

Dinner 1

Barbecue Chicken Legs with Bacon-Potato Salad and Sweet Tea

Barbecue Chicken Legs (1a)

Active Time: 20 min.

Total Time: 30 min.

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|--------------------------------------|-------------------------------------|
| • 4 chicken legs | salt & black pepper |
| • 1/2 cup barbecue sauce (GF) | 1 tbsp. balsamic vinegar(GF) |

Place an oven rack no closer than 7-inches from the broiler element. Turn on your broiler to warm the oven. Meanwhile, line a baking sheet with aluminum foil and then spray the foil with non-stick cooking spray.

Season the **chicken legs** with **salt & black pepper** on all sides and place on the lined baking sheet, skin side down. Cook the **chicken** for about 10 minutes, turn the chicken over and cook 10 minutes more. While the chicken cooks, combine the **barbecue sauce** and **vinegar** in a bowl, mix well. Remove the chicken from the oven and using a basting brush, apply a generous amount of **sauce** to the **chicken**. Return the **chicken** to the oven for 5 minutes; turn the **chicken** over, apply more **sauce** and cook 5 minutes more until the **chicken** is cooked through (instant read thermometer reads 160 F. Apply more **sauce** just before serving.



Looking for a guilt-free bbq sauce? Check out [Dana's Sweet n' Saucy BBQ recipe](#), on the [hautemealz.com](#) blog!

Bacon-Potato Salad (1b)

Active Time: 15 min.

Total Time: 15 min.

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| • 1/2 lb. sm. red potatoes, quartered | salt & black pepper |
| • 1 pinch cayenne pepper | 1/4 lemon, juiced |
| • 1 celery stalk, finely chopped | 1 green onion, finely chopped |
| • 2 hard-boiled eggs, coarsely chopped | 1/4 cup mayonnaise(GF) |
| • 1/2 tbsp. mustard (GF) | 2 bacon slices, (GF) crisp-cooked & crumbled |
| • 1 sm. dill pickle, (GF) chopped | 5 sprigs flat-leaf parsley, chopped |

Put the **potatoes** in a saucepan and add enough water to cover. Bring to a boil. Cook the **potatoes** partially covered, until fork tender, about 10 minutes. Drain and transfer the **potatoes** to a salad bowl. While the **potatoes** are still warm, season with the **salt, cayenne, black pepper** and **lemon juice** and toss well to combine. Add the **celery, green onions, pickle, parsley** and **eggs**. Combine the **mayonnaise** and **mustard** and add to the bowl. Sprinkle the **bacon** over the salad and toss gently but thoroughly to mix well.

Serve immediately or refrigerate and serve slightly chilled.

Sweet Tea (1c)

Active Time: 5 min.

Total Time: 15 min.

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| • 2 cups water | 2 tea bags (Lipton) |
| • 1/4 cup sugar | 2 cups cold water |

Get the first measurement of **water** to a boil, either in a saucepan on the stove or in a microwave safe container in the microwave. Remove the boiling **water** from the heat and add the **tea bags**. Let the **tea** seep for 5 minutes, or to taste. Remove the **tea bags** and add the **sugar** stirring until it dissolves. Pour the **sweetened tea** into a pitcher and add the remaining cold **water**. Stir a bit more and refrigerate until ready to serve.

Dinner 2*Asiago Rigatoni with Simple Caesar Salad***Asiago Rigatoni (2a)****Active Time: 20 min.****Total Time: 20 min.**

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|-------------------------------|--------------------------|
| • 8 oz. Rigatoni Noodles (GF) | 3 cups chicken broth(GF) |
| • 2 Roma tomatoes | 10 basil leaves |
| • 1 oz. Asiago Cheese, shaved | black pepper |
| • 1 bagel (GF) | |
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Mise en Place:

Chop the **tomatoes**, shave the **cheese** (*if whole*), mince the **basil**.

Prepare the Dish:

Combine the **chicken broth** and **tomatoes** in a medium saucepan; bring to a boil. Add the **rigatoni pasta** and **basil** and cook until **pasta** is done.

Ladle the **soup** into shallow bowls; sprinkle each serving with **cheese**. Season with **black pepper**, if desired.

Served with crusty slices of baked **bagels** (bake, uncovered, in oven at 400 F. until brown. Watch closely).

**Simple Caesar Salad (2b)****Active Time: 10 min.****Total Time: 10 min.**

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|------------------------------------|-----------------------------|
| • 1/2 head romaine lettuce | 1 oz. Asiago cheese, shaved |
| • 1/4 cup Caesar dressing(GF) | black pepper |
| • 1 anchovy fillet (opt.), chopped | |
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Tear the **lettuce** coarsely and put in a large salad bowl. Add the **dressing** and toss. Add the **Asiago cheese**, **croutons**, and **black pepper**, and **anchovies** (opt.) and toss again. Serve extra dressing on the side.

Dinner 3*Salad with Popcorn Shrimp***Salad with Popcorn Shrimp (3a)****Active Time: 20 min.****Total Time: 30 min.***Dressing*

- 2 tbsp. mayonnaise(GF)
- 1 tbsp. pickle juice(GF) (from pickle jar)
- 1/4 tsp. hot sauce(GF)
- 2 sm. dill pickles(GF)
- 1 tsp. mustard(GF)
- salt & black pepper

Salad

- 3/4 lb. med. shrimp
- 1/2 cup flour(GF)
- salt & black pepper
- 1/2 head romaine lettuce
- 1/2 sm. red onion
- 1 large egg
- 1 tbsp. Cajun seasoning
- 2 tbsp. vegetable oil
- 1 Roma tomato

*Mise en Place*

Chop the **pickles**. Peel and devein the **shrimp**. Tear, or chop the **lettuce** into bite size pieces. Chop the **tomato**. Skin and thinly slice the **onion**. Whisk the **mayonnaise**, **cornichons** and their **pickling liquid**, **mustard**, **hot sauce**, and **salt & black pepper**, to taste, in a bowl.

Prepare the Dish

Halve the **shrimp** lengthwise. Whisk the **egg** and a pinch of **salt** in a medium bowl. In another bowl, whisk the **flour** and **Cajun seasoning**.

Heat the **vegetable oil** in a deep skillet over medium-high heat. (A piece of shrimp will sizzle on contact.) Dip each **shrimp** in the **egg mixture** and then dredge in the **flour mixture**. Working in batches, fry the **shrimp** until crisp and golden, turning once, about 2 minutes. Remove with a slotted spoon and drain on a paper-towel-lined plate.

Toss the **lettuce**, **tomato**, and **onion** with the dressing in a large bowl; season with **salt & black pepper**, to taste. Divide the **salad** among plates and scatter the **shrimp** on top of each.

Dinner 4*Chicken Cacciatore over Farfelle “Bowtie” Pasta with Simple Lemon Broccoli***Chicken Cacciatore over Fusilli Pasta (4a)****Active Time: 30 min.****Total Time: 1 hr. 30 min.**

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| <ul style="list-style-type: none"> • 4 chicken legs • salt & black pepper • 2 oz. mushrooms, sliced • 1 1/2 cups tomato sauce • 1/2 cup chicken broth(GF) | <ul style="list-style-type: none"> 2 tsp. Italian seasoning 3 tbsp. vegetable oil 1/2 orange bell pepper, large dice 5 sprigs flat-leaf parsley, chopped 6 oz. Fusilli pasta(GF) |
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**Mise en Place:**

Sliced the **mushrooms**, large-dice the **bell pepper**, and chop the **parsley**.

Prepare the Dish:

In a large high-sided skillet with a lid, heat the **vegetable oil** over medium-high heat.

Season the **chicken** with **salt & black pepper** and 1/2 of the **Italian seasonings** and fry in the **oil** until golden brown on all sides, about 5 minutes. Remove the **chicken** to a plate and reserve.

To the pan, add the **mushrooms** and **bell pepper** and cook for 2 minutes, until slightly softened. Add the remaining **Italian seasoning**, the **tomato sauce**, and the **chicken broth**. Bring to a boil, reduce the heat to a simmer and add the reserved **chicken**. Cover with a lid and cook until the **chicken** is completely cooked through, about 20 to 25 minutes.

While the chicken cooks, prepare the **pasta** per package directions.

Remove the lid from the chicken 5 minutes before the end of the cooking time, to reduce the sauce slightly. Serve the **chicken** with some of the sauce over the **pasta** topped with **parsley**.

Simple Lemon Broccoli (4b)**Active Time: 5 min.****Total Time: 10 min.**

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| <ul style="list-style-type: none"> • 1/2 head broccoli • 1/2 lemon, juiced | <ul style="list-style-type: none"> 2 tbsp. water salt & black pepper |
|--|--|

Cut the **broccoli** into florets, and the stems into bite size pieces.

Put the **broccoli** in a microwave-safe bowl with the **water** and **lemon juice** cover with plastic wrap and microwave until tender, 5 minutes. Season the **broccoli** with **salt & black pepper** to taste and toss. Serve immediately

Dinner 5*“The Real Deal” Chili with Corn Tortillas***“The Real Deal” Chili with Corn Tortillas (5a)**

So, beans or no beans? Ask a chili expert from different parts of the country and you will get a strong answer one way or the other. Ask for beans in your chili in Texas, and you're likely to get laughed out of the state...it was in San Antonio where many believe chili was born, so maybe they know a thing or two. Personally, I think no-bean chili has a better flavor and consistency, and the dish tends to be...how shall we put it...more socially acceptable.

Active Time: 30 min.**Total Time: 45 min.**

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|---|-----------------------------|
| • 4 oz. ground beef | 2 oz. ground turkey |
| • 1/2 orange bell pepper | 1/2 med. yellow onion |
| • 2 Roma tomatoes | 1/3 habanero pepper* (opt.) |
| • 1/2 cup tomato sauce | 2 celery stalks |
| • 1/2 tsp. chili powder | 1/2 tsp. cumin powder |
| • 10 sprigs cilantro, minced | 1 garlic clove |
| • 4 sm. corn tortillas(GF), warmed in a pan | salt & black pepper |

Mise en Place

Cube the **bell pepper**, dice the **sausage**, **tomatoes**, and **celery**, and mince the **cilantro**, **yellow onion**, **garlic**, and **habanero pepper**.

Prepare the Dish:

Combine the **beef**, **turkey**, and with **cumin**, and **chili powder**, in a large pan and cook over medium heat, crumbling, until done. Drain meat, reserving a small amount of the broth, and set aside.

In the same pan, combine reserved broth with **bell peppers**, **habanero**, **onion**, **garlic**, and **celery**. Sauté, stirring, about 5 minutes, until **onions** begin to soften.

Add **tomatoes**, **tomato sauce**, and cooked **meat**, lower heat, and simmer 10-15 minutes, stirring occasionally.

Stir in **cilantro**, season with **salt & black pepper**, to taste; and serve with warm **corn tortillas**.

(Optional toppings - Thinly sliced jalapeno peppers, diced white or red onion, mung bean sprouts...think "crunchy!")

Dinner 6*Chicken Curry with Basmati Rice and Fruit & Yogurt Salad***Chicken Curry (6a)****Active Time: 10 min.****Total Time: 35 min.**

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| <ul style="list-style-type: none"> • 2 tbsp. vegetable oil • 2 garlic cloves • 1 med. yellow onion • 1 1/2 cups chicken broth(GF) • 1/4 tsp. cayenne pepper (opt.) | <ul style="list-style-type: none"> 4 chicken legs 1-inch ginger root 1 tbsp. flour(GF) 2 tbsp. curry powder salt |
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**Mise en Place:**

Peel and mince the **garlic**. Peel and mince the **ginger**. Peel and chop the **onion**.

Prepare the Dish

Heat the **oil** in a large, deep skillet over medium high heat. Add the **chicken** and lightly brown, about 5 minutes each side. Remove the **chicken**. To the same pan, add the **garlic**, **ginger** and **onions** and sauté together for 3-5 minutes. Add the **flour** and cook, stirring for 1-2 minutes. Stir in the **chicken broth** scraping up any cooked on bits and bring to a simmer. Add the **curry powder** and **cayenne pepper (opt.)** and reduce the heat to medium low. Add the **chicken** back to the pan. Taste and add **salt** if needed. Cover the pan and simmer the **curry** 20-25 minutes.

Serve the **curry** with **basmati rice** and **fruit salad** (recipes follow). For a tasty treat, place the rice in a shallow bowl, layer with chicken and curry sauce topped with the fruit salad.

Basmati Rice (6b)**Active Time: 10 min.****Total Time: 30 min.**

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| <ul style="list-style-type: none"> • 1 1/2 cups water • 1 tsp. salt | <ul style="list-style-type: none"> 3/4 cup basmati rice |
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Bring the **water** to a boil in a sauce pan that has a tight fitting lid over high heat. Stir the **rice** and **salt** into the boiling **water**. Reduce the heat to low, cover the pan with the lid and cook the rice for 20 minutes. Fluff with fork and serve.

Fruit & Yogurt Salad (6c)**Active Time: 10 min.****Total Time: 10 min.**

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| <ul style="list-style-type: none"> • 1 cup Greek yogurt, vanilla(GF) • 1 banana, sliced • 4 oz. mandarin oranges • 2 tbsp. grated coconut, sweetened • 1/3 cup roasted peanuts | <ul style="list-style-type: none"> 2 tbsp. honey 4 oz. pineapple chunks 1 Roma tomato, 1/2-inch dice 1/2 mango, cubed |
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Combine the **yogurt** and **honey** into large bowl. Add the **banana**, **pineapple**, **oranges**, **tomato**, **coconut**, **mango** and **peanuts**. Stir to coat everything well and then serve.

Dinner 7*Tuscan 12 Bean Soup***Tuscan 12 Bean Soup (7a)****Active Time: 25 min.****Total Time: 1 hr. 45 min.**

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| <ul style="list-style-type: none"> • 1/2 lb. mixed beans • 1 tbsp. olive oil + drizzle • 2 garlic cloves • 2 Roma tomatoes • 2 oz. pkg. fresh Italian herbs • 1/4 tsp. crushed red pepper flakes • 1 oz. Parmesan cheese | <ul style="list-style-type: none"> 1/4 lb. ham 1/2 med. yellow onion salt & black pepper 4 cups chicken broth(GF) 1 bay leaf 1/2 head kale |
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**Mise en Place:**

Slice **garlic**, dice **tomatoes** and **herbs**, and grate the **cheese**. Chop **ham**, dice **yellow onion**, and chop **kale**.

Prepare the Dish:

Place the **beans** in a medium pot, add water to cover by amount two inches, and bring it to a boil. Turn the heat down, and let the **beans** simmer for 45 minutes to 1 hour, or until just-tender.

In a large soup pot, heat the **olive oil** over medium heat. Sauté the **onion** and **garlic** for 3-4 minutes. Season with **salt & black pepper**, to taste. Add the diced **tomatoes**, the **beans** (cooked and drained), and the **chicken broth**.

Add the **herbs** and **bay leaf** to the pot. Season with the **red chili flakes**, **salt & black pepper**. Cook for 15 to 20 minutes, and then add the **kale** and **ham**. Continue cooking until the **beans** are completely tender. Remove **bay leaf** before serving.

Serve the soup in large bowls with grated **Parmesan**

Need to shave an hour off the prep time for this recipe? Put dry bean mix in a covered container, cover with water and let soak overnight at room temperature. In the morning: Turn your slow cooker on to low. Drain and rinse the bean mix then add to slow cooker. Cover and let cook for 8-9 hours on low. When you're ready to start dinner, begin at paragraph 2.

In a pinch, you can replace the dry beans with canned ones (kidney, cannellini, great northern, and garbanzos)...but you'll lose some texture and flavor.

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Barbecue Chicken Legs (1a) Bacon-Potato Salad (1b) Sweet Tea (1c)	Asiago Rigatoni (2a) Simple Caesar Salad (2b)	Salad with Popcorn Shrimp (3a)	Chicken Cacciatore over Fusilli Pasta (4a) Simple Lemon Broccoli (4b)	The Real Deal Chili with Corn Tortillas (5a)	Chicken Curry (6a) Basmati Rice (6b) Fruit & Yogurt Salad (6c)	Tuscan 12 Bean Soup (7a)

Produce

- Bananas, 16c
- Lemons, 3/4
1/4 lemon 1b
1/2 lemon 4b
- Mangos, 1/2.....6c
- Basil leaves, 10.....2a
- Cilantro sprigs, 10.....5a
- Flat-leaf parsley sprigs, 54a
- Fresh Italian herb pkgs., 2 oz.7a
- Ginger root, 1-inch6a
- Broccoli heads, 1/2..... 4b
- Celery stalks, 3
1 celery stalk..... 1b
2 celery stalks.....5a
- Garlic cloves, 7
- Kale heads, 1/2
1/2 head kale7a
- Romaine lettuce heads, 1
1/2 head romaine lettuce 2b
1/2 head romaine lettuce3a
- Mushrooms, 2 oz.....4a
- Green onions, 1..... 1b
- Red onions, sm., 1/2.....3a
- Yellow onions, med., 2
1/2 med. yellow onion5a
1 med. yellow onion.....6a
1/2 med. yellow onion7a
- Orange Bell peppers, 1
1/2 orange bell pepper.....4a
1/2 orange bell pepper.....5a
- Habanero peppers (opt.), 1/35a
- Red potatoes, sm., 1/2 lb..... 1b
- Roma tomatoes, 7
2 Roma tomatoes.....2a
1 Roma tomato3a
2 Roma tomatoes.....5a
1 Roma tomato6c
2 Roma tomatoes.....7a
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Canned Goods

- Chicken broth(GF), 8 cups
2 cups chicken broth(GF).....2a
1/2 cup chicken broth(GF).....4a
1 1/2 cups chicken broth(GF).....6a
4 cups chicken broth(GF).....7a
- Caesar dressing(GF),1/4 cup 2b
- Anchovy fillets (opt.), 1..... 2b
- Honey, 2 tbsp.....6c
- Mayonnaise(GF) 3/8 cup
1/4 cup mayonnaise(GF)..... 1b
2 tbsp. mayonnaise(GF).....3a
- Mustard(GF) 1 tbsp.
1/2 tbsp. mustard(GF) 1b
1 tsp. mustard(GF).....3a
- Olive oil, 2 2/3 tbsp.
- Vegetable oil, 7 tbsp.
- Mandarin oranges, 4 oz.....6c
- Pineapple chunks, 4 oz.6c
- Dill pickles(GF), sm., 3
1 sm. dill pickle(GF) 1b
2 sm. dill pickles(GF).....3a
- Barbecue sauce, (GF) 1/2 cup1a
- Hot sauce(GF), 1/4 tsp.....3a
- Tomato sauce, 2 cups
1 1/2 cups tomato sauce4a
1/2 cup tomato sauce5a
- Balsamic vinegar(GF), 1 tbsp.....1a

Dry Goods

- Mixed Dried beans, 1/2 lb.7a
- Tortillas, corn, (GF) sm., 4.....5a
- Coconut, grated, 2 tbsp.....6c (sweetened)
- Peanuts, dry-roasted, 1/3 cup6c
- Sugar, 1/4 cup.....1c
- Flour(GF), 1 1/2 cups
1/2 cup flour(GF).....3a
1/2 cup flour(GF).....4a
1 tbsp. flour(GF).....6a
- Fusilli pasta(GF), 6 oz.4a
- Rigatoni pasta, (GF) 8 oz.....2a
- Basmati rice, 3/4 cup..... 6b
- Tea bags (Lipton), 21c

Meat & Seafood

- Bacon slices, (GF)2..... 1b
- Ground beef, 4 oz.....5a

- Chicken legs (drumsticks), 12
4 chicken legs.....1a
4 chicken legs.....4a
4 chicken legs.....6a
- Shrimp, med., 3/4 lb.....3a
- Chopped ham, 1/4 lb.....7a
- Ground turkey, 2 oz.....5a

Refrigerator

- Asiago cheese, 2 oz.
1 oz. Asiago Cheese2a
1 oz. Asiago cheese 2b
- Parmesan cheese, grated, 1 oz.7a
- Eggs, 3
2 hard-boiled eggs..... 1b
1 large egg3a
- Greek Yogurt, (GF) vanilla, 1 cup..6c
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Spices

- Bay leaves, 17a
- Black Pepper
- Cayenne pepper, @ 1/2 tsp.
1 pinch cayenne pepper 1b
1/4 tsp. cayenne pepper (opt.)6a
- Red pepper flakes, 1/4 tsp.....7a
- Chili powder, 1/2 tsp.5a
- Cumin powder, 1/2 tsp.....5a
- Curry powder, 1 tbsp.....6a
- Salt
- Cajun seasoning, 1 tbsp.....3a
- Italian seasoning, 2 tsp.4a
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Miscellaneous

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Gluten Free Brand Recommendations

Canned Good

Chicken Broth.....	Pacific Foods
Caesar Dressing	Marzetti
	Annieø
Mayonnaise	Best Foods (olive oil
	Smart Balance
Mustard.....	Annieø
	Heinz
	Organicville
Balsamic Vinegar.....	Bragg
Dill pickle	Bubbies
Barbecue Sauce í í í	.Annieø
	Sweet Baby Rayø
Hot Sauceí í í í í	.Frankø

Dry Goods

Corn tortillas	Rudiø
Flour.....	Bobø Red Mill
Rigatoni Pasta í í í	Quinoa Harvest
	Barilla
Fusilli Pastaí í í í í	.Schar
	Heartland Pasta

Meat & Seafood

Bacon.....	Applegate Farms
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Refrigerator

Greek Yougurt.....	Chobani
	Greek Gods

Spices

Spices are by nature, gluten free, however the act of processing these spices is where there may be cross contamination and also some powders may contain wheat as filler.

This from **McCormick's**: All of our single ingredient spices are gluten-free. Our single ingredient spices are 100% pure, with nothing additional added to them.

Amazon.com has a line of spices called **Spicely** they are 100% organic and certified gluten free. You can find them at our [hautemealz.com Amazon store, here](http://hautemealz.com).