

November 9th - November 15th



Ingredients For the Week

1 tsp. dried thyme	2 cups granulated sugar
Salt & pepper	¼ cup light soy sauce
6 cups coarsely crushed cornflakes	¼ tsp toasted sesame oil
1 lb. extra lean ground beef	Salt & freshly ground pepper
3 cups rotini pasta, uncooked	2/3 cup all-purpose flour
1 jar (26 oz.) spaghetti sauce (about 3 cups)	4 cups peanut oil
1 cup Shredded Mozzarella Cheese	Steamed rice, for serving
4 small B ^S chicken breast halves (1 lb.)	1½ cups water
2 Tbsp. pesto	1 cup distilled white vinegar
1 cup uncooked rice	¼ cup ketchup
2 tbsp vegetable oil	Chicken
1 lb frozen vegetables	2 tbsp Chinese rice wine/sherry/brandy
½ tsp ground cumin	2/3 cup cornstarch
Pizza Crust	Cilantro leaves, for garnish
Cheese blend	1 pkt. Shake & bake Chicken Coating Mix
Marinara sauce	1/4 cup Shredded Mozzarella Cheese
½ cup flour	1 lb beef sirloin steak
1 tsp. Cayenne pepper	1 flour tortilla (8-inch, cut into four ½" strips)
2 large eggs	2 tbsp lime juice
3 tbsp butter, melted	2 tbsp cilantro
1 medium onion, Chopped	Mushroom
3-1/2 cups water	Pepperoni
1 cup sliced mushrooms	4 B ^S Chicken breasts

My Precious Recipes



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Sunday November 9th

Crispy Baked Pesto Chicken

- ✿ 4 small boneless skinless chicken breast halves (1 lb.)
- ✿ 1 pkt. SHAKE 'N BAKE Chicken Coating Mix
- ✿ 2 Tbsp. pesto
- ✿ 1/4 cup KRAFT Shredded Mozzarella Cheese

1. Coat chicken with coating mix. Place in 8-inch square baking dish.
2. BAKE 20 min. or until chicken is cooked through (165°F).
3. TOP chicken with pesto; sprinkle with cheese. Bake an additional 5 min. or until cheese is melted and lightly browned.
4. Serve with hot cooked rice and steamed vegetables.



PREHEAT oven to 400°F.
 Prep Time: 10 minutes
 Total Time: 35 minutes

<http://www.kraftfoods.com/kf/recipes/crispy-baked-pesto-chicken-95137.aspx?pf=true>

Monday November 10th

Beef Fajita Bowls

- ✿ 1 cup uncooked rice
- ✿ 1lb beef sirloin steak
- ✿ 2 tbsp vegetable oil
- ✿ 1 flour tortilla (8-inch, cut into four 1/2" strips)
- ✿ 1lb frozen vegetables
- ✿ 2 tbsp lime juice
- ✿ 1/2 tsp ground cumin
- ✿ 2 tbsp Cilantro

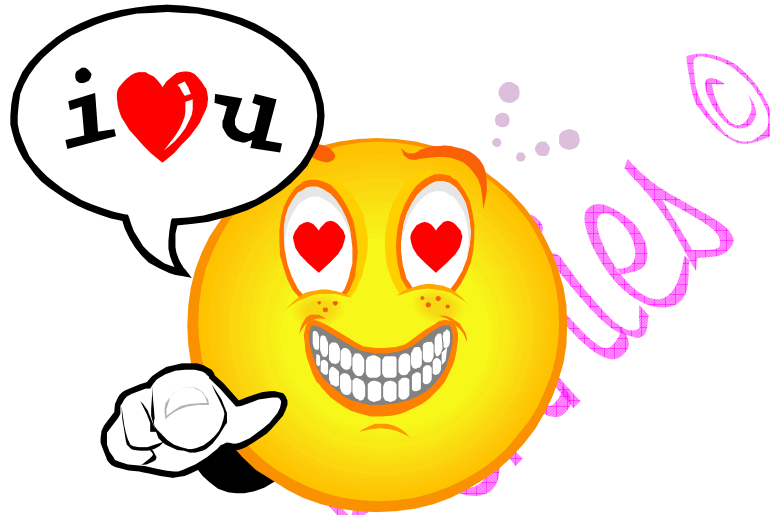
1. Cook rice
2. Cut beef into 2" strips, cut strips into 1/8" slices
3. Heat skillet over medium-high heat. Add oil, cook tortilla strips until golden brown & crisp. Drain on paper towel.
4. Add beef to skillet, cook & stir over medium-high heat.
5. Add vegetables to skillet. Cover & cook until crisp-tender. Stir in beef, lime juice, & cumin. Stir in cilantro.
6. Divide rice & top w/ mixture & tortilla strips.

Prep Time: 30 min
 Start to Finish: 30 min

From GM recipe booklet mailer

Tuesday November 11th

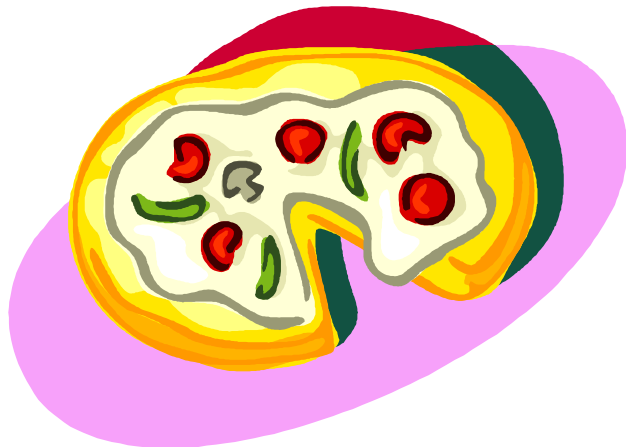
LEFTOVERS NIGHT



Wednesday November 12th

Homemade Personal Pizza

- Pizza Crust
 - Mushroom
 - Cheese blend
 - Pepperoni
- Marinara sauce



November 9th ~ November 15th



Thursday November 13th

Cornflake-Crusted Chicken

- 4 BS Chicken breasts
- ½ Cup flour
- 1 tsp. dried thyme
- 1 tsp. Cayenne pepper
- Salt & pepper
- 2 large eggs
- 6 cups coarsely crushed cornflakes
- 3 tbsp butter, melted

1. Preheat oven to 375°F. Line a rimmed baking sheet with foil.
2. Place each chicken breast between 2 sheets of plastic wrap. With a rolling pin, pound chicken to an even ½ inch thickness.
3. Mix flour, cayenne pepper, salt & pepper.
4. Whisk eggs.
5. Spread cornflake crumbs on second rimmed baking sheet.
6. Dip chicken into seasoned flour, & then dip in egg mixture. Let excess egg drip off, then press both sides into cornflakes. Transfer to baking sheet.
7. Drizzle chicken with melted butter.
8. Bake until coating is crisp & chicken is cooked through (30 minutes)

Prep: 10 minutes
Cook: 30 minutes
PREHEAT 375°F

SIDES: veggies, pasta, potatoes

All You September issue (pg. 115)

Friday November 14th

Saucy Pasta

- 1 lb. extra lean ground beef
- 1 medium onion, Chopped
- 3 cups rotini pasta, uncooked
- 3-1/2 cups water
- 1 jar (26 oz.) spaghetti sauce (about 3 cups)
- 1 cup sliced mushrooms
- 1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese

1. Brown meat in deep skillet, drain
2. Add onions, cook under tender.
3. Add pasta, water, & spaghetti sauce. Bring to boil
4. Cover, reduce heat to low, & simmer 15 minutes
5. Add mushrooms, cook 5 minutes
6. Sprinkle with cheese!



Prep Time: 10 minutes
Total Time: 35 minutes

<http://www.kraftfoods.com/kf/recipes/all-in-one-pot-saucy-pastas-65968.aspx?pf=true>



Saturday November 15th

Peking Chicken w/ Sweet and Sour Sauce

- ✿ 1½ Cups water
- ✿ 2 cups granulated sugar
- ✿ 1 cup distilled white vinegar
- ✿ ¼ cup light soy sauce
- ✿ ¼ cup ketchup
- ✿ ¼ tsp toasted sesame oil
- ✿ Chicken
- ✿ Salt & freshly ground pepper
- ✿ 2 tbsp Chinese rice wine/sherry/brandy
- ✿ 2/3 cup all-purpose flour
- ✿ 2/3 cup cornstarch
- ✿ 4 cups peanut oil
- ✿ Cilantro leaves, for garnish
- ✿ Steamed rice, for serving

Prep time: 20 minutes

Cook time: 30 minutes

1. In a large, deep-sided skillet, bring the water to a boil w/ the sugar & white vinegar. Cook for 1 min. until the sugar dissolves.
2. In a small bowl, whisk soy sauce, ketchup & sesame oil until smooth. Whisk the soy sauce mixture into the vinegar mixture. Bring sauce to a boil & cook, stirring occasionally, until syrupy, about 5 to 7 mins, then lower the heat to a simmer.
3. Season both sides of the pork slices with salt & pepper. Pour the rice wine into a bowl & dredge the pork in the wine. In a shallow bowl, mix the flour & cornstarch until evenly combined. Dredge the pork in the flour mixture, shaking off any excess.
4. In a wok, heat the peanut oil until a pork slice sizzles & rapidly rises to the top when placed in the oil. Carefully add pork slices to it, using tongs. Fry the slices for 1 minute, then remove the pork to a paper towel-lined plate.
5. Allow the oil to reheat for 2 minutes, then quickly refry the pork slices, 2 at a time, for 1 more minute, & drain on fresh paper towels. The slices should be crisp and golden on the outside, tender and cooked throughout.
6. Transfer the cooked pork slices to the pan of simmering sweet-and-sour sauce, turning them until they are well coated. Remove the pork to a serving plate. Garnish with cilantro and serve with rice.

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