

WHAT'S FOR DINNER?



A One-Week
Meal Plan for Moms



Greetings from Shay, the Mix and Match[®] Mama

Welcome to a week filled with simple, tasty meals you and your family will enjoy. These recipes are so easy to make, you'll spend less time cooking and more time connecting with one another. Because that's what having meals together is all about—making memories.

This one-week meal plan includes:



5 weekday dinners
and a special **Sunday**
family dinner



2 anytime
breakfasts and a
Saturday brunch



2 delectable
desserts



1 convenient
shopping list
for the week

It all adds up to 1 satisfied family...yours!
*This week, when you hear, "What's for dinner?",
you'll be ready with an answer and a new recipe
to try each night. Let's get started...*

Weekly Shopping List



PRODUCE DEPARTMENT

- 2 cups fresh blueberries
- 10 green onions
- 1 cup mushrooms (I use cremini)
- 2 onions
- Parsley
- Romaine lettuce leaves
- Fresh thyme
- 2 cups salsa
- 2 large bell peppers, any color
- 4 cloves garlic
- Lemon



MEAT DEPARTMENT

- 1 pound breakfast sausage
- 1 package thick cut bacon
- 1 pound stew meat (or flank steak)
- 1½ to 2 pounds stew meat
- 1 pound ground turkey (or chicken)
- 2 pounds ground turkey
- 2 pounds boneless, skinless chicken
- 2 anchovy fillets (optional)



DAIRY DEPARTMENT

- 4 cups milk
- 1½ cups half-and-half
- 1 cup butter
- 21 eggs
- 1 (8 ounce) package cream cheese
- ½ cup shredded Pepper Jack cheese
- 1 cup Parmesan cheese, grated
- 2 cups shredded Cheddar cheese
- 2 cups mozzarella cheese, shredded
- ½ cup feta cheese, crumbled



FROZEN FOODS DEPARTMENT

- 1 (32 ounce) package of frozen tater tots
- 3 boxes frozen spinach
- 2 cups frozen or fresh peas
- 4 pieces Texas Toast
- 3 cups frozen blackberries (or peaches or canned apple pie filling, etc.)



BAKING AISLE

- 1 to 2 cups toffee pieces
- 4 cups Bisquick
- Maple syrup (Optional)
- 1 box of ready to bake puff pastry sheets sheets (I use a 17 ounce Pepperidge Farm kind)
- 1 box chocolate cake mix



PANTRY GOODS

- Salt and pepper
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- Extra virgin olive oil
- ½ cup vegetable oil
- 3 cups flour
- 1 cup sugar
- 1 cup panko or breadcrumbs
- 2 tablespoons Worcestershire sauce



OTHER

- 1 loaf of bread (Challah or croissants)
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 (14 ounce) can beef broth
- 1 pound egg noodles
- 2 cups rice (I use brown rice)
- 1 cup quinoa
- Caesar Salad dressing
- 1 (13 ounce) jar Nutella
- 1 cup ale
- 1 cup store-bought pesto (any variety; I use basil pesto)
- 1 (6 ounce) jar sundried tomatoes in oil



Sausage and Cheese Muffins



These make the perfect quick breakfast, lunchbox treat, or after school snack. You can even freeze them and then pop them in the microwave for 30 seconds to warm up. This recipe makes about 20 muffins.

INGREDIENTS

1 pound breakfast sausage, uncooked	2 eggs
4 cups Bisquick	1½ cups shredded Cheddar cheese
2½ cups milk	

Preheat oven to 400 degrees. Line 2 (12-count) muffin tins with muffin liners. Set aside.

In one mixing bowl, crumble in your uncooked breakfast sausage. Next, stir in your dry Bisquick mix. Using a wooden spoon, mix the two together. (They're not going to totally combine. Don't overwork it.)

In a second bowl, whisk together your milk and eggs. Slowly pour this mixture over your sausage mixture. Stir together until everything is combined. Next, stir in your cheese.

Divide batter (it will be lumpy!) among your muffin tins. I was able to get 20 muffins out of this batter.

Place muffins in oven and bake about 20 minutes or until lightly browned. Remove from oven and serve immediately or store.



Blueberry French Toast Bake



Is there anything better than a breakfast casserole? I mean a piece of this with a cup coffee and I am one happy lady. I love that I can make this the night before and then just pop it in the oven the following morning.

INGREDIENTS

1 loaf of bread (about 4 cups of cubed pieces), torn into bite-size pieces (I use Challah but you could use croissants too)	1 teaspoon vanilla extract
6 eggs	1 teaspoon cinnamon
1½ cups milk	2 cups fresh blueberries
1½ cups half-and-half	Maple syrup to drizzle on top, optional

Arrange bread in a lightly greased 9 x 13 baking pan; set aside. Whisk eggs, milk, half and half, vanilla, and cinnamon in a mixing bowl; pour over bread. Sprinkle blueberries down over the top. Cover and refrigerate overnight.

The next morning, preheat oven to 350 degrees and bake 45 to 55 minutes. (Check after about 30 minutes and if it's getting too brown on top, cover with foil and continue cooking.) Remove from oven and let stand 5 minutes before serving. You can drizzle maple syrup over top if you like.



Bacon and Tot Casserole



I wanted to bring an egg-based breakfast casserole to church, and as I was reaching for hash browns at the grocery store, I saw the tater tots looking back at me and well... a better idea was born. Serve this hearty breakfast on a cool morning, and your family will gobble it up!

INGREDIENTS

1 (32 ounce) package of frozen tater tots	½ cup shredded Cheddar cheese
8 eggs	½ cup shredded Pepper Jack cheese
10 pieces of thick cut bacon (uncooked), chopped	Salt and pepper
8 chopped green onions	

Preheat oven to 350 degrees. Grease a 9 x 13 baking pan. Spread your frozen tater tots across the bottom of your baking pan. Set aside.

In a mixing bowl, whisk eggs. Stir in the bacon pieces, onions, cheeses, and a big pinch of salt and pepper. Pour over the tater tots. Bake uncovered about 35 minutes or until lightly browned and bubbly. Remove from oven and serve immediately.

Sunday Dinner



Beef and Ale Shepherd's Pie



When we were in London, Andrew had a shepherd's pie with beef and ale and after taking a bite, I knew we needed to recreate that. For my recipe, I made four individual servings but you could make one big serving in an 8 x 8 baking dish.

INGREDIENTS

1 pound stew meat (or a pound of flank steak chopped into bite-sized pieces)	2 tablespoons flour
1 cup chopped mushrooms (I use cremini)	1 cup ale
1 onion, chopped	2 cups frozen or fresh peas
Salt and pepper	A few tablespoons fresh thyme, chopped
Extra virgin olive oil	1 box of ready to bake puff pastry sheets (I use a 17 ounce Pepperidge Farm kind), at room temp
2 tablespoons butter	

Preheat oven to 400 degrees. Lightly spray with cooking spray either one (8 x 8) baking dish or four oven safe bowls. Set aside.

In a large skillet or Dutch oven, add chopped stew meat or steak to a drizzle of olive oil over medium-high heat. Brown on all sides. Add in chopped onion and mushrooms. Do not salt and pepper until the mushrooms have completely browned up. (If you salt them before they're brown, it will take forever to get them to brown.) After everything is sautéed and tender (about 6 or 7 minutes) add a healthy pinch of salt and pepper. Add in butter and whisk in flour for about a minute. After a minute, slowly pour the ale and keep whisking. Once thickened, stir in peas and thyme. Reduce heat and simmer about five minutes.

At this time, pour the steak mixture into your baking dish(es). Fit puff pastry sheets into pan. Make sure the pastry covers the entire top.

Pop your shepherd's pie into the oven and bake about 10 minutes or until the pastry is lightly browned. Remove from the oven and serve immediately.

Monday Dinner



Fiesta Chicken with Rice



This Fiesta Chicken with Rice is easy, easy and yummy, yummy! Dinner with minimal ingredients and maximum flavor? That's a weeknight miracle, and I'm a happy mama!

INGREDIENTS

1 pound boneless, skinless chicken (frozen or thawed)	2 cups salsa
2 tablespoons chili powder	2 cups cooked rice (I use brown rice)
1 can cream of chicken soup	Cheese and chopped green onions to garnish

Place the chicken in a slow cooker. Sprinkle the chili powder over the chicken and then top with the soup and salsa. Cook on low for 6 to 8 hours (8 if the chicken is frozen) or on high for 3 to 4 hours (4 if the chicken is frozen).

Shred the chicken right inside the slow cooker with two forks. To serve, layer cooked rice and chicken on each plate, then top with cheese and/or green onions.

Tuesday Dinner



Spinach and Sundried Tomato Meatballs



These meatballs are like little Greek delights—feta cheese, tomatoes, spinach...delish! Usually a meatball would be a fall and winter food in our house, but these are light with ground turkey, and a little bit of lemon zest brightens them up for eating in warmer weather.

INGREDIENTS

1 pound ground turkey (or chicken)	2 eggs, beaten
4 cloves garlic, grated	2 teaspoons lemon zest
1 cup panko or breadcrumbs	Salt and pepper
½ cup feta cheese, crumbled	1 tablespoon extra virgin olive oil
1 package frozen spinach, thawed and drained of excess water	
1 (6 ounce) jar sundried tomatoes in oil, drained	

Preheat the oven to 425 degrees.

In a medium bowl, combine the ground turkey, garlic, panko or breadcrumbs, feta, spinach, tomatoes, eggs, zest, and lots of salt and pepper. Form meat mixture into golf-ball-sized balls and then place them on a lightly greased baking pan lined with foil for easy cleanup. Drizzle a tablespoon of olive oil over all the balls. Roast in the oven for about 25 minutes or until brown.

Serve alone or over your favorite pesto pasta.

Wednesday Dinner



Caesar Salad Burgers



It's a turkey burger that tastes like a chicken Caesar salad. You pile your Caesar salad toppings on top and put everything on a big piece of Texas Toast like a giant crouton.

INGREDIENTS

2 pounds ground turkey	Romaine lettuce leaves torn for topping
3 tablespoons extra virgin olive oil	Drizzles of your favorite Caesar Salad dressing
2 anchovy fillets, chopped (optional)	4 pieces Texas Toast, toasted
1 cup grated Parmesan cheese, plus a little more for garnishing	
1 box frozen spinach, defrosted and all of the excess liquid squeezed out	

Preheat your outdoor grill or indoor grill pan to medium-high heat.

Add the olive oil, chopped anchovy fillets (optional), one cup Parmesan and spinach to your ground turkey. Divide turkey into four sections and make four patties. Grill patties about 8 minutes per side or until cooked through.

Add your cooked burger patty to a piece of Texas Toast and then top with Romaine lettuce and drizzles of your favorite Caesar dressing. Garnish with a little more Parmesan.

Thursday Dinner



Slow Cooker Stroganoff



For this simple slow-cooker dish, I buy stew meat because it's already tender and cut into one-inch pieces. But you can use flank steak or beef tips too as long as you cut the meat into pieces. As this delightful dinner cooks in your kitchen all day, you can look forward to a big bowl of stroganoff that evening—maybe with cozy, fuzzy socks and some TV!

INGREDIENTS

1½ to 2 pounds stew meat	2 tablespoons Worcestershire sauce
1 tablespoon extra virgin olive oil	1 teaspoon garlic powder
Salt and pepper	1 pound egg noodles
1 onion, chopped	Parsley to garnish, chopped
1 (14 ounce) can beef broth	
1 can cream of mushroom soup	
1 (8 ounce) package cream cheese, softened	

Over medium-high heat, brown the stew meat in 1 tablespoon of olive oil and some salt and pepper (about 5 minutes).

Transfer the meat to the slow cooker.

Layer the onion, broth, soup, cream cheese, Worcestershire sauce, and garlic powder in the slow cooker. Cover and cook on low for 6 hours or on high for 3 hours.

About 30 minutes before you're ready to eat, move the heat to high on the slow cooker and add the noodles. Continue cooking uncovered until the noodles are tender (about 30 minutes). Sprinkle chopped parsley to garnish.



Pesto Quinoa and Chicken Stuffed Bell Peppers



Stuffed bell peppers look so fancy, but they are just so simple! I've made several varieties, and I can't seem to stop mixing and matching. It's full of veggies your family will love too.

INGREDIENTS

2 large bell peppers, any color	1 cup cooked quinoa
Drizzle of extra virgin olive oil	2 cups mozzarella cheese, shredded and divided
1 pound cooked chicken, shredded	Pinch of salt and pepper
1 box frozen spinach, thawed and drained of excess water	
1 cup store-bought pesto (any variety; I use basil pesto)	

Preheat the oven to 425 degrees.

Slice each bell pepper in half, length-wise. Remove the stem and seeds. Place all four halves in an 8 x 8 baking dish. Drizzle olive oil over the peppers and bake for about 10 minutes.

While the peppers are baking, combine the cooked chicken, spinach, pesto, quinoa, and 1 cup mozzarella cheese in a bowl with a good pinch of salt and pepper.

Remove the peppers from the oven and stuff them with chicken mixture (keep the peppers in the baking dish). Sprinkle the remaining cheese over all 4 peppers, then pop them back into the oven and bake another 15 minutes.

Remove from the oven and serve.



Rustic Cobbler



I've made this with both blackberries and peaches. You could use apples, pears, cherries, mixed berries...mix and match away. This is seriously the most versatile little recipe—in fact, I bet you have all the ingredients in your pantry right now!

INGREDIENTS

3 cups frozen blackberries (or peaches or canned apple pie filling, etc.)	1 egg
1 cup all-purpose flour	$\frac{3}{4}$ cup butter, melted
1 cup sugar	

Preheat oven to 375 degrees.

Place frozen berries across the bottom of a greased 8 x 8 baking dish. In a mixing bowl, combine flour, sugar, and egg with a wooden spoon until crumbly. Sprinkle flour mixture down over your berries. Pour melted butter over every thing. Bake about 40 minutes or until browned and bubbly.



Nutella Whoopie Pies



If you're a Nutella person, this will be your kind of whoopie pie. I added some toffee pieces to them for a little crunch (and because I just love a little toffee). You could go crazy and use butterscotch chips instead, or chocolate chips, or dried cranberries, or chopped pecans. Make these your own.

INGREDIENTS

1 box chocolate cake mix	$\frac{1}{4}$ cup water
$\frac{1}{2}$ cup vegetable oil	1 (13 ounce) jar Nutella
2 eggs	1 to 2 cups toffee pieces

Preheat oven to 350 degrees. Combine cake mix, oil, eggs, and water in bowl.

Drop by 2 tablespoons onto lined cookie sheet (leave about an inch between each cookie) and bake 9 to 10 minutes. Cool on pan 5 minutes, move to wire rack and cool 15 more minutes.

Take one cookie and place a tablespoon or so of Nutella in the center. Sprinkle a little toffee over the top of the Nutella. Press another cookie on top (this will spread the Nutella out to the edge). Holding your whoopie pie, sprinkle your toffee over the sides so that a little crunch sticks to the sides of your whoopie pie.

WHAT'S FOR DINNER?

That famous phrase can make a mom's heart beat a little faster. But never fear, the Mix and Match Mama is here with more simple recipes and meal plans to make dinner easy!

The Mix and Match Mama Meal Planner features plans that make the most of seasonal produce, never have lengthy directions or hard-to-find ingredients, and don't take a long time to prepare. You'll also find lists of pantry staples, tips and tricks for streamlining your cooking, and dozens of ideas to make dinner easy and delicious.



SPEND LESS TIME IN THE KITCHEN
and more time
MAKING MEALTIME MEMORIES
with your family.

