

## Dine Without Whine – Sample Menu

[www.DineWithoutWhine.com](http://www.DineWithoutWhine.com)

TIP: I generally shop for the entire week and put the first 2-3 days of meat in the refrigerator. The rest goes into the freezer and I pull it out a day or two before it is cooked. If you only go to the grocery store once a week you will save time and money!

Monday (A)

### **Beefy Taco Soup**

Makes 4 servings

- 1 pound ground beef, browned
- 1 (14 1/2-ounce) can stewed tomatoes
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (1 1/4-ounce) packet taco seasoning mix
- 1 (8-ounce) can tomato sauce

1. Stir ingredients together; pour into a slow cooker. Heat on low setting for 6 to 8 hours; stir occasionally. Add water to thin consistency as desired.

Serve with (A\*) bread sticks

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Tuesday (B)

**Buttery Garlic Chicken**

Makes 4 servings

- 2 eggs, beaten
- 1 cup round buttery crackers, crushed
- 1/2 teaspoon garlic salt
- 4 boneless, skinless chicken breasts
- 1/2 cup butter, sliced

1. Place eggs in a shallow bowl; set aside.
2. Mix cracker crumbs and garlic salt in a separate bowl; set aside.
3. Dip chicken in eggs and then coat in crumb mixture. Arrange in an ungreased 13" x 9" baking pan; dot with butter.
4. Bake at 375 degrees for 40 minutes or until juices run clear when chicken is pierced with a fork.

**Creamed Corn – B\***

Makes 4 servings

- 1 cup canned corn
- 1/2 teaspoon milk
- 2 tablespoons sugar
- 2 slices bacon, crisply cooked, crumbled and drippings reserved
- 3 tablespoons all-purpose flour
- 1/2 cup water
- Salt and pepper to taste

1. In a medium mixing bowl, combine corn and milk; add sugar.
2. Place corn mixture and bacon drippings in a large skillet.
3. In a measuring cup, mix flour and water together; blend until smooth. Add enough additional water to the measuring cup to equal one cup.
4. Add flour mixture to corn and stir over medium heat until mixture is thick; salt and pepper to taste. Cook for 10 to 15 minutes.

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Wednesday (C)

**Crispy Pork Cutlets**

Makes 4 servings

- 2 eggs
- 2 tablespoons mustard
- 2 pounds pork loin cutlets
- 1 cup instant potato flakes
- 3 tablespoons oils

1. Blend eggs and mustard together in a shallow pie pan; set aside.
2. Dip pork cutlets in egg mixture; coat with potato flakes.
3. Heat oil in a skillet; add pork, heating on both sides until done.

Serve with (C\*) green beans

Thursday (D)

**Turkey & Broccoli Alfredo**

Makes 4 servings

- 1 (6-ounce) package fettuccine pasta, uncooked
- 2 cups frozen chopped broccoli
- 1 (10 3/4-ounce) can cream of mushroom soup
- 1/2 cup milk
- 3/4 cup grated Parmesan cheese
- 3 cups cooked turkey, cubed
- 1/8 teaspoon pepper

1. Prepare fettuccine according to package directions. Add broccoli in the last 5 minutes of cooking; drain.
2. In a large skillet over medium-high heat, mix soup, milk, cheese, turkey, pepper and fettuccine mixture; cook until warm, stirring often.

**Italian Bread Salad – D\***

Makes 10 servings

- 4 cups Italian breads, toasted and cubed
- 3 tomatoes, diced and juice reserved
- 1 red onion, diced
- 1 3/4 cups fresh basil leaves, chopped
- 1 cup olive oil
- Salt and pepper to taste

1. In a large serving bowl, combine bread cubes, tomatoes and juice, onion and basil. Pour on olive oil and toss to coat. Salt and pepper to taste.

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Friday (E)

### **Chinese Beef Stir Fry**

Makes 4 servings

- 1 pound beef sirloin steaks lean,\* 1/2 -inch thick
- 1/8 teaspoon black pepper
- 2 tablespoons soy sauce
- 2 tablespoons water
- 1 teaspoon cornstarch
- 2 tablespoons vegetable oil
- 1 ginger root 1-inch piece fresh peeled and sliced 1/8 -inch thick

1. Trim excess fat from steak. Thinly slice beef into 2 x 1/8 -inch strips. Place in a pie plate. Sprinkle with pepper and stir; set aside.
2. In a small bowl, stir soy sauce, water and cornstarch until smooth; set aside.
3. In a wok or large skillet over medium-high heat, heat 1 tablespoon of the oil. Add half of the gingerroot and stir-fry about 30 seconds or until light brown. Add half of the meat and stir-fry until no longer red. Remove and keep warm. Repeat with remaining 1 tablespoon oil, gingerroot and meat. Reduce heat to low. Return all meat to wok. Stir in cornstarch mixture. Cook and stir until sauce thickens and is shiny. Serve immediately.

Serve with (E\*) steamed rice and orange slices

Saturday (F)

### **BBQ Chicken Pizza**

Makes 6 servings

- 2 cups boneless, skinless chicken breasts, cooked and shredded
- 1/2 to 1 cup barbecue sauce
- 1 prebaked pizza crust
- 1 red onion, sliced
- 1 green pepper, sliced
- 1 cup shredded mozzarella cheese

1. In a large mixing bowl, combine chicken with barbecue sauce; spread over pizza crust. Arrange onion and pepper over chicken. Sprinkle cheese over all.
2. Bake at 450 degrees for 10 to 12 minutes, or until cheese is melted.

Serve with (F\*) canned pineapple

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Sunday (G)

**Pot Roast & Veggies**

Makes 6 servings

3 to 4 pounds beef chuck roast (pot roast)  
4 potatoes, chopped  
6 carrots, chopped  
1 onion, chopped  
1 (10 3/4-ounce) can cream of mushroom soup  
1 (1 1/2-ounce) box dry onion soup mix  
2 tablespoons water

1. Line a 13" x 9" baking dish with aluminum foil; place roast in dish. Place vegetables around roast.
2. In a medium mixing bowl, combine mushroom soup and onion soup mix; pour over roast and sprinkle with water. Cover with an additional piece of aluminum foil.
3. Bake at 300 degrees for 4 hours.

Serve with (G\*) grapes

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Weekend Brunch Ideas - (H & I)

### **Strawberry Banana Breakfast Smoothie – H**

1 cup orange juice  
3 tablespoons non-fat dry milk powder  
1/2 banana  
10 fresh strawberries  
3 cubes Ice

### **Black Bean and Corn Enchilada Egg Bake – I**

Makes 12 servings

10 (6-inch) corn tortillas  
1 (15-ounce) can black beans, drained, rinsed  
1 (11-ounce) can vacuum-packed whole kernel corn, with red and green peppers, drained  
1 (10 3/4-ounce) can condensed nacho cheese soup  
6 eggs  
2 cups milk  
1 teaspoon cumin  
2 ounces (1/2 cup) shredded cheddar cheese  
1/2 red bell pepper, if desired  
3 sprigs fresh cilantro, if desired

1. Grease 13x9-inch (3-quart) baking dish. Arrange and overlap 6 tortillas on bottom of dish. Spoon beans and corn evenly over tortillas. Spoon cheese soup evenly over vegetables. Cut remaining tortillas into 1-inch strips; arrange over top.

2. In large bowl, combine eggs, milk and cumin; beat well. Pour over tortilla strips. Cover tightly; refrigerate 4 hours or overnight.

3. Heat oven to 325°F. Uncover dish; sprinkle with cheese. Bake at 325°F. for 55 to 60 minutes or until eggs are set. Let stand 5 minutes before serving.

4. To garnish, cut five 1-inch pieces from bell pepper to resemble petals. Arrange petals in center of dish to resemble poinsettia. Tuck 2 or 3 sprigs of cilantro between petals. Or, chop bell pepper and cilantro; sprinkle over top. To serve, cut into squares. If desired, top with salsa and sour cream.

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Desserts - (J & K)

### **Peanut Butter Crisscrosses – J**

Makes 10 servings

3 cups flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1 cup butter or margarine, softened  
1 cup chunky peanut butter  
1 cup brown sugar packed  
3/4 cup sugar  
2 eggs  
1 teaspoon vanilla extract

1. Preheat oven to 350°.
2. In a medium bowl, stir flour, baking soda and salt until blended; set aside.
3. In a large mixer bowl at low speed, beat butter or margarine, peanut butter, brown sugar, sugar, eggs and vanilla until well blended, scraping bowl and beaters as needed. Gradually add flour mixture until blended.
4. Using a teaspoon of dough at a time, form small balls or drop dough about 1 inch apart on ungreased baking sheets. Dip a fork in flour and flatten each cookie with a crisscross design.
5. Bake for 10 minutes or until lightly browned and set in center. Cool on wire racks. Store in an airtight container.

### **Easy Apple Crisp – K**

Makes 8 servings

5 cups apples peeled, cored, and thinly sliced (about 4 large)  
1 tablespoon lemon juice fresh  
1/3 cup whole wheat flour  
1/3 cup brown sugar  
1/2 teaspoon cinnamon ground  
1/2 teaspoon allspice ground  
Dash nutmeg ground  
1/4 cup wheat germ toasted  
1 cup oats old-fashioned  
1/2 cup nuts chopped  
1/3 cup butter melted or margarine

1. Heat oven to 375°.
2. Place apple slices in a greased 8-inch square shallow baking dish. Sprinkle with lemon juice.
3. Combine dry ingredients with oats and nuts and mix in melted butter or margarine until mixture is crumbly. Sprinkle over apples.
4. Put in oven and bake about 25 to 35 minutes or until apples are tender. Serve warm or cold topped with milk and a dash of nutmeg, or with cream or ice cream.