

**Grocery List for the week of Jan 29, 2018**

Your Grocery Shopping List	Recovery Room Spicy Buffalo Alfredo	Simply Sauteed Broccoli	One Pan Roasted Kielbasa Pepper Onion Potato Hash	Garlic Parmesan Roasted California Blend Vegetables	Baked Garlic Parmesan Chicken Drumsticks	Broccoli & Shrimps	Perfectly Steamed White Rice	Spinach Ham Egg Muffins	Pineapple Cucumber Smoothie
<b>Produce</b>									
Oranges			4-8						
Rotisserie Chicken	1								
Garlic		1-2 Cloves							
Broccoli Crowns		2-3 LBs							
Green Bell Pepper			1						
Big Vidalia Onion			1						
baby Yukon gold potatoes			2 LBs						
Raw shrimp (31-40 counts)						1 LB			
Seedless Cucumbers									1 Cup
<b>Meat</b>									
Chicken Drumsticks					4 lbs				
<b>In the Aisles</b>									
Blue Cheese Dressing	1 Jar								
Farfalle	1 LB								
Cooked kielbasa			1 LB						
Frozen California Blend Vegetables				3 LBs					
Frozen broccoli floret						3 LBs			
Steamed White Rice							4 Cups		
Cubed Ham								12oz	
Frozen Spinach (10 oz)								1 box	
Frozen Pineapple Chunks									24 oz
Pineapple Juice (optional)									4 Cups
<b>Dairy</b>									
Milk	3 Cups							1 Cup	
Shredded Sharp Cheddar Cheese	Optional							1 Cup	
Eggs			4					8	

**I assume** that you have butter, salt, black pepper, sugar, flour, no-stick cooking spray, canola or vegetable oil and extra virgin olive oil, Italian Seasoning, Crushed Red Pepper, Garlic Powder, Grated Parmesan Cheese, Dried Parsley Flakes and cayenne pepper

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

### **This Week Dinner Menu**

Recovery Room Spicy Buffalo Alfredo and Simply Sauteed Broccoli  
One Pan Roasted Kielbasa Pepper Onion Potato Hash and Oranges  
Garlic Parmesan Roasted California Blend Vegetables and Baked Garlic Parmesan Chicken  
Drumsticks  
Broccoli & Shrimps and Perfectly Steamed White Rice  
Spinach Ham Egg Muffins and Pineapple Cucumber Smoothie

### **Recovery Room Spicy Buffalo Alfredo**

Prep Time: 15 Minutes Cook Time:30 Minutes Serving: 4-6

#### **Ingredients**

1 Rotisserie Chicken (shredded; discard bones and skin) or make your own  
1 pound Farfalle (a.k.a. Bow Tie Pasta or any short pasta)  
2 tablespoon + 1 teaspoon Buffalo Wing Sauce (I use Frank's Red Hot Wings Buffalo sauce)  
3 tablespoon butter  
3 tablespoon flour  
3 cups Milk  
Shredded Sharp Cheddar Cheese (I personally likes regular grated Parmesan cheese)

#### **Seasonings**

1 pot of water  
1 teaspoon Salt + 1 pinch  
1 tablespoon Oil  
1/4 teaspoon Black Pepper + 1 pinch

Bring a pot of water to a boil  
Add 1 teaspoon salt, 1 tablespoon oil and pasta into the boiling water  
Quick stir and turn off the heat  
Let it sit for 18 minutes on stove top  
While waiting, melt butter in a medium sauce pan at medium heat  
Add flour into the butter and whisk to combine  
Let the roux to cook about a minute or so  
Whisk in 3 cups of milk, keep stirring until the sauce is thicken  
Add a pinch of each salt and black pepper and 1 teaspoon buffalo sauce  
Turn off the heat and set aside  
While both pasta and the sauce is cooking  
In another big skillet at medium heat, toss shredded chicken and 2 tablespoon buffalo wing sauce together, stir regularly until the chicken is warm through  
Drain pasta and transfer it back to the same pot  
Stir in the sauce and the chicken  
Toss to coat and serve immediately  
Serve extra buffalo wing sauce (if someone wants to add more kick) and cheddar cheese aside

## Simply Sauteed Broccoli

Prep Time: 10 Minutes Cook Time: 7-10 Minutes Serving: 4-6

### Ingredients

2-3 pounds Broccoli Crowns (cut into florets)  
1/2 teaspoon Salt  
1 pinch Black Pepper  
1 tablespoon Extra Virgin Olive Oil  
1 cup Water  
1-2 Cloves Garlic (minced)

Put broccoli into a big soup pot or Dutch oven (mine is 6 quart)  
Add these ingredients in the following order: salt, pepper, extra virgin olive oil and water  
Cover the pot with the lid  
Turn on the heat to medium high to high heat  
Let it cook for about 4-7 minutes  
When the water boils and the steam is pushing the lid  
Add garlic and stir well (broccoli should be crisp tender by now)  
Turn down to medium heat and cook for another 1-2 minutes if necessary or until desired crisp tenderness

## One Pan Roasted Kielbasa Pepper Onion Potato Hash

Prep Time: 15 Minutes Inactive Cook Time: 55-60 Minutes Serving: 4

### Ingredients

1 green bell pepper (seeded, discard membrane and cut into bite size)  
1 Vidalia onion (cut into 1" chunk)  
2 pounds baby Yukon gold potatoes (cut into bite size)  
1 pound kielbasa (sliced about 1/2" thick)  
Salt and pepper  
4 eggs  
2 tablespoons Extra Virgin Olive Oil  
Cooking spray

Line a roasting with aluminum foil for easy clean up later  
Coat it with no-stick cooking spray  
Preheat oven at 425F roast  
Put all ingredients, except eggs, into the pan and toss to coat with extra virgin olive oil and salt and pepper to taste  
Roast it in the oven for 45-50 minutes  
Crack the eggs into a bowl first to make sure no shell accidentally drop into the pan before transferring them one by one on top of the hash  
Roast another 10 minutes. Eggs will come out sunny side up. Yolks are runny

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Or leave the pan in the oven for a longer period of time to reach the desired doneness of the yolks

Rest for 2-3 minutes before serving

(There are 2 ways to make this dish. You can put everything into the pan all at once and have tender vegetables. Or, you can do it in a different ways to have crisp tender vegetables. For more info, please refer to <http://www.ez-dinnerideas.com/one-pan-roasted-kielbasa-pepper-onion-potato-hash.html>)

### **Garlic Parmesan Roasted California Blend Vegetables**

Prep Time: 5 Minutes Inactive Cook Time: 30 Minutes Serving: 4-6

#### **Ingredients**

3 pounds Frozen California Blend Vegetables (unthawed)

#### **Dressing**

1 tsp Italian Seasoning  
1 pinch Crushed Red Pepper  
2 tsp Garlic Powder  
1/8 cup Grated Parmesan Cheese  
1 tbsp Dried Parsley Flakes  
1 tsp Salt  
1/2 tsp Ground Black Pepper  
1/4 cup Extra Virgin Olive Oil

Preheat oven at 425F

[Line a roasting pan with aluminum foil](#) for easy cleanup

Add frozen California blend vegetables into the pan and spread them out evenly

Bake in oven for 15 minutes

Toss and bake for another 15 minutes until crisp tender

While waiting, whisk all dressing ingredients in a separate bowl

When vegetables are out of the oven, stir in dressing immediately and transfer to serving plate and enjoy

### **Baked Garlic Parmesan Chicken Drumsticks**

Prep Time: 10 Minutes Inactive Cook Time: 90 Minutes Serving: 6-8

#### **Ingredients**

4 lbs Chicken Drumsticks  
2 tbsp Grated Parmesan Cheese  
1 tbsp Garlic Powder  
1 pinch Crushed Red Pepper Flakes  
1 tsp Italian Seasoning  
2 tsp Dried Parsley Flakes

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3-4 tbsp extra virgin olive oil  
2 tsp Himalayan Pink Salt  
1/2 tsp Black Pepper  
Cooking spray

### **Dressing**

Same ingredients as marinade (optional; you can make this dressing and pass around on the table. It intensifies the flavor of the chicken. Feel free to double the quantity of marinade. Save half for use as dressing)

Whisk all seasonings, i.e. garlic powder, crushed red pepper flakes, salt, pepper, Parmesan cheese, Italian seasoning, parsley flakes and extra virgin olive oil, together in a big mixing bowl  
Toss to coat chicken drumsticks  
Chill in the fridge at least 4 hours or overnight  
Preheat oven at 425F  
[Line a roasting pan with aluminum foil](#) for easy clean up and coat with cooking spray  
Single layer drumsticks on the roasting pan; skin side down  
Bake for 50 minutes  
Turn over drumsticks and bake for another 40 minutes until cooked through  
Rest in room temperature for 8-10 minutes  
Serve along with dressing (optional)

## **Broccoli & Shrimps**

Prep Time: 15 Minutes Inactive Cook Time: 35-45 Minutes Serving: 4

### **Ingredients**

3 pounds Frozen broccoli floret (unthawed)  
1 pound Raw shrimp (31-40 counts; thawed, shelled and devined)

### **Seasonings**

1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2-1 teaspoon cayenne pepper  
1/2 teaspoon garlic powder  
2 tablespoon Extra Virgin Olive Oil

In a mixing bowl, combine all the seasonings and shrimp together and let sit for 15 minutes  
Line a roasting pan with aluminum foil for easy clean up later  
Preheat oven at 400F  
Put broccoli florets into the pan and even them out  
Single layer the shrimp on top of the broccoli (spread them out; don't let them to be in clutter)  
Bake for 35-45 minutes until broccoli is crisp tender and shrimp are opaque and serve immediately

## Perfectly Steamed White Rice

Prep Time: 5 Minutes Cook Time: 20 Minutes Serving: 4+

Use a medium sauce pan which has the capacity of 4-6 cups of cooked rice (if you need more than that, use a soup pot)

Add whatever amount of rice into a pot, for example 1 cup

Rinse long grain rice well (no par-boiled rice)

Add water

Make sure the rice cover the bottom of the pot evenly

Put your third finger straight into the water and your finger tip is touching the top surface of the rice

Try several spots in the pot, such as in the middle and a few spots on the side

The water level should reach the first section of your finger no matter which spot in the pot you measure

## Spinach Ham Egg Muffins

Prep Time: 10-15 Minutes Cooking Time: 20-25 Minutes Serving: 12 Muffins

### Ingredients

12oz Cubed Ham

1 box (10 oz) Frozen Spinach (thawed and squeeze out extra liquid)

1 cup Shredded Double Cheddar Cheese

8 large Eggs (beaten)

1 cup Whole Milk

1 cup Grated Parmesan Cheese

Salt and pepper to taste

Coat a regular 12-cup muffin pan with cooking spray liberally

In a separate bowl, beat eggs, Parmesan cheese, milk, salt and pepper together (I highly recommend to hold the salt until serving because both ham and Parmesan cheese bring a lot of saltiness into these egg muffins)

Evenly distribute these ingredients in this order: Ham, spinach, cheddar cheese

Pour in egg milk mixture to reach about 3/4 full of each muffin cup

Bake at 375F for 20-25 minutes until knife inserted in the middle and come out clean and serve immediately

## **Pineapple Cucumber Smoothie**

Prep Time: 5 Minutes Active/Inactive Cooking Time: ZERO Serving: 1-2  
*(Double This Recipe To Make 4 Servings)*

### **Ingredients**

12 ounces Frozen Pineapple Chunks  
1/2 cup diced Seedless Cucumber  
2 cup Cold Water or Pineapple Juice  
A pinch of salt (if needed)  
Sugar to taste (if needed)

Combine the ingredients by following the above order and do it in 2 batches. (I use the blend-and-go blender for this recipe. Please feel free to increase the quantity as needed. If you use regular blender, reverse the order.)