



Honey Mustard Fish *with* With Green Salad, Spinach Orzo

 FISH |  **Time To Table:** 25 minutes | Can Make Marinade in Advance

**Nutrition For Meal:** 431 Cals 37g Protein 9g Fat 4g Fiber 51g Carbs 1g Saturated Fat 322mg Sodium

*Ingredients*

- 2 lbs fish fillet of choice
- 1 1/2 tbs fresh lemon juice
- 1 tbs olive oil
- 2 garlic cloves, minced
- 2 tbs dijon mustard
- 2 tbs honey

**Green Salad**

- 1 package salad mix
- 2 tbs salad dressing

**Spinach Orzo**

- 1 1/2 cups orzo pasta
- 1 tbs olive oil
- 1/2 onion, medium, chopped
- 3 oz baby spinach

*Instructions*

Place fish in baking dish. Combine rest of ingredients in bowl & pour over fish. Let sit for 10 mins. Preheat broiler, spray broiler pan (or cooking sheet) with cooking spray & place fish on pan. Brush a bit of marinade on fish. Cook for 10 to 15 mins until fish is opaque and flakes easily with fork. Actual time will depend on thickness of fish.

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

Cook orzo according to package instructions and set aside. Heat oil in a small skillet. Add onion and saute for 1 to 2 mins. Add spinach to skillet in batches and cook until just wilted. Add spinach to pan with orzo, and season with salt & pepper. Top with some feta if desired.

Raspberry Pork Chops *with* With Broccoli Slaw, Curried Couscous

 PORK |  **Time To Table:** 30 minutes | Super easy!

**Nutrition For Meal:** 618 Cals 35g Protein 12g Fat 6g Fiber 92g Carbs 2g Saturated Fat 143mg Sodium

*Ingredients*

- 2 lbs pork chops, any variety
- 3/4 cup raspberry preserves
- 2 chipotle peppers in adobo sauce, minced

**Broccoli Slaw**

- 1 package broccoli slaw

**Curried Couscous**

- 1 1/2 cups couscous
- 1/2 cup raisins
- 1 tbs olive oil
- 1 onion, medium, finely chopped
- 2 garlic cloves, minced
- 2 tsp curry powder

*Instructions*



Preheat oven to 400. Line baking dish with aluminum foil or spray dish with cooking spray. Place chops in dish and season with salt. In small saucepan, heat raspberry preserves and the 2 chipotle peppers on med until preserves are softened. (Flavor note: if you want a stronger smoked flavor, consider adding a few teaspoons of extra adobe sauce from can to saucepan!) Set aside half of mixture in small bowl. Brush pork with mixture remaining in saucepan. Bake for about 20 to 30 mins, depending on the thickness of chops (internal temp of 145 degrees). Serve chops topped with remaining preserves mixture from small bowl.

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

Bring 1 1/2 cups of water to a boil in small saucepan. Stir in couscous and raisins, cover and let stand for 5 minutes. Heat oil in small skillet on med/high. Add onion and cook until lightly browned. Reduce heat and add garlic & curry powder. Cook, stirring for about 2 min until garlic is golden. Fluff couscous with fork. Stir onion mixture into couscous and serve.

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## Shrimp Ambrosia *with* With Steamed Squash, Roasted Butternut Squash

 SHELLFISH |  **Time To Table:** 35 minutes | Can Prep Shrimp and Veggies in Advance

**Nutrition For Meal:** 370 Cals 35g Protein 14g Fat 6g Fiber 31g Carbs 5g Saturated Fat 552mg Sodium

### Ingredients

1 tbs olive oil  
4 oz mushrooms, sliced  
2 garlic cloves, minced  
14 1/2 oz diced tomatoes with basil, garlic & oregano  
1 tbs balsamic vinegar  
2 lbs shrimp, raw, peeled and deveined  
1 cup feta cheese  
2 scallions, chopped

### Steamed Squash

1 zucchini, chopped  
1 summer squash, chopped

### Roasted Butternut Squash

2 lbs butternut squash, peeled & chopped (or use precut)  
2 tbs olive oil

### Instructions



Thaw shrimp if frozen. Heat oil in large skillet to med-high and add mushrooms. Cook for 5 minutes until softened. Add garlic and cook for additional 30 seconds. Add tomatoes and vinegar. Simmer on low heat for 5 to 8 minutes until slightly thickened. Stir in shrimp and feta. Cover and heat on low until shrimp are opaque and cooked through. Sprinkle with chopped scallions before serving.

Steam squash over simmering water until just fork tender.

Preheat oven to 400. Place squash in baking dish, drizzle with a bit of olive oil & sprinkle with salt & pepper. Toss to coat. Cook 30 mins until fork tender.

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## Easy Roast Chicken With White Beans & Tomatoes *with* With Baby Kale & Orange Salad

 POULTRY |  **Time To Table:** 30 minutes | Can Assemble Ahead, Bake When Ready

**Nutrition For Meal:** 486 Cals 50g Protein 17g Fat 13g Fiber 39g Carbs 5g Saturated Fat 707mg Sodium

### Ingredients

4 cups grape tomatoes (or cherry)  
30 oz butter beans, (or cannellini beans) rinsed & drained  
1 tbs oregano (dried), divided  
2 lbs boneless chicken breast  
1/2 cup chicken broth, low sodium

### Baby Kale & Orange Salad

2 tbs orange juice  
2 tbs olive oil  
1 tbs apple cider vinegar  
5 oz baby kale  
1 orange, peeled & sliced  
3 oz goat cheese, crumbled (optional)

### Instructions

Preheat oven to 400. Spread tomatoes & beans in baking dish. Season with salt, pepper & half the oregano. Place chicken on top of tomatoes and beans. Pour broth over chicken and season with salt, pepper, and remaining oregano. Bake for 30-35 mins or until chicken is cooked through (internal temp of 165). Total cooking time will depend on the thickness of the chicken.

In serving bowl, whisk orange juice, oil, vinegar and salt & pepper to taste. Add kale and orange slices and toss. Sprinkle with goat cheese (optional). Serve.

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## Meatball Gyros *with* With Fresh Mango Slices

 BEEF |  **Time To Table:** 25 minutes | Can Make Meatballs in Advance

**Nutrition For Meal:** 588 Cals 31g Protein 15g Fat 3g Fiber 84g Carbs 4g Saturated Fat 730mg Sodium

### Ingredients

1 lb lean ground beef  
1/4 cup seasoned bread crumbs  
1 egg  
1/4 cup fresh parsley  
2 garlic cloves, minced  
1/2 tsp cumin (ground)  
1 cucumber, chopped  
2 tomatoes, chopped  
1/2 red onion, chopped  
1/2 cup hummus  
1 package pita bread

### Fresh Mango Slices

2 mangos

### Instructions

Preheat oven to 425. In large bowl, combine beef, breadcrumbs, egg, parsley, garlic, cumin, salt & pepper to taste. Mix well and form into small meatballs (about 2 tbsp each). Bake for 10 mins until cooked through. Remove from oven and allow to cool slightly. Meanwhile, toss cucumber, tomato & onion with salt & pepper to taste. Place meatballs, veggies and hummus in pitas and serve.

Peel, slice and serve.

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