

WEEK

1

Chicken Nuggets

2 boneless, skinless chicken breasts, cut into bite-size pieces
1 stick (1/4 lb) butter, melted
1 c bread crumbs
1 c grated Parmesan cheese
Any other herbs or spices your family likes: garlic salt, pepper, Italian seasoning, rosemary, curry . . .

1. Preheat oven to 375°. Line a cookie sheet with foil and spray liberally with non-stick spray
2. Combine bread crumbs, cheese and herbs/spices and mix well.
3. Dip chicken pieces into butter, then in crumb mixture until well-coated.
4. Place coated chicken on cookie sheet.
5. Bake for 30' or until golden brown.

SUGGESTIONS:

Serve with mac & cheese or fries/Tater Tots®.

Kid-Friendly Carrots

1 lb baby carrots
2-3 tbs butter
1 heaping tbs brown sugar

1. Cook carrots to desired tenderness.
2. Remove from heat and drain.
3. Stir in butter and brown sugar.



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Cheeseburger Wraps

1 lb ground beef
1 tbs Worcestershire sauce
1 tbs ketchup
1 tsp dried minced onion
5 large flour tortillas
shredded cheddar cheese
sliced tomatoes

1. Brown ground beef in large skillet . Add Worcestershire sauce, ketchup, mustard, dried onion, and salt and pepper to the beef and simmer for 5 minutes.
2. Sprinkle shredded cheese down center of each tortilla. Add a few heaping tablespoons of the beef mixture on top of the cheese. Top with tomato slices.
3. Roll up tortilla burrito-style and place wraps on pre-heated indoor grill, i.e., George Foreman and cook for approximately 5 minutes or place in 9x13 pan, cover with foil and heat in 350° oven for 10 minutes.

Roasted Summer Squash

3 lbs yellow summer squash or zucchini, or any combination thereof
2 tsp garlic powder
Black pepper
Olive oil spray (PAM)
Grated Parmesan cheese, or other favorite cheese

1. Preheat oven to 350°.
2. Slice squash into 1/2-3/4" thick slices and arrange tightly on well-greased cookie sheet.
3. Lightly spray the squash slices with olive oil spray.
4. Sprinkle with garlic powder, black pepper, and cheese.
5. Roast for 35-40 minutes until tender and beginning to brown.



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