

Grocery List for the week of Feb 12, 2018

Your Grocery Shopping List	Tilapia with Lemon Garlic Butter Sauce	Southwestern Style Corn Black Bean Lettuce Salad	30-Minute Chili Cheese Dog Pasta Casserole	5-Minute Green Salad With Strawberry Balsamic Vinaigrette	Strawberry Pork Chops	Everyday Meatballs and Spaghetti with Oranges	One Pot Chinese Salt And Pepper Shrimp Cauliflower Rice
Produce							
Lemon	1						
Thinly Sliced Tilapia	8 Filets						
Pre-washed Baby Spinach(1 Box)	5 oz						
Vine Tomatoes	2						
Garlic	2 Cloves						3 Cloves
Lettuce		1 head					
Pre-washed Mix Green Vegetables (12oz)				1 Box			
Scallion							optional
Ginger							1 tsp+
Frozen Shrimp							2 lb
Meat							
90% Lean Ground Beef			1 lb				
Pork Chops (1-inch thick)					4		
ground chicken						1 LB	
Italian sweet sausage						12-16 oz	
In the Aisles							
Sweet Corn Kernels (15 oz)		1 can					
Black Beans (15 oz)		1 can					
Ranch Dressing		1 Bottle					
Short Pasta			1 lb				
Hot Dogs			1 pack (12-16oz)				
Chili Seasoning Mix			1 pack				
Tomato Sauce (8 oz each)			2 Cans				
Frozen Sliced Strawberries with Juice and Sugar					1 lb		
plain bread crumb						1/3 Cup	
Tomato sauce (28oz)						2 Cans	
Tomato Paste						1 tbspl	
Frozen Stir-Fry mix							1 lb
Frozen Cauliflower Rice							2-12 oz
Dairy							
Shredded Mac and Cheese Mix			2 cups				
Pre-shredded Mozzarella Cheese						1 Cup	
Eggs						1 Egg	
Milk						1/3 Cup	
<p>I assume that you have butter, salt, black pepper, sugar, flour, no-stick cooking spray, canola or vegetable oil and extra virgin olive oil, Strawberry preserve, Balsamic vinegar, Dried Rosemary, Dried parsley, dried oregano, Chinese 5 Spice Powder, Thai Dried Chili or a pinch of Red Pepper Flakes, White Pepper, Superior Light Soy Sauce and Superior Dark Soy Sauce</p> <p>I also recommend you to check out my website for some hits, special tips and techniques.</p>							

This Week Dinner Menu

Tilapia with Lemon Garlic Butter Sauce
Southwestern Style Corn Black Bean Lettuce Salad and 30-Minute Chili Cheese Dog Pasta
Casserole
5-Minute Green Salad With Strawberry Balsamic Vinaigrette and Strawberry Pork Chops
Everyday Meatballs and Spaghetti with Oranges
One Pot Chinese Salt And Pepper Shrimp Cauliflower Rice

Tilapia with Lemon Garlic Butter Sauce

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

Ingredients

8 Thinly Sliced Tilapia Filets
1 Box (5 ounces) Pre-washed Baby Spinach (divided)
2 Vine Tomatoes (seeded; diced and divided)
Non-stick Cooking Spray
Salt and Pepper

For Sauce Only

1 Lemon (zested and juiced)
6 tablespoons Butter
2 Cloves Garlic (minced)

Preheat broiler (be sure that the space between the heat source and the rack is about 6 inches apart so that you don't burn the fish)

Line a rimmed baking sheet with aluminum foil and coat it with non-stick cooking spray

Single layer the fish on the lined baking sheet

Add salt and pepper on top of the fish

Cook the fish under the broiler for 10-12 minutes until cooked through

Equally divide the baby spinach among 4 serving plates

Preheat a medium skillet at medium heat and melt the butter

Add garlic and 1 tablespoons lemon juice into the melted butter (I realized that the juice of a whole lemon could be very sour. So, taste it before adding more)

Transfer 2 filets of tilapia on the bed of spinach for each plate

Add butter lemon garlic butter sauce on top of the fish

Add diced tomatoes and garnish with lemon zest and serve

Southwestern Style Corn Black Bean Lettuce Salad

Prep Time: 8-10 Minutes Cook Time: ZERO Serving: 2-4

Ingredients

1 head Iceberg lettuce (discard core, cut in bite size and rinsed) or 24-oz Bag Pre-washed Iceberg Lettuce Mix

(I personally prefer to cut up my vegetables and wash them with a salad spinner. If time is allowed, I still wash my vegetables even I bought them pre-washed for the salad.)

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1 can (15 oz; drained) Sweet Corn Kernels
1 can (15 oz; drained and rinsed) Black Beans
Store-bought Ranch Dressing

Transfer lettuce to a salad bowl

Top it with corn and black beans

Served along with ranch dressing immediately

(Store salad dressing separately and only add it before serving. Using this method, I brought this salad along with me for my morning snack at work. You can do the same, too.)

30-Minute Chili Cheese Dog Pasta Casserole

Prep Time: 3-5 Minutes Cook Time: 25-30 Minutes Serving: 4-6

Ingredients

1 lb Short Pasta (preferably with lines and/or spirals)
1 lb 90% Lean Ground Beef
1 pack (12-16oz) Hot Dogs (cut in bite size)
1 pack Chili Seasoning Mix
2 Cans (8 oz each) Tomato Sauce
2 cups Shredded Mac and Cheese Mix
1 pot of water
1 tsp Salt
1 tbsp Canola Oil
No-stick Cooking Spray

Bring a pot of water to boil

Add salt, oil and pasta

Quick stir and cook until al dente

While waiting, preheat broiler and a big non-stick skillet on the stove top at high heat

Add ground beef into skillet and use spatula to cut it into bite size; brown about 5 minutes

Stir in chili seasoning mix and tomato sauce

Add hot dogs and simmer for about 3-5 minutes

Drain pasta and transfer to a casserole dish coated with no-stick cooking spray

Add chili hot dogs on top of pasta

Top with cheese and cook under broiler for 2-3 minutes and serve immediately

5-Minute Green Salad With Strawberry Balsamic Vinaigrette

Prep Time: 5 Minutes Cook Time: ZERO Serving: 2-4

Ingredients

1 Box (12oz) Pre-washed Mix Green Vegetables

Dressing

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1 heaping tsp Strawberry preserve
2 tsp Balsamic vinegar
4 tsp Extra Virgin Olive Oil
1 pinch of each of salt and pepper

At the bottom of a salad bowl or mixing bowl, whisk all dressing ingredients together
Add mix green on top and toss to coat
Serve immediately

Strawberry Pork Chops

Prep Time: 5 Minutes Cook Time: 60-80 Minutes Serving: 4
(Double This Recipe To Make 4 Servings)

Ingredients

2 1-inch thick Pork Chops
1/2 lb Frozen Sliced Strawberries with Juice and Sugar (thawed)
2 tbsp Strawberry Preserve
1 tsp Salt
1/4 tsp Black Pepper

Marinade

1 tsp Salt
1/2 tsp Black Pepper
1/2 tsp Dried Rosemary
2 tbsp Extra Virgin Olive Oil
No-stick Cooking Spray

Mix marinade ingredients in a big mixing bowl

Toss in pork chops and coat

Cover with plastic wrap and leave meat in room temperature for at least an hour (If you plan on having this dinner later during the week, chill it in the fridge. But make sure to allow the meat to stay in room temperature at least an hour before going into the oven.)

Preheat oven at 425F

[Line roasting pan with aluminum foil](#) and coat with cooking spray

Transfer meat to roasting pan (make sure there is plenty of space around each piece of meat)

Cook 40 minutes, turn over and cook another 20-30 minutes until thoroughly cooked or meat thermometer inserted horizontally into the middle of the meat with instant temperature of 170F
Let meat rest in room temperature for 5 minutes and topped it with strawberry sauce and serve immediately

While the meat is in the oven, transfer strawberries with juice into a medium sauce pan and bring it to simmer

Add strawberry preserve to thicken up the sauce slightly (the sauce is relatively thin)

Salt and pepper to taste and turn down the heat to keep it warm until meat is done and add sauce on top

Everyday Meatballs

Prep Time: 15-20 Minutes Inactive Cook Time: 40-50 Minutes Active Cook Time: 20 Minutes
Serving: 4-6

Ingredients

1 pound ground chicken
12-16 ounces Italian sweet sausage (sausage could be a bit harder to break apart. You can use a potato masher to break it into smaller pieces first before mixing together with the ground chicken)
1 egg
1/3 cup plain bread crumb
1/3 cup milk
Salt and pepper
2 tablespoons Extra Virgin Olive Oil
1 tablespoon Dried parsley (optional; I use the Litehouse brand because of its vibrant color)

Preheat oven at 400F

Line a baking sheet with parchment paper if you serve them plain. (Or line with foil and coat with no-stick cooking spray. This allows you to add the dripping and meatballs into the spaghetti sauce)

Combine everything together and make meatballs and line on the prepared baking sheet (about a golf ball size for each or about 1-1.5" in diameter, makes about 24 of them). Make sure there is about 1/2" space around each meatballs.

Bake for 40-50 minutes

You can transfer to the sauce at this time and continue cooking in the sauce. Or lower the oven heat to 300F and continue to cook another 20 minutes and serve with other dipping sauce and enjoy

Marinara Sauce Recipe

Ingredients

2-28 ounces Tomato sauce
1 tablespoon Tomato Paste (I use the one in the tube. Amore brand is always in my fridge.)
1 teaspoon sugar
A pinch of dried oregano
Salt and pepper to taste

Combine everything in a medium sauce pan and cook at low heat. Stir occasionally. Cook this sauce at the same time while the everyday meatballs are in the oven. (Feel free to add more herbs into the sauce. But due to the sweet Italian sausage in the meatballs, this sauce is the perfect complement. I like to add 1/2 teaspoon butter in each serving. It makes a nice touch, too.)

One Pot Chinese Salt And Pepper Shrimp Cauliflower Rice

Prep Time: 15-20 Minutes Cook Time: 15-20 Minutes Serving: 4

2 lb Frozen Shrimp (16-20 counts; thawed, peeled and deveined)
1 lb Frozen Stir-Fry mix (onion and peppers)
2-12 oz Frozen Cauliflower Rice
3 cloves Garlic (minced)
1 heaping tsp Grated ginger
1 tsp Chinese 5 Spice Powder
1 Thai Dried Chili or a pinch of Red Pepper Flakes
1/2 tsp White Pepper
2 tbsp Superior Light Soy Sauce
1 tbsp Superior Dark Soy Sauce
2 tbsp Canola Oil (divided)
Salt and pepper to taste
Scallion (optional; diced and for garnish only)

Preheat a soup pot or Dutch oven at high heat with 1 tbsp Canola Oil

Add shrimp, 5 spice powder, dried chili or red pepper flakes and white pepper; cook about 6 minutes

Stir twice in between so every shrimp cook evenly

Transfer shrimp to a plate (shrimp is not thoroughly cooked at this time. But it will have the chance later to complete its cooking process)

In the same pot, add another 1 tbsp Canola Oil, stir-fry mix, garlic, ginger and cauliflower rice
Cook until all vegetables thawed out

Stir in Soy sauces and put shrimp back in

Cook for 5 minutes uncovered

Salt and pepper to taste, garnish with scallion (optional) and serve

(If it is too watery, combine 1 tbsp corn starch and 1 tsp water in a separate mixing bowl. Stir in the slurry into cauliflower rice until sauce is thickened)