

Grocery List for the week of Jan 08, 2018

Your Grocery Shopping List	Oven Roasted Pepperoni Salmon	Parmesan Cauliflower Risotto	Hongkong Stir-Fry Beef Spaghetti	Vegetables Ham Macaroni Bowl	Simply Sautéed Broccoli Rabe and Kielbasa	One-Pot Garlic Parmesan Pasta	One Pot Spanish Style Chicken And Yellow Rice
Produce							
Oranges			4				
Salmon Fillets (about 8 oz each)	4						
Grated Parmesan Cheese		1/4 cup+					
Scallion			2				optional
Pre-washed Fresh Bean Sprout (10oz)			1 Bag				
Garlic					1 Clove	2 Cloves	
Broccoli Rabe					2-2.5 LBs		
Avocado							2
Cilantro							optional
Meat							
Beef Shoulder			8 oz				
Chicken Breasts (8 oz each)							2
In the Aisles							
Pepperoni	24-40 Slices						
Frozen Cauliflower Rice (12 oz each)	3 bags						
Spaghetti			1 LB				
Low Sodium Chicken Broth				2 Cans			3 Cups
Cubed Cooked Ham				1 LB			
Frozen Mixed Vegetables				1 LB			
Elbow Macaroni				1 LB			
Kielbasa Sausage					1 LB		
Linguine						1 LB	
Pimento (4 oz)							1 Jar
Black Beans (14 oz)							1 Can
Pimento Stuffed Olives							1/4 Cup
Long Grain White Rice							2 Cups
Saffron Threads							2g
Raisins							1/4 cup
Dairy							
Whole Milk		2.5 Cups					

I assume that you have butter, salt, black pepper, sugar, flour, no-stick cooking spray, canola or vegetable oil and extra virgin olive oil, Old Bay Seasoning, Dried Parsley, Superior Lite Soy Sauce, Superior Dark Soy Sauce, Oyster Sauce, Crushed Red Pepper Flakes, Italian Seasoning, Garlic Powder and Onion Powder

I also **recommend** you to check out my website for some hits, special tips and techniques.

This Week Dinner Menu

Oven Roasted Pepperoni Salmon and Parmesan Cauliflower Risotto
Hongkong Stir-Fry Beef Spaghetti and Oranges
Vegetables Ham Macaroni Bowl
Simply Sautéed Broccoli Rabe and Kielbasa and One-Pot Garlic Parmesan Pasta
One Pot Spanish Style Chicken And Yellow Rice

Oven Roasted Pepperoni Salmon

Prep Time: 5-8 Minutes Cook Time: 12-15 Minutes Serving: 4

Ingredients

4 Salmon Fillets (about 8 oz each)
24-40 Slices Pepperoni (divided; about 6-10 slices for each fillet depending on the surface size you need to cover for the salmon)
Old Bay Seasoning
No-stick Cooking Spray

Preheat oven at 425F

Line a baking sheet with aluminum foil and coat with no-stick cooking spray (refer to "[How To Line Baking Pan With Foil](#)")

Place Salmon fillets skin side down on the baking sheet, make sure there is at least 1" space around each fillet

Add Old Bay Seasoning on top of Salmon (When it comes to Old Bay Seasoning on the salmon, I put liberal amount on it because my little one loves big flavor. Together with Pepperoni, the seafood does get spicy. Therefore, if you are always light on your spices, just go easy on seasoning the fish. You can always add more later.)

Cover Salmon with pepperoni slices (each pepperoni just slightly overlapping each other on the edge)

Bake in oven for 12-15 minutes until desired doneness

Let it rest in room temperature for 2 minutes and serve

Parmesan Cauliflower Risotto

Prep Time: ZERO Cook Time: 20 Minutes Serving: 3-4

Ingredients

3 bags (12 oz each) Frozen Cauliflower Rice
3 tbsp Butter
3 (hipping) tbsp All Purpose Flower
2 1/2 cup Whole Milk
1/4 Cup Grated Parmesan Cheese (extra for topping later, optional)
2 tbsp Dried Parsley (for garnish)
2 tbsp Extra Virgin Olive Oil
Salt and pepper to taste

Add frozen cauliflower rice and Extra Virgin olive oil in a big deep skillet and cook at high heat for about 5 minutes covered with splatter screen (this will keep the heat inside the skillet and allow the water vapor from cauliflower rice to evaporate at the same time)

Stir regularly to ensure every grain thawed

Once it is thawed, turn heat to medium low to low and continue to cook for next 10-12 minutes uncovered; stir regularly

While it is cooking, in a medium sauce pan, combine butter and flour together

Whisk to combine and cook roux for about 1 minute

Add milk and whisk until sauce is smooth and thick

Stir in Parmesan Cheese, salt and pepper to taste

Sauce should be thick to coat the back of a spoon

Pour sauce on top of cauliflower rice and fold all ingredients together; salt and pepper to taste

Top with more Parmesan cheese (optional)

Garnish with dried parsley flakes and serve immediately

Hongkong Stir-Fry Beef Spaghetti

Prep Time: 10 Minutes **Cook Time:** 25 Minutes **Serving:** 4

Ingredients

1 pound Spaghetti

1 Bag (10 ounces; some brands have smaller sizes) Pre-washed Fresh Bean Sprout

8 ounces Beef Shoulder (thinly sliced at an angle against the grain)

2 Scallion (chopped; optional – for garnish only)

Seasonings

(For Beef Marinade Only)

1 teaspoon Superior Lite Soy Sauce (most brands in the regular grocery stores are this category. Just do not mix up with the Japanese kind which will give you different flavor)

½ teaspoon Superior Dark Soy Sauce (a.k.a. Black Soy Sauce)

3 tablespoon Light Cooking Oil (such as peanut oil, canola oil or vegetable oil)

(For Pasta Only)

A pot of water

1 teaspoon Salt

1 tablespoon Light Cooking Oil

(For Sauce Only)

¼ cup Oyster Sauce

1 teaspoon Superior Lite Soy Sauce

½ teaspoon Superior Dark Soy Sauce

½ teaspoon Salt

Marinate the meat with soy sauces

Toss to coat

Add oil and toss again

Put it aside in room temperature

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Bring a pot of water to boil

Add 1 teaspoon salt, 1 tablespoon oil and spaghetti

Quick stir and let it cook until al dente and drain

Using the same pot that you used for cooking the spaghetti and preheat at high heat

Add beef and the marinade

Single layer the meat and let it brown about a minute each side

Add all the sauce seasonings in and mix

Toss in spaghetti and coat well with sauce

Add bean sprout

Quick toss to warm through and start to wilt; serve immediately

Vegetables Ham Macaroni Bowl

Prep Time: 5 Minutes Cook Time: 25 Minutes Serving: 4-6

Ingredients

2 Cans (14 ounces each) Low Sodium Chicken Broth

1 pound Cubed Cooked Ham (or a chunk of ham from the Deli section in the grocery store and cut it into dices)

1 pound Frozen Mixed Vegetables

1 pound Elbow Macaroni

Seasonings

1 teaspoon Salt

1 tablespoon Canola Oil

1 Pot of Water

Bring a big pot of water to a boil

Add salt, oil and macaroni

Quick stir and let it cook

Under cook the macaroni about 2-3 minutes and drain

Use the same pot

Bring the broth to a boil

Add ham and vegetables

When it boils again, add macaroni

Bring it to a boil again and cook for another 3-5 minutes and serve

Simply Sautéed Broccoli Rabe and Kielbasa

Prep Time: 10 Minutes Cook Time: 20 Minutes Serving:4

Ingredients

1 pound Kielbasa Sausage (sliced; you can use any kind of pre-cooked sausages. I personally prefer the hot and spicy one.)
2 bunches of Broccoli Rabe (about 2-2 ½ pounds)
1 teaspoon Salt
¼ teaspoon Black Pepper
1 tablespoon Canola Oil
1 teaspoon Extra Virgin Olive Oil

Preheat a big skillet at medium to medium high heat and brown the kielbasa; about 3-5 minutes each side

Transfer to plate and put aside

Fill up half of the soup pot or Dutch oven with water and bring it to a boil

While waiting, trim the end of the stems of the broccoli rabe and discard (about 1/2" from the bottom of the stems where you are going to cut)

Cut across the vegetables into halves

Add 1 teaspoon salt and 1 tablespoon canola oil into the boiling water

Add the stems first and then the rest of the vegetables (because it takes a little bit longer to cook the stems. The leaves wilt in no time)

Stir and make sure all the vegetables are immersed into the water

Let it cook for about 1-2 minutes

Drain the vegetables through a colander

(If you plan to re-use this pot for cooking the vegetables again, make sure you rinse it well. However, with the kielbasa, I highly recommend you to use the skillet that you just cooked the kielbasa sausage. Then, the vegetables will absorb all the great flavors left on the pan)

Preheat a big skillet or the same pot you just used and rinsed earlier at medium high heat

Add extra virgin olive oil, broccoli rabe, garlic, ½ teaspoon salt and ¼ teaspoon pepper

Stir to combine and stir regularly in between

Cook about 2-3 minutes or until most of the water at the bottom of the pot evaporated Add the kielbasa back into the skillet

Quick toss and serve

One-Pot Garlic Parmesan Pasta

Prep Time: ZERO Cook Time: 20-30 Minutes Serving: 4

Ingredients

1 lb Linguine
3 tbsp Butter
2 tbsp Extra Virgin Olive Oil
2 tsp Minced Garlic
1 pinch Crushed Red Pepper Flakes

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1/2 tsp Italian Seasoning
1/4 cup Grated Parmesan Cheese (and more for adding on top of pasta later)
2 tsp Dried Parsley Flakes
1 tsp Salt
1/2 tsp Black Pepper
1 pot of Water
1 tsp Salt
1 tbsp Canola Oil

Bring a pot of water to a boil
Add 1 tsp salt, 1 tbsp canola oil and Linguine
Stir for 2 minutes and let it cook until al dente and drain
Use the same pot and add the rest of the ingredients in, but save parsley the last
Toss Linguini to coat and add parsley on top and serve immediately
Serve extra Parmesan cheese on the side to add if needed

One Pot Spanish Style Chicken And Yellow Rice

Prep Time: 10 Minutes Cook Time: 30-35 Minutes Serving: 6-8

Ingredients

2 Chicken Breasts (cut in bite size; about 1" around)
1 Jar Pimento (4 oz; drained)
1/4 Cup Pimento Stuffed Olives (drained)
1 Can Black Beans (14 oz; drained and rinsed)
2 Avocado (cored, skinned and sliced)
2 Cups Long Grain White Rice
3 Cups Chicken Broth
3/4 Cup Water
2 tbsp Canola Oil
2g Saffron Threads
1/4 cup Raisins (optional)
1 Scallion or same amount of Cilantro (chopped; optional for garnish only)
Salt and pepper to taste

Marinade

1 tsp Salt
1/2 tsp Black Pepper
1 tsp Garlic Powder
1/2 tsp Onion Powder
2 tbsp Extra Virgin Olive Oil

In a big mixing bowl, combine chicken with marinade seasonings and let it sit for at least 15 minutes or chill overnight
Preheat a big, deep skillet at high heat with 2 tbsp Canola Oil
Add chicken and brown (about 3-4 minutes per side)
Transfer chicken to a bowl and put aside
In the same skillet, stir in rice, chicken broth, water and saffron

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Bring mixture to a boil and stir once

Turn heat to medium low to low

Cover and simmer for 15 minutes; stir in chicken, pimentos, olives, black beans, (raisins, optional), salt and pepper to taste

Cover and simmer another 5 minutes until all liquid is absorbed

Garnish with scallion or cilantro (optional) and serve with avocados (optional) immediately