

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

Asian Turkey Sauté  
Pork with Lemon and Capers  
Pan-Seared Tuna with Cilantro Sauce  
Margherita Pasta  
Slow Cooked Chicken



### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

½ pound boneless, skinless turkey breast  
Pork tenderloin (need ½ lb; can freeze excess)  
2 (6-ounce) tuna steaks  
1 whole chicken (about 3 ½ pounds)

#### Produce

Head of garlic  
1 onion  
Carrots (need 2)  
Celery (need 2 stalks)  
Bunch of scallions  
Cilantro  
Fresh basil  
2 lemons  
1 lime  
1 jalapeno  
*Green beans*  
*Asparagus*  
*Broccoli*  
2 Yukon Gold potatoes  
1 avocado  
*Salad greens (for 2 tossed salads)*  
*Salad vegetables (for 2 tossed salads)*

#### Dairy/Eggs/Juices

Fresh part-skim mozzarella cheese (need 4 oz)

#### Grains

Bow-tie or other shaped pasta (need 4 oz)  
*Brown rice*  
*Couscous*  
*Crusty bread*

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

Salt  
Freshly ground pepper  
Garlic powder  
All-purpose flour  
Cornstarch  
Olive oil  
Sesame oil  
Low-sodium soy sauce  
Unsalted peanuts (need ¼ c)  
*Salad dressing*

#### Canned/jarred goods

Reduced-sodium chicken broth (need about 1 c)  
Capers  
1 (14.5-ounce) can of diced tomatoes

## Asian Turkey Sauté

Servings: 2

Marinating time: 30 minutes to overnight

½ pound boneless, skinless turkey breast, cut into 1-inch cubes

½ teaspoon sesame oil

½ tablespoon low-sodium soy sauce

½ teaspoon garlic powder

2 teaspoons olive oil

1 garlic clove, minced

¼ cup unsalted peanuts

2 scallions, sliced into ½-inch pieces

1/3 cup reduced-sodium chicken broth

1. Combine turkey, sesame oil, soy sauce, and garlic powder in a large zippered bag, and shake until turkey is well-coated. Refrigerate 30 minutes to overnight.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic and cook for 1-2 minutes.
3. Add turkey mixture to pan and sauté for about 4 minutes, until browned on all sides.
4. Add peanuts and scallions to pan, and continue cooking for another 2-3 minutes, until scallions are tender. Pour in chicken broth and continue cooking about 7-8 minutes (almost all of broth will evaporate).

### Nutrition Information

(For ½ of recipe) 226 calories; 6 g carbohydrate; 14 g protein; 17 g fat (2 g sat); 2 g fiber; 297 mg sodium. *Exchanges:* 3 very lean meats; 3 fats. *Points:* 6.

Side suggestions: **Garlic green beans.** Heat 2 t olive oil over medium-high heat in a skillet. Add 1 finely chopped garlic clove and sauté 1-2 minutes, or until fragrant. Stir in 2 c trimmed green beans, reduce heat to medium, and sauté an additional 5-7 minutes, until beans are tender. *Nutrition Info (1/2 of recipe): 76 calories; 8 g carbohydrates; 2 g protein; 5 g fat (1 g sat); 4 g fiber; 7 mg sodium. Exchanges: 1 vegetable; 1 fat. Points: 1. Brown rice.*

## Pork with Lemon and Capers

Servings: 2

1 tablespoon all-purpose flour  
½ pound pork tenderloin, cut diagonally into ¼ to ½-inch slices  
1 tablespoon olive oil  
1 garlic clove, minced  
½ cup reduced-sodium chicken broth  
1 tablespoon capers, drained  
Juice of ½ lemon

1. Spread out flour on a plate or shallow dish. Coat the pork with the flour, shaking off excess flour.
2. Heat oil in a large skillet over medium-high heat. Add the pork to the pan (working in batches, if necessary) and cook about 2-3 minutes per side, until cooked through and golden brown. Remove pork from pan, cover, and set aside.
3. Reduce heat to medium, add the garlic to the pan, and cook 1-2 minutes, until fragrant. Return heat to medium-high, add the chicken broth, and cook for about five minutes, scraping brown bits off the bottom of the pan with a wooden spoon.
4. Stir in the capers and lemon juice, pour the sauce over the pork, and serve.

### Nutrition Information

(For ½ of recipe) 229 calories; 5 g carbohydrate; 26 g protein; 11 g fat (2.5 g sat); 0.5 g fiber; 381 mg sodium. *Exchanges:* 3 lean meats; 1.5 fats. *Points:* 5.

Side suggestions: **Sautéed asparagus.** **Boiled Yukon Gold potatoes.** Wash and scrub 2 Yukon Gold potatoes. Place in a medium pot and fill with water until potatoes are covered. With cover on, start cooking over high heat and then once water begins to boil reduce heat to low. Cook until tender when pricked (about 20-30 minutes, depending on the size of the potatoes). Drain and serve.

## Pan-Seared Tuna with Cilantro Sauce

Servings: 2

2 tablespoons chopped cilantro  
1/2-1 jalapeno, minced (depending on taste)  
1 tablespoon lime juice  
2 tablespoon low-sodium soy sauce  
1 tablespoon olive oil  
2 (6-ounce) tuna steaks  
1/8 teaspoon salt  
Freshly ground pepper to taste

1. Combine cilantro, jalapeno, lime juice, and soy sauce in a small mixing bowl.
2. Heat oil in a large skillet over medium-high heat. Season fish with salt and pepper, and sear 2-4 minutes on each side, depending on desired level of doneness.
3. Remove from heat and serve with cilantro sauce.

### Nutrition Information

(For ½ of recipe) 256 calories; 2 g carbohydrate; 41 g protein; 8 g fat (1 g sat); 0 g fiber; 808 mg sodium. *Exchanges:* 4.5 very lean meats; 1.5 fats. *Points:* 6.

Side suggestions: **Sliced avocado. Couscous.**

## Margherita Pasta

Servings: 2

4 ounces bow-tie or other shaped pasta  
2 teaspoons olive oil  
1 garlic clove, thinly sliced  
1 (14.5-ounce) can diced tomatoes, drained  
2 tablespoons chopped fresh basil  
4 ounces fresh part-skim mozzarella, cut into ¼-inch cubes

1. Cook the pasta according to package directions, omitting salt and fat.
2. Heat oil in a large deep skillet over medium heat. Add garlic and sauté about 1 minute, until fragrant. Stir in tomatoes and continue cooking another minute.
3. Add pasta to skillet, and toss to coat with tomatoes and garlic. Stir in basil and remove from heat.
4. Toss pasta mixture with mozzarella and serve immediately.

### Nutrition Information

(For ½ of recipe) 441 calories; 60 g carbohydrate; 20 g protein; 15 g fat (6.5 g sat); 6.5 g fiber; 691 mg sodium. *Exchanges:* 2 starches; 2 medium-fat meat substitutes; 1 vegetable; 1 fat.

*Points:* 9.

Side suggestions: **Tossed salad.**

*Weekend Meal*

## **Slow Cooked Chicken**

Servings: 4 (Freeze or save leftovers for lunch)

1 whole chicken (about 3 ½ pounds)

½ onion, diced

2 carrots, peeled and diced

2 celery stalks, diced

2 garlic cloves, chopped

4 teaspoons cornstarch

2 teaspoons water

½ teaspoon salt

Freshly ground pepper to taste

1. Place chicken in the bottom of a slow cooker. Sprinkle with onion, carrots, celery, and garlic. Cook on high for 6 hours.
2. Remove chicken from cooker, transfer juices to a heat-proof container, and skim fat off of juices.
3. In a small saucepan, whisk together cornstarch and water. Then whisk in juices to saucepan and put it over medium-high heat. Bring the sauce to a boil, then reduce the heat and simmer for about 5 minutes, until thickened.
4. Remove the skin and bones from the chicken and serve it topped with the sauce.

### **Nutrition Information**

(For ¼ of recipe) 237 calories; 8 g carbohydrate; 38 g protein; 5 g fat (1.5 g sat); 1.5 g fiber; 457 mg sodium. *Exchanges:* 2 vegetables; 2 lean meats; 1 medium-fat meat. *Points:* 5

Side suggestions: **Crusty bread. Steamed broccoli.**

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

Asian Turkey Sauté  
Pork with Lemon and Capers  
Pan-Seared Tuna with Cilantro Sauce  
Margherita Pasta  
Slow Cooked Chicken



### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

1 pound boneless, skinless turkey breast  
1-pound pork tenderloin  
4 (6-ounce) tuna steaks  
1 whole chicken (about 3 ½ pounds)

#### Produce

Head of garlic  
1 onion  
Carrots (need 2)  
Celery (need 2 stalks)  
Bunch of scallions  
Cilantro  
Fresh basil  
2 lemons  
1 lime  
1-2 jalapenos  
*Green beans*  
*Asparagus*  
*Broccoli*  
4 Yukon Gold potatoes  
1 avocado  
*Salad greens (for 4 tossed salads)*  
*Salad vegetables (for 4 tossed salads)*

#### Dairy/Eggs/Juices

Fresh part-skim mozzarella cheese (need 8 oz)

#### Grains

Bow-tie or other shaped pasta (need 8 oz)  
*Brown rice*  
*Couscous*  
*Crusty bread*

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

Salt  
Freshly ground pepper  
Garlic powder  
All-purpose flour  
Cornstarch  
Olive oil  
Sesame oil  
Low-sodium soy sauce  
Unsalted peanuts (need ½ c)  
*Salad dressing*

#### Canned/jarred goods

Reduced-sodium chicken broth (need 1 ½ c)  
Capers  
1 (28-ounce) can of diced tomatoes

## Asian Turkey Sauté

Servings: 4

Marinating time: 30 minutes to overnight

1 pound boneless, skinless turkey breast, cut into 1-inch cubes  
1 teaspoon sesame oil  
1 tablespoon low-sodium soy sauce  
1 teaspoon garlic powder  
4 teaspoons olive oil  
2 garlic cloves, minced  
½ cup unsalted peanuts  
4 scallions, sliced into ½-inch pieces  
½ cup reduced-sodium chicken broth

1. Combine turkey, sesame oil, soy sauce, and garlic powder in a large zippered bag, and shake until turkey is well-coated. Refrigerate 30 minutes to overnight.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic and cook for 1-2 minutes.
3. Add turkey mixture to pan and sauté for about 4 minutes, until browned on all sides.
4. Add peanuts and scallions to pan, and continue cooking for another 2-3 minutes, until scallions are tender. Pour in chicken broth and continue cooking about 7-8 minutes (almost all of broth will evaporate).

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Side suggestions: **Garlic green beans.** Heat 4 t olive oil over medium-high heat in a skillet. Add 2 finely chopped garlic cloves and sauté 1-2 minutes, or until fragrant. Stir in 4 c trimmed green beans, reduce heat to medium, and sauté an additional 5-7 minutes, until beans are tender. *Nutrition Info (for ¼ of recipe):* 76 calories; 8 g carbohydrates; 2 g protein; 5 g fat (1 g sat); 4 g fiber; 7 mg sodium. *Exchanges:* 1 vegetable; 1 fat. *Points:* 1. **Brown rice.**

## Pork with Lemon and Capers

Servings: 4

2 tablespoons all-purpose flour  
1-pound pork tenderloin, cut diagonally into ¼ to ½-inch slices  
2 tablespoons olive oil  
2 garlic cloves, minced  
1 cup reduced-sodium chicken broth  
2 tablespoons capers, drained  
Juice of 1 lemon

1. Spread out flour on a plate or shallow dish. Coat the pork with the flour, shaking off excess flour.
2. Heat oil in a large skillet over medium-high heat. Add the pork to the pan (working in batches) and cook about 2-3 minutes per side, until cooked through and golden brown. Remove pork from pan, cover, and set aside.
3. Reduce heat to medium, add the garlic to the pan, and cook 1-2 minutes, until fragrant. Return heat to medium-high, add the chicken broth, and cook for about five minutes, scraping brown bits off the bottom of the pan with a wooden spoon.
4. Stir in the capers and lemon juice, pour the sauce over the pork, and serve.

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## Pan-Seared Tuna with Cilantro Sauce

Servings: 4

¼ cup chopped cilantro  
1-2 jalapenos, minced (depending on taste)  
2 tablespoons lime juice  
¼ cup low-sodium soy sauce  
2 tablespoons olive oil  
4 (6-ounce) tuna steaks  
¼ teaspoon salt  
Freshly ground pepper to taste

1. Combine cilantro, jalapeno, lime juice, and soy sauce in a small mixing bowl.
2. Heat oil in a large skillet over medium-high heat. Season fish with salt and pepper, and sear 2-4 minutes on each side, depending on desired level of doneness.
3. Remove from heat and serve with cilantro sauce.

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Side suggestions: <b>Sliced avocado. Couscous.</b>
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## Margherita Pasta

Servings: 4

8 ounces bow-tie or other shaped pasta

4 teaspoons olive oil

2 garlic cloves, thinly sliced

1 (28-ounce) can diced tomatoes, drained

¼ cup chopped fresh basil

8 ounces fresh part-skim mozzarella, cut into ¼-inch cubes

1. Cook the pasta according to package directions, omitting salt and fat.
2. Heat oil in a large deep skillet over medium heat. Add garlic and sauté about 1 minute, until fragrant. Stir in tomatoes and continue cooking another minute.
3. Add pasta to skillet, and toss to coat with tomatoes and garlic. Stir in basil and remove from heat.
4. Toss pasta mixture with mozzarella and serve immediately.

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*Points:* 9.

Side suggestions: **Tossed salad.**

*Weekend Meal*

## **Slow Cooked Chicken**

Servings: 4

1 whole chicken (about 3 ½ pounds)

½ onion, diced

2 carrots, peeled and diced

2 celery stalks, diced

2 garlic cloves, chopped

4 teaspoons cornstarch

2 teaspoons water

½ teaspoon salt

Freshly ground pepper to taste

1. Place chicken in the bottom of a slow cooker. Sprinkle with onion, carrots, celery, and garlic. Cook on high for 6 hours.
2. Remove chicken from cooker, transfer juices to a heat-proof container, and skim fat off of juices.
3. In a small saucepan, whisk together cornstarch and water. Then whisk in juices to saucepan and put it over medium-high heat. Bring the sauce to a boil, then reduce the heat and simmer for about 5 minutes, until thickened.
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