WEEKLY MEAL PLAN

Mon

Seafood Paella

1 onion, 4-6 cloves garlic
1/2 cup cherry tomatoes
1-2 shallots, fresh parsley, for garnish
4 tablespoons olive oil
(1) 15 ounce can tomato sauce
2 to 3 teaspoons smoked paprika
One pinch of saffron threads
2 cups medium-grain Spanish paella rice or risotto rice
3 cups chicken stock, plus more if needed
1 cup dry white wine
1 cup chicken stock
4 cleaned small squid
1 (12 oz.) package Wild White Shrimp (or any shrimp)
½ cup cooked spicy sausage, chopped
½ pound mussels
1 tablespoon butter

Tues

Kale Bacon Manchego Pizza

2 cloves garlic
1/4 cup onion
5 ounces kale
1 tablespoon extra virgin olive oil
2 naan or flatbread
1/2 cup Manchego cheese
1/2 cup bacon

Wed

Sweet Potato, Black Bean & Corn Enchiladas

1 small yellow onion
2 lbs. sweet potatoes
1 cup corn kernels
chopped cilantro and avocado, for serving
1 tablespoon canola oil
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon smoked paprika
(1) 15 ounce can black beans
8 soft taco size tortillas
Enchilada sauce
1½ cups grated cheese

Thurs

Thai Peanut Chicken Noodles

2 cloves garlic
2 teaspoons fresh ginger
1 lime
1/3 cup cilantro
1 red or yellow bell pepper
2 medium carrots
3/4 cup frozen peas
2 tablespoons olive oil
1/3 cup peanut butter
1/4 cup soy sauce for sauce plus 2 tbsp
2 tablespoons rice vinegar
1 tablespoons chili garlic sauce (like Sriracha)
1 tablespoon honey
10 oz whole wheat spaghetti noodles, cooked
1/2 cup peanuts
12 oz boneless skinless chicken breast

Fri

Easy Chile Rellenos Casserole

8 whole roasted green chiles or (2) 7 ounce cans whole green chiles
1 cup lowfat evaporated milk
¼ cup whole wheat flour
¾ cup green salsa, hot sauce
¾ cup shredded Monterey Jack or Pepper Jack cheese
½ cup shredded sharp cheddar cheese
2 whole eggs + 1 egg white