



# Meal Plan #4

## SMOKED HAM A-4

Prep: 10 min. Cook: 4 hrs. Serves: 4 Level: Easy Crock Pot

### INGREDIENTS:

- 1 smoked ham
- 1 can diced pineapple
- 4 large potatoes
- 1 onion
- 1 bag baby carrots
- 2 tbsp. flour
- 2 tbsp. butter
- Salt and pepper
- 1 pkg. corn muffin mix

### DIRECTIONS:

Place ham in center of crock pot. Top with diced pineapple and the juice. Peel and slice potatoes and onion. Layer vegetables around ham sprinkling flour, butter dots, salt, and pepper between layers. Cook on high 4 hrs. 30 minutes before serving corn muffins according to package directions.

Tip: Use left-over ham for quiche.

## SALISBURY STEAK B-4

Prep: 10 min. Cook: 20 min. Serves: 4-6 Level: Easy Skillet

### INGREDIENTS:

- 1 lb. ground beef
- 1 egg
- ½ cup seasoned bread crumbs
- 2 tsp. Worcestershire sauce
- 1 onion, sliced thin
- 1 tsp. ketchup
- 1 box instant mashed potatoes
- 1 kale salad kit
- 2 oranges, sliced

### DIRECTIONS:

Add beef, egg, bread crumbs, and 1 tsp. Worcestershire sauce in bowl and mix. Form patties. Place patties in skillet over medium-high heat. Cook on both sides until browned. Set aside. Add onions to skillet. When browned add 1 cup water, 1 tsp. Worcestershire sauce, and ketchup. Scrape bottom of pan with whisk. Make mashed potatoes and salad. Serve with salad & fruit.

## CHICKEN PANINI C-4

Prep: 15 min. Cook: 20 min. Serves: 4 Level: Easy Skillet

### INGREDIENTS:

- 1-8 oz. creamy parmesan
- Peppercorn salad dressing
- 1-4 oz. jar tomato pesto
- 1 tbsp. olive oil
- 4 cups salad greens
- 1 lb. chicken breast
- 4 lg. crusty Italian rolls
- 1 red onion
- 8 oz. Mozzarella ball, sliced
- 1 fresh melon

### DIRECTIONS:

Preheat oven to 425. Mix salad dressing and sundried tomato pesto and set aside. Place olive oil and chicken breast in skillet over medium-high heat. Cook through. On baking sheet, place split bread topped with salad dressing mixture. Add a layer of greens, sliced chicken, sliced onion, and sliced Mozzarella. Bake 10 minutes. Serve with fruit.

## QUICHE LORRAINE V-4

Prep: 15 min. Cook: 15 min. Serves: 4 Level: Easy Oven

### INGREDIENTS:

- ½ cup ham, diced
- 1 pastry shell
- 3 eggs
- ¾ cup whipping cream
- ¾ cup milk
- ½ tsp. salt
- Pinch of pepper & nutmeg
- 1 tbsp. butter
- 1 salad kit
- 1 fresh melon

### DIRECTIONS:

Preheat oven to 375. Dice ham and lay on the bottom of pastry shell. Beat eggs, whipping cream, milk, and seasoning in a mixing bowl. Top with little dots of butter. Bake for 25 minutes until puffed & brown. Serve with salad & melon. (Veg? No ham) *"The classic quiche Lorraine contains heavy cream, eggs, and bacon, no cheese. Ham ... may replace the bacon."* -Mastering the Art of French Cooking, 147



## GROCERY LIST #4

### FRESH PRODUCE

- potatoes, 4 large
- onion, 1 & red onion, 1
- baby carrots, 1 bag
- salad kit, 1
- kale salad kit, 1
- fresh melon, 2
- oranges, 2

### MEAT

- smoked ham, 2 or more lbs.
- lean ground beef, 1 lb.
- chicken breast, 1 lb.

### DAIRY

- butter, 3 tbsp.
- eggs, 4
- whipping cream, ¾ cup
- milk, ¾ cup
- mozzarella ball, 8 oz.

### PACKAGED

- pineapple, 1 can diced
- corn muffin mix, 1 pkg.
- seasoned bread crumbs, ½ cup
- instant mashed potatoes, 1 box
- creamy parmesan peppercorn salad dressing, 1-8 oz.
- sundried tomato pesto, 1-4 oz.
- crusty Italian rolls, 4 lg.

### FROZEN

- pastry shell, 1

### HAVE ON HAND

- flour, 2 tbsp.
- nutmeg, salt, pepper
- Worcestershire sauce, 2 tsp.
- ketchup, olive oil