

Dec. '10 Menu & Recipes

North American/European:

Vanessa - **Turkey Wrap Kit**



Far East (Asian - Indian):

Lisa - **Thai Pork Stew**



Italian/Mediterranean:

Sara - **Chicken Pesto Pizza**



Breakfast for Dinner:

Erin - **Ham & Cheese Buttermilk Breakfast Muffins**



Southwestern/Latin American:

Jolean - **Jamaican Shrimp with Margaritas**



North American/European:

Turkey Wrap Kits with Pear, Blue Cheese, Walnuts & Balsamic Vinaigrette

Make 8 wraps

1 pounds smoked turkey, sliced
5 oz. blue cheese, crumbled
8 oz. chopped walnuts, toasted
8 large wraps
4 oz. Balsamic Vinaigrette

You Provide:

2 Pears
1 bagged salad or head of lettuce of choice

Prep Day: Place 1 pound turkey, 5 oz. blue cheese, 8 wraps, 8 oz. walnuts in a freezer bag. Seal bag, pressing out excess air. Freeze. Put balsamic vinaigrette in ½ cup container.

Serve Day: Buy 2 pears and a bagged salad or head of lettuce of choice. Defrost frozen turkey kit ingredients in refrigerator. Assemble wraps (or salads). Serve at room temperature.

Italian/Mediterranean:

Chicken Pesto Pizza

1/2 cup pesto basil sauce
1 (12 inch) pre-baked pizza crust
2 cups cooked chicken breast strips
1 (6 ounce) jar artichoke hearts, drained
1/2 cup shredded fontina cheese

Prep Day: Package all ingredients into a xl bag to be frozen except artichoke hearts. All will be assembled later into a pizza at a later date.

Serve Day: Preheat the oven to 450 degrees F (230 degrees C). Spread pesto sauce over the pizza crust. Arrange chicken pieces and artichoke hearts over the sauce, and sprinkle with cheese. Bake for 8 to 10 minutes in the preheated oven, until cheese is melted and lightly browned at the edges.

Far East (Asian - Indian):

Thai Pork Stew

2.5 pounds boned pork loin,
1 julienne-cut red bell pepper
1 julienne-cut green bell pepper
1/4 cup teriyaki sauce
2 Tbsp rice wine vinegar
1 tsp crushed red pepper
2 garlic cloves, minced

1/4 cup creamy peanut butter

6 cups hot cooked rice
1/2 cup chopped green onions
2 tbs chopped, dry-roasted peanuts
8 lime wedges

Assembly Day Preparation: Place pork loin, bell peppers, and next 4 ingredients in gallon freezer bag. Place PB in container to freeze. Bag Rice, green onions, peanuts in separate bags to freeze.

Serving Day Preparation: Thaw loin in fridge or cook from frozen in an electric slow cooker. Cover with lid, and cook on low-heat setting 8 hours. Cook rice. While it is cooking, remove pork from slow cooker, and coarsely chop. Add peanut butter to liquid in slow cooker; stir well to combine. Stir in pork. Serve stew on top of rice in individual serving bowls. Top each serving with onions and peanuts. Garnish with lime wedges.

NOTE: May want to add additional 1/4 cup peanut butter to sauce for more intense flavor. May wish to use fresh chopped green onions to top for nicer effect.

Southwestern/Latin American:

Jamaican Shrimp

1 tablespoon light brown sugar
1 teaspoon ground allspice
1 teaspoon black pepper
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1 tablespoon vegetable oil
1 tablespoon molasses
2 tablespoons fresh lime juice
1 3/4 lbs shelled uncooked jumbo shrimp
1 lime, cut into wedges, for garnish

Prep Day: Mix all dry ingredients in a gallon bag. Add wet ingredients and shrimp. Shake up till well mixed.

Serve Day: Thaw shrimp in fridge. Grill, broil, or cook stovetop for 2 min. each side, or until done.

Breakfast for Dinner:

Ham & Cheese Buttermilk Breakfast Muffins

3 cups all-purpose flour
1 Tbsp baking powder
1/2 tsp baking soda
1/2 tsp black pepper
1/4 tsp salt
1/8 tsp cayenne
2 large eggs
1-1/3 cup buttermilk
2 Tbsp canola oil
3 Tbsp butter, melted
1 cup thinly sliced scallions
1 cup diced ham (6 oz.)
1 cup grated extra sharp cheddar
1/2 cup finely diced red bell pepper

PREP DAY: Heat oven to 400. Coat a 12-cup muffin pan with cooking spray or line with muffin cups. In a large bowl, whisk together flour, baking powder, baking soda, black pepper, salt and cayenne. In a medium bowl, whisk together eggs, buttermilk, oil and butter. Stir in scallions, ham, cheese, and bell pepper. Add wet ingredients to dry and use rubber spatula to mix until just moistened. Scoop batter into prepared pan (cups will be very full). Bake muffins until tops are browned, about 20-25 minutes. Let muffins cool in pan 15 minutes, then loosen edges with knife and transfer to cooling rack. Individually wrap muffins in plastic, place in labeled freezer bag, and freeze.

SERVE DAY: Remove plastic wrap. Cover with paper towel. Microwave on high 30 - 60 seconds.

*Use within 1 month of freezing