

<p>Spicy Shrimp Fettuccini</p> <ol style="list-style-type: none"> 1. Cook the pasta according to the package directions. 2. Meanwhile, heat the oil in a large skillet over medium-high heat. 3. Season the shrimp with ½ teaspoon salt and ¼ teaspoon pepper and cook, turning once, for 2 minutes. 4. Add the jalapeño and cook for 1 minute. 5. Add the sauce and parsley and cook until heated through, 2 to 3 minutes. Serve over the pasta. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 lb. fettuccini 1 tbs. olive oil 1 lb. large peeled and deveined shrimp kosher salt and black pepper 1 jalapeño, chopped 26 oz. marinara sauce 1/4 c. chopped fresh parsley
<p>Pork Chops with Mustard Sauce</p> <ol style="list-style-type: none"> 1. Heat oven to 400° F. Heat 1 tbs. of the oil in a large skillet over medium-high heat. 2. Season the pork with ½ teaspoon each salt and pepper. Brown, 2 to 3 minutes per side. 3. Transfer the pork to a baking sheet and roast until cooked through, 5 to 7 minutes. 4. Meanwhile, add the shallots and 1 tbs. of the oil to the skillet and cook, stirring often, until soft, 3 to 4 minutes. 5. Add the wine to the skillet and simmer until reduced by half. Add the cream and simmer until the sauce just thickens. Stir in the mustard. 6. Top the pork with the sauce and tarragon, serve with lemon wedges 	<p>Shopping List</p> <ul style="list-style-type: none"> 3 tbs. olive oil 4 1-inch-thick boneless pork chops kosher salt and black pepper 2 shallots, finely chopped 3/4 c. dry white wine 2 tbs. heavy cream 1 tbs. Dijon mustard 1 tbs. chopped fresh tarragon 1 lemon, cut into wedges
<p>Chicken Empanadas with Corn and Spinach</p> <ol style="list-style-type: none"> 1. Heat oven to 375° F. In a large bowl, combine the chicken, corn, raisins, cilantro, ½ tsp. salt, and ¼ tsp. pepper. 2. With a 4-inch biscuit cutter, cut 4 circles from each piecrust. 3. Spoon the chicken mixture onto half of each circle, leaving a border. Brush the edges with water, fold in half, and press with a fork to seal. 4. Transfer to a baking sheet and bake until golden, 20 to 25 minutes. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 rotisserie chicken, shredded 1 c. frozen corn, thawed 1/4 lb. spinach 2 tbs. chopped fresh cilantro kosher salt and black pepper 2 store-bought refrigerated rolled piecrusts
<p>Spaghetti and Meatballs</p> <ol style="list-style-type: none"> 1. Heat oven to 400°F. Grease a 12 x 17-inch sheet pan with olive oil or regular cooking oil. In a mixing bowl, combine the meat with all the ingredients. Use your clean hand to incorporate all the ingredients well. Using a 1-inch cookie dough scooper, scoop out meatballs onto the greased sheet pan. Space about an inch apart. 2. Bake for 20 minutes until light brown. Remove quickly from pan with a metal spatula. 3. While meatballs are baking, prepare spaghetti according to directions on package and heat sauce in saucepan until boiling, reduce heat to simmer. 4. Once the meatballs are finished serve over the spaghetti and sauce. 	<p>Shopping List</p> <ul style="list-style-type: none"> 1 lb. fresh lean ground beef 1 1/2 tbs. minced garlic 3 tbs. dried parsley 2 tbs. dried basil 1 egg 6 tbs. plain breadcrumbs 2 tbs. grated Parmesan 1 tsp. salt 1/2 tsp. fresh ground pepper spaghetti spaghetti sauce
<p>Eggplant Parmesan</p> <ol style="list-style-type: none"> 1. Slice the eggplant in 1/4" slices. Place a layer in a colander and sprinkle with salt. Repeat until the slices are all salted. Let sit for 30 minutes or so in your sink. Rinse off and dry. 2. When you're ready to start cooking the eggplant, heat the oil over medium heat. 3. In a shallow dish, beat the eggs and water slightly. 4. In another pie pan or shallow dish, place the bread crumbs and mix in some salt and pepper. Dip eggplant slices in egg and then dredge in bread crumbs. 5. When the oil is hot put each eggplant slice in the oil. Cook a 2 -3 minutes on each side. Take the slices out of the pan and drain as much oil as possible, then lay on a layer of paper towels. 6. In a 9x9 pan, place a thin layer of tomato sauce, then a layer of eggplant. Lay or sprinkle some mozzarella and Parmesan, then repeat with another layer of eggplant, sauce, and cheese. Repeat until all eggplant has been used. 7. Bake at 350 for 30 minutes. 	<p>Shopping List</p> <ul style="list-style-type: none"> Cooking oil 1 eggplant, sliced, rinsed, and dried 2 eggs, beaten slightly with 1 tbs. water 2 c. bread crumbs salt and pepper to taste marina sauce 1 1/2 c. grated mozzarella 1/2 c. grated Parmesan