



# 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](http://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](mailto:heather@heatherlikesfood.com)

Best,

Heather

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Visit [www.heatherlikesfood.com](http://www.heatherlikesfood.com) to rate the recipe you tried!

Week 1



# Deliciously Planned >>> Dinner-time

## Week 1

- Super Moist BBQ Chicken and The BEST Cole Slaw
- Greek Style Turkey Burgers
- Sweet Chili Chicken Lo Mein
- Freezer Friendly Bean and Cheese Roll-Ups
- Creamy Slow Cooker Tortellini Soup
- Super Soft Sour Cream Sugar Cookies

## Shopping List

### To Pick Up

- 2 Boneless Skinless Chicken Breast
- 4 Bone-in Chicken Breast Halves
- ½ lb lean ground beef
- ½ lb ground Italian sausage
- 1 ¼ lbs ground turkey
- 2 lemons
- 6 Cloves garlic (1 head)
- 2 Sweet White onions
- 1 Carrot
- 1 head green cabbage
- 1 bag fresh spinach
- 8 oz fresh mushrooms
- 1 tomato
- 1 seedless cucumber
- Flat leaf parsley
- 1 red bell pepper
- 1 C sour cream
- 3 C salted butter
- 8 oz cream cheese
- 3-4 C Colby-jack cheese, grated
- ½ c plain greek yogurt
- 6 oz feta cheese
- Chopped peanuts or cashews
- 1 lb frozen stir-fry veggies
- 1 lb frozen cheese filled tortellini
- ½ C orange juice
- 1 C BBQ sauce
- 4 C chicken broth
- Sweet chili sauce (Mae Ploy or similar)
- 24 oz jar spaghetti sauce
- 8 oz thin spaghetti

- 2, 20 oz cans refried beans
- Kalamata olives
- 10 burrito sized, or 20 taco sized tortillas
- 8 pitas (16 halves)

### Pantry Items

- Olive oil
- Smoked paprika
- Kosher salt
- Black pepper
- Apple cider vinegar
- Canola oil
- Mayonnaise
- Sugar
- Dried tarragon
- Vanilla
- All purpose flour
- Baking soda
- Powdered sugar
- Orange extract
- Soy sauce
- Dried, chopped onion
- Ground cumin
- Chili powder
- Hot sauce
- Dried oregano
- Ground cardamom
- Dried dill weed

## Creamy Slow-Cooker Tortellini Soup

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### Ingredients

- 6 cups of your favorite [homemade meaty spaghetti sauce](#) or 24 oz jar prepared spaghetti sauce + ½ lb browned ground beef + ½ lb browned Italian sausage
- ½ bag (4.5 oz) fresh spinach leaves
- 4 C chicken broth
- 8 oz cream cheese
- 8 oz sliced fresh mushrooms
- 16 oz frozen cheese tortellini

### Instructions

1. Combine spaghetti sauce (and meat if adding it in separately), spinach, cream cheese, chicken broth, and mushrooms in a slow-cooker. Cook on low for 6 hours, on high for 2-3.
2. 20 minutes before serving, turn heat to high if it isn't already and stir in frozen tortellini. Cover and cook for 15 minutes or until tender and hot.
3. Serve topped with parmesan cheese.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/creamy-slow-cooker-tortellini-soup/>



## Freezer Friendly Bean and Cheese Roll Ups

Serves: 10 large, 20 small roll ups

### Ingredients

- 2, 20 oz cans re-fried beans
- ¼ C dried chopped onion
- 1½ tbsp ground cumin
- 1 tbsp chili powder
- ½ tsp kosher salt
- 1 tbsp hot sauce
- 10 burrito sized flour tortillas or 20 soft taco sized
- 3-4 C colby-jack cheese, grated
- 3 tbsp canola oil



### Instructions

1. Combine beans, spices, onion, salt, and hot sauce in a bowl.
2. Spread ½ C of beans down the center of the large tortillas, less if using smaller tortillas. Top with cheese.
3. Roll up each tortilla and place on a lined baking sheet. Brush canola oil over the tops of each roll up.
4. Place in the freezer and transfer to a plastic bag for storage once frozen or bake immediately.
5. Thawed: Bake @ 375 for about 10 minutes. Frozen: Bake @ 375 for about 20 minutes. Roll ups are done when the cheese is melted and the tops are golden brown.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/freezer-friendly-bean-and-cheese-roll-ups/>

## Greek Style Turkey Burgers

Serves: 4-6 Servings

### Ingredients

- Burger Patties
- 1.25 lbs ground turkey
- 1 tsp dried oregano
- 1 /4 tsp ground cardamom
- 1 tsp ground cumin
- 1 tsp kosher salt
- 2 tsp dried dill weed
- 1 tsp smoked paprika
- ¾ C sweet onion, finely chopped
- ¼ C flat leaf parsley, chopped
- 1 egg
- 2 pita bread halves, soaked in milk
- 8-12 pita bread halves
- Veggie Salsa
- 1 tomato, diced
- ½ seedless cucumber, diced
- 1 small bell pepper, diced
- 1 /2 C sweet onion, diced
- ¼ C kalamata olives, diced
- ¼ C flat leaf parsley, chopped
- ½ tsp dried dill weed
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Whipped Feta Cheese Spread
- 4 oz. greek yogurt
- 6 oz feta cheese, crumbled
- ½ tsp dried dill weed
- 1 clove garlic, chopped
- 2 tbsp olive oil



### Instructions

1. Veggie Salsa:
2. Combine tomatoes, cucumber, yellow bell pepper, sweet onion, dill, parsley, kalamata olives, lemon juice and olive oil. Stir and set aside.
3. Whipped Feta: Combine Greek yogurt, feta cheese, garlic, olive oil and dill in a food processor or blender. Mix until smooth and creamy. Set aside.
4. Burgers: Combine ground turkey with smoked paprika, cardamom, dill, cumin, salt, pepper, and oregano. Soak 2 pita bread halves in milk until very soft and pliable. Using your hands, wring the extra milk out of the moist dough and add to the meat. Add an egg, finely chopped onion, and flat leaf parsley; stir well but don't overwork the meat.
5. Scoop your meat into small rounds using a cookie scoop and flatten into patties.
6. Cook the patties in a bit of olive oil on the stove-top until they are browned on both sides and cooked through- about 4-5 minutes. Brush pitas with a bit of olive oil and heat on the stove-top until warm and slightly toasted.
7. Stuff each pita with a few turkey patties, a big spoonful of veggie salsa and a dollop of whipped feta cheese.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/greek-style-turkey-burgers/>

## Super Moist Oven Baked BBQ Chicken

### Ingredients

- 4, bone-in Chicken Breast Halves
- 3 tbsp olive oil
- 1½ tsp smoked paprika
- 2 tbsp fresh lemon juice
- 3 cloves garlic, minced
- ½-¾ tsp kosher salt
- pepper to taste
- 1 C favorite prepared BBQ sauce



### Instructions

1. Remove skin from chicken breast halves and place in a large ziplock bag.
2. Combine olive oil, smoked paprika, lemon juice, and garlic in a small bowl and pour over chicken.
3. Let chicken marinate for at least an hour, up to 24 in the fridge.
4. Preheat oven to 350 degrees
5. Remove chicken from bag and place on a baking sheet. Season with salt and pepper.
6. Bake for 20 minutes and brush a layer of BBQ sauce on the chicken. Return to the oven and repeat brushing with BBQ sauce every 5 minutes until the chicken is cooked through, about 15 to 20 minutes longer. Chicken is done when it reaches an internal temperature of 165 degrees F when read with a thermometer inserted into the thickest part of the breast.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/super-moist-oven-baked-bbq-chicken/>

## Super Soft Sour Cream Sugar Cookies

Serves: 5-6 Dozen Cookies

### Ingredients

#### For The Cookies

- 1 cup sour cream, room temperature
- 1 cup butter, softened
- 2 cups sugar
- 2 eggs, room temperature
- 1 teaspoon vanilla
- 5-1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

#### For the Frosting

- 2 C butter, softened (yes, I know it's a lot. We're frosting 5 dozen cookies here)
- 6 C powdered sugar
- 1/2 teaspoon kosher salt
- 1/2 C orange juice
- 1/2 teaspoon orange extract
- 1 teaspoon vanilla extract



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### Instructions

1. With an electric mixer, cream the sour cream and butter at low speed; add sugar, eggs, and vanilla & mix until combined.
2. Gradually add the flour, baking soda, and salt to the sour cream mixture, mixing until well combined. Dough will be sticky.
3. Divide dough onto two pieces of plastic wrap; flatten dough into a square, wrap tightly, and refrigerate until chilled, 1-2 hours.
4. Preheat oven to 350 degrees.
5. Generously flour your counter or work surface to prevent dough from sticking. Rub flour on the rolling pin. Put one of the chilled pieces of dough on top of the floured surface and sprinkle the top of the dough with more flour. Roll the dough to an even 1/4" thick all over, sprinkling with additional flour, as needed.
6. Dip cookie cutter in flour and cut out dough shapes. Transfer dough shapes to lined baking sheets.
7. Bake cookies for 8-10 minutes, Cookies are done when just set and the edges or bottoms have no color. Transfer hot cookies to a baking rack to cool completely.

#### For the Frosting:

1. Beat powdered sugar, butter, and salt in an electric mixer until smooth.
2. Stream in orange juice and extracts and beat until fluffy. Add more orange juice or powdered sugar as needed to thin or thicken the finished frosting.
3. Spread or pipe frosting on cooled cookies. Let cookies sit uncovered for a few hours to harden frosting. Store cookies in an airtight container.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/super-soft-sour-cream-sugar-cookies/>

## Sweet Chili Chicken Lo-Mein

Serves: 4 servings

### Ingredients

- 1-2 Boneless skinless chicken breasts, cut into ½ inch pieces
- 2 Tbsp canola oil
- 2 cloves garlic, minced
- ¼ tsp kosher salt
- ⅛ tsp ground black pepper
- 1 Tbsp soy sauce
- 1 (16 oz) bag frozen stir-fry veggies
- 8 oz thin spaghetti, cooked
- 1 tbsp soy sauce
- ¼ C sweet chili sauce such as Mae Ploy
- Chopped peanuts or cashews for serving



### Instructions

1. Heat 1 tbsp oil in a large skillet over medium high and cook chicken 3-4 minutes or until opaque and cooked through. Season with salt, pepper, and 1 Tbsp soy sauce and remove from skillet. Set aside.
2. Heat remaining Tbsp of oil in same skillet and cook vegetables until crisp-tender, stirring often. Stir in cooked pasta, chicken, sweet chili sauce and 1 Tbsp of soy sauce, stirring constantly until well combined. Remove from heat and serve hot.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/sweet-chili-chicken-lo-mein/>



## The BEST Coleslaw ever!

**Prep time**

30 mins

**Total time**

1 hour 30 mins

Serves: 10-12 servings

### Ingredients

- 1 tbsp apple cider vinegar
- 2 tbsp canola oil
- ¼ C sweet onion, grated
- 1¼ C mayonnaise
- ½ C sugar
- ½ tsp dried tarragon
- 1 carrot, grated
- 1 head green cabbage, shredded

### Instructions

1. Combine carrots, onion, and cabbage in a large bowl,
2. Combine vinegar, mayo, oil, sugar and tarragon and mix until smooth.
3. Pour dressing over cabbage mixture and mix well.
4. For best results, make the night before serving, but it can be made up to just an hour before serving and still taste great.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/the-best-coleslaw-ever/>

