

<p>Crockpot Salmon Bake</p> <ol style="list-style-type: none"> 1. Dissolve bouillon cubes in boiling water. 2. Combine all ingredients; mix well. Pour into well greased crock pot. 3. Cover and cook on high setting for 2 to 4 hours 	<p>Shopping List</p> <ul style="list-style-type: none"> 2 chicken bouillon cubes 1 c. boiling water 1 can salmon (16 oz.); drained and flaked 2 c. seasoned stuffing croutons 1 c. grated cheddar cheese 2 eggs; beaten 1/4 tsp. dry mustard
<p>Crockpot Chicken Tacos</p> <ol style="list-style-type: none"> 1. Place chicken in the bowl of a slow cooker. Top with salsa, diced green chilies, cumin, onion and garlic. Cover and set on low. Cook for 8 hours. 2. Remove chicken from pot, shred, and return to juices. 3. Spoon chicken into taco shells, with whatever toppings your family likes. Or use the meat to make burritos, tostadas or as a filling for enchiladas. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 can Green chilies, diced 1 tsp. Ground cumin 1 whole Onion, chopped 2 clove Garlic, minced 2 lb. boneless, skinless chicken thighs
<p>Chicken Cordon Blue</p> <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Put chicken in a large sealable plastic bag, squeeze out as much air as you can, and seal. Using a meat tenderizer lb. chicken through the bag until it is about 1/4-inch thick. Remove chicken from the bag, and season to taste with salt and pepper on both sides. 3. Lay the chicken flat and lay a cheese slice on each piece of chicken. Layer the ham slices on top of the cheese. Tightly roll up the chicken breast cutlet, and secure with toothpicks. 4. Place chicken roll in a baking dish sprayed with nonstick spray, and then cover the baking dish with foil. 5. Bake in the oven for 20 minutes. Carefully remove the foil covering the dish. Continue to bake (uncovered) for an additional 15 minutes, or until chicken is cooked through. 	<p>Shopping List</p> <ul style="list-style-type: none"> 4 boneless skinless chicken breasts 4 slices Light Swiss cheese 4 oz. ham slices (about 12) salt and black pepper, to taste
<p>Spicy Scallops over Fettuccine</p> <ol style="list-style-type: none"> 1. In a saucepan, add shallots, chili and white wine. Bring to a boil, and cook until reduced by half. 2. Pour in the half and half and simmer for a few more minutes. Whisk in the butter. Keep the sauce warm. 3. Heat cooking oil in skillet. Add scallops and cook them for 4-5 minutes or until cooked through. Season to taste with salt and pepper. 4. Divide the scallops among 4 plates over pasta; spoon the sauce on top and serve. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 lb. Scallops 2 Shallots, chopped 1 Chili, seeded and finely chopped 1/2 c White Wine 1/2 c fat free half and half 4 tbs. Butter 2 tbs. Cooking Oil 4 c Fettuccini, cooked
<p>Confetti Macaroni Bake</p> <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Prepare macaroni according to package. 3. Mix macaroni, cottage cheese, mozzarella cheese, peppers, yellow squash, zucchini, onion, tomato past, tomatoes, and seasonings. 4. Place mixture in a casserole dish that has been lightly sprayed with oil. 5. Sprinkle with parmesan cheese and bake uncovered, 1 1/2 hours. 	<p>Shopping List</p> <ul style="list-style-type: none"> 3 c. elbow macaroni 16 oz. Low-fat cottage cheese 16 oz. shredded mozzarella cheese 1/2 red pepper, diced 1/2 green pepper, diced 1 c. yellow squash, sliced 1 c. Zucchini, sliced 1 Onion, sliced 1/2 tsp. Garlic powder 1/2 tsp. Dried basil 2 tbs. Fresh parsley, chopped 6 oz. tomato paste 16 oz. tomatoes, quartered 3 tbs. Parmesan cheese