

Lighter Chicken Parmesan



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman

Episodes: Lighter 16-Minute Meals and Best of 16-Minute: Chicken Dinners



Level: Easy

Total: 16 min

Active: 16 min

Yield: 4 servings

Ingredients:

One 24-ounce jar good-quality marinara sauce
 1 tablespoon balsamic vinegar
 1/2 cup panko breadcrumbs
 1/2 cup grated Parmesan
 1/4 cup finely chopped fresh flat-leaf parsley
 Kosher salt and freshly ground black pepper
 2 large egg whites, lightly beaten
 1 1/2 pounds chicken tenders
 12 ounces whole-wheat angel hair pasta
 1 tablespoon olive oil
 1/2 cup shredded fresh mozzarella

Directions:

- 1 Preheat the broiler to medium. Bring a large pot of water to a boil.
- 2 Combine the marinara sauce and balsamic vinegar in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer for 5 minutes.
- 3 Meanwhile, in a shallow dish, combine the breadcrumbs, half the Parmesan, half the parsley and some salt and pepper. Put the beaten egg whites in a separate shallow dish. Coat the chicken tenders in the egg whites first, then dredge in the breadcrumb mixture.
- 4 Add the pasta to the boiling water and cook according to the package instructions.
- 5 Heat the oil in a large ovenproof nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until golden, about 3 minutes per side. Pour the tomato sauce over the chicken, scatter the mozzarella and remaining Parmesan evenly over top and broil until the cheese is melted and bubbly, about 2 minutes.
- 6 Drain the pasta. Serve with the chicken and garnish with the remaining parsley.



Just add salad + crusty bread for a perfect Italian dinner!

Lazy No-Bake Lasagna



Recipe courtesy of Valerie Bertinelli

Show: Valerie's Home Cooking Episode: Cook Once, Eat for a Week



Level: Easy

Total: 1 hr

Active: 45 min

Yield: 4 servings

Ingredients:

- 1 tablespoon olive oil
- 1 pound mild Italian sausage, casings removed
- 2 cups Classic Marinara Sauce, recipe follows
- 12 ounces mafaldine corte or farfalle pasta
- 8 ounces mini mozzarella balls
- 3/4 cup ricotta
- 1/4 cup grated Parmesan
- Torn basil leaves, for topping

Classic Marinara Sauce:

- 1/3 cup olive oil
- 6 cloves garlic, minced
- Three 26-ounce cartons chopped tomatoes
- 1 teaspoon Italian seasoning
- 1 large basil sprig
- Kosher salt and freshly ground black pepper
- 3 tablespoons unsalted butter

Directions:

1 Heat the olive oil in a Dutch oven or large, wide pot over medium-high heat. Add the sausage and cook, breaking up clumps with a wooden spoon, until brown, about 6 minutes. Add the Marinara and 3 1/2 cups water and bring to a boil. Add the pasta, then partially cover and cook, stirring occasionally, until the pasta is al dente and the sauce is coating it nicely, about 16 minutes. Stir in the mozzarella and ricotta, then sprinkle with the Parmesan and basil, and serve.



Classic Marinara Sauce:

Yield: 8 cups

2 Heat the olive oil in a large saucepan over medium heat. Add the garlic and cook, stirring frequently, until it just turns golden, 3 to 4 minutes. Add the tomatoes, Italian seasoning, basil, 1 teaspoon salt and a few grinds of fresh pepper. Bring to a simmer and cook, stirring occasionally, for 7 minutes. Take off the heat and stir in the butter until melted. Add salt and pepper to taste.

A Favorite **MAX** mash-up! Taste of Home **Breakfast for dinner + Bake** **Favorite Loaded Breakfast Potatoes** **Potato!** **Bar!**

★★★★★

My four young children are experts eating with their hands. These "brunchskins" with veggies make easy finger food they love to handle. —Mindy Campbell, Rapid City, Michigan

TOTAL TIME: Prep: 45 min. Bake: 10 min.

YIELD: 6 servings.

Ingredients

- 6 medium baking potatoes (about 3 pounds)
- 1 tablespoon butter
- 1 each small sweet red, orange and green pepper, finely chopped
- 1 cup finely chopped fresh mushrooms
- 1/4 cup finely chopped red onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 large eggs, beaten
- 1-1/4 cups shredded cheddar cheese, divided
- 1/4 cup plus 6 tablespoons sour cream, divided
- 6 bacon strips, cooked and crumbled or 1/3 cup bacon bits
- 3 green onions, chopped

Directions

1. Preheat oven to 375°. Scrub and pierce potatoes with a fork; place on a microwave-safe plate. Microwave, uncovered, on high 15-18 minutes or until tender, turning once.
2. When cool enough to handle, cut a thin slice off the top of each potato; discard slice. Scoop out pulp, leaving 1/4-in.-thick shells.

1. Cook and stir until eggs are thickened and no liquid egg remains. Stir in 1/2 cup cheese and 1/4 cup sour cream.

Spoon egg mixture into potato shells. Place on a 15x10x1-in. baking pan. Sprinkle with remaining 3/4 cup cheese. Bake 10-12 minutes or until heated through and cheese is melted. Top with remaining sour cream; sprinkle with bacon and green onions.

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Week 3) MAX: Connected with Yourself

Preparation

Before playing, giving each child the chance to write down ideas for each category (movies, television, books, music, etc.). This will get them excited for the game. Another benefit to having younger children brainstorm the word list is that they will more easily remember the words.

Write the ideas on strips of paper, put them in a basket, bowl, or a hat, and then allow each person to draw one on their turn. The categories can be anything from objects to people, and if you're playing with children who can't read, you can use flash cards with pictures on them.

How To Play

Playing the game charades, the traditional way, taking turns, each player draws an idea from the basket and pantomimes using gestures to try and describe the idea to the other teammates. When the team guesses correctly they receive a point and play is handed over to the other team. Play continues until the team with the most points wins.

Once you get a good list of words, playing the game is quite simple. Divide into teams to make it more competitive, or just take turns. One person picks a word or phrase (from those you just wrote down) to act out and the other players guess what they are acting.

As you can't speak, there are actions to mime that will give some clues. If the word or phrase is a book, put your hands together and unfold them like opening a book. To indicate a person, stand up with your hands on your hips. For a song, pretend to sing. For a movie, turn your hand in front of your face like operating an old-fashioned camera. For a TV show, draw a rectangle with your fingers. If it's a phrase, hold up your fingers to show the number of words. Put your finger and thumb close together to indicate a small word like "a" or "the;" move them far apart for a very long word. Touch your ear to indicate the word sounds like another, easier-to-out-words.

October 14th----Congregational Self Portrait Activity

Our theme for the week is **Connected to YOU:** What connects us to ourselves?

We are all children of God, and when we remember that we are connected to ourselves, to the church and to God it deepens that relationship.

Learn to see yourself as our Heavenly Father sees you----as a precious daughter or son with divine potential, fearfully and wonderfully made.

Psalm 139:13-15

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven in the depths of the earth.

1 John 3:1

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

Congregation self-portrait activity: The idea is for each member of your family to either draw a large picture of themselves or you may enlarge a photo (waist up or neck up). You may also send a photo of yourself to brandonmelton@nrleighpc.org and he will print it for you. We will then provide an opportunity for you to place your picture where you sit in the sanctuary. The hope is to have a representation of ourselves in the congregation and at the beginning of virtual worship to scan the sanctuary so we can see all our beautiful faces.

Supplies Included: poster board, scrapbook paper, glue stick

Supplies Needed: crayons, markers, scissors, enlarged photo if you like and YOUR IMAGINATION

Directions: This is a continuation of Sept 30th art activity (please refer to demonstration video attached to Sept 30th MAX email)

STEP 1: Each family member is to create a picture of yourself from either the waist or neck up. We've given everyone 11x14 poster board to get you started. Be creative! Use yarn, scrapbook paper, fabric, paint, crayons or markers to make your picture. Remember you can print a photo as well or send one to Brandon.

STEP 2: Bring your finished portraits to MAX on October 28th or drop off your portraits during NRPC office hours so they can be displayed in the sanctuary.