



10 FOR THE FREEZER VOLUMES 1-3 BUNDLE

30 delicious recipes

©2021 More Food for Thought, Inc. All rights reserved.

May be copied for personal use only.

If you'd like to share, please share our free menus available at SavingDinner.com

Saving Dinner with



Ten for the Freezer

**5 chicken-based recipes
5 beef-based recipes
to assemble and freeze ahead**

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

10 delicious Dinner Kits

to
Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to “Ten for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. The beauty of this menu is that it's divided up into two parts; chicken and beef. So you can just do the chicken recipes or just the beef if you'd rather not do both at once.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

Let's talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them for each meat group! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later. Remember, if you are going to do both meats you'll want to bring both shopping lists with you to the grocery store.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and

herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminates.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimal way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See www.FlyLady.net for more on Baby Steps.)

You'll want to get out the [Preassembly Prep List](#) as that will have many time saving, do ahead steps on it.

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the ["Dinner Menu List"](#). Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

If you need help with substitutions you can always come to our website and contact us through our Live Chat (there is a link in the top right corner of our homepage) or emails us. We're here to help.

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 10 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Remember, chicken has it's own list and beef has it's own list. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

Congratulations on Saving Dinner in your home!

CHICKEN - Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 20 boneless skinless chicken breast halves [D1,D2,D3,D4,D5]</p> <p>CONDIMENTS Olive oil [D1,D4] Apple cider vinegar [D3] Low sodium soy sauce [D5] Honey [D5]</p> <p>PRODUCE Onions (1 small) [D1] Garlic (1 clove) [D5] Green onions (15) [D3,D4] Leeks (3) [D2] Red bell peppers (1 small) [D1] Green bell peppers (1 small) [D1] Yellow bell peppers (1 small) [D1] White mushrooms (1/2 pound) [D4] Tomatoes (3/4 cup diced) (or use canned) [D4] Grape tomatoes (1 pint) [D3] Cilantro (2 tablespoons chopped) [D3] Granny Smith apples (3) [D2]</p> <p>CANNED GOODS Diced tomatoes (3/4 cup) (if not using fresh) [D4]</p> <p>SPICES Paprika [D1,D3,D4] Garlic powder [D1,D3] Thyme [D1,D4] Poultry seasoning [D2] Chili powder [D3] Cumin [D3] Oregano [D3] Sesame seeds [D5]</p> <p>DAIRY/DAIRY CASE Butter [D4] Eggs (2 whites) [D5]</p> <p>DRY GOODS Cornstarch [D5]</p> <p>FREEZER 1 (10-oz.) bag shoe peg OR white corn [D3]</p> <p>OTHER Sharpie permanent marker pen Freezer quality plastic bags: 12 to 13 (1-gallon) sized [D1,D2,D3,D5] 3 to 4 (1-quart) sized [D4,D5]</p>	<p>1. Triple Pepper Skillet Chicken Olive oil *Quick-cooking brown rice *Broccoli *Baby Spinach for a salad *Additional salad toppings of your choice</p> <p>2. Baked Chicken with Leeks and Apples Olive oil Honey Balsamic vinegar Aluminum foil wrap *Sweet potatoes *Petite green peas</p> <p>3. Spiced Rubbed Chicken with Grape Tomatoes and Corn Salsa Olive oil *Red cabbage *Snap peas *Romaine lettuce *Feta cheese *Pumpkin seeds *Balsamic vinegar</p> <p>4. Chicken Stroganoff Egg noodles (1 pound) Olive oil Low fat sour cream (1/2 cup) Nutmeg *Asparagus</p> <p>5. Happy Family Sesame Chicken Vegetable oil Green onions Sesame seeds *Quick-cooking brown rice *Snow peas *Carrots</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above “Day of Shopping List” are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Chicken [D1,D2,D3,D4,D5]: Place all chicken breasts between 2 sheets of plastic wrap and flatten using a mallet or rolling pin to approximately 1/4-inch thickness.

Peppers [D1]: Wash all of your bell peppers. Cut off the tops, remove all seeds and then remove the ribs. Slice 1 green, yellow, and red bell pepper into thin strips

Onions [D1]: Slice 1 onion into thin rings and separate them. Freeze any leftover chopped onion for future recipes.

Apple [D2]: Core and cut 3 apples into 1/4-inch slices

Leeks [D2]: Cut white and light green parts in to 1/2-inch slices.

Green Onions [D3]: Wash the bunch of green onions under running water to remove any grit. Chop the bunch of green onions using the white part and some of the green stem. Chop about 5 stems. (Keep an eye on how much 1 stem makes for ease in measuring.) Freeze any leftover chopped onion for future recipes.

Mushrooms [D4]: Wash the mushrooms under running water to remove any dirt or grit. Gently pat dry with a paper towel. Slice the mushroom.

Tomatoes [D4]: Wash the tomatoes under running water to remove any dirt or grit. Dice tomatoes removing any seeds.

Garlic [D5]: Press 1 clove of garlic (if you are not using preminced garlic). 1/2 teaspoon is about the same as 1 clove of garlic.

Saving Dinner with Five from the Freezer

Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Triple Pepper Skillet Chicken	A little brown rice (use the quick-cooking variety to get dinner in a hurry), some steamed broccoli and a lovely spinach salad will do the trick.	Stove Top	< 5 minutes	15 minutes
<input type="checkbox"/> Baked Chicken with Leeks and Apples	Serve this tasty chicken with baked sweet potatoes and petite green peas.	Oven and Stove Top	<10 minutes	30 minutes
<input type="checkbox"/> Spice Rubbed Chicken with Grape Tomatoes and Corn Salsa	Serve a simple red cabbage coleslaw, sautéed snap peas and a Romaine salad with pumpkin seeds and Feta cheese crumbles, tossed with olive oil and balsamic vinegar.	Stove Top	< 5 minutes	15 minutes
<input type="checkbox"/> Chicken Stroganoff	Serve steamed asparagus on the side.	Stove Top	< 5 minutes	20 minutes
<input type="checkbox"/> Happy Family Sesame Chicken	Serve with brown rice (use the quick-cooking variety to get dinner quickly) add some steamed snow peas and julienne carrots.	Stove Top	< 5 minutes	30 minutes

Triple Pepper Skillet Chicken

Chicken Recipe 1 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

- 1 tablespoon olive oil
- 1 small (fist-sized) red bell pepper, deseeded, deribbed, cut into strips
- 1 small (fist-sized) green bell pepper, deseeded, deribbed, cut into strips
- 1 small (fist-sized) yellow bell pepper, deseeded, deribbed, cut into strips
- 1 small (fist-sized) onion, thinly sliced into rings
- 4 boneless skinless chicken breast halves
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- Salt and pepper, to taste



To assemble:

Season chicken breast halves on both sides with the paprika, garlic, thyme, salt and pepper.

In a gallon-sized, freezer quality plastic bag, place prepared peppers and onions; drizzle with the olive oil and seal, carefully removing all air.

In another gallon-sized, freezer quality plastic bag, place seasoned chicken; remove all air and seal.

In a third gallon-sized, freezer quality plastic bag, mark TRIPLE PEPPER SKILLET CHICKEN on the outside of the bag with your Sharpie pen and the date you assembled it. Place the chicken bag in first, followed by the pepper bag. Remove as much air as possible, seal and place in the freezer.

Triple Pepper Skillet Chicken

Chicken Recipe 1 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

1 to 2 tablespoons olive oil

Cooking Instructions:

In a skillet over medium-high heat, add 1 tablespoon of the olive oil. When oil has heated, cook the chicken till nicely browned, about 3 to 5 minutes per side, depending on the thickness of each chicken piece. Remove from skillet to a plate, cover and keep warm. To the skillet, add the contents of the pepper bag. If you need a little more olive oil, add it now, but remember: the peppers will have a little moisture from being frozen and will help keep themselves from sticking or burning. When everything is nicely wilted and starting to brown up a bit (say 3 minutes), return the chicken to the pan (and the nice juices they've made on the plate) and warm everything up for just a minute or two. Now serve—yummy!

Serving Suggestions: A little brown rice (use the quick-cooking variety to get dinner in a hurry), some steamed broccoli and a lovely spinach salad will do the trick.

Nutrition per serving: 225 Calories; 5g Fat; 34g Protein; 9g Carbohydrate; 2g Dietary Fiber; 82mg Cholesterol; 95mg Sodium.
Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 5

Baked Chicken with Leeks and Apples

Chicken Recipe 2 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

4 boneless skinless chicken breast halves
1/2 teaspoon poultry seasoning
Salt and pepper, to taste
3 Granny Smith apples, cored and cut into 1/4-inch slices
3 leeks (white and light green parts only), cut into 1/2-inch slices



Season chicken breast halves on all sides with poultry seasoning, salt and pepper.

To assemble:

In a gallon-sized, freezer quality plastic bag, place prepared apples and leeks. Remove air from bag and seal.

Place seasoned chicken breast halves in another gallon-sized, freezer quality plastic bag. Remove as much air as possible and seal.

On a third gallon-sized, freezer quality plastic bag, mark BAKED CHICKEN WITH LEEKS AND APPLES and your assembly date.

Baked Chicken with Leeks and Apples

Chicken Recipe 2 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

1 tablespoon olive oil
1 tablespoon honey
2 teaspoons balsamic vinegar
Salt and pepper, to taste
Aluminum foil wrap

Cooking Instructions:

Preheat oven to 375 degrees. Place chicken in an un-greased 9- x 13- inch baking pan. Cover with foil and bake for 20 to 30 minutes or until cooked through, depending on the size and thickness of the chicken.

Meanwhile, heat the olive oil in a skillet over medium-high heat. Add contents of the apple bag and cook till leeks and apples are softened, about 5 to 6 minutes. Remove from heat and stir in the honey and vinegar, salting and peppering to taste. Serve cooked chicken with apple mixture on top.

Serving Suggestions: Serve this tasty chicken with baked sweet potatoes and petite green peas.

Nutrition per serving: 244 Calories; 2g Fat; 34g Protein; 21g Carbohydrate; 3g Dietary Fiber; 82mg Cholesterol; 108mg Sodium.
Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 2 Vegetable; 1 Fruit.
Points: 4

Spiced Rubbed Chicken with Grape Tomatoes and Corn Salsa

Chicken Recipe 3 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

1 tablespoon paprika
1 teaspoon chili powder
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
Salt and pepper, to taste
4 boneless skinless chicken breast halves
1 (10-oz.) bag frozen shoe peg or white corn
1 pint grape tomatoes
2 tablespoons chopped cilantro
4 or 5 green onions, chopped (with some green)
1/2 tablespoon apple cider vinegar



In a small bowl, combine paprika, chili powder, cumin, garlic powder, oregano and salt and pepper to taste. Rub chicken breast halves with this mixture on both sides.

To assemble:

In a gallon-sized, freezer quality plastic bag, carefully place the seasoned chicken. Remove as much air as possible and seal.

In another gallon-sized, freezer quality plastic bag, place frozen corn, grape tomatoes, cilantro, green onions and vinegar. Smoosh together carefully, remove as much air as possible and seal.

On yet another gallon-sized, freezer quality plastic bag, write with your Sharpie pen SPICE RUBBED CHICKEN WITH GRAPE TOMATOES AND CORN SALSA and your assembly date. Place the chicken bag in first, followed by the salsa bag. Seal bag and freeze.

Spiced Rubbed Chicken with Grape Tomatoes and Corn Salsa

Chicken Recipe 3 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

1 to 2 tablespoons olive oil

Cooking Instructions:

In a large skillet over medium-high heat, heat the olive oil. Add chicken and cook 4 to 5 minutes per side or until cooked through, depending on the size and thickness of the chicken. Meanwhile, place the contents of the salsa bag in a medium saucepan over medium heat. Don't bring it to a boil, just get it nice and warm. Serve chicken with salsa over the top and enjoy!

Serving Suggestions: Serve a simple red cabbage coleslaw, sautéed snap peas and a Romaine salad with pumpkin seeds and Feta cheese crumbles, tossed with olive oil and balsamic vinegar.

Nutrition per serving: 205 Calories; 3g Fat; 35g Protein; 11g Carbohydrate; 2g Dietary Fiber; 82mg Cholesterol; 110mg Sodium.
Exchanges: 1/2 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable.
Points: 4

Chicken Stroganoff

Chicken Recipe 4 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

2 tablespoons butter
1 tablespoon olive oil
1/2 pound white mushrooms, sliced
6 green onions, sliced
3/4 cup diced tomatoes (you can use canned, but drain them first)
1/2 teaspoon paprika
1/4 teaspoon thyme
4 boneless skinless chicken breast halves, cut into 1-inch cubes
Salt and pepper, to taste



In a skillet over medium-high heat, melt the butter and olive oil together. When they are heated, add the mushrooms and green onions, cooking until wilted and liquid from the mushrooms has evaporated. Add the tomatoes and seasonings. Cool to room temperature.

To assemble:

Place cooled mushroom mixture in a quart-sized, freezer quality plastic bag. Squeeze out as much air as possible and seal.

In another quart-sized, freezer quality plastic bag (or a gallon-sized bag if you used larger pieces of chicken) add the cut-up chicken; salt and pepper to taste, smoosh it together and seal, removing as much air as possible.

On a gallon-sized, freezer quality plastic bag, mark CHICKEN STROGANOFF and the assembly date. Now place the chicken bag in first, followed by the mushroom bag. Seal and freeze the whole shebang.

Chicken Stroganoff

Chicken Recipe 4 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, place the bag in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

1 pound egg noodles
1 to 2 tablespoons olive oil (start with less; add more if necessary)
1/2 cup low fat sour cream
1/8 teaspoon nutmeg

Cooking Instructions:

Cook noodles according to package directions. In the meantime, heat the oil in a skillet over a medium-high heat and sauté chicken about 4 to 5 minutes or until thoroughly cooked. Now add the contents of the mushroom bag and heat till warm and bubbling. Add the sour cream and nutmeg and keep warm. Serve over the cooked egg noodles and enjoy!

Serving Suggestions: Serve steamed asparagus on the side.

Nutrition per serving: 266 Calories; 11g Fat; 35g Protein; 6g Carbohydrate; 2g Dietary Fiber; 98mg Cholesterol; 160mg Sodium.
Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 Fat.
Points: 6

Happy Family Sesame Chicken

Chicken Recipe 5 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

3 tablespoons honey
1 tablespoon sesame seeds
2 tablespoons low sodium soy sauce
1 clove garlic, pressed
1/4 cup cornstarch
2 egg whites
4 boneless skinless chicken breast halves, cut into 2 inch pieces



In a small bowl, combine honey, sesame seeds, soy sauce and garlic; set aside. In a larger bowl, mix together the egg whites and cornstarch. Add the chicken and season with a little salt and pepper, coating thoroughly.

To assemble:

In a quart-sized, freezer quality plastic bag, place the honey mixture, scraping it all out of the bowl with a rubber spatula. Now squeeze out as much air as possible and seal the bag.

In a gallon-sized, freezer quality plastic bag, place the chicken. Squeeze out as much as air as possible and seal the bag.

On yet another gallon-sized, freezer quality plastic bag, mark with your Sharpie HAPPY FAMILY SESAME CHICKEN and the date you assembled your meal. Place the chicken bag in first, followed by the honey mixture bag; burp the bag well, seal it up and freeze.

Happy Family Sesame Chicken

Chicken Recipe 5 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, place the bag in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

2 tablespoons vegetable oil
4 green onions, sliced (use some of the green)
1 tablespoon sesame seeds

Cooking Instructions:

In a skillet, heat half of the oil over medium-high heat and cook half of the chicken, turning as it browns. Keep turning till cooked thoroughly. Remove that batch of chicken and start the second batch—add the oil first, let it heat a bit, then add the remaining chicken, cooking it the same way you did the first batch. Now put all of the chicken together in the skillet and squeeze all the honey mixture over the cooked chicken, carefully coating all pieces. Add the chopped green onions, give it another toss and sprinkle sesame seeds on top; serve—much better than take-out!.

Serving Suggestions: Serve with brown rice (use the quick-cooking variety to get dinner quickly) add some steamed snow peas and julienne carrots.

Nutrition per serving: 262 Calories; 3g Fat; 35g Protein; 22g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 421mg Sodium.
Exchanges: 1/2 Grain (Starch); 5 Lean Meat; 1 Other Carbohydrates. **Points:** 5

BEEF - Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 2 pounds extra-lean ground beef [D1,D5] 3/4 pound round steak [D2] 3/4 pound sirloin steak [D4] 1 pound stewing beef [D3]</p> <p>CONDIMENTS Olive oil [D1] Low sodium soy sauce [D2] Orange marmalade [D2] Sherry [D2]</p> <p>PRODUCE Onions (3 medium and 2 large) [D1,D3,D4,D5] Garlic (7 cloves) [D1,D2,D4] Russet potatoes (5 medium) [D3] Carrots (6 medium) [D1,D3] Celery (2 small stalks) [D3] Green onions (3) [D4] Jalapeno peppers (1) [D4] White mushrooms (10 ounces) [D1] Baby spinach (1 (10-oz.) bag [D1] Cilantro (1/4 cup chopped) [D4] Limes (2 tablespoons juice) [D4]</p> <p>CANNED GOODS Low sodium beef broth (60 ounces) [D1,D2,D3,D5] Crushed tomatoes (1/2 cup) [D1] 1 (14.5-oz.) can fire-roasted diced tomatoes [D3]</p> <p>SPICES Thyme [D1,D3] Ginger [D2] Crushed red pepper flakes [D2] Cumin [D4] Oregano [D4] Curry powder [D5] Bay leaves [D5]</p> <p>DAIRY/DAIRY CASE Low fat milk (3/4 cup)</p> <p>DRY GOODS Flour [D1] Cornstarch [D2] Brown sugar [D3] Instant tapioca</p> <p>FREEZER Baby (petite) peas (1 cup) [D1]</p> <p>OTHER Sharpie permanent marker pen Heavy-duty aluminum foil wrap [D1] 9 x13-inch disposable aluminum pan (optional) [D1] Freezer quality zipper-topped plastic bags: 3 (2-gallon) sized [D3] 4 (1-gallon) sized [D2,D3,D4,D5] 5 (1-quart) sized [D2,D3,D4]</p>	<p>1. Golden Frosted Ground Beef Pie 2 pounds Yukon gold potatoes, peeled and quartered 3/4 cup low fat milk Salt and pepper, to taste *Red leaf lettuce *Grape tomatoes *Cucumber * Feta cheese *Your favorite vinaigrette</p> <p>2. Spicy Orangy Beef Olive oil *Quick-cooking brown rice *Baby bok choy *Snow peas *Garlic</p> <p>3. Thick Crock Beef Stew Olive oil Instant tapioca *Broccoli *Mixed baby greens *Walnuts *Apple *Bleu cheese *Your favorite vinaigrette</p> <p>4. Stir Fry Steak Salsa Verde Olive oil Jarred green salsa (AKA salsa verde) *Sweet potato *Spinach *Red onion *Avocado *Pepitas (pumpkin seeds) *Your favorite vinaigrette</p> <p>5. Curried Beef Soup Russet potatoes Apple cider vinegar *Romaine lettuce leaves *Leftover veggies (carrots, broccoli, zucchini, etc.) *Your favorite salad dressing</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;">QUICK TIP</p> <p style="text-align: center;">Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Round Steak [D2]: Thinly sliced on the diagonal against the grain.

Beef Stew Meat [D3]: Cut into 1-inch cubes.

Sirloin Steak [D4]: Slice against the grain.

Mushrooms [D1]: Wash the mushrooms under running water to remove any dirt or grit. Gently pat dry with a paper towel. Slice the mushroom.

Garlic [D1]: Press 6 cloves of garlic (if you are not using preminced garlic). 1/2 teaspoon is about the same as 1 clove of garlic.

Carrots [D1]: Cut carrots diagonally into 1/2 to 1-inch coin pieces.

Onions [D1,D4,D5]: Chop 2 large and 3 medium onions. Freeze any leftover chopped onion for future recipes.

Celery [D3]: Chop two small stalks.

Potatoes [D3]: Peel and cube 3 medium potatoes.

Jalapeno [D4]: Seed, de-rib, and chop.

Green Onions [D4]: Wash the bunch of green onions under running water to remove any grit. Chop the bunch of green onions using the white part and some of the green stem. Chop about 5 stems. (Keep an eye on how much 1 stem makes for ease in measuring.) Freeze any leftover chopped onion for future recipes.

Cilantro [D4]: Finely chop.

Saving Dinner with Five from the Freezer Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Golden Frosted Ground Beef Pie	Add a nice Greek salad: red leaf lettuce, grape tomatoes halved, sliced cucumber, a sprinkling of Feta cheese and a vinaigrette, all tossed together.	Oven and Stove Top	30 minutes	30 minutes
<input type="checkbox"/> Spicy Orangy Beef	Brown rice (quick variety to get your dinner faster), sautéed baby bok choy and snow peas (add a little garlic).	Stove Top	<5 minutes	15 minutes
<input type="checkbox"/> Thick Crock Beef Stew	Steamed broccoli and green salad with mixed baby greens, a sprinkling of walnuts, chopped apple and the smallest smattering of bleu cheese, all tossed together with a vinaigrette.	Stove Top	<5 minutes	4-6 hours
<input type="checkbox"/> Stir Fry Steak Salsa Verde	Add a baked sweet potato and spinach salad made with thinly sliced red onion, avocado chunks, pepitas (pumpkin seeds) tossed with a vinaigrette.	Stove Top	<5 minutes	20 minutes
<input type="checkbox"/> Curried Beef Soup	Add a big green salad made with chopped Romaine and whatever leftover veggies you have in the crisper, grated (I like carrots, broccoli stems & zucchini). Toss together with your favorite dressing.	Stove Top	<5 minutes	15 minutes

Golden Frosted Ground Beef Pie

Beef Recipe 1 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

2 tablespoons olive oil
10 ounces white mushrooms, sliced
2 cloves garlic, pressed
Salt and pepper, to taste
2 medium carrots, cut diagonally into 1/2-inch pieces
1 large onion, chopped
1 pound extra-lean ground beef
1/4 cup flour
1 1/2 cups low sodium beef broth
1/2 cup canned crushed tomatoes (freeze any leftovers)
1 cup frozen baby peas (also called petite peas)
1 teaspoon thyme
1 (10-oz.) bag fresh baby spinach

To assemble:

See Leanne's Note to the right. Lightly coat a 9- x 13-inch baking dish with cooking spray and line it with a heavy-duty aluminum foil wrap. You are going to want the foil to extend on both sides so that you can bring it up later and seal it (like you're wrapping a gift—you are, kinda). Spray the foil wrap with cooking spray. Set this prepared baking dish near the stovetop.

In a large skillet, heat half of the oil over medium-high heat and cook the mushrooms and garlic together, salting and peppering as you go. Cook mushrooms till nicely browned then lay them evenly on the bottom of the foiled baking dish.

Add remaining oil to the skillet. When hot, add the onion and carrot and cook till onion is translucent. Layer this mixture over the mushrooms in the baking dish. Back to the skillet: add ground beef and brown it up well, salting and peppering as you go. Drain off grease (or blot it with paper towels). Stir in the flour till well combined. Add broth, tomatoes, peas and thyme. Bring mixture to a quick boil then reduce heat and simmer till thickened, about 5 minutes. Ladle this mixture on top of the veggies in the baking dish.

Back to the messy skillet: heat again then add the spinach (and maybe a tablespoon or two of water); toss for about 1 minute, just till it wilts. (You're not cooking it, you're just wilting it!). Distribute spinach as evenly as you can over the top of the beef. Set the whole thing aside and let it cool.

Once this beautiful beefy pie has cooled, fold the foil up and over the pie on one side, then again on the other so that it's well sealed. Place the whole thing, dish and all, in the freezer and freeze till solid. Once it's hard as a rock, lift it out of the dish and place it in a 2-gallon, freezer quality zipper-topped plastic bag that you have marked with GOLDEN FROSTED BEEF PIE and the date you prepared it. Remove as much as air as possible from the bag, seal it and freeze.



Golden Frosted Ground Beef Pie

Beef Recipe 1 — Serves 4 — Cooking Instructions

Leanne's Note:

You will be freezing this casserole in your 9 x13-inch Pyrex brand casserole dish. If you prefer, you may use a metal pan of the same dimension, or a disposable aluminum foil pan. Please do not use a pan that isn't suitable for the freezer! You will also be using heavy duty aluminum foil wrap and cooking spray. This recipe is unusual in that it is nearly all precooked, then frozen. To that end, the directions are slightly different than the other recipes, but still, it's a very easy and very tasty meal!

Before you cook:

Defrost your freezer meal the night before in your fridge, but you will want to pull the foil off first and place the casserole in a 9- x 13-inch baking dish—a Pyrex or metal dish is recommended because the casserole will be cold going in the oven.

At time of cooking ingredients:

2 pounds Yukon gold potatoes, peeled and quartered
3/4 cup low fat milk
Salt and pepper, to taste

Cooking Instructions:

Preheat oven to 400 degrees. Place the casserole in the oven to begin heating through while you prepare the potatoes.

In a large saucepan with a tight-fitting lid, place potatoes in enough water to cover plus about 1inch. Bring to a boil then reduce heat, cover and simmer for about 15 minutes or until potatoes are fork-tender; drain.

Mash potatoes and add the milk; mash again (if necessary, turn some heat on underneath your taters to get things moving); salt and pepper to taste. Remove casserole from the oven and frost your pie with the potatoes, spooning them evenly over the top. Bake until nicely browned, about 30 minutes.

Serving Suggestions: Add a nice Greek salad: red leaf lettuce, grape tomatoes halved, sliced cucumber, a sprinkling of Feta cheese and a vinaigrette, all tossed together.

Nutrition per serving: 468 Calories; 27g Fat; 33g Protein; 25g Carbohydrate; 7g Dietary Fiber; 78mg Cholesterol; 248mg Sodium.
Exchanges: 1/2 Grain (Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 3 1/2 Fat. **Points:** 10



Spicy Orangy Beef

Beef Recipe 2 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

3/4 pound round steak, thinly sliced on the diagonal
(against the grain)
Salt and pepper, to taste
2 cloves garlic, pressed
1 teaspoon ground ginger
2 tablespoons cornstarch
1 cup low sodium beef broth
1/4 cup low sodium soy sauce
1/4 cup sherry
1/4 cup orange marmalade
1/2 teaspoon crushed red pepper flakes



To assemble:

In a quart-sized, freezer quality zipper-topped plastic bag, place the beef slices, salt and pepper to taste, garlic and ginger; mush it around to combine; seal the bag, getting out as much air as possible.

In another quart-sized, freezer quality zipper-topped plastic bag, add the cornstarch, broth, soy sauce, sherry, marmalade and crushed red pepper flakes; mush it around to combine; seal the bag, getting out as much air as possible.

On a 1-gallon, freezer quality zipper-topped plastic bag, mark with your Sharpie pen: SPICY ORANGY BEEF and the date you assembled your meal. Place the beef bag in first, followed by the liquid bag, burp the bag well, seal it up and freeze.

Spicy Orangy Beef

Beef Recipe 2 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

1 to 2 tablespoons olive oil

Cooking Instructions:

Heat the olive oil in a skillet over medium-high heat. When hot, add the beef and cook till nicely browned, about 3 to 4 minutes. Add the contents of the liquid bag to the skillet and cook, stirring constantly, until nicely thickened and bubbling.

Serving Suggestions: Brown rice (quick variety to get your dinner faster), sautéed baby bok choy and snow peas (add a little garlic).

Nutrition per serving: 273 Calories; 10g Fat; 20g Protein; 21g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 665mg Sodium.
Exchanges: 1/2 Grain (Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1 Other Carbohydrates. **Points:** 6

Thick Crock Beef Stew

Beef Recipe 3 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

- 1 pound beef stew meat, cut into 1-inch cubes
- 1 (14.5 oz.) can fire-roasted diced tomatoes, undrained
- 1 cup low sodium beef broth
- 1 teaspoon brown sugar
- Salt and pepper, to taste
- 1/2 teaspoon thyme
- 4 medium carrots, cut diagonally into 1-inch pieces
- 2 small stalks celery, chopped
- 3 medium russet potatoes, peeled and cubed
- 1 large onion, chopped



To assemble:

In a quart-sized, freezer quality zipper-topped plastic bag, add the stew meat. Remove the air from the bag as best you can and seal it.

In a 1-gallon, freezer quality zipper-topped plastic bag, add the tomatoes, broth, brown sugar, salt and pepper to taste, thyme, carrots, celery, potatoes and onion. Remove the air and seal.

On a 2-gallon, freezer quality zipper-topped plastic bag, mark with your Sharpie pen: THICK CROCK BEEF STEW and the date you assembled the meal. Place the beef bag in first, followed by the liquid/veggies bag; remove as much air as possible, seal bag and freeze.

Thick Crock Beef Stew

Beef Recipe 3 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

- 1 tablespoon olive oil
- 3 tablespoons instant tapioca

Cooking Instructions:

Heat the oil in a skillet over medium-high heat. When hot, brown the beef; transfer to your slow cooker. Now add the contents of the broth/veggie bag and the tapioca; blend well. Cover and cook on high heat setting for 4 hours or on low setting for 6 hours.

Remember: slow cookers are ALL different, your mileage may vary.

Serving Suggestions: Steamed broccoli and green salad with mixed baby greens, a sprinkling of walnuts, chopped apple and the smallest smattering of bleu cheese, all tossed together with a vinaigrette.

Nutrition per serving: 316 Calories; 10g Fat; 30g Protein; 26g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 276mg Sodium.

Exchanges: 1/2 Grain (Starch); 4 Lean Meat; 3 Vegetable.

Points: 6

Stir Fry Steak Salsa Verde

Beef Recipe 4 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

1 medium onion, chopped
3/4 pound sirloin steak, sliced
2 to 3 cloves garlic, pressed
2 tablespoons lime juice
1 jalapeno pepper, seeded, deribbed and chopped
3 green onions, chopped
1/4 cup chopped fresh cilantro
1 teaspoon cumin
1/2 teaspoon dried oregano



To assemble:

In a quart-sized, freezer quality zipper-topped plastic bag, add the onion, beef and garlic. Mush it around to combine; remove as much air as possible and seal the bag.

In another quart-sized, freezer quality zipper-topped plastic bag, add the lime juice, jalapeno, green onions, cilantro, cumin and oregano. Mush it around to combine; remove as much air as possible and seal the bag.

On a 1-gallon, freezer quality zipper-topped plastic bag, mark with your Sharpie pen: STIR-FRY STEAK SALSA VERDE and the date you prepared the meal. Place the beef/onion bag in first, then the second bag; remove as much air as possible; seal the bag and freeze.

Stir Fry Steak Salsa Verde

Beef Recipe 4 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

1 tablespoon olive oil
3/4 cup jarred green salsa (AKA salsa verde)

Cooking Instructions:

Heat the oil in a skillet over medium-high heat. When hot, add the contents of the beef bag, stirring to brown it evenly and to soften the onion, about 4 to 5 minutes.

To the skillet, add the contents of the lime juice bag and cook for 2 to 3 minutes. Now add the green salsa and cook till heated through.

Serving Suggestions: Add a baked sweet potato and spinach salad made with thinly sliced red onion, avocado chunks, pepitas (pumpkin seeds) tossed with a vinaigrette.

Nutrition per serving: 194 Calories; 12g Fat; 16g Protein; 5g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 48mg Sodium.
Exchanges: 0 Grain (Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat.
Points: 5

Curried Beef Soup

Beef Recipe 5 — Serves 4 — Assembly Guidelines

Assembly Ingredients:

1 pound extra-lean ground beef
2 medium onions, chopped
1 tablespoon curry powder
1 large bay leaf, snapped in half
4 cups low sodium beef broth



To assemble:

On a 1-gallon, freezer quality zipper-topped plastic bag, mark with your Sharpie pen: CURRIED BEEF SOUP and the date you assembled the meal. Place the ground beef and onion in the bag; add the curry powder, bay leaf and broth. Remove as much air as possible from the bag, seal and freeze.

Curried Beef Soup

Beef Recipe 5 — Serves 4 — Cooking Instructions

Before you cook:

Defrost your freezer meal the night before in your fridge. If you don't have a full thaw at cooking time, remove each bag from the holding bag and place in a sink of cold water (do not use hot water!) to speed-thaw your food safely.



At time of cooking ingredients:

2 medium russet potatoes, peeled and sliced
1 tablespoon apple cider vinegar
Salt and pepper, to taste

Cooking Instructions:

In a large saucepan with a tight-fitting lid over medium-high heat, add the contents of the freezer bag and begin heating. Cook for about 15 minutes, then add the potatoes and vinegar, salting and peppering to taste. Reduce heat, cover and simmer for about 1/2 hour or until potatoes are tender and flavors have blended. Enjoy!

Serving Suggestions: Add a big green salad made with chopped Romaine and whatever leftover veggies you have in the crisper, grated (I like carrots, broccoli stems & zucchini). Toss together with your favorite dressing.

Nutrition per serving: 342 Calories; 20g Fat; 33g Protein; 8g Carbohydrate; 2g Dietary Fiber; 78mg Cholesterol; 117mg Sodium.
Exchanges: 0 Grain (Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 Fat. **Points:** 8

Got Questions? Need Help?

We're here to help you with
all your dinner needs.

Our customer service center is available to
assist you as well. Check out our

“LIVE CHAT”

and “talk” directly with one of our staff
right then and there.

Visit our website at

[Hwww.SavingDinner.com](http://www.SavingDinner.com)

for all of the details
and any assistance you need.



Saving Dinner with



Ten for the Freezer Volume 2

**5 chicken-based recipes
5 salmon-based recipes
to assemble and freeze ahead**

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

10 delicious Dinner Kits

to
Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to “Ten for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. The beauty of this menu is that it's divided up into two parts; chicken and salmon. So you can just do the chicken recipes or just the salmon if you'd rather not do both at once.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

Let's talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them for each meat group! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later. Remember, if you are going to do both meats you'll want to bring both shopping lists with you to the grocery store.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines

You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40 F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimal way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

You'll want to get out the Preassembly Prep List as that will have many time saving, do ahead steps on it.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See www.FlyLady.net for more on Baby Steps.)

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List".

Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

If you need help with substitutions you can always come to our website and contact us through our Live Chat (there is a link in the top right corner of our homepage) or emails us. We're here to help.

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 10 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Remember, chicken has it's own list and salmon has it's own list. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Mega Menu-Mailer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Mega Menu-Mailer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Mega Menu-Mailer is for individual use. Please have participants each purchase their own Mailer.)

Congratulations on Saving Dinner in your home!

CHICKEN - Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 30 boneless skinless chicken breast halves [C1,C2,C3,C4,C5]</p> <p>CONDIMENTS Non aerosol cooking spray [C1,C4] Ketchup (1/2 cup) [C1] Worcestershire sauce [C1] Olive oil [C2,C3] White wine (1 cup) (if not using chicken broth) [C2,C3] Low fat Thousand Island salad dressing (1 1/4 cup) [C4]</p> <p>PRODUCE 4 onions [C1,C3,C5] 2 cloves pressed garlic [C2] 2 green bell peppers [C2] Baby carrots (3 cups) [C5]</p> <p>CANNED GOODS 1 (16-oz.) can cranberry sauce (8 ounces) [C1] 2 (14-oz.) cans low sodium chicken broth (2 1/2 cups) [C2,C5] 1 (14-oz.) can low sodium chicken broth (1 cup if not using wine) [C2,C3] 1 (28-oz.) can whole tomatoes [C2] 1 (8-oz.) can sliced mushrooms [C2] 1 (14.5-oz.) can diced tomatoes [C3] 1 (15-oz.) can sauerkraut [C4]</p> <p>SPICES Sage [C1] Rosemary [C2] Curry powder [C3] Garlic powder [C3] Thyme [C3] Nutmeg [C3] Basil [C5] Oregano [C5]</p> <p>DAIRY/DAIRY CASE 6 slices low fat Swiss cheese [C4]</p> <p>DRY GOODS Brown sugar [C1]</p> <p>OTHER 2 (9 x 13) disposable aluminum casserole pans 3 (1 gallon) freezer plastic bags Heavy duty aluminum foil Plastic wrap</p>	<p>1. Holiday Any Day Chicken *Sweet potatoes *Green beans</p> <p>2. Roma's Skillet Chicken Cornstarch *Fettuccine *Spinach salad (and fixing's)</p> <p>3. Curried Apple Chicken Apple Golden raisins Heavy whipping cream Lemon juice *Whole wheat couscous *Yogurt *Cucumber *Tomatoes</p> <p>4. Reuben's Favorite Casserole *Pierogies *Applesauce</p> <p>5. Nonna's Chicken Heavy whipping cream Frozen broccoli florets * Spinach salad (and fixing's) *French bread</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Onions

White or yellow onions: Cut off both ends and peel first layer of onions.

- * Slice 3 onions.
- * Chop 1/2 cup onion.

Garlic

Press 6 cloves of garlic. 1/2 teaspoon is about the same as 1 clove of garlic if you're using the jarred minced garlic.

Bell Pepper

Seeded, deribbed and slice into strips.

Chicken Breast

Take 6 chicken breast halves and cut them into 1/2 to 1 inch cubes.

Saving Dinner with Five from the Freezer

Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Holiday Any Day Chicken	Baked sweet potatoes and steamed green beans.	Oven	< 5 minutes	35 minutes
<input type="checkbox"/> Roma's Skillet Chicken	Fettuccine and a large spinach salad.	Stove top	<10 minutes	25 minutes
<input type="checkbox"/> Curried Apple Chicken	Whole wheat couscous and yogurt topped with cucumbers and tomatoes.	Stove top	<10 minutes	25 minutes
<input type="checkbox"/> Reuben's Favorite Casserole	Serve with pierogies and applesauce.	Oven	< 5 minutes	40 minutes
<input type="checkbox"/> Nonna's Chicken	Serve with a large spinach salad and a loaf of French bread.	Slow cooker	<10 minutes	6-8 hours

Holiday Any Day Chicken

Chicken Recipe 1 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

Non aerosol cooking spray
6 boneless skinless chicken breast halves
1 teaspoon sage
1 sliced onion
1/2 cup ketchup
8 ounces cranberry sauce
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce



To assemble:

Lightly grease a disposable 9 x 13 baking dish or casserole pan.

Place chicken breasts in disposable pan and sprinkle with sage.

Lay sliced onion on top of chicken.

Mix together ketchup, cranberry sauce, brown sugar and Worcestershire sauce. Pour mixture over chicken.

Cover with aluminum foil. Place your label on the foil or write the name and date and the recipe number on the foil and place in your freezer.

Holiday Any Day Chicken

Chicken Recipe 1 — Serves 6 — Cooking Instructions

Before you cook:

Non aerosol cooking spray
6 boneless skinless chicken breast halves
1 teaspoon sage
1 sliced onion
1/2 cup ketchup
8 ounces cranberry sauce
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce



At time of cooking ingredients:

None

Cooking Instructions:

Preheat oven to 350 degrees.

Bake for about 30-35 minutes or until chicken is cooked through.

Serving Suggestions: Baked sweet potatoes and steamed green beans.

Nutrition per serving: 228 Calories; 2g Fat; 28g Protein; 25g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 351mg Sodium.
Exchanges: 0 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1 1/2 Other Carbohydrates. **Points** 5

Roma's Skillet Chicken

Chicken Recipe 2 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

6 boneless skinless chicken breast halves
1 tablespoon olive oil
2/3 cup low sodium chicken broth
1/3 cup white wine (or chicken broth)
2 cloves pressed garlic
1 (28-oz.) can drained whole tomatoes
2 sliced green bell peppers
1 (8-oz.) can drained sliced mushrooms
1 tablespoon rosemary



To assemble:

In gallon freezer bag place chicken, oil, broth, wine, garlic, tomatoes, mushrooms, peppers and rosemary. Seal the bag and gently shake to mix. Open the bag; gently and carefully squeeze the bag to remove excess air. Seal the bag.

Place your label on the bag or write the name and date and the recipe number on the bag and place in your freezer.

Roma's Skillet Chicken

Chicken Recipe 2 — Serves 6 — Cooking Instructions

Before you cook:

6 boneless skinless chicken breast halves
1 tablespoon olive oil
2/3 cup low sodium chicken broth
1/3 cup white wine (or chicken broth)
2 cloves pressed garlic
1 (28-oz.) can drained whole tomatoes
2 sliced green bell peppers
1 (8-oz.) can drained sliced mushrooms
1 tablespoon rosemary



At time of cooking ingredients:

2 tablespoons cornstarch
2 tablespoon water

Cooking Instructions:

Place contents of freezer bag into large skillet or Dutch oven. Bring to a boil and then let simmer for about 20-25 minutes or until chicken is cooked through.

During the last five minutes of cooking time mix together cornstarch and water into a slurry. Pour slurry into skillet and allow sauce to thicken.

Serving Suggestions: Fettuccine and a large spinach salad.

Nutrition per serving: 223 Calories; 4g Fat; 31g Protein; 14g Carbohydrate; 3g Dietary Fiber; 68mg Cholesterol; 310mg Sodium.
Exchanges: 0 Grain (Starch); 4 Lean Meat; 2 Vegetable; 1/2 Fat.
Points: 4

Curried Apple Chicken

Chicken Recipe 3 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

2 sliced onions
1 tablespoon olive oil
6 chopped boneless skinless chicken breast halves
1 (14.5-oz.) can diced tomatoes
1/2 cup white wine (or chicken broth)
1 tablespoon curry powder
1/4 teaspoon garlic powder
1/4 teaspoon thyme
1/4 teaspoon nutmeg



To assemble:

In gallon freezer bag place onion, oil, chicken, tomatoes, wine, curry powder, garlic powder, thyme and nutmeg. Seal the bag and gently shake to mix. Open the bag; gently and carefully squeeze the bag to remove excess air. Seal the bag.

Place your label on the bag or write the name and date and the recipe number on the bag and place in your freezer.

Curried Apple Chicken

Chicken Recipe 3 — Serves 6 — Cooking Instructions

Before you cook:

2 sliced onions
1 tablespoon olive oil
6 chopped boneless skinless chicken breast halves
1 (14.5-oz.) can diced tomatoes
1/2 cup white wine (or chicken broth)
1 tablespoon curry powder
1/4 teaspoon garlic powder
1/4 teaspoon thyme
1/4 teaspoon nutmeg



At time of cooking ingredients:

1 cored and cubed apple
1/4 cup golden raisins
3 tablespoons heavy whipping cream
1/2 teaspoon lemon juice

Cooking Instructions:

Place contents of freezer bag into stockpot or Dutch oven. Bring to a boil, cover and then let simmer for about 20-25 minutes or until chicken is cooked through.

During the last 5-10 minutes add apple, raisins, cream and lemon juice. Continue to simmer until apple is tender and raisins have plumped slightly.

Serving Suggestions: Whole wheat couscous and yogurt topped with cucumbers and tomatoes.

Nutrition per serving: 248 Calories; 7g Fat; 29g Protein; 15g Carbohydrate; 2g Dietary Fiber; 79mg Cholesterol; 86mg Sodium.
Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fruit;
1 Fat. **Points:** 5

Reuben's Favorite Casserole

Chicken Recipe 4 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

Non aerosol cooking spray
6 boneless skinless chicken breast halves
Salt and pepper to taste
1 (15-oz.) can sauerkraut (rinsed and drained)
10 ounces low fat Thousand Island dressing
6 slices low fat Swiss cheese



To assemble:

Lightly grease a disposable 9 x 13 baking dish or casserole pan.

Place chicken breasts in baking pan. Season with salt and pepper.

Spoon sauerkraut over top of chicken. Pour salad dressing on top of sauerkraut.

Top each slice of chicken with a slice of cheese. Cover with aluminum foil.

Place your label on the foil or write the name and date and the recipe number on the foil and place in your freezer.

Reuben's Favorite Casserole

Chicken Recipe 4 — Serves 6 — Cooking Instructions

Before you cook:

Non aerosol cooking spray
6 boneless skinless chicken breast halves
Salt and pepper to taste
1 (15-oz.) can sauerkraut (rinsed and drained)
10 ounces low fat Thousand Island dressing
6 slices low fat Swiss cheese



At time of cooking ingredients:

None

Cooking Instructions:

Preheat oven to 400 degrees.

Bake cover for about 40 minutes. Remove foil and continue to cook for another 10 minutes or until chicken is cooked through and cheese is bubbly.

Serving Suggestions: 483 Calories; 33g Fat; 37g Protein; 9g Carbohydrate; 2g Dietary Fiber; 103mg Cholesterol; 1029mg Sodium.
Exchanges: 5 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates. **Points** 12

Nutrition per serving: Serve with pierogies and applesauce.

Nonna's Chicken

Chicken Recipe 5 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

6 boneless skinless chicken breast halves
1 (14-oz.) can low sodium chicken broth
3 cups baby carrots
1/2 cup chopped onion
2 teaspoons basil
1 teaspoon oregano



To assemble:

In gallon freezer bag place chicken, broth, carrots, onion and basil. Seal the bag and gently shake to mix. Open the bag; gently and carefully squeeze the bag to remove excess air. Seal the bag.

Place your label on the bag or write the name and date and the recipe number on the bag and place in your freezer.

Nonna's Chicken

Chicken Recipe 5 — Serves 6 — Cooking Instructions

Before you cook:

6 boneless skinless chicken breast halves
1 (14-oz.) can low sodium chicken broth
3 cups baby carrots
1/2 cup chopped onion
2 teaspoons basil
1 teaspoon oregano



At time of cooking ingredients:

1 cup heavy whipping cream
1 1/2 cups frozen broccoli florets

Cooking Instructions:

Place contents of freezer bag into slow cooker. Cover and cook on low for about 6-8 hours or until chicken is cooked through.

During the last 20-25 minutes of cooking time increase heat, add whipping cream and broccoli and stir. Continue to cook until sauce has thickened and broccoli is warmed through.

Serving Suggestions: Serve with a large spinach salad and a loaf of French bread.

Nutrition per serving: 333 Calories; 17g Fat; 32g Protein; 13g Carbohydrate; 3g Dietary Fiber; 123mg Cholesterol; 244mg Sodium.
Exchanges: 0 Grain (Starch); 4 Lean Meat; 2 1/2 Vegetable; 3 Fat.
Points: 7

SALMON - Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 30 salmon fillets or your favorite white fish (if not using frozen) [F1,F2,F3,F4,F5]</p> <p>CONDIMENTS Low sodium soy sauce (1/2 cup) [F1] Sake (1/2 cup) (if not using white grape juice) [F1] Olive oil (1/2 cup) [F2,F3,F4] Tabasco [F4]</p> <p>PRODUCE Ginger (8 1/2 teaspoons minced) [F1,F3,F4] Lemons (2) [F1,F3] Green onions (3 chopped) [F1] Dried shiitake mushrooms (1/4 cup) [F1] Onion (1 large) [F2,F4] Celery (1 cup, chopped) [F2] White mushrooms (1 cup, sliced) [F2] Fresh basil (1/4 cup, chopped) [F3] Limes (4) [F4]</p> <p>CANNED GOODS White grape juice (if not using sake) [F1] Gari (2 tablespoons) (or pickled ginger) [F1] 1/2 (15-oz.) can low sodium diced tomatoes [F2] Barbecue sauce, your favorite [F2] Kalamata olives [F3] Capers [F3] Sundried tomatoes, chopped [F3] Low sodium chicken broth [F4]</p> <p>SPICES Toasted sesame seeds [F1] Cayenne pepper [F2,F4] Thyme [F4] Garlic powder [F5] Parsley [F5] Basil [F5]</p> <p>DAIRY/DAIRY CASE Parmesan cheese (1/2 cup) [F5] Egg Beaters (1/2 cup) [F5] Nonfat milk (1/2 cup) [F5]</p> <p>DRY GOODS Brown sugar (1/4 cup) [F1] Flour (1 cup) [F2,F5] Cornmeal (1/3 cup) [F5]</p> <p>FREEZER 30 salmon fillets (if not using fresh) [F1,F2,F3,F4,F5]</p>	<p>1. Sock It to Me Salmon *Asian style mixed vegetables (frozen works well) *Wontons</p> <p>2. Creole Salmon *Red beans *Rice</p> <p>3. Roasted Greek Isle Salmon *Whole wheat couscous *Chickpeas *Fresh mint leaves</p> <p>4. Smokin' Limed Salmon *Wild rice pilaf *Pineapple *Mango</p> <p>5. Parm Crusted Salmon *Crusty bread *Salad greens *Your favorite (healthy) salad toppings</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 3px double black; padding: 10px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

Onion

Dice 1/2 cup diced onion
1/4 cup finely chopped onion

Green Onions

Chop 3 green onions

Garlic (1/2 teaspoon is about the same as 1 clove of garlic if you're using the jarred minced garlic.)

2 1/2 teaspoons pressed garlic

Celery

Dice 1 cup celery

Basil

Chop 1/4 cup fresh basil

Mushrooms

Slice 1 cup white mushrooms

Olives

Pit and chop 1/4 cup Kalamata olives

Ginger

2 tablespoons minced ginger

Lemons

Juice 2 lemons

Zest the peel from 1 of the lemons

Limes

Juice 3 limes

Zest the peel from 1 of the limes

***** SPECIAL NOTE*****

Salmon can be a bit pricy depending on the season so feel free to substitute your favorite white fish fillets or even chicken in all of these recipes. Just remember, if you use chicken you'll need to increase the cooking time a bit.

Saving Dinner with Five from the Freezer

Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Sock It to Me Salmon	Steamed Asian style mixed vegetables and wontons.	Oven	<5 minutes	25 minutes
<input type="checkbox"/> Creole Salmon	Red beans and rice.	Oven	<5 minutes	15 minutes
<input type="checkbox"/> Roasted Greek Isle Salmon	Whole wheat couscous and minted chickpeas.	Oven	<5 minutes	10 minutes
<input type="checkbox"/> Smokin' Limed Salmon	Wild rice pilaf and pineapple and mango salad.	Grill, stovetop, or broiler	<5 minutes	15 minutes
<input type="checkbox"/> Parm Crusted Salmon	Crusty bread and a nice big green salad with all your favorite (healthy) toppings.	Oven	<5 minutes	10 minutes

Sock It to Me Salmon

Salmon Recipe 1 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

1/2 cup low sodium soy sauce
1/2 cup sake or white grape juice
2 tablespoons minced ginger
1 lemon, juiced
1/4 cup brown sugar
2 tablespoons gari (or pickled ginger)
3 green onions, chopped
1 tablespoon toasted sesame seeds
1/4 cup dried shiitake mushrooms
6 salmon fillets (or your favorite white fish)



To assemble:

In gallon freezer bag place soy sauce, sake (or grape juice), ginger, lemon juice, brown sugar, gari, onions, sesame seeds and salmon. Seal the bag and gently shake to coat fish. Open the bag; gently and carefully squeeze the bag to remove excess air. Seal the bag.

Place your label on the bag or write the name & date and the recipe number on the bag and place in your freezer.

Sock It to Me Salmon

Salmon Recipe 1 — Serves 6 — Cooking Instructions

Before you cook:

1/2 cup low sodium soy sauce
1/2 cup sake or white grape juice
2 tablespoons minced ginger
1 lemon, juiced
1/4 cup brown sugar
2 tablespoons gari (or pickled ginger)
3 green onions, chopped
1 tablespoon toasted sesame seeds
1/4 cup dried shiitake mushrooms
6 salmon fillets (or your favorite white fish)



Cooking Instructions:

Preheat oven to 375 degrees. Lightly grease baking or casserole dish.

Remove salmon from marinade and place in casserole dish.

Bake for about 15 minutes until salmon is flaky and cooked through.

While salmon is baking pour marinade into sauce pan and bring to a boil. Reduce heat and let simmer on low for about 8 minutes.

Serve salmon with sauce.

Serving Suggestions: Steamed Asian style mixed vegetables and wontons.

Nutrition per serving: 303 Calories; 7g Fat; 37g Protein; 19g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 920mg Sodium.
Exchanges: 1/2 Grain (Starch); 5 Lean Meat; 1/2 Vegetable; 1/2 Other Carbohydrates. **Points:** 6

Creole Salmon

Salmon Recipe 2 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

1 cup white mushrooms, sliced
3 tablespoons olive oil
1 cup diced celery
1/4 cup flour
1/2 cup barbecue sauce, your favorite
1/2 (15-oz.) can low sodium diced tomatoes
1/4 teaspoon cayenne pepper
Salt and pepper to taste
1/2 cup diced onion
6 salmon fillets (or your favorite white fish)



To assemble:

In gallon freezer bag place mushrooms, oil, celery, flour, barbecue sauce, tomatoes, cayenne, salt, pepper and onion. Seal the bag and gently shake to mix. Open the bag; place salmon inside. Seal bag and gently massage to coat fish. Open bag and carefully squeeze the bag to remove excess air. Seal the bag.

Place your label on the bag or write the name & date and the recipe number on the bag and place in your freezer.

Creole Salmon

Salmon Recipe 2 — Serves 6 — Cooking Instructions

Before you cook:

1 cup white mushrooms, sliced
3 tablespoons olive oil
1 cup diced celery
1/4 cup flour
1/2 cup barbecue sauce, your favorite
1/2 (15-oz.) can low sodium diced tomatoes
1/4 teaspoon cayenne pepper
Salt and pepper to taste
1/2 cup diced onion
6 salmon fillets (or your favorite white fish)



Cooking Instructions:

Preheat oven to 350 degrees. Lightly grease baking dish.

Remove salmon from bag and place on baking dish. Pour sauce over salmon.

Bake for about 15-20 minutes or until salmon is cooked through.

Serving Suggestions: Red beans and rice.

Nutrition per serving: 310 Calories; 13g Fat; 36g Protein; 11g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 305mg Sodium.
Exchanges: 1/2 Grain (Starch); 5 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates. **Points:** 7

Roasted Greek Isle Salmon

Salmon Recipe 3 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

6 salmon fillets (or your favorite white fish)
1 1/2 teaspoons pressed garlic
1/4 cup chopped fresh basil
1/4 cup olive oil
1/4 cup chopped pitted Kalamata olives
1 tablespoon capers
1 1/2 teaspoon caper juice
1 tablespoon jarred sundried tomatoes, chopped
1 lemon, zested and juiced



To assemble:

Lightly grease a disposable 9 x 13 baking dish or casserole pan.

Place salmon in disposable pan.

Mix together garlic, basil, oil, olives, capers, caper juice, tomatoes, lemon juice. Pour mixture over fish.

Sprinkle with lemon zest.

Cover with aluminum foil. Place your label on the foil or write the name & date and the recipe number on the foil and place in your freezer.

Roasted Greek Isle Salmon

Salmon Recipe 3 — Serves 6 — Cooking Instructions

Before you cook:

6 salmon fillets (or your favorite white fish)
1 1/2 teaspoons pressed garlic
1/4 cup chopped fresh basil
1/4 cup olive oil
1/4 cup chopped pitted Kalamata olives
1 tablespoon capers
1 1/2 teaspoon caper juice
1 tablespoon jarred sundried tomatoes, chopped
1 lemon, zested and juiced



Cooking Instructions:

Preheat oven to 450 degrees.

Bake salmon for about 10 minutes or until salmon is cooked through.

Serving Suggestions: Whole wheat couscous and minted chickpeas.

Nutrition per serving: 308 Calories; 18g Fat; 34g Protein; 2g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 295mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 2 1/2 Fat. **Points:** 8

Smokin' Limed Salmon

Salmon Recipe 4 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

1/2 cup low sodium chicken broth
3 limes, juiced and 1 zested
2 tablespoons olive oil
1 teaspoon pressed garlic
1/4 cup finely chopped onion
1 teaspoon thyme
Salt and pepper to taste
1/4 teaspoon cayenne pepper
16 drops Tabasco (more or less to taste)
6 salmon fillets (or your favorite white fish)



To assemble:

In gallon freezer bag place chicken broth, lime juice, lime zest, oil, garlic, onion, thyme, salt, pepper, cayenne, Tabasco and salmon. Seal the bag and gently shake to mix. Open the bag; gently and carefully squeeze the bag to remove excess air. Seal the bag.

Place your label on the bag or write the name & date and the recipe number on the bag and place in your freezer.

Smokin' Limed Salmon

Salmon Recipe 4 — Serves 6 — Cooking Instructions

Before you cook:

1/2 cup low sodium chicken broth
3 limes, juiced and 1 zested
2 tablespoons olive oil
1 teaspoon pressed garlic
1/4 cup finely chopped onion
1 teaspoon thyme
Salt and pepper to taste
1/4 teaspoon cayenne pepper
16 drops Tabasco (more or less to taste)
6 salmon fillets (or your favorite white fish)



Cooking Instructions:

Preheat indoor grilling machine, outdoor grill, stovetop grill or oven broiler.

Cook salmon until fillets are cooked through and salmon flakes easily.

Serving Suggestions: Wild rice pilaf and pineapple and mango salad.

Nutrition per serving: 255 Calories; 10g Fat; 35g Protein; 5g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 159mg Sodium. **Exchanges:** 0 Grain (Starch); 5 Lean Meat; 1 Fat.

Points: 6

Parm Crusted Salmon

Salmon Recipe 5 — Serves 6 — Assembly Guidelines

Assembly Ingredients:

1/3 cup flour
1/3 cup cornmeal
1 teaspoon garlic powder
1 tablespoon parsley
1 tablespoon basil
Salt and pepper to taste
1/2 cup Egg Beaters
1/2 cup nonfat milk
6 salmon fillets (or your favorite white fish)
1/2 cup Parmesan cheese



To assemble:

Lightly grease a casserole or aluminum baking dish.

Mix together flour, cornmeal, garlic powder, parsley, basil, salt and pepper and pour into a shallow baking dish or pie pan.

Mix together Egg Beaters and milk and pour into another shallow baking dish or pie pan.

Dip both sides fish into egg mixture and then into flour mixture.

Place salmon into greased baking dish and then sprinkle all with Parmesan cheese.

Cover with aluminum foil. Place your label on the foil or write the name & date and the recipe number on the foil and place in your freezer.

Parm Crusted Salmon

Salmon Recipe 5 — Serves 6 — Cooking Instructions

Before you cook:

1/3 cup flour
1/3 cup cornmeal
1 teaspoon garlic powder
1 tablespoon parsley
1 tablespoon basil
Salt and pepper to taste
1/2 cup Egg Beaters
1/2 cup nonfat milk
6 salmon fillets (or your favorite white fish)
1/2 cup Parmesan cheese



Cooking Instructions:

Preheat oven to 450 degrees.

Bake for about 10 minutes or until salmon is golden brown and cooked through.

Serving Suggestions: Crusty bread and a nice big green salad with all your favorite (healthy) toppings.

Nutrition per serving: 300 Calories; 8g Fat; 41g Protein; 14g Carbohydrate; 1g Dietary Fiber; 94mg Cholesterol; 278mg Sodium.

Exchanges: 1 Grain (Starch); 5 1/2 Lean Meat. **Points:** 7

Got Questions? Need Help?

We're here to help you with
all your dinner needs.

Our customer service center is available to
assist you as well. Check out our

“LIVE CHAT”

and “talk” directly with one of our staff
right then and there.

Visit our website at

www.SavingDinner.com

for all of the details
and any assistance you need.



Saving Dinner with



Ten for the Freezer Volume 3

**5 chicken-based recipes
5 beef-based recipes
to assemble and freeze ahead**

The Menus, Recipes, Instructions,
and Assembly Guidelines
for

10 delicious Dinner Kits

to
Bring your Family Back to the Dinner Table

Includes:

Welcome and Getting Started
Dinner Kit Shopping List
Meal Time Shopping List
Preassembly Prep List
Dinner Planner Check List
Assembly Guides and Recipes

Welcome to “Ten for the Freezer”

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

You are embarking on a wonderful experience that will lead to creating 10 delicious dinner kits that help you accomplish all of the prep work (non-cooking work!) – dicing, peeling, chopping, measuring, etc. – at one time, for all of the dinners, leaving you nothing but defrosting and cooking up the quick and easy kits into wonderful dinners. Anyone can do it! We'll show you how!

Our easy-to-follow assembly guides and cooking instructions will walk you through the process. The Ten for the Freezer series of menus is designed to maximize the benefits of buying one meat in bulk, typically at a cost savings and making it up into lots of handy meals.

Let's Get Printing

You may be reading this on your computer screen, but to assemble your dinner kits, you'll definitely need a printed copy.

Start by printing this entire document or just scroll to the pages where the recipes and assembly guidelines start, see what the page number is, then tell your printer to start printing from there.

You can also select to print the pages all in black and white (gray scale) if you don't like to use up your color ink or only have a black and white printer. It will look great either way. Draft mode will save on ink if you really need to conserve when printing, but this may make it hard to read the directions so you'll have to take the trial and error route on that one.

Off and Running

Instructions are printed and you're off! To help you keep track of your new recipes, take a quick dash past your office supply stash (we all have one!) and slip your pages into a 3 ring binder for easy reference and to keep things organized.

A great idea is to use the plastic page protectors to keep your pages from getting splattered on while you're assembling your dinner kits. It also allows the use of a grease pencil or dry erase marker for those of you who like to mark off ingredients as you use them. With the grease pencil or dry erase marker you can always come back and wipe the page protector clean.

Once begun, half done

The thought of preparing 10 dinners all at once may seem daunting! Hang in there – we'll get you thru it painlessly. The beauty of this menu is that it's divided up into two parts; chicken and beef. So you can just do the chicken recipes or just the beef if you'd rather not do both at once.

Remember, foods taste better if they are frozen fresh (as opposed to cooking, thawing and reheating them). For this reason, you should plan your meal preparations as soon as you get home from shopping, or shop the night before and start assembling in the morning.

Grocery shopping shouldn't take you too long and many of the ingredients can be bought ahead of time to have on hand, waiting for those periodic meat specials. Be sure to use the handy [pre assembly prep list](#) to zip thru the meal assembly process.

No matter how you decide to coordinate the shopping and the assembly, the idea is to be hassle free and reduce some of the stress associated with the planning and preparing of your family's meals.

Let's talk Dollars and Cents

Ten for the Freezer is a bargain shopper's dream! Have you ever walked past the meat department and seen huge packages of meat on sale but you just didn't quite know what to do with all that meat?

Now, you can watch for sales and with a minimal amount of ingredients (most of which can be stored on hand!), you can bring home the meat and whip up a few meals for the freezer in no time at all!

As with all of our menus, always start your shopping in your own pantry. You will most likely already have most of the spices and condiments on hand and will be able to mark off many of the ingredients before you even leave home!

Shopping Lists – Your plan for success

This couldn't be a Saving Dinner product without one of your most important tools to dinner success – the shopping list! And Ten for the Freezer has TWO of them for each meat group! Two? Yes, two! A Dinner Kit Shopping List and the Meal Time Shopping List. They are on the same page, but one column you'll refer to now, the second column later. Remember, if you are going to do both meats you'll want to bring both shopping lists with you to the grocery store.

When you're ready to enjoy the fruits of your labors, you'll want to refer to your Meal Time Shopping List column. (We'll talk more about that later!) For now, you'll want to take out your Dinner Kit Shopping List and look over the left column to get started. This one has the ingredients that you'll be assembling and freezing.

Home Sweet Grocery Store

Let's start by "shopping" in your pantry, fridge, freezer, and cupboards. Our freezer meal testers found they could cross off almost two-thirds of the items needed because they already had them. This will also greatly reduce your shopping time and the payout at the checkout stand. You will also want to check your spices and herbs to verify you have plenty for each recipe and that they are fresh. Now, It's time to put on those lace up shoes and head to the market for your remaining ingredients.

Supplies and Tools to have on hand:

- ❑ Freezer bags in gallon and quart sizes (see shopping list for quantities)
- ❑ Permanent marker for labeling bags (Sharpies are best as they don't "run" in the freezer. (Narrow or Fine point)
- ❑ Measuring cups and spoons (2 sets of each is best!)
- ❑ Mixing bowls and other containers for preparation
- ❑ Manual or electric food processor, blender or chopper
- ❑ Sharp knives
- ❑ Cutting boards (1 for veggies, 1 for meats)
- ❑ Any other related kitchen items you are accustomed to using in the normal course of cooking that you have in your kitchen.

If you want to really take the easy way out, use your grocer's ONLINE SHOPPING and order your food ahead so it arrives perfectly timed to begin assembly. (See our web site for more about online grocery shopping.)

Taking the Leisurely Route?

If you are not assembling your dinner kits shortly after shopping, make sure that you properly store frozen foods (don't freeze your fresh meats yet!) and perishables. See our Food Safety Guidelines on the next page for tips!) Remember: You should assemble your meals as soon as possible to have the best results.

Money Saving Tip

Take your Dinner Kit Shopping List and sit down with the sale flyers from your local stores. Compare flyers and see who has the better deals on the items you'll need, especially meats that you can buy in bulk quantities on sale.

Ready, Set, Freeze!

Take a couple of minutes and read over the recipes and the assembly guidelines for each recipe before starting. There are 10 pages of recipes – one for each meal. You'll find the assembly guidelines on the left side of each page and the recipe and meal time instructions on the right. Each recipe is also numbered 1 thru 5 for convenience and to track it on your Dinner Planner.

Gather together your plastic storage bags and containers, your measuring spoons and measuring cups. To prevent spills and make assembly even quicker, use a 2 quart pitcher or crock to hold the storage bag open while you add the ingredients.

As you start assembling your meals into bags, you will have both dry and wet ingredients you are working with. To speed things up, it is best if you have more than one set of measuring spoons in use. It will save you a lot of time in the long run not having to dry or wash a spoon you used in a wet ingredient that you now need for a dry ingredient.

While we're on the subject of supplies, we strongly recommend you use plastic **freezer** bags. Here are a couple of items you definitely don't want to use:

- Butter or margarine tubs, Ricotta, cottage cheese, yogurt or cool whip containers
- Plastic sandwich bags
- Plastic produce or bread bags
- Glass jars (i.e. Ball, Mason, etc)

The biggest enemies of frozen foods are moisture and air. Freezer burn is caused by these two culprits, that's why moisture proof, airtight containers and packaging are a must. For this reason don't cut corners and use regular (non-freezer) or cheap store brand storage bags.

In the end you'll be happy you opted for the better quality containers and zip top freezer bags. No one likes nasty surprises in their refrigerator or freezer, not to mention the loss and expense of a meal.

General Food Safety Guidelines You Should Always Follow

1. Always wash your hands before and after handling raw food.
2. Defrost/thaw your food in the refrigerator, never at room temp. A quick method to defrost your meal is to place it in a water tight bag and place the bag in a bowl of cold water, changing the water every 30 minutes. Changing the water ensures your meal stays cold and prohibits or slows any bacterial growth. (Microwave defrosting - While thawing food in the microwave may be fast, I don't recommend it. Microwave oven power levels vary greatly between different makes and models. If you choose to use the microwave, do so at your own risk and please follow the instructions that are contained in the manual that came with your oven for defrosting food.)
3. Always defrost/thaw raw meat, poultry, and fish/seafood on the bottom shelf of your refrigerator to prevent the juices from dripping onto other foods.
4. Never refreeze any raw meat, fish or poultry once it has been defrosted.
5. Always use separate cutting boards for raw meat, fish and poultry. Try to avoid wooden cutting boards as these are porous and can absorb fluids and contaminants.
6. Always keep raw meat, fish and poultry away from other foods.
7. Always store cooked foods in your refrigerator below 40°F.
8. Foods stored in the refrigerator are safe for up to 4 days if stored below the recommended temp. Foods containing seafood can be stored in the refrigerator up to 2 days.
9. Foods stored in the freezer are best used within 2 to 4 months, but can be stored longer. Please keep in mind that food quality will suffer greatly the longer an item is kept in the freezer.
10. All foods should be reheated to an internal temp of 165° F.
11. Allow cooked foods to completely cool before you put them into the freezer.
12. Do not put a glass container directly from your freezer into the oven.

Defrost Guidelines

Getting dinner on the table couldn't be easier! The night before, simply remove your dinner kit from the freezer and place it in your refrigerator. By dinner time, it will be ready to cook up. If you are shorter on time, you can also place the dinner kit in cool water, and change the water every 30 minutes or so, and dinner will be thawed before you know it. As each microwave is different, we cannot guarantee good results when using a microwave to defrost your meals. Overnight thawing is the optimal way to defrost dinner.

Stations Everyone

A place for everything, and everything in it's place. The old adage is still true! The idea here is to try to arrange your counter top into an assembly line if at all possible. Arrange your counters like your grocery list – condiments, canned goods, produce, and dairy. You'll know right where to go to find your next needed ingredient. If you're limited on counter space, that's okay, use the kitchen or dining room table.

You'll want to get out the Preassembly Prep List as that will have many time saving, do ahead steps on it.

FlyLady says . . . Baby Steps!

If you are overwhelmed doing all 5 kits in a day, try doing the preassembly the day before (except for the apples). Keep perishable ingredients in the fridge, then the next day, start assembling.

If you stop for the day after assembling some of the kits or take an extended break from the assembly process don't forget to put your perishables back into the refrigerator.

(See www.FlyLady.net for more on Baby Steps.)

Try to have the spice/herb ingredients arranged in containers with wide openings so you can easily get your measuring spoons into them.

Vegetables can be in large bowls to allow the use of measuring scoops, spoons or large ladles to use with measuring cups.

Oils, sauces and other such condiments can be left in their original containers.

All meat should be kept in the refrigerator or freezer until you are working on a specific recipe. Arrange all of your dairy products on one shelf in the fridge to quickly grab when needed.

You'll also want to have on hand the "Dinner Menu List".

Designed to stay on the fridge so you can see "what's for dinner", it's also very handy for checking off the dinner kits as you finish each one and track your progress.

Dinner, it's in the bag

Using the plastic storage bags, follow the recipes and begin assembling the dinner kits according to the assembly guide. Once all the ingredients for a given meal have been assembled and labeled, place the completed meal in your freezer. (Some people put them all into a cooler, until they're all done and ready to organize their freezer space.) Move onto the next meal and follow the same process.

To assemble your kits quickly, invite family members and friends to join you in your adventure. Have each person take a bag and complete their kit. This is also wonderful for kids! You'll find that come dinner time, they'll want "their" meal that they assembled to be the one you enjoy that evening. When multiple people are assembling, it's good to have one person designated as the "checker" at the end to ensure each kit is complete as well as sealed properly.

When you're all done assembling your stockpile of dinners and they're safely tucked in the freezer, sit back and give yourself a big pat on the back! Yeah! You did it!

Substitutions anyone?

You may not like chicken and prefer to enjoy other meats, maybe turkey was on sale this week instead of chicken... Many of these recipes are very flexible and could easily be made up with another meat of your choice.

Simply remember to adjust cooking times to ensure your selected meat is cooked thru and make any needed adjustments to your shopping lists.

If you need help with substitutions you can always come to our website and contact us through our Live Chat (there is a link in the top right corner of our homepage) or emails us. We're here to help.

What's for Dinner?

With your freezer full of nutritious meals comes the question “How do I use and get the full benefit of my meals?” We start by putting the Dinner Planner list of meals on the refrigerator door. As you pull a meal from the freezer, simply mark it off the list. With 10 dinners tucked inside the freezer, you want to make sure you track what you've enjoyed since we know most people will be eating these meals periodically and not 10 days in a row.

Now is also the time to break out that second shopping list column — the Meal Time Shopping List. You may even want to have a couple of copies of this on hand. Remember, chicken has it's own list and beef has its own list. Here you'll find all 5 recipes noted, and below each numbered recipe title, a list of ingredients. These are ingredients that are typically fresh produce or other items that will need to be added to your dinner kit because they either don't freeze well, or they are added during the cooking process.

Some ingredients on the Meal Time Shopping List will be preceded by a “ * “. These are ingredients that you will want to have on hand if you are following our Serving Suggestions. Remember, the Dinner Kit Shopping List only listed the items needed for the freezer portion of the meal. This is because you're freezing 10 days worth of main courses and we know most of you don't eat the same meat 10 days in a row, you prefer variety.

Be creative. You may decide to use these meals all at once, while others may decide to use it to supplement an already established routine or schedule. You may make these meals to keep or even share the rest with an elderly relative, new mom, or friend or relative that has been under the weather. You have a whole world of flexibility with this menu and how you use it.

Before picking up milk and bread, quickly review your Dinner Planner and select which meals you'll be enjoying in the next week. Then take one of your handy copies of the Meal Time Shopping List, and using a highlighter, simply highlight the ingredients needed for that recipe. Quick and easy! At the store, simply reference the list and make sure you pick up the highlighted items or make your own shopping list on an index card or whatever you have handy in under 5 minutes.

Going forward

There are lots of ways to go about deciding what's for dinner. In our house, this is decided as a group around the dinner table as family conversation. It brings us together and every one, even the youngest, feel they have important input in the day-to-day managing of family affairs.

After our meal is complete and the dishes are done, we pull the next day's meal from freezer and place it in the bottom of the refrigerator to thaw. There is great joy and comfort seeing those meals all ready to use and enjoying each one!

Ten for the Freezer is Saving Dinner

One of the nice things about having meals thawing in the refrigerator would be those last minute unplanned incidents that tend to rear up from time-to-time. You know what I mean, your family dinner time gets interrupted by a spouse's last minute overtime at work, your child tells you at the last minute about the school project that's due tomorrow and you have to rush out and do shopping for their needed supplies. Your dinner plans go out the window and you pick up the phone and order pizza or jump in the car and head for the drive thru.

How many times have you heard about a neighbor or church member who needed a little help because of an illness, birth of a child or death in their family and you wish there was something you could do, yet felt you didn't have time? How easy it would be to be a blessing to someone by digging into your freezer and giving a dinner kit.

Pot-luck dinners, a neighborhood ladies luncheon, and office party – to name just a few! You and other subscribers could hold Ten for the Freezer parties and fellowship with each other as you prepare your meals. Here's an idea, how about you and other ladies pooling your resources together and preparing meals for that new bride or expecting mother. The uses are many, the possibilities endless!

(Note: Each purchase of Ten for the Freezer is for individual use. Please have participants each purchase their own menu.)

Congratulations on Saving Dinner in your home!

CHICKEN - Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT</p> <p>8 boneless skinless chicken breast halves [C2,C4] 1 3/4 to 2 1/4 pounds boneless skinless chicken breast meat [C1,C5] 4 boneless skinless chicken thighs [C3]</p> <p>CONDIMENTS</p> <p>Canola oil [C4] Balsamic vinegar [C2,C4] Dijon mustard [C3] Barbecue sauce [C5] Chunky salsa (1 1/2 cups) [C1] Honey [C2]</p> <p>PRODUCE</p> <p>Garlic (1 medium clove plus 1 small clove) [C2,C4] Green bell peppers (1 medium) [C1] Tomatoes (1 medium) [C1] Lemons (2 tablespoons juice plus 3/4 teaspoon grated peel) [C2] Limes (3 tablespoons juice) [C2] Oranges (2 tablespoons juice plus 1 tablespoon plus 3/4 teaspoon grated peel) [C2,C3]</p> <p>CANNED GOODS</p> <p>Low sodium chicken broth (1/2 cup) [C4] 1 (15-oz.) can black beans [C1]</p> <p>SPICES</p> <p>Cumin [C1] Italian seasoning [C4] Garlic powder [C5] Onion powder [C5]</p> <p>DAIRY/DAIRY CASE</p> <p>Neufchatel cheese (2 ounces) [C1] Mexican blend cheese (1/2 cup) [C1]</p> <p>DRY GOODS</p> <p>Sugar [C4] Whole wheat crackers (3/4 cup crumbs) [C3]</p> <p>BAKERY</p> <p>2 (6-inch) whole wheat flour tortillas [C1]</p> <p>OTHER</p> <p>Beer (6 ounces) [C5] Plastic storage bags: 1 quart (4) Sandwich-size (1) Zipper-topped plastic freezer bags: 1 gallon (7) 2 gallon (3)</p>	<p>1. Mexicali Chicken Casserole</p> <p>Non-aerosol cooking spray Mexican blend cheese (1/2 cup finely shredded) *Brown rice *Lettuce *Salad veggies (your choice) *Salad dressing (your choice)</p> <p>2. Citrus Chicken</p> <p>*Sweet potatoes *Kale</p> <p>3. Apricot Chicken</p> <p>Non-aerosol cooking spray Apricot preserves (1/4 cup) *Whole wheat couscous *Green beans *Butter *Slivered almonds</p> <p>4. Balsamic Chicken</p> <p>Canola oil *Angel Hair pasta *Butter *Parmesan cheese *Lettuce *Salad veggies (your choice) *Salad dressing (your choice)</p> <p>5. Barbecue Chicken</p> <p>*Corn on the cob (fresh or frozen) *Coleslaw mix *Mayonnaise *Rice vinegar</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>QUICK TIP</p> <p>Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Chicken Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

MEAT

Pound 4 chicken breast halves to 1/2-inch thickness.
Cut 3/4 pound chicken breast meat into bite-size pieces (easier to cut if partially frozen).
Refrigerate all chicken until ready to assemble in kit.

CONDIMENTS

Measure out:
1 1/2 cups chunky salsa
1/2 cup barbecue sauce
6 ounces beer
Set out:
Canola oil
Balsamic vinegar
Dijon mustard
Honey

GARLIC

Mince 1 small clove.
Press 1 clove.

BELL PEPPERS

Seed, derib and chop 1 medium green bell pepper.

TOMATOES

Chop 1 medium tomato.

LEMONS

Squeeze 2 tablespoons juice.
Grate 3/4 teaspoon peel.

LIMES

Squeeze 3 tablespoons juice.

ORANGES

Squeeze 2 tablespoons juice.
Grate 1 tablespoon plus 3/4 teaspoon peel.

CANNED GOODS

Measure out 1/2 cup low sodium chicken broth.
Drain and rinse 1 (15-oz.) can black beans.

SPICES

Set out:
Ground cumin
Italian seasoning
Garlic powder
Onion powder
Salt
Black pepper

CHEESES

Cube 2 ounces Neufchatel cheese.
Finely shred 1/2 cup Mexican blend cheese.

DRY GOODS

Crush whole wheat crackers to measure 3/4 cup.
Measure out 2 tablespoons sugar.

Saving Dinner with Five for the Freezer

Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Mexicali Chicken Casserole	Brown rice and a big salad	Stove top/ Oven	< 5 minutes	35 minutes
<input type="checkbox"/> Citrus Chicken	Baked sweet potatoes and steamed kale	Stove top	<5 minutes	15 minutes
<input type="checkbox"/> Apricot Chicken	Whole wheat couscous steamed green beans tossed with butter and slivered almonds	Oven	<5 minutes	35 minutes
<input type="checkbox"/> Balsamic Chicken	Angel Hair pasta and a big salad	Stove top	< 5 minutes	15 minutes
<input type="checkbox"/> Barbecue Chicken	Corn on the cob and a big bowl of coleslaw	Grill	<5 minutes	15 minutes

Mexicali Chicken Casserole

Chicken Recipe 1 — Serves 4 — Assembly Guidelines

Place the following ingredients in plastic storage bags as indicated; carefully squeeze the bags to force out any air then seal the bags:

In a 1 quart bag, place:

3/4 pound boneless skinless chicken breast meat, cut into bite-size pieces
1 teaspoon ground cumin



In a 1 quart bag, place:

1 medium green bell pepper, seeded, deribbed and chopped

In a 1 quart bag, combine:

1 1/2 cups chunky salsa
2 ounces Neufchatel cheese, cubed
1 (15-oz.) black beans, drained and rinsed
1 medium tomato, chopped

In a 1 quart bag, place:

2 (6-inch) whole wheat flour tortillas

In a sandwich-size bag, place:

1/2 cup finely shredded Mexican blend cheese

Place the filled bags in a 2 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation and place it in the freezer.

Mexicali Chicken Casserole

Chicken Recipe 1 — Serves 4 — Cooking Instructions

Preassembled Ingredients

3/4 pound boneless skinless chicken breast meat, cut into bite-size pieces
1 teaspoon ground cumin
1 medium green bell pepper, seeded, deribbed and chopped
1 1/2 cups chunky salsa
2 ounces Neufchatel cheese, cubed
1 (15-oz.) can black beans, drained and rinsed
1 medium tomato, chopped
2 (6-inch) whole wheat flour tortillas
1/2 cup finely shredded Mexican blend cheese



At Time of Cooking Ingredients

Non-aerosol cooking spray
1/2 cup finely shredded Mexican blend cheese

Cooking Instructions

Remove preassembled Chicken Mexicali Casserole from the freezer and defrost (see Defrost Guidelines).

Preheat oven to 375 degrees. Coat a skillet with cooking spray over medium heat; add chicken/cumin mixture and cook for 2 minutes. Add bell pepper and cook for 2 minutes, stirring occasionally. Stir in salsa mixture and cook for 4 to 5 minutes or until cheese is melted. Spoon 1/3 of the chicken mixture into an 8-inch square baking dish; cover with 1 tortilla; spread half of the remaining chicken mixture on the tortilla and sprinkle with 1/2 cup of the cheese; top with remaining tortilla and chicken mixture. Cover baking dish with aluminum foil wrap and bake for 20 minutes or until heated through. Sprinkle with remaining 1/2 cup of cheese and bake, uncovered, for 5 minutes or until cheese has melted.

Serving Suggestions: Brown rice and a big salad.

Nutrition per serving: 335 Calories; 7g Fat; 31g Protein; 37g Carbohydrate; 9g Dietary Fiber; 60mg Cholesterol; 1055mg Sodium. Exchanges: 1 Grain (Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. **Points:** 6

Citrus Chicken

Chicken Recipe 2 — Serves 4 — Assembly Guidelines

Pound 4 boneless skinless chicken breast halves to a thickness of about 1/2 inch; place in a 1 gallon zipper-topped plastic freezer bag.

In a medium bowl, whisk together:

3/4 teaspoon grated lemon peel
3/4 teaspoon grated orange peel
1 small clove garlic, finely minced
3/4 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
1 tablespoon honey
1 teaspoon balsamic vinegar



Pour into freezer bag, over chicken. Carefully squeeze the bag to force out any air then seal the bag and turn it several times to distribute the marinade.

To prevent freezer burn, place the filled bag in a second 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation; place in the freezer.

Citrus Chicken

Chicken Recipe 2 — Serves 4 — Cooking Instructions

Preassembled Ingredients

4 boneless skinless chicken breast halves, pounded to 1/2 inch thickness
3/4 teaspoon grated lemon peel
3/4 teaspoon grated orange peel
1 small clove garlic, finely minced
3/4 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
1 tablespoon honey
1 teaspoon balsamic vinegar



At Time of Cooking Ingredients

2 tablespoons vegetable oil
2 tablespoons heavy cream
Lemon, orange or lime slices – for garnish (optional)

Cooking Instructions:

Remove preassembled Citrus Chicken from the freezer and defrost (see Defrost Guidelines).

Remove chicken from bag; shake excess marinade into bag and reserve. Heat the vegetable oil in a skillet over medium high heat; add chicken and cook until browned, 2 to 3 minutes per side. Reduce heat to medium and continue to cook chicken until done, about 2 more minutes per side. Transfer to a serving platter and cover to keep warm. Pour reserved marinade into the skillet; bring to a boil and whisk up all of the browned bits from the bottom of the pan; add any liquid that has collected around the chicken and let mixture boil for 2 minutes or until slightly thickened and reduced. Stir in cream and cook for 1 more minute. Pour hot sauce over chicken and garnish with citrus slices if desired.

Serving Suggestions: Baked sweet potatoes and steamed kale.

Nutrition per serving: 234 Calories; 11g Fat; 27g Protein; 7g Carbohydrate; trace Dietary Fiber; 76mg Cholesterol; 477mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Fat; 1/2 Other Carbohydrates. **Points:** 6

Apricot Chicken

Chicken Recipe 3 — Serves 4 — Assembly Guidelines

In a small shallow bowl, whisk together:

2 tablespoons orange juice
2 tablespoons Dijon mustard
1/2 teaspoon salt



On a plate, combine:

3/4 cup whole wheat cracker crumbs
1 tablespoon grated orange peel
1/4 teaspoon black pepper

Coat 4 boneless chicken thighs in orange juice mixture then press into the cracker crumb mixture to cover both sides completely. Place in a 1 gallon zipper-topped plastic freezer bag. Carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a second 1 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation; place in the freezer.

Apricot Chicken

Chicken Recipe 3 — Serves 4 — Cooking Instructions

Preadsembled ingredients

2 tablespoons orange juice
2 tablespoons Dijon mustard
1/2 teaspoon salt
3/4 cup whole wheat cracker crumbs
1 tablespoon grated orange peel
1/4 teaspoon black pepper
4 boneless skinless chicken thighs



At Time of Cooking Ingredients

Non-aerosol cooking spray
1/4 cup apricot preserves

Cooking Instructions

Remove preassembled Apricot Chicken from the freezer and defrost (see Defrost Guidelines).

Preheat oven to 350 degrees. Coat a baking sheet with cooking spray. Place breaded chicken thighs on prepared baking sheet and bake for 15 minutes; turn and bake until no longer pink in the center and juices run clear, about 15 minutes more. Switch oven setting to "Broil". Top each chicken piece with 1 tablespoon of apricot preserves and broil until preserves begin to caramelize, 2 to 3 minutes. When chicken looks like it is starting to burn, it is done.

Serving Suggestions: Whole wheat couscous and steamed green beans tossed in butter and slivered almonds.

Nutrition per serving: 215 Calories; 4g Fat; 16g Protein; 29g Carbohydrate; 3g Dietary Fiber; 54mg Cholesterol; 590mg Sodium.

Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Fat; 1 Other Carbohydrates. **Points:** 4

Balsamic Chicken

Chicken Recipe 4 — Serves 4 — Assembly Guidelines

In a 1 gallon zipper-topped plastic freezer bag, place:

4 boneless skinless chicken breast halves
1 tablespoon canola oil
1/3 cup balsamic vinegar
1/2 cup low sodium chicken broth
2 tablespoons sugar
1 clove garlic, pressed
1 teaspoon Italian seasoning



Carefully squeeze the bag to force out any air then seal the bag and turn it to distribute ingredients.

To prevent freezer burn, place the filled bag in a second 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation; place in the freezer.

Balsamic Chicken

Chicken Recipe 4 — Serves 4 — Cooking Instructions

Preassembled Ingredients

4 boneless skinless chicken breast halves
1 tablespoon canola oil
1/3 cup balsamic vinegar
1/2 cup low sodium chicken broth
2 tablespoons sugar
1 clove garlic, pressed
1 teaspoon Italian seasoning



At Time of Cooking Ingredients

1 tablespoon canola oil

Cooking Instructions

Remove preassembled Balsamic Chicken from the freezer and defrost (see Defrost Guidelines).

Heat 1 tablespoon canola oil in a large skillet over medium-high heat; remove chicken breast halves from marinade, reserving marinade, and cook for 4 minutes per side. Add reserved marinade to the skillet; turn chicken to coat with marinade and continue to cook for 3 to 4 minutes or until cooked through.

Serving Suggestions: Angel Hair pasta tossed with butter and grated Parmesan cheese. Add a big salad.

Nutrition per serving: 383 Calories; 27g Fat; 6g Protein; 33g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 261mg Sodium.

Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 1/2 Fruit; 5 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 10

Barbecue Chicken

Chicken Recipe 5 — Serves 4 — Assembly Guidelines

In a 1 gallon zipper-topped plastic freezer bag, combine:

1/2 cup barbecue sauce
6 ounces beer
1/2 teaspoon garlic powder
1 teaspoon onion powder
1/8 teaspoon black pepper



Seal the bag and gently shake to blend ingredients.

Open bag and add:

1 to 1 1/2 pounds boneless skinless chicken breast meat

Gently squeeze the bag to force out any air then seal the bag. Turn the bag several times to coat all chicken pieces with marinade.

To prevent freezer burn, place the filled bag in a 2 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation; place it in the freezer.

Barbecue Chicken

Chicken Recipe 5 — Serves 4 — Cooking Instructions

Preassembled ingredients

1/2 cup barbecue sauce
6 ounces beer
1/2 teaspoon garlic powder
1 teaspoon onion powder
1/8 teaspoon black pepper
1 to 1 1/2 pounds boneless skinless chicken breast meat

Cooking Instructions

Move frozen chicken package to the refrigerator 2 to 3 days before serving to give chicken time to thoroughly defrost and absorb the marinade.

Remove chicken from marinade; discard marinade and freezer bag. Preheat outdoor or indoor grill to low heat; grill chicken for 7 minutes per side or until cooked through.

Serving Suggestions: Corn on the cob and a big bowl of coleslaw (use a ready-made mix and toss with mayo and a little rice vinegar).

Nutrition per serving: 169 Calories; 2g Fat; 27g Protein; 6g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 331mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat; 1/2 Other Carbohydrates.

Points: 3

BEEF - Dinner Kit Shopping List

Assembly and Mealtime Ingredients

Assembly time shopping list	Mealtime Shopping list
<p>MEAT 5 pounds lean ground beef [B1,B2,B3,B4,B5]</p> <p>CONDIMENTS 1 (4-oz.) can sliced ripe olives [B3]</p> <p>PRODUCE Onions (1 cup sliced plus 2 1/2 cups chopped) [B1,B2,B3,B4,B5] Garlic (2 cloves) [B3] Celery (2 cups chopped) [B1,B5] Green bell peppers (2 cups chopped plus rings for garnish) [B2,B3,B5]</p> <p>CANNED GOODS 1 (28-oz.) can whole tomatoes [B3] 1 (14.5-oz.) can diced tomatoes [B5] 1 (15-oz.) can tomato sauce [B3] 1 (8-oz.) can tomato sauce [B1] Tomato paste (2 tablespoons) [B2] 1 (28-oz.) jar pasta sauce (your favorite) [B4] 1 (4-oz.) can sliced mushrooms [B4] 1 (16-oz.) can whole kernel corn [B3]</p> <p>SPICES Bay leaves [B1] Chili powder [B1,B2,B3] Ground ginger [B2] Cinnamon sticks [B2] Whole cloves [B2] Curry powder [B2] Turmeric [B2] Cardamom [B2]</p> <p>DAIRY/DAIRY CASE Part-skim Mozzarella cheese (1 1/2 cups shredded) [B4] Mexican blend cheese (1 cup shredded) [B3]</p> <p>DRY GOODS Sugar [B3] Shredded coconut (1/3 cup) [B2]</p> <p>OTHER Plastic storage bags: 1 quart (18) Sandwich-size (4) Snack-size (2)</p> <p>Zipper-topped plastic freezer bags: 1 gallon (5) 2 gallon (5)</p>	<p>1. Beef Goulash Vegetable oil Elbow macaroni (1 1/2 cups uncooked) Grated Parmesan cheese, for garnish **Spinach **Salad veggies (your choice) **Salad dressing (your choice)</p> <p>2. Curried Beef Vegetable oil **Brown rice **Broccoli</p> <p>3. Tamale Pie Vegetable oil Yellow cornmeal (3/4 cup) Chili powder Butter **Lettuce (not Iceberg, no nutrition) **Salad veggies (your choice) **Salad dressing (your choice)</p> <p>4. Beef Mushroom Ziti Olive oil 3 cups uncooked Ziti pasta **Lettuce (not Iceberg, no nutrition) **Salad veggies (your choice) **Salad dressing (your choice)</p> <p>5. Layered Beef Casserole Non-aerosol cooking spray 1 medium green bell pepper Aluminum foil wrap **Red skin potatoes **Baby carrots **Broccoli</p> <p>(* refers to ingredients needed for the Serving Suggestions if you are following them.)</p> <div style="border: 2px solid black; padding: 10px; text-align: center; margin-top: 20px;"> <p>QUICK TIP</p> <p>Some ingredients on the above "Day of Shopping List" are non-perishable ingredients and you may want to consider buying them ahead of time to have on hand.</p> </div>

Beef Preassembly Prep List

Prior to assembling your dinner kits, prepare these ingredients that are used in multiple menus and such to more rapidly assemble your kits. Simply put prepared ingredients in a bowl, plastic baggie, etc. until you are ready for them, or bag everything up and put it in the fridge to use at a later time to break up the assembly process.

MEAT

In a large skillet, brown 5 pounds of lean ground beef, in 1-pound batches; drain and set aside.

CONDIMENTS

Drain 1 (4-oz.) can diced ripe olives.

ONIONS

Finely slice 1 cup.

Chop 3 cups.

GARLIC

Mince 2 cloves.

CELERY

Chop 2 cups.

GREEN BELL PEPPERS

Chop 2 cups.

CANNED GOODS

Open all cans.

With kitchen shears, chop the whole tomatoes while still in the can.

Drain corn.

Drain olives.

Drain mushrooms.

SPICES

Set out:

Bay leaves

Chili powder

Ground ginger

Curry powder

Turmeric

Cardamom

Cinnamon sticks

Whole cloves

Salt

Black pepper

CHEESES

Shred 1 cup Mexican blend cheese.

Shred 1 1/2 cups part-skim Mozzarella cheese.

Grate 1/4 cup Parmesan cheese plus extra for garnish.

Saving Dinner with Five for the Freezer Dinner Planner

Recipe Name	Serving Suggestions	Method of Cooking	Preparation Time	Cooking Time
<input type="checkbox"/> Beef Goulash	A big spinach salad	Stovetop	<5 minutes	45 minutes
<input type="checkbox"/> Curried Beef	Serve over brown rice with broccoli on the side	Stovetop	<5 minutes	30 minutes
<input type="checkbox"/> Tamale Pie	A big salad	Stovetop/ Oven	<30 minutes	1 1/2 hours
<input type="checkbox"/> Beef Mushroom Ziti	A big salad	Stovetop/ Oven	<5 minutes	45 minutes
<input type="checkbox"/> Layered Beef Casserole	Steamed red skinned potatoes, baby carrots and broccoli	Oven	<5 minutes	1 to 1 1/2 hours

Beef Goulash

Beef Recipe 1 — Serves 4 — Assembly Guidelines

Place the following ingredients in plastic storage bags as indicated; carefully squeeze the bags to release excess air then seal the bags.

In a 1 quart bag, place:

1/2 cup chopped onion
1/2 cup chopped celery



In a 1 quart bag, place:

1 pound browned lean ground beef

In a 1 quart bag, place:

1 (8-oz.) can tomato sauce
1 large bay leaf
1/2 teaspoon salt
1/2 teaspoon black pepper
1 1/2 tablespoons chili powder

Place the filled bags in a 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date of preparation; place it in the freezer.

Beef Goulash

Beef Recipe 1 — Serves 4 — Cooking Instructions

Preassembled Ingredients

1/2 cup chopped onion
1/2 cup chopped celery
1 pound browned lean ground beef
1 (8-oz.) can tomato sauce
1 large bay leaf
1/2 teaspoon salt
1/2 teaspoon black pepper
1 1/2 tablespoons chili powder



At Time of Cooking Ingredients

1 tablespoon vegetable oil
1 cup water
1 1/2 cups uncooked elbow macaroni
Grated Parmesan cheese for garnish

Cooking Instructions

Remove preassembled Beef Goulash from the freezer and defrost (see Defrost Guidelines).

In a large skillet with a tight-fitting lid, heat the vegetable oil over medium-high heat; add chopped onion and celery and cook until softened; add browned ground beef, contents of tomato sauce bag and water. Bring to a boil then reduce heat, cover and simmer for 30 to 40 minutes; remove bay leaf. Cook macaroni according to package directions; drain and add to sauce. Sprinkle with grated Parmesan cheese.

Serving Suggestions: Serve a big spinach salad on the side.

Nutrition per serving: 446 Calories; 28g Fat; 24g Protein; 24g Carbohydrate; 3g Dietary Fiber; 85mg Cholesterol; 733mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 1/2 Fat. **Points:** 11

Curried Beef

Beef Recipe 2 — Serves 4 — Assembly Guidelines

Place the following ingredients in plastic storage bags indicated; carefully squeeze the bags to force out any then seal the bags:



as
air

In a 1 quart bag, place:

1 cup chopped onion
1/2 cup chopped green bell pepper

In a 1 quart bag, place:

1 pound browned lean ground beef

In a sandwich-size bag, place:

1/3 cup shredded coconut

In a sandwich-size bag, place:

2 tablespoons tomato paste
1/3 teaspoon ground ginger
2/3 stick cinnamon
1 whole clove
1 1/3 teaspoons salt
2/3 teaspoon curry powder
2/3 teaspoon chili powder
1/3 teaspoon turmeric
1/3 teaspoon cardamom

Place the filled bags in a 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon freezer bag; carefully squeeze the bag to force out any air then seal the bag. On the outside of the bag, label or write the recipe name and date prepared; place it in the freezer.

Curried Beef

Beef Recipe 2 — Serves 4 — Cooking Instructions

Preamsembled Ingredients

1 cup chopped onion
1/2 cup chopped green bell pepper
1 pound browned lean ground beef
1/3 cup shredded coconut
2 tablespoons tomato paste
1/3 teaspoon ground ginger
2/3 stick cinnamon
1 whole clove
1 1/3 teaspoons salt
2/3 teaspoon curry powder
2/3 teaspoon chili powder
1/3 teaspoon turmeric
1/3 teaspoon cardamom

At Time of Cooking Ingredients

1 1/3 tablespoons vegetable oil
1 cup water

Cooking Instructions

Remove preassembled Curried Beef from the freezer and defrost (see Defrost Guidelines).

Heat the oil in a large skillet with a tight-fitting lid over medium-high heat; add chopped onion and bell pepper; cook until tender-crisp. Add browned ground beef, coconut, tomato paste/spice mixture and water. Bring to a boil then reduce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Uncover and cook until mixture thickens. Remove cinnamon stick and whole clove.

Serving Suggestions: Serve over brown rice; add steamed broccoli on the side.

Nutrition per serving: 410 Calories; 31g Fat; 22g Protein; 12g Carbohydrate; 3g Dietary Fiber; 85mg Cholesterol; 882mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 4 1/2 Fat.
Points: 10

Tamale Pie

Beef Recipe 3 — Serves 4 — Assembly Guidelines

Place the following ingredients in plastic storage bags as indicated; carefully squeeze the bags to force out any air then seal the bags:



In a 1 quart bag, place:

1 cup chopped onion
2 cloves garlic, minced

In a 1 quart bag, place:

1 cup chopped green bell pepper

In a 1 quart bag, place:

1 pound browned lean ground beef

In a 1 quart bag, place:

1 (15-oz.) can tomato sauce
1 tablespoon sugar
1/2 teaspoon salt
2 teaspoons chili powder
Dash black pepper

In a 1 quart bag, place:

1 (28-oz.) can whole tomatoes, cut up

In a 1 quart bag, place:

1 (16-oz.) can whole kernel corn, drained

In a snack-size baggie, place:

1 (4-oz.) can sliced ripe olives, drained

In a 1 quart size bag, place:

1 cup shredded Mexican blend cheese

Place the filled bags in a 2 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the bag in a second 2 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. Label or write the recipe name and date of preparation on the bag and place it in the freezer.

Tamale Pie

Beef Recipe 3 — Serves 4 — Cooking Instructions

Preamsembled Ingredients

1 cup chopped onion
2 cloves garlic, minced
1 cup chopped green bell pepper
1 pound browned lean ground beef
1 (15-oz.) can tomato sauce
1 tablespoon sugar
1/2 teaspoon salt
2 teaspoons chili powder
Dash black pepper
1 (28-oz.) can whole tomatoes, cut up
1 (16-oz.) can whole kernel corn, drained
1 (4-oz.) can sliced ripe olives, drained
1 cup shredded Mexican blend cheese

At Time of Cooking Ingredients

1 tablespoon vegetable oil
3/4 cup yellow cornmeal
1/2 teaspoon salt
2 cups cold water
1/2 teaspoon chili powder
1 tablespoon butter

Cooking Instructions

Remove preassembled Tamale Pie from the freezer and defrost (see Defrost Guidelines). Remove 1/2 cup of Mexican blend cheese from bag and set aside.

Heat the vegetable oil in a large skillet over medium-high heat; add onion, garlic and green bell pepper; cook and stir until onion is translucent. Add browned ground beef, tomato sauce mixture, tomatoes, corn and olives. Bring to a boil then reduce heat and simmer, uncovered, for 20 minutes or until thickened. Add 1/2 cup of cheese and stir until cheese has melted. Set filling aside. Preheat oven to 375 degrees. In a saucepan over medium heat, combine cornmeal, salt, water and chili powder; cook, stirring constantly, until thick; stir in butter. Spread half of the cornmeal mixture into a 12- x 8-inch baking dish then spoon the meat filling on top and remaining cornmeal mixture over the filling. Bake for 45 minutes. Sprinkle remaining 1/2 cup of cheese over the crust about 5 minutes before casserole is done.

Serving Suggestions: Serve a big salad on the side

Nutrition per serving: 669 Calories; 35g Fat; 29g Protein; 66g Carbohydrate; 10g Dietary Fiber; 93mg Cholesterol; 2089mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 4 Vegetable; 5 Fat. **Points:** 16

Beef Mushroom Ziti

Beef Recipe 4 — Serves 4 — Assembly Guidelines

Place the following ingredients in plastic storage bas as indicated; carefully squeeze the bags to force out any air then seal the bags:

In a sandwich-size bag, place:

1/2 cup chopped onion

In a 1 quart bag, place:

1 pound browned lean ground beef

In a 1 quart bag, place:

1 (28-oz.) jar pasta sauce (your favorite)

1 (4-oz.) can sliced mushrooms, drained

In a 1 quart bag, place:

1 1/2 cups shredded part-skim Mozzarella cheese

In a snack-size baggie, place:

1/4 cup grated Parmesan cheese

Place the filled bags in a 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag into a second 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. Label or write the recipe name and date prepared on the bag and place it in the freezer.



Beef Mushroom Ziti

Beef Recipe 4 — Serves 4 — Cooking Instructions

Preassembled Ingredients

1/2 cup chopped onion

1 pound browned ground beef

1 (28-oz.) jar pasta sauce (your favorite)

1 (4-oz.) can sliced mushrooms, drained

1 1/2 cups shredded part-skim Mozzarella cheese

1/4 cup grated Parmesan cheese

At Time of Cooking Ingredients

1 teaspoon olive oil

3 cups uncooked Ziti pasta

Cooking Instructions

Remove preassembled Beef Mushroom Ziti from the freezer and defrost (see Defrost Guidelines). Remove 1/2 cup shredded Mozzarella from cheese bag and set aside.

Preheat oven to 350 degrees. Cook pasta al dente; drain.

Heat the olive oil in a skillet over medium-high heat; add chopped onion and cook until translucent. Add cooked pasta, pasta sauce, mushrooms and 1 cup of shredded Mozzarella; blend well and transfer to a 3-quart shallow baking dish. Sprinkle with reserved 1/2 cup shredded Mozzarella and the grated Parmesan. Bake for 30 minutes or until heated through.

Serving Suggestions: Serve a big salad on the side.

Nutrition per serving: 758 Calories; 35g Fat; 45g Protein; 63g Carbohydrate; 3g Dietary Fiber; 112mg Cholesterol; 522mg Sodium. Exchanges: 4 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 4 Fat. **Points:** 17

Layered Beef Casserole

Beef Recipe 5 — Serves 4 — Assembly Guidelines

Place the following ingredients in plastic storage bags as indicated; carefully squeeze the bags to force out any air then seal the bags.

In a 1 quart bag, place:

1 1/2 cups chopped celery

In a 1 quart bag, place:

1 pound browned lean ground beef

In a sandwich-size bag, place:

1 cup thinly sliced onion

In a sandwich-size bag, place:

1 cup chopped green bell pepper

In a 1 quart bag, place:

1 (14.5-oz.) can diced tomatoes

Place the filled bags in a 1 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag.

To prevent freezer burn, place the filled bag in a 2 gallon zipper-topped plastic freezer bag; carefully squeeze the bag to force out any air then seal the bag. Label or write the recipe name and date prepared on the bag and place it in the freezer.



Layered Beef Casserole

Beef Recipe 5 — Serves 4 — Cooking Instructions

Preassembled Ingredients

1 1/2 cups chopped celery
1 pound browned lean ground beef
1 cup thinly sliced onion
1 cup chopped green bell pepper
1 (14.5-oz.) can diced tomatoes



At Time of Cooking Ingredients

Non-aerosol cooking spray
1 medium green bell pepper, seeded, deribbed and cut into rings

Cooking Instructions

Remove preassembled Layered Beef Casserole from the freezer and defrost (see Defrost Guidelines).

Preheat oven to 350 degrees. Coat a 12- x 8-inch casserole dish with cooking spray; layer ingredients in the order listed, seasoning each layer with a little salt and pepper and top with bell pepper rings. Cover with aluminum foil wrap and bake for 1 1/2 to 2 hours or until vegetables are tender.

Serving Suggestions: Steamed red skin potatoes, baby carrots and broccoli.

Nutrition per serving: 365 Calories; 24g Fat; 23g Protein; 14g Carbohydrate; 4g Dietary Fiber; 85mg Cholesterol; 471mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Vegetable; 3 Fat. **Points:** 8

Got Questions? Need Help?

We're here to help you with
all your dinner needs.

Our customer service center is available to
assist you as well. Check out our

“LIVE SUPPORT”

and “talk” directly with one of our staff
right then and there.

Visit our website at

www.SavingDinner.com

for all of the details
and any assistance you need.

