

28 days 28 dinners

New
for
2010



28
days
28
dinners

**Just pull out this menu planner
and dinner is done.**

There's no need to ask "What's for dinner tonight?" anymore. The editors of **Every Day with Rachael Ray** have put together a month's worth of fast, easy, delicious meals right at your fingertips.

The month is broken into four weeks of recipes and each week has an easy, one-stop shopping list so you won't waste a minute (or a dime) buying extra groceries. For added convenience we have even highlighted, in pink, the items stocked in our Every Day kitchen (rachaelraymag.com/kitchen) that you probably already have on hand.

How cool is that?

EVERY DAY
MENU PLANNER

3rd Edition

From the editors of
Every Day with Rachael Ray

WEEK

1

SUNDAY

Grilled Garlic Skirt Steak with Bread Salad



MONDAY

Pasta with No-Cook Tomato Sauce



TUESDAY

Pork-Bell Pepper Stir-Fry



WEDNESDAY

Slider Caesar Salad



THURSDAY

Ratatouille Wraps



FRIDAY

Grilled Shrimp & Cuban Corn



SATURDAY

Cajun Chicken Fingers



YOUR SHOPPING LIST

PRODUCE

- 4 pounds tomatoes
- 2 red bell peppers
- 1 pound zucchini
- 4 eggplants (about 2 pounds)
- 8 ears corn
- One 12-ounce package romaine hearts
- 1 bunch scallions
- 1 bunch basil
- 1 bunch rosemary

DAIRY

- Two 4-ounce package crumbled goat cheese

SHELLFISH

- 2 pounds large shrimp

MEAT AND POULTRY

- 1½ pounds ground beef
- 2 pounds skirt steak
- 1 pound boneless pork loin
- 1 pound chicken tenders

BAKERY

- One 16-ounce package whole wheat wraps
- 4 kaiser rolls

GROCERY

- Stir-fry sauce
- Dried thyme
- Dried oregano

YOUR EVERY DAY ITEMS

Ingredients below are from the Every Day kitchen (rachaelraymag.com/kitchen).

- 2 limes
- 2 lemons
- 1 onion
- 2 heads garlic
- Butter
- 2 large eggs
- Grated parmesan cheese
- 1 pound medium pasta shells
- Chicken broth
- Vegetable oil
- Extra-virgin olive oil
- Mayonnaise
- Dijon mustard
- Cayenne pepper
- Chili powder
- Salt and pepper
- Paprika
- Cornmeal
- Cornstarch

SUNDAY

Grilled Garlic Skirt Steak with Bread Salad

SERVES 4 PREP 20 MIN COOK 20 MIN

- 3 cloves garlic, smashed
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- Salt and black pepper
- ¼ teaspoon cayenne pepper
- 3 large tomatoes, cored
- 2 pounds skirt steak
- 2 kaiser rolls, split
- ½ teaspoon fresh rosemary leaves, chopped

1. Preheat a grill to medium-high. In a small bowl, stir together the garlic, olive oil, ¾ teaspoon salt, ¼ teaspoon black pepper and the cayenne.

2. Brush the tomatoes with some of the garlic oil. Grill, covered and turning once, until lightly charred, about 12 minutes; transfer to a plate.

3. Meanwhile, brush the steak and the rolls with garlic oil. Grill the rolls, turning occasionally, about 2 minutes; grill the steak,

turning once, about 4 minutes total for medium-rare. Let the meat rest for 5 minutes, then thinly slice.

4. Coarsely chop the rolls and tomatoes and toss in a medium bowl; add with the rosemary and season with salt and pepper. Divide the steak slices among 4 plates and top with the bread salad.

SERVE WITH STEAMED BROCCOLI



Waste not
Finely chop leftover rosemary leaves, mix with softened butter and slather on grilled veggies and meats.



MONDAY



SERVE WITH
BREAD STICKS

Pasta with No-Cook Tomato Sauce

SERVES 4 PREP 15 MIN COOK 15 MIN

- 4 cloves garlic, crushed
- 2 tablespoons extra-virgin olive oil
- 1 pound medium pasta shells
- 2 pounds tomatoes, cored and coarsely chopped

Salt and pepper

- 2 tablespoons butter
- 2 teaspoons grated lemon peel
- 1 cup fresh basil leaves, thinly sliced

Grated parmesan cheese, for serving

1. In a cup, combine the garlic and olive oil. In a large pot of boiling, salted water, cook the pasta until al dente, about 11 minutes. Drain, reserving $\frac{1}{2}$ cup pasta cooking water.

2. Meanwhile, in a large bowl, crush the tomatoes with your hands; season with salt and pepper.

3. Remove the garlic from the olive oil and discard. Add the garlic oil, butter and lemon peel to the tomatoes. Add the pasta and toss, adding a splash of the reserved pasta cooking water to thin the sauce, if necessary. Add the basil and season with salt and pepper; toss. Serve with the parmesan.

tip

For a change
Add small cubes of fresh mozzarella to the pasta along with the sauce before tossing.

TUESDAY

Pork-Bell Pepper Stir-Fry

SERVES 4 PREP 20 MIN COOK 15 MIN

- 1 pound boneless pork loin
- 3 tablespoons cornstarch
- 3 tablespoons vegetable oil
- 1 bunch scallions, trimmed and sliced into 1-inch pieces
- 4 cloves garlic, finely chopped
- 2 eggplants (about 1 pound), cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 cup chicken broth
- $\frac{1}{2}$ cup store-bought stir-fry sauce

1. Cut the pork into $\frac{1}{4}$ -inch-thick slices, then cut the slices into $\frac{1}{4}$ -inch-thick slivers. Toss with 2 tablespoons cornstarch.

2. In a large skillet, heat

$\frac{1}{2}$ tablespoons oil over medium-high heat. Add the scallions and garlic; cook, stirring, until golden, about 2 minutes. Add the pork and cook, stirring, until just no longer pink, 3 minutes. Transfer to a bowl.

3. Add the remaining $\frac{1}{2}$ tablespoons oil to the skillet, add the eggplant and cook, stirring, until slightly softened, about 3 minutes. Add the bell pepper and cook, stirring, until crisp-tender, about 2 minutes. In a small bowl, stir together the chicken broth, stir-fry sauce and remaining 1 tablespoon cornstarch; pour over the vegetables and cook, stirring, until the sauce is thickened, 1 to 2 minutes. Return the pork mixture to the skillet and stir until heated through, 1 to 2 minutes.

tip

Swap it
Skip the stir-fry sauce and mix $\frac{1}{4}$ cup soy sauce with $\frac{1}{2}$ teaspoon ground ginger.

SERVE WITH
WHITE RICE



Slider Caesar Salad

SERVES 4 PREP 30 MIN COOK 15 MIN

- 2 kaiser rolls, cut into cubes
- ¼ cup extra-virgin olive oil, plus more for brushing

Salt and pepper

- ⅓ cup mayonnaise
- 3 tablespoons lemon juice
- ¼ cup grated parmesan cheese
- 1½ teaspoons Dijon mustard
- 1½ pounds ground beef

One 12-ounce package romaine hearts, torn into small pieces

1. Position a rack in the upper third of the oven and preheat to 375°. On a rimmed baking sheet, toss the bread with 2 tablespoons olive oil, season with salt and pepper and toast for 8 minutes.

2. Meanwhile, in a large bowl, whisk together the mayonnaise, lemon juice, 3 tablespoons parmesan, mustard and remaining 2 tablespoons olive oil; season with salt and pepper.

3. Crumble the beef into a medium bowl, season with salt and pepper and toss. Divide into 12 equal portions and roll into balls. Thread 3 meatballs onto each of 4 wooden skewers, leaving a ½-inch space between each; pat each meatball into a 2-inch patty.

4. Preheat a grill pan over medium heat. Brush the patties with olive oil and grill, turning once, about 6 minutes total for medium.

5. Meanwhile, add the lettuce and croutons to the dressing and toss. Sprinkle with the remaining 1 tablespoon parmesan and season with salt and pepper. Top with the skewers.

tip

Smart move

Handle the meat as little as possible—this keeps it nice and juicy.

WEDNESDAY

THURSDAY

Ratatouille Wraps

SERVES 4 PREP 15 MIN COOK 25 MIN

- ½ cup extra-virgin olive oil
- 2 eggplants (about 1 pound), cut into ½-inch cubes
- 1 pound zucchini, halved lengthwise and thinly sliced crosswise
- 1 onion, halved and thinly sliced
- 1 red bell pepper, thinly sliced

Salt and pepper

- 3 tomatoes (about 1 pound), chopped
- ½ teaspoon dried thyme
- 4 large whole wheat wraps
- 8 ounces crumbled goat cheese

1. In a large nonstick skillet, heat 2 tablespoons olive oil over medium heat. Add the eggplant and cook, stirring, until golden, about 5 minutes.

Add 2 tablespoons olive oil, the zucchini, onion, bell pepper and ¼ teaspoon each salt and pepper and cook, stirring, until crisp-tender, about 6 minutes. Stir in the tomatoes and thyme, partially cover and cook until tender, about 5 minutes; season with salt and pepper. Simmer, uncovered, for 2 minutes more to cook off any liquid. Transfer to a large bowl and wipe the skillet clean.

2. Lay the wraps on a work surface.

Sprinkle one-quarter of the cheese in the center of each wrap and top with 1 cup ratatouille. Fold burrito-style to enclose.

3. In the same skillet, heat

2 tablespoons olive oil over medium heat. Add 2 wraps, seam side down, and cook, turning once, until golden, about 4 minutes. Repeat with the remaining 2 tablespoons olive oil and wraps.

tip

Hot stuff

Use pepper jack cheese instead of goat cheese and add a pinch of crushed red pepper.





FRIDAY

SATURDAY

SERVE WITH SAUTÉED CORN, ZUCCHINI, SCALLIONS AND TOMATOES

Grilled Shrimp and Cuban Corn

SERVES 4 PREP 15 MIN COOK 10 MIN

- 8 ears corn, husked
- ½ cup extra-virgin olive oil
- Salt and black pepper
- 3 cloves garlic, finely chopped
- 1 tablespoon paprika
- ¼ teaspoon cayenne pepper, plus more for sprinkling
- 2 pounds large shrimp, peeled and deveined
- ¼ cup mayonnaise
- 1 tablespoon grated parmesan cheese
- 2 limes, cut into wedges

1. Preheat the grill to medium-high. Brush the corn with ¼ cup olive oil and season with salt and black pepper. In a large bowl, whisk together the remaining ¼ cup olive oil, the garlic, paprika, cayenne and ¼ teaspoon salt; add the shrimp and toss.

2. Add the shrimp and corn to the grill and cover. Grill the shrimp, turning once, until opaque, 2 to 3 minutes. Grill the corn, turning occasionally, until lightly charred, about 7 minutes.

3. Spread the mayonnaise on the corn and sprinkle with the parmesan and a little cayenne. Serve immediately with the shrimp and lime wedges.



Instant gratification

Sprinkle thick bread slices with the cheese topping and broil for quick Texas-style toast.



Cajun Chicken Fingers

SERVES 4 PREP 25 MIN COOK 15 MIN

- 1 cup cornmeal
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- Salt and pepper
- 2 large eggs
- 1 pound chicken tenders
- 6 tablespoons vegetable oil

1. In a shallow bowl, combine the cornmeal, chili powder, oregano, 1 teaspoon salt and ¼ teaspoon

pepper. In another shallow bowl, beat the eggs. Working with one at a time, coat the chicken tenders with the cornmeal mixture, dip into the egg, then coat again with the cornmeal. Transfer to a large plate.

2. In a large skillet, heat ¼ cup oil over medium heat. Add half of the chicken and cook, turning once, until golden, 5 to 6 minutes. Transfer to a plate and tent with foil to keep warm. Repeat with the remaining 2 tablespoons oil and chicken tenders.



Lighten up
Instead of frying, bake in a 450° oven for 12 minutes.

EVERY DAY

MENU PLANNER

WEEK

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PHOTOGRAPHY BY KANA OKADA

SUNDAY

Pan-Fried Chops with Grape Salad



MONDAY

Beef-Polenta Pie



TUESDAY

Bacon 'n' Egg Quesadillas



WEDNESDAY

Fried Mozzarella Steaks with Crispy Salami



THURSDAY

Penne with Pumpkin Cream Sauce



FRIDAY

Sole with Lemon Spinach



SATURDAY

Chili Chicken and Vegetable Soup



YOUR SHOPPING LIST

PRODUCE

- 1 bag red seedless grapes
- 2 hass avocados
- One 9-ounce bag mixed greens
- 1 1/4 pounds baby spinach
- Two 6-ounce packages portobello mushroom caps
- 1 bunch flat-leaf parsley

DAIRY

- 1 pint heavy cream
- One 1-pound brick mozzarella
- 8 ounces pepper jack cheese

FISH

- 4 sole fillets (about 1 1/4 pounds)

MEAT AND POULTRY

- 1 1/4 pounds ground beef
- Four 1-inch-thick pork chops
- 1/2 pound bacon
- 1/2 rotisserie chicken
- 1/4 pound thinly sliced salami

BAKERY

- One 8.5-ounce package medium flour tortillas

GROCERY

- One 16-ounce bag instant polenta
- One 15-ounce can pure pumpkin puree
- Dried oregano

YOUR EVERY DAY ITEMS

Ingredients below are from the Every Day kitchen (rachaelaymag.com/kitchen).

- 2 lemons
- 1 baking potato
- 4 onions
- 1 red onion
- 1 stick (4 ounces) butter
- Sour cream
- Grated parmesan cheese
- 13 large eggs
- Extra-virgin olive oil
- Balsamic vinegar
- 1 pound penne pasta
- Seasoned breadcrumbs
- Chicken broth (5 cups)
- One 15.5-ounce can black beans
- One 14.5-ounce can crushed fire-roasted tomatoes
- Salt and pepper
- Chili powder
- Sliced almonds
- Flour
- One 16-ounce bag frozen corn kernels
- Two 10-ounce bags frozen green beans

SUNDAY

Pan-Fried Chops with Grape Salad

SERVES 4 PREP 10 MIN COOK 20 MIN

Four 1-inch-thick pork chops
Salt and pepper

- 1 teaspoon dried oregano
- 2 tablespoons extra-virgin olive oil
- 1 red onion, halved and thinly sliced
- 1 cup red seedless grapes, halved
- 4 ounces baby spinach
- 1/4 cup sliced almonds, toasted
- 2 tablespoons balsamic vinegar

1. Preheat the oven to 400°. Season the pork chops with salt, pepper and the oregano. In a large skillet, heat the olive

oil over medium-high heat until rippling. Add the chops and cook, turning once, until browned, about 4 minutes. Transfer to a baking sheet, reserving the skillet and any juices, and roast until cooked through, 12 to 15 minutes.

2. Meanwhile, in the same skillet, cook the red onion over medium-high heat for 3 minutes. Stir in the grapes and 1/4 cup water and remove from the heat.

3. Remove the chops from the oven, tent with foil and let rest for 5 minutes. Stir the spinach, almonds and balsamic vinegar into the onion mixture; season with salt and pepper. Serve the salad with the pork chops.

SERVE WITH SAUTÉED BABY POTATOES



tip

Frozen assets
Freeze grapes for a quick, healthful treat.



MONDAY

TUESDAY

Beef-Polenta Pie

SERVES 4 PREP 15 MIN COOK 25 MIN

- 2 tablespoons extra-virgin olive oil
- One 6-ounce package portobello mushroom caps, cut into cubes
- 1 onion, chopped
- 1 1/4 pounds ground beef
- Salt and pepper
- One 14.5-ounce can crushed fire-roasted tomatoes
- 1 cup instant polenta
- 1/2 cup heavy cream

- 1/2 cup grated parmesan cheese, plus more for sprinkling
- One 10-ounce package frozen green beans, thawed and drained

1. In a large skillet, heat the olive oil over medium-low heat. Add the mushrooms and onion and cook, stirring, until softened, about 7 minutes. Add the beef, season with salt and pepper and cook over medium-high heat, stirring, until browned, 4 to 5 minutes. Stir in the tomatoes, lower the heat and simmer.

2. In a medium saucepan, bring 3 cups water and 3/4 teaspoon salt to a boil. Whisk in the polenta until thickened, about 3 minutes. Whisk in the cream, parmesan and 1/4 teaspoon pepper until smooth; pour into a large casserole dish.

3. Stir the green beans into the beef mixture and cook over medium heat, stirring, until warmed through, about 2 minutes. Season with salt and pepper. Spoon the mixture over the polenta and top with more parmesan.

tip

Make it your own
Serve the beef mixture over couscous, pasta or rice.



Bacon 'n' Egg Quesadillas

SERVES 4 PREP 10 MIN COOK 30 MIN

- 8 medium flour tortillas
- 2 hass avocados
- 1 tablespoon fresh lemon juice
- Salt and pepper
- 1/2 pound bacon
- 8 large eggs
- 8 ounces pepper jack cheese, shredded (about 2 cups)

One 15.5-ounce can black beans, rinsed

1. Place the tortillas in the oven in two stacks; heat to 200°. In a bowl, mash the avocados with the lemon juice; season with salt and pepper.

2. Working in batches, in a nonstick skillet, cook the bacon over medium heat until crisp; drain on paper towels.

Leave about 2 tablespoons bacon fat in the skillet, reserving the rest of the fat. Cut the bacon strips in half.

3. Working in 2 batches, in the skillet, cook the eggs over easy; transfer to a platter. Reserve the skillet.

4. Lay the tortillas on a work surface. Sprinkle each with 1/4 cup cheese; top with beans, 1 egg and bacon strips, then fold to enclose.

5. In the same skillet, heat 1 tablespoon reserved bacon fat over medium heat, add 4 quesadillas and cook, turning once, until crisp and golden, about 3 minutes. Repeat with more bacon fat and the remaining quesadillas; serve with the avocado mash.

SERVE WITH SALSA

tip

Waste not
Refrigerate leftover bacon fat and use in place of cooking oil.

WEDNESDAY

THURSDAY

Fried Mozzarella Steaks with Crispy Salami

SERVES 4 PREP 20 MIN COOK 20 MIN

- ¼ pound thinly sliced salami
- 6 tablespoons extra-virgin olive oil
- One 6-ounce package portobello mushroom caps, gills scraped
- Salt and pepper
- 1½ cups seasoned breadcrumbs
- 3 large eggs
- One 1-pound brick whole-milk mozzarella, cut lengthwise into 8 slices
- One 9-ounce bag mixed greens
- 1 tablespoon balsamic vinegar

1. In a large skillet, cook the salami over medium heat, turning, until just browned, about 3 minutes per batch; drain on paper towels.
2. In the skillet, heat 1 tablespoon olive oil over medium heat. Add the mushrooms, season with salt and pepper and cook, turning, until tender, about 8 minutes; thinly slice and transfer to a large bowl.
3. Meanwhile, transfer the breadcrumbs to a plate. In a shallow bowl, beat the eggs. Coat each cheese slice in breadcrumbs, dip in the egg, then coat again with breadcrumbs; place on a sheet of wax paper. In the same skillet, heat ¼ cup olive oil over medium-high heat. Add 4 cheese slices and cook until crisp, about 1 minute on each side; transfer to a plate. Repeat with the remaining cheese slices.
4. Add the mixed greens, vinegar, salami and remaining 1 tablespoon olive oil to the mushrooms, season with salt and pepper and toss. Place 2 mozzarella steaks on each of 4 plates and serve with the salad.

tip

Veg out
Skip the salami and top with sliced black olives.

SERVE WITH
ROASTED
ASPARAGUS

Penne with Pumpkin Cream Sauce

SERVES 4 PREP 15 MIN COOK 15 MIN

- 1 pound penne pasta
- 2 tablespoons butter
- 1 onion, chopped
- Salt and pepper
- One 15-ounce can pure pumpkin puree
- 1 cup heavy cream
- ½ cup grated parmesan cheese, plus more for serving
- ¼ cup chopped flat-leaf parsley

1. In a large pot of boiling, salted water, cook the pasta until al dente. Drain, reserving 1 cup pasta cooking water.
2. In the same pot, melt the butter over medium-low heat. Add the onion and season with salt and pepper; cook, stirring, until softened, about 6 minutes. Stir in the pumpkin and heavy cream and bring to a boil. Return the pasta to the pot along with the reserved pasta cooking water and toss. Stir in the parmesan; season with salt and pepper.
3. Top the pasta with the parsley and more parmesan.

tip

For a change
Add chopped ham when cooking the onion.

FRIDAY

SATURDAY

Sole with Lemon Spinach

SERVES 4 PREP 20 MIN COOK 15 MIN

- 1½ pounds baby spinach
- 3 tablespoons butter
- ½ onion, finely chopped
- Grated peel of 1 lemon, plus wedges, for serving
- Salt and pepper
- 4 large fillets sole (about 1¼ pounds)
- ¼ cup flour
- 2 large eggs
- ¼ cup extra-virgin olive oil
- 1 cup chicken broth

1. In a large skillet, bring 1 cup water to a boil over medium heat. Add the spinach and cook, stirring, until wilted, about 4 minutes. Drain in a colander, pressing to remove any excess moisture.
2. In the same skillet, melt 2 tablespoons butter over medium heat. Add the onion and lemon peel and cook, stirring, until softened, about 4 minutes. Add the spinach and cook, stirring, until wilted; season with salt and pepper. Transfer to a bowl and cover to keep warm. Wipe out the skillet and reserve.
3. Season the fish fillets with salt and pepper and coat with the flour. In a shallow dish, beat the eggs. In the skillet, heat the olive oil over medium heat. Working in batches, dip the fillets in the egg, then cook, turning once, until golden, about 3 minutes; drain on paper towels. Reserve the skillet, pouring off any fat.
4. In the skillet, bring the chicken broth to a boil and cook until slightly reduced, about 1 minute. Stir in the remaining 1 tablespoon butter and season with salt and pepper.
5. Divide the fish and spinach among 4 plates and top the fish with the butter sauce. Serve with the lemon wedges.

tip

Swap it
Use flounder
instead of the sole.

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Chili Chicken and Vegetable Soup

SERVES 4 PREP 10 MIN COOK 15 MIN

- 2 tablespoons butter
- 1 onion, chopped
- Salt and pepper
- 1 tablespoon chili powder
- 1 baking potato, peeled and chopped
- One 32-ounce container (4 cups) chicken broth
- One 16-ounce bag frozen

- corn kernels
- 2 cups shredded rotisserie chicken meat (from ½ rotisserie chicken)
- One 10-ounce bag frozen green beans
- Sour cream, for serving

1. In a large saucepan, melt the butter over medium heat. Add the onion, season with salt and pepper and cook, stirring, until tender, about 5 minutes. Stir in

the chili powder and cook for 2 minutes. Add the potato and chicken broth and bring to a boil; lower the heat and simmer until the potato is tender, about 10 minutes.

2. Stir in the corn, chicken and green beans and cook until heated through. Season with salt and pepper. Serve with the sour cream.

tip

Extra! Extra!
Stretch leftovers by
adding cooked rice
or your favorite
canned beans.

SERVE WITH
CRUSTY BREAD

rachaelraymag.com

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PHOTOGRAPHY BY
ANN STRATTON

SUNDAY

Cheeseburger
Meatloaf and Mashed
Potatoes



MONDAY

Mini Ham and
Egg Casseroles



TUESDAY

Roasted Veggie
Salad and Goat
Cheese Cakes



WEDNESDAY

Smothered
Salmon



THURSDAY

Pork Burritos



FRIDAY

White Clam Pizza



SATURDAY

Crunchy
Parmesan
Chicken



YOUR SHOPPING LIST

PRODUCE

- 2 oranges
- 1½ pounds plum tomatoes
- 2 pounds new red potatoes
- 2 bunches asparagus
- 1 pound baby bok choy
- 1 small head cauliflower
- 1 jalapeño chile
- 6 ounces shiitake mushrooms
- 1 bunch scallions
- 1 bunch thyme

DAIRY

- 1 pint half-and-half
- ½ pint heavy cream
- One 8-ounce container sour cream
- 8 ounces cheddar cheese
- One 11-ounce log goat cheese

FISH

- Four 8-ounce salmon fillets

MEAT AND POULTRY

- 1½ pounds ground beef
- 1 pound ground pork
- Four 6-ounce skinless, boneless chicken breast halves
- ¼ pound thinly sliced ham

BAKERY

- 1 baguette
- 1 package 10-inch flour tortillas

GROCERY

- Two 16-ounce packages refrigerated pizza dough
- Two 1-pound containers frozen chopped clams
- One 10-ounce jar green olives
- One 16-ounce jar bread-and-butter pickle chips
- Thai garlic chili sauce
- Sesame oil
- One 12-ounce box cornflakes

YOUR EVERY DAY ITEMS

Items below are part of the *Every Day* kitchen (rachaelraymag.com/onhand)—you probably already have them.

- | | |
|---|---|
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> Bread crumbs |
| <input type="checkbox"/> 2 red onions | <input type="checkbox"/> Extra-virgin olive oil |
| <input type="checkbox"/> 1 yellow onion | <input type="checkbox"/> Vegetable oil |
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> Balsamic vinegar |
| <input type="checkbox"/> 1 dozen large eggs | <input type="checkbox"/> Ketchup |
| <input type="checkbox"/> Cream cheese | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Grated parmesan cheese | <input type="checkbox"/> Salt and pepper |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> White rice | <input type="checkbox"/> Flour |

SUNDAY



tip

Frozen assets
Freeze leftovers for up to a month, then reheat in a 350° oven.

Cheeseburger Meatloaf
and Mashed Potatoes

SERVES 6 PREP 20 MIN COOK 35 MIN

- 2 tablespoons extra-virgin olive oil, plus more for greasing
- 1 red onion, finely chopped
- ⅔ cup ketchup
- ⅔ cup bread crumbs
- 2 large eggs
- ½ cup bread-and-butter pickle chips, chopped
- 1½ pounds ground beef
- 8 ounces cheddar cheese, cut into ⅓-inch cubes
- 2 pounds new red potatoes
- ¾ cup heavy cream

1. Preheat the oven to 400°. Lightly oil a rimmed baking sheet. In a medium skillet, heat 2 tablespoons olive oil over medium heat. Add the onion and cook, stirring until slightly softened, about 3 minutes.
2. In a large bowl, combine the ketchup, bread crumbs, eggs and pickles; mix in the onion. Crumble in the beef, add the cheese and mix together. Transfer to the prepared baking sheet and shape into a 4-by-12-inch loaf. Bake

- until an instant-read thermometer inserted into the center registers 160°, about 35 minutes.
3. Meanwhile, halve the potatoes and place them in a large pot with enough salted water to cover by an inch. Bring to a boil, then lower the heat and simmer until tender, 10 to 15 minutes. Drain, return to the pot and mash with the cream.
4. Let the meatloaf rest for 5 minutes before slicing. Serve with the mashed potatoes.

Mini Ham and Egg Casseroles

SERVES 4 PREP 15 MIN BAKE 15 MIN

- ¼ baguette, cut into small cubes
- 4 ounces cream cheese, cut crosswise into 12 slices
- 1 tablespoon extra-virgin olive oil, plus more for drizzling
- ¼ pound thinly sliced ham, chopped (about 1 cup)
- 4 scallions, white and green portions thinly sliced and separated

Pepper

- 1½ cups half-and-half
- 6 large eggs
- 1 teaspoon fresh thyme leaves
- ½ pound plum tomatoes, sliced into wedges

Salt

1. Preheat the oven to 350°. Grease a 12-cup muffin pan and fill each cup halfway with bread cubes. Top each with a cream cheese slice.
2. In a small saucepan, heat the olive oil over medium heat and add the ham, scallion whites and a pinch of pepper. Cook, stirring,

until the scallions are tender, about 5 minutes. Stir in the half-and-half and bring just to a simmer before removing from the heat.

3. In a medium bowl, whisk together the eggs and thyme, then whisk in the warm half-and-half mixture. Fill the muffin cups with the egg mixture and bake until puffed and golden around the edges, about 15 minutes. Let cool for 5 minutes, then run a knife around the edges and invert onto a cooling rack.

4. Drizzle the tomato slices with olive oil, top with the scallion greens and season with salt and pepper. Serve with the mini casseroles.

MONDAY

TUESDAY

tip

Smart move
Slice goat cheese at room temperature to prevent it from crumbling.

Roasted Veggie Salad with Goat Cheese Cakes

SERVES 4 PREP 20 MIN COOK 15 MIN

- 1 small head cauliflower, florets cut into bite-size pieces
- ¼ cup extra-virgin olive oil
- 2 bunches asparagus (about 1½ pounds total), trimmed

Salt and pepper

- 1 red onion, sliced into thin rings
- 2 oranges, peel and pith discarded, sliced into 6 rounds each
- ½ cup almonds (about 4 ounces), finely ground

One 11-ounce log goat cheese, at room temperature, cut crosswise into 8 rounds

- 2 tablespoons balsamic vinegar

1. Position a rack in the upper third of the oven and preheat to 450°. Place the cauliflower on a rimmed baking sheet, drizzle with 1 tablespoon olive oil and toss; arrange in a single layer on one side of the baking sheet. Place the asparagus on the opposite side and toss with 1 tablespoon oil. Season with salt and pepper, scatter the onion on top of the asparagus and roast until golden, about 10 minutes. Let cool, leaving the oven on.
2. Place the ground almonds in a shallow bowl. Pour 2 tablespoons olive oil onto a plate; coat each goat cheese round with the oil, reserving the extra oil. Gently turn the cheese rounds in the nuts to coat and place on a baking sheet. Bake until lightly toasted, 3 to 4 minutes.
3. Divide the roasted vegetables and the orange rounds among 4 plates. Drizzle each plate with the reserved oil and ½ tablespoon balsamic vinegar. Serve with 2 goat cheese rounds each.

tip

Easy does it
Use whipped cream cheese instead of slices.

Smothered Salmon

SERVES 4 PREP 10 MIN COOK 30 MIN

- 1 pound plum tomatoes, quartered lengthwise
- 1 onion, quartered lengthwise and sliced crosswise
- 1 jalapeño chile, seeded and sliced lengthwise
- 2 cloves garlic, thinly sliced
- 2½ tablespoons extra-virgin olive oil

Salt and pepper

- 8 green olives, chopped
- Four 8-ounce salmon fillets
- One 10-ounce box plain couscous, cooked

1. Preheat the oven to 450°. On a rimmed baking sheet, toss together the tomatoes, onion, jalapeño, garlic and olive oil and spread in an even layer. Season with salt and pepper and roast until lightly charred, 20 to 30 minutes. Toss with the olives.

2. Meanwhile, fill a large skillet halfway with water and bring to a

boil. Add 1 teaspoon salt and place the salmon skin side down in the pan. Place a lid on top of the fillets to keep them submerged. Lower the heat and simmer until the fish is opaque, about 8 minutes. Transfer to a plate and discard the skin.

3. Fluff the couscous with a fork and transfer to a serving bowl. Place the salmon fillets on a serving platter and top with the vegetables.

tip

Extra! Extra!
Chop up leftovers to use in a frittata.

WEDNESDAY

THURSDAY

Pork Burritos

SERVES 4 PREP 10 MIN COOK 20 MIN

- 1 tablespoon vegetable oil
- 6 ounces shiitake mushrooms, stems discarded and caps sliced
- 1 head baby bok choy (about 1 pound), shredded
- 3 tablespoons soy sauce
- 1 pound ground pork
- ½ cup sour cream
- 2 teaspoons Thai garlic chili sauce
- Four 10-inch flour tortillas
- 2 cups cooked white rice
- 4 teaspoons sesame oil

1. In a large skillet, heat the oil over medium heat. Add the shiitakes and cook, stirring, until tender, 4 to 5 minutes. Add the bok choy and 2 tablespoons soy sauce and cook, turning, until wilted, about 2 minutes. Transfer to a medium bowl.

2. Add the pork to the skillet and cook over medium-high heat, breaking up the meat, until no longer pink. Stir in the remaining 1 tablespoon soy sauce, then the reserved bok choy mixture; keep warm over low heat.

3. In a small bowl, combine the sour cream and chili sauce. In another skillet over medium-low heat, warm a tortilla just until hot, about 30 seconds per side. Transfer to a plate and slather with 2 tablespoons of the sour cream mixture. Spoon ½ cup rice down the center. Top with one-quarter of the bok choy mixture, drizzle 1 teaspoon sesame oil on top and then fold burrito-style. Repeat with the remaining tortillas and fillings. To serve, cut each burrito in half.

tip

Swap it
Use spinach in place of the baby bok choy.



FRIDAY

SATURDAY

White Clam Pizza

SERVES 4 PREP 20 MIN BAKE 40 MIN

- 5 tablespoons extra-virgin olive oil
- 1 tablespoon finely chopped garlic

Salt

- 1/3 cup flour, for dusting
 - Two 16-ounce packages refrigerated pizza dough
 - Two 1-pound containers frozen chopped clams, thawed and drained (about 2 1/2 cups)
 - 4 teaspoons grated parmesan cheese
 - 1 tablespoon fresh thyme leaves
- Pepper

1. Position a rack in the bottom of the oven, place an inverted baking sheet on top and preheat to 500°.
2. In a small bowl, combine the olive oil, garlic and 2 pinches salt. Lightly flour a baking sheet, place 1 piece of pizza dough on top and stretch to fit the dimensions of the baking sheet. Drizzle 2 1/2 tablespoons garlic oil on top. Sprinkle half of the clams on top and season with 2 teaspoons parmesan, 1 1/2 teaspoons thyme and salt and pepper.
3. Set the baking sheet on the hot baking sheet in the oven. Bake until crisp and golden, about 20 minutes. Repeat with the remaining ingredients to make another pizza.



Easy does it
If the dough is too elastic, let it rest for 5 minutes before stretching it.

Crunchy Parmesan Chicken

SERVES 4 PREP 10 MIN COOK 20 MIN

- 1 cup cornflakes, lightly crushed
- 3/4 cup grated parmesan cheese
- Salt and pepper
- 3 large eggs, beaten
- Four 6-ounce skinless, boneless chicken breast halves
- 5 tablespoons extra-virgin olive oil
- 1 lemon, cut into wedges

1. Preheat the oven to 350°. In a shallow bowl, combine the cornflakes, parmesan and 1/4 teaspoon each salt and pepper. Place the eggs in another shallow

bowl. Coat each chicken breast with the cornflake mixture, then the eggs, then again with the cornflake mixture; transfer to a wax-paper-lined baking sheet.

2. In a large nonstick skillet, heat the olive oil over medium-high heat. Add the chicken and cook, turning once, until golden, about 2 minutes per side. Transfer to a clean baking sheet. Bake the chicken until cooked through, about 10 minutes. Serve with the lemon wedges.



Side dish
Serve with sautéed bok choy tossed with tomatoes.



WEEK

4

PHOTOGRAPHY BY
KANA OKADA

SUNDAY

Grilled Cajun Chicken with Crisp Taters



MONDAY

BBQ Beef Sandwiches



TUESDAY

Peas and Cheese Tortellini



WEDNESDAY

Spicy Pork and Pineapple



THURSDAY

Orange Beef and Broccoli



FRIDAY

Buttery Halibut with Smashed Potatoes



SATURDAY

No-Bake Tuna Casserole



YOUR SHOPPING LIST

PRODUCE

- 1 orange
- 1 pineapple
- 1 avocado
- 1 pint grape tomatoes
- 1 bunch broccoli
- 2 jalapeño chiles
- One 16-ounce bag coleslaw mix
- 1 bunch scallions

FISH

- Four 6- to 8-ounce halibut fillets

MEAT AND POULTRY

- Two 1¼-pound boneless sirloin steaks
- One 4-pound chicken
- 2 pork tenderloins

BAKERY

- 4 kaiser rolls

GROCERY

- 1 pound frozen cheese tortellini
- One 7-ounce jar sun-dried tomatoes in olive oil
- Barbecue sauce
- Hoisin sauce
- Plum sauce
- Cajun spices

YOUR EVERY DAY ITEMS

Ingredients below are from the Every Day kitchen (rachaelaymag.com/kitchen).

- 2 lemons
- 1 head garlic
- 2¼ pounds small new potatoes
- 1 stick (4 ounces) butter
- Milk
- Grated parmesan cheese
- One 10-ounce box frozen peas
- One 10-ounce bag frozen cut green beans
- 1 pound penne pasta
- Bread crumbs
- One 7-ounce package tuna
- One 15-ounce can cannellini beans
- One 14-ounce can beef broth
- Extra-virgin olive oil
- Vegetable oil
- Apple cider vinegar
- Honey mustard
- Soy sauce
- Ground cumin
- Salt and pepper
- Flour
- Cornstarch

SUNDAY

Grilled Cajun Chicken with Crisp Taters

SERVES 4 PREP 10 MIN COOK 1 HR

- ¼ cup honey mustard
- 2 tablespoons Cajun spices
- ¼ cup extra-virgin olive oil
- One 4-pound chicken
- Salt
- 1¼ pounds small new potatoes
- Pepper

1. Preheat a grill to high. In a small bowl, stir together the mustard and Cajun spices, then mix in 2 tablespoons olive oil. Brush the mixture on the chicken; sprinkle

with salt. Cover and grill, turning once, until an instant-read thermometer inserted in the thigh registers 155°, about 1 hour.

2. Meanwhile, in a medium saucepan, cover the potatoes with salted water. Bring to a boil, then lower the heat and simmer until fork-tender, about 10 minutes; drain.

3. About 15 minutes before the chicken is done, toss the potatoes with the remaining 2 tablespoons olive oil; season with salt and pepper. Grill, turning, until crisp.

4. Transfer the chicken to a cutting board; let rest for 10 minutes before carving. Serve with the potatoes.

tip

For a change instead of grilling, roast the chicken and potatoes in a 400° oven.



SERVE WITH SAUTÉED BELL PEPPER AND SUGAR SNAP PEAS

MONDAY

BBO Beef Sandwiches

SERVES 4 PREP 15 MIN COOK 10 MIN

- 3 tablespoons honey mustard
- 2 tablespoons apple cider vinegar
- 5 tablespoons extra-virgin olive oil

One 16-ounce bag coleslaw mix
Salt and pepper

One 1¾-pound boneless
sirloin steak, thinly sliced
crosswise

½ cup barbecue sauce

4 kaiser rolls, split and toasted

1. In a large bowl, whisk together the mustard and vinegar, then whisk

in 3 tablespoons olive oil. Add the coleslaw mix, season with salt and pepper and toss.

2. In a large, heavy skillet, heat 1½ tablespoons olive oil over medium-high heat. Add half of the steak in a single layer and cook, turning once, until barely pink, about 2 minutes; transfer to a plate. Repeat with the remaining ½ tablespoon olive oil and steak. Return the first batch to the skillet and stir in the barbecue sauce until heated through, 1 to 2 minutes.

3. Pile the meat onto the roll bottoms and mound some slaw on top. Set the roll tops in place.



SERVE WITH
BAKED BEANS

tip

Easy does it
Freeze the steak
for 15 minutes
before slicing.

TUESDAY

SERVE WITH
CHEESE TOASTS



tip

For a change
Stir in chopped
cooked ham.

Peas and Cheese Tortellini

SERVES 4 PREP 10 MIN COOK 15 MIN

- 1 pound frozen cheese tortellini
- 1 cup frozen peas, thawed
- 2 tablespoons butter
- 5 scallions, white and green parts
thinly sliced separately
- 2 tablespoons flour
- 1½ cups milk
- Salt and pepper
- ⅓ cup grated parmesan cheese,
plus more for sprinkling

1. In a large saucepan of boiling, salted water, cook the tortellini until al dente; drain.

2. Meanwhile, add the peas, butter and scallion whites to another large saucepan and cook over medium heat for 2 minutes. Whisk in the flour and cook, stirring, for 1 minute. Gradually whisk in the milk and bring to a boil, stirring constantly. Stir in the scallion greens and season with salt and pepper.

3. Stir the tortellini and ⅓ cup cheese into the sauce. Divide the pasta among 4 serving bowls and sprinkle with more cheese.



WEDNESDAY

THURSDAY

tip

Smart move
Squeeze lemon juice
over the avocado
to keep it from
browning.

Spicy Pork and Pineapple

SERVES 4 PREP 15 MIN COOK 20 MIN

- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 pork tenderloins (1½ pounds total), halved crosswise
- 2 tablespoons extra-virgin olive oil
- 1 pineapple—peeled, cored and quartered
- 1 avocado, cut into wedges
- 1 jalapeño chile, thinly sliced

1. In a small bowl, stir together the cumin, salt and pepper. Sprinkle

all over the pork. In a large cast-iron skillet or grill pan, heat 2 tablespoons olive oil over medium heat. Add the pork to the pan and cook, turning, until browned and firm to the touch, about 10 minutes. Transfer to a cutting board and tent with foil to keep warm.

2. Using the same skillet, add the pineapple, and cook over medium heat, turning, until golden, about 8 minutes.

3. Slice the pork. Divide the pineapple, pork and avocado among 4 plates. Top with the jalapeño.



SERVE WITH
WHITE RICE

Orange Beef and Broccoli

SERVES 4 PREP 15 MIN COOK 10 MIN

- 1 bunch broccoli
- 1¼ cups beef broth
- 3 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 2 tablespoons plum sauce
- ¼ cup cornstarch
- Grated peel of 1 orange and juice of ½ orange, plus wedges for serving
- One 1¾-pound boneless sirloin steak
- ¼ cup vegetable oil
- 1 jalapeño chile, thinly sliced

1. In a large skillet, bring 2 cups salted water to a boil. Cut the broccoli into 1-inch florets. Boil until crisp-tender, about 3 minutes; drain the broccoli and rinse under cold water. Reserve the skillet.

2. In a small bowl, stir together

the broth, hoisin sauce, soy sauce, plum sauce and 1 tablespoon cornstarch. Stir in the orange peel.

3. Slice the steak ¼ inch thick, then cut the slices crosswise into thirds; toss with the remaining 3 tablespoons cornstarch.

4. In the reserved skillet, heat the oil over medium-high heat. Add the steak and jalapeño and cook, turning, until the meat is barely pink, about 2 minutes. Transfer the meat to a paper-towel-lined plate; discard the excess oil. Add the broth mixture to the skillet and cook, stirring, until thickened, about 2 minutes. Stir in the meat, broccoli and orange juice and cook until heated through, about 2 minutes. Serve with the orange wedges.



tip

Fast times
Skip the hoisin,
soy and plum sauces
and use a bottle of
Asian stir-fry sauce.

FRIDAY

SATURDAY

SERVE WITH
STEAMED
ASPARAGUS



tip

Extra! Extra!
Double the tomato-
scallion butter and
use it on grilled
meats.

**Buttery Halibut with
Smashed Potatoes**

SERVES 4 PREP 15 MIN COOK 20 MIN

- 6 tablespoons butter,
- 3 tablespoons softened
- 1 sun-dried tomato packed in olive oil, finely chopped
- 1 tablespoon finely chopped scallion
- 1 teaspoon finely chopped garlic
- Salt and pepper
- 1 pound small new potatoes
- Four 6- to 8-ounce halibut fillets
- 2 tablespoons flour

1. In a small bowl, combine the softened butter, sun-dried tomato, scallion and garlic; season with salt and pepper.
2. In a large saucepan, add the potatoes and enough salted water to cover. Cover and bring to a boil, then lower the heat and simmer until tender, about 15 minutes. Drain, then smash the potatoes with 1 tablespoon butter; season with salt and pepper.
3. Season the fish with salt and

pepper, then coat lightly with the flour. In a large nonstick skillet, melt the remaining 2 tablespoons butter over medium heat. Add the fish and cook, turning once, until golden and firm to the touch, 7 to 8 minutes total.

4. Transfer the fish to 4 serving plates and top with the tomato-scallion butter. Serve with the smashed potatoes.

tip

Swap it
Use a drained
14.5-ounce can of
diced tomatoes
instead of the grape
tomatoes.



No-Bake Tuna Casserole

SERVES 4 PREP 10 MIN COOK 20 MIN

- ½ pound penne pasta
- 6 tablespoons extra-virgin olive oil
- ½ cup bread crumbs
- Salt and pepper
- 4 cloves garlic, smashed and peeled
- 1 pint grape tomatoes, halved
- One 10-ounce bag frozen cut green beans, thawed
- One 15-ounce can cannellini beans, rinsed
- One 7-ounce package tuna, drained
- Grated peel of 1 lemon, plus 1 lemon, cut into wedges

1. In a large saucepan of boiling salted water, cook the pasta until al dente. Drain, reserving ¾ cup pasta cooking water.
2. Meanwhile, in a large skillet, heat 2 tablespoons olive oil over medium-high heat. Add the bread crumbs and toast, stirring, for 1 to 2 minutes. Transfer to a bowl; season with salt and pepper.
3. In the same skillet, add the garlic and the remaining ¼ cup olive oil and cook over medium heat until golden, about 2 minutes. Stir in the tomatoes and cook until softened, about 4 minutes. Add the reserved pasta water and bring to a simmer. Stir in the green beans and cannellini beans and cook until tender.
4. Add the pasta, tuna and lemon peel to the skillet and toss. Season with salt and pepper and top with the toasted crumbs. Serve with the lemon wedges.

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