

# Smithfield®

## Menu Planner

Your recipes and grocery list for the week of:

JANUARY 18, 2010

### MONDAY

(A) Firecracker Sesame Chicken

### TUESDAY

(B) Smoked Honey Pork Chops with Mushroom, Bacon and Apricot Stuffing

### WEDNESDAY

(C) Peanut Butter Pork on a Stick and Rice Cubes with Napa Cabbage and Spinach Slaw

### THURSDAY

(D) Chicken and Mushrooms in Wine Cream Sauce with Green Beans, Sliced Almonds and Pine Nuts

### FRIDAY

(E) Italian Meatloaf with Italian Style Roasted Vegetables

Visit [www.Smithfield.com](http://www.Smithfield.com) for more great recipes.

## MONDAY

### (A) Firecracker Sesame Chicken

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**Firecracker Sesame Chicken-** Servings: 4

1.5 pounds chicken breast, diced  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 tablespoons canola oil  
1 garlic clove, minced  
1 cup carrot coins (or 1 10 ounce bag carrot coins)  
1 cup snow peas, trimmed  
1 red pepper, cut into thin strips  
1/3 cup soy sauce  
3 tablespoons chili garlic sauce  
1 tablespoon orange marmalade  
1 tablespoon sesame oil  
1 tablespoon sesame seeds (optional)  
1/4 cup diced green onions  
2 cups cooked long grain white rice

Heat canola oil in a large skillet over medium high heat. In a small bowl, whisk together soy sauce, chili garlic sauce, sesame oil, and orange marmalade; set aside. Season chicken with salt and pepper. Add chicken to the skillet and saute until golden brown, about 5 – 7 minutes. Remove chicken from the skillet. Add carrots, snow peas and red pepper to the skillet; saute for about 5 minutes or until vegetables are crisp tender. Add chicken back to the skillet, along with the garlic; saute for 1 minute. Add sauce to the skillet and cook for another 5 minutes or until sauce is thickened. Serve over white rice.

## T U E S D A Y

### (B) Smoked Honey Pork Chops with Mushroom, Bacon and Apricot Stuffing

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#### Smoked Honey Pork Chops- Servings: 4

- 4 Smithfield Boneless Smoked Pork Chops
- 1 1/2 cups honey
- 3 tablespoons soy sauce

Pour honey in a bowl. Slowly add soy sauce until sauce is syrupy. Place chops in a bowl or a pan and cover with marinade. Marinate pork chops in sauce for up to four hours. Broil chops for 2 minutes on broiler pan or on the grill. Turn and broil for 2 more minutes. Place any remaining marinade in small saucepan over low heat. Brush marinade onto chops as needed. Leftover sauce can be served with the finished chops.

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#### Mushroom, Bacon and Apricot Stuffing- Servings: 4

- 1 pound Smithfield Naturally Hickory Smoked Bacon, cooked crisp and chopped (reserve fat)
- 3 cups chopped leeks
- 3 celery stalks, chopped
- 1 shallot, finely chopped
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1 teaspoon ground cumin
- 1 pound mushrooms, stems removed and caps cut in thin slices
- 1 cup dried apricots, chopped
- 1 pound day old Italian bread, cut in 1/2-inch cubes
- 2 1/2 cups chicken broth
- 4 tablespoons melted butter
- 2 eggs, beaten

In a large skillet over medium heat, add reserved bacon fat. Saute the leeks, celery, shallot, salt, black pepper, thyme, sage and cumin in the bacon fat for 10 minutes. Add mushrooms and cook 5 minutes or until mushrooms are softened. Remove from heat; stir in apricots and bread. (Stuffing can be made one day ahead up to this point.) Preheat oven to 350 degrees F. Toss bread mixture with reserved bacon, broth, butter and eggs; transfer to a 13-by-9-inch baking dish coated with cooking spray. Cover with foil and bake 20 minutes. Remove foil and bake 20 minutes longer or until heated through and lightly browned on top.

## W E D N E S D A Y

### (C) Peanut Butter Pork on a Stick and Rice Cubes with Napa Cabbage and Spinach Slaw

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#### **Peanut Butter Pork on a Stick and Rice Cubes-** Servings: 6

2 (3/4 - to 1-pound) Smithfield Sesame Ginger or Smoky Grill Marinated Pork Tenderloins  
1/2 fresh pineapple, cubed  
3 tablespoons natural peanut butter  
2 tablespoons water  
1 tablespoon reduced-sodium soy sauce  
1 tablespoon honey  
1 1/2 teaspoons lemon juice or pineapple juice  
Pinch of crushed red pepper  
1 cup medium or short-grain rice

**Peanut Butter Pork on a Stick:** Cut pork tenderloin into 3/4 - to 1-inch cubes; thread on soaked wooden skewers. Thread pineapple on skewers. Combine remaining ingredients in blender or food processor; process until smooth. Set aside. Prepare grill for medium-hot, direct heat. Coat cooking grate with grill spray; place pork and pineapple skewers on grate. Grill 15 to 20 minutes, turning occasionally to brown all sides. Serve with peanut sauce for dipping.

**Rice Cubes:** Cook rice according to package directions. Lightly butter a 11 - x 7-inch baking dish or pan. Press hot rice into baking dish, smoothing top with a spatula. Let stand 10 minutes; cut into cubes to serve.

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#### **Napa Cabbage and Spinach Slaw-** Servings: 4

2 tablespoons canola oil  
2 tablespoons rice wine vinegar  
1 teaspoon dark sesame oil  
1 teaspoon grated ginger  
1/4 teaspoon salt  
4 cups thinly sliced Napa cabbage  
2 cups packed trimmed spinach leaves, very thinly sliced

Stir together canola oil, vinegar, sesame oil, ginger, and salt in a large bowl. Add cabbage and spinach, and toss.

## THURSDAY

### (D) Chicken and Mushrooms in Wine Cream Sauce with Green Beans, Sliced Almonds and Pine Nuts

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#### Chicken and Mushrooms in Wine Cream Sauce- Servings: 4

1 pound boneless, skinless chicken breasts cut into bite size pieces  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon paprika  
1/4 cup butter  
2 tablespoons olive oil  
1 cup flour  
1 teaspoon garlic powder  
1/2 cup grated Parmesan cheese  
1 cup sherry  
1/2 cup chicken broth  
12 ounce of sliced mushrooms  
2 tablespoons heavy cream  
1 pound linguine, cooked according to package instructions

Combine salt, pepper, and paprika in a large ziplock bag. Add chicken pieces to bag and shake to evenly coat each piece. Melt butter in a shallow bowl. In a separate dish, combine flour, garlic powder, and grated Parmesan cheese. Dip chicken pieces in butter mixture and then dredge in flour mixture. Heat olive oil in a skillet over medium heat. Add chicken to the skillet and cook 7 – 10 minutes, until brown and crispy. Remove chicken from the skillet and keep warm. Add sherry, chicken broth and sliced mushrooms to the skillet. Cover and cook approximately 10 minutes or until sauce has thickened. Stir heavy cream into the sauce. Add chicken back to the skillet and cook for 5 minutes or until chicken is heated through. To serve, divide pasta among 4 dinner plates, top each plate with chicken, mushrooms and sauce.

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#### Green Beans with Sliced Almonds and Pine Nuts- Servings: 4

1 12 ounce bag trimmed and washed fresh green beans  
2 tablespoons olive oil  
1/2 cup chicken broth  
1 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon butter, melted  
2 tablespoons pine nuts, lightly toasted  
2 tablespoons sliced almonds, lightly toasted

Heat olive oil in a large sauté pan over medium high heat. Add green beans to skillet and sauté for 2 minutes. Add chicken broth, salt and pepper to the pan; reduce heat to medium and simmer for 7 - 10 minutes or until liquid has evaporated from the pan. Add butter, pine nuts and almonds to the skillet and toss to combine.

## FRIDAY

### (E) Italian Meatloaf with Italian Style Roasted Vegetables

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#### Italian Meatloaf - Servings: 4

2 pounds of lean ground beef  
3/4 cup tomato & basil pasta sauce  
3/4 cup bread crumbs  
Salt and pepper  
2 eggs  
1/2 cup onion, minced  
1/4 cup Parmesan cheese  
2 tablespoons Italian seasoning

Preheat oven to 400 degrees F. Mix meat and next 8 ingredients. In a 13 x 9 baking pan, shape meat mixture into a loaf. Bake for 1 hour or until done. Let stand 10 minutes before serving.

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#### Italian Style Roasted Vegetables - Servings: 4

1.5 pounds of fingerling potatoes, cut in halves  
4 carrots, peeled and cut into 2 inch pieces  
2 Vidalia onions, cut into quarters  
3 tablespoons olive oil  
1 tablespoon Italian seasoning  
Kosher salt  
Freshly ground pepper

Preheat oven to 400 degrees F. Combine potatoes, carrots, and onions in a large bowl. Toss with olive oil, Italian seasoning, salt and pepper until all vegetables are well coated. Spread the vegetables evenly on a large baking sheet. Place on medium rack in oven and bake for 35 to 40 minutes.

# GROCERY LIST

**These ingredients will prepare the following dishes and their accompanying side dishes:**

(A) Firecracker Sesame Chicken

(B) Smoked Honey Pork Chops with Mushroom, Bacon and Apricot Stuffing

(C) Peanut Butter Pork on a Stick with Napa Cabbage and Spinach Slaw

(D) Chicken and Mushrooms in Wine Cream Sauce with Green Beans with Sliced Almonds and Pine Nuts

(E) Italian Lasagna with Italian Style Roasted Vegetables

## Fresh Produce

1 bulb garlic (A)

1 bag carrot coins (A)

1 cup snow peas (A)

1 red bell pepper (A)

1 bunch green onions (A)

1 bunch leeks (B)

1 bunch celery (B)

1 shallot (B)

2 lbs mushrooms (B, D)

1 pineapple (C)

1 lemon (C)

1 ginger root (C)

1 head Napa cabbage (C)

1 package spinach leaves (C)

12 oz green beans (D)

1 onion (E)

1.5 lbs fingerling potatoes (E)

1 bunch carrots (E)

2 Vidalia onions (E)

## Meat/Seafood

2.5 lbs boneless, skinless, chicken breast (A, D)

2 lbs lean ground beef (E)

## Refrigerated Meat

4 Smithfield Boneless Smoked Pork Chops (B)

1 package Smithfield Naturally Hickory Smoked Bacon (B)

2 Smithfield Sesame Ginger or Smoky Grill Marinated Tenderloins (C)

## Deli

1 loaf day-old Italian bread (B)

## Ingredients you'll need but may already have:

Salt

Pepper

Canola Oil

Honey

Butter

Eggs

Olive Oil

Flour

Kosher Salt

## Dairy

1 package Parmesan cheese (D, E)

1 carton heavy cream (D)

## Condiments, Oils, Spices, and Dressings

1 bottle soy sauce (A, B, C)

1 bottle chili garlic sauce (A)

1 jar orange marmalade (A)

1 bottle sesame oil (A, C)

1 jar dried thyme (B)

1 jar dried sage (B)

1 jar ground cumin (B)

1 jar natural peanut butter (C)

1 jar crushed red pepper (C)

1 bottle rice wine vinegar (C)

1 jar paprika (D)

1 jar garlic powder (D)

1 bottle sherry (D)

1 jar tomato and basil pasta sauce (E)

1 jar Italian seasoning (E)

## Dry Goods

1 jar sesame seeds (optional) (A)

1 box long grain white rice (A)

1 package dried apricots (B)

1 box medium or short grain white rice (C)

1 box linguine (D)

1 jar pine nuts (D)

1 package sliced almonds (D)

1 package dried bread crumbs (E)

## Canned Goods

1 box chicken broth (B, D)