

The Art of Cuisine



Time Friendly & Money Savings Weekday Meal Plan

Try these tasty time – and money saving ideas for family suppers (each serves 4)

5 day Healthy Meal Plan for April



Meal 1 - Lime Twist Fajitas with Savory Beef Rice and Sour Cream Grape Salad



Meal 2 - Barbecue Chicken Sandwich with Cherry Tomato Tossed Salad and Whole Grain Chips



Meal 3 - Easy Cheesy Lasagna with Spinach Mandarin Salad and Hot Parsley Bread



Meal 4 - Oregano Cod with Garlic Broil Potatoes and Easy Italian Salad



Meal 5 - Quick Healthy Low fat Beef Stroganoff with Buttered Peas and Blueberry N' Cream Salad

www.TheArtofCuisine.com

Email: artofcuisine1@yahoo.com

(916) 934-9230

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Meal 1 **Meal One**

Lime Twist Fajitas



3/4 lb top sirloin beef steak strips
1 small green bell pepper, chopped
1 small red bell pepper, chopped
1 small onion, chopped
1/4 cup Italian dressing
2 Tbsp lime juice
4 - 6 medium flour tortillas, warmed
1/2 cup salsa

- Brown meat in skillet until almost done and then add peppers and onion.
- Stir-fry a couple minutes and then add dressing and lime juice: simmer 2-3 minutes.
- Add beef mixture to warmed tortillas and serve with salsa.

Savory Beef Rice

1 tsp better than bouillon beef or 1 bouillon cube
1 cup white rice
2 tsp butter

- Put all in a saucepan over high heat with 2 cups water: bring to a boil, reduce heat and cover, simmering about 20 minutes, or until rice is tender and liquid is absorbed.
- Remove from heat and let stand 5 minutes, covered.
- Fluff with a fork before serving.

Sour Cream Grape Salad (Serves 6)

3 cups seedless grapes
3 large kiwi
--Dressing--
2 oz low fat cream cheese, softened
2 Tbsp honey
1/4 cup low fat sour cream

- Peel and chop kiwi and mix with grapes.
- Stir dressing ingredients together and mix with fruit.
- Chill until ready to serve.

[Shopping List](#)

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Meal 2 Meal Two Quick!

Barbecue Chicken Sandwich



16 oz tomato juice
1 1/2 tsp dried minced onion
1 Tbsp packed brown sugar
1 Tbsp vinegar
1 tsp Worcestershire
pre-cooked packaged diced deli chicken, (about 1 lb)
4 - 6 burger buns or hard rolls, split

- Combine all but chicken and rolls in a saucepan and heat to a boil, stirring often.
- Reduce heat to low and simmer 5 minutes.
- Add chicken and heat through.
- Divide meat mixture among the buns or rolls and add sandwich toppings you like (lettuce, tomatoes cheese, & onions)

Cherry Tomato Tossed Salad

11 oz bag just lettuce
1 cup cherry tomatoes
2/3 cup croutons
family favorite salad dressing, to taste

- Layer greens, tomatoes and croutons and serve with dressing.

Whole Grain Chips

4 - 6 oz whole grain chips, your choice

- Serve chips to the side of sandwiches.

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Meal 3 **Meal Three**

Easy Cheesy Lasagna



6 oven-ready lasagna noodles
2 tablespoon olive oil
8 oz mushrooms, sliced
1/2 sweet onion, diced
20 oz zucchini, cut into 1/4-inch thick slices
1 egg
1/4 tsp ground nutmeg

2/3 cup feta cheese, crumbled
1 1/3 cups tomato juice
1 cup shredded Monterey Jack cheese
1/3 cup grated parmesan cheese

- Preheat oven to 350 degrees; lay 2-3 lasagna noodles in an 8x8 pan (break if necessary).
- Sauté in one tablespoon olive oil mushrooms, onions until tender then mix in zucchini. Lay half of the zucchini mixture over noodles in pan.
- Beat egg by hand and add nutmeg, feta, juice and jack cheese: pour half over zucchini mixture.
- Place 2-3 noodles over the top and add remaining zucchini and tomato juice mixture.
- Cover and bake 35 minutes.
- Uncover, top with the parmesan and bake 5-10 minutes more, until lightly browned.

Spinach Mandarin Salad

6 oz bag spinach leaves
1/2 cup sweet onion, diced
11 oz can mandarin oranges, drained
1/3 cup shredded mozzarella cheese
--Dressing--
3 Tbsp tarragon vinegar
3 Tbsp olive oil
1 1/2 Tbsp lemon juice
1 Tbsp orange juice concentrate
1 tsp honey, warmed

- Place salad ingredients in a bowl.
- Shake dressing ingredients in a jar with a tight-fitting lid and toss with salad.

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Hot Parsley Bread

6 servings

1 loaf French bread, (small) cut in half lengthwise

1/3 cup olive oil

1 tsp bottled minced garlic

1 Tbsp grated dry parmesan

1/2 tsp salt (or garlic salt)

3/4 cup fresh parsley, chopped

- Preheat oven to broil and lay bread out flat on baking sheet.
- Blend garlic, parmesan and salt with the olive oil: spread on bread halves.
- Sprinkle bread halves with parsley.
- Place bread under broiler and cook until bubbly.

Meal 4 Meal Four Quick!

Oregano Cod



2 slices bread, lightly toasted

3/4 tsp oregano

1/4 tsp garlic powder

1/4 tsp onion salt

1 Tbsp olive oil

1 1/4 lbs cod fillets, (or any mild white fish)

- Preheat oven to 400 degrees.
- Break toast into fine crumbs (about one-half cup) and combine with next 3 ingredients.
- Spread half the oil in bottom of a baking dish.
- Arrange fillets in baking dish and spread with remaining oil.
- Sprinkle breadcrumb mixture evenly over fillets.
- Bake 15 minutes or until fish flakes easily, is opaque and cooked all the way through.

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Garlic Broil Potatoes

2 large potatoes, peeled and chopped
3 Tbsp olive oil
2 tsp bottled minced garlic
1/2 tsp thyme

- Wash and prick potatoes and place in microwave 5 minutes, until fairly soft: chop and put into a shallow dish (peeling is optional).

Stir oil, garlic and thyme together: sprinkle over potatoes and put under broiler for several minutes until barely browned.

Easy Italian Salad

10 oz bag Italian greens
1 cup seasoned croutons
--Dressing--
1/4 cup cider vinegar
1/4 cup olive oil
3/4 tsp salt (or garlic salt)
1/2 Tbsp basil

- Put greens in a salad bowl and top with croutons.

Stir or shake dressing ingredients well: pour over salad.

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Meal 5 **Meal Five** Quick!

Meal Tip: Make salad first

Quick Healthy Low fat Beef Stroganoff



1 lb. boneless sirloin or round steak, cut into thin strips
1 onion, thinly sliced
2 tbsp. Smart Balance butter
1 c. water
1/2 tsp. paprika
1 Tbsp Ketchup
1/2 tsp onion powder or flakes or sauté 1/2 cup fresh onions

1 4 oz. can sliced mushrooms or sauté 1 cup fresh mushrooms

1 c. brown gravy mix from package

1 c. low fat sour cream

- Brown meat and onion in butter.
- Stir in water, paprika, ketchup, onion powder, mushrooms, and gravy. Simmer 15 minutes.
- Add sour cream and heat, but do not boil.
- Serve over rice or noodles.

Buttered Peas

10 oz frozen peas, (about 2 cups)

2 tsp Smart Balance butter

salt and pepper, to taste

- Put peas in a bowl and microwave 2 minutes.
- Stir in butter, salt and pepper, and microwave 3 more minutes or until hot.

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Blueberry N' Cream Salad

6 servings
3 oz raspberry gelatin
3 oz low fat cream cheese
8 oz frozen blueberries, 1 1/2 cups
1 can crushed pineapple, (optional)
2/3 cup lite cool whip

- Dissolve gelatin in 1 cup boiling water.
- Stir in cream cheese until it melts.
- Stir in berries and pineapple (do not drain).
- Whip cream until stiff and fold into gelatin: refrigerate until set.

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Can/Bottle/Jar

2 1/4 oz can sliced black olives (1)
Applesauce (2 Tbsp)
apricot jelly or jam (1/2 cup)
can mandarin oranges (11 oz)
chili sauce (2 Tbsp, comes in a small bottle like ketchup)
chunky style sweet salsa* (1 cup)
cream of chicken soup (7 oz)
mayonnaise (2/3 cup)
mayonnaise (3 Tbsp)
pineapple slices (4)
prepared ranch dressing (1/2 cup)
sweet pickle relish (2 Tbsp)
Dairy/Refrigerator-Freezer Case
butter (2 tsp)
butter (10 Tbsp)
frozen steak fries (16 oz)
grated parmesan cheese (2 Tbsp)
milk (3/4 cup)
orange juice concentrate (1/4 cup)
shredded cheddar (6 oz)
shredded cheddar cheese (1/2 cup)
shredded cheddar cheese (6 oz)
shredded Swiss cheese (1/4 cup)
sour cream (6 oz)
vanilla yogurt (3/4 cup)
Bread/Grains/Pasta/Nuts/Seeds
English muffins (4)
flat noodles (8 oz, such as fettuccine)
Instant Brown Rice (2 cups)
macaroni (8 oz)
poppy seeds (1 Tbsp)
sugared almonds (1/2 cup)
Meat/Poultry/Seafood
Boneless beef top sirloin steak (1 1/4 lbs, i.e. 1.25 lbs total)
chicken breasts (4, about 1.5 lbs)

fully cooked boneless ham (3 lb)
lean ground beef (3/4 lb, i.e. .75 lb)
Produce
bag leafy romaine (10 oz)
bag Very Veggie Salad Greens (12 oz)
green onion (2 Tbsp)
green onions (8)
large ripe avocado (1)
large tomato (1)
leafy romaine (10 oz, 1 bag)
medium celery rib (1)
medium oranges (2)
onion (1 Tbsp)
petite carrots (3/4 cup, or shredded)
rings of red onion (4)
shredded lettuce (1 1/2 cups)
small bananas (2)
small cauliflower florets (4 cups)
small potatoes (4, about 1.5 lbs)
small yellow onion (1/2)
Miscellaneous
(scant) ground cloves (1/4 tsp)
almond extract (1/4 tsp)
cayenne pepper (1/4 tsp)
corn flakes (2/3 cup)
large flour tortillas (4)
nutmeg (1/4 tsp)
packet taco seasoning (1/2)
sweetened flaked coconut (1/3 cup)
whole cloves (8)
Pantry - check before you shop
bottled minced garlic
brown sugar
butter or olive oil
dried parsley
dry mustard
flour
ground ginger
ketchup
olive oil
salt

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Chef Linda

salt (or garlic salt)
slice bread
soy sauce
sugar

tarragon vinegar
vanilla extract
vinegar

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