

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	Cabbage Roll Chicken Enchiladas
Tuesday	Baked Ziti with Mushrooms and Spinach
Wednesday	Cauliflower Gnocchi Caprese
Thursday	Turkey Meatloaf with Sundried Tomatoes
Friday	Baked Cod with Tomato and Basil
Saturday	Easy Wonton Soup
Sunday	Chicken and Dumplings

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

<input type="checkbox"/>	Parmesan Cheese *ShopRite	\$2.19/3oz. Ea.
<input type="checkbox"/>	Eggs (need 1) *Bowl & Basket	\$3.99/dz.
<input type="checkbox"/>	Buttermilk *Bowl & Basket*	\$2.19/ea.
<input type="checkbox"/>		
<input type="checkbox"/>		

Produce

Estimated Cost

<input type="checkbox"/>	Fresh Basil (1 bunch)	\$3.99/bunch
<input type="checkbox"/>	Baby Spinach (1 bag)	\$2.99/bag
<input type="checkbox"/>	White onion (2)	\$1.79/lb.
<input type="checkbox"/>	Cabbage (1 head)	\$0.99/lb.
<input type="checkbox"/>	Fresh parsley (1 bunch) - need for two recipes	\$1.49/bunch
<input type="checkbox"/>	Kale (2 bunch) - need for two recipes	\$1.49/bunch
<input type="checkbox"/>	Green Beans (2lbs.) - need for two recipes	\$1.99/lb.
<input type="checkbox"/>	Broccoli (1 head)	\$0.75/ea.
<input type="checkbox"/>	Red Onion (1)	\$1.49/lb.
<input type="checkbox"/>	Fresh cilantro (1 bunch)	\$0.99/bunch
<input type="checkbox"/>	Russet Potatoes (1 lb.) *Bowl & Basket*	\$1.49/lb.
<input type="checkbox"/>	Celery (1 stalk)	\$1.99/bunch
<input type="checkbox"/>	Carrots (1 bunch)	\$1.99/2 lb. bag
<input type="checkbox"/>	Fresh Thyme (1 bunch)	\$1.99/bunch
<input type="checkbox"/>	Grape tomatoes (1 pkg)	\$2.49/pkg.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

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**

Frozen	Estimated Cost
<input type="checkbox"/>	
Canned/ Jar Items	Estimated Cost
<input type="checkbox"/> Dried tomatoes *Bowl & Basket*	\$3.29/can
<input type="checkbox"/> Crushed red peppers *Bowl & Basket*	\$1.49/ea.
<input type="checkbox"/> Crushed tomatoes *Bowl & Basket*	\$1.79/can
<input type="checkbox"/> Tomato sauce *Hunts*	2 for \$4
<input type="checkbox"/> Chickpeas (1 15oz can) *ShopRite*	\$1.49/can
<input type="checkbox"/> Tomato paste *Tuttorosso*	\$0.99/can
Pasta & Rice	Estimated Cost
<input type="checkbox"/> Whole wheat penne pasta *Bowl & Basket *	\$1.29/box
<input type="checkbox"/> Brown rice *Success*	\$1.99/box
<input type="checkbox"/> Barley—need for two recipes * Bowl & Basket*	\$1.49/ea.
Breads & Bread Crumbs	Estimated Cost
<input type="checkbox"/> Whole wheat bread crumbs *Bowl & Basket*	\$1.49/ea.
<input type="checkbox"/> Italian seasoned panko crumbs Bowl & Basket*	\$1.99/ea.
Nuts & Nut Spreads	Estimated Cost
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
Meat/Fish	Estimated Cost
<input type="checkbox"/> Chicken Breasts (2 lbs.) - need for two recipes *Bowl &Basket*	\$2.49/lb.
<input type="checkbox"/> Ground beef (2 lb.) - need for two recipes	\$4.29/lb.
<input type="checkbox"/> Salmon (1 1/2 lbs.) *Atlantic	\$9.99/lb.
<input type="checkbox"/> Chicken cutlets *Perdue	\$3.99/ea.
<input type="checkbox"/> Sirloin steak (8 oz) *USDA	\$5.99/lb.

These are the ingredients you will need for this weeks menu. Make sure to check of the ingredients you already have at home! 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.**

Other Stuff

	Reduced sodium chicken broth *ShopRite	\$1.99/ea.
	Minced garlic *Botticelli	\$3.29/ea.
	Red wine vinegar *ShopRite	\$2.79/ea.
	Reduced sodium beef broth *ShopRite	\$1.99/ea.
	Pistachios *Wonderful (optional)	\$4.99/ea.

Spices, Sauces, & Condiments

		Estimated Cost
	Brown sugar *Domino	\$2.69/ea.
	Mayonnaise *Kraft*	\$4.49/ea.
	Tahini *Joyva	\$5.99/ea.
	Ketchup *Hunts	\$1.69/ea.
	Worcestershire sauce *ShopRite	\$2.19/ea.
	White wine vinegar *Holland*	\$2.99/ea.

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

	Sea Salt Or Kosher	\$1.99
	Extra Virgin Olive Oil	\$6.99
	Paprika	\$1.99
	Lemon/ Lime Juice	\$1.49
	Chili Powder	\$2.29
	Cayenne Pepper	\$1.49
	Ground Cumin	\$1.99
	Crushed red pepper	\$0.69
	Onion Powder *	\$1.79
	Garlic Powder	\$2.99

Monday: Cabbage Roll Chicken Enchiladas

Ingredients:

- 12 Savoy cabbage leaves
- 2 ½ cups shredded cooked chicken
- 1 (15 ounce) can spicy refried beans
- 1 ¾ cups shredded cheese, such as Monterey Jack, Cheddar or Colby-Jack, divided
- 1 (10 ounce) can red enchilada sauce
- 1 tablespoon Chopped fresh cilantro for garnish

Directions:

1. Bring a large pot of water to a boil. Add cabbage leaves and cook for 1 minute. Drain and rinse with cold water. Pat dry.
2. Preheat oven to 350 degrees F.
3. Combine chicken, refried beans and ¾ cup cheese in a medium bowl. Coat the bottom of a 9-by-13-inch baking dish with a few tablespoons enchilada sauce. Fill each cabbage leaf with about 1/3 cup of the chicken mixture and roll into an enchilada. Place, seam-side down, in the baking dish (they will be snug). Drizzle with the remaining enchilada sauce and sprinkle with the remaining 1 cup cheese.
4. Bake until heated through and the cheese is melted, about 20 minutes. Sprinkle with cilantro, if desired.

<https://www.eatingwell.com/recipe/262452/cabbage-roll-chicken-enchiladas/>

Serving Size: 2 Enchiladas

Per Serving: 347 calories



Tuesday: Baked Ziti with Mushrooms and Spinach

Ingredients

- 2 tablespoon olive oil
- 1 onion, chopped
- 4 garlic cloves, rough chopped
- 16 ounces mushrooms, sliced (cremini, portobello, or sub ground meat or sausage)
- ¼ teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon chili flakes
- 2 teaspoons Italian seasoning
- 3–4 ounces baby spinach, chopped (about 2 great big handfuls) or use 1-2 cups frozen spinach
- 2 cups veggie broth (or chicken broth)
- 1 x 24-25 ounce jar marinara sauce– Trader Joe's organic brand is really tasty -see notes
- 8 ounces dry ziti pasta or penne pasta, or similar
- 1 cup ricotta cheese, or herbed tofu ricotta
- ¼–1/2 cup finely grated pecorino or parmesan (optional)
- 1/2– 1 cup grated mozzarella cheese (or sub vegan cheese)
- garnish with fresh basil (or Italian parsley) and chili flakes.

Directions:

1. Preheat oven to 400 F
2. In a large, 12-inch skillet, heat oil over medium heat, add onion, garlic and mushrooms and season generously with salt and pepper, cooking and stirring until mushrooms release all their liquids and this cooks off, and eventually they get golden brown, about 12 minutes. Taste and make sure these are salted and flavorful.
3. Add fresh spinach and wilt, then add 2 cups of broth or stock, a jar of marinara sauce and the dry pasta (about 2 ¾-3 cups dry). Stir, and bring to a simmer. Dot with the dollops of ricotta. Sprinkle with mozzarella and pecorino. Cover well and place in the oven to bake for 30 minutes.
4. Uncover and let the cheese get a little golden for a couple of minutes (feel free to broil). If there seems to be too much liquid left in the pan, simply simmer uncovered on the stovetop for 1-2 minutes until it evaporates.
5. Garnish with fresh herbs and chili flakes.

<https://www.feastingathome.com/no-boil-mushroom-baked-ziti/>

1 serving: 235 kcal.



Wednesday: Cauliflower Gnocchi Caprese

Ingredients:

- 2 10-ounce packages frozen cauliflower gnocchi
- 3-4 tablespoons extra-virgin olive oil, divided
- 1 10-ounce package cherry or grape tomatoes, halved
- $\frac{3}{4}$ cup small mozzarella balls
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{2}$ cup slivered basil, plus more for garnish
- 4 teaspoons balsamic glaze, or to taste

Directions:

1. Bring a large pot of water to a boil. Add gnocchi and cook, stirring occasionally, for 2 minutes. Drain.
2. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Cooking in batches if necessary, add the drained gnocchi and cook, tossing, until puffed and browned in places, about 3 to 4 minutes. Transfer to a large bowl and let cool slightly, about 10 minutes.
3. Once the gnocchi has cooled a bit, add tomatoes, mozzarella, salt, pepper and 1 tablespoon oil. Stir well to coat; add up to 1 tablespoon more oil, if desired. Stir in basil. Divide between 4 plates; drizzle each serving with 1 teaspoon balsamic glaze, or to taste. Sprinkle with additional basil, if desired.

<https://www.eatingwell.com/recipe/280884/cauliflower-gnocchi-caprese/>

Serving Size: 1 1/4 Cups

Per Serving: 327 calories



Thursday: Turkey Meatloaf with Sundried Tomatoes

Ingredients:

- Vegetable cooking spray
- 1/2 cup plain bread crumbs
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped garlic and herb-marinated sun-dried tomatoes
- 2 cloves garlic, minced, optional
- 2 eggs, at room temperature, lightly beaten
- 2 tablespoons whole milk
- 1/2 cup crumbled feta cheese
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 pound ground turkey, preferably dark meat

Directions:

1. Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F.
2. Spray a 9 by 5-inch loaf pan with cooking spray.
3. In a large bowl, stir together the bread crumbs, parsley, sun-dried tomatoes, garlic, if using, eggs, milk, feta, salt, and pepper. Add the turkey and gently stir to combine, being careful not to overwork the meat.
4. Carefully pack the meat mixture into the prepared pan and bake until the internal temperature registers 165 degrees F on an instant-read thermometer, about 45 minutes. Remove from the oven and let rest for 5 minutes. Transfer to a cutting board and slice. Put on a serving platter and serve.

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/turkey-meatloaf-with-feta-and-sun-dried-tomatoes-recipe-2014108>

Per Serving:208 calories



Friday: Baked Cod with tomatoes

Ingredients:

- 3 tablespoons olive oil
- 2 cups cherry or grape tomatoes
- 1 1/4 lb cod fillets 4-6 pieces (1 inch thick or more) see notes
- salt, pepper and chili flakes to taste
- 1 lemon – zest (set aside) and slices
- 3 garlic cloves rough chopped
- 1/4 cup basil leaves torn

Directions:

1. Preheat oven to 400
2. Pour the olive oil in a 9 x13 inch baking dish. Scatter the garlic cloves. Add the tomatoes and lemon slices and toss. Scoot to one side.
3. Pat the fish dry and place in the baking dish, and using tongs, turn to coat each side of the fish with oil. Spread out the tomato garlic mixture and nestle in the fish. Tomatoes on the sides, lemons underneath. Season all generously with salt, pepper and chili flakes.
4. Bake for ten minutes. Give the pan a good shake, jostling the tomatoes a bit. Scatter with lemon zest. Bake 5 more minutes or until fish is cooked to your liking.
5. When done, add the torn basil leaves, tossing them with the warm tomatoes with tongs so the basil wilts slightly. Then garnish each piece of fish with a wilted basil leaf.
6. Serve immediately!

<https://www.feastingathome.com/simple-baked-cod/>

Serving: 4oz Calories: 138 kcal.



Saturday: Wonton Soup

Ingredients:

- 1 leek, white parts, thinly sliced (or sub 1 shallot or ½ cup onion)
- 4 slices ginger (the size of a quarter, leave peels on- or 1 tablespoon ginger paste)
- 1 tablespoon olive oil
- 4 cups chicken broth (or veggie broth)
- 10–14 wontons (chicken, shrimp or vegetarian)
- salt and lemon juice to taste
- a couple handful of chopped greens- baby spinach, arugula, bok choy, chopped kale
- garnish options: scallions, cilantro, sesame seeds, chili flakes or sriracha

Directions:

1. In a medium pot, sauté the shallot and ginger in oil, over medium heat, until fragrant, about 2 minutes. Add the broth, cover and bring to a boil. Add the wontons and simmer according to directions on the package (3-5 minutes- depending on size) They normally float when cooked through.
2. Taste the broth and add salt and a squeeze of lemon. I like mine quite lemony, but season to your own taste.
3. Drop in the greens, cooking until wilted. Spinach will take 45 seconds, kale will take longer.
4. Divide among two bowls and sprinkle with any of the garnishes.

<https://www.feastingathome.com/wonton-soup/>

Serving size: 1 bowl Calories: 443kcal.



Sunday: Chicken Dumplings

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- Kosher salt and freshly ground black pepper
- One 20-ounce package peeled and diced butternut squash
- 4 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 2 cups lower-sodium chicken broth
- 2 sprigs dill plus 2 tablespoons chopped fresh dill
- 1/2 cup white whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon cold unsalted butter, cut up
- 1/4 cup lowfat (1-percent) milk
- 1 cup frozen peas, thawed

Directions:

1. Heat the oil in a large saucepan over medium-high heat until hot. Sprinkle the chicken with 1/4 teaspoon each salt and pepper and add to the hot oil. Cook, stirring, until the chicken is no longer pink on the outside but is not cooked through, about 2 minutes. Transfer to a bowl with a slotted spoon, reserving the oil in the pan.
2. Stir in the squash, celery and onions and cook, stirring occasionally, until the onions are soft, about 5 minutes. Add the broth, dill sprigs and 3 cups water. Bring to a boil, and then reduce the heat to medium to maintain a steady simmer. Simmer until a knife easily pierces through the squash, about 15 minutes.
3. Meanwhile, whisk together the flour, baking soda, 1/4 teaspoon salt and 1/8 teaspoon pepper in a small bowl. With your fingertips, cut the butter into the flour until the mixture forms coarse crumbs. Stir in the milk just until a dough forms.
4. Stir the chicken and peas into the broth and bring to a simmer. Drop the dough into the simmering broth by teaspoons, spacing them evenly to make about 16 dumplings. Cover and simmer on medium low for 5 minutes. Uncover and simmer until the dumplings are cooked through, about 3 minutes. Discard the dill sprigs. Top with chopped dill and serve.

<https://www.foodnetwork.com/recipes/food-network-kitchen/chicken-and-dumplings-recipe-2112292>

Servings: 1 bowl Calories: 380 kcal.

