

Sat Dec 2nd To Fri Dec 8th | Any Store

Laurin's Menu | Serves 4 to 6

Super Easy Parmesan Chicken Bake *with* With Roasted Garlic Potatoes, Broccoli

POULTRY

**Time To Table:** 40 minutes

| Can Assemble Ahead, Bake When Ready

Nutrition For Meal: 524 Cals 55g Protein 17g Fat 6g Fiber 39g Carbs 7g Saturated Fat 553mg Sodium**Ingredients**

2 lbs boneless chicken breast
 6 oz plain greek yogurt, low-fat
 1 cup shredded parmesan cheese

Roasted Garlic Potatoes

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

Broccoli

1 lb broccoli, chopped

Instructions

Preheat oven to 375. Spray baking dish with cooking spray. Place chicken breasts in dish and season with salt & pepper. In small bowl mix yogurt with parmesan and spread on each chicken breast. Bake for about 25 to 30 mins until chicken is cooked through and no longer pink inside (internal temp of 165 degrees).

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.

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

Ginger Sesame Salmon *with* With Sugar Snap Peas & Carrots, Quick Cooking Brown Rice

FISH

**Time To Table:** 25 minutes

| Can Make Marinade in Advance

Nutrition For Meal: 652 Cals 47g Protein 31g Fat 5g Fiber 49g Carbs 5g Saturated Fat 302mg Sodium**Ingredients**

2 lbs salmon fillets
 1/2 cup fresh parsley, chopped
 2 tbs soy sauce (or GF tamari), low sodium
 2 tbs rice vinegar
 2 tbs plain sesame oil
 1 tbs fresh ginger, minced

Sugar Snap Peas & Carrots

1 tbs olive oil
 2 garlic cloves, minced
 8 oz baby carrots, chopped
 8 oz sugar snap peas
 1/2 cup vegetable broth, low sodium
 1 1/2 tbs fresh lemon juice
 2 scallions, chopped

Quick Cooking Brown Rice

2 1/2 cups quick cooking brown rice

Instructions

Spray baking dish with cooking spray. Place fish in dish. Mix all other ingredients in small bowl, pour over fish. Marinate for up to 30 minutes, if time allows. Preheat oven to 400. Cook fish for about 15 mins or until fish flakes easily with fork. Time will depend on thickness of fish.

In skillet, heat oil on med. Add garlic. Cook for one minute. Add veggies (except scallions), broth, & lemon juice. Cover & cook for 5 to 8 mins until just softened. Stir in scallions.

Prepare brown rice according to package directions. To add some flavor and variety: add a little olive oil, some frozen veggies (such as peas), or mix in some fresh herbs or chopped greens at the end of cooking. You can also drizzle with some fresh lemon or your favorite salad dressing too.

Slow Cooker Chicken Fiesta *with* With Herbed Rice, Baby Carrots

 **POULTRY** |  **Time To Table:** 6 hrs 10 mins

Nutrition For Meal: 653 Cals 44g Protein 23g Fat 12g Fiber 67g Carbs 8g Saturated Fat 1547mg Sodium

Ingredients

2 lbs boneless chicken thighs
16 oz salsa, mild
15 oz black beans, low sodium, drained & rinsed
1 green pepper, chopped
1 packet taco seasoning, mild
1 cup chicken broth, low sodium
1 cup sour cream, low fat

Herbed Rice

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

Baby Carrots

16 oz baby carrots

Instructions

Spray slow cooker with cooking spray and add chicken, salsa, black beans & green pepper. Mix taco seasoning in bowl with broth and pour over chicken. Cook on low for about 6 hours or high for 4 hours. Right before serving stir in sour cream.

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

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

Easy Herbed Pork Tenderloin *with* With Roasted Butternut Squash, Cabbage & Carrot Slaw

 **PORK** |  **Time To Table:** 45 minutes

Nutrition For Meal: 413 Cals 39g Protein 17g Fat 7g Fiber 32g Carbs 4g Saturated Fat 618mg Sodium

Ingredients

2 lbs pork tenderloin
1 tsp salt
1/2 tsp black pepper, to taste
1/2 tsp sage (dried)
1/2 tsp oregano (dried)
2 garlic cloves, minced

Roasted Butternut Squash

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

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

Preheat oven to 400. Spray baking dish with cooking spray & place pork in dish. Mix spices together in bowl & rub into pork with spoon. Bake about 20 to 30 minutes until pork has faint pink color in middle and an internal temperature of 145-150 degrees. Remove from oven, cover with foil & let sit for 10 minutes. Slice and serve.

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.

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!

Roasted Veggie Pasta *with* With Garden Salad



VEGETARIAN

**Time To Table:** 40 minutes| *Can Roast Veggies in Advance***Nutrition For Meal:** 463 Cals 17g Protein 10g Fat 10g Fiber 77g Carbs 4g Saturated Fat 378mg Sodium

Ingredients

12 oz penne pasta
1 lb butternut squash, peeled & chopped (or use precut)
1 zucchini, chopped
1 green pepper, chopped
1/2 bunch asparagus
2 tbs olive oil
2 shallots, chopped
2 garlic cloves, minced
14.5 oz diced tomatoes
3/4 cup feta cheese
1/4 cup fresh parsley, chopped

Garden Salad

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

Instructions

Cook pasta according to package instructions, drain & set aside. Preheat oven to 450. Spray baking sheet with cooking spray & add butternut. Roast 15 minutes, then add zucchini, pepper & asparagus to pan & continue roasting veggies for 10 minutes. Stir once while cooking. While veggies are roasting, heat oil in skillet. Sauté shallots & garlic. After a few minutes, add tomatoes. Simmer on low until slightly thickened, about 5 minutes. To serve: place pasta in large bowl, stir in roasted veggies & tomatoes, top with feta & fresh parsley. Yum!

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