

Mom's Moments

Menu Planner Templates & Samples

We hope these templates and sample menu planners can help you get organized as you plan meals for your family in the midst of busy schedules!

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This Week's Breakfast, Lunch & Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							

Fruits My Family Enjoys:

Breakfasts My Family Enjoys:

Lunches My Family Enjoys:

Snacks My Family Enjoys:

This Week's Dinner Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal ideas <i>(well-balanced suppers including main dishes and sides)</i>							
Recipe(s) found... <i>(book, page, etc)</i>							
Ingredients needed <i>(* beside those already on-hand)</i>							

Grocery list for the week

Breakfasts, Lunches & Snacks

Supper ingredients needed...

Staples or household items

This Month's Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Caroline's Health Nut Menu for a Full Week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> * 1 cup cantaloupe * 1 cup skim or 1% milk * Raisin Bran cereal 	<ul style="list-style-type: none"> * 1 whole grain toast * 1 tbsp light peanut butter * 1 cup milk * 1 banana 	<ul style="list-style-type: none"> * 1 cup strawberries * 1 cup milk * 2 crepes * 1 tbsp maple syrup or jam 	<ul style="list-style-type: none"> * 1/2 toasted bagel * 1 tbsp light cream cheese * 1 cup milk * 1 cup berries 	<ul style="list-style-type: none"> * 2 egg omelette with peppers, onions, mushrooms, spinach and 1 oz cheddar cheese * 1 whole grain toast 	<ul style="list-style-type: none"> * 1 pumpkin muffin * 1 orange * 1 cup milk 	<ul style="list-style-type: none"> * 2 poached eggs * 1 slice Canadian bacon or ham * 1 whole grain toast * Slices of tomato * 1 cup milk
Lunch	<ul style="list-style-type: none"> * 1 small whole wheat pita * 1/4 cup hummus * 1 cup cucumber, carrots, celery, peppers (your choice) 	<ul style="list-style-type: none"> * leftover baked penne with roasted vegetables 	<ul style="list-style-type: none"> * salad with lettuce, chickpeas, tuna, tomato, onion, lemon juice and olive oil dressing * 1 dinner roll 	<ul style="list-style-type: none"> * Pasta fagioli soup * 1 slice Italian bread 	<ul style="list-style-type: none"> * ham and cheese panini * salad 	<ul style="list-style-type: none"> * italiana minestrone soup * salad 	<ul style="list-style-type: none"> * sandwich with: turkey breast, tomato, avocado, red onion, alfalfa sprouts, havarti cheese, Dijon mustard
Snack	<ul style="list-style-type: none"> * 1 orange * 100 g yogurt 	<ul style="list-style-type: none"> * cantaloupe * yogurt 	<ul style="list-style-type: none"> * grapes * yogurt 	<ul style="list-style-type: none"> * banana * yogurt 	<ul style="list-style-type: none"> * apple * yogurt 	<ul style="list-style-type: none"> * mango * yogurt 	<ul style="list-style-type: none"> * 2 kiwis * yogurt
Dinner	<ul style="list-style-type: none"> * Baked penne with roasted vegetables <p><i>(total cooking time: 65 minutes start to finish)</i> <i>(Giada De Laurentiis - Everyday Italian—find her show and recipes at foodnetwork.com)</i></p>	<ul style="list-style-type: none"> * Vegetable and tofu stir fry with brown rice 	<ul style="list-style-type: none"> * Chicken parmesan * Steamed broccoli * Caesar salad <i>(not cream dressing!)</i> 	<ul style="list-style-type: none"> * Salmon * Asparagus * Curried couscous * Salad 	<ul style="list-style-type: none"> * Turkey cordon bleu * Steamed green beans * Linguini with pesto <p><i>(see MM's November 2007's One-day Menu)</i></p>	<ul style="list-style-type: none"> * Homemade Pizza night 	<ul style="list-style-type: none"> * Osso bucco <i>(15 minutes prep and 2 hours cooking—see Everyday Italian with Giada de Laurentiis)</i> * serve with roasted vegetables of your choice * 1 slice of bread for dipping

Other Dinner Suggestions

- | | |
|---|---|
| <ul style="list-style-type: none"> * Pork tenderloin with green beans and pureed acorn squash * Sea bass alla fiorentina with salad <i>(Giada's Everyday Italian)</i> * Chicken saltimbocca <i>(see MM Good Eats)</i>, orzo, salad * Eggplant parmesan, Caesar salad * Grilled chicken breast with barley and vegetable dish <i>(see MM Good Eats)</i> | <ul style="list-style-type: none"> * Pork chop with baked potato and salad * Roman style chicken <i>(60 minutes can make a day ahead—Giada's Every Day Italian)</i> * Lasagna with salad * Steak with roasted potatoes, grilled mushrooms and zucchini sticks with garlic sauce |
|---|---|

Side Note and Resources...

Let's face it, we are all busy taking care of our family, working, exercising, cleaning, etc. That's why I think it's so important to be prepared and plan ahead. Healthy meals can be just minutes away with a little planning. I've included a week in the life of the Deschamps family menu plus a few more dinner ideas. I hope it will help get your creative juices flowing. Personalize your menus by using the blank menu planners provided in this document. Have fun searching the web for good healthy versions of old family favourites and surprise your family with new recipes which may become new favourites. As they say, variety is the spice of life! Check out www.eatingwell.com and www.cookinglight.com. You can also search for healthy recipes on www.foodtv.ca, www.foodnetwork.com or www.epicurious.com. **Bon appetit!**

Anna's Breakfasts, Lunches & Snacks for the Week **Recipes Attached*

Here's an example of what the Sklar family eats during their days - this chart is the same every week. We are flexible as routines can change very quickly! We try to follow the [Canada Food Guide to Healthy Eating](#). (Build your own food guide in less than 5 minutes!) Use the blank chart attached to fill in a weekly plan suited to your family! A month of dinners and recipes is also attached. Hope this can help even just to show that keeping it simple with a little planning really works!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Breakfast	Bagels & Cream Cheese Frozen Fruit Medley* Milk	Muffins* Fruit Milk	Mini Whole-Grain Croissants Fruit Milk	Leftover Muffins Fruit Milk	Pancakes* Fruit Sauce* Milk	Cinnamon Buns OR Breakfast Cookies* Fruit Milk	Waffles* OR Toaster Strudels Fruit Milk
Toddler Snack	Grapes Arrowroots	Raisins Crackers	Craisins Granola Bar	Grapes Arrowroots	Raisins Crackers	Craisins Granola Bar	Yogurt Raisins Cookies
School Lunches <i>(for a 6-year old)</i>	Bun with Cheese Yogurt Fruit or Veggies Juice	Jam Sandwich Yogurt Fruit or Veggies Juice	School Pizza Day Yogurt Fruit or Veggies Juice	Chicken Slices in Tortilla Wraps Yogurt Fruit or Veggies Juice	Bagel with Cream Cheese Yogurt Fruit or Veggies Juice	<i>Family Lunch</i> Hot Dogs/ Hamburgers OR Grilled Cheese & Tomato Soup Fruit or Veggies	<i>Family Lunch</i> Sandwiches with Meat Slices Fruit or Veggies
Toddler Lunch	Peanut Butter & Jam Sandwich Apple Slices Milk	Peanut Butter & Jam Sandwich Apple Slices Milk	Peanut Butter & Jam Sandwich Apple Slices Milk	Peanut Butter & Jam Sandwich Apple Slices Milk	Peanut Butter & Jam Sandwich Apple Slices Milk		
Family Snack	2 Homemade Cookies* Fruit Water	2 Homemade Cookies* Fruit Water	2 Homemade Cookies* Fruit Water	2 Homemade Cookies* Fruit Water	2 Homemade Cookies* Fruit Water	2 Homemade Cookies* Fruit Water	2 Homemade Cookies* Fruit Water

Packing School Lunches - Adapted from our Mom's Moments September 2007 Issue

Tips to Remember!

- * Think easy to eat and not messy
- * Pack it the night before!
- * Involve your children in the process
- * Include fruits and vegetables
- * Choose 100% whole grains and a variety of breads (pita, buns, wraps)
- * Choose low-fat and low sugar products
- * Keep hot food hot in a thermos and cold food cold with a mini cold pack to keep lunches safe
- * Don't forget napkins, forks & spoons if needed!
- * Ask your school-age children what they like to eat and make a weekly lunch plan for them - packing lunches can become quick and easy! Also helps for working moms and dads!

Snacks

- * Apples, grapes, bananas and orange slices
- * Sliced kiwis, strawberries, watermelon and cantaloupe are a favorite treat!
- * Fruit salad or no-sugar added apple/fruit sauces
- * Carrots, celery, cucumber slices and cherry tomatoes keep well in the lunchbox
- * Cut cheese sticks
- * Yogurt & yogurt-covered raisins
- * Cheerios, dried fruit, pretzels, bag of popcorn, home made trail mix, baked chips, crackers
- * Homemade Rice Krispies squares and cookies
Eliminate the preservatives found in store-bought
- * Granola bars (peanut free for most schools!)
- * Muffins, banana or carrot bread

Drinks

- * Bottled Water
- * 100% fruit juice boxes—look for no-sugar added
- * Take part in your school's milk program!

Lunch Ideas

- * Sandwiches—meat & cheese, jelly, or egg, tuna, chicken salad
- * Bagel & Cream Cheese—add cucumber slices
- * Pita & humus with a side of carrots
- * Wraps filled with what your child likes - chicken salad, ham or turkey slices, etc.
- * Nachos & Salsa—include shredded cheese
- * Hot soup or chili in a thermos
- * Pasta salad—try fun shaped and coloured pasta such as small shells, wagon wheels or ABCs.

Anna's Monthly Dinner Plan **Recipes Attached*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meat Pie Mashed Potatoes Carrots	Lemon Pepper Sole Basmati Rice Peas	Chicken Strips Frozen Potatoes Salad	Spinach/Bacon/Pasta Toss*	Pizza Night Raw Veggies Dip -We buy store-bought crust and add our own toppings-	Chicken & Rice with Vegetables*	Pork Tenderloin* OR Crock-Pot Honey BBQ Ribs* & Twice-Baked Potatoes*
Kabobs Mashed Potatoes Carrots	Kraft Dinner Tuna Peas*	Nacho Night*	Meatballs Basmati Rice Corn	Pizza Night Raw Veggies Dip	Chicken & Rice with Vegetables*	Chicken Pot Roast* Potatoes Carrots
Tomato Sauce* Pasta (Add whatever you like to the sauce!)	Breaded Haddock Basmati Rice Peas	Chicken Pot Pie* Salad	Speedy Tex Mex Bowl*	Pizza Night Raw Veggies Dip	Chicken & Rice with Vegetables*	Hem Pineapple Rings Potatoes Carrots
Crock Pot Beef Stew* Whole Wheat Buns	Kraft Dinner Tuna Peas*	Marinated Chicken Basmati Rice Salad	Take-Out Night	Pizza Night Raw Veggies Dip	Chicken & Rice with Vegetables*	Beef Pot Roast* Potatoes Carrots

Recipes We'll Keep:

Vegetables My Family Enjoys:

Sides My Family Enjoys:

Dinner Ideas for My Family:

Frozen Fruit Medley

1 can apricots (about 14 oz)
1 can crushed pineapple (about 14 oz)
4 cups fresh or frozen strawberries
6 oz frozen orange juice
2 tbsp lemon juice
3 bananas, diced

- Dump everything into a large bowl (including the juice from the canned fruit) and mix together.
- Spoon into muffin tins - you may want to line with baking cups or wax paper. I use silicone, and they just pop right out of the muffin cups when frozen!
- Freeze until solid. Package frozen fruit cups in freezer bags. Remove the amount you need about 30 minutes to 1 hour before serving (depends on how frozen you like them)!

- **Adapted from the book Once-a-Month Cooking**

Pancakes

1 large egg
1 cup unbleached or whole wheat flour
¾ cup milk
1 tbsp sugar
2 tbsp vegetable oil
3 tsp baking powder
¼ tsp salt
margarine

Beat egg until fluffy. Beat in remaining ingredients, except margarine, until smooth. Heat pan over medium heat. Grease with margarine. (To test heat of pan, sprinkle with a few drops of water. If bubbles jump around, heat is perfect!) Pour about ¼ cup batter into pan for each pancake. Cook until puffy and dry around edges. Turn and cook other side until golden brown.

- **Adapted from Betty Crocker's New Cookbook.**

Options: Sprinkle a few berries or chocolate chips on top of pancake batter as you put it into the pan (make smiley faces or heart shapes, etc). Serve with fruit sauce.

Waffles

1 large egg
1 cup unbleached or whole wheat flour
1 & 1/3 cup milk
¼ cup vegetable oil
½ tsp white or brown sugar
2 tsp baking powder
⅛ tsp salt

1. Heat waffle iron.
2. Beat egg in large bowl until fluffy. Beat in remaining ingredients just until smooth.
3. Pour a scant 2/3 cup batter from cup or pitcher onto center of hot waffle iron. Close lid of waffle iron.
4. Bake about 5 minutes or until steaming stops. Carefully remove waffle. Serve immediately. Repeat with remaining batter.
5. Makes 4 servings.

- **Adapted from Betty Crocker's New Cookbook**

Fruit Sauce

1 cup fresh or frozen fruit (strawberries, blueberries, peaches, or whatever you choose - throw in some rhubarb if you like!)
⅛ cup sugar
⅛ cup water
1 tbsp cornstarch
½ tsp vanilla extract

Mix everything together in a saucepan. Boil over medium-high heat and stir constantly. Lower heat to medium and cook for 2-3 minutes. Continue to stir. Spoon onto waffles, pancakes, ice cream, cake...the list is endless! This recipe doubles easily & freezes well!

- **Adapted from the book Fit to Cook**

Muffins

2½ cups unbleached or whole wheat flour
¼ cup sugar
1 tbsp baking powder
½ tsp. salt
½ tsp cinnamon
1 egg
1½ cups milk
1/3 cup vegetable oil
Flavouring

- Preheat oven to 400 °F
- Mix dry ingredients in large bowl
- Mix wet ingredients in small bowl
- Add wet to dry
- Stir just until dry ingredients are moistened (still lumpy)
- Spoon into 12 greased muffin cups, or paper cups, or ungreased silicone cups
- Bake about 18 minutes or until golden brown on top

FLAVOURINGS

Chocolate Chip (My favourite!): ½ cup chocolate chips

Cheddar: 2 tbsp. wheat germ, 1 cup grated cheddar, ½ cup OJ & ¾ cup milk (instead of 1½ cups milk)

Apple Maple Oatmeal: 1¼ cup quick-cooking oats, ½ cup maple syrup, 2 apples, cored, peeled and chopped, omit sugar from recipe

Fruit: 2 tsp grated lemon/orange rind, 1 cup of fresh or frozen fruit

Glaze for Fruit Muffins: 1/3 cup icing sugar, ½ tsp grated lemon/orange rind, 2-3 tsp lemon/orange juice - Mix in bowl until smooth and spread on top of warm muffins.

Breakfast Drop Cookies

1 cup cereal - the healthiest you have (bran is good!)
¾ cup milk
1 large egg
1/3 cup packed brown sugar
¼ cup vegetable oil
1 tsp vanilla
1½ cups unbleached or whole wheat flour
2 tsp baking powder
1 tsp cinnamon
½ tsp salt
½ cup chocolate chips or raisins
cooking spray

- * Preheat oven to 400 F.
- * In medium bowl, combine cereal with milk. Let stand for 10 mins. Beat in egg, sugar, oil and vanilla.
- * In large bowl, combine flours, baking powder, cinnamon and salt. Stir in chocolate chips or raisins. Stir in cereal mixture until just moistened. Add more milk if required.
- * Drop batter by rounded tablespoons onto baking sheet sprayed with cooking spray. Bake for about 15 mins. or until golden brown.
- * Makes about 24 cookies.

- Adapted from Canadian Living's Best - Easy Cooking

Whole Wheat Chocolate Chip Cookies



¾ cup rolled oats
1 cup whole-wheat flour
½ tsp baking soda
½ teaspoon salt
¼ cup butter, softened
¼ cup canola oil
1/3 cup white sugar
1/3 cup brown sugar
1 large egg
1 tsp vanilla extract
1 cup chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

- From Eating Well magazine

Spinach/Bacon/Pasta Toss

- 1 package (375g) broad egg noodles, uncooked*
- ½ cup Italian dressing*
- 1 lb (500g) boneless, skinless chicken breast, cut into 1-inch pieces*
- 2 cups cherry tomatoes (about 1 pint), halved*
- 4 cups fresh baby spinach leaves*
- 1 cup shredded cheese (cheddar or mozzarella, or both!)*
- 8 slices bacon, crisply cooked, crumbled*

Cook noodles as directed on package. Meanwhile, heat dressing in large skillet on medium heat. Add chicken. Cook and stir until cooked through. Add tomatoes and cook 1 minute, stirring occasionally.

Drain noodles, reserving ½ cup of the cooking water. Add noodles and reserved cooking water to chicken mixture in skillet. Stir. Remove from heat. Add spinach, ½ cup of cheese and the bacon; mix lightly. Sprinkle with remaining ½ cup cheese. Makes 8 servings.

- From What's Cooking? Kraft magazine

Chicken & Rice With Vegetables

- ¼ cup fat-free Italian dressing*
- 2 boneless skinless chicken breasts, cut into pieces*
- 3 cups fresh or frozen vegetables*
(I used zucchini, orange pepper and broccoli the other night, and ALL my guys loved it—2-yr-old to 33-yr-old! YUM!)
- 1 can 25% less sodium chicken broth*
- 4 servings of rice - use your favourite type - we love basmati!*

Pour dressing into large skillet on medium heat. Add chicken. Cook and stir until lightly browned. Add vegetables. Cook and stir 3-5 min. or until crisp-tender.

Cook rice according to package directions (use the broth to replace some of the water needed to cook the rice). When rice is cooked, add to the chicken and vegetable mixture. Blend everything together. Serve.

Makes 4 servings.

- Adapted From Food and Family Kraft Magazine

Crock Pot Honey BBQ Ribs

- 2-4 lbs pork spareribs*
- 1 pouch Campbell's Dry Onion Soup and Recipe Mix*
- ¾ cup ketchup*
- ¾ cup water*
- 1/3 cup honey*
- ¼ tsp garlic powder or 2 cloves garlic, minced*

Place ribs in crock pot and cover with ½ cup water. Mix all ingredients in a bowl and pour mixture over ribs as you add it to the crock pot. Cook on low for 8-10 hours, or on high for 4-6 hours. Cut meat into 2 or 3 rib portions either before cooking, or part way through cooking.

Twice-Baked Potatoes

- 4 Baking Potatoes*

Stuffing:

- 1 tbsp soft margarine*
- ½ cup finely chopped onion*
- ½ cup finely chopped celery*
- ¼ cup finely chopped sweet red or green pepper*
- ¼ cup milk*
- ½ cup grated cheddar*

Preheat oven to 400 F. Scrub potatoes and prick with a fork. Bake potatoes for 50 - 60 minutes or until tender.

Stuffing: In saucepan, melt margarine over medium heat; cook onion, celery, and red or green pepper until vegetables are tender.

Cut a slice from top of each baked potato; scoop out pulp to bowl, reserving shells. Mash pulp until free of lumps. Stir in vegetables and milk. Spoon mixture into shells, smoothing top. (Potatoes can be prepared to this point, cooled and packaged for freezing.) Sprinkle with cheese. Bake in 400 F oven for 10 minutes or until filling is hot and cheese is melted.

- Adapted from Anne Lindsay's Lighthearted Everyday Cooking

Pork Tenderloin with Lemon and Herb Marinade

1 lb. pork tenderloin
Grated rind and juice of 1 lemon
2 large cloves garlic, minced
2 tsp dried basil (or 2 tbsp fresh)
1 tsp dried thyme (or 1tbsp fresh)
2 tbsp chopped fresh parley
1 tbsp olive or canola oil
1 sweet green pepper, cut in squares
2 onions, quartered and separated into pieces
16 cherry tomatoes or fresh pineapple chunks

- In bowl, combine lemon rind and juice, garlic, basil, thyme, parsley, and oil. Cover the pork well with the marinade. Cover and let sit in the refrigerator for 4 hours or overnight (it's still good if you don't have that much time to let it marinate!)

- Place the tenderloins in a roasting pan/casserole dish. Place tomatoes, onions and green peppers all around the pork. Bake at 425°F for 30-40 min. (internal temperature of pork should be 160°F). Serve with a salad, rice and anything you like! The tomatoes burst in your mouth!! Enjoy!

- ***Adapted From Anne Lindsay's The New Lighthearted Cookbook —Recipes for Heart Healthy Cooking.***

KD, Tuna & Peas

1 box Kraft Dinner
1 can tuna
1 cup frozen peas

Prepare Kraft Dinner as directed, adding the peas to the water before you boil it. Once the Kraft Dinner and peas are ready, add the tuna to the mixture. Add pepper to taste. Makes 4 servings.

Nacho Night

tortilla chips
1 chicken breast or ½ lb ground beef
1 cup cheddar or mozzarella cheese (or combine both)
1 cup salsa
Topping Options: lettuce, red and green peppers, sour cream

Cook meat and chop if necessary. Heat oven to broil. Spread desired amount of tortilla chips on baking sheet. Spread salsa over tortilla chips. Cover with cooked meat. Grate the cheese and sprinkle over top. Broil for about 3 mins. Top with your choice of options. Serve with fresh cut vegetables. Be creative!

Roasted Chicken or Pot Roast of Beef

1 Roast of Beef or Whole Chicken (about 3 lbs in weight)
4 baking potatoes, cut in quarters
4 carrots, peeled and cut in large pieces
Seasonings - salt, pepper, rosemary, etc - whatever your taste buds like!

Preheat oven to 350 F. Place chicken (breast side up) or beef (fat side up) in large roasting pan. Arrange potatoes and carrots around meat in pan. Sprinkle with seasonings. Roast beef about 25 mins. for every pound, and roast chicken about 40 mins for every pound. Check throughout cooking & baste if necessary. Beef should cook to 155 F.

Chicken should cook to 180 F.

You can also cook these in the Crock Pot - make sure to arrange vegetables on the bottom, and place meat on top. Pour 1/2 cup water or broth over the meat. Cook on low 8-10 hours, or on high 4-6 hours.

Tomato Sauce

From Monique Dukovac, New Milford, Connecticut

Great as a meatless sauce to go with spaghetti, lasagna, cannelloni, pizza, etc, or make into a delicious meat spaghetti sauce by first browning 500g of ground beef, and then add your favourite vegetables to the sauce (celery, mushrooms, green pepper and carrots are family favourites!)

Sauté onions on medium-high heat in oil (do not let brown). Add the rest of the ingredients (garlic included). Bring to a boil, and reduce heat to medium. Simmer uncovered for one - two hours (when you're in a bind, 30 minutes will do the trick, but the longer the better!)

2 tbsp olive oil
¾ cup chopped onions
2-3 garlic cloves, minced
1 can tomatoes (crushed or diced)
1 6 oz can of tomato paste
1 bay leaf
½ tsp each of: oregano and basil
¼ tsp each of : marjoram, thyme and rosemary
½ tsp salt
⅛ tsp pepper
1½ tsp white sugar
½ tsp crushed chilies, optional

Chicken Pot Pie

2 cups frozen mixed vegetables (peas, carrots, green beans, corn)
2 cups chopped cooked chicken breast
1 can (10 oz) half-fat cream of chicken soup
½ cup shredded cheese (cheddar, mozzarella, or combine both!)
1 cup unbleached flour
2 tsp baking powder
½ cup spreadable light cream cheese
¼ cup milk

Preheat oven to 400 F. Mix vegetables, soup and chicken in pie plate. Top with shredded cheese. Mix flour and baking powder in medium bowl. Cut in cream cheese pastry blender or two knives, until mixture resembles coarse crumbs. Stir in milk just until dry ingredients are moistened. Pat out dough on floured surface to a 9-inch circle. . Prick top with fork several times to allow steam to escape. Bake 20 - 25 minutes or until crust is golden brown. Makes 4 servings.

-From the What's Cooking? Kraft Magazine

Speedy Tex Mex Bowl

3 cups cooked rice
1½ cups extra lean ground beef, cooked
1 can (375 mL) kidney beans, rinsed and drained
1½ cups frozen corn kernels, thawed and drained
1½ cups salsa, mild
¾ cup cheddar cheese, shredded

Combine cooked ground beef, beans, corn and salsa and heat thoroughly. Stir in cooked rice and serve with shredded cheese on top.

-From the Uncle Ben's Long Grain Perfection Rice box!

Crockpot Beef Stew

¾ cup Italian Dressing
2 lb (1 kg) stewing beef
6 slices bacon, chopped (optional)
3 cups sliced mushrooms (optional)
1 cup chopped onion (about 1 large)
3 cups sliced carrots (about 6 medium)
1½ lb (750g) potatoes, peeled, cut into large chunks (about 4 cups)
1 can diced tomatoes, undrained
1 can reduced-sodium beef broth

Put all ingredients into the crock pot, placing the meat on top. Cook on low for 8-10 hours, or on high for 4-6 hours.

-Adapted from the What's Cooking? Kraft magazine