

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	Caprese Stuffed Pork Chops
Tuesday	Chicken Enchilada Quinoa
Wednesday	Cauliflower Parmesan
Thursday	Harvest Bowl
Friday	Ground Turkey Bolognese
Saturday	10 minute Margherita Pita Bread Pizza
Sunday	Healthy Chicken Cobb Salad
Side Dish:	Lentil and Orzo Salad with Roasted Cauliflower, Kale and Herbs

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"/>	*Mozzarella Cheese (Need it for 3 recipes) *bowl and basket*	\$1.99/ea.
<input type="checkbox"/>	*Shredded Mexican Cheese (*bowl and basket*	\$1.99/ea.
<input type="checkbox"/>	Grated Parmesan Cheese (ShopRite)	\$2.19/ea.
<input type="checkbox"/>	*Eggs (Need 7 Large Eggs for two recipes) (Bowl & Basket) **	\$3.99/dz.
<input type="checkbox"/>	Crumbled Blue Cheese (ShopRite)	\$2.99/ea.
Produce		Estimated Cost
<input type="checkbox"/>	Green Onions (Small Bunch)	\$1.49/bunch
<input type="checkbox"/>	Cilantro **	\$0.79/bunch
<input type="checkbox"/>	Fresh Basil	\$3.99/bunch
<input type="checkbox"/>	Cauliflower (Need 2 Heads)	\$2.99/head
<input type="checkbox"/>	Onion (2 Large) ***	\$1.69/lb.
<input type="checkbox"/>	Jalapeno Peppers (1 or 2)	\$0.50/ea.
<input type="checkbox"/>	Brussel Sprouts (Mans Brand)	\$2.99/bunch
<input type="checkbox"/>	Red Onion ***	\$2.99/2lb. Bag
<input type="checkbox"/>	Kale (Need for two recipes in packet)	\$1.49/bunch
<input type="checkbox"/>	Dried Cranberries ** Bowl and Basket**	\$1.99/bag
<input type="checkbox"/>	Sweet Potatoes (2)	\$2.99/3. lb. bag
<input type="checkbox"/>	Carrot	\$3.99/bag
<input type="checkbox"/>	Celery **Pacific**	\$2.29/bag
<input type="checkbox"/>	Parsley	\$1.99/bunch
<input type="checkbox"/>	Small Tomatoes (on Vine)	\$0.75/vine
<input type="checkbox"/>	Lettuce (Large bag) (Romain)	2 for \$3.00
<input type="checkbox"/>	Grape Tomatoes	\$2.99/pint
<input type="checkbox"/>	Avocado (1 Large)	\$1.49/ea.
<input type="checkbox"/>		

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Frozen	Estimated Cost
<input type="checkbox"/>	
Canned Items	Estimated Cost
<input type="checkbox"/> Corn *Bowl and Basket*	\$0.69/can
<input type="checkbox"/> Black Beans	\$0.99/ea.
<input type="checkbox"/> Diced fire roasted tomatoes (Hunts)	\$1.69/ea.
<input type="checkbox"/> Crushed tomatoes ** red gold pack*	\$1.75/ea.
<input type="checkbox"/> Lentils ** Bowl and Basket*	\$1.69/ea.
<input type="checkbox"/> Pitted Green Olives ** pearls **	\$2.99/ea.
Pasta & Rice	Estimated Cost
<input type="checkbox"/> **Orzo (Barilla)	\$1.99/box
<input type="checkbox"/> Brown Rice * Minute*	\$3.29/box
<input type="checkbox"/> ** Quinoa ** Success*	\$1.99/box
Breads & Bread Crumbs	Estimated Cost
<input type="checkbox"/> Pita Bread (Need 4 or more) (Toufyan)	\$3.99/pkg.
<input type="checkbox"/> Panko Bread Crumbs ** 4C**	\$1.99/ea.
Nuts & Nut Spreads	Estimated Cost
<input type="checkbox"/> Almond Slices **Badia*	\$0.99/pkg
Meat/Fish	Estimated Cost
<input type="checkbox"/> Ground Chicken (Need 1lb.) (Wholesome Pantry) ***	\$3.99/pkg.
<input type="checkbox"/> *Boneless chicken Breast (Need 6 chicken Breast)	\$1.99/Lb.
<input type="checkbox"/> Ground Turkey (need 1Lb.) ** Bowl and Basket*	\$3.99/pkg.
<input type="checkbox"/> *Boneless Center Pork Chops * (Need 4)	\$2.49/lb.

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Other Stuff

<input type="checkbox"/>	All Purpose Flour (ShopRite Brand)	\$2.99/ea.
<input type="checkbox"/>	Cider Vinegar (ShopRite)	\$1.99/ea.
<input type="checkbox"/>	Pesto (Barilla)	\$2.49/jar
<input type="checkbox"/>	Shallot (Will need to mince)	\$1.50/ea.

Spices, Sauces, & Condiments

Estimated Cost

<input type="checkbox"/>	Enchilada Sauce * La Victorian*	\$1.79/ea.
<input type="checkbox"/>	Marinara Sauce (Need 2 1/2 Cups)	\$1.49/ea.
<input type="checkbox"/>	Dijon Mustard	\$ 1.99/ea.
<input type="checkbox"/>	Tomato Sauce	\$0.89/ea.

Spices & Condiments you might already have:

<input type="checkbox"/>	Kosher Salt	\$1.99
<input type="checkbox"/>	Oregano	\$2.99
<input type="checkbox"/>	Garlic Powder	\$2.99
<input type="checkbox"/>	Extra Virgin Olive Oil	\$6.99
<input type="checkbox"/>	Honey (Gunter's)	\$2.29
<input type="checkbox"/>	Table Salt	\$1.99
<input type="checkbox"/>	Crushed Red Pepper Flakes	\$2.49
<input type="checkbox"/>	Pepper	2 for \$5
<input type="checkbox"/>	Vegetable Oil (Bowl & Basket brand)	\$1.99
<input type="checkbox"/>	Cayenne Pepper	\$1.00
<input type="checkbox"/>	Ground cumin (Badia Brand)	\$1.99
<input type="checkbox"/>	Paprika	\$2.24
<input type="checkbox"/>	Thyme Leaf	\$.99

Monday: Caprese Stuffed Pork Chops

Ingredients

- 4 pork chops boneless, thick
- 4 tablespoons pesto
- 4 slices mozzarella cheese
- 1 tomato sliced thinly
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon paprika
- black pepper to taste

Directions

Use a sharp knife to cut pork chops down the middle about 80% of the way, leaving a flap that opens for a filling.

Drizzle chops with olive oil, and rub with salt and spices.

Fill each pork chop with a tablespoon of pesto, a slice of mozzarella cheese, and a couple slices of tomatoes.

Add pork chops to a baking tray, and bake in the Sharp Superheated Steam Countertop Oven for 15 minutes on the Broil/Grill function at 450° F.

Alternatively, preheat oven to bake on 450° F, and bake pork chops for 20-22 minutes.



Tuesday: Chicken Enchilada Quinoa

Ingredients

- 1 pound ground chicken
- 1 1/2 cups uncooked quinoa, rinsed
- 1 can (15.5-ounce) organic black beans, drained and rinsed
- 1 cup frozen corn
- 1 can (15-ounce) organic diced fire roasted tomatoes
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 1 or 2 jalapeno peppers, finely chopped (depending on the heat level you want)
- 1 cup water
- 2 cups enchilada sauce
- 2 tablespoons New Mexican chili powder
- 1 tablespoon cumin
- 2 teaspoons ground coriander
- 1 cup shredded Mexican blend cheese
- 3 green onions, chopped
- 1/4 cup fresh cilantro, chopped

Directions

1. In a large skillet, cook the ground chicken until no pink remains. Place in the slow cooker.
2. Add in the uncooked quinoa, the black beans, frozen corn, diced tomatoes, garlic, onion, and jalapeno, water, enchilada sauce, chili powder, cumin, coriander, salt, and pepper. Stir to combine. Cover the slow cooker and cook on high for 3 hours or until the liquid is all absorbed into the mixture.
3. Remove the lid and stir everything again. Taste and adjust seasoning if necessary. Stir in the half the cheese and sprinkle the other half on top. Replace the lid and let the cheese melt. Top with the chopped green onions and cilantro.



Wednesday: Parmesan Cauliflower

Ingredients

- 1 medium head cauliflower
- 1 cup all-purpose flour
- Kosher salt
- 3 large eggs, beaten
- 2 cups panko breadcrumbs
- About 1 cup olive oil
- 2 1/2 cups marinara sauce, from a 24-ounce jar
- 1/2 pound fresh mozzarella, thinly sliced
- 1/3 cup grated Parmesan
- 1/4 cup torn fresh basil leaves

Directions

1. Preheat the oven to 400 degrees F and line a plate with paper towels.
2. Pull off the leaves from the base of the cauliflower and cut off the stem, but do not cut out the core. Slice the cauliflower into 1-inch thick slices, aiming for about 3 nice "steaks" from the center. The rest will break into smaller florets, and that is okay.
3. Mix the flour with 1 teaspoon salt in a shallow bowl or pie plate. Put the eggs in another shallow bowl and panko in a third shallow bowl.
4. Add 1/4-inch olive oil to a large skillet and heat over medium-high heat until shimmering.
5. Working with the larger pieces first, add the cauliflower to the flour and turn to coat. Shake off the excess, then dip in the egg to coat. Let the excess egg drip off, then coat thoroughly in the panko. Fry the cauliflower in batches to avoid overcrowding, turning once, until golden brown on both sides, 6 to 8 minutes total. Transfer to the lined plate to drain and sprinkle with salt. Repeat with the remaining smaller pieces of cauliflower (leave out any tiny crumbly pieces).
6. Spread 1 cup marinara sauce on the bottom of a 9-by-13-inch baking dish. Arrange the fried cauliflower on top, then spoon 1 cup of the sauce on top of the cauliflower. Arrange the mozzarella over the sauce, then spoon the remaining 1/2 cup marinara over the top. Sprinkle with the Parmesan and bake until bubbling and lightly browned in spots, about 35 minutes. Sprinkle with the basil and serve.



Thursday: Harvest Bowl

• Ingredients:

FOR THE DRESSING

- 1/4 c. apple cider
- 1/4 c. apple cider vinegar
- 2/3 c. olive oil
- 1/2 shallot, minced
- 1 tbsp. Dijon mustard
- 1 tsp. honey
- kosher salt
- Freshly ground black pepper

FOR THE BOWLS

- 1 lb. Brussels sprouts, trimmed and halved
- 1 red onion, sliced
- 2 sweet potatoes, cut into small cubes
- 2 tbsp. olive oil, divided
- 1 tsp. dried thyme
- kosher salt
- Freshly ground black pepper
- 3 c. sliced grilled chicken
- 2 c. finely sliced kale
- 1/2 c. dried cranberries
- 1/2 c. sliced almonds
- 1/4 c. shaved Parmesan
- 3 c. cooked brown rice

Directions

1. Preheat oven to 425. On a large, parchment lined baking sheet, mix Brussels sprouts, sweet potato and red onion with 1 tbsp olive oil. Season with salt and pepper and thyme. Bake until vegetables are tender, 25-30 minutes.

2. Meanwhile, make the vinaigrette. In a large bowl, whisk cider, vinegar, olive oil, shallot, mustard and honey until smooth and combined. Season with salt and pepper.

3. In a medium bowl, mix kale with cranberries and almonds. Add 1/3 c prepared dressing to the salad and toss.

4. Assemble bowls: top 1 cup rice with 1 cup roasted vegetables, 1/2 cup salad, and 1 cup chicken. Top with a drizzle of dressing and serve.



Friday: Turkey Bolognese

Ingredients

- 1 lb. angel hair pasta
- 1 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- 1 large carrot, peeled and chopped
- 1 celery stalk, chopped
- 3 cloves garlic, minced
- 1 lb. ground turkey
- kosher salt
- Freshly ground black pepper
- 1 28-ounce can crushed tomatoes
- 1/4 c. freshly chopped parsley, plus more for garnish
- 2 tsp. dried oregano
- freshly grated Parmesan, for serving

Directions

1. In a large pot of salted boiling water, cook angel hair according to package directions until al dente. Drain and return to pot.
2. Meanwhile, make bolognese: In a large skillet or pot over medium heat, heat oil. Add onion, carrot, celery, and garlic and cook until tender, 5 to 7 minutes. Add ground turkey and cook until no longer pink, 5 minutes more. Season with salt and pepper.
3. Add crushed tomatoes, wine, parsley, and dried oregano.
4. Let simmer until thickened, 10 to 15 minutes.
5. Toss with cooked angel hair.
6. Garnish with Parmesan and parsley.



Saturday: 10– Minute Margherita Pita Bread Pizzas

Ingredients

- 4 pita bread
- 6 oz . tomato sauce
- 2 small tomatoes
- 1 cup lettuce
- 3/4 cup fresh basil
- 6 oz . fresh mozzarella

Directions

1. Preheat oven to 350 degrees.
2. Top each pita bread with tomato sauce, lettuce, tomato slices, basil, and fresh mozzarella.
3. Bake on a baking sheet covered in foil paper for 5-7 minutes (or until the cheese melts).
4. Remove from oven and enjoy!



Sunday: Healthy Chicken Cobb Salad

Ingredients:

2 chicken breasts (12 oz)
2 Tbsp oil
4 eggs
1 large avocado
10 grape tomatoes
1/2 cup corn, canned
1/2 cup blue cheese, crumbled
4 cups lettuce or greens of choice
:

Directions:

Grill the chicken breasts on the stove top for about 10-15 minutes on each side in your choice of oil.

2. While the chicken is cooking, hard boil the eggs by placing them in 1 inch of water and bringing to a boil.

3. Once the water is boiling, lower the heat and let simmer for about 10-12 minutes.

4. Remove the egg shells and cut the eggs into small pieces.

5. Slice the avocado and cut the tomatoes into halves.

6. Top each plate of lettuce with sliced or cubed cooked chicken, eggs, avocado, tomatoes, corn, and blue cheese crumbles.

7. Serve and enjoy!



Lentil & Orzo Salad with Roasted Cauliflower, Kale and Herbs

Ingredients

- 1 large head or 2 small heads cauliflower (about 1 1/2 pounds), cut into 1-inch florets
- 1/4 cup olive oil
- Kosher salt and freshly ground black pepper
- Kosher salt and freshly ground black pepper
- 1 pint cherry tomatoes, halved or quartered if large
- 2 cups Kale
- 1 2/3 cups cooked brown lentils (from about 2/3 cup raw)
- 1 heaping cup cooked orzo (from about 3 ounces raw)
- 1/2 cup pitted green olives, roughly chopped
- 1/2 cup packed parsley leaves, roughly chopped
- 3 tablespoons finely chopped fresh dill
- 2 tablespoons sliced fresh mint
- 1/2 teaspoon lemon zest plus 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon red pepper flakes

Directions

1. Preheat the oven to 425 degrees F. Place the cauliflower on a rimmed baking sheet. Toss with 2 tablespoons olive oil and sprinkle with some salt and pepper. Roast until tender and charred in places, about 20 minutes. Let cool.
2. In a large bowl, combine the roasted cauliflower, cherry tomatoes, Kale, lentils, orzo, olives, parsley, dill and mint. Add the lemon zest and juice, red pepper flakes, the remaining 2 tablespoons olive oil and salt and pepper to taste. Fold to combine and serve.

