



This week's meal plan is by

Cheryl at TidyMom.net

Cheryl's blog, TidyMom, is about her daily adventures as a wife and mom of two daughters (Hollywood and Sunshine) with a "wee bit" of a tidiness obsession!



She loves to bake, create, and dreams of becoming a better photographer. You'll find that one day she is talking about her favorite laundry products or decorating her new office, and the next day she's posting a favorite recipe with pictures, or entering a picture on a weekly photography challenge. There are so many great baking and organizing blogs out there, Cheryl is just writing about what she likes and what works for her and her family. She enjoys sharing what she loves. Being TIDY is her obsession, but baking, photography and just being a Mom is her passion!

TidyMom and her family live just a spec west of St. Louis and often shares her trips to local business, events, attractions, and places to see. Visit Tidy Mom here.

Monday

Pulled Chicken Sandwiches

Recipe from Kraft Kitchens

Ingredients

- 1 lb. boneless skinless chicken thighs
- 1 onion, sliced
- 1/2 cup KRAFT Original Barbecue Sauce
- 1/4 cup water
- 1 Tbsp. brown sugar
- 1 French bread baguette, 16 to 20-inches long (about 10 oz.)
- 4 KRAFT Singles

Directions

1. COOK chicken and onions in skillet on medium-high heat 8 min., stirring occasionally.
2. ADD barbecue sauce, water and sugar; stir. Reduce heat to medium; cover. Cook an additional 7 min. or until chicken is cooked through (165°F).
3. REMOVE chicken from skillet. Shred chicken with fork or chop into small pieces. Return to skillet; stir until evenly coated with sauce. Cut baguette crosswise into four pieces. Cut each piece lengthwise in half. Fill with chicken mixture and Singles.



Photo by Kraft.

Tuesday

Cavatelli with Eggs and Bacon

You can find more about this recipe on Tidymom's site [here](#).

Ingredients

- 1/4 tsp salt
- 2 Tsp extra-virgin olive oil
- 2 Tsp butter
- 8 oz thick-cut bacon, cut in 1/2" pieces (I used Italian bacon, Pancetta)
- 5 large eggs
- 1 pound dried cavatelli pasta (I used corkscrew pasta)
- 2 cups shredded Fontina Cheese (I used Provalone)

Directions

1. Fill a large pot with salted water for pasta and heat to a boil.
2. Pour the olive oil into the skillet, on medium-high heat. Add butter, let it melt, then scatter in the bacon pieces. Cook the bacon, stirring and tossing the pieces, for 5 minutes or so, until they're crisp and caramelized. (If the bacon rendered lots of fat, you can pour off half the fat in the pan.)
3. Beat the eggs and 1/4 teaspoon salt in a bowl until well blended.
When the water is at a rolling boil, add the pasta, stir, and return the water to a boil. Cook the pasta 4 to 5 minutes, until al dente. Lift them from the pot, drain briefly and spill them into the skillet, adding some of the pasta water (maybe 1/2 cup or more) as well. (I didn't add enough and our pasta was a little dry, so I would add at least 1/2 -1 cup)
4. Over medium heat, toss the pasta with the bacon pieces, coating the pasta with the oil, butter and bacon fat, too. Pour the beaten eggs all over the pasta, stirring and tumbling them together; keep scraping the coagulating egg from the sides and bottom of the pan, and incorporate it in with the wet eggs. Cook for a minute or two, just until all the egg is lightly cooked and custardy and evenly scrambled into the pasta.
5. Turn off the heat, scatter the shredded cheese over the eggs and pasta, and toss thoroughly to blend in the cheese as it melts. Serve immediately.



This recipe is similar to Carbanara but VERY simple!

Wednesday

Mustard Chicken

Ingredients

- 8 boneless chicken breasts (or thighs)
- 1 cup yellow mustard
- 1 cup seasoned bread crumbs
- 1 cup Parmesan cheese
- 2 TBL margarine/butter
- 2 TBL veg oil

1. Coat chicken w/ generous amount of mustard.
2. Roll in bread crumb/Parmesan cheese mixture.
3. Put in refrigerator for 15-20 min. Preheat oven to 375 degrees.
4. Melt margarine in a greased baking dish coated w/ cooking spray. Add oil and chicken.
5. Bake 30-35 min, turning chicken once.

Also good chilled and sliced over mixed greens salad.

Thursday

Jazzed up Mac & Cheese

This recipe is by Amy @ Living Locurto

Ingredients

1 package of Macaroni
4 tablespoons butter
4 tablespoons flour
1/4 teaspoon salt
2 cups low fat milk
1 1/2 cups shredded sharp Cheddar cheese
(add 1 more cup if you prefer it really cheesy)
1/2 – 1 lb Hamburger Meat or Ground Turkey (Optional)
Tomatoes (optional)
paprika (optional)
Breadcrumbs

Directions

1. Preheat oven to 350°
 2. Boil water and cook macaroni
 3. While noodles are cooking, brown hamburger meat in skillet.
 4. In a saucepan, melt butter over low heat.
 5. Stir flour into the butter until smooth and bubbly.
 6. Stir in salt.
 7. Gradually add milk, stirring constantly until thickened.
 8. Add cheese and continue to cook and stir until melted.
 9. Stir cooked macaroni and cheese into the pan with the hamburger.
 10. Divide macaroni mixture into small bowls or put all in one large glass baking dish.
 11. Top with a tomato slices and sprinkle with paprika and breadcrumbs.
 12. Bake for 15-20 minutes, or until bubbling.
- Serve with Broccoli
 - Sneaky Chef Idea: Add pureed white beans for a healthier meal.



I like to use mini pie tins. Fun for the kids!

Friday

Slow Cooker BBQ Ribs

Ingredients

4 lb beef short ribs
1 large onion, coarsely chopped
1/4 cup flour
1 cup BBQ sauce (any brand you like)
1/4 cup honey
1 TBL yellow mustard

Place ribs in slow cooker, top w/ onions. Mix remaining ingredients, pour over ribs, cover w/ lid. Cook on low 6-8 hrs, or high 3-4 hrs.

Serve with leftover Mac & Cheese & corn on the cob

Grocery List



LivingLocurto.com

Pulled Chicken Sandwiches

- 1 lb. boneless skinless chicken thighs
- 1 onion
- 1/2 cup KRAFT Original Barbecue Sauce
- brown sugar
- 1 French bread baguette, 16 to 20-inches long (about 10 oz.)
- KRAFT Singles

Cavatelli with Eggs and Bacon

- extra-virgin olive oil
- butter
- 8 oz thick-cut bacon, cut in 1/2" pieces (optional)
- 5 large eggs
- 1 pound dried pasta
- Shredded Fontina Cheese (or Provalone)

Mustard Chicken

- 8 boneless chicken breasts (or thighs)
- yellow mustard
- seasoned bread crumbs
- Parmesan cheese
- butter
- veg oil
- Side item of your choice_____

Jazzed up Mac & Cheese

- 1 package of Macaroni
- butter
- flour
- salt
- low fat milk
- 1 1/2 cups shredded sharp Cheddar cheese (add 1 more cup if you prefer it really cheesy)

Optional Items:

- 1/2 – 1 lb Hamburger Meat or Ground Turkey
- Tomatoes
- paprika
- Breadcrumbs
- Broccoli or Side item of your choice_____



Slow Cooker BBQ Ribs

Ingredients

- 4 lb beef short ribs
- 1 large onion
- flour
- BBQ sauce
- honey
- yellow mustard
- Corn on the Cob or Side of your choice_____

Other items needed
