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**Slow Cooker Sweet & Sour Chicken**

Serves 4 (plus extra chicken for Wednesday)

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| 2 1/2 tsp. minced garlic       | 4 lbs. boneless, skinless chicken thighs |
| 1 medium onion, finely chopped | 1 (7 oz.) pkg. instant brown rice        |
| 3/4 cup sweet and sour sauce   | 1 (12 oz.) pkg. steam-in-the-bag peas    |
| 3/4 cup barbecue sauce         | 2 scallions, thinly sliced               |

- 1 Add the first 4 ingredients to a slow cooker and mix well to combine. Add chicken and toss well to coat with the sauce.
- 2 Cover and cook on low for 8 hours. Give chicken a gentle stir. Transfer half of the chicken to a food storage bowl for Wednesday dinner. Leave remaining chicken in the slow cooker for dinner.
- 3 Prepare instant rice and peas according to package instructions.
- 4 To serve, divide rice and vegetables among 4 plates. Serve chicken mixture over the rice. Garnish with scallions.

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**Spaghetti with Pesto and Fresh Tomatoes**

Serves 4

- 1 (16 oz.) pkg. Hannaford whole wheat spaghetti
- 1 pint cherry or grape tomatoes, halved
- 4 scallions, thinly sliced
- 6 Tbsp. Hannaford vinaigrette dressing
- 1/2 cup prepared pesto sauce
- 1/4 cup grated Parmesan cheese
- 2 Tbsp. chopped fresh basil or fresh parsley (optional)

- 1 Prepare spaghetti according to package. Reserve 1/3 cup spaghetti cooking water before draining. Set aside. Drain spaghetti and return to cooking pot.
- 2 While spaghetti cooks, prepare tomato salad: In a bowl, toss tomatoes, scallions and vinaigrette. If desired, season with salt and pepper. Set aside.
- 3 Add pesto and 1/3 cup cooking water to drained pasta. Toss well to coated.
- 4 Divide spaghetti among 4 plates and top with cheese. Serve tomato salad on the side and, if desired, garnish with fresh herbs.

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**Sweet 'n Sour Chicken with Couscous and Garlic Spinach**

Serves 4

- 1 (10 oz.) box couscous
- 1 Tbsp. olive oil
- 1 tsp. minced garlic
- 1 (7 oz.) pkg. baby spinach
- Leftover sweet & sour chicken (from Monday)

- 1 Prepare couscous according to package instructions and set aside.
  - 2 Heat olive oil and garlic in a 12-inch skillet over medium heat. When hot, add spinach, a few handfuls at a time, stirring each time. Spinach will wilt quickly. If desired, season spinach with salt and pepper. When all spinach is cooked, remove from heat and cover.
  - 3 Reheat chicken in the microwave 3 to 5 minutes, stirring halfway through (cooking times will vary).
  - 4 To serve, fluff couscous with a fork. Place couscous and spinach on 4 plates along with equal portions of chicken.
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**Roast Beef Antipasto Salad**

Serves 4

- 1 head romaine lettuce, washed, dried and cut into bite-sized pieces
- 3/4 lb. thin-sliced roast beef
- 8 slices provolone
- 1/4 lb. marinated mushrooms (from our deli)
- 1/4 lb. olives (from our olive cart)
- 2 tomatoes, quartered
- Whole grain demi-baguette
- Leftover pesto (from Tuesday)

- 1 Place equal portions of lettuce on 4 plates. Top with remaining salad ingredients.
  - 2 Serve with slices of bread and pesto sauce.
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**Zucchini and Turkey Casserole**

Serves 4

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| 1 (8 oz.) can crescent dinner rolls                     | 1/2 tsp. Italian seasoning                                |
| 2 Tbsp. olive oil                                       | 1/2 lb. home-style turkey breast, chopped (from our deli) |
| 3 cups thinly sliced zucchini (about 2 medium zucchini) | 8 oz. grated Mexican-blend cheese                         |
| 1/2 cup thinly sliced onion                             | 3 eggs, beaten  |

- 1 Preheat oven to 350°F. Line an 8 x 8-inch baking pan with crescent roll dough. Set aside.
  - 2 Add oil to a large skillet over medium heat. When hot, add zucchini, onion and Italian seasoning. Cook and stir until onions are tender, 8 to 10 minutes. If desired, season with salt and pepper.
  - 3 Transfer vegetables to a bowl and stir in turkey and cheese. Stir in beaten eggs until all ingredients are well mixed. Pour mixture into the prepared baking pan and bake 30 to 40 minutes until set and golden on top.
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**Shopping list**

Everything you need for this week's recipes  
on next page



# shopping list

## clip & go! shopping list

### produce

- 3 1/2 tsp. garlic
- 2 yellow onions
- 1 bunch scallions
- 1 pt. cherry or grape tomatoes
- 2 tomatoes
- 1 (7 oz.) pkg. baby spinach
- 1 head romaine lettuce
- 2 zucchini
- 2 Tbsp. basil or parsley (optional)

### dairy + frozen

- 8 slices Provolone
- 8 oz. grated Mexican blend cheese
- 1 (8 oz.) can crescent dinner rolls
- 3 large eggs
- 1 (12 oz.) Hannaford frozen steam-in-bag peas

### grocery aisle

- 3 Tbsp. olive oil
- 1/2 tsp. Italian seasoning
- 6 Tbsp. Hannaford vinaigrette
- 3/4 cup sweet & sour sauce
- 3/4 cup barbecue sauce
- 1 (7 oz.) pkg. instant brown rice
- 1 (10 oz.) box couscous
- 1 (16 oz.) pkg. Hannaford whole wheat spaghetti
- 1 (10 oz.) pesto sauce
- 1/4 cup grated Parmesan cheese
- whole grain demi-baguette

### meat + seafood + deli

- 4 lbs. boneless, skinless chicken thighs
- 1/4 lb. marinated mushrooms (deli)
- 1/2 lb. home-style turkey breast
- 3/4 lb. roast beef
- 1/4 lb. olives (from our olive cart)