

Anyone Can Cook Dinner

Eat Sheet™ Week 9

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■ MEATS

Chicken breasts, boneless, skinless (9)
(3 1/4 lbs or 1.5 kg) for 3 meals
(or replace 4 breasts with 10 thighs for Parmesan)
Shrimp, large, cooked, peeled and deveined
(1 lb or 450 g) (or use chicken)
Ground beef, extra-lean (1 1/2 lbs or 675 g)

■ DAIRY

Butter
Milk, 1% milk fat (2 1/2 cups) for 2 meals
Sour cream, fat-free or light
Mozzarella cheese, part-skim, shredded (2 1/2 cups)
for 2 meals
Parmesan cheese, light, grated (1 cup) for 2 meals

■ PRODUCE

Fresh garlic (from a jar)
Baby carrots (3 cups) for 2 meals
Asparagus spears (20) (1 lb or 450 g)
Celery ribs (6) for 2 meals
Broccoli florets (1 lb or 450 g) for 2 meals
(+ 3/4 lb or 340 g if not using frozen in Stew)
Cauliflower (1/4 head) for Fresh Veggies
Onion (2) for 2 meals
Cucumber, English
Green onion (optional for BBQ Pizza)
Red onion (1/8) (optional for Chicken Parmesan)
Green bell pepper (1/2)
Red bell pepper (1 1/2) for 2 meals
Mushrooms (17) for 2 meals
Tomato (optional for BBQ Pizza)
Grape tomatoes (1 cup) (for Italian Veggies)
Potatoes, thin skin, large (4) (2 lbs or 900 g)
New Yukon potatoes don't need to be peeled.
Romaine lettuce leaves (2 leaves)
or any other lettuce (topping for BBQ Pizza)

■ DRY ESSENTIALS

Basmati or white rice (1 1/2 cups)
Penne pasta (3 cups)
Linguini pasta (12 oz or 340 g)

■ SPICES

Basil leaves
Chili powder
Chipotle seasoning
Cumin, ground
Dill, dried
Garlic and herb seasoning, salt-free
Hot chili flakes (optional for Creamy Pesto Shrimp)
Lemon pepper
Onion flakes
Parsley, dried
Pepper
Table blend seasoning, salt-free

■ BAKING GOODS

Cooking spray
Canola oil
Olive oil, extra-virgin
Balsamic vinegar
Flour

■ HELPERS

Salsa, chunky (mild, medium or hot) (1/2 cup)
Southwest BBQ sauce (1 Tbsp for BBQ Pizza)
Worcestershire sauce
Salad dressing, ranch, light (optional for Fresh Veggies)
Italian dressing, light
1 can Italian stewed tomatoes (19 fl oz or 540 mL)
1 can cream of chicken soup, reduced-sodium
(10 fl oz or 284 mL)
1 can tomato pasta sauce (24 fl oz or 680 mL)
choose a lower sodium brand
Basil pesto

■ FROZEN FOODS

Corn (1 cup) (I like Peaches & Cream style)
Baby carrots (1/2 lb or 225 g)
Broccoli florets (3/4 lb or 340 g)
(can use fresh broccoli for Stew)

■ BAKERY

Pizza base, thin crust 12" (1/2 lb or 225 g)

■ OTHER

Aluminum foil
Paper towel