

Warm and Cozy Dinners – 7 Night Meal Plan

Recipe Guide

Sunday – Cinnamon French Toast Muffins

Serves 6 (makes 12 muffins)

Ingredients:

- Butter
- 6 Large Eggs
- 2 Cups Whole Milk
- 2 Teaspoons Ground Cinnamon
- 1 ½ Tablespoons Sugar
- 1 ½ Tablespoons Vanilla Extract
- Assorted Martin's Rolls and Bread, such as Whole Wheat Potato Bread, Butter Bread, or Sandwich Potato Rolls (cut into 1/2-inch cubes)
- Maple Syrup, for serving
- Vanilla Glaze, for serving



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Directions:

1. Preheat the oven to 350°F. Grease a muffin tin with butter or cooking spray.
2. On a baking sheet, arrange the cubed bread and bake for 3-4 minutes until slightly dried out. (This is an important step to ensure the muffins do not become soggy when the liquid is added).
3. In a large bowl, whisk together the eggs, milk, cinnamon, sugar and vanilla extract.
4. Add the (lightly toasted) cubed bread to the bowl and fold until combined and bread has absorbed the liquid.
5. Divide the bread mixture among the muffin tin cups, pressing it lightly into each cup to compact it.
6. Bake French toast cups for 25 to 30 minutes until slightly crisp on top and cooked throughout.
7. Allow the cups to cool for 5 minutes in the muffin tin then scoop each one out and serve topped with maple syrup or vanilla glaze.

To make Vanilla Glaze:

Mix together 1 cup Confectioner's Sugar, 1 teaspoon vanilla extract, and 2 tablespoons milk.

Source: <https://potatorolls.com/recipes/cinnamon-french-toast-muffins>

Monday - Rosemary Pork Loin Sandwich with Spiced Cherries

Serves 4

Ingredients:

For Pork:

- 1-2 Pounds Pork Tenderloin
- Salt and Pepper, to taste
- 1 Tablespoon Poultry Seasoning
- 2-3 Sprigs Fresh Rosemary

For the Cherry Sauce:

- 1 Can (16 oz.) Pitted Sour Red Cherries
- 1 Star Anise
- 12 Whole Cloves
- 1/2 Teaspoon Ground Cinnamon
- 1 1/2 Cups Granulated Sugar
- 1/4 Cup White Vinegar
- 1/4 Cup Water
- 1/4 Cup Cornstarch
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Butter



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Recipe adapted from: www.spachethespatula.com

For the Sandwiches:

- 4 Martin's Sandwich Potato Rolls
- 1 Cup Arugula
- 1/4 Cup Mayonnaise
- 1/4 Cup Horseradish Mustard

Directions:

1. Preheat oven to 350 degrees.
2. Rub the meat with the poultry seasoning, salt, and pepper. Place on a rack in a roasting pan; top with fresh rosemary sprigs. Place in the oven and roast for 30-45 minutes, or until the internal temperature reaches at least 160 degrees. Allow to rest for 5 to 10 minutes before slicing.
3. Prepare the Cherry Sauce: Drain the cherries but reserve the juice. Measure out 1/2 cup of juice (if there isn't enough cherry juice, add water). Tie the cloves and star anise up in cheesecloth.
4. In a small saucepan, combine the cherry juice, sugar, cinnamon, spice bag, and vinegar. Bring to a boil, then reduce heat and simmer for 10 minutes.
5. In a measuring cup, whisk together the water and cornstarch. Pour into the sauce and cook, stirring constantly for 1 to 3 minutes until thickened and bubbly. Stir in the cherries, lemon juice, and butter.
6. Prepare the Sandwiches: Toast the buns and spread with mayo and the mustard. Add in a bunch of arugula, top with some sliced pork, and finish with the cherry sauce.

Source: <https://potatorolls.com/recipes/rosemary-pork-loin-sandwich-w-spiced-cherries>

Tuesday - Butternut Squash Apple Soup with Parmesan Sage Croutons

Serves 8

Ingredients

For the Soup:

- 2 Tablespoons Olive Oil
- 2 Medium Yellow Onions, chopped (about 3 cups total)
- 1 ½ Large Butternut Squash* (about 5 pounds total), peeled and diced
- 4 Medium Apples (mix of sweet and tart), peeled, cored and roughly diced
- 3-4 Cups Low Sodium Chicken Stock, divided
- 1 ¼ Teaspoon Kosher Salt
- ½ Teaspoon Freshly Grated Nutmeg (or substitute ¾ tsp. ground nutmeg)
- ¼ Teaspoon Black Pepper
- ¼ Teaspoon Cayenne Pepper

For the Parmesan Sage Croutons:

- 6 Martin's Whole Wheat Potato Rolls, cut into 1" cubes (about 6 cups)

- 3 Tablespoons Olive Oil
- 2 Tablespoons Minced Fresh Sage
- ½ Teaspoon Kosher Salt
- 3 Tablespoons Freshly Grated Parmesan

Directions:

1. Preheat your oven to 375 degrees. In a large, deep stockpot or Dutch oven, heat the olive oil over low. Add the onions and cook until very tender, about 15 to 20 minutes, stirring occasionally.
2. While the onions cook, cut and peel the squash and apples. Add them to the pot, then add 2 cups of the stock. Bring the pot to a boil, reduce the heat to low, then cover, and cook until the squash and apples are very soft, about 20 to 30 minutes depending upon how larger you cut your squash and apple pieces (smaller pieces will cook more quickly).
3. Meanwhile, prepare the croutons. Place the bread cubes on a large baking sheet. Drizzle with olive oil, sprinkle with sage and salt, then toss to coat. Spread the cubes in a single layer, then bake until lightly crisp and brown, 10 to 12 minutes, tossing once halfway through. Sprinkle with Parmesan cheese, toss to coat, then set aside until ready to serve.
4. Once the apples and squash in the soup pot are tender, puree the soup with an immersion blender or carefully transfer it to a food processor fitted with a steel blade to puree in batches. Return soup to the pot once complete. Add 1 cup of the remaining chicken stock, then stir, adding a bit more stock as needed to reach your desired consistency (the soup will thicken somewhat when stored). Leave the texture fairly thick and rich. Stir in the salt, nutmeg, black pepper, and cayenne. Taste and add a bit more salt and pepper as desired. Serve hot, topped with sage croutons.

*Tip: Reserve the remaining half of cubed butternut squash (3-4 cups) for Thursday's salad dish.

Source: <https://www.wellplated.com/butternut-squash-apple-soup>



Image and recipe by Erin Clarke/Well Plated

Wednesday - (5 ingredient) Slow Cooker Apple Cider Pulled Sandwiches

Serves 4-6

Ingredients:

- 2 Medium Sweet, Crisp Apples (such as Honeycrisp), Cored and Chopped
- 1 Medium Yellow Onion, thinly sliced
- 1 Teaspoon Kosher Salt
- 1 Teaspoon Granulated Garlic Powder
- ¾ Cup Unsweetened Apple Cider, divided
- 2 Pounds Boneless, Skinless Chicken Breasts or Thighs
- 4-6 Martin's Whole Wheat Potato Rolls

Quick Apple Slaw

- 2 Tart Apples (such as Granny Smith), cored and thinly sliced or grated
- 1 Scallion (white and green parts), sliced

- 1 Small Medium Napa or Green Cabbage, sliced into thin shreds (abt. 4 cups)
- 1 Tablespoon Olive Oil
- 1 Tablespoon Apple Cider Vinegar
- 1/4 Teaspoon Salt
- 1/4 Teaspoon Pepper (optional)



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Recipe adapted from: realfoodwholelife.com

Directions:

1. Place the apples and onions in a 6-quart slow cooker. Sprinkle with ½ teaspoon salt, tossing to combine.
2. Sprinkle both sides of the chicken with an additional ½ teaspoon salt and garlic powder.
3. Place the chicken on top of the onion and apple mixture. Pour over ½ cup apple cider. Cover and cook on high for 4 hours or low for 6, or until the chicken is very tender and cooked through.
4. Transfer the chicken to a cutting board. Shred with two forks, then place back into the slow cooker, add the remaining ¼ cup apple cider, stirring to combine. Taste and add additional salt or apple cider as needed.
5. While chicken is cooking, prepare Quick Apple Slaw:
6. In a medium bowl combine the apples, scallion, cabbage, olive oil, apple cider vinegar, and ¼ teaspoons salt. Allow to sit for at least 5 minutes for the flavors to combine and the cabbage to wilt, then serve.
7. Serve the Apple Cider Pulled Chicken on Martin's Whole Wheat Potato Rolls topped with Quick Apple Slaw.

Source: <https://potatorolls.com/recipes/slow-cooker-apple-cider-pulled-chicken-sandwiches>

Thursday - Crispy Kale Roasted Autumn Salad with Brie Grilled Cheese Croutons

Serves 4

Ingredients

- 1 Small Butternut Squash* (or ½ Large), peeled, seeded (reserve seeds), and cut into cubes (about 4 cups total)
- 2 Honeycrisp Apples, chopped
- ½ Cup Pecans
- 2 Teaspoons Chili Powder
- ¾ Teaspoon Cinnamon
- ½ Teaspoon Cayenne Pepper
- 1 Teaspoon Brown Sugar
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- 1 Large Bunch Kale, stemmed and roughly chopped**
- 4 Tablespoon Olive Oil, divided
- 2 Tablespoon Parmesan Cheese, grated

For Apple Cider Dressing:

- 2 Cups Apple Cider
- ¼ Cup Honey
- 1 Tablespoon Apple Cider Vinegar
- ¼ Cup Olive Oil
- ¼ Teaspoon Cayenne (optional)
- Salt and Pepper

For Brie Croutons:

- 4 Slices Martin's Whole Wheat Potato Bread
- 4 Slices Brie Cheese
- 1 Tablespoon Butter

Directions:

1. To make the dressing. Add the apple cider to a medium sauce pot and bring to a boil. Boil for about 15 to 20 minutes or until the cider has reduced to about 1/3 cup and is thick and syrupy. Remove from the heat and stir in the honey, apple cider vinegar, olive oil, cayenne (if using), salt and pepper. Set aside
2. Meanwhile, preheat the oven to 400 degrees F and start the kale.
3. Add the kale to a large bowl. Add 2 tablespoons olive oil, 2 tablespoons parmesan cheese and a pinch of salt and pepper. Toss well and massage the kale with your hands for a good 1 to 2 minutes. Spread on a baking sheet and bake for 15-18 minutes, tossing 1-2 times while cooking, until crispy. Remove and place in a large bowl, set aside.
4. While the kale gets crispy start working on the squash. In a small bowl combine the chili powder, cinnamon, cayenne, brown sugar, salt, and pepper. Mix to combine.
5. Peel and chop the squash, but reserve the seeds and add to bowl of water. Using your hands separate the seeds from the flesh. Place the seeds in a paper towel and pat dry. Set the seeds aside.
6. Add the squash to a sheet pan and drizzle on a tablespoon or so of olive oil. Sprinkle with about half the spice mixture and toss well. Bake for 20 minutes, remove from the oven and add the chopped apples and pecans and add a sprinkle more of the seasoning and then toss it all together. Bake for another 15-25 minutes, or until the squash and apples are tender.



Image and recipe by Tieghan Gerard/Half Baked Harvest

7. Now grab the seeds and place them in a small baking dish. Add 2 teaspoons olive oil and the remaining seasoning. Toss well and bake for about 10 minutes or until lightly golden and toasted, but watch carefully, as they will burn quickly. Set aside.
8. Add the roasted butternut squash, apples, and pecans to the crispy kale. Toss.
9. Heat a medium skillet on medium heat; add a tablespoon of butter. Sandwich half the brie between 2 slices of bread. Repeat with a second sandwich. Add the sandwiches to the skillet and cook for 3 to 5 minutes on both sides or until the bread is toasted and the brie is melted. Remove and let sit a couple minutes and then chop into cubes.
10. Divide the salad among plates and top with the croutons, roasted seeds and a drizzle of the apple cider dressing. Serve.

**Tip 1:* Use reserved butternut squash Tuesday's soup recipe.

***Tip 2:* Reserve 4 cups of roughly chopped kale for Saturday's chili.

Source: <https://www.halfbakedharvest.com/crispy-kale-roasted-autumn-salad-brie-grilled-cheese-cROUTONS>

Friday - Mini Shepherd's Pies

Serves 4-6

Ingredients:

- 2 Large Potatoes*
- ¼ Cup Cream
- ½-1 Pound Lean Ground Beef**
- 1 Teaspoon Steak Seasoning
- 1 Tablespoon Ketchup
- 1 Teaspoon Worcestershire Sauce
- 1/3 Cup Frozen Vegetables (peas, carrots, or mixed)
- 12 Slices Martin's Old-Fashioned Real Butter Bread



Image © Martin's Famous Pastry Shoppe Inc. ®
Recipe adapted from: www.tablespoon.com

Directions:

1. Heat oven to 375°F. Lightly spray 12 standard muffin cups with non-stick cooking spray.
2. Peel and quarter potatoes and boil in salted water until tender (about 15 minutes).
3. While the potatoes cook, heat olive oil in a large non-stick skillet over medium-high heat. Add ground beef and steak seasoning and cook until browned, occasionally using a spoon or spatula to break up the meat.
4. Add ketchup, Worcestershire sauce and frozen vegetables to skillet and cook 2-3 minutes until heated through. Taste for seasoning and add salt or pepper as necessary. Remove from heat and set aside.
5. Place one slice of Butter Bread in each muffin cup, gently pressing into bottom and sides of cup. Bake 5 minutes or until bread is lightly toasted.
6. Drain and mash potatoes, adding cream as needed and seasoning with salt and pepper to taste.
7. Fill each toast cup with 1-2 tablespoons of beef filling then top with a spoonful of mashed potatoes.
8. Bake 10 minutes until bread is golden brown and potatoes are golden on top. Cool 5 minutes before serving.

**Tip 1:* Make extra mashed potatoes to use in lunches, alongside other leftovers such as shredded chicken, roast pork, or roasted squash.

***Tip 2:* If you buy extra ground beef, you can cook all of it and save half to add to tomorrow's chili.

Source: <https://potatorolls.com/recipes/mini-shepherds-pies>

Saturday - Five Bean Chili with Kale

Serves 8

Ingredients:

- 1 Tablespoon Canola Oil
- 2 Cups Yellow Onion, chopped
- 1 Cup Carrot, chopped
- 2 Tablespoons Unsalted Tomato Paste
- 2 Tablespoons Fresh Garlic, minced
- 1 ½ Teaspoons Dried Oregano
- 1 ½ Teaspoons Chili Powder
- 1 Teaspoon Salt
- ½ Teaspoon Smoked Paprika
- 4 Cups Kale, stemmed and torn*
- 3 Cups Vegetable Broth
- 2 Red Bell Peppers, chopped
- 1 Jalapeño Pepper, seeded and chopped
- 1 (14.5-Ounce) Can Unsalted Diced Tomatoes, undrained
- 1 (15-Ounce) Can Unsalted Black Beans, rinsed and drained
- 1 (15-Ounce) Can Unsalted Kidney Beans, rinsed and drained
- 1 (15.5-Ounce) Can Unsalted Chickpeas (Garbanzo Beans), rinsed and drained
- 1 (15.8-Ounce) Can Unsalted Great Northern Beans, rinsed and drained
- 1 (16-Ounce) Can Unsalted Pinto Beans, rinsed and drained
- 6-8 Slices Martin's Whole Wheat Potato Bread, sliced and toasted
- Leftover ground beef, cooked and seasoned (optional)**



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Directions:

1. Heat a large Dutch oven over medium heat. Add oil; swirl to coat.
2. Add onion and carrot; sauté 10 minutes or until tender.
3. Stir in tomato paste and next 5 ingredients (through paprika); cook 2 minutes, stirring constantly.
4. Add kale and remaining ingredients.
5. Cover and simmer 45 minutes.
6. Serve, topped with Potato Bread croutons.

*Tip 1: Use reserved kale from Thursday's salad dish.

*Tip 2: if you have leftover ground beef from Friday, you can add it to this chili recipe.

Source: <https://potatorolls.com/recipes/five-bean-chili>