

# 7-Day Menu Planner by Susan Nicholson

**SUNDAY** (Family) -- Make family day extra-special with **GRILLED LAMB KEBABS WITH PEACHES** (see recipe). Serve the lamb with **COUSCOUS**, **ASPARAGUS**, a **ROMAINE SALAD** and **WHOLE-GRAIN BREAD**. For dessert, top **ANGEL FOOD CAKE** with fat-free **STRAWBERRY ICE CREAM** and **FRESH STRAWBERRIES**.

**TIP:** Save some lamb, cake and berries for Monday; save enough ice cream for Wednesday.

**SHOPPING LIST:** leg of lamb, red onion, peach jam, balsamic vinegar, fresh rosemary, garlic, red wine vinegar, olive oil, coarse salt, cracked pepper, 50 percent reduced-fat cheddar cheese, fresh peaches, couscous, asparagus, romaine, whole-grain bread, angel food cake, fat-free strawberry ice cream, fresh strawberries.

**MONDAY** (Heat and Eat) -- Make **LAMB PITAS** for dinner. Heat the leftover lamb (cut into small pieces) and sprinkle with a little cumin and dried oregano. Top 4 warmed no-pocket pitas (or fat-free flour tortillas) with lamb, lettuce, sliced red onion, cucumbers and sliced tomatoes. Dollop with plain yogurt. Fold or roll and enjoy. Serve with deli **TABBOULEH**. Top the leftover **ANGEL FOOD CAKE** with leftover **STRAWBERRIES**.

**SHOPPING LIST:** cumin, dried oregano, no-pocket pitas (or fat-free flour tortillas), lettuce, red onion, cucumbers, tomatoes, plain yogurt, deli tabbouleh.

**TUESDAY** (Meatless) -- For an easy no-meat dinner, try **FETTUCCINE WITH TOMATOES AND ARTICHOKEs** (see recipe). Serve it with a **LETTUCE WEDGE** and **GARLIC BREAD**. Sliced **KIWI FRUIT** makes a good dessert.

**SHOPPING LIST:** fettuccine, canned water-packed quartered artichokes, plum tomatoes, canola oil, onion, basil pesto, less-sodium seasoned salt, minced roasted garlic, dry white wine, parmesan cheese, lettuce, garlic bread, kiwifruit.

**TIP:** Look for jars of minced roasted garlic in the produce section.

**WEDNESDAY** (Express) -- Try **CHILE-LIME CHICKEN BURGERS** (such as Trader Joe's or another brand). They're frozen, low in calories and fat, and have an acceptable amount of sodium. Serve them on toasted **WHOLE-GRAIN BUNS** with **SLICED AVOCADO**, **TOMATOES** and **LETTUCE**. Add **BAKED CHIPS**. For dessert, scoop some leftover **ICE CREAM**.

**TIP:** Use any chicken burger or make your own.

**SHOPPING LIST:** any frozen chicken burgers, whole-grain buns, avocado, tomatoes, lettuce, baked chips.

**THURSDAY** (Kids) -- Make a special **SWEET AND SOUR STIR-FRY** for the kids tonight. Heat 1 tablespoon canola oil in a large nonstick skillet on medium. Add 2 cups bite-size broccoli florets, 1 medium yellow bell pepper (cut into strips) and 2 thinly sliced green onions. Cook 4 minutes, or until softened. Transfer to a bowl. Add 12-ounce pork tenderloin (cut into 1 1/2-inch pieces) to skillet; cook 2 to 3 minutes. (Add a few drops of water to keep from sticking.) Return vegetables to skillet with pork. Add 1/2 cup stir-fry sauce; stir to coat and heat through. (Adapted from "Parents Magazine: Quick and Easy Kid-Friendly Meals," Dana Points, editor; Wiley Publishing, 2012.)

Serve with **BROWN RICE** garnished with orange slices.

**STRAWBERRY BANANA S'MORES** are a treat for dessert. Break 12 graham crackers in half along perforation to form squares. Place on a flat surface. Layer 1/2-ounce piece of milk chocolate and 2 marshmallow halves on each of 12 crackers. In batches of 4, place on microwave-safe plate; microwave on high 15 seconds (100 percent power), or until marshmallows puff up. Place 3 slices strawberry and 1 slice banana on top of each square. Spread 1 teaspoon strawberry preserves on one side of each remaining graham cracker. Press preserves-side down gently over fruit. Serve immediately. (Adapted from "Family Circle Healthy Family Dinners," Regina Ragone, food director; Wiley Publishing, 2011.)

**PLAN AHEAD:** Prepare enough brown rice for Friday.

**SHOPPING LIST:** canola oil, broccoli florets, yellow bell pepper, green onions, pork tenderloin, stir-fry sauce,

brown rice, orange, graham crackers, milk chocolate, marshmallows, strawberries, bananas, strawberry preserves.

**FRIDAY** (Budget) -- This economical **CHICKEN STEW** (see recipe) goes into our "favorites" file. Serve the stew with leftover **BROWN RICE**; add a **GREEN SALAD** and **WHOLE-GRAIN ROLLS**. **PEARS** are an easy dessert.

**SHOPPING LIST:** canola oil, onion, garlic, boneless skinless chicken breasts, curry powder, Caribbean jerk seasoning, black peppercorns, dry red wine, capers, canned reduced-sodium black beans, canned Italian-style diced tomatoes, salad greens, crusty rolls, pears.

**SATURDAY** (Easy Entertaining) -- Serve your



guests **CORNMEAL-CRUSTED SCALLOPS**. In a resealable plastic bag, combine 1 pound sea scallops (dried with paper towels), 3 tablespoons cornmeal, 1/2 teaspoon coarse salt and 1/2 teaspoon paprika; shake to coat. Heat 1 tablespoon canola oil in a large nonstick skillet on medium-high. Add scallops and cook 3 minutes, turning once, until golden and just cooked through. (Adapted from Woman's Day magazine.)

Serve with **CORN-ON-THE-COB** and **CHIPOTLE SLAW**. Toss 1 (16-ounce) bag coleslaw mix with 1/3 cup coleslaw dressing and 1/4 cup chipotle-flavored light or regular mayonnaise. (Adapted from Woman's Day magazine.) Add **SLICED TOMATOES** and **CRUSTY ROLLS**. Buy **FRUIT TARTS** for dessert.

**SHOPPING LIST:** sea scallops, cornmeal, coarse salt, paprika, canola oil, corn-on-the-cob, bag coleslaw mix, coleslaw dressing, chipotle-flavored light or regular mayonnaise, tomatoes, crusty rolls, fruit tarts.

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## THE RECIPES

### GRILLED LAMB KEBABS WITH PEACHES (Sunday)

Makes 8 servings

Preparation time: 25 minutes; marinating time: 4 to 8 hours

Cooking time: less than 15 minutes

3-pound leg of lamb, cut into 1 1/2-inch cubes  
1 small red onion, cut into 1/2-inch wedges  
1/3 cup peach jam  
1/3 cup balsamic vinegar  
2 tablespoons chopped fresh rosemary  
2 tablespoons garlic, minced  
1 tablespoon red wine vinegar  
1/2 cup olive oil  
1 teaspoon coarse salt  
2 teaspoons fresh cracked pepper  
16 (1/2-inch) cubes 50 percent reduced-fat cheddar cheese  
2 fresh peaches, peeled and halved  
Soak 16 wooden skewers in water for 20 minutes.  
Place lamb cubes and onion in a large pan. In a medium

bowl, combine jam, balsamic vinegar, rosemary, garlic, red wine vinegar, oil, coarse salt and pepper; pour over lamb and onion. Toss to coat. Cover and refrigerate 4 to 8 hours. Remove lamb and onion; discard marinade. Alternate lamb and onion on each skewer. Grill kebabs about 4 minutes per side or until desired degree of doneness. Remove from grill; cover and let stand. Grill peaches, cut-side down, 3 minutes or until browned and juicy. Cut each peach half into 4 wedges. To serve, place a peach wedge and one cheese cube on each skewer.

Per serving: 286 calories, 37 grams protein, 12 grams fat (38 percent calories from fat), 3.8 grams saturated fat, 7 grams carbohydrate, 113 milligrams cholesterol, 267 milligrams sodium, 1 gram fiber.

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### FETTUCCINE WITH TOMATOES AND ARTICHOKEs (Tuesday)

Makes 4 servings

Preparation time: 15 minutes

Cooking time: 10 minutes, plus fettuccine

8 ounces fettuccine  
1 (14-ounce) can water-packed quartered artichokes, drained  
6 plum tomatoes  
1 tablespoon canola oil  
1 onion, chopped  
1 tablespoon basil pesto  
1 teaspoon less-sodium seasoned salt  
1 teaspoon roasted garlic, minced  
1/4 cup dry white wine  
1/4 cup freshly grated parmesan cheese

Cook fettuccine according to directions; drain, reserving 1/4 cup cooking water. Cut artichokes and tomatoes into 1/2-inch pieces. Heat oil in a large nonstick skillet on medium-high. Add onion; cook 5 minutes or until softened. Add pesto, salt and garlic. Cover and cook 2 minutes, stirring occasionally. Add wine and stir to loosen browned bits of food in skillet. Add artichokes and tomatoes. Cook 2 to 3 minutes, stirring occasionally, or until tomatoes begin to soften and sauce is hot. Add reserved cooking water and drained pasta. Toss to mix. Sprinkle with parmesan and serve.

Per serving: 344 calories, 12 grams protein, 8 grams fat (21 percent calories from fat), 1.6 grams saturated fat, 54 grams carbohydrate, 5 milligrams cholesterol, 537 milligrams sodium, 4 grams fiber.

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### CHICKEN STEW (Friday)

Makes 6 servings

Preparation time: 15 minutes

Cooking time: about 20 minutes

2 teaspoons canola oil  
1 cup onion, chopped  
1 1/2 teaspoons garlic, minced  
1 pound boneless, skinless chicken breasts, cut into bite-size pieces  
1 teaspoon curry powder  
2 teaspoons Caribbean jerk seasoning  
1/2 teaspoon cracked black peppercorns  
1/4 cup dry red wine  
2 tablespoons capers, drained  
1 (16-ounce) can reduced-sodium black beans, rinsed and drained  
1 (14.5-ounce) can Italian-style diced tomatoes, undrained

Heat oil in a large nonstick skillet over medium-high. Add onion and garlic; cook 5 minutes or until tender. In a medium bowl, combine chicken, curry, jerk seasoning and pepper. Add chicken mixture to pan; cook 4 minutes. Stir in wine, capers, beans and tomatoes. Cover and reduce heat to low. Simmer 10 minutes, or until tender.

Per serving: 189 calories, 21 grams protein, 4 grams fat (21 percent calories from fat), 0.6 gram saturated fat, 14 grams carbohydrate, 48 milligrams cholesterol, 507 milligrams sodium, 5 grams fiber.