



May 28th

Shopping List

This Week's Menu: Holiday Burgers, BBQ Salmon, Lamb Couscous, Rice Bake, Cream of Asparagus

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Ground Turkey	2.5 pounds		8
	Salmon	2 pounds	filet w/skin	16
	Lamb	8 chops	or loin	12

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	Beefsteak Tomatoes	3 pounds		4
	Green Leaf Lettuce	2 heads		3
	Red Cabbage	1/2 head		2
	Oranges	2		1
	Rosemary	1 bunch		1
	Mint	1 bunch		1
	Yellow Squash	3		3
	Bell Peppers	4		3
	Zucchini	4		2
	Portobello	2 caps		3
	Lemon	1		1
	Asparagus	2-3 bunches	about 50 spears	6

Got it!	Dairy	Quantity	Notes	Est Cost
	Cheddar Cheese	6 slices + 8oz	ask the deli to cut them thick	2
	Plain nonfat yogurt	6 oz		1
	Milk	8 oz	1 cups low or non fat	2

Got it!	Bakery	Quantity	Notes	Est Cost
	Whole Wheat Burger Buns	8		4
	Cous Cous	1 box	need 2 cups dry	2

Fresh 20 Grocery Est 77
 Cost Per Dinner 15.4
 Cost Per Serving 3.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	soy sauce	2 teaspoon	Pantry Dressing	1/2 cup
	Butter	3 Tablespoons	Cumin	1 teaspoon
	Brown Rice	2 cups	Brown Sugar	3/4 cup
	Garlic	4 cloves	Salt	5 teaspoons
	Onion	4 small	Black Pepper	4 teaspoons
	Olive Oil	1/4 cup	Chicken Stock	4 cups
	Dijon Mustard	2 Tablespoons	Flour	2 Tablespoons
	Red Chili Flakes (ground)	1 teaspoon	Balsamic Vinegar	2 Tablespoons

Prep Guide

TOMATO RELISH (IN LIEU OF KETCHUP)

2 pounds tomatoes, cut into quarters
 2 T. Balsamic vinegar
 1/2 cup brown sugar
 1/2 onion finely chopped

Place vinegar, onion and tomatoes in large pot over medium-high heat. Allow tomatoes to liquify a little and mash them up. Add in brown sugar. Cook, allowing liquid to reduce for about 20 minutes. Remove from heat. Let cool down. Salt and pepper to taste. Store in fridge til ready for burgers!

RED SLAW

Shred 1/2 head of red cabbage. Peel and shred 3 carrots. Cut 1 orange into small cubes. Whisk 1/4 cup olive oil, 2 teaspoons Dijon mustard, 1/4 cup brown sugar and 1/8 teaspoon pepper. In large bowl, combine dressing w/cabbage and carrots. Fold in oranges. Refridgerate in airtight container.

WASH LETTUCE

Remove heart from lettuce and wash leaves. Dry with paper towels or salad spinner. Chop lettuce. Measure out 6 cups. Wrap loosely in paper towel and store in large ziploc bag. Roll remaining leaves in paper towel & store in ziploc

BROWN RICE RECIPE

1 Tablespoon Butter
 1 Tablespoon Olive Oil
 2 cups Brown Rice
 2 cups Water
 2 cups Chicken Stock
 1/2 teaspoon salt

In stockpot (make sure you have lid), melt butter and add oil and rice. Saute rice for about 3 minutes until it starts to slightly brown. Add liquid and bring to boil. Reduce to simmer, cover and let steam for 25 minutes before you even think about touching that lid!

GRILLED VEGETABLES

2 bell peppers
 1 red onion
 4 zuchinni
 3 yellow squash Cut veggies into large pieces.
 Whisk 1/4 cup olive oil, 2 Tablespoons balsamic vinegar and 1 Tablespoon brown sugar together
 Place vegetables on large baking sheet. Brush with dressing. For best results, transfer vegetables to BBQ pan with slots or holes. Otherwise, place vegetables on top rack or sides of grill. Baste with dressing and close cover.
 Cook for 8 minutes, turning once. Careful not to burn, but a few grill marks are desired.
 Remove from grill and place in two large ziploc bags. Onion & peppers in one. Squash in other.

RICE SALAD

3 cups rice, 2 cups mix of grilled vegetables
 Chop vegetables and mix with rice. Store in fridge.

MONDAY

Holiday Burgers
 red slaw

TUESDAY

BBQ Salmon
 grilled asparagus

WEDNESDAY

Rosemary Lamb
 mint cous cous

THURSDAY

Asparagus Soup
 salmon 'wiches

FRIDAY

Rice Bake
 fridge salad

Recipe

AHEAD OF TIME (SEE PREP)

Tomato Relish
Red Slaw
Rice Salad

DINNER NIGHT

Finely chop onion and mince garlic. Saute in olive oil until soft and translucent.

With clean hands, mix turkey, soy sauce, mustard, salt, pepper, chili powder and cumin. Mix in onions.

Break burger mix into 10 pieces. Form each piece into a ball and flatten into a thin patty. Place a slice of cheese in the middle of two prepared patties. Fold corners into center. Seal edges by pinching closed with fingers.

Fire up grill!
Remove gills from bottom of mushroom and slice.

Place burgers on grill and cook 5 minutes each side. Remove from heat and let rest for a few minutes.

Set washed lettuce leaves on a platter with mushrooms and tomato relish. Toast buns. Have everyone create their own burger. Try relish instead of ketchup! Serve with 1 cup slaw and 3/4 cup rice salad.

Enjoy!

PORTION NOTE:

This meal makes 5 burgers. Serving size is 1 per person with an extra just in case. Remember part of healthy eating is portion control and while that second burger might seem like a good idea. Hmmm. Think about it!



ingredients

onion
1/2 medium

garlic
2 cloves

olive oil
1 Tablespoon

ground turkey
1.25 pounds

soy sauce
1 teaspoon

Dijon mustard
2 teaspoon

salt
2 teaspoons

black pepper
1 teaspoon

cumin
1 teaspoon

chili powder
1/2 teaspoon

cheddar cheese
6 slices

portobello mushroom
1 cap

lettuce
4-5 leaves

whole wheat buns
4

SEE PREP FOR:

tomato relish
1 cup

red cabbage slaw
4 cups

rice salad
3 cups



ingredients

alaskan salmon
2 pound filet

orange
1 medium (juiced)

garlic
2 cloves

soy sauce
1 teaspoon

brown sugar
1 Tablespoon

asparagus
1 bunch (16-20 stalks)

salt
1/2 teaspoon

black pepper
1/8 teaspoon

chili powder
1/8 teaspoon

butter
1 Tablespoon
melted

tomatoes
2 beefsteak

pantry dressing
1 Tablespoons

Recipe

DINNER NIGHT:

Fire up grill for high heat. Rinse and pat dry salmon
Juice one orange to yield 2 Tablespoons. Press or mince garlic.
In a small bowl, whisk together juice, garlic, brown sugar and soy sauce.
Brush one side of the salmon with half the marinade.
Place the salmon on the grill, skin side down.

In a small bowl, combine melted butter, salt, pepper and chili powder.
Place asparagus spears on grill near the edges away from main heat.
Baste with chili butter and let cook 3-5 minutes.
Should still have slight bite to them.

After about 7 minutes of grilling salmon, baste the top with rest of marinade and turn over. Grill for 8 minutes.

Slice tomatoes. Lay out on plate and drizzle with a pantry dressing.

Brush on more marinade sauce, turn, and cook for 2 minutes.
Remove from heat and transfer to heat proof serving dish with asparagus.
Be careful not to overcook the salmon. It should be flaky but not dry.

Substitution Notes:

Not everyone loves salmon. You can certainly use halibut or chicken breast.



ingredients

lamb loin or chop
8 pieces

olive oil
2 Tablespoons

fresh rosemary
1 Tablespoon

salt
1 teaspoon

pepper
1/2 teaspoon

cous cous
2 cups

chicken stock
2 cups

mint
1 Tablespoon

grilled vegetables

Recipe

AHEAD OF TIME

Grill Vegetables (see prep)

DINNER NIGHT

Heat grill.

Remove lamb from fridge.

Combine olive oil, rosemary, salt and pepper in a glass dish.

Coat the lamb chops with the oil mix.

Place chops directly on grill. Let cook for 5 minutes.

Place chicken stock in small stockpot. Bring to boil.

Stir in cous cous. Remove from heat and cover.

Turn your lamb over and cook an additional 5-7 minutes depending on what temperature you enjoy. Remember, meat continues to cook once removed from grill!

Finely mince about 10 mint leaves. Fold into cous cous right before serving.

Place cold grilled vegetables on a platter and serve with lamb and cous cous.

You can also toss veggies over high heat and serve warm but do not microwave.

Substitution Note:

Lamb is tricky. You either love it or not so much. Use pork chops or chicken breasts instead.



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ingredients

asparagus
1.5 pounds / 30 stalks

white onion
1 small

chicken stock
1/2 cup & 1 cup

butter
1 Tablespoon

flour
2 Tablespoons

salt
1 Tablespoon

pepper
1 teaspoon

milk
1 cup

plain nonfat yogurt
1/2 cup

lemon
1 teaspoon

fresh rosemary
1 Tablespoon for garnish

leftover salmon
1-2 cups shredded or chopped

leftover coleslaw
2 cups

whole wheat burger buns
4

Recipe

DINNER NIGHT:

Wash asparagus and snap off bottoms with fingers. Reserve a few asparagus tips for garnish. Chop onion.

Place asparagus and onion in a saucepan with 1/2 cup chicken stock. Let the asparagus simmer until tender but not mushy.

Place all in a blender and puree until smooth.

Melt butter in the same pan on low.

Whisk in flour, salt, and pepper into the butter. Cook for 2 minutes.

Do not let the flour brown.

Whisk in 1 cup stock and bring to boil. Juice lemon to yield 1 teaspoon.

Add the asparagus puree and milk into the saucepan. Blend.

Add yogurt. Add lemon juice.

Transfer to bowls, sprinkle in rosemary and serve while hot!

For the salmon 'wiches. Toast burger buns. Take 1/2 cup coleslaw and place on bottom bun. Add scoop of salmon and top with other side of bun.

A quick, simple way to reuse the leftovers and it goes great with the soup!

Recipe

AHEAD OF TIME:

Cook brown rice

Dinner Night:

Preheat oven to 325.

Finely chop onion. Heat olive oil in a skillet over medium heat.

Add onion and cook, stirring, until translucent, 3 to 4 minutes.

Add ground turkey, salt and chili powder and cook until meat is done.

Chop bell pepper and portobello. If using a block of cheese, then cut into small cubes. Try to chop ingredients into the same size pieces.

Mix portobello, bell pepper and cheese with turkey. Fold in rice.

Transfer to glass baking dish and pat down.

Pour chicken stock over mixture and sprinkle with black pepper.

Bake for 25 - 30 minutes until heated all the way thru middle.

Let cool down.

Cut tomato into thin wedges. Chop any leftover veggies.

Toss lettuce with pantry dressing and pile tomatoes and vegetables on top.

Serve.

PORTION NOTE:

Kids: 1 cup rice bake, 1 cup salad

Adults: 1-1/2 cups rice bake, 2 cups salad

KITCHEN NOTE:

This is an easy, simple rice bake that takes advantage of leftovers.

Feel free to experiment a little. Add what sounds good to you!

ingredients

onion

1/2 medium

olive oil

1 Tablespoon

ground turkey

1 pound

salt

1/2 teaspoon

chili powder

1/4 teaspoon

bell pepper

1 green or red

portobello mushroom

1 cap

cheddar cheese

8 oz cubed or shredded

chicken stock

1 cup

black pepper

1/2 teaspoon

brown rice

3 cups prepared

green leaf lettuce

4 cups

tomatoes

1 medium

leftover

grilled vegetables

2 cups

pantry dressing

1/4 cup