

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

Mediterranean Chicken Wrap  
Turkey Parmesan  
Wild Salmon Cakes  
Herb-Grilled Filet Mignon  
Swiss Chard Lasagna



### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

½ pound boneless, skinless chicken breast  
½ pound turkey breast cutlets  
2 (6-ounce) filets of beef tenderloin

#### Produce

1 head of garlic  
2 yellow onions  
1 large bag baby spinach  
½ pound Swiss chard (about 1 bunch)  
Fresh chives (can substitute scallions)  
Fresh basil  
1 stalk celery  
1 lemon  
*Cherry tomatoes*  
*Broccoli*  
*2 sweet potatoes*  
*Green beans*  
*Tossed salad ingredients (for 2 side salads)*

#### Dairy/Eggs/Juices

Large eggs (need 2)  
Grated Parmesan cheese (need 1 c)  
Shredded part-skim mozzarella (need about 1 c)  
Low-fat ricotta cheese (need 10 oz)  
Reduced-fat sour cream  
Low-fat (1%) milk

#### Grains

Whole-wheat tortillas  
1 box no-cook lasagna noodles  
*Whole-wheat spaghetti*

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

Salt  
Freshly ground pepper  
Dried rosemary  
Dried mustard  
Plain bread crumbs  
Flour  
Olive oil  
Cooking spray  
*Balsamic vinegar*  
*Paprika*

#### Canned/jarred goods

Light mayonnaise  
1 (6-ounce) can wild salmon  
1 (28-ounce) can crushed tomatoes  
1 (15.5-ounce) can cannellini beans  
*Marinara sauce*

#### Other

*Aluminum foil*

## Mediterranean Chicken Wrap

Servings: 2

2 teaspoons olive oil  
2 cloves garlic, minced  
½ pound boneless, skinless chicken breast, cut into strips  
¼ teaspoon salt  
½ red bell pepper, cut into strips  
½ cup canned cannellini beans  
4 cups baby spinach  
2 whole-wheat tortillas  
¼ cup shredded part-skim mozzarella  
Aluminum foil

1. Heat oil in a large, nonstick skillet over medium heat. Add garlic and sauté for 1 minute. Add chicken and cook until lightly browned and no longer pink in the middle, about 5-6 minutes. Season with salt and freshly ground pepper to taste.
2. Add bell pepper and beans to skillet and cook for another 2 minutes. Reduce heat to low and stir in baby spinach until just wilted.
3. Heat tortillas in a medium nonstick skillet over high heat for about 30 seconds on each side. Transfer to plates and top with the chicken, spinach, and bean mixture. Sprinkle with mozzarella. Roll up and fold up the bottom end. To prevent spillage, wrap bottom half with foil.

### Nutrition Information

(For ½ of recipe) 465 calories; 52 g carbohydrate; 37 g protein; 11 g fat (2 g sat); 8 g fiber; 970 mg sodium. *Exchanges:* 3.5 starches; 1 vegetable; 4 lean meats; 1 fat.

Side suggestions: **Cherry tomatoes.**

## Turkey Parmesan

Servings: 2

¼ cup flour

1 large egg

½ tablespoon low-fat milk

Dash of salt

Freshly ground pepper to taste

1/3 cup freshly grated Parmesan cheese

2 tablespoons chopped fresh basil

½ pound turkey breast cutlets, cut or pounded into ¼ inch thin pieces

1 tablespoon olive oil

1. Place flour in a shallow bowl.
2. In another shallow bowl, mix together the egg, milk, salt, pepper, cheese, and basil.
3. Heat oil in a large nonstick skillet over medium heat.
4. Coat cutlets with flour and then dip in the egg mixture.
5. Let any excess egg mixture drip off, and cook cutlets until golden and cooked through, about 2 minutes on each side. Repeat with remaining oil and cutlets.

### Nutrition Information

(For ½ of recipe) 280 calories; 1 g carbohydrate; 34 g protein; 15 g fat (5 g sat); 0 g fiber; 495 mg sodium. *Exchanges:* 5 very lean meats; 2 fats.

Side suggestions: **Whole wheat spaghetti with marinara sauce.** Prepare pasta and marinara sauce according to package directions. **Steamed broccoli.**

## Wild Salmon Cakes

Servings: 2

2 tablespoons light mayonnaise  
2 tablespoons reduced-fat sour cream  
1 + 2 tablespoons chopped fresh chives (or substitute scallions)  
½ lemon, cut into wedges + juice of ¼ lemon  
1 (6-ounce) can wild salmon, drained  
1 large egg, beaten  
½ stalk celery, finely diced  
1 tablespoon fresh parsley, chopped  
1/2 cup plain bread crumbs  
Freshly ground pepper to taste  
1 teaspoon olive oil

1. Make the sauce by combining the mayonnaise, sour cream, 1 tablespoon chives, and lemon juice in a small bowl.
2. In a medium bowl, flake salmon with a fork. Add egg, celery, 2 tablespoons chives, parsley, breadcrumbs, and pepper, and mix well. Use hands to form into 4 small patties.
3. Heat olive oil in a nonstick skillet over medium-high heat. Add salmon cakes and cook for 2-3 minutes on each side, until lightly browned.
4. Serve salmon cakes with sauce and lemon wedges.

### Nutrition Information

(For ½ of recipe) 360 calories; 24 g carbohydrate; 24 g protein; 18 g fat (4.5 g sat); 1 g fiber; 450 mg sodium. *Exchanges:* 3 lean meats; 0.5 medium-fat meats; 1.5 starches; 1 fat.

Side suggestions: **Spinach salad.** Top baby spinach with sliced cherry tomatoes and chopped chives. Drizzle with balsamic vinegar and olive oil. Season with freshly ground pepper to taste.

## Herb-Grilled Filet Mignon

Servings: 2

Freshly ground black pepper to taste

¼ teaspoon dried rosemary

½ teaspoon dry mustard

½ teaspoon salt

2 garlic cloves, minced

2 (6-ounce) filets of beef tenderloin, visible fat trimmed

1. Prepare grill.
2. Combine pepper, rosemary, mustard, salt, and garlic. Rub mixture evenly over both sides of steak.
3. Grill 3 minutes on each side or until cooked to preference.

### Nutrition Information

(For ½ of recipe) 325 calories; 0 g carbohydrate; 37 g protein; 19 g fat (7 g sat); 0 g fiber; 680 mg sodium. *Exchanges:* 5 ½ lean meats.

Side suggestions: **Baked sweet potatoes.** Wash and scrub 2 sweet potatoes. Dry and punch several holes in them with a fork to let steam escape when baking. Place on a baking sheet and bake at 450° F for about 40 minutes, or until tender. Sprinkle with salt and paprika. **Steamed green beans.** Wash and trim ends of 1 c of green beans. Steam beans until tender-crisp. *Nutrition Info (for ½ cup): 35 calories; 8 g carbohydrates; 2 g protein; 0 g fat; 4 g fiber; 5 mg sodium. Exchanges: 1 vegetable.*

*Weekend Meal*

## **Swiss Chard Lasagna**

Servings: 4 (Save leftovers for lunch or freeze in individual containers)

½ pound (about 1 bunch) Swiss chard, cleaned and ends trimmed  
10 ounces low-fat ricotta cheese  
2/3 cup shredded Parmesan cheese  
2/3 cup shredded part-skim mozzarella  
2 teaspoons olive oil  
2 small yellow onions, diced  
3 garlic cloves, sliced  
28-ounce can crushed tomatoes  
1 tablespoon fresh basil, chopped  
1 box no cook lasagna noodles (need about ½ box)  
Cooking spray  
½ cup low-fat (1%) milk

1. Preheat oven to 425° F.
2. Place the chard in a large pot of boiling water and cook for about 5 minutes. Drain and let cool a bit. Squeeze out any excess water and cut the chard into large pieces.
3. Mix chard, ricotta, and 1/3 cup of each type of shredded cheese in a bowl. Set aside.
4. Heat oil in a deep nonstick skillet over medium-high heat. Add onion and garlic, and sauté for a few minutes. Reduce heat to medium, and add tomatoes and basil. Cook for 10-15 minutes without a lid, stirring occasionally.
5. Coat a 9x9-inch, or similar sized, baking pan with nonstick cooking spray. Layer first with the chard-ricotta mixture, then the noodles, and then the sauce. Repeat layers about 2 more times (or until sauces run out), finishing with tomato sauce on top. Add the milk around the pan's edges and sprinkle with the remaining cheese.
6. Bake uncovered in oven for 30-35 minutes.

### **Nutrition Information**

(For ¼ of recipe) 440 calories; 43 g carbohydrate; 28 g protein; 20 g fat (11 g sat); 9 g fiber; 1,215 mg sodium. *Exchanges:* 1 starch; 2 vegetables; 1.5 dairy; 1 medium-fat meat; ½ fat.

Serving suggestions: <b>Tossed salad.</b>
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## SERVES 4—SCROLL UP FOR 2-SERVING MENU

Mediterranean Chicken Wrap  
Turkey Parmesan  
Wild Salmon Cakes  
Herb-Grilled Filet Mignon  
Swiss Chard Lasagna



### SHOPPING LIST

*Ingredients for the side dishes are in italics.*

#### Meat

1 pound boneless, skinless chicken breast  
1 pound turkey breast cutlets  
4 (6-ounce) filets of beef tenderloin

#### Produce

1 head of garlic  
2 yellow onions  
2 bags baby spinach  
½ pound Swiss chard (about 1 bunch)  
Fresh chives (can substitute scallions)  
Fresh basil  
1 stalk celery  
2 lemons  
*Cherry tomatoes*  
*Broccoli*  
*4 sweet potatoes*  
*Green beans*  
*Tossed salad ingredients (for 4 side salads)*

#### Dairy/Eggs/Juices

Large eggs (need 4)  
Grated Parmesan cheese (need 1 ½ c)  
Shredded part-skim mozzarella (need 1 ½ c)  
Low-fat ricotta cheese (need 10 oz)  
Reduced-fat sour cream  
Low-fat (1%) milk

#### Grains

Whole-wheat tortillas  
1 box no-cook lasagna noodles  
*Whole-wheat spaghetti*

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

Salt  
Freshly ground pepper  
Dried rosemary  
Dried mustard  
Plain bread crumbs  
Flour  
Olive oil  
Cooking spray  
*Balsamic vinegar*  
*Paprika*

#### Canned/jarred goods

Light mayonnaise  
2 (6-ounce) cans wild salmon  
1 (28-ounce) can crushed tomatoes  
1 (15.5-ounce) can cannellini beans  
*Marinara sauce*

#### Other

*Aluminum foil*

## Mediterranean Chicken Wrap

Servings: 4

4 teaspoons olive oil  
4 cloves garlic, minced  
1 pound boneless, skinless chicken breast, cut into strips  
½ teaspoon salt  
1 red bell pepper, cut into strips  
1 cup canned cannellini beans  
8 cups baby spinach  
4 whole-wheat tortillas  
½ cup shredded part-skim mozzarella  
Aluminum foil

1. Heat oil in a large, nonstick skillet over medium heat. Add garlic and sauté for 1 minute. Add chicken and cook until lightly browned and no longer pink in the middle, about 5-6 minutes. Season with salt and freshly ground pepper to taste.
2. Add bell pepper and beans to skillet and cook for another 2 minutes. Reduce heat to low and stir in baby spinach until just wilted.
3. Heat tortillas in a medium nonstick skillet over high heat for about 30 seconds on each side. Transfer to plates and top with the chicken, spinach, and bean mixture. Sprinkle with mozzarella. Roll up and fold up the bottom end. To prevent spillage, wrap bottom half with foil.

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Side suggestions: **Cherry tomatoes.**



## Turkey Parmesan

Servings: 4

½ cup flour

2 large eggs

1 tablespoons low-fat milk

2 dashes of salt

Freshly ground pepper to taste

2/3 cup freshly grated Parmesan cheese

¼ cup chopped fresh basil

1 pound turkey breast cutlets, cut or pounded into ¼ inch thin pieces

2 tablespoons olive oil

1. Place flour in a shallow bowl.
2. In another shallow bowl, mix together the egg, milk, salt, pepper, cheese, and basil.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
4. Starting with half of the cutlets, coat with flour and then dip in the egg mixture.
5. Let any excess egg mixture drip off, then cook cutlets until golden and cooked through, about 2 minutes on each side. Repeat with remaining oil and cutlets.

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## Wild Salmon Cakes

Servings: 4

¼ cup light mayonnaise  
¼ cup reduced-fat sour cream  
2 + 4 tablespoons chopped fresh chives (or substitute scallions)  
1 lemon, cut into wedges + juice of ½ lemon  
2 (6-ounce) cans wild salmon, drained  
2 large eggs, beaten  
1 stalk celery, finely diced  
2 tablespoons fresh parsley, chopped  
1 cup plain bread crumbs  
Freshly ground pepper to taste  
2 teaspoons olive oil

1. Make the sauce by combining the mayonnaise, sour cream, 1 tablespoon chives, and lemon juice in a small bowl.
2. In a medium bowl, flake salmon with a fork. Add egg, celery, 2 tablespoons chives, parsley, breadcrumbs, and pepper, and mix well. Use hands to form into 8 small patties.
3. Heat olive oil in a nonstick skillet over medium-high heat. Add salmon cakes and cook for 2-3 minutes on each side, until lightly browned.
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1 teaspoon salt

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2/3 cup shredded part-skim mozzarella  
2 teaspoons olive oil  
2 small yellow onions, diced  
3 garlic cloves, sliced  
28-ounce can crushed tomatoes  
1 teaspoon dried basil  
1 box no cook lasagna noodles (need about ½ box)  
Cooking spray  
½ cup low-fat (1%) milk

1. Preheat oven to 425° F.
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