

SERVES 2—SCROLL DOWN FOR 4-SERVING MENU

Grilled Beef Tenderloin
Pork and Pineapple Kebabs
Linguini with Shrimp and Feta
Grilled Margherita Pizza
Southwestern Chicken Stew



SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

2 (5-ounce) beef tenderloin filets
½ pound boneless pork loin
½ pound large shrimp
1 pound boneless, skinless chicken breast

Produce

4 large tomatoes (3 for sides)
1 pint cherry tomatoes (about 2 c)
1 pineapple (need 2 c cubed)
1 lime
2 small red onions
Head of garlic
2 ears corn
Fresh basil (need ½ c)
2 *baking potatoes (e.g., Russet)*
Green beans
Mixed Italian greens (for 2 side salads)
Cucumber
Shredded carrots

Dairy/Eggs/Juices

Crumbled feta cheese (need 2/3 c)
Reduced fat sour cream (need 1/3 c)
Grated part-skim mozzarella (need 1 c)
Grated Parmesan cheese (need 2 T)
Reduced-fat grated cheddar cheese (need 1 1/3 c)

Grains

Brown rice
Whole-wheat linguini (need 4 oz)
Refrigerated pizza dough (need 10 oz)
Crusty bread (Italian or French)
2 (6-inch) flour tortillas

Seasonings/Sauces/Baking Needs/Oils/Nuts

Freshly ground black pepper
Salt
Kosher salt
Dry mustard
Cumin
Ground coriander
Garlic powder
Dried thyme
Sugar
All-purpose flour
Olive oil
Canola oil
Reduced-sodium soy sauce
Balsamic vinegar
Red wine vinegar
Distilled white vinegar
Ketchup

Canned/jarred goods

1 15-ounce can diced tomatoes with green chilies
Reduced-sodium chicken broth (need 8 oz)
1 15-ounce can black beans

Other

4 metal or wooden skewers

Grilled Beef Tenderloin

Servings: 2

1 teaspoon freshly ground black pepper
½ teaspoon kosher salt
½ teaspoon dry mustard
¼ teaspoon garlic powder
¼ teaspoon dried thyme
2 (5-ounce) beef tenderloin filets

1. Combine pepper, salt, dry mustard, garlic powder, and thyme in a small bowl. Rub spice mixture evenly over steaks. Let stand for 10 minutes.
2. Prepare grill. Grill 3 minutes on each side, or until steaks reach desired degree of doneness.

Nutrition Information

(For ½ of recipe) 340 calories; 1 g carbohydrate; 39 g protein; 19 g fat (7 g sat); 0.5 g fiber; 570 mg sodium. *Exchanges:* 4 lean meat substitutes.

Side suggestions: **Feta-loaded baked potatoes.** Wash and scrub 2 baking potatoes (such as Russet). Prick several times with a fork and then cook on high heat in the microwave for 8-10 minutes, flipping potatoes over halfway through. Meanwhile, mix together 2 T crumbled feta cheese and 2 T reduced-fat sour cream. When potatoes are cooked, split, and top with feta mixture. *Nutrition Info (for ½ of recipe): 195 calories; 35 g carbohydrates; 5 g protein; 4 g fat (2.5 g sat); 2.5 g fiber; 120 mg sodium. Exchanges: 1.5 starches; 0.5 medium-fat meat substitutes.* **Sliced tomatoes.**

Pork and Pineapple Kebabs

Servings: 2

Marinating time: 30 minutes to overnight

1 tablespoon red wine vinegar
1 tablespoon olive oil
½ pound boneless pork loin, visible fat removed and cut into ¾-inch pieces
2 tablespoons ketchup
1 tablespoon distilled white vinegar
1 tablespoon sugar
1 teaspoon reduced-sodium soy sauce
¼ teaspoon salt
2 cups pineapple, cut into ¾-inch chunks
1 small red onion, cut into ¾-inch chunks
4 metal skewers, or wooden ones soaked in water for at least 20 minutes

1. Combine vinegar, oil, and pork in a large plastic resealable bag, shake to coat, and marinate in the refrigerator 30 minutes to overnight, turning at least once.
2. In a medium bowl, make sweet and sour sauce by whisking together ketchup, white vinegar, sugar, soy sauce, and salt. Set aside.
3. Prepare grill. Alternate threading pork, pineapple, and red onion on skewers. Grill 8 minutes on each side, or until pork is cooked through but still tender.
4. Drizzle kebabs with sweet and sour sauce and serve.

Nutrition Information

(For ½ of recipe) 350 calories; 34 g carbohydrate; 26 g protein; 13 g fat (3 g sat); 2.5 g fiber; 635 mg sodium. *Exchanges:* 3 lean meats; 1.5 fats; 1 fruit; 1 vegetable.

Side suggestions: **Brown rice. Steamed green beans.**

Linguini with Shrimp and Feta

Servings: 2

4 ounces whole wheat linguini
2 teaspoons olive oil
½ pound large shrimp, peeled and deveined
1 pint cherry tomatoes, halved (about 2 cups)
2 garlic cloves, minced
½ cup crumbled feta

1. Cook pasta according to package directions, omitting fat and salt. When pasta is cooked, reserve ¼ cup of water and drain the rest.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add shrimp and cook for 1 minute. Turn shrimp over, add tomatoes and garlic, and cook for 1-2 additional minutes, until shrimp are cooked through.
3. Toss shrimp mixture with cooked linguini, stir in feta and reserved pasta water, and serve.

Nutrition Information

(For ½ of recipe) 500 calories; 56 g carbohydrate; 34 g protein; 16 g fat (7 g sat); 8 g fiber; 600 mg sodium. *Exchanges*: 3 very lean meats; 2 medium-fat meat substitutes; 2 starches; 1 fat; 1 vegetable.

Side suggestions: **Crusty bread (Italian or French).**

Grilled Margherita Pizza

Servings: 4 (Save leftovers for lunch)

1 large tomato, seeded and diced
1 cup grated part-skim mozzarella
½ cup fresh basil, chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar
2 garlic cloves, minced
10 ounces refrigerated pizza dough
2 tablespoons grated Parmesan cheese

1. Combine tomato, mozzarella, basil, oil, vinegar, and garlic cloves in a medium bowl. Let stand 10 minutes.
2. Meanwhile, prepare grill and coat with cooking spray (or cook on nonstick aluminum foil).
3. Unroll pizza dough into a 12-inch square and cut into 4 equal pieces. Transfer dough to grill, and grill about 4 minutes, until bottoms are browned. Turn dough squares over, top with tomato mixture (leave a ½-inch border), and grill about 4 more minutes, until cheese is melted and dough is cooked through.
4. Sprinkle with Parmesan and serve.

Nutrition Information

(For ¼ of recipe) 330 calories; 34 g carbohydrate; 14 g protein; 11 g fat (4 g sat); 3 g fiber; 485 mg sodium. *Exchanges:* 2 starches; 1.5 medium-fat meat substitutes; 1.5 fats.

Side suggestions: **Italian “house” salad.** Top mixed Italian greens with sliced tomatoes, cucumbers, and shredded carrots. Drizzle with balsamic vinegar and olive oil.

Weekend Meal

Southwestern Chicken Stew

Servings: 4 (Freeze or save leftovers for lunch)

1 tablespoon canola oil
1 pound boneless, skinless chicken breast, cut into ½-inch cubes
1 teaspoon cumin
1 teaspoon ground coriander
2 ears corn, kernels cut off, and husks and cobs discarded
½ red onion, chopped
1 tablespoon all-purpose flour
1 15-ounce can diced tomatoes with green chilies, undrained
1 cup reduced-sodium chicken broth
1 15-ounce can black beans, drained and rinsed
Juice of 1 lime
¼ cup reduced-fat sour cream
¼ teaspoon salt
Freshly ground pepper to taste

1. Heat oil in a large pot or Dutch oven over medium-high heat. Add chicken, season with cumin and coriander, and cook 2-3 minutes, stirring often, until browned on all sides. Add onion and continue cooking 2-3 minutes, until tender. Sprinkle with flour and cook another minute.
2. Stir in tomatoes and broth, and bring stew to a simmer. Add beans, reduce heat to low, and simmer 10 minutes.
3. Remove stew from heat, stir in lime juice, season with salt and pepper, top with sour cream, and serve.

Nutrition Information

(For ¼ of recipe) 290 calories; 34 g carbohydrate; 22 g protein; 7 g fat (2 g sat); 8 g fiber; 895 mg sodium. *Exchanges:* 3 very lean meats; 1.5 starches; 1 vegetable; 1 fat.

Side suggestions: **Simple cheese quesadillas.** Place a 6-inch flour tortilla in a medium skillet over medium-high heat. Top with 1/3 c reduced-fat grated cheddar cheese, fold over, and continue cooking 1-2 minutes per side, or until cheese melts. Repeat with another tortillas. Cut each tortilla into 4 wedges, and serve with stew. *Nutrition Info (for 2 wedges): 80 calories; 9 g carbohydrates; 6 g protein; 2 g fat (1 g sat); 0.5 g fiber; 185 mg sodium. Exchanges: ½ carbohydrate; ½ lean meat substitute.*

SERVES 4—SCROLL UP FOR 2-SERVING MENU

Grilled Beef Tenderloin
Pork and Pineapple Kebabs
Linguini with Shrimp and Feta
Grilled Margherita Pizza
Southwestern Chicken Stew



SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

4 (5-ounce) beef tenderloin filets
1 pound boneless pork loin
1 pound large shrimp
1 pound boneless, skinless chicken breast

Produce

7 large tomatoes (6 for sides)
2 pints cherry tomatoes (about 4 c)
1 large pineapple (need 4 c cubed)
1 lime
3 small red onions
Head of garlic
2 ears corn
Fresh basil (need ½ c)
4 baking potatoes (e.g., Russet)
Green beans
Mixed Italian greens (for 4 side salads)
Cucumber
Shredded carrots

Dairy/Eggs/Juices

Crumbled feta cheese (need 1 1/3 c)
Reduced fat sour cream (need ½ c)
Grated part-skim mozzarella (need 1 c)
Grated Parmesan cheese (need 2 T)
Reduced-fat grated cheddar cheese (need 1 1/3 c)

Grains

Brown rice
Whole-wheat linguini (need 8 oz)
Refrigerated pizza dough (need 10 oz)
Crusty bread (Italian or French)
2 (6-inch) flour tortillas

Seasonings/Sauces/Baking Needs/Oils/Nuts

Freshly ground black pepper
Salt
Kosher salt
Dry mustard
Cumin
Ground coriander
Garlic powder
Dried thyme
Sugar
All-purpose flour
Olive oil
Canola oil
Reduced-sodium soy sauce
Balsamic vinegar
Red wine vinegar
Distilled white vinegar
Ketchup

Canned/jarred goods

1 15-ounce can diced tomatoes with green chilies
Reduced-sodium chicken broth (need 8 oz)
1 15-ounce can black beans

Other

8 metal or wooden skewers

Grilled Beef Tenderloin

Servings: 4

2 teaspoons freshly ground black pepper
1 teaspoon kosher salt
1 teaspoon dry mustard
½ teaspoon garlic powder
½ teaspoon dried thyme
4 (5-ounce) beef tenderloin filets

1. Combine pepper, salt, dry mustard, garlic powder, and thyme in a small bowl. Rub spice mixture evenly over steaks. Let stand for 10 minutes.
2. Prepare grill. Grill 3 minutes on each side, or until steaks reach desired degree of doneness.

Nutrition Information

(For ¼ of recipe) 340 calories; 1 g carbohydrate; 39 g protein; 19 g fat (7 g sat); 0.5 g fiber; 570 mg sodium. *Exchanges:* 4 lean meat substitutes.

Side suggestions: **Feta-loaded baked potatoes.** Wash and scrub 4 baking potatoes (such as Russet). Prick several times with a fork and then cook on high heat in the microwave for 8-10 minutes, flipping potatoes over halfway through. Meanwhile, mix together ¼ c crumbled feta cheese and ¼ c reduced-fat sour cream. When potatoes are cooked, split, and top with feta mixture. *Nutrition Info (for ¼ of recipe): 195 calories; 35 g carbohydrates; 5 g protein; 4 g fat (2.5 g sat); 2.5 g fiber; 120 mg sodium. Exchanges: 1.5 starches; 0.5 medium-fat meat substitutes.* **Sliced tomatoes.**

Pork and Pineapple Kebabs

Servings: 4

Marinating time: 30 minutes to overnight

2 tablespoons red wine vinegar

2 tablespoons olive oil

1 pound boneless pork loin, visible fat removed and cut into $\frac{3}{4}$ -inch pieces

$\frac{1}{4}$ cup ketchup

2 tablespoons distilled white vinegar

2 tablespoons sugar

2 teaspoons reduced-sodium soy sauce

$\frac{1}{2}$ teaspoon salt

4 cups pineapple, cut into $\frac{3}{4}$ -inch chunks

2 small red onions, cut into $\frac{3}{4}$ -inch chunks

8 metal skewers, or wooden ones soaked in water for at least 20 minutes

1. Combine vinegar, oil, and pork in a large plastic resealable bag, shake to coat, and marinate in the refrigerator 30 minutes to overnight, turning at least once.
2. In a medium bowl, make sweet and sour sauce by whisking together ketchup, white vinegar, sugar, soy sauce, and salt. Set aside.
3. Prepare grill. Alternate threading pork, pineapple, and red onion on skewers. Grill 8 minutes on each side, or until pork is cooked through but still tender.
4. Drizzle kebabs with sweet and sour sauce and serve.

Nutrition Information

(For $\frac{1}{4}$ of recipe) 350 calories; 34 g carbohydrate; 26 g protein; 13 g fat (3 g sat); 2.5 g fiber; 635 mg sodium. *Exchanges:* 3 lean meats; 1.5 fats; 1 fruit; 1 vegetable.

Side suggestions: **Brown rice. Steamed green beans.**

Linguini with Shrimp and Feta

Servings: 4

8 ounces whole wheat linguini
4 teaspoons olive oil
1 pound large shrimp, peeled and deveined
2 pints cherry tomatoes, halved (about 4 cups)
4 garlic cloves, minced
1 cup crumbled feta

1. Cook pasta according to package directions, omitting fat and salt. When pasta is cooked, reserve $\frac{1}{2}$ cup of water and drain the rest.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add shrimp and cook for 1 minute. Turn shrimp over, add tomatoes and garlic, and cook for 1-2 additional minutes, until shrimp are cooked through.
3. Toss shrimp mixture with cooked linguini, stir in feta and reserved pasta water, and serve.

Nutrition Information

(For $\frac{1}{4}$ of recipe) 500 calories; 56 g carbohydrate; 34 g protein; 16 g fat (7 g sat); 8 g fiber; 600 mg sodium. *Exchanges*: 3 very lean meats; 2 medium-fat meat substitutes; 2 starches; 1 fat; 1 vegetable.

Side suggestions: Crusty bread (Italian or French).
--

Grilled Margherita Pizza

Servings: 4

1 large tomato, seeded and diced
1 cup grated part-skim mozzarella
½ cup fresh basil, chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar
2 garlic cloves, minced
10 ounces refrigerated pizza dough
2 tablespoons grated Parmesan cheese

1. Combine tomato, mozzarella, basil, oil, vinegar, and garlic cloves in a medium bowl. Let stand 10 minutes.
2. Meanwhile, prepare grill and coat with cooking spray (or cook on nonstick aluminum foil).
3. Unroll pizza dough into a 12-inch square and cut into 4 equal pieces. Transfer dough to grill, and grill about 4 minutes, until bottoms are browned. Turn dough squares over, top with tomato mixture (leave a ½-inch border), and grill about 4 more minutes, until cheese is melted and dough is cooked through.
4. Sprinkle with Parmesan and serve.

Nutrition Information

(For ¼ of recipe) 330 calories; 34 g carbohydrate; 14 g protein; 11 g fat (4 g sat); 3 g fiber; 485 mg sodium. *Exchanges:* 2 starches; 1.5 medium-fat meat substitutes; 1.5 fats.

Side suggestions: **Italian “house” salad.** Top mixed Italian greens with sliced tomatoes, cucumbers, and shredded carrots. Drizzle with balsamic vinegar and olive oil.

Weekend Meal

Southwestern Chicken Stew

Servings: 4

1 tablespoon canola oil
1 pound boneless, skinless chicken breast, cut into ½-inch cubes
1 teaspoon cumin
1 teaspoon ground coriander
2 ears corn, kernels cut off, and husks and cobs discarded
½ red onion, chopped
1 tablespoon all-purpose flour
1 15-ounce can diced tomatoes with green chilies, undrained
1 cup reduced-sodium chicken broth
1 15-ounce can black beans, drained and rinsed
Juice of 1 lime
¼ cup reduced-fat sour cream
¼ teaspoon salt
Freshly ground pepper to taste

1. Heat oil in a large pot or Dutch oven over medium-high heat. Add chicken, season with cumin and coriander, and cook 2-3 minutes, stirring often, until browned on all sides. Add onion and continue cooking 2-3 minutes, until tender. Sprinkle with flour and cook another minute.
2. Stir in tomatoes and broth, and bring stew to a simmer. Add beans, reduce heat to low, and simmer 10 minutes.
3. Remove stew from heat, stir in lime juice, season with salt and pepper, top with sour cream, and serve.

Nutrition Information

(For ¼ of recipe) 290 calories; 34 g carbohydrate; 22 g protein; 7 g fat (2 g sat); 8 g fiber; 895 mg sodium. *Exchanges:* 3 very lean meats; 1.5 starches; 1 vegetable; 1 fat.

Side suggestions: **Simple cheese quesadillas.** Place a 6-inch flour tortilla in a medium skillet over medium-high heat. Top with 1/3 c reduced-fat grated cheddar cheese, fold over, and continue cooking 1-2 minutes per side, or until cheese melts. Repeat with another tortillas. Cut each tortilla into 4 wedges, and serve with stew. *Nutrition Info (for 2 wedges): 80 calories; 9 g carbohydrates; 6 g protein; 2 g fat (1 g sat); 0.5 g fiber; 185 mg sodium. Exchanges: ½ carbohydrate; ½ lean meat substitute.*