



Fri Jun 7th To Thu Jun 13rd | Stop & Shop

Laurin's Menu | Serves 4 to 6

Fish With Strawberry-Basil Salsa

 FISH |  **Time To Table:** 35 minutes | Can Prep Salsa in Advance

Nutrition For Meal: 290 Cals 42g Protein 7g Fat 3g Fiber 11g Carbs 1g Saturated Fat 147mg Sodium

Ingredients

4 cups strawberries, chopped
 1/2 red onion, chopped
 1 cup fresh basil, chopped
 1/2 cup fresh mint, chopped (optional)
 2 tbs olive oil
 2 tbs red wine vinegar
 2 lbs fish fillet of choice
 1 lemon

Instructions

Preheat oven to 350. In med bowl, combine strawberries, onion, herbs, olive oil & vinegar. Season with salt and pepper to taste. Set aside. Spray baking dish with cooking spray, or lightly coat with some olive oil. Place fish in baking dish, drizzle with lemon juice, and season with salt and pepper. Cook for 15 to 25 mins, depending on the thickness of the fish. Spoon salsa over fish & serve.

Summer Chicken Salad Sandwiches

 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

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.

Grilled Skewered Shrimp

 SHELLFISH |  **Time To Table:** 30 minutes | Can use grill basket or broil instead of skewers

Nutrition For Meal: 224 Cals 44g Protein 1g Fat 0g Fiber 9g Carbs 0g Saturated Fat 521mg Sodium

Ingredients

2/3 cup salsa, mild
 8 oz tomato pasta sauce
 3 tbs brown sugar
 2 tbs fresh lemon juice
 2 lbs shrimp, raw, peeled, deveined

Instructions

In a large bowl, combine salsa, tomato sauce, sugar & lemon juice. Add shrimp and toss to coat. Marinate for 30 mins, if time allows. Preheat grill or broiler. Thread shrimp onto skewers (or place shrimp in grill pan or directly onto broiler pan if not using skewers). Place marinade into saucepan and bring to a rolling boil. Remove from heat and place about 1/2 cup of sauce into small bowl for basting shrimp. Grill or broil shrimp for 8 to 10 mins or until cooked through, turning and brushing often with the salsa mixture. Discard any remaining salsa mixture used for basting and serve shrimp with the remaining salsa mixture from the saucepan.

Bean, Avocado & Kale Salad



VEGETARIAN



Time To Table: 15 minutes

| Can Make Ahead

Nutrition For Meal: 310 Cals 12g Protein 14g Fat 14g Fiber 39g Carbs 2g Saturated Fat 243mg Sodium

Ingredients

2 tbs olive oil
 2 tbs red wine vinegar
 2 tbs fresh lime juice
 2 garlic cloves, minced
 15 oz black beans, low sodium, drained & rinsed
 15 oz chick peas, low sodium, drained & rinsed
 2 cups baby kale, chopped
 1/2 cup fresh cilantro, chopped
 1 red/orange/yellow bell pepper, chopped
 1 cup frozen corn
 1 avocado, peeled & chopped

Instructions

Make dressing: In a small bowl mix oil, vinegar, lime juice & garlic. Season with salt & pepper. In salad bowl, mix together remaining ingredients and drizzle with dressing. Mix to coat. Simple and easy!

Blueberry Glazed Pork Tenderloin



PORK



Time To Table: 50 minutes

Nutrition For Meal: 298 Cals 35g Protein 10g Fat 1g Fiber 14g Carbs 2g Saturated Fat 81mg Sodium

Ingredients

1 cup blueberries
 3 tbs maple syrup, (or use brown sugar)
 2 tbs olive oil
 3 tbs balsamic vinegar
 3 garlic cloves, minced
 1/2 tsp thyme (dried)
 2 lbs pork tenderloin

Instructions

Place all ingredients except pork in small saucepan. Bring to low boil until blueberries have collapsed & sauce starts to thicken, about 10 mins. Let cool slightly. Place pork in shallow baking dish just large enough to hold it. Season with salt & pepper and pour blueberry mix over pork. Marinate in fridge up to 30 mins, if time allows. Preheat grill/broiler to med. Remove pork from marinade & return leftover marinade to saucepan. Grill/broil pork for about 4 to 5 mins per side. Continue to cook for about 15 mins, or until internal temperature reaches 145 degrees. While pork is cooking, bring blueberry marinade to a BOIL & continue to boil for 5 mins, stirring frequently so it does not stick. Serve pork with extra blueberry sauce on side.