

MENU FOR THE MILLS FAMILY

Stop & Shop - Sep 09th 2016

Shopping List

Print Menu

🍴 denotes lower carb main recipe



Time to table
40 MINS

SAVORY CHICKEN WITH RICE & VEGGIES 🍴

with Honey Glazed Carrots

Ingredients

2 cups chicken broth
1 1/2 lbs boneless chicken breast
1 cup rice
1 tbs butter

1/2 red onion, chopped
6 oz mushrooms, sliced
1 cup frozen peas

Honey Glazed Carrots 🍴

1 lb baby carrots
2 tbs butter

1 tbs honey
2 tbs fresh lemon juice

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!

Place carrots in a medium saucepan and add water to cover them. Bring to a boil, reduce heat to med and simmer until just tender, about 5 to 8 minutes. Drain water and stir butter, honey and lemon juice into pan with carrots. Heat until butter is melted and carrots are glazed, 2 to 3 minutes.

443 Cals 37g Protein 10g Fat 5g Fiber 48g Carbs



Time to table
45 MINS

STUFFED SHELLS FLORENTINE 🍴

with Tomatoes & Cukes

Ingredients

12 oz jumbo pasta shells
24 oz tomato pasta sauce
15 oz ricotta cheese, part skim
1 1/2 cups shredded parmesan cheese
1 1/2 cups shredded cheddar cheese, low fat
1 onion, medium, chopped

1/2 tsp garlic powder
1/2 tsp dried oregano
1 egg
3 cups baby spinach, chopped
aluminum foil

Tomatoes & Cukes 🍴

2 tomatoes, chopped
2 cucumbers, peeled & chopped

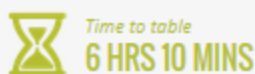
1 tbs olive oil
1 tbs red wine vinegar

Instructions

Preheat oven to 350. Cook shells according to package. Drain & set aside. Spread 1 cup of pasta sauce across 13 x 9 baking dish. In large bowl, combine ricotta and 1 cup each of parmesan and cheddar cheeses. Mix in onion, spices, egg & spinach. Take each shell & fill with cheese mixture & place in dish. (Don't worry if some cheese spills out.) Cover shells with remaining sauce & sprinkle with remaining shredded cheese. Cover dish with foil & bake 20 minutes or until bubbly.

Mix tomatoes and cucumbers in bowl with oil & vinegar, salt & pepper. Simple!

667 Cals 34g Protein 24g Fat 6g Fiber 77g Carbs



Time to table
6 HRS 10 MINS

SLOW COOKER CHICKEN TERIYAKI 🍴

with Roasted Asparagus and Spinach, Mushroom, & Parmesan Salad

Ingredients

1/4 cup soy sauce
2 tbs brown sugar
2 tbs rice vinegar
2 tbs cooking sherry
2 garlic cloves, minced
2 lbs boneless chicken thighs

8 oz water chestnuts, drained (optional)
1/4 cup orange marmalade
1 tbs cornstarch
2 cups snow peas
4 scallions, chopped

Instructions

To make teriyaki sauce: Mix soy sauce, brown sugar, rice vinegar, sherry, & garlic in small bowl. Set aside. Spray slow cooker with cooking spray. Place chicken, water chestnuts, teriyaki sauce & marmalade into cooker. Cover & cook on low for 6 to 7 hrs. The last 15 mins, stir in cornstarch & snow peas. Garnish with scallions.

Roasted Asparagus

1 tbs olive oil sea salt
1/2 bunch asparagus

Spinach, Mushroom, & Parmesan Salad

3 oz baby spinach 1/2 cup shredded parmesan cheese
6 oz mushrooms, sliced

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.

Toss spinach and mushrooms in a bowl. Sprinkle with cheese & your favorite salad dressing.

437 Cals 44g Protein 13g Fat 4g Fiber 36g Carbs



BEEF CAESAR SKILLET

with Cauliflower Italiano and Quinoa

Ingredients

1 tbs olive oil 2 garlic cloves, minced
1 1/2 lbs lean ground beef 3 tbs caesar salad dressing
3 ribs celery, finely chopped 1/2 cup shredded parmesan cheese
1 onion, small, chopped (optional)

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

Quinoa

1 1/2 cups quinoa

Instructions

Heat oil in skillet. Add meat, celery, onion, & garlic. Cook until meat is browned & veggies are tender. Stir in caesar dressing & heat through. Remove from heat and season with salt & pepper. Optional: sprinkle with cheese. Serve.

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.

Prepare quinoa according to package directions. (Note: for more flavor, you can use broth of any kind instead of water.) Stir in salt & pepper to taste and serve.

638 Cals 36g Protein 34g Fat 8g Fiber 47g Carbs



BALSAMIC PORK CHOPS

with Broccoli Slaw and Mango Couscous

Ingredients

2 lbs pork chops, any variety 2 tbs balsamic vinegar
2 garlic cloves, minced 1 tsp salt
3 tbs olive oil black pepper, to taste

Broccoli Slaw

1 package broccoli slaw

Mango Couscous

1 1/2 cups couscous 1 tbs olive oil
1 mango, peeled & chopped 3 scallions, chopped
1 red pepper, chopped

Instructions

Preheat oven to 350. Place pork in baking dish & combine remaining ingredients in small bowl. Spread over pork, turning to coat. Bake for 15 to 20 mins, turning over halfway through cooking time, until no longer pink inside.

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

Cook couscous according to package. Fluff with fork & place in bowl. Add remaining ingredients & stir. Season with salt & pepper.

528 Cals 47g Protein 17g Fat 5g Fiber 43g 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.

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SHOPPING LIST FOR THE MILLS FAMILY

Stop & Shop - Sep 09th 2016

Sales period for your selected store is Friday to Thursday

WEEKLY MENU

- 1 Savory Chicken with Rice & Veggies (Honey Glazed Carrots)
- 2 Stuffed Shells Florentine (Tomatoes & Cukes)
- 3 Slow Cooker Chicken Teriyaki (Roasted Asparagus & Spinach, Mushroom, & Parmesan Salad)
- 4 Beef Caesar Skillet ◊ (Cauliflower Italiano & Quinoa)
- 5 Balsamic Pork Chops ◊ (Broccoli Slaw & Mango Couscous)

STAPLES

- 1 Butter, *butter, *honey
- 2 Garlic powder, dried oregano, aluminum foil, *olive oil, *red wine vinegar
- 3 Soy sauce, brown sugar, rice vinegar, cooking sherry, cornstarch, *olive oil, *sea salt
- 4 Olive oil, *olive oil
- 5 Olive oil, balsamic vinegar, salt, black pepper, *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

- M Shredded parmesan cheese (8 oz) **SALE**
Stop and Shop
- 2 Shredded cheddar cheese, low fat (6 oz) **SALE**
Stop and Shop
- 2 Ricotta cheese, part skim (15 oz)
- 2 Egg (1)

MEAT/POULTRY

- 4 Lean ground beef (1 1/2 lbs) **SALE**
Nature's Promise, 92% lean ground or Stop and Shop, 85% lean ground
- 5 Pork chops, any variety (2 lbs) **SALE**
center cut, bone-in or Nature's Promise boneless
- 3 Boneless chicken thighs (2 lbs) **SALE**
- 1 Boneless chicken breast (1 1/2 lbs) **SALE**
Perdue, Nature's Promise, organic or Empire Kosher

GROCERY

- 2 Jumbo pasta shells (12 oz)
- 5 *Couscous (9 oz)
- 1 Rice (1 cup)
- 4 *Quinoa (9 oz)
- 2 Tomato pasta sauce (24 oz) **SALE**
Prego, Newman's Own Organic or Victoria
- 3 Water chestnuts (optional)
- 1 Chicken broth (16 oz) **SALE**
College Inn
- 4 *Italian salad dressing (2 tbs)
- 4 Caesar salad dressing (1/4 cup)
- 3 Orange marmalade (2 oz)

PRODUCE

- 1 *Lemon (1)
- 5 *Mango (1)
- M Baby spinach (6 oz) **SALE**
Nature's Promise Organic
- 3 *Asparagus (1 bunch) **SALE**
- 5 *Broccoli slaw (1 package)
- 4 *Green pepper (1) **SALE**
- 5 *Red pepper (1) **SALE**
- 3 Snow peas (6 oz)
- 1 *Baby carrots (16 oz) **SALE**
Stop and Shop or Nature's Promise
- 2 *Tomatoes (2) **SALE**
Campari
- M Mushrooms (12 oz) **SALE**
Baby bella or white sliced
- 4 *Cauliflower, small head (1) **SALE**
- 4 Celery (3 ribs)
- 2 *Cucumbers (2) **SALE**
- M Scallions (7)
- M Garlic (1 bulb)
- M Onions (3)
- 1 Red onion (1)

FROZEN FOODS

- 1 Frozen peas (5 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