

## March is National Nutrition Month® – Try Some New Meals

These simple plant-based dinners were planned with color and balance of food groups in mind. Use MyPlate as a guide to plan and choose your meals, [www.choosemyplate.gov](http://www.choosemyplate.gov). Aim to fill half your plate with fruits and vegetables, and then split the other half between one serving of whole grain and one serving of lean protein. A meal planning template is included to help you get started. Base your shopping list off your weekly meal plan. Eat well!

*Jennie McCary, MS, RD, LD*



## GET YOUR PLATE IN SHAPE - WEEK OF MEALS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Salmon Soft Tacos ½ cup Cabbage Slaw ½ cup Mango Chunks	1 slice Colorful Frittata 1 cup Bean and Corn Salad Tangelo Slices	4 oz Zesty Chicken ½ cup Wild Rice and Barley ½ cup Gingered Carrots ¾ cup Mixed Berries	Polenta with Beans and Wild Mushrooms 1 cup Baby Spinach and Pear Salad	1 cup Vegetable Curry ½ cup Couscous 1 cup Mixed Fruit Salad	4 oz Lemon Grilled Trout 1 cup Roasted Cauliflower ½ cup Braised Greens ½ cup Quinoa ½ cup Frozen Cherries	1 cup Lentil Soup 2 cups Mixed Green Salad with 1 Tbsp Vinaigrette 1 slice Rustic Whole Grain French Bread Quick Baked Pear
<b>Nutritional Info:</b> 410 calories 14 g fat 2 g saturated fat 65 mg cholesterol 410 mg sodium 39 g carbohydrate 3 g fiber 31 g protein	<b>Nutritional Info:</b> 360 calories 14 g fat 3.5 g saturated fat 185 mg cholesterol 745 mg sodium 46 g carbohydrate 11 g fiber 17 g protein	<b>Nutritional Info:</b> 735 calories 29.5 g fat 6 g saturated fat 35 mg cholesterol 1500 mg sodium 94 g carbohydrate 15 g fiber 25 g protein	<b>Nutritional Info:</b> 840 calories 21 g fat 5.5 g saturated fat 15 mg cholesterol 920 mg sodium 130 g carbohydrate 24 g fiber 27 g protein	<b>Nutritional Info:</b> 500 calories 5 g fat 1 g saturated fat 0 mg cholesterol 540 mg sodium 104 g carbohydrate 18 g fiber 15 g protein	<b>Nutritional Info:</b> 690 calories 29 g fat 3.5 g saturated fat 100 mg cholesterol 710 mg sodium 63 g carbohydrate 11.5 g fiber 46 g protein	<b>Nutritional Info:</b> 740 calories 21 g fat 1 g saturated fat 0 mg cholesterol 645 mg sodium 126 g carbohydrate 20 g fiber 21 g protein

## GET YOUR PLATE IN SHAPE - RECIPES

### SUNDAY

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#### Salmon Soft Tacos

*Aim to eat seafood twice a week, especially fish rich in healthy omega-3 fats, such as salmon. The best choice for your health and the environment is Wild-caught Alaskan salmon.*

Serves 4

1 Tbsp extra-virgin olive oil  
1 Tbsp red chile powder  
1 Tbsp fresh lime juice  
¼ tsp salt  
¼ tsp freshly ground pepper  
4 4-ounce salmon filets  
8 small corn tortillas (6-inch), warmed

Toppings

Cilantro, chopped

Cabbage slaw:

1 cup finely shredded green cabbage  
1 cup finely shredded purple cabbage  
2 Tbsp rice vinegar  
1 Tbsp extra-virgin olive oil  
Salt and pepper, to taste

Creamy yogurt:

½ cup nonfat plain yogurt  
3 Tbsp cilantro, chopped  
1 tsp Serrano chile, finely chopped  
1 tsp fresh lime juice  
Salt and pepper to taste

Combine the first five ingredients in a small bowl. Rub mixture over salmon. Grill or bake salmon skin-side down until done (easily flakes with a fork). Meanwhile, prepare the cabbage slaw and yogurt topping. Cut each filet into two pieces and remove skin. Divide salmon and toppings among the tortillas.

## MONDAY

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### Colorful Frittata

*Easy to make and packed with protein, frittata is perfect for a busy weeknight dinner. Use any vegetables you have on hand, including leftover roasted veggies from a previous dinner. Add milk to eggs to create a fluffier frittata.*

Serves 6

1 tsp extra-virgin olive oil  
6 eggs, beaten  
½ cup fat-free milk  
½ medium onion, finely chopped  
1 medium zucchini, thinly sliced  
½ red bell pepper, diced  
1 garlic clove, minced  
1 Tbsp chopped fresh parsley (you can substitute with basil or cilantro )  
½ cup shredded mozzarella cheese  
Freshly ground pepper and salt to taste

Preheat the broiler. In an ovenproof skillet, such as cast iron, warm oil over medium heat. Add onion, zucchini, bell pepper, and garlic until crisp and tender. Remove from heat, cover, and let sit for three minutes. Stir together eggs, milk, salt, pepper, and parsley. Gently stir egg mixture into the veggies. Sprinkle with cheese and cook on medium-low heat until eggs are nearly cooked.

Place skillet in oven under broiler for about two minutes, until browned and eggs are cooked through. Remove and let cool before slicing and serving with the bean and corn salad or a Greek salad.

## Bean and Corn Salad

*Colorful and delicious, this side is loved in my household, and often shared at potlucks. It can be made ahead of time and enjoyed for dinner. Use leftovers for lunch the next day stuffed in a whole grain pita pocket or wrapped in a corn or whole-wheat tortilla.*

Serves 8

2 (15-ounce) cans black beans, drained and rinsed  
1 ½ cups corn kernels, fresh or thawed  
1 large red bell pepper, diced  
¾ cup minced red onion  
1-2 fresh jalapenos, seeded and minced  
½ cup chopped fresh cilantro  
2 tsp cumin seed

Dressing:

¼ cup fresh lime juice  
½ Tbsp lime zest  
1 Tbsp brown sugar  
1 Tbsp Dijon mustard  
½ tsp red pepper flakes  
Salt and freshly ground pepper, to taste  
¼ cup canola or olive oil

Combine all salad ingredients in a large bowl. In a small bowl, combine all dressing ingredients, except oil. Add oil gradually, beating with a whisk. Pour dressing over salad and toss to combine. Cover and refrigerate for at least one hour. Serve chilled or at room temperature.

## TUESDAY

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### Zesty Chicken

*Tired of chicken? Try this simple dish and serve with a mixed green salad.*

Serves 4

- 1 cup Italian salad dressing (preferably homemade or a store-bought light version)
- ½ tsp dried oregano
- ¼ tsp garlic powder
- 1 ½ pounds skinless chicken breast, cut into chunks
- 1 (14-ounce) can of artichoke hearts, drained, and cut into quarters
- 1 (14-ounce) can diced stewed tomatoes, reserve 1/3 cup liquid
- 2 small zucchini, cut into 1/2 –inch slices
- 1 cup pitted black olives
- 2 Tbsp chopped fresh parsley

In a large pan, over medium heat, combine first three ingredients and bring to a simmer. Add chicken and cook until done, stirring frequently. Stir in remaining ingredients and bring to a low simmer. Cook until zucchini is tender and crisp. Sprinkle with parsley.

### Wild Rice & Barley

Serves 4

- ½ cup wild rice
- ½ cup pearl barley
- ½ tsp thyme
- 3 cups reduced sodium vegetable or chicken broth

Bring broth to boil in a saucepan. Add rice, barley, and thyme. Simmer for 45 minutes.

### Gingered Carrots

Serves 4

- ½ pound carrots (about 2 medium), cut into ¼ inch slices
- 1 tsp extra-virgin olive oil or trans fat free tub margarine
- ½ tsp fresh ginger, minced
- 1 tsp parsley

Steam carrots in saucepan for about 15 minutes or until tender. In a small bowl, stir together oil, ginger, and carrots. Sprinkle with parsley.

## WEDNESDAY

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### Polenta with Beans and Wild Mushrooms

*It's risky including a recipe with fungus but mushrooms offer a delicious meatiness to dishes and are often overlooked for their nutrition. They have more of the antioxidant selenium than any other produce, are a good source of B vitamins and potassium which helps lower blood pressure.*

Serves 4

2 tsp extra-virgin olive oil  
1 cup sliced fresh mushrooms, such as shiitake, crimini, portabella  
½ cup chopped onion  
2 garlic cloves, minced  
2 small zucchini, chopped  
1 14-ounce can cannellini beans, drained and rinsed  
2 tomatoes, diced (or 1-14 oz can)  
1 tsp basil  
¼ tsp paprika  
¼ tsp pepper  
1 (18-ounce) tube prepared polenta  
1 bunch Swiss chard, chopped and cooked  
Shredded Parmesan or mozzarella cheese

Preheat oven to 350°F. Heat oil in skillet over medium heat. Sauté mushrooms, onion, garlic, zucchini 3-5 minutes, stirring occasionally. Add beans, tomatoes, basil, paprika, and pepper. Simmer for 5 minutes, stirring occasionally.

Spray baking dish with cooking spray. Slice polenta into rounds and place in baking dish. Spoon vegetables on top of polenta. Top with cheese and bake for 15 minutes. Serve on top of greens.

### Spinach and Pear Salad

Serves 4

8 cups baby spinach  
2 Bosc pears, thinly sliced  
½ cup dried cranberries  
½ cup chopped walnuts, toasted  
¼ cup Gorgonzola or blue cheese crumbles

Mix the dressing ingredients together:

1 shallot, finely chopped  
2 Tbsp red or white wine vinegar  
2 tsp honey or agave nectar  
2 tsp Dijon mustard  
1 Tbsp extra-virgin olive oil  
½ tsp freshly ground pepper  
Salt to taste

## THURSDAY

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### Vegetable Curry

*Nothing beats coming home after a long day at work than dinner being ready. Give yourself a break and try at least one slow cooker recipe a week. This recipe packs in the vegetables and the curry offers anti-inflammatory properties.*

Serves 8

- 1 Tbsp canola oil
- 2 cups carrots, sliced
- 1 onion, sliced
- 3 garlic cloves, sliced
- 2 Tbsp curry powder
- ½ tsp turmeric
- 4 sweet potatoes, chunked
- 1 cup green beans, fresh or frozen (*you can substitute any leafy green but wait to add with milk*)
- 3 cups chickpeas, drained and rinsed
- 1 cup tomatoes, diced (fresh or canned)
- 4 cups reduced sodium vegetable broth (more if needed)
- ½ cup peas, fresh or frozen
- ½ cup light coconut milk
- 4 cups whole wheat couscous, cooked

Heat oil in a sauté pan over moderate heat. Add carrots and onion; sauté 3-4 minutes. Add garlic and spices to the pan until they become fragrant, about 1-2 minutes. Remove vegetables from the pan and transfer to a slow cooker. Add remaining ingredients, except for peas and coconut milk. Set the slow cooker on low and cook for 5 ½ to 6 hours (I've left it for longer and it is fine). Add peas and coconut milk and continue to cook for 15 minutes. Ladle over whole wheat couscous.

### Mixed Fruit Salad

Wash, cut up, and stir together any combination of your favorite fruit – fresh or frozen. Drizzle with lemon juice and sprinkle with shredded coconut. Use a variety of colorful fruit, such as apple chunks, peaches, grapes, pear, banana, or berries.



## FRIDAY

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### Lemon Grilled Trout

*Like salmon and tuna, freshwater trout is another fish rich in healthy omega-3 fats.*

Serves 4

4 small trout (about 5 ounces each)  
Fresh tarragon  
Lemon slices and wedges  
Extra-virgin olive oil

Heat grill (or oven). Using aluminum foil, create a baking dish for each fish serving longer than the fish. Spray with cooking spray and place whole trout on each foil. Open and place fresh tarragon sprigs and lemon slices down the middle of each. Drizzle a little olive oil over each. Fold up the foil, creating a tent-like packet. Grill or bake until done, about 10 minutes.

### Roasted Cauliflower

*This is one of my all time favorites found at myrecipes.com. It's so easy and offers a nice salty combination of olives and beans.*

Serves 6

1 pound (or 5 cups) cauliflower florets  
24 green Spanish olives, pitted and halved  
8 garlic cloves, chopped  
1 (15-ounce) can of chickpeas (garbanzo beans), drained and rinsed  
3 Tbsp olive oil  
½ tsp crushed red pepper  
¼ tsp salt  
3 Tbsp fresh flat-leaf parsley leaves

Preheat oven to 450°. Combine first four ingredients in a roasting pan. Drizzle with oil, sprinkle with pepper and salt. Toss well to coat. Bake for 20 minutes or until cauliflower is browned and crisp-tender, stirring after 10 minutes. Sprinkle with parsley.

## Braised Greens

1 tsp extra-virgin olive oil  
4 cloves garlic, minced  
½ pound mixed greens (kale, Swiss chard, collards, spinach), well washed  
2 Tbsp water  
Freshly ground pepper and salt, to taste  
Cider vinegar, to taste

Trim away the thick ribs from kale and collards. Heat a deep skillet or pot over medium heat. Add oil and garlic. Sauté until fragrant, about 30 seconds. Stir in greens and the water. Reduce the heat to low, cover the pot, and continue cooking until tender, 15-30 minutes. Kale can take longer to cook. Add more water the longer the cooking time. Taste and season with pepper, salt, and vinegar.

## Quinoa

*A staple in the ancient Inca's diet, quinoa is a protein-rich whole grain. It's light, mild, and nutty in flavor. It can be enjoyed hot, cold, sweet or savory with a variety of add-ins.*

1 cup quinoa  
2 cups reduced sodium vegetable broth

Rinse quinoa in a fine mesh strainer under cold running water; drain. In saucepan bring broth to boil and add quinoa. Return to boil; reduce heat and simmer, covered for 15 minutes. Enjoy this simple whole grain as is, or add any herbs or vegetable you like. Try a cold grain/bean salad out of leftovers.

## SATURDAY

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### Lentil Soup

Serves 6

2 tsp extra-virgin olive oil  
1 large onion, chopped  
3 celery ribs, chopped  
3 garlic cloves, minced  
¾ cup red lentils  
2 large tomatoes, chopped (or 1-14 oz can)  
4 cups vegetable broth  
2 tsp herbs (basil, thyme, oregano)  
Freshly ground pepper and salt, to taste  
Chopped parsley

Heat oil in large saucepan over medium heat. Add onion, celery, garlic and cook for 5 minutes, stirring occasionally. Add lentils and cook for 1 minute. Stir in tomatoes, broth, herbs, salt, and pepper. Cover and bring to a boil. Reduce heat, simmer for 20 minutes, stirring occasionally. Set soup aside to cool. For a creamy soup, puree in a blender or food processor until chunky smooth. Return to saucepan and reheat until hot. Add more broth, if needed. Serve with chopped parsley, thick bread, and salad.

### Quick Baked Pears

Serves 2

2 large Bosc pears  
2 tsp sugar  
¼ tsp cinnamon  
¼ cup dried cranberries or raisins  
¼ cup chopped walnuts  
¼ cup 100% apple juice

Peel pears and cut in half lengthwise. Use a melon baller to remove core and seeds, creating a hollow. Place pear halves, with cut sides up, in a small glass baking dish. Combine sugar and cinnamon and sprinkle over pears. Sprinkle raisins and walnuts over pears, then pour apple juice in and around pears. Cover dish loosely. Cook in microwave for 6-8 minutes or until pears are tender. Let stand in dish for five minutes.

# MEAL PLANNER

DAY	BREAKFAST	LUNCH	DINNER	FOOD GROUP	SOURCE (Cookbook, website)
SUNDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	
MONDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	
TUESDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	
WEDNESDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	
THURSDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	
FRIDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	
SATURDAY				<input type="checkbox"/> Vegetable <input type="checkbox"/> Fruit <input type="checkbox"/> Whole Grain <input type="checkbox"/> Protein <input type="checkbox"/> Milk Product	