

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	Sweet and Sour Chicken
Tuesday	Mediterranean Lettuce Wraps
Wednesday	Chicken, Quinoa & Sweet Potato Casserole
Thursday	Skillet Tuna Noodle Casserole
Friday	Crispy Chickpea Grain Bowl with lemon Vinaigrette
Saturday	Zucchini Noodles with Turkey Bolognese
Sunday	Broccoli Cheddar Chicken Chowder

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 Page 1 of 3

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

Estimated Cost

Produce	Estimated Cost
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Estimated Cost

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"/>	Peas *Wholesome Food Pantry*	\$1.40/bag
Canned/ Jar Items		Estimated Cost
<input type="checkbox"/>	Garbanzo beans (3) 15 oz cans—need for two recipes *ShopRite*	\$0.99/can
<input type="checkbox"/>	Roasted red peppers (1) *Mt. Olive *	\$2.99/jar
<input type="checkbox"/>	Chunky lite tuna (12 oz) * Star-Kist* in water	3 for \$3.
<input type="checkbox"/>	Crushed tomatoes (1) 28 oz. can *Hunts*	3 for \$6
<input type="checkbox"/>		
Pasta & Rice		Estimated Cost
<input type="checkbox"/>	Brown rice *Minute*	\$3.29/box
<input type="checkbox"/>	Multi colored quinoa (2 cups) need for two recipes *Success*	\$3.79/box
<input type="checkbox"/>	Whole wheat egg noodles (8 oz.) *Bowl & Basket*	\$2.79/ea.
Breads & Bread Crumbs		Estimated Cost
<input type="checkbox"/>	Whole wheat breadcrumbs *Colonna*	\$1.50/ea.
<input type="checkbox"/>		
Nuts & Nut Spreads		Estimated Cost
<input type="checkbox"/>		
<input type="checkbox"/>	Almonds (optional) *Badia*	\$0.99/pkg
<input type="checkbox"/>	Pumpkin seeds (optional) *David *	\$3.19/bag
Meat/Fish		Estimated Cost
<input type="checkbox"/>	Boneless, skinless chicken breast (2 lb.) need for two recipes *Bowl & basket*	\$2.99/lb.
<input type="checkbox"/>	Boneless, skinless chicken thighs (1 1/2 lb.) * Shoprite*	\$2.99/lb.
<input type="checkbox"/>	Lean ground turkey (1 lb.) *Bowl and Basket*	\$4.29/pkg.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

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Other Stuff

	Chicken Broth low sodium (6 cups) for two recipes *	\$1.39/ea.
	All Purpose flour *Bowl & Basket	\$2.99/ea.
	Apple juice *Motts	\$2.99/ea.
	Rice vinegar Bowl and Basket*	\$3.29/ea.
	Dry white wine * GOYA*	\$2.99/ea.

Spices, Sauces, & Condiments

	Tamari low sodium soy sauce * Kikkoman	Estimated Cost \$3.49/bottle
	Italian seasoning *Spice Essentials	\$1.49/ea.
	Honey *Gunters	\$3.99/ea.
	Tahini *Joyva*	\$5.99/ea.
	Pure maple syrup *Bowl and Basket*	\$7.99/bottle
	Parsley * Fresh*	\$1.49/bunch
	Dijon mustard *Mikes amazing*	\$1.49/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: Sweet & Sour Chicken

Ingredients:

- ¼ cup no-salt-added ketchup
- ¼ cup pineapple juice
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons toasted sesame oil, divided
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 8 ounces small broccoli florets
- 2 cups chopped red bell pepper
- 1 cup diagonally sliced scallions (1-inch)
- 3 cups cooked brown rice

Directions:

1. Whisk ketchup, pineapple juice, soy sauce, vinegar, honey, salt and pepper in a small bowl.

2. Heat 1 tablespoon oil in a large skillet over high heat. Add chicken and cook, turning occasionally, until browned on all sides, 4 to 5 minutes. Transfer to a plate.

3. Wipe the pan clean; return to high heat and add the remaining 1 tablespoon oil. Add broccoli and bell pepper; cook until charred, about 5 minutes. Add scallions and cook for 1 minute. Return the chicken to the pan and add the ketchup mixture. Cook until bubbly and the sauce coats the chicken. Serve in shallow bowls over rice.

<https://www.eatingwell.com/recipe/269839/sweet-sour-chicken/>

Serving Size: 1 Cup Chicken & Vegetable Mix With 3/4 Cup Rice

Per Serving: 444 calories



Tuesday: Mediterranean Lettuce Wraps

Ingredients

- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- 1 teaspoon lemon zest
- ¼ cup lemon juice (from 2 lemons)
- 1 ½ teaspoons pure maple syrup
- ¾ teaspoon kosher salt
- ½ teaspoon paprika
- 2 (15 ounce) cans no-salt-added chickpeas, rinsed
- ½ cup sliced jarred roasted red peppers, drained
- ½ cup thinly sliced shallots
- 12 large Bibb lettuce leaves
- ¼ cup toasted almonds, chopped
- 2 tablespoons chopped fresh parsley

Directions:

1. Whisk tahini, oil, lemon zest, lemon juice, maple syrup, salt and paprika in a large bowl. Add chickpeas, peppers and shallots. Toss to coat.
2. Divide the mixture among lettuce leaves (about 1/3 cup each). Top with almonds and parsley. Wrap the lettuce leaves around the filling and serve.

<https://www.eatingwell.com/recipe/269835/mediterranean-lettuce-wraps/>

Serving Size: 3 Wraps Each

Per Serving: 498 calories



Wednesday: Chicken, Quinoa & Sweet Potato Casserole

Ingredients

- 4 cups cubed peeled sweet potatoes (about 1 pound)
- 3 tablespoons water
- 1 tablespoon canola oil
- 1 ½ pounds boneless, skinless chicken thighs, trimmed
- 2 cups chopped seeded poblano chiles
- ½ cup thinly sliced shallots
- 2 tablespoons minced garlic
- 2 cups unsalted chicken broth
- 1 ½ cups multicolored quinoa
- ⅓ cup dry white wine
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ⅛ teaspoon cayenne pepper
- ½ cup crumbled queso fresco
- ¼ cup fresh cilantro

Directions:

1. Preheat oven to 400 degrees F.
2. Place sweet potatoes and water in a microwave-safe bowl. Cover with plastic wrap; pierce a few holes in the top with a fork. Microwave on High for 4 minutes.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook until browned, 4 to 5 minutes per side. Transfer the chicken to a clean cutting board and let stand 5 minutes. Cut into 1-inch strips.
4. Add poblanos, shallots and garlic to the pan and cook over medium-high, stirring occasionally, until the shallots are lightly browned, about 2 minutes. Add broth, quinoa, wine, salt, cumin, cinnamon and cayenne. Bring to a boil. Remove from heat and stir in the sweet potatoes and chicken.
5. Spoon the mixture into a 7-by-11-inch (or similar-size) broiler-proof baking dish. Cover with foil. Bake for 20 minutes.
6. Remove from oven; increase oven temperature to broil. Uncover the casserole and sprinkle with cheese. Broil 8 inches from the heat source until golden brown, about 5 minutes. Sprinkle with cilantro. Let cool for 5 minutes before serving.

<https://www.eatingwell.com/recipe/269815/chicken-quinoa-sweet-potato-casserole/>

Serving Size: 1 Cup

Per Serving: 349 calories



Thursday: Skillet Tuna Noodle Casserole

Ingredients:

- 8 ounces whole-wheat egg noodles
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- ½ teaspoon salt
- ½ cup dry white wine
- 6 tablespoons all-purpose flour
- 3 cups nonfat milk
- ½ teaspoon freshly ground pepper
- 12 ounces canned chunk light tuna drained (see Note)
- 1 cup frozen peas, thawed
- 1 cup finely grated Parmesan cheese, divided
- ½ cup coarse dry whole-wheat breadcrumbs

Directions:

1. Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse.
2. Position rack in upper third of oven and preheat broiler.
3. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and 1/2 cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.
4. Sprinkle the casserole with breadcrumbs and the remaining 1/2 cup Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.

<https://www.eatingwell.com/recipe/249652/skillet-tuna-noodle-casserole/>

Serving Size: 1 1/3 Cups

Per Serving: 401 calories



Friday: Crispy Chickpea Grain Bowl w/ Lemon Vinaigrette

Ingredients:

- $\frac{2}{3}$ cup quinoa
- 1 $\frac{1}{3}$ cups water plus 1 tablespoon, divided
- $\frac{1}{8}$ teaspoon salt plus 1/4 teaspoon, divided
- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 1 small red onion, thinly sliced
- 4 teaspoons extra-virgin olive oil plus 2 tablespoons, divided
- $\frac{1}{4}$ teaspoon ground pepper, divided
- 1 bunch kale, stems removed, thinly sliced (about 5 cups)
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- 1 red bell pepper, thinly sliced
- $\frac{1}{4}$ cup crumbled feta cheese
- 2 tablespoons toasted pumpkin seeds

Directions:

1. Preheat oven to 400 degrees F. Coat a large rimmed baking sheet liberally with cooking spray.
2. Combine quinoa, 1 $\frac{1}{3}$ cups water, and $\frac{1}{8}$ teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover, and simmer until the quinoa is tender, about 15 minutes. Drain any excess water.
3. Meanwhile, pat chickpeas dry with a paper towel. Toss with onion, 2 teaspoons oil, and $\frac{1}{8}$ teaspoon each salt and pepper in a large bowl. Spread out on the prepared baking sheet. Roast for 15 minutes.
4. Toss kale with 2 teaspoons oil and the remaining $\frac{1}{8}$ teaspoon salt in the large bowl. Stir the kale into the chickpeas and roast for 15 minutes more.
5. Whisk mustard, garlic, lemon zest, lemon juice, the remaining 1 tablespoon water and the remaining $\frac{1}{8}$ teaspoon pepper in a small bowl. Whisk in the remaining 2 tablespoons oil.
6. Divide the quinoa among 4 serving bowls. Top with the kale mixture, bell pepper slices, feta, and pumpkin seeds. Drizzle with the vinaigrette.

<https://www.eatingwell.com/recipe/269117/crispy-chickpea-grain-bowl-with-lemon-vinaigrette/>

Serving Size: 1 1/2 Cups Salad And 1 Tablespoon Vinaigrette

Per Serving: 370 calories



Saturday: Zucchini Noodles with Turkey Bolognese Sauce

Ingredients:

Meat Sauce:

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound lean ground turkey
- 8 ounces mushrooms, chopped
- ½ teaspoon salt
- 1 (28 ounce) can crushed tomatoes
- ½ cup chopped parsley or basil

Zucchini Noodles:

- 8 cups zucchini noodles (from 3 medium zucchini)
- ½ cup grated Parmesan cheese

Directions:

Meat Sauce :

1. Heat oil in a large skillet over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Stir in garlic and Italian seasoning; cook until fragrant, about 1 minute. Add turkey, mushrooms and salt; cook, crumbling the turkey with a wooden spoon and stirring, until the turkey is no longer pink and the mushrooms are cooked, about 10 minutes.
2. Increase heat to medium-high. Stir in tomatoes and cook, stirring occasionally, until thickened, about 5 minutes. Stir in parsley (or basil).
3. As the sauce cooks, divide zucchini noodles among 4 single-serving containers with lids (about 2 cups per container).
4. Add ¾ cup of the sauce and 2 tablespoons Parmesan to each container. Seal and refrigerate for up to 4 days.
5. To reheat, vent the lid and microwave on High until the sauce is steaming and the noodles are tender, 2 ½ to 3 minutes.

<https://www.eatingwell.com/recipe/269846/zucchini-noodles-with-quick-turkey-bolognese/>

<https://www.eatingwell.com/recipe/268780/quick-turkey-meat-sauce/>

Serving Size: 1 Container

Per Serving: 216 calories



Sunday: Broccoli Cheddar-Chicken Chowder

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 cup diced onion
- 1 cup diced celery
- ½ cup all-purpose flour
- 1 teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup whole milk
- 3 cups chopped broccoli florets
- 2 cups diced Yukon Gold potatoes
- 1 pound boneless skinless chicken breasts, cut into bite-size pieces
- 1 cup shredded Cheddar cheese, plus more for garnish
- Finely diced red onion for garnish

Directions:

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, dry mustard, salt and pepper over the vegetables and cook, stirring, for 1 minute more. Add broth and milk; bring to a gentle boil, stirring constantly
2. Stir in broccoli and potatoes and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.
3. Add chicken and 1 cup Cheddar and cook, stirring frequently, until cooked through, 4 to 6 minutes. Serve topped with a little more Cheddar and red onion, if desired.

<https://www.eatingwell.com/recipe/253049/broccoli-cheddar-chicken-chowder/>

Serving Size: 1 1/2 Cups

Per Serving: 368 calories

