

May is a busy time of year for everyone.

The littlest among us just want to play outside all day. School age kids are starting summer activities while trying to stay engaged in the classroom. College “kids” are starting finals, maybe a summer job, or a move home. And the adults, that belong to these kids, are running every which way!

This week, we offer some easy meal preps for those that need real food but do not have a lot of extra time. These will satisfy even the pickiest of eaters! Happy Mother’s Day!

Yummy No-Bake Cinnamon Rolls

Prep Time: 10 min.

Total Time: 10 min.

Servings: 4

2 slices white bread, crusts removed
2 T. butter
2 T. cinnamon sugar
2 T. confectioners’ sugar
1/8 sp. water, or as needed

Roll the bread slices until very flat. Butter the bread, and sprinkle with cinnamon sugar. Starting on one side, roll up the bread slice until tight. Repeat with the second bread slice. Cut the bread rolls into 1 inch slices.

Mix the confectioners’ sugar with the water in a small bowl to make a thin frosting. Drizzle frosting over the bread slices, and serve.

Make-Ahead Breakfast Bars

Prep Time: 10 min.

Cook Time: 40 min.

Total Time: 50 min.

Servings: 6

cooking spray
3 C. frozen Southern-style hash browns
4 eggs, lightly beaten
1 C. cubed fully cooked ham
1 C. shredded Cheddar-Monterey Jack cheese blend
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. ground black pepper

Preheat the oven to 350°F. Grease an 8x11-inch casserole dish with cooking spray.

Mix hash browns, eggs, ham, Cheddar-Monterey Jack cheese, onion powder, salt, and pepper together. Pour mixture into the prepared dish. Shake dish gently from side to side to level out ingredients.

Bake, uncovered, in the preheated oven until top starts to brown, about 40 min. Cool before cutting into bars.

Baked Scrambled Eggs

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Servings: 12

1/2 C. butter, melted
24 lg. eggs
2-1/4 tsp. salt
2-1/2 C. milk

Gather all ingredients. Preheat the oven to 350°F.

Pour melted butter into a 9x13-inch glass baking dish.

Whisk eggs and salt together in a large bowl until well blended. Gradually whisk in milk. Pour egg mixture into the buttered dish.

Bake uncovered in the preheated oven for 10 to 15 min. Stir egg mixture and continue to bake until eggs are just set and no longer runny, about 10 to 15 min. more.

Dorm Room Chili Mac

Cook Time: 15 min.

Total Time: 15 min.

Servings: 4

1 (7.25 oz.) package macaroni and cheese mix
1/4 C. margarine, cut into pieces
1/4 C. milk
1 (14 oz.) can hot dog chili
1/4 C. shredded cheddar cheese, or cheese of choice

Bring a large pot of lightly salted water to a boil. Cook macaroni in the boiling water, stirring occasionally, until tender yet firm to the bite, 7 to 8 min.

Drain macaroni and return to the pan. Add margarine, milk, and cheese sauce packet; mix well. Stir in canned chili and cook over medium heat until hot.

Sprinkle with cheddar cheese to serve.

Air Fryer Pizza Dogs

Prep Time: 10 min.

Cook Time: 5 min.

Total Time: 15 min.

Servings: 2

2 hot dogs
4 slices pepperoni, halved
1/2 C. pizza sauce
2 hot dog buns
1/4 C. shredded mozzarella cheese
2 tsp. sliced olives

Preheat an air fryer to 390°F according to manufacturer's instructions.

Make 4 slits down each hot dog. Place hot dogs in the air fryer basket; cook for 3 min. Transfer to a cutting board.

Place 1 pepperoni half in each slit; divide pizza sauce between buns. Add hot dogs, mozzarella cheese, and olives.

Return hot dogs to the air fryer basket; cook until buns are crisp and cheese is melted, about 2 min.

Grilled Peanut Butter and Jelly Sandwich

Prep Time: 5 min.

Cook Time: 10 min.

Total Time: 15 min.

Servings: 1

2 tsp. butter
2 slices white bread
2 tsp. any flavor fruit jelly
1 tsp. peanut butter

Heat a griddle or skillet to 350°F.

Spread butter on one side of each slice of bread. Spread jelly on the unbuttered side of one slice of bread; spread peanut butter on the other unbuttered side.

Place bread slices together, so peanut butter and jelly are in the middle.

Cook on the preheated griddle until golden brown and heated through, about 4 min. per side.

Fried Bologna Sandwich

Prep Time: 5 min.

Cook Time: 5 min.

Total Time: 10 min.

Servings: 1

2 slices white sandwich bread
3 slices thick-cut bologna
3 slices deluxe American cheese
1 T. yellow mustard
1 C. barbecue potato chips

Toast bread slices.

Heat a skillet over medium heat. Make 3 to 4 slits around the edges of each bologna slice and add slices to the skillet. Cook bologna, turning once, until golden brown on both sides, about 3 min. Reduce heat to low, top each slice with cheese, and cook until cheese is melted, about 2 min.

Spread mustard on 1 side of each bread slice. Stack bologna and cheese on top of mustard side of 1 bread slice. Add chips on top; place second bread slice on top of chips, mustard side down. Serve immediately.

Quick Tuna Salad

Prep Time: 5 min.

Total Time: 5 min.

Servings: 3

1 (5 oz.) can solid white tuna packed in water, drained
1/4 C. creamy salad dressing
1 T. sweet pickle relish, or to taste

Mash tuna, creamy salad dressing, and relish in a small bowl with a fork until combined. Serve immediately, or cover and refrigerate until ready to serve.

Shipwreck Casserole

Prep Time: 10 min.

Cook Time: 20 min.

Total Time: 30 min.

Servings: 4

1 lb. lean ground beef
1 (7.25 oz.) package macaroni and cheese mix
1 (14.5 oz.) can diced tomatoes, undrained
1 C. milk
1 C. frozen peas
1 C. frozen corn
1 tsp. seasoned salt
1 C. shredded cheddar cheese, divided

Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 min.

Stir pasta and cheese mixture from macaroni and cheese package into beef. Stir in tomatoes, milk, peas, and corn; bring to a boil, reduce heat to medium-low, cover, and simmer until noodles are tender, about 12 min.

Season with seasoned salt. Stir 1/2 of the cheddar cheese into dish to melt. Top with remaining cheese.

Meatball Sub Casserole

Prep Time: 10 min.

Cook Time: 50 min.

Total Time: 1 hr.

Servings: 8

1 (16 oz. package frozen garlic bread
2 (24 oz.) jars spaghetti sauce
40 Italian-style frozen meatballs
2 C. shredded mozzarella cheese
1/4 C. grated Parmesan cheese

Preheat oven to 425°F.

Heat garlic bread with spread side up on a baking sheet in the preheated oven until warm and golden brown, 10 to 12 min. Set aside to cool.

Reduce oven temperature to 350°F.

Bring spaghetti sauce to a boil in a large pot. Place frozen meatballs into sauce. Reduce heat to low and simmer until meatballs are heated through, about 20 min.

Tear garlic bread into bite-size pieces and spread into bottom of a 9x13-inch baking dish. Pour spaghetti sauce and meatballs over garlic bread, coating bread with sauce and distributing meatballs evenly. Spread mozzarella cheese over top in a layer, followed by a layer of Parmesan cheese.

Bake casserole until cheese has melted, 20 to 25 min.

Easy Banana Cake

Prep Time: 15 min.

Cook Time: 30 min.

Total Time: 45 min.

Servings: 12

3 over-ripe bananas, mashed
1 (8 oz.) package cream cheese, softened
1 C. vegetable oil
1 (15.25 oz.) package cake mix with candy bits (such as Pillsbury® Funfetti®), or more to taste

Preheat oven to 350°F. Grease and flour a 9x13-inch baking dish.

Beat bananas, cream cheese, and oil together in a bowl using an electric mixer on medium speed until smooth and creamy, about 2 min. Add cake mix and continue beating for 3 min more; spread into the prepared baking dish.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, 30 to 35 min.

Quote of the Week:

“Behind all your stories is always your mother’s story, because hers is where yours begins.”

~ Mitch Albom