

## SERVES 2—SCROLL DOWN FOR 4-SERVING MENU

Garden-Vegetable Baked Haddock  
Skillet Turkey, Broccoli and Bulgur  
Breaded Chicken Breasts with Chive Sauce  
Roasted Vegetable and White Bean Salad  
Grilled Pork Tenderloin



### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

2 (6-ounce) boneless, skinless chicken breasts  
½ pound turkey breast tenderloin\*  
¾ pound haddock filet, skinned and cut into 2 pieces  
¾ pound pork tenderloin

\*can substitute chicken breast for turkey

#### Produce

2 small zucchinis  
3 small summer squash (*2 for sides*)  
Green beans (need ½ c)  
2 plum tomatoes  
Cherry tomatoes (need 8)  
Broccoli florets (need 1c)  
*1 green bell pepper*  
2 scallions  
1 red onion  
1 head of garlic  
1 lemon  
Fresh parsley (need 2 T)  
Fresh chives (need 2 T)

#### Dairy/Eggs/Juices

Grated Parmesan cheese (need 2 T)  
Crumbled feta cheese (need ½ c)  
Orange juice

#### Grains

Bulgur wheat (need ½ c)  
Whole-wheat bread crumbs (need ½ c)  
*Angel hair pasta*  
*Whole-wheat pita bread*  
*Rice Pilaf*

#### Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt  
Kosher salt  
Dried thyme  
Canola oil  
Olive oil  
White wine vinegar  
Honey  
Reduced-sodium soy sauce

#### Canned/jarred goods

8 oz reduced-sodium chicken broth  
Dijon mustard (need 3 T)  
Light mayonnaise (need 3 T)  
1 (15.5-ounce) can cannellini beans

#### Frozen

Peas (need 1 c)

#### Other

Dry white wine (need 1/3 c)  
*Fresh butternut squash soup (look for in refrigerated section of store)*

## Garden-Vegetable Baked Haddock

Servings: 2

1 small zucchini, diced  
2 plum tomatoes, diced  
2 scallions, chopped  
2 teaspoons olive oil  
 $\frac{1}{4} + \frac{1}{4}$  teaspoon salt  
Freshly ground pepper to taste  
 $\frac{3}{4}$  pound haddock filet, skinned and cut into 2 pieces  
2 tablespoons grated Parmesan cheese  
 $\frac{1}{3}$  cup dry white wine

1. Preheat oven to 425° F.
2. In a medium bowl, combine zucchini, tomatoes, scallions, and olive oil. Season with  $\frac{1}{4}$  teaspoon salt and freshly ground pepper to taste.
3. Place fish filets in a baking dish and season with remaining  $\frac{1}{4}$  teaspoon salt. Top with the vegetable mixture and sprinkle with parmesan cheese. Pour wine around the fish and cover dish with foil. Bake for 15-18 minutes, until fish is opaque throughout and flakes easily with a fork.

### Nutrition Information

(For  $\frac{1}{2}$  of recipe) 244 calories; 6 g carbohydrate; 34 g protein; 6 g fat (1 g sat); 2 g fiber; 709 mg sodium. *Exchanges:* 4 very lean meats; 1 fat; 2 vegetables.

Side suggestions: **Angel hair pasta.**

## **Skillet Turkey, Broccoli, and Bulgur**

Servings: 2

2 teaspoons olive oil  
2 garlic cloves, minced  
½ pound turkey breast tenderloin, cut into bite-size pieces  
1 cup reduced-sodium chicken broth  
½ cup bulgur wheat  
¼ teaspoon dried thyme  
1 cup broccoli florets  
8 cherry tomatoes  
¼ teaspoon salt  
Freshly ground pepper to taste  
2 tablespoons chopped fresh parsley

1. Heat olive oil in a medium skillet over medium-high heat. Add garlic and sauté for 1-2 minutes, until fragrant. Then toss in turkey and cook for 2-3 minutes.
2. Stir in chicken stock, bulgur, and thyme. Top with broccoli and cherry tomatoes, and bring to a boil.
3. Reduce heat, cover, and simmer for 8-12 minutes, or until turkey is cooked through and bulgur is tender. Season with salt and pepper to taste. Sprinkle with parsley and serve.

### **Nutrition Information**

(For ½ of recipe) 330 calories; 34 g carbohydrate; 34 g protein; 8 g fat (1.5 g sat); 7.5 g fiber; 980 mg sodium. *Exchanges:* 3 very lean meats; 2 vegetables; 1.5 starches; 1 fat.

Side suggestions: **Butternut squash soup**. Look for fresh, refrigerated butternut squash soup. Heat according to package directions.

## Breaded Chicken Breasts with Chive Sauce

Servings: 2

½ cup whole-wheat bread crumbs  
2 teaspoons olive oil  
¼ + ¼ teaspoons salt  
1/8 + 1/8 teaspoons freshly ground pepper  
3 tablespoons Dijon mustard  
3 tablespoons light mayonnaise  
2 tablespoons crème fraîche  
2 tablespoons chopped fresh chives  
2 (6-ounce) boneless, skinless chicken breasts

1. Preheat oven to 425° F.
2. In a small bowl, combine bread crumbs, oil, ¼ teaspoon salt, and 1/8 teaspoon pepper.
3. In another small bowl, combine mustard and mayonnaise. Remove and reserve 2 tablespoons of the mixture and then stir in the crème fraîche and chives.
4. Place chicken in a baking dish and season with remaining ¼ teaspoon salt and 1/8 teaspoon pepper. Spread top side of chicken with the reserved 2 tablespoons of the mustard-mayo mixture and then sprinkle the bread crumb mixture on top.
5. Bake in the oven for 20-25 minutes, or until a meat thermometer inserted into the middle of the chicken registers 165° F. Serve with the chive sauce.

### Nutrition Information

(For ½ of recipe) 450 calories; 24 g carbohydrate; 44 g protein; 19 g fat (5 g sat); 2 g fiber; 995 mg sodium. *Exchanges*: 6 very lean meats; 1.5 starches; 3 fats.

Side suggestions: **Sautéed summer squash and peas.** Cook 1 c frozen peas in the microwave according to package directions. Heat 2 t olive oil in a nonstick skillet over medium-high heat. Add 1 chopped garlic clove and 1 sliced small summer squash and sauté for 3-4 minutes. Add cooked and drained peas and sauté for 1 more minute.

## Roasted Vegetable and White Bean Salad

Servings: 2

1 small zucchini, diced  
1 small summer squash, diced  
½ cup green beans, trimmed and sliced into ½-inch pieces  
2 + 2 teaspoons olive oil  
1/8 + 1/8 teaspoon salt  
Freshly ground pepper to taste  
1 (15.5-ounce) can cannellini beans, drained and rinsed  
¼ cup chopped red onion  
½ cup crumbled feta cheese  
Juice of ½ lemon

1. Preheat oven to 425° F.
2. Combine zucchini, squash, and green beans with 2 teaspoons olive oil and distribute evenly on a nonstick baking sheet. Sprinkle with 1/8 teaspoon salt and freshly ground pepper to taste. Roast in the oven for 10-15 minutes, tossing half way through.
3. Combine roasted vegetables, beans, red onion, feta, lemon juice, and remaining olive oil in a medium bowl. Season with remaining 1/8 teaspoon salt and freshly ground pepper to taste.

### Nutrition Information

(For ½ of recipe) 395 calories; 43 g carbohydrate; 19 g protein; 18 g fat (7 g sat); 11 g fiber; mg sodium. *Exchanges:* 3 vegetables; 2 starches; 2 fats; 1 medium-fat meat substitute.

Side suggestions: **Whole-wheat pita bread.**

*Weekend Meal*

## **Grilled Pork Tenderloin**

Servings: 2

Marinating time: 2 hours

2 tablespoons reduced-sodium soy sauce  
1 tablespoon honey  
1 tablespoon white wine vinegar  
1 tablespoon olive oil  
½ tablespoon orange juice  
1 clove garlic, minced  
¾ pound pork tenderloin, visible fat removed

1. Whisk together soy sauce, honey, vinegar, oil, orange juice, and garlic in a small bowl. Pour half of the marinade into a resealable plastic bag. Reserve the other half the marinade to serve as a dressing with the cooked tenderloin.
2. Place pork in the bag and toss around until it is thoroughly coated. Marinate in the refrigerator for 1 ½ to 2 hours, turning at least once. Remove from the refrigerator 20 – 30 minutes before grilling.
3. Prepare indoor or outdoor grill. Grill the tenderloin for 20-25 minutes, turning often, until a meat-thermometer registers 150° F. Let rest for 5-10 minutes before slicing.
4. Pour the remaining marinade over the sliced pork and serve.

### **Nutrition Information**

(For ½ of recipe) 285 calories; 9 g carbohydrate; 36 g protein; 11 g fat (3 g sat); 0.5 g fiber; 535 mg sodium. *Exchanges:* 5 lean meats; ½ starch.

Side suggestions: **Grilled vegetables.** Slice ½ red onion, 1 green bell pepper, and 1 summer squash into large pieces. Toss with 2 t olive oil and grill for a few minutes, turning once. (Alternatively, place on a sheet pan in the oven and bake at 400° F for about 10 minutes, turning vegetables around with a spatula half way through.) **Rice Pilaf.**

## SERVES 4—SCROLL UP FOR 2-SERVING MENU

Garden-Vegetable Baked Haddock  
Skillet Turkey, Broccoli and Bulgur  
Breaded Chicken Breasts with Chive Sauce  
Roasted Vegetable and White Bean Salad  
Grilled Pork Tenderloin



### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

4 (6-ounce) boneless, skinless chicken breasts  
1 pound turkey breast tenderloin  
1 ½ pounds haddock filet, skinned and cut into 4 pieces  
1 ½ pounds pork tenderloin

#### Produce

4 small zucchinis (*1 for side*)  
4 small summer squash (*2 for sides*)  
Green beans (need 1 c)  
4 plum tomatoes  
Cherry tomatoes (need 16)  
*2 tomatoes*  
Broccoli florets (need 2 c)  
*2 green bell peppers*  
4 scallions  
1 red onion  
1 head of garlic  
1 lemon  
Fresh parsley (need ¼ c)  
Fresh chives (need ¼ c)

#### Dairy/Eggs/Juices

Grated Parmesan cheese (need ¼ c)  
Crumbled feta cheese (need 1 c)  
Orange juice

#### Grains

Bulgur wheat (need 1 c)  
Whole-wheat bread crumbs (need 1 c)  
*Angel hair pasta*  
*Whole-wheat pita bread*  
*Rice Pilaf*

#### Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt  
Kosher salt  
Dried thyme  
Canola oil  
Olive oil  
White wine vinegar  
Honey  
Reduced-sodium soy sauce

#### Canned/jarred goods

16 oz reduced-sodium chicken broth  
Dijon mustard (need 6 T)  
Light mayonnaise (need 6T)  
2 (15.5-ounce) cans cannellini beans

#### Other

Dry white wine (need 2/3 c)  
*Fresh butternut squash soup (look for in refrigerated section of store)*

## Garden-Vegetable Baked Haddock

Servings: 4

2 small zucchinis, diced  
4 plum tomatoes, diced  
4 scallions, chopped  
4 teaspoons olive oil  
 $\frac{1}{2} + \frac{1}{2}$  teaspoon salt  
Freshly ground pepper to taste  
1  $\frac{1}{2}$  pounds haddock filets, skinned and cut into 4 pieces  
 $\frac{1}{4}$  cup grated Parmesan cheese  
 $\frac{2}{3}$  cup dry white wine

1. Preheat oven to 425° F.
2. In a medium bowl, combine zucchini, tomatoes, scallions, and olive oil. Season with  $\frac{1}{2}$  teaspoon salt and freshly ground pepper to taste.
3. Place fish filets in a baking dish and season with remaining  $\frac{1}{2}$  teaspoon salt. Top with the vegetable mixture and sprinkle with parmesan cheese. Pour wine around the fish and cover dish with foil. Bake for 15-18 minutes, until fish is opaque throughout and flakes easily with a fork.

### Nutrition Information

(For  $\frac{1}{4}$  of recipe) 245 calories; 6 g carbohydrate; 34 g protein; 6 g fat (1 g sat); 2 g fiber; 710 mg sodium. *Exchanges*: 4 very lean meats; 1 fat; 2 vegetables.

Side suggestions: **Angel hair pasta.**

## **Skillet Turkey, Broccoli, and Bulgur**

Servings: 4

4 teaspoons olive oil  
4 garlic cloves, minced  
1 pound turkey breast tenderloin, cut into bite-size pieces  
2 cups reduced-sodium chicken broth  
1 cup bulgur wheat  
½ teaspoon dried thyme  
2 cups broccoli florets  
16 cherry tomatoes  
½ teaspoon salt  
Freshly ground pepper to taste  
¼ cup chopped fresh parsley

1. Heat olive oil in a medium skillet over medium-high heat. Add garlic and sauté for 1-2 minutes, until fragrant. Then toss in turkey and cook for 2-3 minutes.
2. Stir in chicken stock, bulgur, and thyme. Top with broccoli and cherry tomatoes, and bring to a boil.
3. Reduce heat, cover, and simmer for 8-12 minutes, or until turkey is cooked through and bulgur is tender. Season with salt and pepper to taste. Sprinkle with parsley and serve.

### **Nutrition Information**

(For ¼ of recipe) 330 calories; 34 g carbohydrate; 34 g protein; 8 g fat (1.5 g sat); 7.5 g fiber; 980 mg sodium. *Exchanges:* 3 very lean meats; 2 vegetables; 1.5 starches; 1 fat.

Side suggestions: **Butternut squash soup**. Look for fresh, refrigerated butternut squash soup. Heat according to package directions.

## Breaded Chicken Breasts with Chive Sauce

Servings: 4

1 cup whole-wheat bread crumbs  
4 teaspoons olive oil  
 $\frac{1}{2} + \frac{1}{2}$  teaspoons salt  
 $\frac{1}{4} + \frac{1}{4}$  teaspoons freshly ground pepper  
 $\frac{1}{3}$  cup Dijon mustard  
 $\frac{1}{3}$  cup light mayonnaise  
 $\frac{1}{4}$  cup crème fraîche  
 $\frac{1}{4}$  cup chopped fresh chives  
4 (6-ounce) boneless, skinless chicken breasts

1. Preheat oven to 425° F.
2. In a small bowl, combine bread crumbs, oil,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper.
3. In another small bowl, combine mustard and mayonnaise. Remove and reserve  $\frac{1}{4}$  cup of the mixture and then stir in the crème fraîche and chives.
4. Place chicken in a baking dish and season with remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Spread top side of chicken with the reserved  $\frac{1}{4}$  cup of the mustard-mayo mixture and then sprinkle the bread crumb mixture on top.
5. Bake in the oven for 20-25 minutes, or until a meat thermometer inserted into the middle of the chicken registers 165° F. Serve with the chive sauce.

### Nutrition Information

(For  $\frac{1}{4}$  of recipe) 450 calories; 24 g carbohydrate; 44 g protein; 19 g fat (5 g sat); 2 g fiber; 995 mg sodium. *Exchanges*: 6 very lean meats; 1.5 starches; 3 fats.

Side suggestions: **Sautéed zucchini.** Heat 1 T olive oil in a nonstick skillet over medium-high heat. Add 1 sliced zucchini and sauté for 3-5 minutes, until cooked. **Sliced tomatoes.** Top 2 sliced tomatoes with chopped chives.

## Roasted Vegetable and White Bean Salad

Servings: 4

2 small zucchinis, diced  
2 small summer squashes, diced  
1 cup green beans, trimmed and sliced into ½-inch pieces  
4 + 4 teaspoons olive oil  
¼ + ¼ teaspoon salt  
Freshly ground pepper to taste  
2 (15.5-ounce) cans cannellini beans, drained and rinsed  
½ cup chopped red onion  
1 cup crumbled feta cheese  
Juice of 1 lemon

1. Preheat oven to 425° F.
2. Combine zucchini, squash, and green beans with 4 teaspoons olive oil and distribute evenly on a nonstick baking sheet. Sprinkle with ¼ teaspoon salt and freshly ground pepper to taste. Roast in the oven for 10-15 minutes, tossing half way through.
3. Combine roasted vegetables, beans, red onion, feta, lemon juice, and remaining olive oil in a medium bowl. Season with remaining ¼ teaspoon salt and freshly ground pepper to taste.

### Nutrition Information

(For ¼ of recipe) 395 calories; 43 g carbohydrate; 19 g protein; 18 g fat (7 g sat); 11 g fiber; mg sodium. *Exchanges:* 3 vegetables; 2 starches; 2 fats; 1 medium-fat meat substitute.

Side suggestions: **Whole-wheat pita bread.**

*Weekend Meal*

## **Grilled Pork Tenderloin**

Servings: 4

Marinating time: 2 hours

¼ cup reduced-sodium soy sauce

2 tablespoons honey

2 tablespoons white wine vinegar

2 tablespoons olive oil

1 tablespoon orange juice

2 cloves garlic, minced

1 ½ pounds pork tenderloin, visible fat removed

1. Whisk together soy sauce, honey, vinegar, oil, orange juice, and garlic in a small bowl. Pour half of the marinade into a resealable plastic bag. Reserve the other half the marinade to serve as a dressing with the cooked tenderloin.
2. Place pork in the bag and toss around until it is thoroughly coated. Marinate in the refrigerator for 1 ½ to 2 hours, turning at least once. Remove from the refrigerator 20 – 30 minutes before grilling.
3. Prepare indoor or outdoor grill. Grill the tenderloin for 20-25 minutes, turning often, until a meat-thermometer registers 150° F. Let rest for 5-10 minutes before slicing.
4. Pour the remaining marinade over the sliced pork and serve.

### **Nutrition Information**

(For ¼ of recipe) 285 calories; 9 g carbohydrate; 36 g protein; 11 g fat (3 g sat); 0.5 g fiber; 535 mg sodium. *Exchanges:* 5 lean meats; ½ starch.

Side suggestions: **Grilled vegetables.** Slice 1 red onion, 2 green peppers, and 2 summer squashes into large pieces. Toss with 4 teaspoons olive oil and grill for a few minutes, turning once. (Alternatively, place on a sheet pan in the oven and bake at 400° F for about 10 minutes, turning vegetables around with a spatula half way through.) **Rice Pilaf.**