

August 2011 Menu

Our Choice:

Lisa - Chicken Satay with Curry Rice



Tanya - Chicken & Black Bean
Taquitos



North American/European:

Andi - Chicken Pot Pie



Jolean - Pecan & Brown Sugar
Glazed Salmon



Italian/Mediterranean:

Nicole - Homemade Gourmet Italian Pear
Chicken



Erin - Giant Calzone



Southwestern/Latin American:

Vanessa - Chili Cheese Burritos



Bridget - Southwestern Pork
Burritos



Far East (Asian - Indian):

Kristine - Shrimp Curry



Our Choice

Chicken Satay with Curry Rice

Chicken Satay

6T Lime Juice

2t Curry Powder

4t Honey

1t ground coriander

1t ground cumin

¼t salt

4 cloves garlic, chopped

2.5 pounds boneless, skinless Chicken Breasts, cut into tenderloin strips

Prep Day: Cube chicken and place in bag. Mix all other ingredients. Pour lime mixture over chicken. Seal and Freeze.

Serving Day: Chicken - Defrost. Reserve liquid. If you choose to use skewers (you provide), be sure you soak the skewers are until very wet. A quicker option is just to place the chicken strips on a broiler pan or grill without skewers. Broil with tops about 3 inches from heat for about 4 minutes. Turn and brush with reserved lime mixture. Discard marinade. Broil or grill, 4-5 minutes or until chicken is no longer pink in the middle. Serve with Peanut Sauce.

Peanut Sauce

2/3 c vanilla yogurt ¼ c creamy peanut butter ¼ c coconut milk

1T soy sauce ¼ t red pepper sauce

Prep Day: Beat together with wire whisk or processor. Pour into containers.

Serving Day: Defrost, stir, serve.

Curry Rice

1c Jasmine Rice

1t Curry powder

1t powdered Chicken Bouillon

Prep Day: Add ingredients to a Ziploc bag. Label

Serving Day: Mix with 1 1/2c water. Bring to a boil. Simmer for 20 minutes. Fluff with fork.

Chicken & Black Bean Taquitos

Taquitos:

1 1/2 teaspoons olive oil
1/2 pound diced skinless, boneless chicken breasts
1 cup (4 ounces) shredded reduced-fat 4-cheese Mexican blend cheese
1/2 cup canned black beans, rinsed and drained
1 (4-ounce) can diced green chilies, undrained
10 (8-inch) flour tortillas
Cooking spray

Adobo Sour Cream: (*You Provide*)

1 cup reduced-fat sour cream
2 tablespoons chopped fresh cilantro
2 to 3 teaspoons minced chipotle chili, canned in adobo sauce

Preparation Day: To prepare Taquitos, heat oil in a large nonstick skillet over medium heat. Add chicken, and sauté 5 minutes or until done. Place chicken in a food processor. Add cheese, beans, and green chilies; pulse 15 times or until beans are coarsely chopped. Spoon about 3 tablespoons chicken mixture across the lower third of each tortilla; roll up. Cut each tortilla in half; secure with wooden picks. Place taquitos in a large zip-top plastic bag; freeze up to 3 months.

Serve Day: Preheat oven to 400°. Place frozen taquitos on a large baking sheet coated with cooking spray. Bake at 400° for 10 minutes; turn taquitos, and coat with cooking spray. Bake an additional 10 minutes or until golden.

To prepare adobo sour cream, combine sour cream, cilantro, and chipotle chili. Stir well.

North American/European

Chicken Pot Pie

1 10.5 oz can cream of chicken Soup
1 10.5 oz can cream of Potato Soup
2 C Diced Chicken Breast
2 Cups Frozen Mixed Vegetables
Pinch of Salt/Pepper/Garlic Powder
2 Frozen Pie crusts

Prep Day: Mix all Ingredients except for Pie crust together and put in freezer bag.

Serve Day: Thaw Ingredients in the freezer bag in the refrigerator overnight. Keep Pie Crust Frozen for easier assembly. Once ingredients thawed, pour into one pie shell and top with the other. Vent pie shell. Bake at 375 for 50 to 60 minutes.

Pecan Brown Sugar Glazed Salmon

6 salmon filets "wild caught"
2/3 cup brown sugar
2/3 cup chopped pecans

Packaging Instructions: Do not open salmon. Set aside. In a small baggie place the brown sugar and pecans. Seal securely. Set aside. Insert salmon and brown sugar/pecan baggie into a gallon-size ziploc freezer bag and seal. With a sharpie marker, label the outside of the bag "Pecan and Brown Sugar Glazed Salmon". Place in freezer.

Cooking Instructions: Thaw completely in refrigerator. Preheat oven to 375 degrees F. Spray baking dish with non-stick cooking spray. Arrange salmon filets in dish. Sprinkle filets with brown sugar/pecan mixture. Bake for 15 minutes or until fish flakes easily.

Italian/Mediterranean

Gourmet Italian Pear Chicken

3 pounds boneless, skinless chicken breast

3 tablespoon of Trader Joes 21 salute seasoning, 1 tablespoon of dried cilantro and basil seasoning

2 15-ounce can pear halves with juice, undrained

1/2 cup water

1 gallon zipper freezer bag

Prep Day: Place all ingredients into the freezer bag. Seal and SMOOSH! Before freezing, label as Italian Pear Chicken and list cooking options:

Serve Day: Preheat oven to 350 degrees. Defrost and place entire contents in a baking dish. Cover and bake for 45 minutes or until 165. OR Defrost and place entire contents in slow cooker. Cook on high 4-6 hours or low 6-8 hours until chicken is 165

Note: You may substitute the chicken with 6-8 pork chops for a variation on this recipe... make both and fill your freezer twice as fast!

Giant Calzone

1 Pizza dough, frozen
1-1/2 lb. Ground Italian sausage
1 C. Onion, chopped
1/2 C. Green pepper, chopped
1 can (6 oz.) Tomato paste
1 can (16 oz.) Diced tomatoes, drained
1 T. Italian seasonings
1-1/2 C. Mozzarella cheese, shredded

YOU PROVIDE:

1 Egg, beaten
Cornmeal for dusting

Assembly Directions: Brown the sausage with onion and green pepper. Mix in diced tomatoes, tomato paste, and Italian seasonings. Cool and bag meat/sauce mixture in a quart size baggie. Bag mozzarella cheese in a sandwich size baggie. Wrap pizza dough in tin foil. In a gallon freezer bag place pizza dough, meat/sauce mixture, and cheese. Freeze Calzone meal kit.

To Serve: Let pizza dough thaw covered w/plastic wrap coated with cooking spray for 2 to 4 hours or overnight in the fridge. If thawing in the fridge remove 20 to 30 minutes before shaping the dough. Cut dough in half. Roll out half of dough to approximately 10 to 14-inch circle. Place on pizza pan greased and dusted with cornmeal. Spoon filling on top to within 1 inch of edge. Top with mozzarella cheese. Roll out second half of dough and lay over bottom crust. Seal edges by pinching shut or pressing with fork. Mix egg with 1 teaspoon water and brush over top of dough. Cut several 1/2-inch slits on top for steam. Bake at 350 degrees for 20- 25 minutes or until light brown.

Comments: Make sure edges are completely sealed or filling will ooze out.

Southwestern/Latin American

Chili Cheese Burritos

10 ct. Medium (8 inch) flour tortillas
10 pkgs. Taco Border Sauce or 7.5oz. Taco Bell Mild Restaurant Sauce
1 (15 oz.) chili no beans
3 cups finely shredded taco style cheese

You Provide: Sour Cream, Fritos, and Parchment paper

Prep Day: Label freezer gallon bag Chili Cheese Burritos. Then place tortillas, chili can, and bottle of Taco Bell sauce in it. Place in pantry. Label cheese bag and place in fridge or freezer.

Serve Day: Lay tortilla flat on a paper towel. Spread 1T. Sauce or 1 packet of Taco Bell all over the tortilla, spread 1 ½ T. chili all over sauce, sprinkle a ¼ c. or less of cheese over the top of the chili. Place in microwave and heat for 60 seconds. Then add Fritos if you would like. Wrap burrito style. Dip in sour cream and enjoy. You can wrap in parchment paper in order to keep them warmer longer and serve more at a time. You can heat 2 or 3 at a same time for 60 sec.

Note: Taco Bell Mild Restaurant can be found at Wal-Mart Superstores.

Southwestern Pork Burritos

3 tablespoons tomato paste	1 tablespoon honey	¼ teaspoon salt
3 cloves garlic, finely chopped	1 tablespoon chili powder	
1 boneless pork shoulder roast (2 1/2 lb), trimmed of fat		
1 can (10 oz) diced tomatoes and green chilies, undrained		

You Provide: Assorted toppings - Cheddar cheese, sour cream, chopped fresh cilantro, shredded lettuce, diced tomatoes

Preparation Day: Spray 3- to 4-quart slow cooker with cooking spray. Place pork in cooker. In blender, place tomatoes, tomato paste, honey, garlic, chili powder and salt. Cover; blend on medium-high speed 10 seconds, stopping blender frequently to scrape sides. Pour over pork. Cover; cook on Low heat setting 8 to 10 hours⁴ let cool and pull apart with a fork. package and freeze.

Serving Day: thaw and heat, place on burrito add cheese, sour cream, cilantro, beans or anything you want and enjoy.

Far East (Asian - Indian)

Shrimp Curry

Makes 3 entrees

2 cups chopped onion	1/4 cup curry powder	1 cup butter
2 tablespoons minced ginger	2 tablespoons minced garlic	2 T. sugar
1 tablespoon salt	cups flour	4 cups water
4 cups milk	2 tablespoons lemon juice	
2 pounds cleaned and cooked shrimp, fresh or frozen		
2 tablespoons chicken bouillon granules		

You Provide:

OPTIONAL**toasted shredded coconut, toasted sliced almonds, apple pieces, pineapple tidbits, raisins, dried cranberries, chopped scallions, mango chutney, hot chili paste, or sweet chili sauce.

Prep Day: Melt butter in a large saucepan over medium heat. Add onions and cook, stirring, until soft, about 5 minutes. Add curry, ginger, garlic, sugar, bouillon, and salt; cook, stirring for 2 minutes. Add flour; cook, stirring, 2 minutes longer. Mixture will be like a paste. Gradually add water and milk; cook, stirring constantly, until the sauce has thickened. Add lemon juice only after sauce has thickened. Cool sauce.

If using fresh, cooked shrimp

1. Divide shrimp evenly among the three labeled freezer bags. Divide cooled sauce evenly over shrimp.
2. Seal and freeze.

If using frozen, cooked shrimp

1. Divide shrimp evenly among three of the unlabeled 1-gallon bags. Divide the cooled sauce evenly among three other unlabeled bags. Seal bags. Into each labeled bag, place a bag of shrimp and a bag of sauce.
2. Seal and freeze.

Serving Day: Completely thaw one entree in the refrigerator. In a large skillet over medium heat, bring the shrimp and curry sauce to a simmer. Do not boil. Serve over rice with any of the optional toppings.