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## Summer Menu: Week 6

- Sunday:** Peachy Piggy Pizza  
**Monday:** Cheesy Quinoa Casserole  
**Tuesday:** Simple Summer Squash and Sausage  
**Wednesday:** Mexican Casserole  
**Thursday:** Balsamic Chicken Pasta with Olive Oil Toast  
**Friday:** Grilled Cheese Sandwiches with Salad  
**Saturday:** Simply Delicious Burgers with Zucchini Sticks



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## Grocery List

### PRODUCE

- 1 small peach, sliced
- 1 bunch green onions
- 1/2 red bell pepper
- 1 large onion
- 4 medium zucchini
- 1-2 small yellow squash
- 2 garlic cloves
- Lettuce
- Tomatoes
- Carrots

### DRY/CANNED FOODS

- Cornmeal
- 1 1/2 teaspoons active dry yeast
- 1/2 teaspoon sugar
- 4 1/2 – 5 cups all-purpose flour
- 1 cup quinoa
- 1 box spaghetti
- 2 cans black beans
- 2 cans diced Italian tomatoes
- 1/4 cup chopped black olives
- 1 1/2 cups bread crumbs
- Pickle slices (optional)
- Tortilla chips (optional)

### BREAD

- 1 large loaf Italian bread
- Hamburger buns

### FROZEN

- 1 cup frozen corn

### CONDIMENTS/SAUCES

- 1 cup Kinder's Mild BBQ Sauce
- 1 tablespoon olive oil
- Vegetable oil
- 2 cups chicken broth
- 1 1/4 cup chunky salsa
- Ground cumin
- Ground coriander
- Chili powder
- Dried oregano
- Garlic powder
- Crushed red pepper
- Sea salt
- Olive oil vinaigrette salad dressing
- Balsamic Vinegar

### MEAT/FISH

- 4 strips of bacon
- 1/2 cup Lit'l Smokies, sliced
- 1 package Italian sausage links
- 1 package ground turkey (1.5 lbs)
- 2 boneless chicken breasts
- 1.5 pounds ground beef

### DAIRY/DELI

- 2 cups shredded mozzarella
- 3/4 cup chopped mozzarella
- 3 1/2 cups shredded cheddar cheese
- 2 cups shredded cheese (your fav)
- Sliced cheese (optional)
- 16 ounces light sour cream
- 1 egg
- 1/4 cup milk

### OTHER GROCERIES NEEDED



# Food of Bliss

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## Peachy Piggy Pizza

- 4 strips of bacon
- Prepared pizza dough (recipe follows)
- Cornmeal
- 1/2 cup Kinder's Mild BBQ Sauce
- 2 cups shredded mozzarella cheese
- 1/2 cup Lit'l Smokies, sliced
- 1 small peach, sliced
- 1/4 cup chopped green onions

Preheat the oven to 425 degrees. If you have a pizza stone, be sure to put the stone in the oven while it's preheating. Meanwhile, fry the bacon until crisp and then drain on a paper towel. Once cool, crumble bacon into small pieces.

Sprinkle the preheated pizza stone or baking pan with cornmeal, and place the prepared pizza dough on top. Combine the BBQ Sauce and Sourdough Sauce in a small bowl and spread onto the pizza dough using a pastry brush or the back of a spoon. (Note: if you don't have Sourdough Sauce, then use barbeque sauce only.)

Sprinkle the pizza with mozzarella cheese, and then the crumbled bacon, Lit'l Smokies, peach slices and green onions. Put the pizza in the oven and bake for about 8-10 minutes.



## Pizza Dough

- 1 1/2 teaspoons active dry yeast
- 1 1/2 cups water
- 1/2 teaspoon sugar
- 3 1/2 – 4 cups all-purpose flour
- 1 teaspoon sea salt

In a large bowl, dissolve yeast in 1/2 cup warm water (about 110 degrees). Stir in the sugar and 1/2 cup of flour and mix well. Cover bowl with plastic wrap and let rise until foamy, about 1 hour. Blend in remaining water, flour, and salt; mix well. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 15 minutes. Place dough in bowl dusted with flour and cover with plastic wrap. Let rise until doubled, about 2 to 3 hours.

Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces. Roll dough out to half of its final size. Let rest for 10 to 15 minutes (while you prepare desired pizza toppings). Stretch out dough over your floured knuckles and spin/toss 2 to 3 times until desired size is achieved.



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## Cheesy Quinoa Casserole

- 1 cup quinoa
- 1 tablespoon olive oil
- 2 cups chicken broth (or vegetable broth)
- 1 cup frozen corn (no need to thaw)
- 1 can black beans, drained and rinsed
- 1/2 red bell pepper, diced
- 8 ounces light sour cream
- 1/2 cup chunky salsa
- 2 cups shredded cheddar cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon black pepper



To prepare the quinoa, first rinse the quinoa in a fine-mesh strainer to help remove the bitter tasting coating (called saponins). While the quinoa is draining, heat the olive oil in a large saucepan or deep skillet over medium heat. Add the quinoa, stirring constantly for about 2 minutes. Add the chicken broth, bring to a boil, then reduce heat to low and cover. Simmer until the liquid is absorbed, about 15-25 minutes. Remove from heat and set aside.

Preheat the oven to 350 degrees and lightly grease a casserole dish.

In a large bowl, stir together the corn, black beans, red bell pepper, sour cream, salsa, cheese, salt, cumin, coriander, and black pepper. Add the cooked quinoa and mix thoroughly. Spoon mixture into the prepared casserole dish and bake for about 30 minutes, or until heated through. Serve hot and enjoy!

## Simple Summer Squash and Sausage

- 1 package Italian sausage links
- 1/2 cup sliced onion (or more, if desired)
- 1-2 small zucchini, sliced
- 1-2 small yellow squash, sliced
- 1 (14.5 ounce) can of diced tomatoes with Italian seasoning, with liquid
- 1-2 cloves of garlic



Place the sausage and about 1/4 cup of water in a large stainless steel skillet, over medium heat, and cover with a lid. Once the water in the pan evaporates and sausage starts to sizzle, remove the lid to brown the sausage. Be sure to turn the sausage frequently and watch the heat closely; you want a nice brown crust to form on the sausage, but you don't want the pan to burn. If you notice that the pan is starting brown too much, carefully deglaze the pan with 1-2 tablespoons of water (watch out for popping grease!). When the sausage is cooked, remove it from the pan and place it on a plate or bowl lined with paper towels.

Add the onions to the same pan that you cooked the sausage in and sauté for a minute or two. If you used really lean sausage, then you may need to add about a tablespoon of olive oil to the pan before adding the onions. Then add the zucchini and yellow squash and sauté for another minute or two. Add the diced tomatoes to the pan, with the liquid, and then press the garlic into the pan using a garlic press (if you don't have a garlic press, you can mince the garlic cloves instead). Grab your spatula and run it around the bottom of the pan to make sure you scrape up all of the brown bits. Return the sausage to the pan, then cover the pan and reduce the heat to low, and simmer for 10-15 minutes. That's all there is to it!



# Food of Bliss

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## Mexican Casserole

1 tablespoon vegetable oil  
1 package ground turkey (1.5 pounds)  
2 tablespoons diced onion  
2 tablespoons chili powder  
2 tablespoons cumin  
1/2 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon crushed red pepper  
Salt and pepper to taste  
1/2 cup chopped green onions, divided  
3/4 cup salsa  
1/2 cup black beans  
1 – 1 1/2 cups shredded cheese (your favorite)  
1/4 cup chopped black olives  
Sour cream  
Tortilla chips  
(optional)

Heat the oil in a skillet, over medium-high heat. Add the turkey and cook thoroughly. Stir in the diced onion, chili powder, cumin, oregano, garlic powder, crushed red pepper, salt, and pepper. Remove the skillet from the heat.

Preheat the oven to 375 degrees.

Spread the cooked turkey in the bottom of an 8-inch square baking dish (or similar sized dish). Sprinkle half of the green onions over the turkey, and then top with the salsa and black beans. Sprinkle the shredded cheese over the top.

Bake for about 10-15 minutes, or until the cheese is melted and bubbling. Garnish with the rest of the green onions, olives, and a dollop of sour cream. Serve with tortilla chips, if desired.



## Balsamic Chicken Pasta with Olive Oil Toast

1/2 cup olive oil vinaigrette salad dressing  
1-2 tablespoons of balsamic  
2 boneless, skinless chicken breasts, cut into bite-sized pieces  
Spaghetti (enough for 4 servings)  
Olive oil  
1/4 cup diced red onion  
1 14.5 oz can diced Italian tomatoes, with juice  
3/4 cup mozzarella cheese, cut into small cubes

Add the salad dressing, balsamic vinegar, and chicken to a large zipper bag and marinate in the refrigerator for 4-8 hours.

Bring a large pot of water to a boil and cook the spaghetti until just under-done. Meanwhile, heat 2 tablespoons of olive oil in a large pan over medium-high heat. Add the marinated chicken (discard any remaining marinade) and sauté until cooked thoroughly. Remove the chicken from the pan; add another tablespoon of olive oil and the diced onions. Sauté the onions for 1-2 minutes, then add the can of diced tomatoes (including the juice). Reduce heat to low, and then run a spatula around the bottom of the pan to scrape up any brown bits. Return the chicken to the pan, cover and simmer for about 10 minutes.

When the spaghetti is done, drain it, reserving about 1/2 cup of the cooking water. Add the spaghetti and cooking water to the pan with the chicken and simmer, uncovered, for 1-2 minutes, or until the spaghetti is al-dente. Just before serving sprinkle the mozzarella cheese over the top. Serve with Olive Oil Toast (recipe on the next page).





# Food of Bliss

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## Olive Oil Toast

1/2 of Italian bread loaf (pugliese, ciabatta, etc),  
cut into ½ inch slices

Olive oil  
Sea salt

Pour olive oil into a shallow bowl (about 1/4 inch deep). Heat a skillet over medium heat. Put a slice of bread into the bowl of olive oil and completely coat both sides of the bread. Then put the slice into the hot skillet and cook until the bottom is golden brown. Flip the bread and finish cooking the other side. Remove the cooked bread to a plate lined with a paper towel and sprinkle with sea salt. Repeat for remaining bread slices. Serve warm.



## Grilled Cheese Sandwiches with Salad

Left-over Italian bread, sliced

Olive oil

2 cups shredded cheese (your favorite)

Garlic powder (optional)

Ground pepper (optional)

Salad (chopped lettuce, tomatoes, carrots, etc)

Heat a non-stick skillet over medium heat. Spray (or brush) olive oil onto one side of a bread slice. When the skillet is hot, put the bread slice into the skillet, olive oil side down. Add a small handful of shredded cheese on top of the bread. Add anything else that you like on your grilled cheese (I like to add a pinch of garlic powder and pepper). Top with another slice and cook until the bottom bread is golden brown. Spray (or brush) olive oil on the top slice of bread and then carefully flip the sandwich using a spatula. Continue cooking until the cheese is melted and the bottom bread is golden brown.

Serve with a big green salad.



# Food of Bliss

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## Simply Delicious Burgers

Ground beef (approx. 1.5 pounds)  
Barbeque sauce (approx. 1/2 cup)  
Salt and pepper to taste  
Sliced cheese (optional)  
Hamburger buns  
Burger toppings

Add the ground beef, barbeque sauce, and salt and pepper to a large bowl and stir until combined (be careful not to over-mix).



Use your hands to form patties about 3/4-inch thick. After you form each patty, use your fingers to make a depression in the center of the patty (the center of the patty should be thinner than the outside), so you don't get a bulge in the burger while it cooks.

If you have time, cover and refrigerate the patties for several hours before cooking to enhance the flavor of the burgers. You could also freeze them at this point.

Preheat the grill to medium-high heat. Allow the patties to sit on the counter for 15-20 minutes before cooking. This will bring the meat to room temperature, which will ensure the burgers cook evenly.

Place the burgers on the grill and cook for about 5-6 minutes a side, or until cooked through, being careful not to over-cook them. If desired, place a slice of cheese on each burger about 1 minute before they are done.

Serve the burgers on hamburger buns with your favorite toppings. Enjoy!

## Baked Zucchini Sticks

3 medium zucchini  
1 tablespoon salt  
1 cup flour  
1 egg  
1/4 cup milk  
1 1/2 cup Italian bread crumbs  
Olive oil spray

Cut the zucchini lengthwise into sticks about 3-inches long and 1/2-inch thick. Place the zucchini into a colander in the sink and sprinkle with the salt. Toss lightly and let stand for at least 1 hour. This will help draw the moisture out of the zucchini. After the zucchini has rested for at least 1 hour, rinse thoroughly to remove excess salt (it will be plenty salty), then dry thoroughly with a towel.

Preheat the oven to 425 degrees (use a convection setting, if you have it). Line a large baking sheet with parchment paper and spray with the olive oil spray.

Place the flour in one shallow bowl, whisk together the egg and milk in a second shallow bowl, and place the bread crumbs in a third shallow bowl. Line up your breading assembly line, as follows: zucchini, flour, egg mixture, bread crumbs, and then parchment-lined baking sheet. Use the "wet hand/dry hand" technique for coating the zucchini sticks. Drop a zucchini stick into the flour with your right hand and coat thoroughly; drop the stick into the egg and coat it using your left hand; lastly, drop the stick into the bread crumbs and coat with your right hand and then place on the baking sheet. This technique should keep your hands relatively clean and make the coating process more efficient. Repeat for the remaining zucchini sticks. Spray the zucchini lightly with olive oil spray.

Bake for about 12 minutes. Remove the baking sheet from the oven and turn each zucchini stick with tongs, and then bake for an additional 15 minutes, or until they are golden brown. Serve hot and enjoy!