

Dinner Recipe Menu

Monday

Baked Ziti with Three Cheeses

Tuesday

King of Crunch Tenders

Wednesday

Beef Stroganoff

Thursday

Fish Stick Tacos

Friday


Meatball & Cheese Pizza Bake

Saturday

Sautéed Pork Chops with Pineapple

Sunday

Skillet Herb Roasted Chicken

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Baked Ziti with Three Cheeses

Ingredients

- 2 c. meatless spaghetti sauce
- 8 oz. dry ziti (or other large-cut tubular pasta) cooked and well drained
- 2 c. low-fat cottage cheese
- 4 oz. shredded part-skim mozzarella cheese
- 1/2 c. (2 oz.) freshly grated parmesan cheese



Preparation

1. In a 9-inch square baking dish, spread a thin layer of tomato sauce. Top with 1/4 of the pasta, a thin layer of tomato sauce, and dollops of 1/4 of the cottage cheese. Sprinkle with 1/4 of the mozzarella cheese and 1 Tbsp. parmesan cheese. Repeat layers, ending with sauce and cheeses.
2. Bake at 400° for 20 minutes or until sauce is bubbly, cheese is melted, and top is lightly browned. Serve hot.

Yield

Makes 4 servings

King of Crunch Tenders

Ingredients

- 4 cups cap'n crunch
- 3 cup corn flake cereal
- 1-1/2 cups all-purpose flour
- 1 tsp onion powder
- 1/2 tsp seasoned salt
- 1/2 tsp pepper
- 3 eggs
- 1/4 cup milk
- 1 ½ lb boneless skinless chicken breast, or chicken tenders, cut lengthwise into 2-inch-wide strip
- vegetable oil for deep frying



Preparation

Process the cereals in a food processor until crumbled but with some remaining 1/8-inch chunks. Spread in a shallow dish. Combine the flour, onion powder, seasoned salt, and pepper in a shallow dish. Combine the eggs and milk in a separate shallow dish, beating until blended.

Dredge the chicken tenders in the flour mixture; roll in the egg mixture, and then dredge in the cereal mixture, pressing to adhere and coat well. Arrange on a baking sheet lined with waxed paper. Refrigerate until ready to fry.

Heat the oil in a deep fryer to 325°F, or heat 3 inches of oil in a large heavy skillet to 325°F. Fry the chicken in batches for 3-1/2 minutes, or until golden, turning once if using a skillet. Drain on paper towels.

Yield

Serves 6

Beef Stroganoff

Ingredients

- 1-1/2 lbs of filet of beef
- A-1 sauce or Worcestershire sauce
- 6 tbsp of butter
- Olive oil
- 1-1/2 cups of sour cream
- 2 tbsp of chopped green onions
- Salt
- Pepper
- 1/4 cup of white wine or vermouth
- Chopped parsley



Preparation

Ask the butcher to cut the meat into very thin slices. You can try it yourself, but it is difficult to do a neat job.

Melt 4 tablespoons of the butter in the pan and get it as hot as you can without burning. If you add just a bit of olive oil to the butter it helps prevent it from turning brown. Sauté the beef slices in the hot fat very quickly. When they are delicately browned on both sides and done (this takes only a minute or two) remove them to a hot platter. Add remaining butter and the chopped green onions and cook for a minute. Then add white wine or vermouth, a dash or two of A-1 sauce or Worcestershire sauce and the sour cream. Stir well and heat through, but do not boil or the sour cream will curdle. Salt to taste and pour the sauce over the beef. Top with a sprinkling of freshly ground black pepper and chopped parsley. Serve over egg noodles.

Yield

Makes 4 servings

Fish Stick Tacos

with an Avocado Cream

Ingredients

- 8 Fish Sticks, baked – use your favorite brand
- 1 avocado, peeled and mashed until creamy
- 4 teaspoons of sour cream
- 1 tablespoon lemon juice
- 4 corn tortillas
- 1 cup shredded cheese blend, use your favorite
- 1 cup cabbage, shredded

Preparation

Bake fish sticks at 425 degrees for 12-15 minutes until heated through and crispy. In a bowl, mix avocado, sour cream and lemon juice until creamy. Heat up tortillas, spread the avocado cream in the center, then add cheese, 2 fish sticks and then top with cabbage.

For the times when a quick fix is what you're looking for, here are some easy tricks you can use:

- Topper: Chop up Van de Kamp's® Fish Sticks and sprinkle over coleslaw for a crunchy and creamy bite.
- Mixer: Mix Van de Kamp's® Fish Sticks with some rice and soy sauce for a flavorful, crunchy super snack.
- Dipper: Bake your crunchy fish sticks and then dip them into your favorite sauce. Try some of these flavorful favorites: mix equal parts mustard and honey or equal parts ketchup and hot sauce.

Yield

Makes 4 tacos



Meatball & Cheese Pizza Bake

Ingredients

- 1-3/4 cups all-purpose flour
- 2 cups (8oz) shredded mozzarella & provolone cheese blend
- 1 teaspoon Italian herb seasoning
- 2 envelopes RapidRise Yeast
- 2 teaspoons sugar
- ½ teaspoon salt
- ¾ cup very warm water (120° to 130°F)
- 2 tablespoons olive oil
- 8 – 10 oz. (about 18-20) small meatballs, frozen, thawed



Preparation

MIX batter ingredients in a greased 9-1/2-inch deep dish pie plate. TOP dough with meatballs. Firmly push meatballs into batter. Pour pizza sauce over meatballs and sprinkle with garlic, cheese and Italian herb seasoning.

BAKE by placing in a cold oven; set temperature to 350°F. Bake for 30 minutes or until done.

Recipe Note: If desired, batter may be mixed in a separate bowl. Proceed as directed above.

Yield

Serves 6

Sautéed Pork Chops w/ Pineapple

Ingredients

- 4 – 1-1/4 to 1-1/2-inch-thick center-cut pork chops
Either rib or T-bone, trimmed of external fat
- Salt
- Freshly ground black pepper
- 1 tbsp olive oil
- ½ cup finely chopped onion
- ½ cup chicken stock
- ½ cup pineapple or orange juice
- ½ cup chopped pineapple
- 1 tsp cornstarch dissolved in 1 tbsp cold water



Preparation

Season the chops with salt and pepper and sauté. Remove the chops from the pan and keep them warm.

To make the Pan Sauce: Pour off all but 1 tbsp of the fat from the pan and cook the onion, covered, over medium heat for 5 minutes, stirring occasionally. Add the stock, juice, and pineapple, scraping up any browned bits from the bottom of the pan. Boil the sauce down for 3 minutes. Thicken it slightly by whisking in the cornstarch just before serving. Pour over the chops and serve.

Yield

Serves 4



Skilled Herb Roasted Chicken

Ingredients

- ¼ tsp each ground sage and crushed thyme leaves
- 4 whole boneless chicken breast half
- 15 oz cream of mushroom soup
- 2 cups rice, cooked without salt

Preparation

Sprinkle chicken with sage and thyme.

Spray nonstick skillet with vegetable cooking spray and heat over medium heat 1 min. Add chicken and cook 15 min. or until done. Remove and keep warm.

Add soup and water and heat through. Serve over chicken with rice.

Yield

Serves 4

