

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 Peters Market Circular to help make meal prepping easier and cheaper!

This Week's Meals:

Monday	Chili Topped Sweet Potatoes
Tuesday	Roasted Autumn Vegetables with Chicken Sausage
Wednesday	Sautéed Porkchops with Apples
Thursday	Eggplant Parmesan

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 /Eggs	Estimated Cost
<input type="checkbox"/> Shredded Cheddar (Borden)	\$2.99/bag
<input type="checkbox"/> 1 dz eggs (need 2 eggs for recipe)	\$3.79/dz.
<input type="checkbox"/> Almond Milk *Urban Meadow*	\$3.39/qt.
<input type="checkbox"/> Parmesan Cheese *Urban Meadow*	\$2.99/ea.
<input type="checkbox"/> Fresh Mozzarella Cheese (thinly sliced) *Urban Meadow*	\$3.99/ea.
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Produce	Estimated Cost
<input type="checkbox"/> White Onion	\$1.99/lb.
<input type="checkbox"/> Red Bell Pepper	\$2.99/lb.
<input type="checkbox"/> Garlic	\$6.99/ea.
<input type="checkbox"/> Sweet Potatoes (4)	\$1.69/lb.
<input type="checkbox"/> Butternut Squash	\$1.49/lb.
<input type="checkbox"/> Brussel Sprouts *Urban Meadow*	\$1.39/bag
<input type="checkbox"/> Red Onion	\$1.49/lb.
<input type="checkbox"/> Rosemary	\$2.50/ea.
<input type="checkbox"/> Sage	\$2.50/ea.
<input type="checkbox"/> Granny Smiths Apples (3-4)	\$1.99/lb.
<input type="checkbox"/> Fresh Thyme	\$2.50/ea.
<input type="checkbox"/> Eggplant (2 large)	\$1.69/lb.
<input type="checkbox"/> Fresh Basil	\$2.69/ea.
<input type="checkbox"/>	

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Frozen		Estimated Cost
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
Canned/ Jar Items		Estimated Cost
<input type="checkbox"/>	Diced Tomatoes 1 Can—14oz *Contadina*	\$1.99/ea.
<input type="checkbox"/>	Marinara Sauce *Barilla*	\$2.99/jar
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
Pasta & Rice		Estimated Cost
<input type="checkbox"/>		
<input type="checkbox"/>		
Breads & Bread Crumbs		Estimated Cost
<input type="checkbox"/>	Panko Breadcrumbs * 4C	\$4.69/ea.
<input type="checkbox"/>		
Nuts & Nut Spreads		Estimated Cost
<input type="checkbox"/>		
<input type="checkbox"/>		
Meat/Fish		Estimated Cost
<input type="checkbox"/>	Ground Turkey (1lb.)	\$8.99/pkg.
<input type="checkbox"/>	Chicken Sausage (4 links) *Perdue*	\$5.99/pkg.
<input type="checkbox"/>	Pork Center– Cuts Chops (4)	\$4.99/lb.
<input type="checkbox"/>		

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Other Stuff

<input type="checkbox"/>	Brown Sugar *Flordia Crystals *	\$4.79/ea.
<input type="checkbox"/>	Dry white Wine *Holland*	\$5.49/ea.
<input type="checkbox"/>		
<input type="checkbox"/>		

Spices, Sauces, & Condiments

		Estimated Cost
<input type="checkbox"/>	Reduced Sodium Chicken Broth *Progresso*	\$3.29/ea.
<input type="checkbox"/>	Red Pepper Flakes *McCormick*	\$2.49/ea.
<input type="checkbox"/>	Sea Salt *Superior Crystals*	\$2.79/ea.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

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

<input type="checkbox"/>	Chili Powder *McCormick*	\$2.19/ea.
<input type="checkbox"/>	Ground Cumin *McCormick*	\$2.19/ea.
<input type="checkbox"/>	Dried Oregano *McCORMICK*	\$3.49/ea.
<input type="checkbox"/>	Ground Coriander	\$3.49/ea.
<input type="checkbox"/>	Extra Virgin Olive Oil *Filippo Berio	\$7.49/bottle
<input type="checkbox"/>	Ground pepper	\$2.79/ea.
<input type="checkbox"/>	Salt	\$1.99/ea.
<input type="checkbox"/>	Garlic Powder	\$5.29/ea.
<input type="checkbox"/>	Onion Powder	\$5.69/ea.
<input type="checkbox"/>	Cayenne Pepper	\$5.29/ea.

Monday: Chili Topped Sweet Potatoes

Ingredients

- 1 pound lean ground beef
- $\frac{3}{4}$ cup finely chopped white onion
- $\frac{1}{2}$ cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- 1 (14.5 ounce) can 1 14-ounce can diced tomatoes
- $\frac{1}{4}$ cup water
- 4 medium sweet potatoes
- $\frac{1}{2}$ cup shredded cheese, such as Cheddar or pepper Jack

Directions:

1. Cook beef, onion, bell pepper and garlic in a large skillet over medium-high heat, crumbling the beef with a spatula, until the meat is browned, 8 to 10 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add tomatoes (with their juice) and water and simmer for 5 minutes.
2. Meanwhile, prick sweet potatoes with a fork in several places. Microwave on High until tender all the way through, 12 to 15 minutes.
3. Serve the sweet potatoes topped with the chili and cheese

Serving Size: 1 Cup Chili & 1 Sweet Potato Each

Per Serving: 418 calories



Tuesday: Roasted Autumn Vegetables with Chicken Sausage

Ingredients:

- 1 (20 ounce) package 1 20-ounce package cubed peeled butternut squash
- 1 pound Brussels sprouts, trimmed and halved (or quartered if large)
- 1 large red onion, halved and thickly sliced (1/2-inch)
- 4 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- 1 tablespoon chopped fresh sage or 1 teaspoon dried
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 4 links cooked chicken sausage (12 ounces)

Directions:

1. Preheat oven to 425 degrees F.
2. Combine squash, Brussels sprouts, onion, garlic, oil, rosemary, sage, salt and pepper in a large bowl. Spread on a large rimmed baking sheet. Roast for 10 minutes.
3. Stir the vegetables and place sausages on the pan. Continue roasting, stirring once or twice, until the vegetables are tender, 20 to 25 minutes more.

Serving Size: 1 1/2 Cups Vegetables & 1 Sausage

Per Serving: 334 calories



Wednesday: Sautéed Pork Chops with Apples

Ingredients:

Sugar and Spice Rub:

- 2 tablespoons packed brown sugar
- 2 teaspoons chili powder
- 1 ½ teaspoons kosher salt
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- 1 ½ teaspoons ground cumin
- ¾ teaspoon cayenne pepper
- ¾ teaspoon black pepper

Pork Chops:

- 4 (8 ounce) bone-in pork center-cut chops, cut ¾ inch thick
- 5 teaspoons 2 teaspoons canola oil plus 1 tablespoon, divided
- ¼ cup dry white wine
- 2 cups thinly sliced Granny Smith apples
- ½ cup reduced-sodium chicken broth or chicken stock
- 2 teaspoons Fresh thyme

Directions

1. To prepare Sugar and Spice Rub: In a small bowl, stir together brown sugar, chili powder, salt, garlic powder, onion powder, ground cumin, cayenne pepper and black pepper.
2. To prepare chops: Trim fat from chops. Brush 2 teaspoons oil over all sides of chops. Sprinkle chops evenly with 1 tablespoon of the rub (reserve the rest for another use); rub in with your fingers. Cover with plastic wrap; chill in refrigerator 1 hour.
3. Preheat a large skillet over medium-high heat 2 minutes. Add the remaining 1 tablespoon oil; swirl to lightly coat skillet. Add chops; cook 7 to 10 minutes or until 145 degrees F, turning once. Transfer chops to a warm platter; cover and keep warm.
4. Remove skillet from heat. Slowly add wine to hot skillet, stirring to scrape up any browned bits from bottom of skillet. Return skillet to heat. Add sliced apples, broth, and 1 thyme sprig. Bring to boiling; reduce heat. Simmer, covered, about 3 minutes or just until apples are tender. Using a slotted spoon, transfer apples to a small bowl; cover and keep warm. Bring broth mixture in skillet to boiling. Boil about 5 minutes or until liquid is reduced by half. Return chops and apples to skillet; heat through. If desired, sprinkle with snipped thyme. Serve immediately.

Serving Size: 1 Pork Chop, 1/4 Cup Cooked Apples And 1 Tablespoon Sauce

Per Serving: 297 calories



Thursday: Eggplant Parmesan

Ingredients:

- 2 large eggplant, cut into ¼-inch thick rounds
- 2 eggs, beaten
- ¼ cup almond milk
- 1½ cups panko breadcrumbs
- 1¼ cup grated Parmesan cheese, divided
- 2 teaspoons oregano
- 2 tablespoons fresh thyme
- ½ teaspoon red pepper flakes
- ½ teaspoon sea salt, more for sprinkling
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling
- 28 ounces Marinara Sauce
- 2 large balls fresh mozzarella, thinly sliced
- ⅓ cup fresh basil leaves

Directions:

1. Preheat the oven to 400°F and line 2 baking sheets with parchment paper.
2. In a medium-sized shallow dish, whisk the eggs and almond milk.
3. In another medium-sized shallow dish, combine the panko, 1 cup Parmesan cheese, oregano, thyme, red pepper flakes, salt, and several grinds of pepper.
4. Dip the eggplant slices into the egg mixture and then into the panko mixture. Place onto the baking sheets, drizzle with olive oil, and bake for 18 minutes or until tender and golden brown.
5. In an 8x12 or 9x13-inch baking dish, spread ½ cup marinara, layer half the eggplant, and top with 1 cup of marinara and half the mozzarella. Repeat with the remaining eggplant, the remaining marinara, and the remaining mozzarella. Sprinkle with the remaining ¼ cup Parmesan cheese, drizzle with olive oil, and sprinkle with a few more pinches of sea salt. Bake for 20 minutes or until the cheese is nicely melted. Turn the oven to broil and broil for 2 to 4 or until the cheese is browned and bubbling.
6. Remove from the oven and top with fresh basil.

