

MENU FOR THE MILLS FAMILY

Harris Teeter - Jan 25th 2017

Shopping List

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◊ denotes lower carb main recipe



SIMPLE TURKEY SCRAMBLE ◊

with Green Beans

Ingredients

1 tbs olive oil	1 tsp salt
1 onion, medium, chopped	2 cups broccoli, chopped
1 1/2 lbs ground turkey	14.5 oz diced tomatoes
1 tsp garlic powder	1 cup shredded cheddar cheese, low fat
1 tsp oregano (dried)	

Green Beans

1 lb green beans, ends trimmed

Instructions

Heat oil in large skillet. Add onion and cook for few minutes until soft. Add meat and sprinkle with garlic powder, oregano, and salt. Cook for about 8 to 10 mins until browned. Stir in broccoli and tomatoes. Cook for 5 to 8 mins more until broccoli just tender. Remove from heat, stir in cheese. Season with salt & pepper.

Cook green beans over simmering water until just bright green.

378 Cals 33g Protein 22g Fat 4g Fiber 15g Carbs



JULIA'S BEEF STROGANOFF

with Mixed Greens

Ingredients

12 oz pasta of choice	1 cup sour cream, low fat
1 tbs olive oil	2 tbs flour
2 garlic cloves, minced	1 tsp paprika
8 oz mushrooms, sliced	1 cup chicken broth
2 lbs sirloin steak	

Mixed Greens

5 oz spring mix greens

Instructions

Cook pasta according to directions. Drain & set aside. Heat oil in skillet over medium heat. Add garlic & mushrooms. Cook 5 minutes until browned. Remove from pan & keep warm. Cut steak into large pieces, add to pan & brown on all sides, about 5 to 8 minutes. While steak is cooking, mix sour cream, flour, paprika & broth in bowl. Add to pan & cook until steak is desired level of doneness. Place pasta in large bowl, top with steak & mushrooms.

Toss greens with salad dressing of choice.

613 Cals 52g Protein 19g Fat 3g Fiber 57g Carbs



CHICKEN WITH HERBED TOMATO & CORN ◊

with Steamed Asparagus and Italian Roasted Potatoes

Ingredients

2 lbs boneless chicken breast	2 tomatoes, chopped
1 tbs olive oil	2 tbs fresh lime juice
2 shallots, chopped	1/4 cup fresh parsley, chopped
1 cup frozen corn	

Steamed Asparagus

1/2 bunch asparagus

Italian Roasted Potatoes

1 1/2 lbs baking potatoes, peeled & chopped	1/4 cup italian salad dressing
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Instructions

Cut chicken into large cubes. Heat oil in skillet on medium heat. Add chicken & season with salt & pepper. Cook for 5 to 8 minutes until no longer pink inside. Remove from pan & set aside. Add shallots, corn, & tomatoes to pan. Cook for 5 minutes, then return chicken to pan. Add lime juice & fresh parsley and heat for a few minutes longer and serve.

Cook asparagus over simmering water until bright green, about 5 to 8 mins.

Preheat oven to 375. Spray baking dish with cooking spray. Add potatoes and stir in dressing. Bake for 35 to 40 minutes until tender.

529 Cals 48g Protein 14g Fat 9g Fiber 58g Carbs



TILAPIA WITH TOMATOES & FETA

with Broccoli and Roasted Asparagus

Ingredients

2 lbs tilapia fillets	3 garlic cloves, minced
2 tomatoes, chopped	1 sprinkle oregano (dried)
1 1/2 tbs fresh lemon juice	1/2 cup feta cheese

Broccoli

4 cups broccoli, chopped

Roasted Asparagus

1 tbs olive oil	sea salt
1/2 bunch asparagus	

Instructions

Preheat oven to 375. Spray baking dish with cooking spray & place fish in dish. Mix remaining ingredients, EXCEPT feta, in bowl and pour over fish. Sprinkle feta on top. Bake for 15 minutes or until fish flakes easily with fork.

Cook broccoli over simmering water until bright green, about 5 mins.

Preheat oven to 375. Place asparagus in baking dish & drizzle with olive oil. Sprinkle with salt & pepper. Cook 8 to 10 minutes until just tender.

289 Cals 45g Protein 6g Fat 4g Fiber 12g Carbs



SLOW COOKER BLACK BEAN & WILD RICE SOUP

with Simple Wedge Salad



Ingredients

4 cups water	1 tbs cumin (ground)
1 onion, small, chopped	1 tsp garlic powder
2 garlic cloves, minced	1 tsp paprika
2 sweet potatoes, peeled and chopped	15 oz black beans, drained & rinsed
4 cups vegetable broth	2 cups baby kale, roughly chopped
1 cup wild rice	

Simple Wedge Salad

1 head iceberg lettuce	1 cup shredded carrots
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Instructions

Place all ingredients EXCEPT black beans and kale into slow cooker. Make sure rice (any rice will work if you don't have wild rice) is covered and add water if needed. Cover and cook on high for 3 hours. Remove lid and stir in black beans and salt & pepper. Replace lid and cook 45 minutes. Add kale, stir and serve. DONT HAVE A SLOW COOKER? You could easily do this recipe on the stove top in a large soup pot. For stove top, cook for about 40 minutes.

Slice iceberg lettuce into desired size wedges. Arrange on plate and drizzle with dressing of your choice and shredded carrots.

374 Cals 17g Protein 5g Fat 12g Fiber 70g Carbs

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Nutritional values are a general guideline only. Actual results may vary. Please see our Terms & Conditions for our complete policy.