

August 14 To 20 | Market Basket

Laurin's Menu | Serves 4 to 6

Summer Chicken Salad Sandwiches *with* Fresh Fruit **POULTRY** |  **Time To Table:** 40 minutes**Nutrition For Meal:** 467 Cals 35g Protein 19g Fat 2g Fiber 42g Carbs 3g Saturated Fat 477mg Sodium*Ingredients*

1 1/2 lbs boneless chicken breast
 1 tbs olive oil
 1/4 cup mayonnaise
 1 tsp brown mustard
 1 1/2 tbs fresh lemon juice
 3 scallions, chopped
 1/4 cup cranberries, dried (optional)
 1/4 cup almond slices, chopped (optional)
 1/2 cup red or green grapes, sliced
 3 ribs celery, finely chopped
 1 package sandwich rolls

Fresh Fruit

seasonal fruit of choice

Instructions

Cut chicken into cubes and season with salt & pepper. Heat oil in skillet over med heat, add chicken and cook until no longer pink inside, about 10 minutes. Set aside to cool slightly. If desired, you can chop the chicken into smaller pieces, place in food processor to shred, or leave as is. For dressing: mix mayo, mustard, & lemon juice in small bowl. Season with salt & pepper. In large bowl, mix chicken with scallions, cranberries, almonds (optional), grapes, celery & dressing. Serve on sandwich rolls.

Perfect with a side of fresh seasonal fruit! (Nutritional values will depend on fruit chosen and are not included in meal totals.)

Beef & Udon Noodle Stir Fry *with* Garlic Broccoli **BEEF** |  **Time To Table:** 35 minutes**Nutrition For Meal:** 591 Cals 38g Protein 25g Fat 4g Fiber 56g Carbs 7g Saturated Fat 1703mg Sodium*Ingredients*

10 oz udon noodles
 1/4 cup soy sauce (or GF tamari), low sodium
 2 tbs rice vinegar
 2 tbs brown sugar
 3 garlic cloves, minced
 1 tbs fresh ginger, minced
 1 tsp toasted sesame oil
 1 tbs vegetable oil
 1 1/2 lbs lean ground beef
 1 onion, medium, chopped
 2 green peppers, sliced into thin strips

Garlic Broccoli

1 lb broccoli, chopped
 2 tbs olive oil
 2 garlic cloves, minced
 1/4 cup soy sauce (or GF tamari), low sodium

Instructions

Cook udon noodles according to package instructions (if you cannot find udon noodles, you can always use egg noodles or another wide noodle). Drain and set aside. In small bowl, whisk soy sauce, rice vinegar, brown sugar, garlic, ginger & sesame oil. Heat vegetable oil in large skillet over med-high heat. Cook beef and onion until beef is browned and no longer pink. Stir in peppers and sauce and continue cooking until crisp tender (approx 3-4 mins more). Combine beef mix with noodles until combined.

Chop broccoli into large pieces. In a medium skillet, heat oil on med heat, add garlic and cook one minute. Add soy sauce, 1/3 cup of water, & broccoli. Cook uncovered until broccoli is bright green (about 5 mins more).

Parmesan Chicken Crunch *with* Green Salad, Roasted Garlic Potatoes

 **POULTRY** |  **Time To Table: 40 minutes**

Nutrition For Meal: 537 Cals 51g Protein 18g Fat 5g Fiber 41g Carbs 6g Saturated Fat 817mg Sodium

Ingredients

1 cup panko bread crumbs
1 cup shredded parmesan cheese
3 tbs brown mustard
2 lbs boneless chicken breast

Instructions

Preheat oven to 350. Spray baking dish with cooking spray. Place bread crumbs on dinner plate, stir in cheese. Spread a bit of mustard on each side of chicken, then place on plate and coat with bread crumbs. Place in baking dish. Continue until all pieces are coated & spread extra bread crumbs from plate over chicken. Cover with foil & bake for 15 minutes. Remove foil and cook uncovered for 5 to 10 minutes or until chicken is no longer pink inside, an internal temperature of 165.

Green Salad

1 package salad mix
2 tbs salad dressing

In a large bowl add salad and toss with dressing of choice.

Roasted Garlic Potatoes

2 lbs baby potatoes
2 tbs olive oil
1 1/2 tbs fresh lemon juice
3 garlic cloves, minced

Preheat oven to 375. Chop potatoes & place in roasting pan. Add oil, lemon juice, garlic, salt & pepper. Stir to coat. Bake until golden and fork tender, about 35 to 40 minutes.

Lime & Coconut Poached Fish *with* Mixed Greens

 **FISH** |  **Time To Table: 20 minutes**

Nutrition For Meal: 477 Cals 36g Protein 5g Fat 2g Fiber 69g Carbs 3g Saturated Fat 572mg Sodium

Ingredients

2 cups rice
1 1/2 cups coconut milk, light
1 pinch red pepper flakes (optional)
4 tbs fresh lime juice
2 tbs fish sauce
2 lbs fish fillet of choice
1/2 cup fresh cilantro, chopped

Instructions

Cook rice according to package directions. Heat coconut milk, red pepper flakes (optional), lime juice & fish sauce in large skillet over med/low. Season with salt and pepper. Bring to low boil, reduce heat and simmer for 4 to 5 mins. Add fish, cook for 3 to 4 mins each side until fish is cooked through and flakes easily with fork. Serve sauce over fish and rice and sprinkle with cilantro.

Mixed Greens

5 oz spring mix greens

Toss greens with salad dressing of choice.

South Of The Border Skillet Wraps *with* Cabbage & Carrot Slaw

 **VEGETARIAN** |  **Time To Table:** 30 minutes | *Can Make Bean Mixture Ahead, Assemble When Ready*

Nutrition For Meal: 613 Cals 27g Protein 19g Fat 17g Fiber 91g Carbs 6g Saturated Fat 1466mg Sodium

Ingredients

1 tbs olive oil
1 onion, medium, sliced
2 garlic cloves, minced
1 green pepper, chopped
15 oz black beans, low sodium, drained & rinsed
15 oz red kidney beans, low sodium, drained & rinsed
1 cup frozen corn
1 cup salsa, mild
2 tomatoes, chopped
1 cup shredded cheddar cheese, low fat
5 tortillas, burrito size
1/2 cup sour cream, low fat (optional)

Cabbage & Carrot Slaw

1/2 red cabbage, chopped or shredded
3 carrots, chopped or shredded
2 tbs plain sesame oil
2 tbs rice vinegar

Instructions

Heat oil in large skillet & add onions. Cook for 3 to 5 minutes until soft. Add garlic and cook another minute. Add peppers, beans, corn and salsa. Simmer on medium for 5 minutes, covered. Uncover and cook 5 to 8 minutes more. Remove from heat, stir in tomatoes & cheese. Warm tortillas & spoon mixture down middle. Top with a bit of sour cream (optional) & roll up.

Combine cabbage & carrots in bowl. Toss with oil, vinegar, salt & pepper. Note: this also works well with pre-shredded carrots and cabbage to save time!

