

Sun May 21st To Sat May 27th | Market Basket

Menu | Serves 4 to 6

Turkey Avocado Tumbles *with* With Zucchini, Garden Salad

POULTRY

**Time To Table:** 25 minutes

| Can Cook Turkey Mixture in Advance

Nutrition For Meal: 445 Cals 29g Protein 30g Fat 13g Fiber 24g Carbs 5g Saturated Fat 336mg Sodium*Ingredients*

3 avocados, halved, pitted
 2 tbs fresh lemon juice
 2 tbs olive oil, divided
 1 lb ground turkey, 93% lean
 6 oz salsa, mild
 6 oz plain greek yogurt, low-fat
 2 tbs fresh cilantro, chopped small

Instructions

Scoop halved avocados out of their skins in one piece, using a big spoon. Squeeze lemon juice over the cut side, drizzle with 1 tbs oil & generously salt to taste. Heat large skillet pan to med and cook avocados for 2 mins, cut side down. Remove and place avocados on a plate, cut side up, cutting a small piece off rounded side so it can sit flat. Add remaining oil to skillet. Add turkey, salt & pepper and brown the meat, breaking it into lumps as it cooks. After it is no longer pink (3-4 mins), remove from heat, stir in salsa & yogurt. Spoon the turkey mixture on top of avocados, filling them and letting the excess spill over onto the plate. Top with cilantro and serve.

Zucchini

2 zucchini, chopped

Steam zucchini (or cook in skillet in a bit of olive oil) for about 5 to 8 mins until tender.

Garden Salad

1 head lettuce, washed well
 1 tomato, chopped
 1 cucumber, sliced

In a serving bowl, tear lettuce into bite-sized pieces. Top with tomatoes and cucumbers. Add salad dressing of choice, and toss to mix.

Easy Beef Stroganoff *with* With Fresh Tomato Salad

BEEF

**Time To Table:** 35 minutes

| Can Make Beef Mixture in Advance/Cook Pasta at Dinner Time!

Nutrition For Meal: 637 Cals 33g Protein 27g Fat 5g Fiber 70g Carbs 12g Saturated Fat 313mg Sodium*Ingredients*

4 cups egg noodles
 2 tbs butter (unsalted)
 1 onion, medium, chopped
 2 garlic cloves, minced
 8 oz mushrooms, sliced
 1 lb lean ground beef
 2 cups beef broth, low sodium
 1 tbs worcestershire sauce
 1/4 cup flour
 1 cup sour cream, low fat
 1/4 cup fresh parsley, chopped (optional)

Instructions

Cook egg noodles according to package, drain and set aside. While noodles cooking, melt butter in large skillet over med heat. Add onion, garlic, and mushrooms and cook for 5 to 8 mins until tender. Stir occasionally while cooking. Remove from skillet and place in bowl. Add ground beef to same skillet and cook for about 8 to 10 mins until cooked and no longer pink. Add beef broth (reserving 1/4 cup) and Worcestershire to skillet and season with salt & pepper. Mix remaining broth with flour in separate bowl until combined, and stir into the skillet along with mushrooms and onions. Heat for few more mins until mixture is thickened. Remove from heat and stir in sour cream and parsley. Serve over egg noodles.

Fresh Tomato Salad

3 cups grape tomatoes (or cherry), halved
 1 1/2 tbs olive oil
 1 1/2 tbs rice vinegar
 1/4 tsp garlic powder
 1/4 tsp oregano (dried), or to taste

Mix ingredients in a bowl and stir to coat. Salt to taste. Let sit at least 5 minutes before serving.

Fish With Pesto *with* With Fresh Sugar Snap Peas, Herbed Rice

 **FISH** |  **Time To Table: 25 minutes** | **Quick & Easy!**

Nutrition For Meal: 464 Cals 39g Protein 15g Fat 3g Fiber 40g Carbs 4g Saturated Fat 422mg Sodium

Ingredients

2 lbs fish fillet of choice
1/4 cup pesto sauce
1/2 cup shredded parmesan cheese

Fresh Sugar Snap Peas

1 lb sugar snap peas

Herbed Rice

1 cup rice
1 1/2 tbs fresh lemon juice
2 tbs olive oil
1/2 cup fresh parsley, chopped



Instructions

Preheat oven to 375. Spray baking dish with cooking spray and place fish in dish. Spread pesto on fish and bake for 10-20 mins, until fish flakes easily with a fork. The last few mins of cooking sprinkle with parmesan cheese. Total cooking time will depend on thickness of fish.

Serve fresh peas as a healthy easy side.

Cook rice according to package directions. Place in bowl & add lemon juice, oil & parsley. Season with salt & pepper.

Skillet Pork With Mushroom Sauce *with* With Broccoli, Couscous

 **PORK** |  **Time To Table: 30 minutes** | **Easy!**

Nutrition For Meal: 523 Cals 53g Protein 12g Fat 7g Fiber 52g Carbs 3g Saturated Fat 172mg Sodium

Ingredients

2 tbs olive oil
2 garlic cloves, minced
2 lbs boneless pork chops
1/2 tsp paprika
1 1/2 tbs fresh lemon juice
8 oz mushrooms, sliced
1 1/2 cups water
2 tbs flour

Broccoli

1 lb broccoli, chopped

Couscous

1 1/2 cups couscous

Instructions

Heat oil in large skillet. Add garlic & cook for 30 seconds. Season pork with salt, pepper & paprika. Add to pan & cook 3 minutes each side. Add lemon juice & mushrooms to pan. Cover & cook on low for 10 to 12 minutes until pork is cooked through. Remove pork & keep warm. Add water & flour to pan, stir until smooth & bring to low boil. Stir for a few minutes until thickened. Pour sauce over pork.

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

Prepare couscous according to package directions. Salt & pepper to taste. For variety, cook in broth instead of water, toss in some frozen veggies for the last few minutes of cooking, stir in a squeeze of lemon juice and/or 1 tbs olive oil, or toss in a handful of any chopped fresh herbs or greens (such as baby spinach) you have on hand. You can also drizzle with a bit of your favorite salad dressing.

Black Bean Quinoa Salad With Mango *with* With Coleslaw

 **VEGETARIAN** |  **Time To Table: 30 minutes** | *Can Make in Advance - Even Better the Next Day*

Nutrition For Meal: 497 Cals 17g Protein 17g Fat 14g Fiber 72g Carbs 4g Saturated Fat 258mg Sodium

Ingredients

1 1/2 cups quinoa
1/4 cup olive oil
3 tbs fresh lime juice
1 shallot, chopped
1 tsp cumin (ground)
15 oz black beans, low sodium, rinsed & drained
1 mango, diced
2 red/orange/yellow bell peppers, diced
2 cucumbers, peeled, chopped
1/2 cup feta cheese, crumbled (optional)

Coleslaw

1 package coleslaw mix

Instructions

Cook quinoa per package instructions. In small bowl, whisk oil, lime juice, shallot, cumin, and salt & pepper to taste. In large bowl, combine quinoa, beans, mango, red pepper, cucumber, and feta (if using). Drizzle with favorite salad dressing, if desired. May serve warm or cooled.

Drizzle coleslaw with favorite salad dressing. Season with salt and pepper, if desired. So easy!