Cheese (8oz)

PANTRY

- White Rice
- Pineapple tidbits (8oz)
- Sweet Chili Sauce
- Soy Sauce
- Lemon Juice
- Sloppy Joe Sauce
- Honey Mustard Dressing
- Ranch Seasoning
- Hamburger Buns
- Pita Bread/ Naan Bread
- BBQ Sauce

FROZEN

- Green Beans (12oz)

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

Sweet Chili Glazed Ham Steaks with Pineapple Rice & Asparagus

1 cup uncooked white rice

8 oz pineapple tidbits

2 tbsp oil (divided)

16oz ham steaks

1/3 cup sweet chili sauce

1 tbsp soy sauce

1 bunch asparagus, trimmed

1. Drain pineapple tidbits and reserve the juice. Add enough water to the juice to make 2 cups total liquid.
2. Add rice and liquid to a pot. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Remove from heat and keep covered.
3. While the rice cooks, toss asparagus with 1 tbsp oil and favorite seasonings. Air fry at 360°F for 7–9 minutes until tender.
4. Heat 1 tbsp oil in a large skillet over medium heat. Add ham steaks and cook 2–3 minutes per side until heated through.
5. Mix soy sauce with chili sauce, then pour over the ham. Flip and cook 1–2 more minutes until glazed. Remove ham from skillet.
6. Add pineapple tidbits to the same skillet and cook 2–3 minutes until lightly caramelized.
7. Fluff the rice, serve ham topped with pineapple, asparagus on the side.

Crockpot Lemon Garlic Chicken with Rice & Carrots

2lb chicken breasts

1/2 cup chicken broth

2 tablespoons lemon juice

3 cloves garlic, minced

1/2 onion (sliced)

Favorite seasonings

2 cups cooked white rice

8oz baby carrots

1. Place chicken in crockpot. Add broth, lemon juice, garlic, sliced onion, and favorite seasonings
2. Cook on LOW for 5–6 hours or HIGH for 3–4 hours.
3. Add baby carrots during the last 1–2 hours of cooking so they soften but don't get mushy.
4. Serve chicken whole or shredded over rice with carrots.

Sloppy Joe Pinwheel Sandwiches with Spinach Salad

1 lb ground turkey

1/2 onion, diced

1 cup sloppy joe sauce

1 can refrigerated crescent dough

1/2 cup shredded cheese

2 cups fresh spinach

Salad Dressing of your choice

1. Preheat oven to 375°F.
2. Cook ground turkey and onion in a skillet over medium heat until fully cooked. Drain if needed.
3. Stir in sloppy joe sauce and simmer 2–3 minutes.
4. Roll out crescent dough into a rectangle and pinch seams together.
5. Spread turkey mixture evenly over the dough. Sprinkle cheese if using.
6. Roll tightly into a log and slice into 1–2 inch pinwheels.
7. Place on a baking sheet and bake 12–15 minutes until golden.
8. Toss spinach with dressing and serve alongside pinwheels.

Honey Mustard Chicken Skillet with Baked Potatoes & Green Beans

3–4 medium potatoes

1.5lbs chicken breasts, cut into chunks

Favorite Seasonings

1/2 cup honey mustard dressing

1 tablespoon oil

12oz green beans

1. Wash potatoes and poke each a few times with a fork. Microwave for 3 minutes, flip, then microwave another 3 minutes. Continue flipping every 2–3 minutes until fork tender (about 8–12 minutes total depending on size).
2. Heat oil in a large skillet over medium heat. Add chicken, season with favorite seasonings, and cook 6–8 minutes until browned and cooked through.
3. Reduce heat to low and stir in honey mustard dressing. Cook 1–2 minutes until warmed and evenly coated.
4. Heat green beans in a small saucepan or steam in the microwave
5. Serve chicken with potatoes and green beans on the side.

Turkey Ranch Burgers with Air Fryer Fries & Baby Carrots

1 lb ground turkey

2 tbsp ranch seasoning

4 burger buns

2–3 russet potatoes, cut into fries

1 tablespoon oil

Favorite Seasonings

Sliced Cheese

8oz baby carrots

1. Mix ground turkey with ranch seasoning. Form into 4 patties.
2. Toss cut potatoes with oil and favorite seasonings.
3. Air fry fries at 360°F for 15–18 minutes, shaking halfway through.
4. While fries cook, heat a skillet over medium heat and cook turkey patties 5–6 minutes per side until cooked through.
5. Toast buns if desired, then assemble burgers with sliced cheese.
6. Serve burgers with fries and baby carrots on the side.

BBQ Chicken Flatbreads with Spinach Side Salad

1–1.5 lbs chicken breast, diced small

Favorite Seasonings

1/2 cup BBQ sauce

4 pita bread or 2 large naan

1 cup shredded cheese

Side salad + dressing

1. Heat a skillet over medium heat. Add diced chicken, season with favorite seasonings, and cook 6–8 minutes until fully cooked. Stir in BBQ sauce and cook 1–2 minutes until coated.
2. Preheat oven to 400°F.
3. Place flatbreads on a greased baking sheet and spread a thin layer of BBQ sauce.
4. Top with cooked chicken and shredded cheese.
5. Bake 8–10 minutes until cheese is melted.
6. Serve flatbreads with spinach side salad using your choice of salad dressing.