

7-Day Menu_November 2018

Avocado Egg Toast



Makes 1 serving

Total time: 5 minutes

Ingredients

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅓ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (optional)
- 1 tablespoon scallion, sliced (optional)

Preparation

Combine avocado, pepper, and garlic powder in a small bowl and mash well. Top toast with avocado mixture and egg. Garnish with Sriracha and green onion if desired.

By <http://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

Chickpea & Veggie Salad

no photo

Ingredients

- 2 cups mixed greens
- 3/4 cup veggies of your choice (try cucumbers and tomatoes)
- 2/3 cup chickpeas, rinsed

- 1 Tbsp. almonds, chopped

Combine ingredients and top salad with 1 Tbsp. red-wine vinegar, 2 tsp. olive oil and freshly ground pepper.

By <http://www.eatingwell.com/article/289245/7-day-heart-healthy-meal-plan-1200-calories/>

Seared Salmon with Green Peppercorn Sauce



Makes 4 servings

Total time: 15 minutes

Ingredients

- 1¼ pounds wild salmon fillet (see Tip), skinned and cut into 4 portions
- ¼ teaspoon plus a pinch of salt, divided
- 2 teaspoons canola oil
- ¼ cup lemon juice
- 4 teaspoons unsalted butter, cut into small pieces
- 1 teaspoon green peppercorns in vinegar, rinsed and crushed

Preparation

Sprinkle salmon pieces with ¼ teaspoon salt. Heat oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total. Divide among 4 plates. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce. Top each portion of fish with sauce (about 2 teaspoons each). Serve with 1 cup steamed green beans, and 1 baked medium red potato, drizzled with 1/2 Tbsp. olive oil and a pinch each of salt and pepper.

Note: Wild-caught salmon from the Pacific (Alaska and Washington) is considered the best choice for the environment because it is more sustainably fished and has a larger, more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population.

By <http://www.eatingwell.com/article/289245/7-day-heart-healthy-meal-plan-1200-calories/>

Bran Cereal with Almond Milk and Blueberries

no photo

Ingredients

1 cup bran cereal
1 cup almond milk
1/2 cup blueberries

Preparation

Place all ingredients in a bowl and enjoy.

Veggie and Hummus Sandwich



Makes 1 serving

Total time: 10 minutes

Ingredients

2 slices whole-grain bread
3 tablespoons hummus
¼ avocado, mashed
½ cup mixed salad greens
¼ medium red bell pepper, sliced
¼ cup sliced cucumber
¼ cup shredded carrot

Preparation

Spread one slice of bread with hummus and the other with avocado. Fill the sandwich with greens, bell pepper, cucumber and carrot. Slice in half and serve.

To make ahead: Refrigerate sandwich for up to 4 hours.

By <http://www.eatingwell.com/recipe/259817/veggie-hummus-sandwich/>

Roasted Tofu with Peanut Noodle



Makes 5 servings

Total time: 40 minutes

Ingredients

¼ cup lime juice
¼ cup reduced-sodium soy sauce
1 tablespoon canola oil
1 14- to 16-ounce package extra-firm water-packed tofu, cut into ½-inch cubes
6 ounces whole-wheat spaghetti
½ cup smooth natural peanut butter
3 tablespoons water
3 cloves garlic, minced
1 tablespoon minced fresh ginger
6 cups thinly sliced napa cabbage
1 medium orange bell pepper, thinly sliced
1 cup thinly sliced trimmed snow peas

Preparation

Combine lime juice, soy sauce and oil in a large bowl. Stir in tofu; marinate stirring frequently, for 10 minutes. Using a slotted spoon, transfer the tofu to an oiled baking sheet. Save the marinade. Roast the tofu, stirring once halfway through, until golden brown, 16-18 minutes. Meanwhile, cook spaghetti according to package directions. Drain. Whisk peanut butter, 3 tablespoons water, garlic and ginger into the reserved marinade. Add the spaghetti, cabbage, bell pepper and snow peas, toss to coat. Top with the tofu.

By <http://www.eatingwell.com/recipe/250754/roasted-tofu-peanut-noodle-salad/>

Greek Yogurt with Blueberries

no photo

Ingredients

1 cup nonfat plain Greek yogurt
1/2 cup blueberries
1 1/2 Tbsp. slivered almonds
2 tsp. honey

Preparation

Top yogurt with blueberries, almonds and honey. Enjoy

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By <http://www.eatingwell.com/recipe/250754/roasted-tofu-peanut-noodle-salad/>

Grilled Romaine with Avocado Lime Dressing

Serve with Chicken breast and Quinoa



Makes 6 servings

Total time: 15 minutes

Ingredients

½ ripe avocado
5 tablespoons buttermilk (use Almond milk for healthier option)
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
½ teaspoon ground cumin
½ teaspoon salt
3 romaine hearts (3-4 ounces each)
1 cup sliced cherry tomatoes
Freshly ground pepper to taste

Preparation

Preheat grill to medium-high. Puree avocado, buttermilk, lime juice, oil, cumin, and salt in food processor or blender until smooth. Oil the grill rack (see tip). Cut the romaine hearts in half lengthwise, leaving root ends intact. Grill the romaine, cut side down, until lightly charred, 2-3 minutes. Serve topped with the dressing, tomatoes and pepper. Serve with ¾ cup cooked quinoa and 4 oz. cooked chicken breast, cooked in 1 ½ tsp. olive oil and seasoned with ¼ tsp. cumin and a pinch each of salt and pepper

Meal Prep Tip: Cook and extra 3 oz. of chicken tonight at dinner to have for lunch on Day 4.

Tip: An oiled grill rack keeps your food from sticking. Once your grill is good and hot, dip a folded paper towel in a little oil, hold it with tongs and rub it over the rack.

By <http://www.eatingwell.com/recipe/251389/grilled-romaine-with-avocado-lime-dressing/>

Bran Cereal with Almond Milk and Blackberries

no photo

Ingredients

1 cup bran cereal
1 cup almond milk
1/2 cup blackberries

Preparation

Place all ingredients in a bowl and enjoy.

Green Salad with Chicken

No photo

Ingredients

3 cups mixed greens
3 oz. leftover cooked chicken breast
5 cherry tomatoes, halved
1/2 cup cucumber slices
1/4 cup shredded carrot

Preparation

Combine ingredients and top salad with 1 Tbsp. red-wine vinegar and 2 tsp. olive oil.

Cod with Tomato Cream Sauce



Makes 4 servings
Total time: 25 minutes

Ingredients

1-1¼ pounds cod (see Tip) or tilapia fillets, cut into 4 pieces
3 teaspoons chopped fresh thyme, divided
½ teaspoon salt, divided
¼ teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil
1 shallot, chopped
2 cloves garlic, minced
¾ cup white wine
1 14-ounce can diced tomatoes
¼ cup heavy cream or half-and-half as the healthier option
½ teaspoon cornstarch

Preparation

Season fish with 1 teaspoon thyme, 1/4 teaspoon salt and pepper. Heat oil in a large skillet over medium heat. Add shallot, garlic and 1 teaspoon thyme. Cook, stirring until begins to soften, about 1 minute. Add wine, tomatoes and the fish to the pan. Bring to a simmer. Cover and cook until the fish is cooked through, 4-6 minutes. Transfer the fish to a large plate, keep warm. Whisk cream and cornstarch in a small bowl. Add to the pan, along with the remaining 1 teaspoon thyme and 1/4 teaspoon salt. Cook, stirring for 1 minute. Divide the fish and sauce among 4 shallow bowls. Serve with 1/2 cup cooked brown rice and 2 cups mixed greens, topped with 1 Tbsp. balsamic vinegar and 2 tsp. olive oil.

Tip: For sustainably fished cod, choose U.S. Pacific cod or Atlantic cod from Iceland and the NE Artic.

By <http://www.eatingwell.com/recipe/250022/cod-with-tomato-cream-sauce/>

Rolled Oats with Strawberries

No photo

Ingredients

1/2 cup rolled oats, cooked in 1 cup milk
1/2 cup sliced strawberries

Preparation

Cook oats and top with strawberries and a pinch of cinnamon.

Toaster-Oven Tostadas

No photo

Ingredients

2 corn tortillas
2/3 cup canned black beans, rinsed
1/2 bell pepper, sliced
2 Tbsp. shredded Cheddar cheese
2 Tbsp. salsa or pico de gallo

Preparation

Top tortillas with beans, bell pepper and cheese. Toast until the cheese begins to melt. Top with salsa.

By <http://www.eatingwell.com/article/289245/7-day-heart-healthy-meal-plan-1200-calories/>

Cauliflower Chicken Fried Rice



Makes 4 servings

Total time: 35 minutes

Ingredients

1 teaspoon sesame oil plus 2 tablespoons, divided
2 large eggs, beaten
3 scallions, thinly sliced, whites and greens separated
1 tablespoon grated fresh ginger
1 tablespoon minced garlic
1 pound boneless, skinless chicken thighs, trimmed and cut into ½-inch pieces
½ cup diced red bell pepper
1 cup snow peas, trimmed and halved
4 cups cauliflower rice (see Tip)
3 tablespoons reduced-sodium tamari or gluten free soy sauce
1 teaspoon sesame oil (optional)

Preparation

Heat oil in wok or skillet over high heat. Add eggs and cook without stirring until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to cutting board and cut into 1/2-inch pieces. Add 1 tablespoon oil to the pan along with scallion whites, ginger, and garlic. Cook, stirring until the scallions have softened, about 30 seconds. Add chicken and cook, stirring until for 1 minute. Add bell pepper and snow peas, stirring until just tender, about 2-4 minutes. Transfer everything to a large plate. Add the remaining 1 tablespoon oil to the pan, add cauliflower rice and stir until begins to soften, about 2 minutes or less. Return the chicken mixture and eggs to the pan, add tamari (or soy sauce) and sesame oil and stir until well combined. Garnish with scallion greens.

Tip: To make your own cauliflower rice, place florets in a food processor and pulse until cauliflower breaks down into rice-like granules. Two pounds of cauliflower yields about 4 cups of cauliflower rice.

By <http://www.eatingwell.com/recipe/254623/cauliflower-chicken-fried-rice/>

Bran Cereal with Almond Milk & Blueberries & Bananas

no photo

Ingredients

1 cup bran cereal
1 cup almond milk
1/2 cup blueberries
1/2 banana sliced

Preparation

Place all ingredients in a bowl and enjoy.

Tuna & White Bean Spinach Salad

No photo

Ingredients

2 cups spinach
2.5 oz. chunk light tuna in water, drained
1/2 cup canned white beans, rinsed
3/4 cup veggies of your choice (try tomatoes & cucumbers)

Preparation

Combine ingredients and top salad with 1 Tbsp. red-wine vinegar and 2 tsp. olive oil.

By Eating well.com

Sweet and Sour Tofu



Makes 5 servings

Total time: 5 minutes

Ingredients

1 block firm tofu

1 tablespoon sesame oil

2-3 scallions

Sweet and sour sauce

White and black sesame seeds for garnish

Preparation

Heat oil in flat skillet. Cut tofu block in half, width-wise. Then slice into 1-inch rectangular blocks. This yields 10 blocks. Add tofu and sweet and sour sauce to skillet. Heat tofu through on at least 2 sides. Plate tofu and garnish with green tops of scallion, white and black sesame seeds and more sweet and sour sauce. Serve with your choice of veggies and quinoa. Enjoy!

By Pauline Maddox, AGNP, RN

Overnight Cocoa-Chia Pudding with Raspberries



Makes 1 serving

Ingredients

½ cup unsweetened almond milk or other nondairy milk
2 tablespoons chia seeds
2 teaspoons pure maple syrup
½ teaspoon unsweetened cocoa powder
¼ teaspoon vanilla extract
½ cup fresh raspberries, divided
1 tablespoon toasted sliced almonds, divided

Preparation

Stir almond milk (or other nondairy milk), chia, maple syrup, cocoa and vanilla together in a small bowl. Cover and refrigerate for at least 8 hours and up to 3 days.

When ready to serve, stir well. Spoon about half the pudding into a serving glass (or bowl) and top with half the raspberries and almonds. Add the rest of the pudding and top with the remaining raspberries and almonds.

By <http://www.eatingwell.com/recipe/258637/cocoa-chia-pudding-with-raspberries/print/>

Split Pea Soup



Makes 7 servings

Total time: 1 1/2 hours

Ingredients

6 cups vegetable broth
2 cups dried green split peas, rinsed
1 medium onion, chopped
1 cup chopped carrots
2 celery ribs with leaves, chopped
2 garlic cloves, minced
1/2 teaspoon dried marjoram
1/2 teaspoon dried basil
1/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper
5 tablespoons shredded carrots
2 green onions, sliced

Preparation

In a large saucepan, combine the first nine ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until peas are tender, stirring occasionally.

Add salt and pepper; simmer 10 minutes longer. Cool slightly. Optional: In small batches, puree soup in a blender; return to the pan. Heat for 5 minutes.

Garnish with shredded carrots and green onions.

By <https://www.tasteofhome.com/recipes/vegetarian-split-pea-soup/#.W6f4Nqj-NUw.email>

Roast Chicken and Sweet Potatoes



Makes 4 servings

Total time: 45 minutes

Ingredients

2 tablespoons whole-grain or Dijon mustard
2 tablespoons chopped fresh thyme or 2 teaspoons dried
2 tablespoons extra-virgin olive oil, divided
½ teaspoon salt, divided
½ teaspoon freshly ground pepper, divided
1½-2 pounds bone-in chicken thighs, skin removed
2 medium sweet potatoes, peeled and cut into 1-inch pieces
1 large red onion, cut into 1-inch wedges

Preparation

Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

By <http://www.eatingwell.com/recipe/250549/roast-chicken-sweet-potatoes/print/>