



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 6

- Easy Pizza Sticks w/ Green Salad
- Maple Garlic Baked Salmon
- Skinny Fried Chicken
- Slow Cooker Pot Roast and Overnight No-Knead Bread
- Turkey Ham and Swiss Baked Potatoes
- Fresh Strawberry Pie

Shopping List

To Pick Up

- 7 tbsp salted butter
- 2 C milk
- Laughing Cow Light Swiss Cheese Wedges
- 1 C cooked Ham
- 1-2 C cooked turkey
- 4 baking potatoes
- 2 lbs fresh strawberries
- 1 can peach nectar
- 1 lime
- 1 ¼ C graham cracker crumbs
- 2 tubes crescent roll dough
- 8 mozzarella string cheese
- 40-50 slices pepperoni
- marinara sauce
- 1-2 lb salmon filet
- 2 cloves garlic
- 3-4 lb beef chuck roast
- 1 carrot
- 2 ribs celery
- 1 onion
- 1/2 C red wine or beef broth
- 1 c beef broth
- 1-2 lbs root vegetables (potatoes, parsnips, carrots)
- 6 boneless skinless chicken breasts

- 1 c buttermilk
- 1 ½ C cornflake crumbs

Pantry Items

- All purpose flour
- Bread flour
- Kosher salt
- Black Pepper
- Tobasco Sauce
- Corn Starch
- Granulated sugar
- Instant Yeast
- Garlic salt
- Italian Seasoning
- Olive oil
- Soy Sauce
- Dried Thyme
- Paprika
- Cayenne Pepper
- Garlic Powder
- Onion Powder
- Poultry Seasoning
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Easy Pizza Sticks

Author: Heather Cheney

Serves: 8 rolls

Ingredients

- 2 tubes Crescent Roll dough (8 count)
- 8 mozzarella string cheese
- 40-50 slices pepperoni
- garlic salt, italian seasoning, olive oil
- marinara sauce for dipping



Instructions

1. Preheat oven to 375 degrees
2. Roll dough out and separate into rectangles with 2 triangles in each. Pinch the seam together.
3. Line each rectangle with 5 or 6 slices of pepperoni and top with a string cheese.
4. Fold the dough over the contents and fold the sides up and over to seal.
5. Turn roll over, brush lightly with olive oil and sprinkle garlic salt and italian seasoning on the tops of each roll.
6. Bake for 10-12 minutes or until golden brown on both the top and bottom. Remove from oven and serve hot with marinara sauce for dipping.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/easy-pizza-sticks/>

Classic Slow Cooker Pot Roast

Ingredients

- 3-4 lb Beef Chuck Roast
- 2 tbsp vegetable oil
- 1 carrot, peeled and chopped
- 2 ribs celery, chopped
- 1 medium onion, chopped
- ½ C red wine or beef broth
- ¼ tsp dried thyme
- 2 cloves garlic, chopped
- 1-2 lbs root vegetables of choice (potatoes, carrots, parsnips) cut into bite-sized pieces
- 1 C beef broth
- 2 tbsp flour
- salt and pepper



Instructions

1. Season roast liberally with salt and pepper and brown over medium-high heat until golden brown on both sides, keep the pan on the heat, remove the roast from the pan and place in slow cooker.
2. Place chopped carrots, onion, and celery in the hot pan, lower heat to medium and cook until lightly browned on the edges and just barely tender and stir in garlic and thyme.
3. Add wine or broth to the pan, scraping up any browned bits from the bottom and pour the veggies and liquid over the roast in the slow cooker.
4. Cover and set the slow cooker to LOW for 7-8 hours.
5. 2 hours before the roast is finished, spoon desired bite-sized root vegetables around the roast, cover and continue to cook until the roast and vegetables are tender.
6. Remove the meat and vegetables from the slow cooker and pour the cooking juices into a fat separator or measuring cup. Let the juices sit for a few minutes and slowly spoon or pour off the fat from the liquid.
7. Place 1 cup of the juices in a skillet and bring to a simmer. Cook until they are reduced by about half and stir in beef broth. Gently sprinkle 2 tbsp of flour over the liquid, whisking vigorously until thickened and no lumps remain. Season with salt and pepper to taste and serve alongside the meat and vegetables.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/classic-slow-cooker-pot-roast/>

Maple Garlic Baked Salmon

Ingredients

- 1-2 lb salmon fillet
- ¼ C real maple syrup
- 2 tbsp soy sauce
- 2 cloves garlic, minced
- ½ tsp kosher salt
- black pepper

Instructions

1. Combine maple syrup, soy sauce and garlic in a small bowl.
2. Lay two pieces of foil slightly overlapping in a 9x13 baking dish. Place salmon skin side down on the foil so that you can bring the sides of it up and over the fish and close to bake.
3. Season salmon with salt and pepper and pour maple mixture over it. Close foil and allow to marinate for 30 minutes-- no longer.
4. Place in a preheated 400 degree oven and bake still covered for 15 minutes. Open the foil and cook for an additional 3-5 minutes under the broiler to caramelize the top. Fish is done when it flakes easily in the thickest part.



Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/maple-garlic-baked-salmon/>

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No-Knead Overnight Bread

This bread only takes about 5 minutes of hands-on time, but tastes like it came straight out of an artisan bakery.

By [Heather Cheney \(/contributors/heathercheney/\)](#)

Servings: 4

INGREDIENTS

- 3 cups white bread flour
- 1/4 teaspoon instant yeast
- 1 1/2 teaspoons kosher salt
- 1 1/2 cups warm water

DIRECTIONS

STEP 1: Combine all ingredients in a large bowl until just combined—dough will be shaggy. Cover with plastic wrap and let rest at room temperature for 12-20 hours.

- STEP 2:** Turn dough onto a floured surface and line a bowl with a piece of parchment paper. Fold dough a few times to form into rough ball and place onto the parchment paper. Cover bowl with plastic wrap and let rest for 2 hours.
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- STEP 3:** During the final 30 minutes of the resting period, place a covered heavy bottomed pot—like a cast iron Dutch oven—in the oven and preheat to 450° F.
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- STEP 4:** Using the parchment paper to carry the dough, transfer the dough while still on the parchment, into the hot pot, cover and bake for 30 minutes. Remove cover and bake for an additional 15-20 minutes, or until golden brown. Cool on rack before cutting.

Yield: 4 Servings

Course: [Side Dish \(/course/side-dish/\)](#)

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Recipe developed by Anolon® blog partner and recipe developer, Heather Cheney, of [Heather Likes Food](http://www.heatherlikesfood.com/)
(<http://www.heatherlikesfood.com/>)

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Skinny Fried Chicken

Ingredients

- 12 boneless, skinless chicken breasts, pounded to ½ inch thick
- 2 cups buttermilk
- 1 tablespoon hot sauce
- Vegetable oil spray
- ½ cup all-purpose flour
- 3 cups cornflake crumbs
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon poultry seasoning



Instructions

1. Rinse the chicken breasts in cold water, then place them in a resealable plastic bag with the buttermilk and hot sauce. Close the bag, shake until the chicken pieces are fully coated, and refrigerate for at least 2 hours or overnight.
2. Position a rack in the center of the oven. Preheat the oven to 400°F. Spray a wire rack with vegetable oil spray and place it in a roasting pan or on a baking sheet.
3. Place the flour on a plate. Mix the cornflake crumbs, paprika, salt, black pepper, cayenne, garlic powder, onion powder, and poultry seasoning in a bowl until the ingredients are evenly distributed. Remove the chicken breasts from the bag and place them on a plate. Pour the marinade into a medium bowl. Dredge each breast with the flour until fully coated, shaking off any excess. Then coat the chicken in the marinade, followed by a dredging in the cornflake mixture.
4. Arrange the chicken pieces on the prepared wire rack. Bake for 15 minutes. Reduce the oven temperature to 350°F and bake until cooked through and crispy, 15 to 20 minutes.

Notes

Recipe From: [Back Around the Table: An "In the Kitchen with David" Cookbook](#)

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

Turkey Ham and Swiss Baked Potatoes

Serves: 4 servings

Ingredients

- 2 tbsp butter
- 2 tbsp all purpose flour
- 2 C milk
- ¼ tsp kosher salt
- ⅛ tsp black pepper
- 4 Laughing Cow Creamy Light Swiss Wedges
- 1-2 C cooked turkey, diced
- 1 C cooked ham, diced
- ¼ tsp tobasco sauce
- 4 baked potatoes

Instructions

1. Heat butter until melted in a sauce pan over medium heat. Stir in flour and cook 1 minute. Slowly whisk in milk, continuously stirring until flour/butter is incorporated fully into the milk. Turn heat down to medium-low and continue to cook until the milk is creamy and thickened- about 8 minutes
2. Add cheese wedges into the hot sauce and whisk until the cheese is melted and incorporated. Stir in salt, pepper, turkey, and ham, bring to a simmer to heat up the meat and then remove from the heat.
3. Season additionally with tobasco sauce, if desired, and top hot baked potatoes with the sauce.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/turkey-ham-and-swiss-baked-potatoes/>



Fresh Strawberry Pie

Serves: 1 9" pie

Ingredients

- 2 lbs fresh strawberries, washed and hulled

For the Glaze

- 1 (12 oz) can peach nectar
- ¼ C sugar
- 1 tbsp lime juice
- 1 tbsp corn starch
- 3 tbsp cold water

For the Crust

- 1¼ C graham cracker crumbs
- ¼ C sugar
- 5 Tbsp butter, melted



Instructions

For the Glaze:

1. Combine nectar, sugar, and lime juice in a small sauce pan and bring to a boil. In a small bowl combine cornstarch and cold water and whisk into the boiling juice mixture, stirring constantly for at least one minute or until thickened. Remove from heat and cool completely.

For the Crust:

1. Combine cracker crumbs, sugar, and melted butter and mix. Press into one 9" pie pan, using your fingertips to even and compress the crumbs. Bake at 350 degree for about 6 minutes or until light golden brown. Let cool completely

Assembly:

1. Toss strawberries with cooled glaze and spoon into cooled crust. Serve with whipped cream if desired.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/fresh-strawberry-pie/>