

AP WEEK OF MEALS:



Family Friendly Dinners



Easy Chicken Fajitas

Copy Cat KFC Bowls

Quick Combination Pizza

Sticky Fingers & Fries

Smiley Face Pancakes

Oven-Baked Meatball Sandwiches

Cheesy Tortellini Bake

Shopping List

Basics

Pan Roast Chicken Gravy Mix #1253
Brown Sugar #1150
AP Italian N' Pizza Seasoning #1432
Kirkland California Minced Garlic #1289

Cheeses

Kirkland Shredded Cheddar Jack Cheese #1860
Parmesan Cheese #1683

Other - Mrs. Butterworth Original Syrup #5946

Meats

Foster Farms Sauté Ready Fajita Chicken #1404
Popcorn Chicken #1465
Margherita Sliced Pepperoni #1596
MSQM Beef & Pork Ground Blend #2605
Rosina ?? Style Meatballs #9142

Breads/Pasta

Receta De Oro 10" Tortillas #1296
Rizzuto 12" Hand Stretched Pizza Crusts #1078
AP Buttermilk Pancake Mix #1822

Rosina Tri-color Tortellini #1815
Tuscan Mini Dinner Loaves #8196

Vegetables

Flav-R-Pac American Harvest Fajita Blend #2069
Flav-R-Pac Whole Kernel Sweet Corn #5349
Excel Potato Pearls #4744
Flav-R-Pac Chef Starters Omelette Blend #3216
Valley Select French Fries #1213

Easy Chicken Fajitas



Ingredients:

Foster Farms Sauté Ready Fajita Raw Chicken Breast Strips #1404
Flav-R-Pac American Harvest Fajita Blend #2069
Receta De Oro 10 in. Mexican Flour Tortillas #1296
Kirkland Shredded Cheddar Jack Cheese #1860
2 Tbsp. Olive Oil (divided)
Sour Cream (optional)

Directions:

In a large skillet, heat Olive Oil over medium heat. Pour just the portion of chicken you need directly into the skillet in a single layer, no thawing required. Sauté chicken, stirring frequently to prevent sticking, until internal temperature reaches 165 degrees F. Remove from pan and cover to keep warm. Add the remaining oil to the same pan. Add the fajita Blend vegetables to the pan and sauté just until tender. Meanwhile, heat tortillas, wrapped in tinfoil, in the oven at 350 degrees for 5 minutes. Once vegetables are tender, add chicken back to heat and heat through for a few minutes. Assemble the fajitas. Enjoy! Serves 4-6

Copy Cat KFC Bowls



Ingredients:

3 cups Popcorn Chicken #1465, cooked & chopped
4 cups Excel Potato Pearls #4744
½ cup PanRoast Chicken Gravy Mix #1253
10 cups Water, divided
1 cup Flav-R-Pac Whole Kernel Sweet Corn #5349
1 cup Kirkland Shredded Cheddar Jack Cheese #1860

Directions:

Preheat oven to 350 degrees. Cook Popcorn Chicken according to directions on package. In a large pan, bring 8 cups of water to a boil over med-high heat. Add 4 cups Excel Potato Pearls and stir to combine. Remove from heat and cover for 5 minutes. Warm corn up in a microwaveable bowl, or on the stove top. In a small pan, combine chicken gravy and remaining 2 cups of water. Whisk until smooth. Cook over medium heat until thickened. Prepare bowls starting with mashed potatoes, chicken, corn, and gravy. Then top with cheese. Serves 4

Ingredients:

1-2 Rizzuto 12 in. Hand Stretched Pizza Crusts #1078
1 can tomato sauce
1 Tbsp. Italian 'n Pizza Seasoning #1432
2 cups Mozzarella Cheese
1 cup Parmesan Cheese #1683
Margherita Sliced Pepperoni #1596
MSQM Beef & Pork Ground Blend #2605
Flav-R-Pac Chef Starters Omelette Blend 3216
Olive Oil

Directions:

Thaw Pizza Crusts. Preheat oven to 450 degrees Brush edges of crust with olive oil. Combine tomato sauce with 1 Tbsp. Italian 'n Pizza seasoning and spread over crusts to within ½ in. of edge. Top with cheeses and favorite toppings, as desired. Place pizza directly on the center oven rack for 6-10 minutes until the crust is slightly golden brown. Serves 4-6

Quick Combination Pizza



Sticky Fingers & Fries

Ingredients:

Valley Select French Fries #1213
3 cups Popcorn Chicken #1465
6 Tbsp. Frank's Hot Sauce
4 Tbsp. water
1 ½ cups Brown Sugar #1150

Directions:

Preheat Oven to 450 degrees. Place French fries in oven and bake 13-15 minutes. Prepare Popcorn chicken according to directions on pkg. In a saucepan, heat hot sauce, water, and Brown Sugar over medium heat until sugar is dissolved. Pour sauce over chicken. Serve with a side of fries and celery with ranch or blue cheese dressing for dipping. Serves 6

Smiley Face Pancakes



Ingredients:

AP Old Fashioned Buttermilk Pancake Mix #1822
Mrs. Butterworth Original Syrup #5946
Wyman's Banana Berry with Wild Blueberries #1224

Directions:

Cook pancakes according to package directions. Once cooked top with 5 chocolate chips for the eyes, 1 strawberry piece as the nose, and a piece of bacon for the smile. Add syrup as desired. Pancakes yield: 24- 4" or 16- 5"

For Healthier options use Bananas for the ...

Ingredients:

4-6 Tuscan Mini Dinner Loaves #8196, thawed
16-24 Rosina Italian Style Meatballs #9142
1 jar Pasta Sauce
Shredded Mozzarella Cheese

Directions:

Spray a baking sheet with #1212 Vegalene 3-Oil Blend. Preheat oven to 400 degrees F. Place meatballs in a large pot. Cover with pasta sauce. Gently fold the meatballs with the sauce. Heat on low-medium heat, stirring occasionally until the meatballs are heated through. Cut each roll in half, length wise leaving one edge still attached. Add 4-5 meatballs on the roll. Top with more pasta sauce from your pot. Place filled sandwich rolls closely together on a baking sheet. Top each sandwich with cheese and bake until cheese is melted and bubbly. App. 5-6 min. Serves: 4-6

Baked Meatball Sandwiches



Cheesy Tortellini Bake



Ingredients:

2 cups Rosina Tri-Color Tortellini #1815
1 cup marinara sauce
1 zucchini, diced
½ can diced tomatoes
¼ onion, diced
1 ½ tsp Italian Seasoning #1432
1 tsp. Kirkland California Mince Garlic #1289
Pepper, to taste
¼ cup Parmesan Cheese #1683
1 cup mozzarella cheese, shredded

Directions:

In a large skillet, sauté onion, zucchini and garlic until tender. Add in marinara, diced tomatoes, seasonings, Parmesan cheese, and Tortellini, mix well. Cook covered 8-10 minutes. Remove from heat, and sprinkle with mozzarella cheese. Serves 6