

Menu

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner	Toscana Soup (like Zupa Toscana at Olive Garden!), Garlic French Loaf	Sensational Salmon, Baked Potatoes, Green Beans	Chicken Cordon Bleu, Sautéed Swiss Chard with Mushrooms, Yummy Carrots
Snacks			

Grocery List:

<p>Bakery: 1 garlic French loaf</p>	<p>Beverages:</p>
<p>Produce: Russett potatoes (6, medium) Kale (4 cups worth) 6 medium or small carrots 1 ½ lbs Swiss Chard or Spinach 2 small shallots 1 lb fresh button mushrooms, sliced Chives (? If you enjoy them on baked potatoes) Parsley (2 TB worth) Garlic (2 TB worth)</p>	<p>Dry/Canned: chicken stock or broth (8 cups, plus ¼ cup, divided) Italian Style Bread Crumbs (1 cup) Cream of Mushroom Soup (1 can) Grated Parmesan Cheese (½ cup)</p>
<p>Meats: 1 lb spicy Italian ground sausage Bacon (3 slices) 4 to 5 lb whole salmon 6 boneless, skinless chicken breasts</p>	<p>Dairy: heavy cream (1 ½ cups) sliced swiss cheese (6 slices) eggs (3) Sour Cream (1/2 pint + extra for baked potatoes) Butter (1/4 cup, 4 tb + extra for baked potatoes)</p>
<p>Frozen: 1 10 oz package chopped spinach Green Beans (for 1 meal, 4 servings)</p>	<p>Paper/Plastic/Cleaning:</p>
<p>Baby/Other:</p>	<p>Health/Beauty:</p>

Staples to make sure you have in the house:

Salt

Crushed Red Pepper Flakes (1/2 cup)

Oil for frying (vegetable oil, olive oil or canola oil) (1/2 cup)

Olive Oil (1 TB)

White Cooking Wine (splash)

Brown Sugar (2 TB)

Balsamic Vinegar (1 tsp)

Any seasonings or butter (?) you might want to add to frozen green beans

Toothpicks

Foil

Recipes:

Toscana Soup

1 lb spicy Italian Ground Sausage
3 slices of bacon
8 cups chicken broth
1 1/2 cups heavy cream
5 small to medium russet potatoes
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
4 cups chopped kale*

Cut up the bacon into little pieces, and cook with the Italian Sausage in a saucepan until done (do not drain off juices). Combine the chicken broth and heavy cream in the same saucepan over medium heat. Do not peel the potato, but slice it into 1/4-inch round slices, and then cut into quarters and add them to the soup. Add the kale, and the spices and let the soup simmer about 30 minutes, stirring occasionally.

Yield: 4 servings

*My sister-in-law Naomi has also used chopped spinach in place of the Kale, and it also worked well. If you are adding spinach leaves, add them at the end of the simmering time and cook in the soup for only 5 to 10 minutes.

Sensational Salmon

4 to 5 lbs whole salmon
1/2 stick butter, melted
1/2 cup Parmesan cheese
2 tablespoons chopped parsley
2 tablespoons chopped (or minced) garlic
Large piece of foil.

Grease foil well. Place salmon on foil. Open body cavity, and pour butter inside evenly. Sprinkle chopped garlic, then the parsley. Coat inside with parmesan cheese. Close fish, wrap with foil. Place on barbecue grill on medium heat. Turn often, cooking about 25 minutes. Or bake at 350 for 30 minutes or until done.

Chicken Cordon Bleu

6 boneless, skinless chicken breasts
1 10 oz package frozen chopped spinach*

6 slices Swiss cheese
3 eggs
1 cup fine bread crumbs (Italian Style)
1/2 cup oil
1 can Cream of Mushroom Soup
1/2 pint Sour Cream
Splash of dry White Wine or Water to liquefy

Cook spinach according to package directions and thoroughly drain. Press down in a colander to remove excess liquid. Pound breasts flat and lightly salt and pepper. Place 1 slice cheese on top of breast and then 1/6 spinach on top of that. Roll chicken up together and hold with toothpicks. Beat eggs and dip chicken in eggs and then crumbs. Brown in oil until a meat thermometer inserted into the center reads 180 degrees. In a saucepan, combine 1 can of cream of mushroom soup (undiluted) and 1/2 pint sour cream and splash of dry white wine. Heat and pour over chicken before serving.

Note: Remember to take the toothpicks out!!

Yield: 6 servings

*You may use ham or Canadian bacon in place of the spinach if you choose, for a more traditional Chicken Cordon Bleu.

Yummy Carrots

6 medium or small carrots, thinly sliced (at an angle to make them prettier!)
1/4 cup water
1 tablespoon butter
Salt (to taste)
2 tablespoons brown sugar
2 tablespoons butter
1 teaspoon balsamic vinegar

Place 1 tablespoon butter, carrots, salt and carrots in a large saucepan. Cover tightly and simmer, on low, for 15 to 20 minutes, or until tender-crisp and carrots have absorbed the water. Combine remaining ingredients in a small saucepan (or in a microwave safe dish), and cook until well blended, stirring often. (Keep in mind, if you cook it in the microwave, sugar always makes foods cook quicker!!). Pour immediately over the carrots and toss to coat.

Yield: 4 servings

Sautéed Swiss Chard or Spinach with Mushrooms

1 ½ lbs Swiss Chard or Spinach

1 tablespoon butter

1 tablespoon olive oil

2 small shallots, minced

1 lb fresh button mushrooms, sliced

¼ cup water, chicken broth or vegetable broth

Salt and pepper

Trim Swiss Chard and separate the stems and the leaves. Cut the stems into 1 inch pieces and the leaves into smaller pieces than that. Heat the butter and oil in a large saucepan over medium heat, and then stir in the shallots. Cook until slightly softened, add the mushrooms and cook until tender. Add chard stems and water or broth, simmer, until tender, 10 minutes or so (check often, timing will vary). Add the leaves, and simmer, covered, until tender. Take the lid off of the saucepan and increase the heat. Cook until you see that some of the liquid has evaporated. Season with salt and pepper.

Yield: 4 Servings