



Deliciously Planned >>> Dinner-time

How my meals plans work

Each week I pick 5 dinners and try to keep them a balanced mix between 30 minute meals, slow cooker recipes, and maybe one that takes a bit more effort. I know we're all busy and getting dinner on the table in the least amount of time possible is essential. I also pick one dessert to be enjoyed for the week. I only pick 5 meals because when I'm meal planning I like to work in "left-over nights" so that my fridge doesn't fill up with uneaten food and I don't become a harried mess trying to cook dinner every. single. night.

Shopping Lists

Included is a shopping list for the week's recipes and you'll see two columns: "To Pick Up" and "Pantry Items". Pantry items are things that you'll likely already have in your cooking arsenal like chili powder, baking soda, or sugar whereas "To Pick Up" will be things like Italian sausage and dried cranberries.

Recipes

Some weeks I'll exclusively use recipes from www.Heatherlikesfood.com and other weeks I may throw in a recipe or two from my cookbook and magazine collection that I've tried and love. Of course, feel free to add sides, fresh salads, or appropriate fixings to any meal. These recipes should just be a diving board to help get your head in the game and hopefully eliminate some of the dinner time chaos that just happens.

Rate and Comment

As you cook your way through the recipes on HLF, please visit the website, find the recipe you tried and rate it and/or comment so others can know how you liked it! (I'd kind of like to know, too! 😊)

Have Fun!

If you have any questions as you look over the plans each week, feel free to email me and I'll do my best to make things a little clearer. heather@heatherlikesfood.com

Best,

Heather



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Week 9

- Skillet Steak Fajita Salads
- Parmesan Lemon Chicken and Zucchini Sauté
- Slow Cooker Salsa Chicken Chili
- Penne with Smoked Sausage and Caramelized Onions
- Texas Toast Griddle Burgers
- Cottage Cheese Butter horns

Shopping List

To Pick Up

- 6 Boneless skinless Chicken Breasts
- 2 lbs tri-tip or other tender steak
- 12 oz smoked sausage
- 1 lb lean ground beef
- 1 ½ lbs fresh zucchini
- 1 lemon
- Italian parsley
- 4 limes
- 2 cloves garlic
- 1 green bell pepper
- 1 red bell pepper
- 2 sweet white onions
- 1 head romaine lettuce
- 1 C grape tomatoes
- 1 avocado
- cilantro
- Lettuce and Tomato for burgers
- ½ C parmesan cheese, grated
- ½ C feta cheese
- 1 C + 2 tbsp butter
- 1 ½ C small curd cottage cheese
- American cheese
- 1 can (14.5 oz) diced tomatoes
- 1 can (14.5 oz) corn
- 2 C jarred salsa
- 1 can (14.5 oz) pinto beans
- 2 cans (14.5 oz) black beans

- 1 C chicken broth
- 8 oz dry penne pasta
- 12 slices texas toast

Pantry Items

- Olive oil
- Kosher salt
- Black pepper
- Soy sauce
- White wine vinegar
- Milk (1/4 c)
- Hot sauce
- 2 C flour
- 1 C powdered sugar
- vanilla extract
- ¼ C taco seasoning
- masa harina corn flour, optional
- dried oregano
- dried dill weed
- lemon pepper seasoning
- mayonnaise
- ketchup
- Worcestershire sauce
- Sweet pickle relish

Skillet Steak Fajita Salads with Avocado Cream Dressing

Author: Heather Cheney

Ingredients

Salad

- 2 lbs tri tip, cut into bite-sized strips
- ¼ C fresh lime juice
- 2 tbsp soy sauce
- 2 cloves garlic, minced
- ¾ tsp kosher salt
- ¼ tsp black pepper
- 1 green bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- ½ large sweet white onion, cut into strips
- 2 tbsp extra virgin olive oil
- 1 large head Romaine lettuce, washed and roughly chopped
- ½ C grape tomatoes, cut in half
- ¼ C feta cheese
- Tortilla chips for garnish

Dressing

- 1 medium ripe avocado
- ¼ C fresh cilantro
- 1 tbsp fresh lime juice
- 1 tbsp white wine vinegar
- ¼ C milk
- ¼ C extra virgin olive oil
- ¼ tsp kosher salt
- Hot Sauce to taste

Instructions

1. Place steak in a medium-sized bowl and toss with lime juice, soy sauce, garlic, ½ tsp kosher salt, and black pepper. Set aside and let marinade for 15 minutes.
2. Combine all dressing ingredients in a blender and blend until smooth. Season to taste.
3. Heat 1 tablespoon of olive oil in a skillet over medium-high heat and stir fry peppers and onions, seasoning with the remaining ¼ tsp of salt. Cook until just tender and the onions start to caramelize—about 4 minutes. Transfer to a bowl and set aside.
4. Heat remaining 1 tablespoon of oil in the same skillet, add steak and stir fry for 2 minutes for medium or until it reaches your desired done-ness. Remove from heat.
5. Assemble salads with a base of romaine lettuce and top with the steak, vegetables, halved grape tomatoes, feta cheese, and drizzle with the dressing. Garnish with tortilla chips and additional lime wedges if desired.



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/skillet-steak-fajita-salads-avocado-cream-dressing-tips-buying-beef/>

Parmesan Lemon Chicken and Zucchini Saute

After just a few minutes in the skillet, this light chicken and zucchini saute is great served over pasta, couscous, quinoa, or rice. A quick weeknight meal that the family will devour!

Author: Heather Cheney

Ingredients

- 1½ lbs fresh zucchini, cut into bite-sized rounds
- 2-3 chicken breasts, cut into bite-sized pieces
- 2-3 tbsp olive oil
- 1 tsp kosher salt
- ¼ tsp black pepper
- 1 C chicken broth
- 2 tbsp fresh lemon juice
- ¼ C fresh Italian parsley (flat leaf), chopped
- ¼ C parmesan cheese, freshly grated

Instructions

1. Heat olive oil in a large skillet and bring to medium-high heat. Add chicken to hot pan and leave undisturbed for a minute or two until they have a chance to really brown and caramelize.
2. Sprinkle salt and pepper over chicken and continue to cook, stir-frying a few minutes longer until cooked through. Remove chicken from pan and set aside.
3. Place zucchini in the pan, adding an additional tablespoon of oil if needed. Stirfry until the zucchini is just barely tender and has a bit of color.
4. Pour chicken broth into the pan and use the back of a spatula to scrape up any browned bits from the bottom. Bring to a simmer and let cook over medium-low until the liquid has reduced by about half.
5. Stir chicken, parsley, lemon juice, and parmesan into the zucchini. Toss to coat in the cooking liquid and serve over pasta, rice, couscous or quinoa.



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/parmesan-lemon-chicken-zucchini-saute/>

Slow Cooker Salsa Chicken Chili

Ingredients

- 2-3 Boneless Skinless Chicken Breasts
- 2 cans (14.5 oz) black beans, undrained
- 1 can (14.5 oz) pinto beans, undrained
- 2 C jarred salsa
- ¼ C taco seasoning
- 1 can corn (14.5 oz) drained, or 1½ C frozen corn kernels
- ½ C fresh cilantro, chopped
- 1 fresh lime, juiced
- 1 tbsp masa harina corn flour, optional

Instructions

1. Place chicken, beans, salsa, corn, and taco seasoning in a slow cooker, stir to combine and set to cook for 4 hours on HIGH.
2. Remove chicken from the chili and shred.
3. If you'd like the chili a little thicker, stir in 1 tablespoon of masa harina, cover the slow cooker and cook an additional 10 minutes.
4. Stir shredded chicken, cilantro and lime juice into the chili and serve with chips, sour cream, and shredded cheese.



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/slow-cooker-salsa-chicken-chili/>

Penne with Smoked Sausage and Caramelized Onions

Serves: Serves 4

Ingredients

- 12 oz. smoked sausage, sliced
- 8 oz dry penne pasta
- 1, 14.5 oz can diced tomatoes
- 1 medium onion, sliced
- ¼ tsp salt
- ¼ C parmesan cheese, shredded
- ½ tsp dried oregano

Instructions

1. In a large skillet brown sliced sausage until caramelized. Remove from skillet and set aside, leaving the drippings from the sausage in the pan.
2. Lower heat to medium-low and place onions and salt in sausage drippings. Cook onion, stirring often, until very soft and well caramelized-- about 15 minutes.
3. Boil pasta according to packaged directions and drain, reserving ½ C of the starchy cooking water.
4. Add sausage to the onions as well as the tomatoes and oregano. Bring to a simmer and stir in pasta and parmesan cheese, adding a bit of the cooking water if necessary to loosen it up. Serve with additional parmesan cheese and chopped fresh basil if desired.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/penne-with-smoked-sausage-and-caramelized-onions/>



Texas Toast Griddle Burgers

Serves: 6 Burgers

Ingredients

For the patty:

- 1 lb lean ground beef
- 2 tbsp mayonnaise
- 1 tbsp Worcestershire sauce
- 1 tsp dried dill weed
- 2 tsp lemon pepper seasoning

For Assembly

- 12 Slices Texas Toast Bread
- Lettuce
- Tomato
- 6 slices american cheese
- ¼ C Ketchup
- ¼ C Mayonaise
- 1 tbsp sweet pickle relish
- ¼ tsp dried dill weed

Instructions

1. Mix all ingredients for the patties together and divide into ½ cup portions. Press each portion into a thin patty. Cook on a griddle or large frying pan until cooked through or done to your liking- about 3 minutes per side. Add a slice of cheese on top towards the end of cooking to let melt.
2. Butter 1 side of each piece of bread and cook along side the patties until golden brown and toasted.
3. Combine mayo, ketchup, relish, and dill weed.
4. Assemble the burgers with one patty on a piece of toast topped with tomato and lettuce. Spread about a tablespoon of the sauce on another slice of the toast and top the sandwich with it. Serve hot!

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/texas-toast-griddle-burgers/>



Easy Cottage Cheese Cheese Horns

Serves: makes 2-3 dozen rolls

Ingredients

For the Rolls

- 1 C salted butter, softened
- 1½ C small curd cottage cheese (2% or better)
- 2 C all purpose flour
- ½ tsp salt

For the Glaze

- 2 Tbsp butter, melted
- 1 C powdered sugar
- 2-3 Tbsp water
- 1 tsp vanilla extract

Instructions

1. Cream butter, cottage cheese and salt together until combined. Stir in flour until no dry spots remain--dough will be sticky.
2. Use a spatula to move the dough to the center of the bowl into a rough ball, cover and refrigerate for at least 3 hours or overnight until the dough is manageable.
3. Turn dough onto a lightly floured surface and divide into thirds. Roll each third into ball and flatten into a disk.
4. Cut each disk into 8-12 wedges using a pizza cutter. Roll each wedge starting with the widest side and place the pointed side down onto a lined baking sheet.
5. Bake at 350 Degrees for 25-30 minutes or until golden brown.
6. While rolls are cooking combine the butter vanilla and sugar for the glaze. Drizzle in water until it's the consistency you'd like, mixing until smooth.
7. Drizzle rolls white still warm with the glaze and serve.



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/easy-cottage-cheese-butterhorns/>