

# Four-Day Meal Planning with the Peter's Market 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 Peter's Market circular to help make meal prepping easier and cheaper!

## This Week's Meals:

Monday	Spiced Roasted Salmon with Roasted Cauliflower
Tuesday	Collard Greens with Chicken and White Beans
Wednesday	Grilled Chicken Bruschetta
Thursday	Perfect Turkey Burgers

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.**

<b>Dairy</b>	<b>Estimated Cost</b>
<input type="checkbox"/> Shredded Mexican Blend Cheese **Urban Meadow**	\$2.49/pkg.
<input type="checkbox"/>	
<b>Produce/Herbs</b>	<b>Estimated Cost</b>
<input type="checkbox"/> Yellow onion (1)	\$2.49/ea.
<input type="checkbox"/> Cilantro	\$0.99/bunch
<input type="checkbox"/> Cauliflower (1 head) **	\$3.99/head
<input type="checkbox"/> Thyme	\$2.50/bunch
<input type="checkbox"/> Red Onion (1)	\$1.99/lb.
<input type="checkbox"/> Collard Greens	\$1.69/lb.
<input type="checkbox"/> Scallions	\$0.99/bunch
<input type="checkbox"/> Parsley	\$0.99/bunch
<input type="checkbox"/> Carrot	\$1.49/ea.
<input type="checkbox"/> Tomatoes on the vine	\$2.49/lb.
<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**

<b>Frozen</b>	Estimated Cost
<input type="checkbox"/> Corn * Urban Meadow*	\$2.19/ea.
<b>Canned/ Jar Items</b>	Estimated Cost
<input type="checkbox"/> Diced tomatoes (1) *Contadina*	\$1.99/ea.
<input type="checkbox"/> White beans (2 cans) *Goya*	\$1.99/ea.
<input type="checkbox"/>	
<b>Pasta &amp; Rice</b>	Estimated Cost
<input type="checkbox"/> Quinoa *Success*	\$10.79/ container
<input type="checkbox"/>	
<b>Breads &amp; Bread Crumbs</b>	Estimated Cost
<input type="checkbox"/> Italian Bread Crumbs *4C*	\$3.49/ea.
<input type="checkbox"/>	
<b>Nuts &amp; Nut Spreads</b>	Estimated Cost
<input type="checkbox"/>	
<input type="checkbox"/>	
<b>Meat/Fish</b>	Estimated Cost
<input type="checkbox"/> Chicken Breast *Fresh*	\$4.99/lb.
<input type="checkbox"/> Salmon *wholey Salmon Fillets*	\$9.99/lb.
<input type="checkbox"/> Rotisserie Chicken	\$7.99/ea.
<input type="checkbox"/> Bacon *Urban Meadow*	\$4.99/pk.
<input type="checkbox"/> Ground Turkey *Shady Brooks 85% lean*	\$3.99/pkg.

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

<input type="checkbox"/>	Golden Raisins *Urban Meadow*	\$4.59/ea.
<input type="checkbox"/>	Cider Vinegar *Urban Meadow*	\$4.49/ea.
<input type="checkbox"/>		
<input type="checkbox"/>		

### Spices, Sauces, & Condiments

		Estimated Cost
<input type="checkbox"/>	Chili Powder *McCormick*	\$2.19/ea.
<input type="checkbox"/>	BBQ Sauce *Kc Master piece*	\$2.79/ea.
<input type="checkbox"/>	Tarragon - Goodness Garden	\$2.50/bunch
<input type="checkbox"/>		
<input type="checkbox"/>		

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

<input type="checkbox"/>	Kosher Salt * Morton*	\$3.99/pkg.
<input type="checkbox"/>	Cayenne	\$2.29
<input type="checkbox"/>	Extra Virgin Olive Oil * Filippo Berio*	\$4.99/ea.
<input type="checkbox"/>	Oregano * McCormick*	\$3.49/ea.
<input type="checkbox"/>	Lemon/ Lime Juice *Sicilia*	\$1.69/ea.
<input type="checkbox"/>	Pepper * Badia*	\$2.59/ea.
<input type="checkbox"/>	Vegetable Oil *Wesson*	\$5.99/ea.
<input type="checkbox"/>	Cumin	\$1.99
<input type="checkbox"/>	Paprika *McCormick*	\$4.19/ea.
<input type="checkbox"/>	Roasted Garlic & Herb Seasoning * McCormick*	\$4.19/ea.

# Monday: Roasted Salmon with Cauliflower & Quinoa

## Ingredients

- 1 tablespoon olive oil
- 1 teaspoon ground cumin,
- divided 3/4 teaspoon kosher salt
- divided 1/8 teaspoon freshly ground black pepper
- 4 cups cauliflower florets
- 1/4 cup chopped fresh cilantro
- 1/4 cup golden raisins
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground coriander
- 1/8 teaspoon ground allspice
- 4 (4 1/2-oz.) skin-on salmon fillets (about 1 in. thick)
- Cooking spray
- 4 lemon wedges
- Quinoa

## Directions

Step 1: Preheat oven to 450°F.

Step 2: Combine olive oil, 1/2 teaspoon ground cumin, 1/4 teaspoon salt, and black pepper in a large bowl. Add cauliflower florets; toss well to coat. Arrange cauliflower in a single layer on a rimmed baking sheet; bake at 450°F for 18 to 20 minutes or until cauliflower is browned and tender. Combine the cauliflower mixture, cilantro, raisins, and lemon juice in a bowl; toss gently to combine.

Step 3: Reduce oven temperature to 400°F.

Step 4: Combine remaining 1/2 teaspoon cumin, remaining 1/2 teaspoon salt, coriander, and allspice in a small bowl. Rub spice mixture evenly over fillets. Arrange fillets, skin side down, on a foil-lined baking sheet coated with cooking spray; bake at 400°F for 10 minutes or until done. Serve with cauliflower mixture and lemon wedges.

Step 5: Make sure to follow instructions on how to cook the quinoa for the meal.



# Tuesday: Collard Greens with Chicken and White Beans

## Ingredients

- 3 tablespoons olive oil
- 2 tablespoons cider vinegar
- 2 tablespoons chopped fresh tarragon
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon black pepper
- 2 1/2 cups cooked white beans,
- 1/2 cup bean cooking liquid, reserved from Peppered Shrimp with White Bean and Cauliflower Puree
- 8 ounces skinless, boneless rotisserie chicken breast (about 2 cups)
- 2 center-cut bacon slices
- 1 1/2 cups vertically sliced red onion
- 2 tablespoons sliced garlic
- 1 tablespoon unsalted butter
- 8 cups thinly sliced collard greens
- 1/2 teaspoon kosher salt
- 1/2 teaspoon sugar
- Dash of hot pepper vinegar (optional)

## Directions:

Step 1: Combine oil, cider vinegar, tarragon, thyme, and pepper in a bowl. Heat a saucepan over medium-high heat. Add beans, cooking liquid, and chicken; cook 5 minutes. Add vinegar mixture; toss.

Step 2: Cook bacon in a large skillet over medium heat 3 minutes or until crisp. Remove bacon from pan with a slotted spoon; crumble. Add onion, garlic, and butter to drippings in pan; sauté 3 minutes. Add collard greens, salt, and sugar; cook 3 minutes. Top collard greens mixture with chicken mixture. Sprinkle with bacon and hot pepper vinegar, if desired.



# Wednesday: Turkey Burger

## Ingredients:

- 1 pound ground turkey
- 1 large clove garlic minced
- 1/2 onion minced
- 1 tablespoon fresh scallions chopped
- 1 tablespoons fresh parsley chopped finely
- 1/2 grated carrot
- 2 tablespoons fresh lemon juice
- 1/2 cup breadcrumbs (I used Italian flavored)
- 2 tablespoons bbq sauce
- Salt & pepper to taste

## Directions

1. Oil and pre-heat grill to high heat.
2. Chop the chives and parsley, and prepare your toppings (tomato, onion, lettuce, etc.).
3. In a medium to large bowl, add the ground turkey, chives, parsley, minced garlic, lemon juice, breadcrumbs, mayo, and salt & pepper. Using your hands, gently mix everything together, taking care to not over handle the mixture.
4. Form burger patties one by one and place them on a sheet of wax paper. You should be able to make six small to average-size burger patties or four larger ones. Using your thumb, create a depression in the center of each patty so they cook evenly. Patties will be quite delicate.
5. Turn the grill down to medium-high heat. Cook the burger patties until their internal temperature is at least 165F. Cooking time really depends on your grill and the thickness of the patties. Mine took about 5 minutes/side (made 4 patties).
6. Once the burgers are cooked, you can toast the buns for about 20-30 seconds on each side if desired (we did this right on the grill after buttering them).
7. Assemble burgers and enjoy!.



# Thursday: Grilled Bruschetta Chicken

## Ingredients

- 4 tbsp. extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- 1 tsp. Italian seasoning or dried oregano
- 4 boneless skinless antibiotic free chicken breasts, pounded to even thickness
- 3 slicing tomatoes, chopped
- 2 cloves garlic, minced
- 1 tbsp. freshly chopped basil
- 4 slices mozzarella
- Freshly grated Parmesan, for serving

## Directions

1. In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper, and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.
2. Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 165°, about 5 to 7 minutes per side.
3. Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes. Top chicken with tomato mixture.
4. Garnish with Parmesan and serve..

