



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 4

- Tortellini Primavera
- Slow Cooker White Chicken Chili
- Sweet Ham and Swiss Sliders
- Gorgeous Grilled Chicken & Grilled Sweet Potatoes
- Oven Baked Pesto Tilapia
- 6 Layer Miracle Cobbler

Shopping List

To Pick Up

- 24 slices honey ham
- 2 boneless skinless chicken breasts
- 2-3 lbs assorted chicken pieces for grilling
- 4 tilapia fillets
- 16 slices swiss cheese
- Parmesan Cheese
- 2/3 C cream
- 1 C sour cream
- 1 lb butter
- 1/3 C prepared pesto
- 16-18 oz fresh cheese filled tortellini
- 1 can white beans (14.5oz)
- 1 can kidney beans (14.5oz)
- 3 C chicken broth
- 1 can green salsa (8 oz)
- 1 can cherry pie filling(21 oz)
- 1 can crushed pineapple (20 oz)
- 1 box yellow cake mix (18.25 oz)
- 1/2 c shredded coconut
- 1/2 c chopped walnuts
- 16 white dinners rolls
- 3-4 medium sweet potatoes
- 1 lemon
- Fresh basil
- 4 C baby spinach
- 1 tomato

- 12 large mushrooms
- 3 C corn kernels, fresh or frozen
- Green onions
- 1 onion
- Cilantro

Pantry Items

- Olive oil
- Kosher salt
- Black pepper
- Soy sauce
- Brown sugar
- Dijon mustard
- Garlic powder
- Onion powder
- Liquid Smoke Flavoring
- Sriracha
- Ground cinnamon
- Chili powder
- Apple cider vinegar
- Granulated garlic
- Ground cumin
- Dried oregano
- 1/4 C mayonnaise
- Worcestershire sauce
- Poppy seeds

Gorgeous Grilled Chicken

Serves: 5-10 pieces of chicken depending on the cut.

Ingredients

- $\frac{2}{3}$ cup olive oil
- $\frac{2}{3}$ cup soy sauce
- 1 lemon, juiced
- 1 tablespoon brown sugar
- 2 tablespoons dijon mustard
- 1 teaspoon fresh ground black pepper
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon liquid smoke flavoring
- 1 teaspoon- 1 tablespoon Sriracha depending on how spicy you like them
- 2 to 3 pounds assorted chicken pieces



Instructions

1. Combine every ingredient except for the chicken in a large gallon-size ziplock bag. Shake or massage bag to mix and then add in chicken. Let marinade for at least 2 hours, up to 4 hours (anything past four will start to cook the chicken and make it a funky texture).
2. Grill chicken over medium heat until cooked through and it's juices run clear.

Notes

Recipe adapted from [From Valerie's Kitchen](#)

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/gorgeous-grilled-chicken/>

Grilled Sweet Potatoes

Ingredients

- 3-4 Medium Sweet Potatoes
- 3 tbsp olive oil
- ¼ tsp ground cinnamon
- ½ tsp chili powder
- ¼ tsp ground black pepper
- ¼ tsp salt
- 1 tbsp apple cider vinegar
- 3 green onions, sliced
- 2 tbsp butter



Instructions

1. Preheat BBQ grill to medium heat
2. Slice sweet potatoes longways into ½" thick slices
3. Combine oil, spices, salt, and vinegar in a small bowl and whisk until smooth. Pour over sweet potatoes and toss until coated.
4. Place potato slices on grill and cook for 20-30 minutes, turning frequently until they are tender and pierce easily with a fork.
5. Transfer into a large bowl and toss with sliced green onions and butter. Using the end of a spoon, break up the potato slices into bite-sized pieces if desired. Serve warm.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/grilled-sweet-potatoes/>

Oven Baked Pesto Tilapia

Ingredients

- 4 tilapia fillets or other firm white fish
- ¼-1/3 C prepared pesto (I like Costco brand best)
- salt and pepper

Instructions

1. Preheat oven to 400
2. Place fillets in a greased 9x13" baking dish and season with salt and pepper.
3. Spread 1-1½ Tbsp of pesto over each fillet
4. Bake uncovered for 10-12 minutes or until the fish flakes easily and is opaque.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/oven-baked-pesto-tilapia/>



Tortellini Primavera

Serves: 2-3 Servings

Ingredients

- 2 ears fresh corn, about 1 1/2 cups corn kernels
- 6 large mushrooms, sliced
- 2 tbsp olive oil
- 1/4 tsp kosher salt
- 1 medium tomato, diced
- 2 C fresh baby spinach
- 9 oz fresh cheese-filled tortellini
- 1/3 C heavy cream
- 2 tbsp fresh basil, finely chopped
- 1/4 C shredded parmesan cheese + more for serving
- Pepper to taste



Instructions

1. Cook pasta according to package directions, removing from heat when just barely tender. Drain pasta and set aside, reserving 1/2 C of the cooking liquid.
2. Heat a large skillet with 2 tbsp of oil and saute corn and mushrooms with 1/4 tsp kosher salt until tender--about 5 minutes.
3. Stir pasta, spinach, tomatoes, cream, and reserved pasta cooking liquid into the skillet and bring to a simmer. Cook over medium-low heat until the pasta is tender, spinach is wilted, and sauce is slightly thickened--about 5 minutes.
4. Remove skillet from heat and stir in fresh basil and parmesan cheese. Season to taste with salt and pepper and serve topped with additional parmesan cheese.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/tortellini-primavera/>

White Chicken Chili

Serves: 4 servings

Ingredients

- 2 boneless skinless chicken breasts
- 1 (8 oz) can green salsa
- 1 onion, chopped
- 3 C chicken broth
- 2 cans beans any variety (I used 1 white, 1 kidney), drained
- ½ tsp granulated garlic
- 1 tsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp kosher salt
- 1 C sour cream
- ½ C chopped cilantro



Instructions

1. Combine all ingredients except for the sour cream and cilantro in a slow cooker.
2. Cook on LOW for 6-8 hours, HIGH 3-4 hours.
3. Remove cooked chicken from pot, shred into bite-sized pieces, and return to chili.
4. Stir in sour cream and fresh cilantro.
5. Serve with tortilla chips or corn bread.

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

Sweet Ham and Swiss Sliders

Ingredients

- 16 White Dinner Style Rolls, cut in half
- 24 slices Honey Ham
- 16 slices Swiss Cheese
- ¼ C Mayonnaise
- 1½ Tbsp Dijon Mustard
- 8 Tbsp butter, melted
- 1 tsp onion powder
- ½ tsp Worcestershire Sauce
- 1 Tbsp poppy seeds
- ¼ C brown sugar

Instructions

1. Preheat oven to 400°
2. On a rimmed baking sheet place bottom half of dinner rolls and top with 1½ slices of ham and 1 slice of swiss cheese. Spread about 1 tsp of mayonnaise on each top-half of roll and place on top of ham and cheese. You want the rolls to be snug together, kissing just a bit so the sauce can soak up into all of the nooks and crannies.
3. In a small bowl combine the mustard, melted butter, onion powder, Worcestershire sauce, poppy seeds, and brown sugar. Mix until combined and evenly pour over the assembled rolls. Cover with foil and refrigerate until ready to bake.
4. Bake covered with foil for 10 minutes, remove the foil and bake for an additional 5-10 minutes or until the tops are browned, and cheese is good and melted.

Notes

Heather Likes Food

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/sweet-ham-and-swiss-sliders/>

6 Layer Miracle Cobbler

Ingredients

- 1 (21 oz) can cherry pie filling
- 1 (20 oz) can crushed pineapple, UNDRAINED
- 1 (18.25 oz) box yellow cake mix
- 1 (4 oz) stick butter, cut into small pieces
- ½ C shredded coconut
- ½ C chopped walnuts

Instructions

1. Preheat oven to 350°
2. Pour cherry pie filling into a 9x13" pan. Pour pineapple over cherries, smoothing into an even layer of fruit.
3. Sprinkle entire box of DRY cake mix over the fruit, spreading into an even layer.
4. Distribute small pieces of butter all over the top of the cake mix and top with the coconut and walnuts.
5. Bake @ 350° for 40-45 minutes or until the top of the cobbler is golden and the fruit is bubbling up from the bottom in spots.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/6-layer-miracle-cobbler/>

