

Shopping List for 6 Dinners

Approx. \$100-

Shopping Tips- Stay on the outside of the Grocery Store. This is where the healthiest foods for you are, less packaged and less processed.

Start at the Fruits & Veggie Isles

- bag of mixed sweet peppers (approx.. 6 peppers in bag)
- bag of cooking onions
- bag of romaine lettuce (3 heads)
- bag of organic carrots
- 10lb bag of potatoes
- jar of Rene's Ceaser Salad Dressing (usually kept near the bags of mini carrots)

Canned goods Isle

- 2 cans of tuna (* make sure to buy it packed in water- try to purchase it when it is on sale for UNDER 1.50)
- jar of salsa
- can of peaches (buy no name , packed in 'light' syrup)
- small jar of dill pickles (not necessary- but makes the tuna melts magical!)

Meat Section

- type of sausage (my kids like Johnsonville Cheddar Cheese or polish sausages- they come in a package of 6) buy 1 package.
- ground beef

Bread & Bakery Isle

- Whole Wheat Bread (Villagio is always a great hit with my kids)
- Whole wheat Tortilla Wraps (whole wheat, even if your kids think they prefer 'white bread' .. tip * start buying whole wheat their bodies will thank you for it

Frozen Food Isle

- Potato and Cheddar Perogies (or any type you like)
- bag of mixed peas and carrots
- box of frozen chicken fingers (or strips, breaded)

Refrigerated Isle

- whole milk
 - eggs (try to buy the least expensive free range eggs- 3.99-4.99, yes they are about a \$1 more.. but hey.. you just feel better being kind to animals..)
 - block of marble cheese (best buy: Armstrong Marble, can get the large size from 8.99) * this will last several recipes
 - light 5% sour cream
- **check to see if you have Ketchup & cinnamon at home.. if not you will need these items too.

6 Days of Dinner Menu: *7 if you count left over Cowboy Pie night

1) Cowboy Pie



2) Tuna Melts



3) Breakfast for Dinner French Toast
Canned Peaches



4) Perogies & Sausages with Ceaser Salad



5) Chicken Ceaser Salad Wraps



6) Omelets with Sautee Veggies



In each of the recipe's look for:
Ways Kids can help by this symbol

Cowboy Pies (aka Sheppard's Pie)

Ingredients

1 pound ground beef
8-10 potatoes, peeled and cut into halves
1 Onion , diced
1 table spoon of cooking oil
2 table spoon ketchup
1 egg
1 cup frozen peas & carrots
½ cup grated marble cheese



Muffin tin, lightly greased



Kids Can help with:
Peeling the potatoes
Cracking the egg & squirting in the ketchup!

How to:

In frying pan, add cooking oil & diced onion over medium heat.

Cook for 3-4 minutes until translucent.

Add beef.

Cook until no longer pink, breaking up with a spatula as it cooks.

Drain any grease off beef, and set aside.



Meanwhile. Peel the potatoes and cut in half.

In a large pot, add potatoes and cover with cold water (pot should be quite big compared to your potatoes)

Put on stove over high heat, bring to a boil (do not cover with a lid)

Boil until you can insert a knife easily into the potatoes.

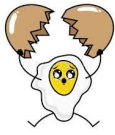
Remove from heat and drain water.

Mash the potatoes

(I usually add ¼ cup of milk & some butter to make them creamy, or a table spoon of cream cheese if you have some kicking around in fridge)



Meanwhile, (here's where the kids come in again.... in the beef add the **ketchup & egg**.



mixture)

(*tip for kids learning to crack eggs.. have them crack egg into a small bowl- that way if any shells gets in, you can easily pick out- then dump the cracked egg into beef

Mix well.

Then add the frozen peas and carrots, stir.

Spoon beef into muffin tins.

This makes individual 'pies' for kids.

or just use a glass baking pan to make 1 larger family serving- which is actually easier to wash up then the muffin tin... just less fun!)



Have the kids top each muffin cup with mashed potatoes, sprinkle with cheese!

**health tip: skip adding salt or putting it on the table- the cheese brings that salty tang!*

Cook at 350 degrees for 20 minutes, serve.

While it is cooking, have the kids set the table.



**This is great for all kids, even little ones for learning to count.



Added Suggestion: Serve with a green salad for added vitamins & minerals and a glass of whole milk, or water.

Tuna Melts with Veggies

1/2 cup shredded cheese

6 pieces of whole wheat bread

1 carrot (shredded with cheese grater)

½ of a sweet red pepper (diced)


1 dill pickle (chopped)

2 cans of Tuna packed in water

2 teaspoons ranch dressing

1 tablespoon of mayo



**  this whole meal can be made by kids! Just be sure to go over knife safety with them for when they are dicing peppers & pickles

First – Open the tin of Tuna, drain and place in a bowl



**if you have a cat or dog- put the tuna water in their bowl! They will be so happy

Next- Shred the carrot, dice pepper and chop pickle

Then- Add the veggies to the tuna and stir

After That- add mayo and ranch dressing, stir

Finally- Place bread on baking sheet.

Spread tuna mixture on whole wheat bread, top with shredded cheese.

Adults can help now:

Broil in oven 400 degrees for 4-6 minutes (till cheese melts)

French Toast with Fruit

6 pieces of whole wheat bread

3 eggs

2 tablespoons of milk

½ teaspoon of cinnamon

1 teaspoon of vanilla

Fruit- banana, melon, strawberries, peaches



First – Crack the eggs into a flat dish or shallow bowl

* kids can help with this, or make the entire meal!

Next-Whisk eggs, with a fork

Then- Add milk, cinnamon, and vanilla, whisk again

After –heat frying pan on medium, heat.

Finally- Dip bread one piece at a time into egg mixture
place bread into the frying pan.
Heat until golden, then flip.

Open the canned peaches and serve along side.



Omelets with Sautee Veggies

6 eggs

2 tablespoons of milk or water

$\frac{1}{4}$ cup cheese (shredded)

$\frac{1}{2}$ red pepper (julienne)* **fancy French word for long thin slices*

$\frac{1}{2}$ yellow pepper (julienne)*

$\frac{1}{2}$ an onion (diced)

1 tablespoon of butter



First- Crack eggs into a bowl, whisk

Next- Add the water or milk, whisk again, set aside

Then-julienne the peppers and dice the onion & shred the cheese

After that- heat butter in a small frying pan on medium/high heat.

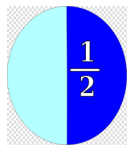
When hot add onion and peppers (sauté until tender) 3-5 min

In another frying pan (non-stick) heat on medium.

Re-whisk egg mixture, and pour into warm pan.

Cover with lid to speed cooking.

When you jiggle the pan, and your 'egg pancake jiggles but is not runny, it is time to add the veggies.



Add veggies & cheese **only on one side of half cooked egg** (it will be lifting away from pan edges and starting to bubble, fold egg over) Now it will look like an egg taco.

Cook for a couple of minutes to melt cheese inside and finish cooking the egg.

Perogies with Sausages

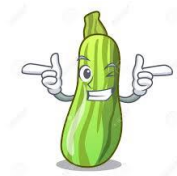
1 bag of frozen perogies
(any type/flavor)

1 onion (chopped- that way it adds flavor while cooking, but big enough pieces that my kids can pick out of *their dinner* because 'it's gross')

1 tablespoon of cooking oil

1 package of sausages, sliced
(cut into little rounds- like pennies)

...unless you are a vegetarian, the definitely skip this step!



*health bonus- you can also add sliced zucchini to your onions, just be careful not to over cook it
mushy zucchini is gross.

½ hr Before you start to make dinner :

Take perogies out of freezer to thaw

How many? Well, I usually count 4 per kid and 6 per adult.

(I get 2 dinners out of 1 large size bag, more out of the family size)

Leave perogies on the counter to thaw, usually about ½ hour. Or if you forget...don't worry, you can microwave on defrost.

How to: In a frying pan, heat the oil. Add the chopped onion over medium heat. Cook for 3-4 minutes until onion is translucent.

Add the perogies. Cook until brown on both sides.

Second frying pan, fry the sausages until crispy & hot!





Serve with Salsa and Sour Cream.

This dinner is also great with ceaser salad.



So you can get the kids to wash & chop up some Romaine lettuce, add some Ceaser Salad dressing & mix!

Chicken Ceaser Salad Wraps

1 package of Whole Wheat
Flour Tortillas



1 box of frozen 'pub style' breaded chicken fingers

1 head of Romaine Lettuce (washed and chopped)

*I like to try and buy organic lettuce if possible



1 jar of Renee's Ceaser Salad Dressing (any type
will do, this type just tastes the most like
homemade)

How to Make:

First: Follow the cooking directions on the Chicken Finger
Box. Cook until done. Count out 1 chicken finger per wrap.



Kids Can Help:

Then: While they are in the oven, Wash and Chop
lettuce.

Mix in a large bowl, as you would to make a salad.



Next: Lay out the Tortillas, add a scoop of Ceaser
Salad to each one, then place a cooked chicken finger
in the middle, wrap & serve.



The kids can help to set the table, great way to get
them involved.