



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

Fast & Easy Chicken Quesadillas

This recipe is from TasteofHome.com You can find photo and reviews here.

Ingredients

2-1/2 cups shredded cooked chicken
2/3 cup salsa
1/3 cup sliced green onions (optional)
3/4 to 1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon dried oregano
6 flour tortillas (8 inches)
1/4 cup butter, melted
2 cups (8 ounces) shredded Monterey Jack cheese
Sour cream and guacamole (optional)

Directions

Combine the first six ingredients in pan. Cook over medium heat for 10 minutes or until heated through, stirring occasionally.

Brush one side of tortillas with butter; place buttered side down on a lightly greased baking sheet. Spoon 1/3 cup chicken mixture over half of each tortilla; sprinkle with 1/3 cup cheese.

Fold plain side of tortilla over cheese. Bake at 475° for 10 minutes or until crisp and golden brown. Cut into wedges; serve with sour cream and guacamole. Yield: 6 servings.

Kid alternative

Leave everything out but cheese.

Tuesday

Three Cheese Baked Mostaccioli

Ingredients

1 pound ground beef
1 pound salsitcia (if you can't find this, you can use Italian sausage)
garlic to taste
45 oz Raghu Old World Style Spaghetti sauce
Italian seasoning to taste
1 box Mostaccioli Noodles
6 slices American Cheese
6 slices Mozzarella Cheese
3 slices Provolone Cheese

Directions

1. Boil your noodles according to the box
2. Brown the ground beef and salsitcia and garlic
3. Add Raghu and Italian seasoning and let simmer for about 15-20 mins.
4. Grease a 9x13 glass dish and layer 1/2 of your noodles
5. Tear up 3 pieces of American Cheese and 3 pieces of Mozzarella Cheese and place on top of noodles (**placing the cheese on the noodles is an VERY important secret step)
6. Next pour 1/2 of your meat sauce over cheese and noodles
7. Now add the other 1/2 of your noodles and top with other 3 slices of American cheese and 3 slices of Provolone Cheese
8. Pour other 1/2 of your sauce over 2nd layer of cheese and noodles, then top with remaining mozzarella cheese
9. Place in oven on 350 for 45 mins



Visit TidyMom.com to view more photos. This can be made ahead of time and just thrown in the oven.

Wednesday

Ranch & Herb Crusted Chicken Tenderloins

prep 10 Min Bake 30 min

Ingredients

2 packets (1 box) Shake 'n Bake Ranch & Herb Crusted Seasoning Mix
16 boneless skinless chicken tenderloins
(I buy the bag of frozen chicken tenderloins, or you can cut chicken breast into 3-4 tenderloins per breast)

Directions

1. Preheat oven to 400.
 2. Line a cookie sheet with foil and coat lightly with no-stick spray
 3. Empty both season packets into one of the shaker bags (comes in the Shake 'n Bake box)
 4. drop one or two tenderloins at a time in to the bag and shake
 5. place on the cookie sheet
 6. repeat until all tenderloins are coated
 7. Place pan in oven for 30 mins.
- Makes 4 servings



We eat them plain, or you can serve with spaghetti sauce for dipping, along with your favorite vegetable and bread sticks!

Thursday

White Bean Chicken Chili

Ingredients

2 tablespoons veg oil
1 large onion, chopped (optional)
4 large garlic cloves, chopped (I use the minced in the jar)
1 tablespoon ground cumin
1 teaspoon dried oregano
1/2 teaspoon taragon
1/4 to 1/2 teaspoon dried crushed red pepper
1 pound boneless skinless chicken breast, cut into 1-inch pieces
3 15-ounce cans cannellini beans (white kidney beans)
1 cup canned chicken broth
1 3-ounce can diced green chilies
1/2 cup whipping cream
Grated cheddar cheese

Directions

Heat your oil in a dutch oven over medium heat, add onion, garlic, and spices. Saute for about 5 minutes. While that is sauteing, season cut chicken with salt and pepper and add to the pan. Saute for an additional 5 minutes.

Drain beans (RESERVE 1/2 cup of bean liquid). Add beans, chicken broth, chilies, cream and reserved bean liquid to pot. Simmer for about 10 minutes, then cook on low for about 30 mins. Serve in bowl and top with cheese!



This can be prepared a day ahead - it's even better the second day!

Friday

Parmesan Crusted Tilapia

Ingredients

3/4 cup Parmesan Cheese
1/2 cup Progresso bread crumbs
2 tsp paprika
1Tbl chopped parsley
Extra-virgin olive oil for drizzling
Zesty Lemon Seasoning
6-8 Tilapia Fillets
Lemon Juice

Directions

1. Preheat your oven to 400. In a shallow dish, combine cheese, bread crumbs, paprika and parsley.
2. Drizzle the fish with olive oil and dredge in the cheese mixture.
3. Place on a foil-lined baking sheet. Season with Zesty Lemon Seasoning and sprinkle with a little Lemon Juice.
4. Bake until the fish is opaque in the thickest part, 10-12 minutes.
5. Serve with a little more Lemon Juice and your favorite sides. (We had it with sweet potatoes and corn)



Grocery List



Fast & Easy Chicken Quesadillas

- chicken breasts
- salsa
- green onions (optional)
- ground cumin
- salt
- dried oregano
- flour tortillas (8 inches)
- butter
- 2 cups (8 ounces) shredded Monterey Jack cheese
- Sour cream and guacamole (optional)



Three Cheese Baked Mostaccioli

- 1 pound ground beef
- 1 pound salsitcia (if you can't find this, you can use Italian sausage)
- garlic to taste
- 45 oz Raghu Old World Style Spaghetti sauce
- Italian seasoning to taste
- 1 box Mostaccioli Noodles
- Sliced American Cheese
- Sliced Mozzarella Cheese
- Sliced Provolone Cheese

Parmesan Crusted Tilapia

- Parmesan Cheese
- bread crumbs
- paprika
- chopped parsley
- Extra-virgin olive oil
- Zesty Lemon Seasoning
- 6-8 Tilapia Fillets
- Lemon Juice

Ranch & Herb Crusted Chicken Tenderloins

- 2 packets (1 box) Shake 'n Bake Ranch & Herb Crusted Seasoning Mix
- 16 boneless skinless chicken tenderloins

White Bean Chicken Chili

- 1 large onion, chopped (optional)
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- ground cumin
- dried oregano
- taragon
- dried crushed red pepper
- 1 pound boneless skinless chicken breast, cut into 1-inch pieces
- 3 15-ounce cans cannellini beans (white kidney beans)
- 1 cup canned chicken broth
- 1 3-ounce can diced green chilies
- 1/2 cup whipping cream
- Grated cheddar cheese

Other items needed
