

**\*\*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](mailto:contact@sixsistersmenuplan.com).

Here is this week's menu:

<p>Easy Club          Chicken with          Disneyland's          Chocolate Peanut          Butter          Sandwiches</p>	<p>20-Minute Taco          Salad Casserole          with Steamed          Mixed Vegetables</p>	<p>Easy Breakfast          Pizza with          Grapefruit</p>	<p>Chicken Bowtie          Spinach Pasta          Salad with          Smashed Italian          Red Potatoes</p>	<p>LEFTOVERS</p>	<p>Grilled Tuscan          Pork Chops with          Grilled          Caramelized          Pineapple</p>	<p>Chicken Cordon          Bleu Rollups with          Campfire S'mores          Banana Boats</p>
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## Easy Club Chicken

Serves: 6

Prep time: 15 mins      Cook time: 1 hr

### Ingredients:

6 chicken breasts (thawed)

1½ cups crushed Townhouse or Club crackers

1 package Italian salad dressing mix

4 Tablespoons butter

Pepper to taste

### Directions:

Preheat oven to 375 degrees F. Spray a 9x13-inch pan with nonstick cooking spray. In a bowl, add the cracker crumbs and Italian dressing mix, and stir until well-combined. Melt the butter in a separate bowl. Dip the chicken breast in the butter, and roll in the cracker crumbs. Place on prepared baking pan. Sprinkle with pepper to taste. Bake for 1 hour at 375 degrees, or until the chicken is fully cooked and is no longer pink.

## MAIN DISH



## Smashed Italian Red Potatoes

Serves: 6

Prep time: 10 mins    Cook time: 35 mins

### Ingredients:

2 pounds red potatoes  
3 Tablespoons butter  
3 Tablespoons minced garlic  
1 Tablespoon Italian seasoning  
3 Tablespoons olive oil  
Salt and pepper, to taste

### Directions:

Preheat oven to 500 degrees F. Scrub and rinse potatoes and place on a rimmed baking sheet. Pour  $\frac{3}{4}$  cup water into the baking sheet and cover tightly with aluminum foil. Bake for 30 minutes, or until potatoes are soft on the inside. Carefully remove foil. Remove potatoes from pan and set aside on another baking sheet to cool. In a small saucepan over medium heat, melt butter. Add garlic and saute for a minute, or until it turns golden brown. Remove from heat and add Italian seasoning. Using the bottom of a drinking glass, smash each potato flat. Drizzle oil over the top of potatoes. Drizzle butter mixture over potatoes and season with salt and pepper. Return potatoes, uncovered, to oven for 5 minutes or until potatoes are lightly browned. Serve immediately.

## SIDE DISH



## Disneyland's Chocolate Peanut Butter Sandwiches

Serves: 12

Prep time: 1 hour      Cook time: 1 hour

### Ingredients:

6 graham cracker sheets, broken in half  
3 cups milk chocolate chips, divided  
2 teaspoons shortening, divided  
1 cup creamy peanut butter  
½ cup powdered sugar  
½ teaspoon vanilla  
1½ teaspoons milk

### Directions:

Line a cookie sheet with wax paper or parchment paper. Melt 1½ cups of the chocolate chips and 1 teaspoon of shortening in a microwave safe bowl or big glass measuring cup. Stirring at every 20 second intervals. Then dip each graham cracker half into the chocolate, tapping or gently scraping off the excess chocolate. Set each chocolate covered graham cracker on the cookie sheet and place in the fridge or freezer to set up quickly. While the chocolate covered graham crackers are setting up, make the peanut butter filling by mixing the peanut butter, powdered sugar, vanilla and milk. Mix until smooth and creamy. Roll into 12 equal dough balls and chill in the freezer for about 15 minutes. Pull out the chilled chocolate covered graham crackers and peanut butter balls. Gently flatten the peanut butter balls to the size of the graham cracker and place it on the chocolate graham. Melt the other 1½ cups of chocolate chips with 1 teaspoon of shortening. Stirring until smooth. Gently spoon chocolate over the peanut butter layer and spread around with a spoon covering the top and sides. Put back in the fridge or freezer to set up (about 15 - 20 minutes). Then pull out and drizzle leftover chocolate over the top of each graham cracker. Store in the fridge in an airtight container for up to a week.

## DESSERT



