



Weeknight Survival Menus

For busy families who are on the go!

Monday

Shrimp & Vegetable stir fry rice

Fresh pineapple spears (available in the produce section of your grocery store)

Shrimp & Vegetable Stir Fry Rice

Makes 6 servings

- 2 cups instant rice (white or brown (preferred))
- 1 8 oz carton of egg substitute or 3 eggs lightly beaten
- 1 tbsp canola oil
- 3 green onions chopped
- 1 cup frozen peas and carrots- thawed (in microwave)
- 1 6-8 ounce bag of frozen pre cooked shrimp- thawed underwater
- 4 tbsp low-sodium soy sauce

For fast cooking, prepare the rice either in the morning in your microwave or in the evening as you defrost the shrimp. Coat a wok or large skillet with non stick spray, and heat until a drop of water sizzles. Scramble the egg in the pan, and set a side. Add the canola oil, green onions, peas, carrots and shrimp to the pan, and stir fry for about 5 minutes. Add the cooked rice, eggs and soy sauce and stir-fry for about three minutes.

Variation: Replace shrimp with left over cooked chicken breast or pork tenderloin

Tuesday

Crock Pot veggie chili

Cheese quesadillas (place ½ cup reduced fat shredded cheddar cheese: {Cabot 50% Cheddar}, between two flour tortillas and bake at 350 degrees for ten minutes)

Mango slices

Crock-Pot Veggie Chili

Makes 6 servings

Time saving tip: Assemble the chili in the morning. It will slowly-cook while you are on the go and be ready to eat when you walk in the door.

- 1 small onion, chopped
- 1 green pepper, chopped
- 1 15 oz can pinto beans drained and rinsed
- 1 15 oz can black beans drained and rinsed
- 1 15 oz can kidney beans, drained and rinsed
- 1 6 oz can tomato paste
- 2 8 oz cans Mexican style diced tomatoes
- 2 to 3 cups tomato juice (low sodium)
- 1 tsp chili powder
- ½ tsp cumin

Add all ingredients to crock pot. Cook on low setting for at least 8 hours or on high setting for 4 hours. Variation: add ½ lb cooked lean ground beef or turkey to the chili.

Wednesday

Broccoli and Turkey Sausage Cavatelli

Tossed Salad

Seedless grapes

Broccoli and Turkey Sausage Cavatelli

Makes 8 servings

1 pound Italian turkey sausage

¼ cup olive oil 4 gloves of garlic

1 16 oz package of cavatelli pasta (or pasta of your choice try Barilla Plus rotini)

1 16 oz package frozen broccoli

¼ cup grated parmesan cheese

In a skillet, sauté sausage over medium heat until no longer pink; drain and reserve

In the same skillet, cook garlic in the olive until golden.

Meanwhile, bring a large pot of water to a boil. Cook pasta 8-10 minutes. Three minutes before pasta is done, add broccoli; drain with pasta when done.

In a large serving bowl toss the sausage, olive oil and garlic, pasta & broccoli, and the parmesan cheese.

Thursday

BBQ Pork Sandwiches

Corn on the cob (substitute frozen if you want)

Watermelon wedges

BBQ Pork Sandwiches

Makes 6 servings

1 pound precooked pork loin roast

1 cup of your favorite BBQ sauce

1 small onion chopped

1 green bell pepper, chopped

1 tsp olive oil

6 whole grain hamburger buns

Slice the pork roast into sandwich-size slices. Place pork in a microwave-safe bowl, and pour the BBQ sauce over the pork. Cover with plastic wrap, and microwave on high setting for three minutes.

Sauté the onion and green pepper in the olive oil for 2 minutes or until tender. Place the vegetables and the pork slices on a bun and serve. Variation: Substitute chicken or turkey breast for the pork.

Friday

Hawaiian Pizza

Cut up veggies (precut available) and low fat ranch dip OR BIG SALAD

Low fat ice cream cone

Hawaiian Pizza

Makes 12 slices

1 large ready made pizza crust

1 can pizza sauce

1 pkg Canadian bacon

1 can mushrooms

½ onion, chopped

½ bell pepper, chopped

1 small can pineapple chunks- own juice

2 cups light mozzarella cheese

Preheat oven to 425 degrees. Top crust with ingredients, ending with cheese. Bake for 10-15 minutes