

Rachel Cooks

MEAL PLAN #62 - EASTER

MONDAY



Spring Orzo Salad

- Serve this as a hearty side or a main course. Canned chickpeas, cooked shrimp, salmon, or chicken can be added for extra protein, if desired.
- **Shortcut Tip:** If you don't have time to make the vinaigrette, purchase lemon basil dressing. You'll need $\frac{3}{4}$ cup (6 oz.). Adjust grocery list accordingly.

TUESDAY



Crockpot Ham with Maple Dijon Sauce and Cheesy Potatoes

- If you don't have two crockpots, the ham or the cheesy potatoes can be baked.
- To bake cheesy potatoes, mix all ingredients in a large bowl. Spread in a greased 9 x 13 inch baking dish. Bake at 350°F (preheat oven first) uncovered, for 45 minutes, or until potatoes are tender.

WEDNESDAY



Salmon and Asparagus Sheet Pan Dinner

- The recipe is written for 2 servings. I've doubled the ingredients on the grocery list for 4 servings.
- This sheet pan dinner is very easy to make and is a complete meal with salmon, potatoes, and asparagus. It's perfect for a lighter Easter dinner.

THURSDAY



Creamy Chicken and Asparagus Pasta

- Substitute sugar snap peas, frozen peas, spinach, or broccoli for the asparagus, if you prefer.

FRIDAY



Carrot Ginger Soup and Creamy Pea Crostini with Pancetta

- This soup & crostini combination is so colorful and perfect for spring.
- **Make Ahead:** The soup can be made a few days ahead and refrigerated. Make the creamy pea spread and toast the bread slices ahead of time, too. If you prefer, purchase crostini (toasted bread slices), or use your favorite cracker.

BONUS



Classic Deviled Eggs

- Everyone needs a good deviled eggs recipe in their recipe box. Deviled eggs are a popular appetizer on Easter or any time of the year..
- For fool-proof hard boiled eggs, use your Instant Pot or air fryer (yes, it really works!).

NOTES

- These recipes celebrate spring by including a springtime favorite: asparagus. If you're not a fan, feel free to substitute fresh green beans, peas, or broccoli.
- Any of these recipes could be used for Easter celebrations.
- **Cooking Quote of the Week:** "Spring Is nature's way of saying "Let's party!"
– Robin Williams





GROCERY LIST FOR MEAL PLAN #62

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- onion (1) - F
- shallots (2 large) - Th
- garlic (4 cloves) - Th
- ginger root (1) - F
- baby potatoes (4 c) - W
- asparagus (3 bunches or 3 lb) - M/W/Th
- white mushrooms (8 oz) - Th
- carrots (1 ½ lb) - F
- baby arugula (5 oz) - M
- basil leaves (3 oz) - M/Th
- dill (1 small bunch) - W
- mint leaves (6 large) - F
- chives (1 T chopped) - F
- lemons (3) - M/W/F

DAIRY / REFRIGERATED

- shredded Parmesan cheese (2 c) - M/Th/F
- shredded cheddar cheese (2 c) - Tu
- sour cream (16 oz) - Tu
- plain greek yogurt (¼ c) - W
- milk (1 T) - W
- heavy cream (6 oz) - Th/F
- eggs (6) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- red pepper flakes - M/F
- garlic powder - M/W/Th
- ground cloves - Tu
- dried oregano - Th
- ground turmeric - F

PANTRY

BREAD / PASTA / GRAINS

- orzo pasta (8 oz uncooked) - M
- cavatappi or mini penne pasta (8 oz uncooked) - Th
- baguette loaf (1) - F

- red wine vinegar - M
- honey - M
- maple syrup - Tu
- brown sugar - Tu
- coarse ground dijon mustard - Tu
- mayonnaise - W
- cornstarch - Th
- mayonnaise - Bonus
- yellow mustard - Bonus
- white vinegar - Bonus
- tabasco sauce - Bonus

MEAT / FISH / PROTEIN

- boneless quarter ham (approximately 2.5 lb) - Tu (see note)
- salmon fillets (20 oz total) - W
- boneless skinless chicken breasts (1 lb) - Th
- pancetta or bacon (12 oz) - Th/F

CANNED GOODS

- 14 oz can quartered artichoke hearts (1) - M
- 10.75 oz can cream of chicken soup (1) - Tu
- vegetable broth (16 oz) - F
- 13.5 oz can unsweetened coconut milk (1) - F

OTHER

- pine nuts (½ c) - M
- frozen diced potatoes, southern style (30 oz) - Tu
- dry white wine (½ c, see note) - Th
- frozen peas (2 c) - F

NOTES

- Bake a larger ham, if desired. Just make sure it will fit in your crockpot! (Tu)
- If desired, you may use chicken broth instead of wine (Th).

