

YOU'LL FIND KID- AND BUDGET-FRIENDLY RECIPES IN *THE FOOD NANNY RESCUES DINNER*

The key to consistent dinnertime at home is meal planning. The hardest part of planning any meal is figuring out what to have. What is the Food Nanny's plan? Liz Edmunds has devised "theme nights" as a place to start. This does not mean having a party every night. Each night's themes are the starting point for deciding what to have for dinner. Look for these flavorful and easy recipes, plus over 40 salad and side dish recipes, 18 breads we can't live without, 18 desserts we love, and easy after school snacks.



MONDAY: COMFORT FOODS

- Almond-Topped Chicken Casserole 40
- Beef Stew with Dumplings 48
- Beef Stroganoff 46
- Biscuits & Sausage Country Gravy 44
- Carrot Potato Soup with Ginger 54
- Cheesy Scalloped Potatoes with Ham & Corn 43
- Chicken & Noodles over Mashed Potatoes 38
- Chicken Fajita Soup 52
- Chicken Potpie 37
- Chicken Rice Broccoli Casserole 41
- Chicken Salad Croissant Sandwiches for a Crowd 55
- Country-Fried Steak with Milk Gravy 47
- Creamy Chicken Soup 51
- Croque Madame variation 56
- Croque Monsieur 56
- Crunchy Parmesan Baked Chicken 40
- Fired-Up Macaroni & Cheese 36
- Homemade Egg Noodles 39
- Pepper Jack Potato Soup 53
- Roast Chicken with Gravy 34
- Savory Meatloaf 45
- Stuffing-Topped Pork Chops 42
- Three-Bean Chili with Sausage 49
- White Chili 50



TUESDAY: ITALIAN NIGHT

- Baked Chicken and Potatoes Italiano 80
- Bolognese Sauce with Pasta 65
- Bow-Tie Pasta with Cherry Tomatoes & Fresh Basil 67
- Chicken Marsala with Mushrooms 78
- Chicken Piccata with Capers 79
- Classic Italian Meatballs 63
- Creamy Tomato Basil Soup 82
- Easy American Lasagna 75
- Fettuccine Alfredo 71
- Fresh Lasagna Noodles 76
- Fresh Tomato Bruschetta with Basil 81
- Lasagna Bolognese with Béchamel Sauce 74
- Penne with Sausage, Red Potatoes, and Green Beans 69
- Red-and-White Mostaccioli 73
- Spaghetti and Meat Sauce 62
- Spaghetti Carbonara alla Mario 60
- Spaghetti with Cheesy Tomato Cream Sauce 66



- Spaghetti with Quick Tomato Sauce 64
- Three-Cheese Manicotti 70

WEDNESDAY: HOLD THE MEAT

- Baked Halibut with Pan-Fried Red Potatoes 92
- Broiled Tilapia 93
- Classic Tuna Melt 88
- Creamy Parmesan Baked Halibut 92
- Easy Skillet Salmon 96
- Fish Tacos 95
- Fried Rice, Cantonese Style 87
- Linguine in Clam Sauce 87
- Mac & Cheese Kids Crave 86
- Roast Salmon with Tarragon 97
- Roast Salmon with Vegetables 96
- Salad Niçoise 90
- Tuna Noodle Casserole with Sour Cream Sauce 89
- Vegetable Lasagna 91
- BREAKFAST FOR SUPPER:
- Blueberry Croissant French Toast 99
- Buttermilk Waffles 101
- Classic French Toast 100
- Favorite Pancakes 102
- German Pancake with Strawberries 103
- Quick & Easy Egg Suppers 104

THURSDAY: MEXICAN NIGHT

- Baja Fajitas 115
- Beef & Bean Taco Soup 120
- Carne Asada Taquitos or Tacos 112
- Cheese Enchiladas with Red Sauce 117
- Chicken Burritos with Salsa Verde and Lime 119
- Chicken Tacos 110
- Easy Meatless Nachos 120
- Fresh Salsa 125
- Homemade Corn Tortillas 108
- Indian Fry Bread 127
- Mango Salsa 124
- Mexican Beans & Rice 122
- Mexican Chicken and Black Bean Soup 121
- Mexican Rice with Fresh Tomatoes 123
- Navajo Tacos, Buffet Style 113
- Pepper Jack Enchiladas with Green Chile-Sour Cream Sauce 116
- Roasted Green Chile Casserole 118
- Santa Fe Lime Rice 123
- Sopaipillas 128

- Taco Salad 126
- Texas-Style Beef Tacos 111
- Three-Cheese Chicken Quesadillas 114



FRIDAY: PIZZA NIGHT

- Arugula Pizza with Fresh Mozzarella and Cherry Tomatoes 141
- Authentic Margherita Pizza 144
- Basic Pizza Dough 135
- Basic Pizza Sauce 137
- BBQ Chicken Pizza 143
- Choose-a-Flavor Pizza 138
- Easy Pizza Sauce Your Kids Will Make 137
- Marinara Pizza 140
- Marinara Sauce 140
- Pizza Bianca 145
- Popular Italian Pizzas 133
- Thick-Crust Pizza Dough 136
- SATURDAY
- GRILL NIGHT
- BBQ Dogs Your Way 151
- BBQ Sauce 153
- BBQ-Style Brisket 153
- Grilled Chicken with Dad's Sweet BBQ Sauce 157
- Grilled Garlic-Butter Chicken 156
- Grilled Hamburgers 150
- Grilled Marinated London Broil with Sautéed Mushrooms 155
- Grilled Marinated Turkey Breast 156
- Grilled Salmon 159
- Grilled Steak 154
- Grilled Vegetables in Chicken Broth 159
- Marinated Grilled Vegetables 161
- Sloppy Joes 152
- Sweet & Sour Baked Chicken 162

SUNDAY: FAMILY TRADITIONS

- BBQ Beef Sandwiches 175
- Chinese Stir-Fry 180
- Chinese Sundaes Kids Will Love 181
- Crock-Pot Roast Beef Dinner 172
- Crunchy-Fried Chicken with Gravy 176
- Easy Chicken Cordon Bleu 179
- Easy Pot Roast Dinner 171

- Louisiana-Style Braised Pork Loin with Gravy 169
- Pan Gravy for Pot Roast 171
- Roast Turkey and Stuffing 178
- Slow-Cooked Chicken Noodle Soup 182
- Slow-Cooker Barbecued Ribs 174
- Traditional Pot Roast Dinner 170
- Tri-Tip Roast with Red Potatoes 173

SALADS & DRESSINGS

- Acini de Pepe Fruit Salad 197
- Almost Caesar Dressing 198
- Balsamic Vinaigrette 199
- BLT Salad with Cheese and Almonds 186
- Buttermilk Ranch Dressing 198
- Caramelized Nuts 201
- Classic American-Style Potato Salad 196
- Creamy Raspberry Vinaigrette 198
- Easy Sugared Nuts 201
- Elegant Chicken Salad 193
- Fruit, Nut, and Cheese Toss 190
- Garden Salad with Olives 190
- Homemade Croutons 200
- Honey Mustard Dressing 200
- Mixed Greens & More 192
- New York Steak Salad with Gorgonzola 189
- Pear Gorgonzola Salad 187
- Pesto-Dressed Pasta Salad with Ham and Cheese 194
- Poppy Seed Dressing 199
- Quick Caesar-Style Salad 195
- Reds & Greens Salad 191
- Simple Cabbage Salad 197
- Spinach Salad with Fruit and Cheese 188
- Sweet Red Wine Vinaigrette 199
- Tuna Macaroni Salad 194

SIDE DISHES/VEGETABLES

- Baked Beans with Maple and Cocoa 210
- Baked Buttered Carrots 207
- Caramelized Sweet Potatoes and Yams 216
- Cheddar Hashbrown Casserole 210
- Cheese Sauce for Vegetables 208
- Cheesy Broccoli Rice Bake 208
- Classic Mashed Potatoes 211
- Corn Bread Stuffing 215
- Parmesan-Topped Creamed Corn 206
- Rice Pilaf 213
- Simple Parmesan Risotto 212
- Stir-Fried Green Beans 207
- Swiss Green Bean Bake 206
- Traditional Bread Stuffing 214
- Twice-Baked Potatoes 209
- Vegetable Platters 204

BREADS

- Banana Bread 242
- Breadsticks 233

- Buttermilk Corn Bread 241
- Cinnamon Rolls 236
- Coconut Tea Bread 244
- Cream Cheese Frosting 237
- Focaccia 231
- French Baguettes 225
- Garlic Bread 227
- Hearth Bread 230
- Honey Butter 240
- Honey Oat Wheat Bread 229
- Italian Bread 224
- Liz's Crescent Dinner Rolls 234
- Northern-Style Corn Bread 241
- Old-Fashioned Biscuits 240
- Pumpkin Chocolate Chip Bread 242
- Six-Week Bran Muffins 238
- White Bread 228
- Zucchini Bread 243

DESSERTS

- All-American Apple Pie 248
- Almond-Scented Cream Cheese Frosting 255
- Apple Crisp 260
- Best-Ever Brownies 260
- Carrot Cake 254
- Carrot Cookies with Orange Icing 266
- Chocolate Chip Cookies 261
- Chocolate Sour Cream Sheet Cake with Half & Half Frosting 252
- Coconutty Cereal Treats 267
- Dreamy Cream Cheese Pie 258
- Fresh Fruit...the Daily Dessert 268
- Grandma's Sugar-Cookie Cutouts with Icing 265
- Hello Dolly Bars 267
- Ingredients for a Flaky Pie Crust 250
- Jam Roll-ups 251
- Mexican Cocoa Cake with Bittersweet Chocolate Icing 253
- Oatmeal Cake with Caramel Coconut Glaze 255
- Oatmeal Coconut Chocolate Chippers 264
- Peanut Butter Cookies with Kisses 263
- Pumpkin Pie 249
- Sour Cream Devil's Food Cake with Fudge Frosting 256
- Surprise Fruit Cobbler 259

AFTER-SCHOOL SNACKS

- Chocolate Malts 274
- Citrusy Cream Cheese Fruit Dip 273
- Deviled Eggs 272
- Dill Dip 272
- Lemonade Slush to Die For 274
- Marshmallow Cream Cheese Fruit Dip 273