

July 2009 MENU & RECIPES

BBQ/Grilling -

- Peanut Curry Flank Steak



Chocolate Chip Cookie Dough



Italian/Mediterranean -

- Basil-Balsamic Chops



Asparagus w/Lemon Dijon Butter



Far East (Asian - Indian) -

Sesame Chicken



Twice Baked Potatoes



Southwestern/Mexican -

- Fajitas



Nacho Dip



BBQ/Grilling

Peanut Curry Flank Steak

From Weber's Big Book of Grilling

Cooking Day:

Marinate 1 ½- 2 pound flank steak in -

2T peanut oil

2T dry sherry

2T soy sauce

2T rice vinegar

1/4t red pepper flakes

2T sesame oil

2T Hoisin sauce

2T peanut butter

2t curry powder

1/2t ginger

Serving Day: Defrost completely. Allow steak to sit in room temperature for 20-30 minutes prior to grilling. Grill over Direct Medium heat until internal temp reaches 145 for medium rare, turning once during grilling. Remove from grill and let rest for 3-5 minutes. Cut across the grain into thin diagonal slices.

Chocolate Chip Cookie Dough

1 box Devil's food cake mix

1/2 c. Oil

2 Eggs

1/2 c Chocolate Chips

1/2 c butterscotch chips

Prep Day: Mix cake mix, eggs, & oil together. Then slowly add both kinds of chips. Mold into a log. Wrap in plastic wrap and freezer wrap of your choice.

Serving Day: Roll into balls and place on pan with plenty of space to expand. Bake at 350 for 8-10 minutes. Don't over bake - will be soft when taken out of the oven.

Italian/Mediterranean

Basil-Balsamic Chops

**1 TRAY (6–8 POUNDS, OR
12 CHOPS) PORK LOIN
CHOPS, BONELESS OR
BONE-IN**

- 1 cup olive oil
- ½ cup balsamic vinegar
- ¼ cup soy sauce
- ¼ cup lemon juice
- 2 tablespoons honey
- 3 teaspoons minced garlic
(about 9 cloves)
- 3 teaspoons dried basil
- 2¼ teaspoons black pepper
- 3 one-gallon freezer bags, labeled

Prep Day Instructions:

1. Rinse and divide chops evenly among the freezer bags.
2. Whisk together olive oil, vinegar, soy sauce, lemon juice, and honey in a medium bowl. Divide marinade evenly over the pork.
3. Into each bag measure 1 teaspoon garlic, 1 teaspoon basil, and ¾ teaspoon pepper.
4. Seal and freeze.

Serving Day Directions:

Prepare on an outdoor grill or indoors under a broiler.

1. Completely thaw one entrée in the refrigerator.

FOR OUTDOOR COOKING

1. Prepare a medium fire in a gas or charcoal grill.
2. Cook chops, turning occasionally, until an instant-read thermometer inserted into the thickest part of a chop reads 160°F. Discard remaining marinade.

FOR INDOOR COOKING

Arrange chops on an ungreased broiler pan. Broil chops under high heat, 5 inches from the heat source, turning frequently, for 15 to 18 minutes or until an instant-read thermometer inserted into the thickest part of a chop reads 160°F. Discard remaining marinade.

Asparagus w/ Lemon Dijon Butter

- 3 T. butter, melted
- 1 T. lemon juice
- 2 tsp. coarse Dijon mustard
- 1/2 tsp. low-sodium soy sauce
- 1/4 tsp. minced garlic
- 3/4 lb. Asparagus tips
- 2 T. minced white onion
- 1T. minced red bell pepper
- Optional - minced chives or green onion

Prep Day Directions: Whisk together butter, lemon juice, mustard, soy sauce and garlic. Arrange asparagus in a Microwave Steaming Bag. Pour butter mixture over asparagus and top with onion and red pepper. Seal bag. Gently shake. Freeze.

Serving Day Directions: Thaw. Cook in the Microwave on High power (100%) for about 4–5 minutes*. Let stand 1 minute before opening.

Serve: Season with salt & pepper. Garnish with chives or green onion.

*Cooking time will depend on the thickness of the spears. For 1,000 W microwaves (oven power varies, adjust times accordingly)

Far East (Asian - Indian)

Sesame Chicken

½ c Olive oil	1 c white grape juice
½ c soy sauce	1 tsp Ginger
1 T Dry mustard	1 tsp Ground black pepper
4 garlic cloves crushed	¼ c Sesame seeds
½ c Green onions	6 chicken breasts

Prep Day: Combine all marinade ingredients. Place chicken breast pieces in a large freezer bag and pour in the marinade. Remove excess air from bag, seal and freeze.

Cooking Day: Thaw chicken. Grill over medium hot coals for about 15 minutes, brushing frequently with marinade, turning the meat once, about halfway through the cooking time.

Garlicky Twice-Baked Potatoes

5 lbs Potatoes	4 T Butter
4T Olive oil	½ c Chopped garlic
½ c Milk	

Prep Day: Scrub potatoes and prick 5 or 6 times with the tip of a sharp knife. Bake the potatoes in a preheated 425 degree oven for about 75 minutes. Cool the potatoes at least until they are easily handled. Melt the butter with the oil in a non-stick saucepan over medium heat. Add the garlic and sauté until golden, about 10 minutes. Watch the garlic closely, as it scorches easily. Remove the garlic and butter mixture from the heat and allow it to cool. Cut the cooled potatoes in half and carefully scoop the insides into a bowl, leaving an empty shell. Add the garlic mixture to the bowl of potatoes and mash by hand or with an electric mixer. Add milk and continue mashing. Add more milk if needed, but not any more than necessary. The more milk you add, the softer the thawed potato filling will be. Fill the shells with the potato mixture.

Cooking Day: To Freeze, put filled potato shells on a baking sheet and place in the freezer. When frozen, place the potatoes in a freezer bag or freezer container. To serve, take out as many as needed, defrost; brush the top of the filled potato shells with melted butter. Bake at 375 degrees for about 25 minutes

Southwestern/Mexican

Slow Cooker Fajitas (Serves 6)

EASY Cuisine: meals for a month

2 lbs bottom round steak	3 T Taco Seasoning Mix	1 cup sour cream
2 green bell peppers	1 red bell pepper	2 onions, chopped
4 cloves garlic, minced	8 flour tortillas	1 (16 oz) jar salsa

Prep Day: Cut steak into four pieces, and sprinkle with taco seasoning. Place in zipper-lock bag. Cut peppers into large chunks and combine with onions and garlic in another zip-lock bag. Place tortillas in another zip-lock bag. Place all bags in a large bag, label seal and

freeze. Reserve salsa in pantry and sour cream in fridge.

Serving Day: Thaw all ingredients overnight in fridge. Place steak in 4- to 5-quart slow cooker and top with veggies. Pour salsa over all, cover slow cooker and cook on low for 8 hours until beef and veggies are tender. Remove meat from slow cooker and shred. Return to slow cooker and mix well. Cook on low for 30 minutes. Serve with flour tortillas, sour cream and your favorite garnishes.

Nacho Dip

1 1/2 lb. hamburger, fried
1pkg. taco seasoning
1 can refried beans
Nacho cheese
1 jar Picante sauce, mild

Prep Day: Fry hamburger, drain grease. Add taco seasoning and Picante sauce. Freeze in a ziploc.

Serving Day: Allow meat to thaw in the refrigerator. Layer refried beans on bottom of baking dish. Then spread hamburger mixture over beans. Then sprinkle cheese over hamburger. Heat in a 350 degree oven until warm through. Use as dip for Nacho chips.