

October 19th - October 25th



Ingredients For the Week

| | |
|---|--------------------------------------|
| 2 tbsp Dijon mustard | 4 10-oz chicken |
| Salt and pepper | 2 tbsp vegetable oil |
| ½ cup chicken broth | ½ Cup strained apricot jam |
| 675g cauliflower | 1 tbsp olive oil |
| 4 oz lean bacon, cut into ½ strips | 1 tbsp Parmesan cheese |
| Nutmeg | 1 cup grated Cheddar cheese |
| 1¾ cups milk | 3 tbsp flour |
| 3 tbsp butter | 1 garlic clove, finely chopped |
| 1 onion, thinly sliced | 4 medium sweet potatoes |
| 1 tablespoon EVOO | 1 (15 ounce) can black beans, rinsed |
| 2 medium tomatoes, diced | 1 teaspoon ground cumin |
| 1 teaspoon ground coriander | ¼ Cup reduced-fat sour cream |
| ¼ Cup chopped fresh cilantro | 1 (3 pound) beef eye round roast |
| ½ cup KRAFT Zesty Italian Dressing | 1 teaspoon dried rosemary leaves |
| 1 tablespoon KRAFT Prepared Horseradish | |

Sunday October 19th

Chicken with Apricot Sauce

- ✿ 4 10-oz chicken
- ✿ Salt and pepper
- ✿ 2 tbsp vegetable oil
- ✿ ½ cup chicken broth
- ✿ ½ Cup strained apricot jam
- ✿ 2 tbsp Dijon mustard

1. Preheat oven to 350°F.
2. Mist a baking dish with cooking spray (or use the wrapper from sticks of butter).
3. Season chicken with salt & pepper.
4. Warm oil in a skillet over medium-high heat.
5. Add chickens; cook for 3 minutes per side.
6. Transfer to baking dish; roast for 10 minutes.
7. Pour off fat from skillet; add broth.
8. Bring to a boil over high heat, stirring.
9. Boil until liquid is reduced by half, 5 minutes.
10. Add jam; bring back to a boil.
11. Cook, stirring, until thick and syrupy, 2 minutes.
12. Stir in mustard.
13. Lower heat to medium and return chops to skillet; turn over. Spoon remaining sauce over chicken.

Preheat oven to 350°F

Prep: 5 minutes

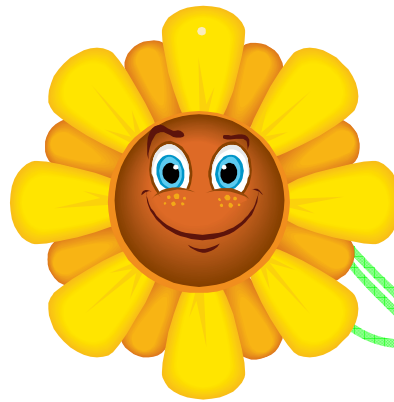
Cook: 20 minutes

All You August issue calendar page



Monday October 20th

LEFTOVERS NIGHT!



Precious Pennies

Tuesday October 21th

HOWL-O-WEEN @ PETSMASTY 6-8pm

Cauliflower and Cheese Casserole

- 675g Cauliflower
- 1 tbsp olive oil
- 4 oz lean bacon, cut into ½ strips
- 1 onion, thinly sliced
- 1 garlic clove, finely chopped
- 3 tbsp butter
- 3 tbsp flour
- 1¾ cups milk
- 1 cup grated Cheddar cheese
- Nutmeg
- 1 tbsp Parmesan cheese
- Salt & pepper

1. Preheat oven to 325°F – put an ovenproof dish in to warm.
2. Boil cauliflower in salt water for 4-5 minutes (should still be firm). Drain & transfer to warmed dish. Keep warm in oven.
3. Heat oil over medium heat. Add onion, garlic & bacon – cook for 10 min. until onion is caramelized & golden & bacon is crisp.
4. Melt butter in small pan. Stir in flour, until well-combined & smooth.
5. Remove from heat & stir in milk. Return to heat & gradually add milk, stirring constantly. Cook for 3 minutes until sauce is smooth & thickened.
6. Remove from heat & add Cheese, nutmeg, salt, & pepper.
7. Preheat broiler to high. Spoon onion & bacon mixture over the cauliflower and pour over the hot sauce.
8. Cook until browned.

Preheat oven to 325°F
30 minutes to the table

30 minutes or less favorite foods pg 50



Wednesday October 15th

7:45pm CHILD'S CLASS

Sweet Potatoes with Warm Black Bean Salad

- 4 medium sweet potatoes
- 1 (15 ounce) can black beans, rinsed
- 2 medium tomatoes, diced
- 1 tablespoon EVOO
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon salt
- 1/4 cup reduced-fat sour cream
- 1/4 cup chopped fresh cilantro

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes.
2. Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes.
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well.
4. Top each with a dollop of sour cream and a sprinkle of cilantro.

Use as a side w/ rice

<http://food.yahoo.com/recipes/eatingwell/735/sweet-potatoes-with-warm-black-bean-salad/print>

Thursday October 16th

- 1 (3 pound) beef eye round roast
- 1/2 cup KRAFT Zesty Italian Dressing
- 1 tablespoon KRAFT Prepared Horseradish
- 1 teaspoon dried rosemary leaves

Any Night Beef Roast

1. Score roast lightly, criss crossing diagonally, using tip of small paring knife.
2. Mix dressing, horseradish and rosemary in large resealable plastic bag; add roast.
3. Refrigerate at least 1 hour or overnight to marinate.
4. Preheat oven to 375°F. Remove roast from bag; place on rack in roasting pan. Pour marinade over roast.
5. Roast 1 1/4 to 1 1/2 hours or until internal temperature reaches 140 degrees F to 155 degrees F.
6. Place roast on carving board; tent with foil and let stand 15 min.
7. Slice roast thinly.

Preheat oven to 375°F
 MARINATE OVERNIGHT
 ROAST 1 1/2 HOURS

<http://food.yahoo.com/recipes/kraft/69092/any-night-beef-roast>



Friday October 17th

LEFTOVERS NIGHT!



Saturday October 18th

LEFTOVERS NIGHT!



My Precious Pennies



MENU ITEMS

| |
|--------------------------------------|
| 675g Cauliflower |
| 4 10-oz chicken |
| 4 medium sweet potatoes |
| 1 (15 ounce) can black beans, rinsed |
| 1 (3 pound) beef eye round roast |
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WIC ITEMS

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|--------------------------|
| 1 gallon milk |
| 2 V8 juices |
| 1lb dried beans/peas |
| 1lb cheese |
| 1 14-20oz Canned Carrots |
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| 24oz infant cereal |
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SALE ITEMS

October 9th - October 22nd

| ✓ Item | % off | Price | Coupon/Notes |
|---------------------------------------|-------|--------|-----------------------------|
| College Inn Beef/Chicken broth | 68% | \$0.25 | |
| Chex Cereal Bar Turtle 7.4 oz | 22% | \$1.75 | \$1.50/1 mfg coupon |
| Bumble Bee Chicken Breast | | \$1.79 | \$0.044/oz |
| Pillsbury cinnamon roll 8ct 12.4oz | 15% | \$1.39 | \$0.40/1 OR \$0.30/1 coupon |
| Giorgio Sliced mushrooms 4oz | 19% | \$0.69 | \$0.172/oz |
| VIP Peas, Broccoli, Corn, mixed 12oz | 34% | \$0.99 | |
| All American Cream of Mushroom 10.5oz | 33% | \$0.50 | |
| Top Ramen 3oz | | \$0.20 | |
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My Freebies