

Seven Day Meal Planning with the ShopRite Circular

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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	Lemon Feta Chicken w/ Oven-dried Tomatoes
Tuesday	California Burger Bowls
Wednesday	White bean and veggie salad
Thursday	Chicken Quesadillas
Friday	Butternut & Portobello Lasagna
Saturday	Shepard's Pie Baked Sweet Potatoes
Sunday	Braised Beef Stew

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
Feta Cheese crumbled * ShopRite*	\$2.99/ 4oz.
Fat free milk * 1 quart Bowl & Basket*	\$1.69/qt
Shredded Monterey Jack (1 large bag) need for two recipes *Borden*	\$2.49/ea.
Ricotta cheese * Part-skim ShopRite*	\$3.19/ 15oz.
Shredded Mozzarella cheese *Bowl & Basket*	\$2.49/ea.
Produce	Estimated Cost
Tomatoes on a vine (8)	\$1.99/lb.
Garlic (1)	\$3.99/lb.
Fresh basil (1 bunch)	\$2.99/bunch
Kale (1 -2 bags) *fresh bunch*	\$1.49/avg. ea.
Fresh pineapple (1) **	\$1.49/ea.
Mango (1) **	\$1.99/ea.
Avocado (2) - need for two recipes	\$1.49/ea.
Red bell pepper (2) - for two recipes **	\$2.99/lb.
Tomatillos (4)	\$2.49/lb.
Mixed field greens (1 bag) - Bowl & Basket	\$2.99/ea.
Cucumbers (1)	\$0.79/ea.
Cherry tomatoes (1 pkg.) *Bowl& Basket*	\$2.99/pint
Yellow Onion (3) - for three recipes *Bowl & Basket*	\$2.99/3lb.bag
Green bell pepper (1)	\$0.75/ea.
Portobello mushrooms (4)	\$4.49/lb.
Sweet potatoes (4)	\$0.99/lb.
Celery (1 bunch)	\$1.99/bunch
Parsnips (2) (optional)	\$0.75./ea.
Carrots (1 bunch)	\$1.99/bunch
Baby spinach (1 large bag) * Wholesome Pantry*	2 for \$5.00

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Frozen	Estimated Cost
Frozen butternut squash *Seabrook's Farms*	\$2.99/bag
Frozen peas **Green Giant **	\$0.88/pkg.
Frozen carrots *Green Giant*	\$0.99/pkg.
Canned/ Jar Items	Estimated Cost
White beans (1 can) *Goya*	\$1.59/can
Whole tomatoes peeled (28oz.—2 can) *Contadia*	\$1.29/can
Diced tomatoes (14 oz—1can) *Tuttorosso*	4 for \$5
Cannellini beans (15oz.—1 can) *ShopRite*	\$0.99/can
Pasta & Rice	Estimated Cost
Cooking oats *Wholesome Pantry*	\$2.79/ea.
Lasagna noodles *Bowl and Basket*	\$2.19/box
Breads & Bread Crumbs	Estimated Cost
Whole wheat tortillas *Bowl & Basket*	\$2.19/ea.
Nuts & Nut Spreads	Estimated Cost
Meat/Fish	Estimated Cost
Boneless/skinless chicken (3 lb.) for two recipes *Bowl. & Basket*	\$1.99/lb.
Ground turkey (1 lb.) *Bowl and Basket*	\$4.29/pkg.
Ground beef (1 lb.) * ShopRite 80% Lean*	\$2.99/lb.
Boneless beef steak (2lbs.) *USDA Beef Sirloin Steak*	\$5.79/lb.

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Other Stuff

	Red wine vinegar *ShopRite*	\$1.99/16 fl oz.
	Balsamic vinegar *Bowl and Basket*	\$3.99/ea.
	Low sodium beef broth (need for two recipes) *Swanson*	3 for \$3
	All purpose flour *Bowl & Basket*	\$2.99/ea.
	Bay leaves *Goodness Gardens*	\$0.99/pkg.

Spices, Sauces, & Condiments

		Estimated Cost
	Chipotle mayonnaise *Heinz*	\$4.99/ea.
	Taco seasoning *Bowl and Basket*	\$1.99/pkg.
	Brown sugar *Domino*	\$2.39/ea.
	Fresh thyme *Badia*	\$0.99/ea.
	Worcestershire sauce *ShopRite*	\$1.99/ea.
	Ketchup *Hunts*	\$1.25/ea.
	Montreal steak seasoning *McCormick*	\$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: Lemon Feta Chicken w/ Oven-Dried Tomatoes

Ingredients:

Chicken:

- 4 boneless skinless chicken breast halves (4 ounces each)
- 2 to 3 tablespoons lemon juice
- 1/4 cup crumbled feta cheese
- 1 teaspoon dried oregano
- 1/4 to 1/2 teaspoon pepper

Tomatoes:

- 8 plum tomatoes
- Ice water
- 1/4 cup olive oil
- 1/4 cup minced fresh basil
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

Chicken:

1. Place chicken in a 13x9-in. baking dish coated with cooking spray. Pour lemon juice over chicken; sprinkle with feta cheese, oregano and pepper.
2. Bake, uncovered, at 400° for 20-25 minutes or until a thermometer reads 165°.

Tomatoes:

1. Preheat oven to 250°. Fill a large saucepan two-thirds with water; bring to a boil. Cut a shallow "X" on the bottom of each tomato. Place tomatoes, a few at a time, in boiling water just until skin at the "X" begins to loosen, about 30 seconds. Remove and immediately drop into ice water. Pull off and discard skins.
2. Cut tomatoes in half lengthwise. Combine tomatoes, oil, basil, garlic, salt and pepper; toss to coat. Transfer tomatoes, cut side up, to a greased 15x10x1-in. baking pan. Roast until tomatoes are soft and slightly shriveled, about 5 hours. Cool completely; refrigerate.

<https://www.tasteofhome.com/recipes/lemon-feta-chicken/>

<https://www.tasteofhome.com/recipes/oven-dried-tomatoes/>

1 chicken breast half: 143 calories

4 tomato halves: 147 calories



Tuesday: California Burger Bowls

Ingredients

- 3 tablespoons fat-free milk
- 2 tablespoons quick-cooking oats
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon pepper
- 1 pound lean ground turkey
- 4 cups baby kale salad blend
- 1-1/2 cups cubed fresh pineapple (1/2 inch)
- 1 medium mango, peeled and thinly sliced
- 1 medium ripe avocado, peeled and thinly sliced
- 1 medium sweet red pepper, cut into strips
- 4 tomatillos, husks removed, thinly sliced
- 1/4 cup reduced-fat chipotle mayonnaise

Directions:

1. In a large bowl, mix milk, oats and seasonings. Add turkey; mix lightly but thoroughly. Shape into four 1/2-in.-thick patties.
2. Place burgers on an oiled grill rack over medium heat. Grill, covered, until a thermometer reads 165°, 4-5 minutes per side. Serve over salad blend, along with remaining ingredients.

<https://www.tasteofhome.com/recipes/california-burger-bowls/>

1 serving: 390 calories



Wednesday: White Bean and Veggies 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.

<https://www.eatingwell.com/recipe/259819/white-bean-veggie-salad/>

Serving Size: 4 Cups

Per Serving: 360 calories



Thursday: Chicken Quesadillas

Ingredients:

- 12 large whole wheat tortillas
- 2 tablespoons olive oil
- 2 1/2 cups grated cheese (Monterey Jack is the best)
- 2 pounds skinless chicken breasts
- Salt and pepper
- 2 tablespoons taco or Cajun seasoning mix
- 1 large onion, cut in half and then into slices
- 1 green bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 1 yellow bell pepper
- 12 tablespoons butter, for frying

Directions:

1. Heat 1 tablespoon of the olive oil in a skillet over high heat. Sprinkle the chicken with salt, pepper and taco seasoning. Add the chicken to the skillet and sauté over medium-high heat until done, about 4 minute per side. Remove from the skillet and dice into cubes. Set aside.
2. Add the remaining 1 tablespoon olive oil to the skillet over high heat. Throw in the onions and peppers and cook until the peppers have a few dark brown/black areas, 3 to 4 minutes. Remove and set aside.
3. Sizzle 1/2 tablespoon of the butter in a separate skillet or griddle over medium heat and lay a flour tortilla in the skillet. Then build the quesadillas by laying grated cheese on the bottom tortilla, and then arranging the chicken and cooked peppers. Top with a little more grated cheese and top with a second tortilla.
4. When the tortilla is golden on the first side, carefully flip the quesadilla to the other side, adding another 1/2 tablespoon butter to the skillet at the same time. Continue cooking until the second side is golden. Repeat with the remaining tortillas and fillings.
5. Cut each quesadilla into wedges and serve.

<https://www.foodnetwork.com/recipes/ree-drummond/chicken-quesadillas-recipe-3645030>

1 serving: 529 cal.



Friday: Butternut & Portobello Lasagna

Ingredients:

- 1 package (10 ounces) frozen cubed butternut squash, thawed
- 2 teaspoons olive oil
- 1 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- **MUSHROOMS:**
- 4 large portobello mushrooms, coarsely chopped
- 2 teaspoons balsamic vinegar
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

SAUCE:

- 2 cans (28 ounces each) whole tomatoes, undrained
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon crushed red pepper flakes
- 1/2 cup fresh basil leaves, thinly sliced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

LASAGNA:

- 9 no-cook lasagna noodles
- 4 ounces fresh baby spinach (about 5 cups)
- 3 cups part-skim ricotta cheese
- 1-1/2 cups shredded part-skim mozzarella cheese

Directions:

1. Preheat oven to 350°. In a large bowl, combine the first 5 ingredients. In another bowl, combine ingredients for mushrooms. Transfer vegetables to 2 separate foil-lined 15x10x1-in. baking pans. Roast 14-16 minutes or until tender, stirring occasionally.
2. Meanwhile, for sauce, drain tomatoes, reserving juices; coarsely chop tomatoes. In a large saucepan, heat oil over medium heat. Add garlic and pepper flakes; cook 1 minute longer. Stir in chopped tomatoes, reserved tomato juices, basil, salt and pepper; bring to a boil. Reduce heat; simmer, uncovered, 35-45 minutes or until thickened, stirring occasionally.
3. Spread 1 cup sauce into a greased 13x9-in. baking dish. Layer with 3 noodles, 1 cup sauce, spinach and mushrooms. Continue layering with 3 noodles, 1 cup sauce, ricotta cheese and roasted squash. Top with remaining noodles and sauce. Sprinkle with mozzarella cheese.
4. Bake, covered, 30 minutes. Bake, uncovered, 15-20 minutes longer or until bubbly. Let stand 15 minutes before serving.

<https://www.tasteofhome.com/recipes/butternut-portobello-lasagna/>

1 piece: 252 calories



Saturday: Shepard's Pie Baked Sweet Potato

Ingredients:

- 4 sweet potatoes (about 8 ounces each)
- 5 tablespoons unsalted butter
- 1/2 onion, chopped
- 3 cloves garlic, sliced
- 1 tablespoon chopped fresh thyme
- Kosher salt
- 12 ounces ground beef
- Freshly ground pepper
- 1 cup low-sodium beef broth
- 3 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 cup frozen peas and carrots, thawed
- 1 cup shredded colby jack cheese (about 4 ounces)

Directions:

1. Pierce the potatoes with a fork in a few spots. Put on a microwave-safe plate and microwave until tender, 14 to 16 minutes.
2. Meanwhile, melt 1 tablespoon butter in a large skillet over medium-high heat. Add the onion, garlic, thyme and 1/4 teaspoon salt. Cook, stirring, until the onion is soft, about 4 minutes. Add the beef, 1/2 teaspoon salt and a few grinds of pepper and cook, breaking up the meat, until no longer pink, about 4 minutes.
3. Stir in the beef broth, ketchup and Worcestershire sauce and bring to a gentle simmer. Cook, stirring occasionally, until slightly thickened, 6 to 8 minutes. Stir in the peas and carrots and warm through, about 1 minute; season with salt and pepper.
4. Preheat the broiler. Halve the potatoes lengthwise and fluff the flesh with a fork; top each potato half with 1/2 tablespoon butter and season with salt and pepper. Place on a baking sheet. Divide the meat mixture among the potato halves, then top with the cheese. Broil until melted, about 2 minutes.

<https://www.foodnetwork.com/recipes/food-network-kitchen/shepherds-pie-baked-potatoes-4555152#/>

Servings: 550 calories



Sunday: Braised Beef Stew

Ingredients:

- 2 pounds boneless beef sirloin steak or chuck roast, cut into 1-inch pieces
- 2 tablespoons all-purpose flour
- 2 teaspoons Montreal steak seasoning
- 2 tablespoons olive oil, divided
- 1 large onion, chopped
- 2 celery ribs, chopped
- 2 medium parsnips, peeled and cut into 1-1/2-inch pieces
- 2 medium carrots, peeled and cut into 1-1/2-inch pieces
- 2 garlic cloves, minced
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 cup reduced-sodium beef broth
- 2 bay leaves
- 2 fresh oregano sprigs
- 1 can (15 ounces) cannellini beans, rinsed and drained
- Minced fresh parsley, optional

Directions:

1. Preheat oven to 350°. Toss beef with flour and steak seasoning.
2. In an ovenproof Dutch oven, heat 1 tablespoon oil over medium heat. Brown beef in batches; remove with a slotted spoon.
3. In same pan, heat remaining oil over medium heat. Add onion, celery, parsnips and carrots; cook and stir until onion is tender. Add garlic; cook 1 minute longer. Stir in tomatoes, wine, jelly, bay leaves, oregano and beef; bring to a boil.
4. Bake, covered, 1-1/2 hours. Stir in beans; bake, covered, 30-40 minutes longer or until beef and vegetables are tender. Remove bay leaves and oregano sprigs. If desired, sprinkle with parsley.

<https://www.tasteofhome.com/recipes/wintertime-braised-beef-stew/>

1 cup: 310 calories

