

SERVES 2—SCROLL DOWN FOR 4-SERVING MENU

Grilled Lemon Pepper Scallops
Bean, Sausage, and Spinach Soup
Spicy Chicken Tenders
Garlicky Beef Stir-Fry
Vegetable Pot Pie



SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

¾ pound large scallops
½ pound chicken breast tenders
Italian turkey sausage (need 4 ounces)
½ pound boneless sirloin steak

Produce

Fresh thyme
1 head of garlic
2 yellow onions
2 parsnips
1 carrot
1 Yukon Gold potato
1 red bell pepper
Snow peas (need 1 c)
1 package baby spinach
1 grapefruit
1 avocado
1 bunch scallions (need 1)
1 package arugula salad
1 large sweet potato
Broccoli

Dairy/Eggs/Juices

Shredded cheddar cheese (need 4 oz)

Grains

Whole-wheat baguette
Brown rice
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Kosher salt
Freshly ground black pepper
Lemon pepper
Oregano
Chili powder
Ground cumin
All-purpose flour
Olive oil
Canola oil
Nonstick cooking spray
Barbecue sauce
Hoisin sauce

Canned/jarred goods

Reduced-sodium chicken broth (need 16 oz)
Reduced-sodium vegetable broth (need 8 oz)
1 (15-ounce) can cannellini beans

Frozen

1 (10-ounce) package frozen peas and carrots
1 (10-ounce) package frozen chopped spinach
1 frozen pie shell, preferably whole-wheat

Grilled Lemon Pepper Scallops

Servings: 2

$\frac{3}{4}$ pound large scallops
1 tablespoon olive oil
1 teaspoon lemon pepper
Nonstick cooking spray

1. Combine olive oil and lemon pepper in a resealable plastic bag. Pat scallops dry and then add to bag. Toss to coat. Refrigerate for 15 minutes or until ready to grill.
2. Preheat outdoor grill or indoor grill pan and spray with nonstick cooking spray.
3. Grill scallops for 2-3 minutes on each side. Drizzle with lemon juice and serve with arugula, avocado, and grapefruit salad.

Nutrition Information

(For $\frac{1}{2}$ of recipe) 210 calories; 4g carbohydrate; 29 g protein; 8 g fat (1 g sat); 0 g fiber; 470 mg sodium. *Exchanges*: 4 very lean meats; 1.5 fats.

Side suggestions: **Arugula, Avocado, and Grapefruit Salad.** Cut off the peel and white pith from $\frac{1}{2}$ a grapefruit and then slice into half moon pieces. Place grapefruit slices in a small bowl until ready to use and reserve juices. In a small bowl, whisk together 1 T olive oil, 1 T grapefruit juice, 1 chopped scallion, $\frac{1}{4}$ t kosher salt, and a dash of freshly ground pepper. Divide 3 cups arugula, $\frac{1}{2}$ sliced avocado, and the grapefruit slices onto two plates. Drizzle with dressing.

Bean, Sausage, and Spinach Soup

Servings: 2

2 teaspoons olive oil
1 garlic clove, minced
½ medium yellow onion, chopped
½ cup parsnips, sliced
4 ounces Italian turkey sausage, sliced
2 cups reduced-sodium chicken broth
1 (15-ounce) can cannellini beans, drained and rinsed
¼ teaspoon oregano
2 cups baby spinach, packed
Freshly ground black pepper

1. Heat olive oil in a heavy pot or Dutch oven over medium-high heat. Add garlic and onion, and sauté for 1 minute, or until fragrant. Add parsnip and sausage, and sauté for another couple of minutes. Reduce heat to medium and cook for 5 minutes.
2. Add broth, beans, and oregano to the pot. Bring to a boil, then reduce heat and simmer for 4-5 minutes.
3. Transfer 1 cup of the soup to a blender and puree until smooth. Add pureed soup back to pot and simmer for an additional 4-5 minutes.
4. Add spinach and stir until just wilted. Season with pepper.

Nutrition Information

(For ½ of recipe) 365 calories; 42 g carbohydrate; 25 g protein; 12 g fat (3 g sat); 10 g fiber; 1,200 mg sodium. *Exchanges:* 1 very lean meat; 2 lean meats; 2 starches; 1 fat; 2 vegetables.

Side suggestions: **Whole-wheat baguette.**

Spicy Chicken Tenders

Servings: 2

½ teaspoon chili powder
½ teaspoon ground cumin
1/8 teaspoon garlic powder
1/8 teaspoon salt
½ pound chicken breast tenders
2 teaspoons canola oil
¼ cup barbecue sauce

1. Prepare indoor or outdoor grill.
2. In a small bowl, mix together chili powder, cumin, garlic powder, and salt.
3. Place chicken tenders on a plate and coat with 2 teaspoons canola oil. Then rub with spice mixture.
4. Grill chicken tenders for 2-3 minutes on each side, or until cooked through. Serve with barbecue sauce.

Nutrition Information

(For ½ of recipe) 190 calories; 5 g carbohydrate; 27 g protein; 7 g fat (1 g sat); 1 g fiber; 480 mg sodium. *Exchanges:* 4 very lean meats; 1 fat.

Side suggestions: **Sweet potato fries.** Peel 1 large sweet potato and slice into wedges. Toss with 2 t of canola oil and place on a baking sheet that has been preheated in the oven. Bake at 425° F for 25-30 minutes, flipping with a spatula halfway through. **Steamed broccoli.**

Garlicky-Beef Stir Fry

Serves: 2

½ tablespoon olive oil
2 garlic cloves, thinly sliced
½ pound boneless sirloin steak, visible fat removed, and sliced into thin strips
1 medium carrot, sliced into ¼ inch pieces
3 tablespoons water
1 medium red bell pepper, seeded and sliced into strips
1 cup snow peas, ends trimmed
1/3 cup hoisin sauce

1. Heat oil in a wok (or large nonstick skillet) over medium-high heat.
2. Add the garlic and beef, and stir fry for 3-4 minutes, or until beef is cooked through. Place meat onto a plate and wipe out pan.
3. Add the carrot and water to the wok. Cover partially and stir occasionally for 5-6 minutes.
4. Add the pepper and snow peas and stir-fry for about 2 minutes.
5. Add the hoisin sauce, increase the heat to high, and cook for about 30 seconds.
6. Add the beef and cook for about another minute.

Nutrition Information

(For ½ of recipe) 400 calories; 29 g carbohydrate; 26 g protein; 20 g fat (7 g sat); 4 g fiber; 765 mg sodium. *Exchanges*: 3 lean meats; 3 vegetables; 1 fat; 1 starch.

Side suggestions: **Brown rice.**

Weekend Meal

Vegetable Pot Pie

Servings: 4

- 2 teaspoons olive oil
- 3 garlic cloves, minced
- 1 small yellow onion, diced
- 2 teaspoons fresh thyme, chopped
- 1 tablespoon all-purpose flour
- 1 cup reduced-sodium vegetable broth
- 1 (10-ounce) package frozen peas and carrots, thawed
- 1 medium Yukon Gold potato, diced
- 1 (10-ounce) package frozen chopped spinach
- 4 ounces sharp cheddar cheese, shredded
- 1 frozen pie shell, preferably whole-wheat, thawed

1. Preheat oven to 400°F. Cover a baking sheet with aluminum foil.
2. Heat olive oil in a large pot or Dutch oven over medium-high heat. Add garlic and onion and sauté for 3-4 minutes, until fragrant. Add the thyme and sprinkle with the flour; cook for an additional minute. Pour in the broth and stir until slightly thickened. Mix in the vegetables and remove from heat.
3. Squeeze out excess moisture from the thawed spinach by pressing it with paper towels.
4. Place vegetable mixture into a pie dish or a 1.5 quart casserole dish. Top with the spinach, and then sprinkle with the cheese. Drape pie shell over the dish and seal by pressing the sides.
5. Place pie dish on the lined baking sheet and bake for about 40 minutes, until golden brown on top. Let stand for 5-10 minutes before serving.

Nutrition Information

(For ½ of recipe) 420 calories; 39 g carbohydrate; 16 g protein; 23 g fat (8 g sat); 6.5 g fiber; 780 mg sodium. *Exchanges:* 2 vegetables; 1 high-fat meat substitute; 2 starches.

Side Suggestions: Crusty bread. Arugula salad.

SERVES 4—SCROLL UP FOR 2-SERVING MENU

Grilled Lemon Pepper Scallops
Bean, Sausage, and Spinach Soup
Spicy Chicken Tenders
Garlicky Beef Stir-Fry
Vegetable Pot Pie



SHOPPING LIST

Ingredients for the side dishes are in italics.

Meat

1 ½ pounds large scallops
1 pound chicken breast tenders
Italian turkey sausage (need ½ pound)
1 pound boneless sirloin steak

Produce

Fresh thyme
1 head of garlic
3 yellow onions
3 parsnips
2 carrots
1 Yukon Gold potato
2 red bell peppers
Snow peas (need 2 c)
1 package baby spinach
1 grapefruit
1 avocado
1 bunch scallions (need 2)
1 large package arugula salad
2 large sweet potatoes
Broccoli

Dairy/Eggs/Juices

Shredded cheddar cheese (need 4 oz)

Grains

Whole-wheat baguette
Brown rice
Crusty bread

Seasonings/Sauces/Baking Needs/Oils/Nuts

Salt
Kosher salt
Freshly ground black pepper
Lemon pepper
Oregano
Chili powder
Ground cumin
All-purpose flour
Olive oil
Canola oil
Nonstick cooking spray
Barbecue sauce
Hoisin sauce

Canned/jarred goods

Reduced-sodium chicken broth (need 32 oz)
Reduced-sodium vegetable broth (need 8 oz)
2 (15-ounce) cans cannellini beans

Frozen

1 (10-ounce) package frozen peas and carrots
1 (10-ounce) package frozen chopped spinach
1 frozen pie shell, preferably whole-wheat

Grilled Lemon Pepper Scallops

Servings: 4

1 ½ pounds large scallops
2 tablespoons olive oil
2 teaspoons lemon pepper
Nonstick cooking spray

1. Combine olive oil and lemon pepper in a resealable plastic bag. Pat scallops dry and then add to bag. Toss to coat. Refrigerate for 15 minutes or until ready to grill.
2. Preheat outdoor grill or indoor grill pan and spray with nonstick cooking spray.
3. Grill scallops for 2-3 minutes on each side. Drizzle with lemon juice and serve with arugula, avocado, and grapefruit salad.

Nutrition Information

(For ¼ of recipe) 210 calories; 4g carbohydrate; 29 g protein; 8 g fat (1 g sat); 0 g fiber; 470 mg sodium. *Exchanges*: 4 very lean meats; 1.5 fats.

Side suggestions: **Arugula, Avocado, and Grapefruit Salad.** Cut off the peel and white pith from 1 grapefruit and then slice into half moon pieces. Place grapefruit slices in a small bowl until ready to use and reserve juices. In a small bowl, whisk together 2 T olive oil, 2 T grapefruit juice, 2 chopped scallions, ½ t kosher salt, and a dash of freshly ground pepper. Divide 6 cups arugula, 1 sliced avocado, and the grapefruit slices onto two plates. Drizzle with dressing.

Bean, Sausage, and Spinach Soup

Servings: 4

4 teaspoons olive oil
2 garlic cloves, minced
1 medium yellow onion, chopped
1 cup parsnips, sliced
8 ounces Italian turkey sausage, sliced
4 cups reduced-sodium chicken broth
2 (15-ounce) cans cannellini beans, drained and rinsed
½ teaspoon oregano
4 cups baby spinach, packed
Freshly ground black pepper

1. Heat olive oil in a heavy pot or Dutch oven over medium-high heat. Add garlic and onion, and sauté for 1 minute, or until fragrant. Add parsnip and sausage, and sauté for another couple of minutes. Reduce heat to medium and cook for 5 minutes.
2. Add broth, beans, and oregano to the pot. Bring to a boil, then reduce heat and simmer for 4-5 minutes.
3. Transfer 2 cups of the soup to a blender and puree until smooth. Add pureed soup back to pot and simmer for an additional 4-5 minutes.
4. Add spinach and stir until just wilted. Season with pepper.

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Side suggestions: **Whole-wheat baguette.**

Spicy Chicken Tenders

Servings: 4

1 teaspoon chili powder
1 teaspoon ground cumin
¼ teaspoon garlic powder
¼ teaspoon salt
1 pound chicken breast tenders
4 teaspoons canola oil
½ cup barbecue sauce

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2. In a small bowl, mix together chili powder, cumin, garlic powder, and salt.
3. Place chicken tenders on a plate and coat with 2 teaspoons canola oil. Then rub with spice mixture.
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Garlicky-Beef Stir Fry

Serves: 4

1 tablespoon olive oil
4 garlic cloves, thinly sliced
1 pound boneless sirloin steak, visible fat removed, and sliced into thin strips
2 medium carrots, sliced into ¼ inch pieces
6 tablespoons water
2 medium red bell peppers, seeded and sliced into strips
2 cups snow peas, ends trimmed
2/3 cup hoisin sauce

1. Heat oil in a wok (or large nonstick skillet) over medium-high heat.
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- 1 (10-ounce) package frozen chopped spinach
- 4 ounces sharp cheddar cheese, shredded
- 1 frozen pie shell, preferably whole wheat, thawed

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