

# MENU FOR THE MILLS FAMILY

Stop & Shop - Sep 09th 2016

Shopping List

Print Menu

◇ denotes lower carb main recipe



## LEMON CHICKEN WITH PEAS & COUSCOUS

with Garden Salad

### Ingredients

|                                |                               |
|--------------------------------|-------------------------------|
| 1 cup Israeli (pearl) couscous | 2 lbs boneless chicken thighs |
| 1 1/2 cups frozen peas         | 2 cups chicken broth          |
| 4 1/2 tbs fresh lemon juice    | 2 tbs flour                   |
| 2 tbs olive oil                |                               |

### Garden Salad

*garden salad*

### Instructions

Prepare couscous according to package instructions. Add peas and 1 tbs lemon juice at the last few minutes of cooking. Set aside and keep warm. Heat oil in large skillet on medium. Add chicken in single layer and season with salt & pepper. (Depending on size of skillet, you may have to do this in batches.) Brown chicken for about 3 minutes on each side. Remove, place on plate and set aside. Add remaining lemon juice to skillet and scrape up browned bits on bottom of pan. Add chicken broth and stir in the flour until it's dissolved. Heat on medium/high for 5 minutes until the sauce slightly thickens. Return chicken to skillet, along with any accumulated juices, turn heat to medium low, and cover. Continue to cook for 5 to 8 minutes more until the chicken is no longer pink inside, an internal temperature of 180. Serve chicken and sauce over couscous.

*Serve with garden salad ingredients of choice.*

485 Cals 46g Protein 14g Fat 6g Fiber 44g Carbs



## SHRIMP ON THE BARBIE!

with Sugar Snap Peas and Cauliflower Italiano

### Ingredients

|                                        |                                        |
|----------------------------------------|----------------------------------------|
| 2 lbs shrimp, raw, peeled and deveined | 2 tbs honey                            |
| 3 tbs soy sauce                        | 1/4 cup fresh parsley, chopped         |
| 3 tbs olive oil                        | 1/4 cup fresh lime juice               |
| 2 garlic cloves, minced                | red pepper flakes, sprinkle (optional) |

### Sugar Snap Peas

*1 lb sugar snap peas*

### Cauliflower Italiano

|                             |                              |
|-----------------------------|------------------------------|
| 1 tbs olive oil             | 1/4 cup water                |
| 1/2 onion, small, chopped   | 2 tbs italian salad dressing |
| 2 garlic cloves, minced     | 1/2 green pepper, chopped    |
| 1 head cauliflower, chopped |                              |

### Instructions

Thaw shrimp if frozen and place in bowl or large ziploc bag. Mix all remaining ingredients in small bowl and pour over shrimp. Stir shrimp until well coated. If time allows, marinate in fridge up to 30 minutes. Preheat grill or broiler to medium/high heat. Grease grill rack or broiler pan. If grilling, thread shrimp on skewers. Cook shrimp for 2 to 3 mins per side, until opaque.

*In sauce pan with shallow water, simmer peas until bright green & crisp tender, about 5 minutes.*

*Heat oil in skillet, add onion and cook for 5 minutes. Add garlic and cook for 30 seconds more. Add cauliflower, water, & italian dressing. Cover & cook 5 mins. Add green pepper, salt & pepper & cook 5 mins more uncovered.*

397 Cals 43g Protein 15g Fat 6g Fiber 22g Carbs



## SAVORY CHICKEN WITH RICE & VEGGIES

with Baby Carrots

### Ingredients

|                                   |                        |
|-----------------------------------|------------------------|
| 2 cups chicken broth              | 1/2 red onion, chopped |
| 1 1/2 lbs boneless chicken breast | 6 oz mushrooms, sliced |
| 1 cup rice                        | 1 cup frozen peas      |
| 1 tbs butter                      |                        |

### Instructions

Heat broth in medium saucepan on med/high. Add chicken & cook until no longer pink in center, an internal temperature of 165 F. Remove chicken, but leave broth in pan. Add rice to pan with broth, cover & bring to a boil. Reduce heat to low and cook until broth is absorbed, about 15 to 20 mins. While rice is cooking, let chicken cool slightly, shred into small pieces & set

aside. In small skillet, melt butter, add onion and mushrooms and cook for 5 to 8 minutes. Add peas for the last few minutes. Mix rice, chicken & veggies together. Stir in salt & pepper to taste. Voila! A delicious dinner!

*Cook carrots over simmering water for about 10 mins until tender.*

373 Cals 37g Protein 6g Fat 4g Fiber 41g Carbs

### Baby Carrots

8 oz baby carrots



## THREE BEAN VEGETARIAN STEW

with Broccoli Slaw

### Ingredients

|                                          |                                             |
|------------------------------------------|---------------------------------------------|
| 1 tbs olive oil                          | 14.5 oz diced tomatoes                      |
| 2 onions, medium, chopped                | 15 oz chickpeas, drained & rinsed           |
| 2 garlic cloves, minced                  | 1/2 cup vegetable broth                     |
| 15 oz black beans, drained & rinsed      | 1 tsp dried oregano                         |
| 15 oz red kidney beans, drained & rinsed | 3/4 cup shredded parmesan cheese (optional) |
| 1 cup baby carrots, chopped              |                                             |

### Broccoli Slaw

1 package broccoli slaw

### Instructions

Heat oil in large saucepan. Add onion & cook for 5 mins until softened. Add garlic & stir for 30 secs. Stir in beans, carrots, tomatoes, chickpeas, broth, and oregano. Season with salt & pepper. Bring to low boil, turn heat to low, cover & let simmer for 15 mins. Season with salt & pepper to taste. Serve. Optional: sprinkle with cheese.

*Toss broccoli slaw with salad dressing. We like it with basic Italian.*

381 Cals 21g Protein 6g Fat 21g Fiber 64g Carbs



## TURKEY PESTO FETTUCINE

with Spinach, Peas & Feta Salad

### Ingredients

|                         |                       |
|-------------------------|-----------------------|
| 8 oz fettuccine pasta   | 1 red pepper, chopped |
| 1 1/2 lbs ground turkey | 1/3 cup pesto sauce   |
| 1 green pepper, chopped | 1/2 cup half & half   |

### Spinach, Peas & Feta Salad

|                   |                         |
|-------------------|-------------------------|
| 1 cup frozen peas | 1 tbs fresh lemon juice |
| 3 oz baby spinach | 1/2 cup feta cheese     |
| 1 tbs olive oil   |                         |

### Instructions

Cook fettuccine per package instructions. Drain & set aside. Spray large skillet with cooking spray, heat to med & cook meat for about 8 mins, stirring often until browned. Drain fat & return to pan. Add peppers & cook for 4 to 6 mins until pepper is crisp/tender. Add fettuccine, pesto, and half & half to skillet. Stir, reduce heat to low & cook for few minutes more until heated through.

*Spread peas on plate and microwave about 2 minutes until bright green. Place spinach in salad bowl. To make dressing, mix olive oil & fresh lemon juice with a whisk or fork until well blended. Taste and adjust amount of lemon juice. Toss spinach leaves with dressing, give it a good sprinkle of sea salt and black pepper. Top with peas and feta. Note: the dressing is intended to give a light coating only.*

538 Cals 38g Protein 24g Fat 4g Fiber 43g Carbs

[thedinnerdaily.com](http://thedinnerdaily.com)

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

[Report an issue with your menu](#)

# SHOPPING LIST FOR THE MILLS FAMILY

Stop & Shop - Sep 09th 2016

Sales period for your selected store is Friday to Thursday

## WEEKLY MENU

- 1 Lemon Chicken with Peas & Couscous (Garden Salad)
- 2 Shrimp on the Barbiel ◊ (Sugar Snap Peas & Cauliflower Italiano)
- 3 Savory Chicken with Rice & Veggies (Baby Carrots)
- 4 Three Bean Vegetarian Stew ◊ (Broccoli Slaw)
- 5 Turkey Pesto Fettucine (Spinach, Peas & Feta Salad)

## STAPLES

- 1 Olive oil, flour
- 2 Soy sauce, olive oil, honey, red pepper flakes, \*olive oil
- 3 Butter
- 4 Olive oil, dried oregano
- 5 \*olive oil

Exclude Recipes

Print Shopping List

• M denotes ingredient used in multiple recipes

• Asterisk (\*) denotes side dish ingredient

• ◊ denotes lower carb main recipe

## DAIRY

- 5 Half & half (4 oz)
- 4 Shredded parmesan cheese (optional) **SALE**  
Stop and Shop
- 5 \*Feta cheese (2 oz) **SALE**  
President, chuck or crumbles

## SEAFOOD

- 2 Shrimp, raw (2 lbs) **SALE**  
Large or jumbo

## MEAT/POULTRY

- 1 Boneless chicken thighs (2 lbs) **SALE**
- 3 Boneless chicken breast (1 1/2 lbs) **SALE**  
Perdue, Nature's Promise, organic or Empire Kosher
- 5 Ground turkey (1 1/2 lbs) **SALE**  
Nature's Promise, 94% lean

## GROCERY

- 4 Red kidney beans (15 oz)
- 4 Black beans (15 oz)
- 4 Chickpeas (15 oz)
- 5 Fettuccine pasta (8 oz) **SALE**  
Prince or Ronzoni
- 1 Israeli (pearl) couscous (6 oz)
- 3 Rice (1 cup)
- 4 Diced tomatoes (14.5 oz) **SALE**  
Hunt's
- 4 Vegetable broth (4 oz) **SALE**  
College Inn or Empire organic low sodium
- M Chicken broth (32 oz) **SALE**  
College Inn
- 2 \*Italian salad dressing (2 tbs)
- 5 Pesto sauce (1/3 cup)

## PRODUCE

- M Lemons (2)
- 2 Limes (2)
- 5 \*Baby spinach (3 oz) **SALE**  
Nature's Promise Organic
- 1 \*Garden salad ingredients **SALE**  
Dole, Stop & Shop or Nature's Promise, organic
- 4 \*Broccoli slaw (1 package)
- M Green peppers (2) **SALE**
- 5 Red pepper (1) **SALE**
- 2 \*Sugar snap peas (16 oz)
- M Baby carrots (12 oz) **SALE**  
Stop and Shop or Nature's Promise
- 3 Mushrooms (6 oz) **SALE**  
Baby bella or white sliced
- 2 \*Cauliflower, small head (1) **SALE**
- M Onions (3)
- M Garlic (1 bulb)
- 3 Red onion (1)
- 2 Fresh parsley (1 bunch)

## FROZEN FOODS

- M Frozen peas (18 oz) **SALE**  
Birds Eye, Nature's Promise, organic or Green Giant

Exclude Recipes

Print Shopping List

Be sure to check the coupon list for extra savings