

# Heart Healthy Menu-Mailer Shopping List – Two Servings

Volume 1, Week 48 — November 30, 2006

## Menu:

**Day 1: Three Peppered Fish with Salsa Verde and Mock Spanish Rice**, and a big salad

**Day 2: Mediterranean Vegetable Skillet HH Style**, serve over whole wheat pasta

**Day 3: Simple Broiled White Fish with Brown Rice**, add stir-fried garlic spinach and steamed baby carrots

**Day 4: Cranberry Turkey Burgers**, mixed baby greens

**Day 5: Low Fat Creamy Ziti HH Style**, with cherry tomatoes, baby carrots, cucumber spears and radishes.

**Day 6: Crock Chicken Stew #2**, and steamed red potatoes and steamed broccoli

## SHOPPING LIST:

### MEAT

- 1/2 pound lean ground turkey [D4]
- 2 skinless chicken thighs [D6]
- 2 fish fillets—or buy frozen [D1]
- 2 firm-fleshed fish fillets (white fish)—or buy frozen [D3]

### PRODUCE

- 3 pounds onions (keep on hand) [D2,D6]
- Red onion (need 1 small) [D1]
- Garlic (need 2 cloves) [D2,X] \*\*Additional (1 meal) [D3]
- Red bell peppers (need 2 small) [D1,D5]
- Green bell peppers (need 1 small) [D2]
- Jalapeno peppers (need 1) [D1]
- Fennel (need 1 bulb) [D2]
- Eggplant (need 1 small) [D2]
- Yellow squash (need 1 small) [D2]
- Green onions (need 3 tablespoons chopped) [D4]
- Broccoli (1 small head) [D5] \*\*Additional (1 meal) [D6]
- Baby carrots (4-oz. packaged) [D6] \*\*Additional (2 meals) [D3,D5]
- Dill (need 2 teaspoons minced) [D5]
- Parsley (need 2 tablespoons chopped) [D4,D5]
- Cilantro (chopped, for garnish) [D1]
- Lemons (1/2 tablespoon plus 2 teaspoons juice) [D3,D5,X]
- Oranges (need 1 tablespoon juice) [D4]
- \*\*Red potatoes (1 meal) [D6]
- \*\*Cherry tomatoes (1 meal) [D5]
- \*\*Cucumber (1 meal) [D5]
- \*\*Radishes (1 meal) [D5]
- \*\*Spinach (1 meal) [D3]
- \*\*Mixed baby greens (1 meal) [D4]
- \*\*Lettuce for 1 salad (not Iceberg—no nutrition) [D1]
- \*\*Salad veggies—your choice [D1]

### CANNED GOODS

- Low sodium chicken broth (need 14.5-oz. can) [D1,D6]
- No salt added diced tomatoes (need 14.5-oz. can) [D2]
- No salt added garbanzo beans (1/3 of a 16-oz. can) [D2]

### CONDIMENTS

- Olive oil [D1,D2,D3,D5,D6,X]
- Balsamic vinegar [D1,D3,X]
- Dijon mustard [D5,X]
- Spicy brown mustard [D3]
- Hot pepper sauce [D5]
- Salsa verde (need 2 tablespoons) — in ethnic section of grocery store [D1]
- Salsa—your favorite (need 2 tablespoons) [D1]
- Kalamata olives (need 3 tablespoons chopped) [D2]
- Apple Cider (need 1/2 cup) [D6]

### SPICES

- Mrs. Dash Salt Free Lemon Pepper Seasoning [D1]
- Oregano [D2]
- Rosemary [D2]
- Basil [D3,D4]
- Allspice [D4]
- Ginger [D4]
- Cinnamon [D4]
- Thyme [D6]

### DAIRY/DAIRY CASE

- Skim milk (need 1/4 cup) [D5]
- Low fat sour cream (need 1/3 cup) [D5]
- Feta cheese (need 1 tablespoon crumbled) [D2]

### DRY GOODS

- Whole wheat flour [D6]
- Quick-cooking oats (need 3 tablespoons) [D4]
- Dried cranberries (need 1/3 cup) — in produce OR dried fruit section of grocery store [D4]
- Brown rice (need 3 cups cooked) [D1,D3]
- 1/3 pound Ziti, Penne or other medium shape pasta [D5]
- \*\*Whole wheat pasta (1 meal) [D2]

### FREEZER

- 2 fish fillets—if not using fresh [D1]
- 2 firm-fleshed fish fillets (white fish)—if not using fresh [D3]
- Spinach (need 1/3 of a 10-oz. package) [D5]

### BAKERY

- 2 whole wheat burger buns [D4]

### OTHER

- Large zipper-topped plastic bags [D3]
- Spray bottle(s)—for oil/water spray [D1,D2,D5,D6]

### SHOPPING LIST LEGEND

#### \*\* = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your families' needs.

#### [D1] – [D6] = Day 1, Day 2, Day 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.



## Three Peppered Fish with Salsa Verde & Mock Spanish Rice

Day 1 - Serves 2

### INGREDIENTS:

2 fish fillets  
1 teaspoon Mrs. Dash Salt Free Lemon Pepper Seasoning  
Water/Oil Mixture (see last page or main Heart Healthy webpage)  
3 tablespoons chopped red onion  
1/2 jalapeno pepper, seeded, de-ribbed and minced (more or less to taste)  
1/3 cup chopped red bell pepper  
1/4 cup low sodium chicken broth  
4 tablespoons salsa verde  
1 tablespoon balsamic vinegar  
Cilantro, chopped for garnish  
1 1/2 cups cooked brown rice  
2 tablespoons salsa—your favorite



**COOKING INSTRUCTIONS:** Sprinkle fish on both sides with lemon pepper.

Spritz a skillet with water/oil mixture over medium-high heat; cook fish till browned on one side, then gently turn; add onion, jalapeno and bell pepper to the skillet and cook, stirring occasionally, until onion is translucent, about 1 minute. Add broth, salsa verde and vinegar; cover, reduce heat and simmer for 8 to 10 minutes.

Serve fish topped with salsa verde sauce and sprinkled with chopped cilantro. Combine cooked brown rice and remaining salsa to make mock Spanish rice and serve on the side.

**SERVING SUGGESTION:** A big salad tossed with Basic Vinaigrette (see last page or main Heart Healthy webpage).

**NUTRITION per serving:** 388 Calories; 3g Fat; 47g Protein; 41g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 311mg Sodium. Exchanges: 2 Grain (Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fruit.

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## Mediterranean Vegetable Skillet Heart Healthy Style

Day 2 - Serves 2

### INGREDIENTS:

Water/Oil Mixture (see last page or main Heart Healthy webpage)  
1 small onion, thinly sliced  
1 small green bell pepper, seeded, de-ribbed and cut into strips  
1 small fennel bulb, washed, trimmed and thinly sliced  
1 small eggplant, cubed  
1 small yellow squash, diced  
4 3/4-oz. canned no salt added diced tomatoes  
1 small clove garlic, pressed  
Pinch of dried oregano  
Pinch of dried rosemary  
1/3 of a 16-oz. can no salt added garbanzo beans, drained  
1 tablespoon crumbled Feta cheese  
3 tablespoons chopped Kalamata olives  
Pepper to taste



### COOKING INSTRUCTIONS:

Spritz a skillet or Dutch oven with water/oil mixture and sauté onion and bell pepper for about 1 minute. Next, add the fennel and eggplant; continue to cook for 8 minutes, or until veggies begin to turn brown.

Add squash, tomatoes, garlic and spices; cook for 4 minutes, or until squash is tender-crisp. Add beans, cheese, olives and salt and pepper to taste.

Reduce heat, cover and simmer for about 5 minutes while you set the table. Serve.

**SERVING SUGGESTION:** Serve over whole wheat pasta.

**NUTRITION per serving:** 202 Calories; 8g Fat; 7g Protein; 28g Carbohydrate; 7g Dietary Fiber; 6mg Cholesterol; 421mg Sodium. Exchanges: 1 Grain (Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1 Fat.

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## Simple Broiled White Fish with Brown Rice

Day 3 - Serves 2

### INGREDIENTS:

1/4 cup olive oil  
2 tablespoons balsamic vinegar  
1/2 tablespoon lemon juice  
1/2 teaspoon spicy brown mustard  
1/2 large clove garlic, pressed  
1/3 teaspoon dried basil  
Pepper to taste  
2 firm-fleshed fish fillets (such as white fish)  
1 1/2 cups cooked brown rice



**DO-AHEAD TIP:** Marinate fish for at least 8 hours.

### COOKING INSTRUCTIONS:

In a large zipper-topped plastic bag, combine oil, vinegar, lemon juice, mustard, garlic, basil and pepper; add fish, seal bag and gently turn to coat; refrigerate for at least 8 hours.

Preheat oven broiler.

Place fish on a broiler pan that has been lightly spritzed with water/oil mixture.

Broil fish about 8 inches from heat source for 3 to 5 minutes per side.

Serve with brown rice on side.

**SERVING SUGGESTION:** Add stir-fried garlic spinach and steamed baby carrots.

**NUTRITION per serving:** 598 Calories; 30g Fat; 45g Protein; 36g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 144mg Sodium. Exchanges: 2 Grain (Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat.

## Cranberry Turkey Burgers

Day 4 - Serves 2

### INGREDIENTS:

1/2 pound lean ground turkey  
1/3 cup dried cranberries (found in the dried fruit section)  
3 tablespoons quick-cooking oats  
3 tablespoons finely chopped green onion  
1 tablespoon fresh orange juice  
1 tablespoon chopped fresh parsley  
1/3 teaspoon ground allspice  
1/4 teaspoon ground ginger  
1/4 teaspoon dried basil  
1/4 teaspoon cinnamon  
Ground pepper to taste  
2 whole wheat burger buns, lightly toasted



### COOKING INSTRUCTIONS:

Preheat outdoor or indoor grill or oven broiler.

Combine all ingredients in a bowl except buns; blend thoroughly and form into two patties.

Cook patties for 5 to 7 minutes per side, or until meat is no longer pink in the center.

Serve immediately.

**SERVING SUGGESTION:** A salad of mixed baby greens tossed with Basic Vinaigrette (see last page or main Heart Healthy webpage).

**NUTRITION per serving:** 345 Calories; 12g Fat; 26g Protein; 31g Carbohydrate; 4g Dietary Fiber; 90mg Cholesterol; 280mg Sodium. Exchanges: 2 Grain (Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

## Low Fat Creamy Ziti Heart Healthy Style

Day 5 - Serves 2

### INGREDIENTS:

1/3 pound Ziti, Penne or other medium shape pasta, uncooked  
Water/Oil Mixture (see last page or main Heart Healthy webpage)  
1 small head of broccoli florets  
1/3 of a medium red bell pepper, seeded, de-ribbed and diced  
1/3 cup low fat sour cream  
1/3 of a 10-oz. package frozen spinach, thawed and well drained  
1/4 cup skim milk  
1 tablespoon Dijon mustard  
1 tablespoon chopped fresh parsley  
2 teaspoons minced fresh dill  
2 teaspoons lemon juice  
1/4 teaspoon hot pepper sauce  
Pepper to taste



**COOKING INSTRUCTIONS:** Prepare pasta according to directions.

While pasta is cooking, spritz a large skillet with water/oil mixture over medium heat; add red bell pepper and sauté till tender-crisp.

Steam broccoli in a large saucepan for a minute or two, until bright green; drain. Add peppers to broccoli and set aside.

Meanwhile, puree sour cream, spinach, milk, mustard, parsley, dill, lemon juice and hot sauce in a food processor or blender until very smooth; add to the broccoli/peppers mixture; heat to a simmer.

When pasta is done, drain it well. Toss pasta with the sauce, season with salt and pepper and serve.

**SERVING SUGGESTION:** A relish tray of cherry tomatoes, baby carrots, cucumber spears and radishes.

**NUTRITION per serving:** 366 Calories; 4g Fat; 15g Protein; 67g Carbohydrate; 4g Dietary Fiber; 9mg Cholesterol; 245mg Sodium. Exchanges: 4 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

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## Crock Chicken Stew #2

Day 6 - Serves 2

### INGREDIENTS:

1/4 of a 16-oz. package baby carrots  
1 medium onion, thinly sliced  
Water/Oil Mixture (see last page or main Heart Healthy webpage)  
2 skinless chicken thighs  
Pepper to taste  
1/4 teaspoon thyme, crushed  
1/2 cup apple cider  
7.25-oz. canned low sodium chicken broth  
1/2 tablespoon whole wheat flour  
4 tablespoons cold water



### COOKING INSTRUCTIONS:

Place baby carrots in a slow cooker, cover with sliced onions.

Spritz a skillet with water/oil mixture and brown chicken evenly on all sides. Now layer chicken on top of carrots and onions; pepper to taste and sprinkle thyme over the top; add cider and broth.

Cover and cook on low heat setting for 8 hours.

When carrots are tender and chicken is cooked through, drain slow cooker liquid into a saucepan and simmer over medium heat till somewhat reduced.

In a cup, combine flour and cold water to make a smooth paste (no lumps!); add to simmering juices, stirring constantly until thickened.

Serve sauce over chicken.

**SERVING SUGGESTION:** Steamed red potatoes and steamed broccoli.

**NUTRITION per serving:** 181 Calories; 3g Fat; 19g Protein; 19g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 296mg Sodium. Exchanges: 0 Grain (Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 0 Fat.

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## Heart Healthy Menu-Mailer Tips & Hints

### EASY BALSAMIC VINAIGRETTE

1/2 tablespoon Dijon mustard  
1 1/2 tablespoons balsamic vinegar  
1/2 tablespoon lemon juice  
1 small clove garlic, pressed  
1/3 cup olive oil  
Pepper to taste

Mix together and enjoy on your favorite salad!

### OIL/WATER SPRAY BOTTLES

To reduce the fat in our diets, Heart Healthy Menu Mailer will focus on broiling, roasting and boiling instead of frying.

We suggest you get a new, clean plant mister or spray bottle. Wash it out and then fill it with 7 parts water to 1 part oil. (For example, put 7 tablespoons of water into your sprayer, then add 1 tablespoon of oil to it).

Keep this on hand in your pantry. We will use this to coat grills, broiler pans and skillets to give the food a light coat of oil to keep it from sticking without adding massive amounts of fat to your meal.

You might even want to have more than one spray bottle on hand: One olive oil/water combination for when you want to impart a richer flavor, a sunflower oil/water combo for general purpose cooking, and a sesame oil/water combo for an Asian inspired stir-fry.

### DR. NEAL'S HEART HEALTHY TIP

"Go see a movie.

Actually, don't see just any movie. A study at the University of Maryland's School of Medicine reports that people watching comedy movies experienced expansion of their inner blood vessel linings allowing increased blood flow.

Laughing has also been found to release nitric oxide, a chemical that is believed to reduce the hardening of arteries.

The study went on to say that dramatic and horror films had the opposite effect on blood vessels. Remember, a joyful heart is good medicine."

Read more about Dr. Neal on [www.drnealshousecall.com](http://www.drnealshousecall.com)