

6 DINNERS UNDER \$60 - WEEK #98

*BBQ Chicken Chopped Salad

*Chorizo & Potato Tacos

*Hawaiian Chicken Salad Sandwiches

*Sausage Alfredo Pasta

*Chicken & Cucumber Rice Bowls

*Italian Pasta Salad

SHOPPING LIST

PRODUCE

- Romaine Lettuce
- Zucchini
- Onion (x1)
- English Cucumber
- Shredded Carrots (10oz)
- Lemon Juice
- Grape Tomatoes (10oz)

MEAT DEPT

- 5lbs Chicken breasts
- Chorizo (9oz)
- Smoked Sausage (12oz)
- Pepperoni (6oz)

DAIRY

- Cheddar (8oz)
- Greek Yogurt (5.3oz)
- Feta Cheese

PANTRY

- Corn (14.5oz)
- BBQ Sauce
- Ranch Dressing
- Potatoes (14.5oz)
- Black Beans (14.5oz)
- Flour Tortillas
- Mayo
- Pineapple Tidbits
- Sliced French Bread
- Potato Chips
- Rotini Pasta
- Alfredo Sauce (16oz)
- White Rice
- Garlic Powder
- Garbanzo Beans (15.5oz)
- Italian Dressing

FROZEN

- Sweet peas (12oz)

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

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BBQ Chicken Chopped Salad

1 tbsp oil

1-1.5lbs chicken breasts

5-6 cups chopped Romaine lettuce

14.5oz corn, drained

1/2 cup shredded cheddar

1/4 cup BBQ sauce

1/4 cup ranch dressing

1. Heat oil in a large skillet over medium heat. Add chicken breasts and cook 5–7 minutes per side until fully cooked. Remove and let rest for a few minutes, then chop into bite-sized pieces.
2. While the chicken cooks, add lettuce, corn, and cheese to a large bowl.
3. Add the chopped chicken to the bowl.
4. Drizzle BBQ sauce and ranch over the top and toss until everything is evenly coated.

Chorizo & Potato Tacos with Zucchini

9 oz chorizo

15oz potatoes, drained and diced

15oz black beans, drained

1 zucchini, sliced or diced

6–10 tortillas

1 tbsp oil (divided)

Optional: diced onion,
lettuce, shredded cheese

1. Heat a large skillet over medium heat. Add the chorizo and cook, breaking it up, until fully cooked.
2. Carefully drain off most of the grease, leaving just a little in the pan for flavor.
3. Add the potatoes to the skillet and cook 6–8 minutes, stirring occasionally, until they start to brown and crisp.
4. Stir in the black beans and cook 2–3 minutes, just until heated through.
5. While that cooks, heat a separate skillet over medium heat. Add the zucchini & favorite seasonings, then cook 4–5 minutes, stirring occasionally, until just tender.
6. Warm the tortillas in a dry skillet or microwave.
7. Fill tortillas with the chorizo, potato, and bean mixture. Serve with zucchini on the side and any toppings you like.

Hawaiian Chicken Salad Sandwiches

1-1.5lb chicken breasts

1/2 cup mayo

1 cup pineapple tidbits, drained

2 tbsp finely diced onion

Sliced French Bread

1/2 English Cucumber, sliced

Potato Chips

1. Place chicken breasts in a pot and cover with water. Bring to a gentle simmer over medium heat and cook 12–15 minutes, until fully cooked.
2. Remove chicken and let rest 5 minutes, then chop or shred into small pieces.
3. In a large bowl, combine chicken, mayo, pineapple, favorite seasonings, and onion.
4. Stir until evenly mixed. Add more mayo if needed.
5. Chill 30-60 minutes if possible, then serve on french bread with sliced cucumber and potato chips on the side.

Sausage Alfredo Pasta

8 oz rotini pasta

12 oz smoked sausage, sliced

12oz frozen peas

16oz Alfredo sauce

Sliced French Bread

1. Bring a large pot of water to a boil. Add pasta and cook until tender. Add peas during the last 2 minutes, then drain.
2. While pasta cooks, heat a large skillet over medium heat. Add sliced sausage and cook until browned.
3. Add drained pasta and peas to the skillet with the sausage.
4. Pour in Alfredo sauce and stir until everything is coated and heated through.
5. Serve warm with sliced French Bread.

Chicken & Cucumber Rice Bowls

1 tbsp oil

1-1.5lb chicken breasts, diced

2 cups cooked white rice

1/2 English cucumber, diced

5oz shredded carrots

5.3oz plain greek yogurt

1–2 tbsp lemon juice

1/2 tsp garlic powder

Feta Cheese

1. Heat oil in a skillet over medium heat. Add diced chicken and cook 5–7 minutes until fully cooked. Remove and let rest 5 minutes.
2. In a small bowl, mix yogurt, lemon juice, and garlic powder until smooth.
3. Divide rice into bowls. Top with chicken, shredded carrots, and diced cucumber.
4. Spoon the yogurt sauce over the top and sprinkle with feta cheese.

Italian Pasta Salad

8 oz rotini pasta

6 oz pepperoni, halved

1 can garbanzo beans, drained and rinsed

10 grape tomatoes, sliced

1/2 cup feta cheese

5 oz shredded carrots

1/2 cup Italian dressing

1. Bring a large pot of water to a boil. Add pasta and cook until tender. Drain and rinse under cold water until fully cooled.
2. In a large bowl, combine cooled pasta, pepperoni, garbanzo beans, tomatoes, feta cheese, and shredded carrots.
3. Pour dressing over the top and toss until everything is evenly coated.
4. Taste and add more dressing if needed.
5. Chill for 30 minutes if you have time, then serve.