



This week's meal plan is by

Sara from Our Best Bites



Sara Wells is a mom of 3 boys from Boise, Idaho. She is also co-author the blog Our Best Bites with her good friend Kate Jones. As mothers of young children, their website focuses on family friendly food that's not impossible to prepare with a toddler hanging around your leg :) They also like to take food that's familiar to their kids (like pizza, pasta and chicken fingers seen here for example) and use them to introduce new flavors.

Visit Our Best Bites for more yummy recipes!

Monday

Chicken-Bacon Stuffed Pizza Rolls

Ingredients

1 roll refrigerated pizza dough* (or make your own)
1 packet Hidden Valley Ranch Dressing mix
2 T grated Parmesan cheese
1 T olive oil or melted butter
sharp cheddar cheese (I used 75% sharp cheddar and 25% mozzarella)
8 slices bacon, cooked and crumbled
about 1 C shredded, cooked chicken.
3/4 C mayo
3/4 C milk



These can also be baked individually in a mini-muffin tin. See more detailed photos here: <http://www.ourbestbites.com/2009/06/chicken-bacon-stuffed-pizza-rolls.html>

First take 1 teaspoon of your ranch dressing mix and combine it with 1 1/2 T parmesan cheese. Set aside. Combine the remaining ranch mix with 3/4 C mayo and 3/4 C milk and place in the fridge to chill.

Preheat oven to heat specified on pizza dough package. Usually it's 400-425 degrees.

Unroll your pizza dough onto a lightly floured surface. Pat or roll the dough so it's about 12" by 8". You're going to want to cut it into 24 squares, so just eyeball it if you need to. Use a pizza cutter to slice the dough into 24 squares.

Place a sprinkle of cheese, bacon, and chicken on each square.

When all of your dough squares have cheese and toppings on them, carefully lift up each square and wrap the dough around the toppings.

I grab the four corners first and then squeeze the seams shut. Then place them seam side down in a lightly sprayed pie pan (or similar sized dish). Brush with melted butter or olive oil and sprinkle with the parmesan-ranch mixture.

Place your rolls in the oven. I've noticed baking time really depends on the type of dough I'm using. Whether it's different brands from the store, or homemade dough, they all take different amounts of time. Set your timer for 10 minutes and check on them after that. They may take up to 15 or 20 to be done. Take them out when they're lightly golden on top.

Serve them warm with a side of freshly made ranch dressing for dipping.

Tuesday

Slow Cooker French Dip Sandwiches

Ingredients

1 2.5-3 lb. beef chuck roast
2 Tbsp. olive oil
salt and pepper
2 1-ounce packages dry onion soup mix
2 c. water
2 cans beef broth
6-8 large buns
Swiss, provolone, or mozzarella cheese, shredded or sliced.

Heat oil in a large pot over medium-high heat and rub roast with salt and pepper.

When very hot, carefully place roast in pan and sear on all sides. You're not cooking the meat, you're just browning it quickly on all sides to add flavor and seal in the juices.

Place in crockpot and sprinkle with onion soup mixes. Pour water and beef broth over roast.

Cook 8-10 hours on low or cook 4-5 hours on high and another 3-4 hours on low. It's hard to screw this part up; basically, the longer it cooks, the more tender it will be. But you know it's done when you pop a fork in it and the meat just falls apart. When meat is ready, shred with a fork.

Place meat in crusty rolls. Top with cheese and broil open-faced in the oven or toaster oven for a few minutes, until bread is golden and cheese is melty. Ladle juices into small cups for dipping and enjoy!



Wednesday

Crispy Coconut Chicken Fingers

Ingredients

12 chicken tenders (ya know, more or less...)
1-2 eggs (start with one and crack another if it runs out)
1/2 C flour
1 C sweetened coconut flakes
1 C panko bread crumbs
1 1/2 tsp garlic powder
3/4 tsp table salt
3/4 tsp curry powder
1/4 tsp onion powder
1/8 tsp cayenne pepper (you can leave this out if you want to skip the spice for the kiddos)

Preheat oven to 450 degrees. Give coconut a rough chop so it's about the same size as the panko pieces. Combine it with Panko and spices in a shallow dish. Mix well to distribute all of the spices.

Place the flour in another shallow dish, and the egg in another. Give the egg a quick beating.

Working with one chicken tender at a time, dredge in flour, then in egg. And then finally coat in the coconut Panko mixture. Press in with your fingers to make sure the entire thing is well coated. Place chicken tenders on a foil-lined baking sheet (for easy clean up!) that has been sprayed with non-stick cooking spray. I give mine a teeny drizzle of olive oil on top to help them crisp nicely, but it's optional. Bake in your 450 degree oven for about 20 minutes or until juices run clear. Try not to overcook them because chicken tenders go from perfect to overcooked really fast! If your tenders are on the small side, they could even be done in about 15 minutes so keep an eye on them. If they're big they can take more like 25. The coconut will be nice and golden and the panko crisp, but light in color still.

Dip in sweet and sour sauce, or even ranch or ketchup for kids!



Thursday

Thai Peanut Noodles

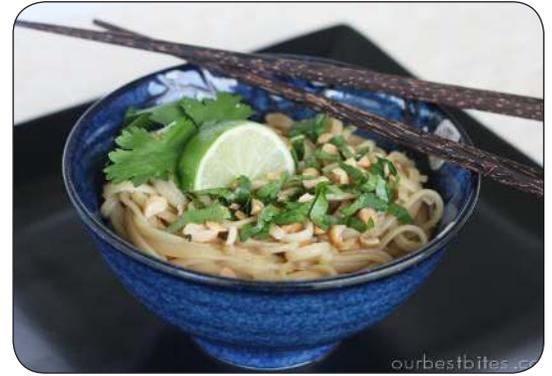
Ingredients

1/2 c. chicken broth
3 Tbsp. creamy peanut butter
1-2 tsp. Sriracha chili sauce (1 is mild with a bite, 1.5 is medium, 2 is hot)
1 1/2 Tbsp. honey
3 Tbsp. soy sauce
1 1/2 Tbsp. fresh minced ginger
2-3 cloves garlic, pressed or minced
8 oz. Udon or linguine noodles
Chopped green onions
Chopped cilantro
2 limes, cut into quarters
Chopped peanuts

Cook noodles in salted water. In the meantime, combine chicken broth, peanut butter, chili sauce (if serving to young children, try just a few drops, or omit entirely if desired), honey, soy sauce, ginger, and garlic in a small saucepan over medium-low heat. Whisk until smooth and remove from heat. Toss cooked noodles with sauce and divide among 4 bowls. Sprinkle with green onions, cilantro, chopped peanuts, and garnish each serving with 2 lime quarters. Before eating, squeeze lime juice over noodles and stir to combine.

Make it a meal by adding sauted chicken or shrimp on top.

Original recipe on ourbestbites.com: <http://www.ourbestbites.com/2008/09/thai-peanut-noodles.html>



Friday

Baked Creamy Chicken Taquitos

Ingredients

1/3 C (3 oz) cream cheese
1/4 C green salsa
1T fresh lime juice
1/2 t cumin
1 t chili powder
1/2 t onion powder
1/4 t granulated garlic
3 T chopped cilantro
2 T sliced green onions
2 C shredded cooked chicken
1 C grated pepperjack cheese
small corn or flour tortillas
kosher salt
cooking spray



Heat oven to 425. Line a baking sheet with foil and lightly coat with cooking spray.

Heat cream cheese in the microwave for about 20-30 seconds so it's soft and easy to stir. Add green salsa, lime juice, cumin, chili powder, onion powder and granulated garlic. Stir to combine and then add cilantro and green onions. Add chicken and cheese and combine well.

You can prepare up to this step ahead of time. Just keep the mixture in the fridge.

Work with a few corn tortillas at a time and heat in the microwave until they are soft enough to roll without cracking. It helps to place them between damp paper towels. Usually 20-30 seconds will do it. If you find yours are cracking when you roll them or come unrolled right away, just try heating them longer and try the paper towel thing. For flour tortillas just warm for 30 seconds in the microwave.

Place 2-3 T of chicken mixture on the lower third of a tortilla, keeping it about 1/2 inch from the edges.

Then roll it up as tight as you can.

Place seam side down on the baking sheet. Lay all of the taquitos on the baking sheet and make sure they are not touching each other. Spray the tops lightly with cooking spray or an oil mister and sprinkle some kosher salt on top.

Place pan in oven and bake for 15-20 minutes or until crisp and the ends start to get golden brown.

Dip 'em in salsa, sour cream, guacamole, or ranch dressing.

Original recipe on ourbestbites.com: <http://www.ourbestbites.com/2009/05/baked-creamy-chicken-taquitos.html>

Grocery List



LivingLocurto.com

Chicken-Bacon Stuffed Pizza Rolls

1 roll refrigerated pizza dough
1 packet Hidden Valley Ranch Dressing mix
grated Parmesan cheese
olive oil or melted butter
sharp cheddar cheese
bacon
chicken
mayo
milk



Slow Cooker French Dip Sandwiches

2.5-3 lb. beef chuck roast
olive oil
2 1-ounce packages dry onion soup mix
2 cans beef broth
6-8 large buns
Swiss, provolone, or mozzarella cheese
Multi-Grain Penne Pasta (Barilla Plus)
1 Bay Leaf
parsley
thyme
chopped garlic
chopped ginger root
Chopped red onion
paprika

Thai Peanut Noodles

chicken broth
creamy peanut butter
Sriracha chili sauce
honey
soy sauce
fresh minced ginger
2-3 cloves garlic
linguine noodles
green onions
cilantro
2 limes
Chopped peanuts

Crispy Coconut Chicken Fingers

12 chicken tenders
1-2 eggs
flour
sweetened coconut flakes
panko bread crumbs
garlic powder
curry powder
onion powder
cayenne pepper (optional)

Baked Creamy Chicken Taquitos

cream cheese
green salsa
lime juice
cumin
chili powder
onion powder
granulated garlic
cilantro
green onions
chicken
pepperjack cheese
small corn or flour tortillas