



# 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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## Week

- Slow Cooker Pizza Chicken
- Easy Beef Enchilada Skillet
- Spring Avocado Salad and 7-up Grilled Chicken
- Pepper Jack Stuffed Doritos Burgers
- Maple Garlic Oven Baked Salmon
- Salted Caramel Pretzel Chocolate Sheet Cake

## Shopping List

### To Pick Up

- Fresh baby spinach
- 1 red onion
- 1 ripe avocado
- 1 head garlic
- 1 yellow onion
- Sweetened dried cranberries
- Candied almonds- recipe on site
- 2 1/3 lbs lean ground beef
- 8 boneless skinless chicken breasts
- 1 salmon filet, 1-2 lbs
- 3 oz pepperoni
- 2 C Colby jack cheese, grated
- 1 C pepper jack cheese, grated
- 1/2 c mozzarella cheese, grated
- 1 1/2 C butter—3 sticks
- 2 eggs
- 1/2 C sour cream
- 1/4 C milk or cream
- White balsamic vinegar
- 1 c tomato sauce
- 2 C chicken broth
- 1 can black olives
- 1 14.5 oz can Italian seasoned diced tomatoes
- 1/4 C real maple syrup
- 15 corn tortillas
- Nacho cheese doritos

- Salted pretzels
- Hamburger buns and desired toppings
- 1 can lemon-lime soda (7-UP)

### Pantry Items

- Olive oil
- Kosher salt
- Black pepper
- Soy sauce
- Brown sugar
- Dijon mustard
- Chili powder
- Ground cumin
- Poppy seeds
- Canola oil
- Honey
- Corn starch
- Italian seasoning
- Cocoa powder
- Granulated sugar
- Vanilla extract
- All-purpose flour
- Baking soda
- Powdered sugar

## 7-Up Grilled Chicken

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### Ingredients

- 4 chicken breast halves, boneless/skinless
- 1 (12 oz) can lemon-lime soda
- ½ C soy sauce
- ¼ C olive oil
- 2 cloves garlic, minced
- 2 tbsp Dijon mustard
- salt and pepper

### Instructions

1. Place chicken in a Ziploc bag and add soy sauce, soda, garlic, mustard, and olive oil.
2. Seal bag and let marinade for 3 hours up to overnight.
3. Remove chicken from marinade, season with salt and pepper and grill over medium-high heat for 15-20 minutes or until cooked through.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/7-up-grilled-chicken/>



## Easy Beef Enchilada Skillet

### Ingredients

- 1 lb lean ground beef
- 1 med-large onion, chopped
- ½ tsp kosher salt
- 1 tsp ground cumin
- 1½ tbsp vegetable oil
- 3 tbsp corn starch
- 3 tbsp chili powder
- 1 tsp ground cumin
- 1 C tomato sauce
- 2 C chicken broth
- 15 corn tortillas, cut into bite-sized squares
- 1½ -2 C colby-jack cheese, shredded
- Sour cream, black olives, green onions, tomatoes, etc for topping.



### Instructions

1. In a large skillet (10 inches or larger), brown ground beef with onion, salt, and 1 tsp cumin. Remove meat from pan and drain on paper towels-- set aside.
2. In the same skillet, heat vegetable oil over medium heat and stir in the chili powder, corn starch, and remaining teaspoon of cumin. Give it a stir and let cook for about 1 minute- once it becomes aromatic, you're good.
3. Stir the chicken broth and tomato sauce, mixing until it's well combined and smooth. Keep stirring until it comes up to a boil, is starting to thicken and let boil for 1 minute.
4. Add meat and cut tortillas to the sauce, stirring until all the tortillas are moistened by the sauce. Bring to a simmer, cover and let cook over med-low heat for about 15 minutes or until the tortillas are soft and have absorbed some sauce. Remove pan from heat.
5. Top with grated cheese, cover to let the cheese melt and garnish as desired.

### Nutrition Information

Serving size: 4-6 servings

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/easy-beef-enchilada-skillet/>

## Maple Garlic Baked Salmon

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### 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/>



## Pepper Jack Stuffed Doritos Burgers

Serves: 5 hamburger patties

### Ingredients

- $\frac{3}{4}$  C finely crushed Nacho Cheese Doritos (about 2 C chips)
- $1\frac{1}{2}$  lb ground beef- 85% lean or less
- 1 egg
- $\frac{3}{4}$  C pepper jack cheese, shredded
- salt and pepper
- buns and burger toppings



### Instructions

1. Combine crushed chips with the meat and egg. Mix until all ingredients are well incorporated, but don't over mix the meat.
2. Divide the meat into  $\frac{1}{4}$  C portions and flatten into about  $\frac{1}{2}$ " thick patties. Use the back of an ice cream scoop to indent the middle of each patty and place 2 tbsp of the cheese in 5 of the indentations.
3. Cover each cheese topped patty with the remaining patties, crimp the sides to seal and gently smooth out the patties to be uniform. You can also slightly flatten them at this point. Season each side of the patty well with salt and pepper
4. Cook over medium high heat on a griddle or grill, about 6 minutes per side for well done.
5. Serve with the usual hamburger toppings and don't forget to take a bite while the cheese is hot, melty, and juicy!

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/pepper-jack-stuffed-doritos-burgers/>

## Salted Caramel Pretzel Chocolate Sheet Cake

### Ingredients

#### For the Cake:

- 1 C butter
- 1 C water
- ¼ C cocoa powder
- 2 C sugar
- 2 eggs
- ¼ tsp kosher salt
- ½ C sour cream
- 1 tsp vanilla
- 2 C All-purpose flour
- 1 tsp baking soda

#### For the Frosting:

- 1 C brown sugar
- ½ C butter
- ¼ C cream or milk
- ½ tsp kosher salt
- 1 tsp vanilla
- 1 C powdered sugar
- 2 C crushed salted pretzels



### Instructions

1. Preheat oven to 350 and prepare a 12½ x 17½ baking pan (standard cookie sheet) by greasing it.

#### For the Cake:

1. Combine butter, water, and cocoa in a medium-sized sauce pan. Stir and heat until the butter is completely melted and the mixture comes together.
2. Remove pan from the heat and stir in sugar, vanilla, salt and sour cream; mix until well combined. Stir in eggs and continue to mix until combined.
3. In a small bowl, combine flour and baking soda. Gently fold the flour mixture into the batter and mix just until no dry spots remain. Try not to over-mix as this will cause the cake to be rubbery.
4. Pour the batter into the prepared baking sheet, spread evenly and bake for about 17-20 minutes or until a toothpick inserted into the center comes out clean or with just a few moist crumbs.

#### For the Frosting:

1. While the cake is baking, combine butter and brown sugar in a sauce pan and bring to a simmer. Let cook for about 1½-2 minutes, stirring constantly and remove from heat.
2. Using a whisk, stir in cream or milk, vanilla, salt, and powdered sugar, mixing until smooth.
3. Spread over the WARM cake and top with crushed pretzels. The pretzels are best when put on the same day you eat it or they lose their crunch. I usually just put pretzels on the pieces we're immediately eating.

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/salted-caramel-pretzel-chocolate-sheet-cake/>

## Slow Cooker Pizza Chicken

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Author: Heather Cheney

### Ingredients

- 4 medium chicken breasts
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 1 tsp Italian seasoning
- 3 oz turkey or regular pepperoni, cut in half
- ⅓ C sliced black olives
- 1 can (14.5 oz) Italian Seasoned diced tomatoes
- ½ C mozzarella cheese, grated

### Instructions

1. Arrange chicken in slow cooker and season with salt pepper, and italian seasoning. Sprinkle pepperoni and olives over chicken and pour the UNdrained diced tomatoes over the top of everything.
2. Cook 6 hours on low or 3-4 hours on high or until the chicken is tender.
3. Remove lid and sprinkle mozzarella cheese over the top of the chicken. Replace lid just long enough to melt cheese and serve.

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





## Spring Avocado Salad with Sweet White Balsamic Vinaigrette

### Ingredients

- Baby Spinach
- Red onion, sliced
- [Honey Candied Almonds](#)
- Dried Sweetened Cranberries
- Sliced Avocado

### Dressing

- ¼ C white balsamic vinegar
- ¼ C olive oil
- ⅓ C canola oil
- 1 clove garlic, minced fine
- 2 tbsp honey
- 2 tsp poppyseeds
- salt and pepper to taste

### Instructions

1. Combine all ingredients for the dressing except for the oils. While whisking, slowly pour the oils in a small stream until they are completely incorporated with the vinegar mixture. Serve over spinach, onions, avocado, cranberries and almonds.

### Nutrition Information

Serving size: about 1 1/2 C dressing

Recipe by Heather Likes Food at <http://www.heatherlikesfood.com/spring-avocado-salad-with-sweet-white-balsamic-vinaigrette/>

