

Seven Day Meal Planning with the ShopRite Circular

Created by: ERRHN Nutritionist—Brittany Reitano

Ellenville Hospital's Rural Health Network would like to present you with a packet of healthy meal recipes for every family. When creating these meals we need to keep in mind our budget, which is why we use the ShopRite circular to help make meal prepping easier and cheaper!

This Week's Meals:

Monday	White Bean and Veggie Salad
Tuesday	Grilled Peach & Brie Smothered Chicken
Wednesday	Roasted Red Pepper, Spinach, & Feta Penne Pasta
Thursday	Chicken Cutlets with Creamy Pesto Sauce
Friday	Greek Summer Squash Grilled Pizza
Saturday	Grilled Pork Chops with Chile & Pineapple
Sunday	Vegetarian Taco— Stuffed Zucchini

The meals included were created around the main items listed in the sale flyer.

Please keep in mind that not all items listed in the recipes will be on sale.

Those included in the circular will have a * next to them.

We have included some estimated prices based on the circular, but these are subject to change. Ellenville Regional Hospital has no control over the price of products.



Shopping List

These are the ingredients you will need for this weeks menu. Make sure to check of the ingredients you already have at home so you don't buy them again! All of the prices listed are **estimations** based on the weekly circular that are subject to change. We include them to help you calculate an estimated cost to help you budget.

Ellenville Regional Rural Health Network has no control over product pricing.

Dairy	Estimated Cost
Reduced fat coconut milk * Wholesome Pantry*	\$3.99/ 1/2 gallon
Brie Cheese * Alouette*	\$2.99/ea.
Feta Cheese Crumbled * Dodoni*	\$3.99/ea.
Shredded Mexican Cheese *Bowl & basket*	\$1.99/ea.
Produce	Estimated Cost
Mixed Salad Greens (2 bags) *Fresh Express*	2 for \$5
Cucumbers (2)	5 for \$5
Cherry Tomatoes (1 pkg.)	\$3.99/pint
Avocado (2) * Hass*	\$1.00/ea.
Peach (1)	\$1.00/ea.
Baby Arugula (1 pkg.)	\$3.49/ea.
Baby Spinach (1 bag)	\$2.99/ea.
Summer Squash (1)	\$0.89/ea.
Cilantro	\$0.99/ea.
Jalapeno Pepper	\$1.99/lb.
Pineapple (1)	\$2.69/ea.
Red Onion (2)	\$1.99/lb.
Zucchini (4)	\$0.84/ea.
Yellow Onion (1)	\$2.29/3lb. Bag
Radishes (1 Bunch)	\$1.49/bunch
Roma Tomato (1)	\$0.38/ea.

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Frozen		Estimated Cost
<input type="checkbox"/>	Extra firm Tofu (1 pkg.) *House Organic Tofu *	\$2.00/ea.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
Canned/ Jar Items		Estimated Cost
<input type="checkbox"/>	White Beans (1 Can) *ShopRite*	\$0.79/can
<input type="checkbox"/>	Roasted red peppers (1 jar) *Ferrara Peppers*	\$2.49/Jar
<input type="checkbox"/>	Low sodium tomato sauce (1 jar) *Hunts*	2 for \$4.00
<input type="checkbox"/>		
Pasta & Rice		Estimated Cost
<input type="checkbox"/>	Whole Wheat Penne (1 box) *Bowl & Basket*	\$0.99/box
<input type="checkbox"/>		
<input type="checkbox"/>		
Breads & Bread Crumbs		Estimated Cost
<input type="checkbox"/>	Whole Wheat Pizza Dough *Papa Sal's*	\$2.99/ea.
Nuts & Nut Spreads		Estimated Cost
<input type="checkbox"/>		
<input type="checkbox"/>		
Meat/Fish		Estimated Cost
<input type="checkbox"/>	Chicken Cutlets (2 lb.) - need for two recipes *Fresh*	\$5.99/lb.
<input type="checkbox"/>	Pork Chops Boneless	\$3.79/lb.
<input type="checkbox"/>		
<input type="checkbox"/>		

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Other Stuff

	Red wine vinegar *ShopRite*	\$0.99/ea.
	Dry white wine—Holland House*	\$2.49/ea.
	Roasted red pepper hummus *ShopRite*	\$2.99/ea.

Spices, Sauces, & Condiments

Estimated Cost

	Pesto Sauce *Filippo Berio*	\$2.49/ea.
	Pineapple Juice *Bowl & basket*	\$2.99/ea.
	Honey	\$3.99/ea.
	Low sodium– taco seasoning packets (1 packet) *bowl & basket*	\$0.49/ea.

Spices, Condiments, & Pantry Items you might already have:

	Kosher Salt	\$1.99
	Extra Virgin Olive Oil	\$6.99
	Oregano	\$1.69
	Lemon/ Lime Juice	\$1.49
	Crushed Red Pepper Flakes	\$2.49
	Pepper	2 for \$5
	Vegetable Oil (Bowl & Basket brand)	\$1.99
	Cumin	\$1.99
	Paprika	\$1.99
	Garlic Powder	\$2.99

Monday: White Bean & Veggie Salad

Ingredients:

- 2 cups mixed salad greens
- $\frac{3}{4}$ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
- $\frac{1}{3}$ cup canned white beans, rinsed and drained
- $\frac{1}{2}$ avocado, diced
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil
- $\frac{1}{4}$ teaspoon kosher salt
- Freshly ground pepper to taste

Directions

1. Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate
2. You can add Protein like Chicken or Shrimp to this salad if you wish.



Tuesday: Grilled Peach & Brie Smothered Chicken

Ingredients

- 1 pound chicken cutlets
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt plus 1/8 teaspoon, divided
- 1 firm ripe peach, halved
- 4 ounces Brie cheese, sliced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 2 tablespoons fresh tarragon leaves, plus more for garnish
- 1 (5 ounce) package baby arugula

Directions

1. Preheat grill to medium-high.
2. Sprinkle chicken with 1/4 teaspoon each pepper and salt.
3. Oil the grill rack. Grill peach halves, cut-side down, until lightly charred, 4 to 5 minutes. Transfer to a cutting board and slice. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160 degrees F, 3 to 5 minutes. Flip and top the chicken with the peach slices and cheese. Grill until an instant-read thermometer inserted in the thickest part registers 165 degrees F and the cheese is melted, 1 to 2 minutes more.
4. Whisk oil, vinegar, tarragon and the remaining 1/4 teaspoon pepper and 1/8 teaspoon salt in a large bowl. Add arugula and toss to coat. Serve the chicken on top of the arugula. Garnish with more tarragon, if desired.



Wednesday: Roasted Red Pepper, Spinach, & Feta Penne Pasta

Ingredients

- 12 ounces whole-wheat penne
- ¼ cup extra-virgin olive oil
- 3 large cloves garlic, sliced
- 1 (16 ounce) jar roasted red peppers, drained and chopped
- 1 (10 ounce) package baby spinach
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¾ cup crumbled feta cheese

Directions:

1. Bring a large pot of water to a boil and cook penne according to package directions; drain and return to pot
2. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned. Add roasted red peppers, spinach, salt and pepper; cook, stirring, until the spinach is just wilted, about 4 minutes.
3. Combine the vegetable mixture with the penne. Stir in feta and serve.



Thursday: Chicken Cutlets with Creamy Pesto Sauce

Ingredients:

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped red onion
- ½ cup dry white wine
- ½ cup Coconut Cream/Coconut Milk
- ¼ cup pesto
- 1 medium plum tomato, chopped
- 2 tablespoons chopped basil

Directions:

1. Sprinkle chicken with 1/8 teaspoon salt and 1/8 teaspoon pepper. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned and cooked through, about 6 minutes. Transfer to a plate.
2. Add onion to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid is mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Stir in pesto and tomatoes, then return the chicken to the pan. Turn to coat; cook until warmed through, about 1 minute. Divide the chicken and sauce among 4 plates. Sprinkle with basil.



Friday: Greek Summer Squash Grilled Pizza

Ingredients

- 1 pound whole-wheat pizza dough
- ½ cup roasted red pepper hummus
- 2 cups thinly sliced summer squash
- 1 cup crumbled feta cheese
- ½ cup slivered fresh basil
- Ground pepper for garnish

Directions:

1. Preheat grill to medium-high.
2. Roll dough into a 12-inch oval on a lightly floured surface. Transfer to a lightly floured large baking sheet. Bring the dough, hummus, squash and feta to the grill
3. Oil the grill rack. Transfer the crust to the grill. Close the lid and cook until puffed and lightly browned, 1 to 2 minutes. Using tongs, turn the crust over. Spread the crust with the hummus and top with the squash and the feta. Close the lid and cook until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more.
4. Return the pizza to the baking sheet. Top with basil and pepper, if desired.



Saturday: Grilled Pork Chops w/ Chile & Pineapple

Ingredients:

- ½ cup chopped fresh cilantro, plus more for garnish
- ½ cup pineapple juice
- 1 serrano or jalapeño pepper, seeded and finely chopped
- 1 tablespoon honey
- 1 tablespoon lime juice
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 pound boneless thin-cut pork chops, trimmed
- 1 medium pineapple, peeled, cored and cut into 1/2-inch-thick rings
- 1 large red onion, cut into 1/2-inch-thick rings
- 1 tablespoon extra-virgin olive oil
- Lime wedges for serving

Directions

1. Preheat grill to medium-high or heat a grill pan over medium-high heat.
2. Combine cilantro, pineapple juice, serrano (or jalapeño), honey, lime juice and 1/4 teaspoon each salt and pepper in a blender; puree until smooth. Reserve 1/4 cup for serving. Transfer the remaining mixture to a medium bowl and add pork chops. Turn to coat and let marinate for 5 minutes.
3. Brush pineapple and onion slices with oil. Remove the pork from the marinade and sprinkle with the remaining 3/4 teaspoon salt and 1/4 teaspoon pepper. Grill, flipping once, until an instant-read thermometer inserted in the thickest part of a chop registers 145 degrees F, 3 to 5 minutes per side. Grill the pineapple and onions, flipping once, until lightly charred, 4 to 5 minutes per side.
4. Serve the pork, pineapple and onions drizzled with the reserved sauce. Serve with more cilantro and lime wedges, if desired.



Sunday: Vegetarian Taco—Stuffed Zucchini

Ingredients:

- 1 (14 ounce) package extra-firm tofu, drained
- 4 medium zucchini (about 1 1/2 pound)
- 1 tablespoon olive oil
- 1 cup chopped yellow onion (1 medium)
- 1 tablespoon minced garlic (about 3 cloves)
- 1 (1 ounce) package 30%-less-sodium taco seasoning (such as McCormick)
- 3/4 cup no-salt-added tomato sauce
- 1/2 teaspoon kosher salt
- 2 ounces shredded Mexican cheese blend (about 1/2 cup)
- 1/2 medium ripe avocado, chopped
- 2 ounces radishes, thinly sliced
- 1/2 cup chopped red onion (from 1 small)
- Fresh cilantro leaves

Directions:

1. Preheat oven to 425 degrees F. Wrap drained tofu in several layers of paper towels; top with a heavy skillet to squeeze out more liquid. Let sit 10 minutes. Break into chunks.
2. While tofu drains, slice zucchini in half lengthwise and scoop out flesh, leaving a 1/4-inch border around the sides; discard flesh. Place zucchini shells in a single layer in a 13- x 9-inch baking dish. Set aside.
3. Heat oil in a large nonstick skillet over medium-high. Add chopped yellow onion and cook, stirring occasionally, until softened, about 4 minutes. Add garlic and taco seasoning and cook, stirring constantly, until fragrant, about 30 seconds. Add tofu chunks and stir to break into bite-size pieces and fully coat in spices. Stir in tomato sauce, and bring to simmer. Remove from heat.
4. Sprinkle zucchini halves evenly with salt. Spoon tofu mixture evenly into zucchini halves. Sprinkle with cheese.
5. Bake in preheated oven until zucchini is tender and cheese is melted, about 20 minutes. Top with avocado, radishes, red onion and cilantro. Serve immediately.

