

****The following is NOT a complete menu plan. It's a sample plan that includes 1 main dish, 1 side, 1 dessert, and a partial shopping list.****



Each week we will be sending you 10 recipes to enjoy. This includes 6 main dishes, 2 side dishes, and 2 desserts. This weekly menu is just a suggestion, but you can mix and match the recipes as you please! The shopping list attached only includes the ingredients needed to make the 10 recipes in the menu plan, with a few optional side dish options. Any personal items or desired ingredients will need to be added individually. If you have any questions or comments, please email us at contact@sixsistersmenuplan.com.

Here is this week's menu:

Chicken and Broccoli Alfredo Casserole with Easy Parmesan knots	Chili Lime Rubbed Steak with Corn on the Cob	Slow Cooker Bavarian Meatball Sandwiches with Layered Bacon and Swiss Green Salad	Sticky Sesame Chicken with Rice / Sprinkle Sugar Cookies	Grilled Tuscan Pork Chops with Carrots	LEFTOVERS	Slow Cooker Balsamic Pork Roast / Peanut Butter M&M Blondies
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Chicken and Broccoli Alfredo Casserole

Serves: 4-5

Prep time: 20 mins. Cook time: 25 mins.

Ingredients:

1½ cups uncooked small shell pasta
1 cup broccoli florets
2 boneless, skinless chicken breasts, cooked and cubed
½ (16 ounce) jar alfredo sauce
½ cup grated parmesan cheese
¾ cups shredded mozzarella cheese
¼ teaspoon garlic salt
⅛ teaspoon dried basil
salt and pepper, to taste
¼ cup Panko bread crumbs
1 Tablespoon butter, melted

MAIN DISH



Directions:

Preheat oven to 350 degrees F. Prepare pasta as directed on package. Remove from heat, drain water, and pour pasta in a large bowl. Cut broccoli into bite-size pieces and place in a microwaveable-safe bowl. Add 2-3 tablespoons of water and cover the bowl with plastic wrap. Microwave for 3-4 minutes or until tender. Once finished cooking, place broccoli in the bowl with the pasta. Pour the cooked and cubed chicken, alfredo sauce, ¼ cup parmesan cheese and mozzarella cheese into the bowl and mix together. Season with garlic salt, basil, and salt and pepper. Spray an 8×8-inch pan with nonstick cooking spray and pour pasta/chicken mixture inside. In a small bowl, mix the bread crumbs, melted butter, and ¼ cup Parmesan cheese together. Sprinkle over the top of the casserole. Bake for 20-25 minutes or until the cheese is melted and the edges are bubbling.

Easy Parmesan Knots

Makes 15 rolls

Prep time: 10 mins

Cook time: 8 mins

Ingredients:

- ½ (12 ounce) tube refrigerated buttermilk biscuits
- 2 Tablespoons canola oil
- 1½ Tablespoons grated Parmesan cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley flakes

Directions:

Preheat oven to 400 degrees F. Cut each biscuit into thirds. Roll each piece into a 3-inch rope and tie into a knot; tuck ends under. Place 2 inches apart on a greased baking sheet. Bake for 8-9 minutes or until golden brown. In a large bowl, combine canola oil, parmesan cheese, garlic powder, oregano, and parsley flakes; add the warm knots and gently toss to coat or brush mixture on top of hot rolls.

SIDE DISH



Peanut Butter M&M Blondies

Makes 9 bars

Prep time: 10 mins Cook time: 25 mins

Ingredients:

½ cup unsalted butter, melted
1 cup light brown sugar
1 large egg
1 teaspoon vanilla extract
½ cup peanut butter
¼ teaspoon salt
1 cup all-purpose flour
1½ cups M&M's

Directions:

Preheat oven to 350 degrees F and line an 8x8-inch baking dish with parchment paper or aluminum foil and lightly grease with cooking spray. In a large bowl, combine the melted butter and light brown sugar. Mix thoroughly. Add in the egg and vanilla extract. Mix in the peanut butter and make sure all of the wet ingredients are thoroughly mixed. Add in the salt and flour. Then gently mix in 1 cup of M&M's. Place the dough in prepared baking dish and spread out evenly with a rubber spatula. Sprinkle ½ cup M&M's on top and press into the dough. Bake for 20-25 minutes or until a toothpick inserted in the middle comes out clean.

DESSERT



