

# MENU FOR THE MILLS FAMILY

Vegetarian Menu - May 23rd 2016

Shopping List

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## BROCCOLI & CHEESE FLATBREAD

with Snap Peas with Chickpea, Lemon & Dill and Fresh Pineapple

### Ingredients

1 package naan or flatbreads	1 tomato, sliced
2 tbs olive oil	3/4 cup broccoli, chopped
3 tbs balsamic vinegar	8 oz fresh mozzarella, sliced thick
1 garlic clove, minced	1/4 cup fresh basil, chopped

### Snap Peas with Chickpea, Lemon & Dill

1 tbs olive oil	4 1/2 tbs fresh lemon juice
1 1/2 cups sugar snap peas	2 tbs fresh dill, chopped
4 scallions, thinly sliced	15 oz chickpeas, drained & rinsed

### Fresh Pineapple

fresh pineapple, sliced

### Instructions

Preheat oven to 400. Brush breads with olive oil & vinegar. Sprinkle with salt, pepper, and minced garlic. Arrange sliced mozzarella, tomatoes, broccoli, and basil on top. Bake until cheese is melted and flatbread is crispy, about 10 mins.

Heat oil in large skillet on med/high. Add snap peas and scallions. Cook for two mins, then add lemon juice, dill and salt, to taste. Cook for another 1 to 2 mins (snap peas should be bright green). Add chickpeas and cook 2 mins more. Serve.

Great with fresh pineapple on the side!

558 Cals 21g Protein 24g Fat 11g Fiber 69g Carbs



## VEGETARIAN CHILI

with Steamed Cauliflower and Orzo

### Ingredients

1 tbs olive oil	1/2 tsp dried oregano
1 onion, large, chopped	30 oz red kidney beans, drained & rinsed
28 oz diced tomatoes	2 green peppers, chopped
1 1/2 tsp ground cumin	2 carrots, chopped
1 tsp salt	sour cream, low fat (optional)

### Steamed Cauliflower

1 head cauliflower, chopped

### Orzo

8 oz orzo pasta

### Instructions

Heat oil in large skillet. Cook onion until soft about 5 min. Add tomatoes, cumin, salt & oregano. Cook until bubbling then add beans, peppers, & carrots. Cover & cook until veggies are soft, about 8 to 10 min. Can top with sour cream. Also great with shredded cheese and tortilla chips!

Steam cauliflower until fork tender, about 10 minutes.

Cook orzo according to package instructions.

419 Cals 14g Protein 12g Fat 7g Fiber 68g Carbs



## ORANGE GINGER TOFU

with Crispy Green Beans and Corn on the Cob

### Ingredients

8 oz tofu, cubed	3 tbs soy sauce
2 tbs rice vinegar	4 tsp plain sesame oil
1 tbs fresh ginger, minced	2 carrots, chopped
3 tbs orange juice	2 cups broccoli, chopped

### Crispy Green Beans

1 1/2 lbs green beans, (frozen ok too)	1/2 tsp garlic powder
1 tbs olive oil	1/2 tsp onion powder

### Corn on the Cob

corn on the cob

### Instructions

Drain tofu and press out excess water in a colander. In a skillet, combine rice vinegar & ginger. Cook over low heat for a few minutes. Remove from heat and add orange juice, soy sauce, and half of the sesame oil. Pour mixture over tofu and if time allows, marinate in fridge 30 minutes. In skillet, heat remaining sesame oil over medium heat. Add tofu, carrots, and broccoli and stir fry until hot and tofu lightly crisped, about 8 to 10 minutes.

Preheat oven to 375. If using frozen green beans, leave in a bowl and thaw completely. If using fresh, wash and trim ends. Dry beans COMPLETELY. Place beans on baking sheet, sprinkle with olive oil, seasonings and salt & pepper, to taste. Toss and rub into beans with hands. Bake for 15 minutes.

Husk corn & bring large pot of water to boil. Add corn & cook for 5 minutes until just tender. Serve with butter, salt & pepper.

285 Cals 12g Protein 8g Fat 9g Fiber 49g Carbs



## ROTINI WITH PEAS & PARMESAN

with Garden Salad

### Ingredients

8 oz rotini pasta	3/4 cup half & half
1 cup frozen peas	1 1/2 tbs fresh lemon juice
1 tbs olive oil	1 tsp dried tarragon
1 shallot, chopped	3/4 cup shredded parmesan cheese
6 oz mushrooms, sliced	

### Garden Salad

garden salad

### Instructions

Cook pasta according to package instructions. Add peas last few minutes of cooking. Drain & set aside. Heat oil in large skillet, add shallot, mushrooms, and salt & pepper to taste. Cook for 8 to 10 minutes until tender. Add half & half, lemon juice & tarragon. Simmer on low until slightly thickened, about 5 minutes. Stir pasta & peas into skillet. Top with cheese.

Serve with garden salad ingredients of choice.

368 Cals 17g Protein 12g Fat 6g Fiber 48g Carbs



## MEDITERRANEAN BAKED SWEET POTATOES

with Carrots

### Ingredients

4 sweet potatoes	1/2 tsp garlic powder
2 tsp olive oil	1 cup cherry tomatoes, sliced
15 oz chickpeas, drained & rinsed	1/2 cup fresh parsley, chopped
1/2 tsp paprika	1/4 cup hummus
1/2 tsp ground cumin	1 1/2 tbs fresh lemon juice
1/2 tsp cinnamon	2 garlic cloves, minced

### Carrots

7 carrots, chopped

### Instructions

Preheat oven to 400. Cover a large baking sheet with foil. Wash, dry & cut sweet potatoes lengthwise, rub inside with half of olive oil and place face down on baking sheet. Mix chickpeas with rest of olive oil and spices and place on same sheet. Place in oven and cook for 25 to 30 minutes, until potatoes are fork tender. While they are baking, combine tomatoes, parsley, hummus, lemon juice & garlic. Sprinkle with salt and pepper and set aside. When sweet potatoes are fork tender, remove from oven and set halves flat-side up on plates. Top with baked chickpeas and tomato & hummus mixture.

Steam carrots for about 10 minutes until fork tender.

297 Cals 10g Protein 6g Fat 12g Fiber 53g Carbs

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# SHOPPING LIST FOR THE MILLS FAMILY

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## WEEKLY MENU

- 1 Broccoli & Cheese Flatbread (Snap Peas with Chickpea, Lemon & Dill & Fresh Pineapple)
- 2 Vegetarian Chili (Steamed Cauliflower & Orzo)
- 3 Orange Ginger Tofu (Crispy Green Beans & Corn on the Cob)
- 4 Rotini with Peas & Parmesan (Garden Salad)
- 5 Mediterranean Baked Sweet Potatoes (Carrots)

## STAPLES

- 1 Olive oil, balsamic vinegar, \*olive oil
- 2 Olive oil, ground cumin, salt, dried oregano
- 3 Rice vinegar, soy sauce, plain sesame oil, \*olive oil, \*garlic powder, \*onion powder
- 4 Olive oil, dried tarragon
- 5 Olive oil, paprika, ground cumin, cinnamon, garlic powder

Exclude Recipes

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• M denotes ingredient used in multiple recipes

• Asterisk (\*) denotes side dish ingredient

## DAIRY

- 4 Half & half (6 oz)
- 2 Sour cream, low fat (optional)
- 4 Shredded parmesan cheese (3 oz)
- 1 Fresh mozzarella (8 oz)
- 3 Orange juice (2 oz)

## GROCERY

- 2 Red kidney beans (30 oz)
- M Chickpeas (30 oz)
- 5 Hummus (1/4 cup)
- 1 Naan or flatbreads (1 package)
- 2 \*Orzo pasta (8 oz)
- 4 Rotini pasta (8 oz)
- 2 Diced tomatoes (28 oz)

## PRODUCE

- 3 Tofu (8 oz)
- M Lemons (3)
- 1 \*Fresh pineapple
- 4 \*Garden salad ingredients
- M Broccoli (11 oz)
- 3 \*Green beans (1 1/2 lbs)
- 2 Green peppers (2)
- 1 \*Sugar snap peas (5 oz)
- M Carrots (11)
- 5 Sweet potatoes (4)
- 1 Tomato (1)
- 5 Cherry tomatoes (1 cup)
- 4 Mushrooms (6 oz)
- 2 \*Cauliflower (1 head)
- 4 Shallot (1)
- M Garlic (1 bulb)
- 1 \*Scallions (4)
- 2 Onion (1)
- 3 \*Corn on the cob
- 1 Fresh basil (1 bunch)
- 1 \*Fresh dill (2 tbs)
- 3 Fresh ginger (1 tbs)
- 5 Fresh parsley (1 bunch)

## FROZEN FOODS

- 4 Frozen peas (5 oz)

Exclude Recipes

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