

# RALEY'S Brandtastic MEAL PLANNER

Easy, quick and tasty ideas for dinner this week.

Week of  
**Mar.**  
**8**

We've solved the what's-for-dinner dilemma for you every week with our brands. Your list, your recipes...now you're cooking!

	Shopping List	Notes:
<b>Produce</b>	<input type="checkbox"/> Green Onions <b>2</b>	
	<input type="checkbox"/> Onions <b>4</b>	
	<input type="checkbox"/> Raley's Diced Celery <b>4</b>	
	<input type="checkbox"/> Raley's Fresh Diced Yellow Onions <b>4</b>	
	<input type="checkbox"/> Sliced Mushrooms <b>4 (optional)</b>	
<b>Frozen</b>	<input type="checkbox"/> Raley's Crinkle Cut Carrots (frozen) <b>4</b>	
	<input type="checkbox"/> Raley's Corn (frozen) <b>4</b>	
<b>Meat</b>	<input type="checkbox"/> Ground Beef (1½ lbs.) <b>1</b>	
	<input type="checkbox"/> Ground Pork (1 lb.) <b>2</b>	
<b>Dairy</b>	<input type="checkbox"/> R Everyday Drumsticks and Thighs or <input type="checkbox"/> Large R Everyday Split Chicken Breasts (4 each, fresh or frozen) <b>3, 4</b>	
	<input type="checkbox"/> Raley's Shredded Mexican Blend Cheese <b>1</b>	
	<input type="checkbox"/> Raley's Grated Parmesan Cheese <b>3</b>	
	<input type="checkbox"/> Sunnyside Farms Butter <b>3, 4</b>	
<b>Deli</b>	<input type="checkbox"/> Sunnyside Farms Buttermilk <b>3</b>	
	<input type="checkbox"/> Raleys Refrigerated Pie Crust <b>4</b>	
<b>Jars &amp; Cans</b>	<input type="checkbox"/> Raley's Guacamole <b>1</b>	
	<input type="checkbox"/> Nob Hill Trading Co. Roasted Bell Peppers <b>1</b>	
<b>Pasta &amp; Bread</b>	<input type="checkbox"/> Raley's Chicken Broth (32 oz.) <b>4</b>	
	<input type="checkbox"/> Raley's Hamburger Buns <b>1</b>	
<b>Seasonings, Sauces &amp; Dressings</b>	<input type="checkbox"/> Raley's Spaghetti <b>2</b>	
	<input type="checkbox"/> Raley's Tomato Sauce (8 oz.) <b>2</b>	
	<input type="checkbox"/> Full Circle Organic Teriyaki Sauce <b>2</b>	
	<input type="checkbox"/> Raley's Salsa <b>1</b>	
	<input type="checkbox"/> Raley's Chopped Peanuts <b>2</b>	
	<input type="checkbox"/> Plain Dry Breadcrumbs <b>3</b>	
	<input type="checkbox"/> Morton and Bassett Mexican Blend Seasoning <b>1</b>	
	<input type="checkbox"/> Dried Thyme <b>3, 4</b>	
	<input type="checkbox"/> Raley's Chicken Gravy Mix <b>4</b>	
	<input type="checkbox"/> Paprika <b>3</b>	
	<input type="checkbox"/> Raley's Seasoned Salt <b>3</b>	
	<input type="checkbox"/> Raley's Garlic Powder <b>3</b>	
<input type="checkbox"/> Raley's Ground Pepper <b>3</b>		

Numbers match ingredients to recipes.

## 1 Tijuana Turkey Burgers

**Prep:** 10 minutes **Cook:** 10 to 12 minutes **Serves:** 4

- 1½ lbs. ground beef (preferably lean)
- 1/2 cup Raley's Shredded Mexican Blend Cheese
- 1/4 cup Raley's Salsa
- 1 tsp. Morton and Bassett Mexican Blend seasoning
- 4 Raley's Hamburger Buns, toasted
- 4 (2-by-3-inch) strips Nob Hill Trading Co. Roasted Bell Peppers
- 1/4 cup Raley's Guacamole, (in our Deli)

1. Mix beef, cheese, salsa and Mexican seasoning until well combined.
2. Divide mixture into 4 equal portions and shape into fairly flat patties.
3. Grill or broil over medium heat for 5 to 6 minutes on each side or until burgers are cooked through.
4. Serve on toasted buns with a pepper strip and spoonful of guacamole.

Nutrition per serving: 400 calories, 40 g protein, 14 g total fat (6 g sat.), 26 g carbohydrate, 2 g fiber, 5 g sugar, 95 mg cholesterol, 670 mg sodium, 9 points

## 3 Oven Fried Chicken

*Serve with baked or mashed Sierra Gold Potatoes and a tossed green salad.*  
**Prep:** 20 minutes **Cook:** 1 hour **Serves:** 4 (use leftover chicken in Chicken Pot Pie Soup recipe)

- 1 cup plain dry breadcrumbs
- 1/4 cup Raley's Grated Parmesan Cheese
- 1 **each:** dried thyme, paprika, Raley's Seasoned Salt and Garlic Powder
- 1/2 tsp. Raley's Ground Pepper
- 4 **each:** fresh or frozen, thawed R Everyday Chicken Drumsticks and Thighs or 4 large R Everyday Split Chicken Breasts, halved
- 1 cup Sunnyside Farms Buttermilk
- 3 **tblsp.** Sunnyside Farms Butter, melted

1. Preheat oven to 350°F and spray a large shallow baking sheet with nonstick cooking spray.
2. Stir together breadcrumbs, cheese and seasonings in a medium bowl.
3. Dip chicken pieces in buttermilk. Remove chicken from buttermilk and roll in crumb mixture, pressing the crumbs firmly onto the chicken. Pour melted butter into prepared pan and place chicken in pan, skin side down.
4. Cook for 30 minutes. Carefully turn and cook for 30 minutes more.

Nutrition per serving: 250 calories, 23 g protein, 10 g total fat (5 g sat.), 16 g carbohydrate, 2 g fiber, 2 g sugar, 70 mg cholesterol, 1000 mg sodium, 5 points

## 2 Asian Spaghetti

**Prep:** 10 minutes **Cook:** 10 to 15 minutes **Serves:** 4 to 6

- 1 lb. ground pork
- 1 (8-oz.) can Raley's Tomato Sauce
- 1/4 cup Full Circle Organic Teriyaki Sauce
- 1/2 lb. Raley's Spaghetti, cooked according to package directions
- 1/2 cup chopped Raley's Peanuts
- 1/4 cup sliced green onions

1. Brown pork in a medium skillet until no longer pink.
2. Stir in tomato sauce and teriyaki sauce; simmer over low heat for 5 minutes.
3. Pour over hot cooked noodles and toss well to coat. Sprinkle with peanuts and green onions.

Nutrition per serving: 460 calories, 31 g protein, 27 g total fat (8 g sat.), 23 g carbohydrate, 3 g fiber, 5 g sugar, 85 mg cholesterol, 500 mg sodium, 11 points

## Next Day Favorites

## 4 Chicken Pot Pie Soup

**Prep:** 20 minutes **Cook:** 30 minutes **Serves:** 6

- 1 **tblsp.** Sunnyside Farms Butter
- 1 cup Raley's Fresh Diced Yellow Onions
- 1 (6-oz.) package sliced mushrooms (optional)
- 1 cup Raley's Diced Celery
- 1 cup Raley's Frozen Crinkle Cut Carrots, thawed
- 1/2 cup Raley's Frozen Corn, thawed
- 1 **tsp.** dried thyme
- 1 (32-oz.) container Raley's Chicken Broth
- 2 (.87-oz.) packets Raley's Chicken Gravy Mix, stirred into 2 cups hot water
- 2 cups leftover cooked Raley's Chicken Breasts
- 1/2 sheet Raley's Refrigerated Pie Crust (1/4 package)

1. Melt butter in a large pot. Add onion; cook and stir over medium heat for 10 minutes. Add mushrooms, celery, carrots, corn and thyme and cook for 10 minutes more. Stir in gravy and broth.
2. Bring to a boil; reduce heat and simmer, covered, for 30 minutes.
3. Stir in chicken and simmer, uncovered, for 10 minutes more.
4. While soup is cooking, preheat oven to 450°F. Cut pie dough into 1/2-inch squares and bake for 5 to 7 minutes or until golden brown.
5. Ladle soup into bowls and top with pie crust squares.

*Recipe time saver: To simplify this recipe, skip the pastry squares and serve soup with crusty whole grain bread from our bakery.*

Nutrition per serving: 450 calories, 26 g protein, 18 g total fat (8 g sat.), 46 g carbohydrate, 0 g fiber, 11 g sugar, 65 mg cholesterol, 1720 mg sodium, 10 points

Leftover-tastic!