

WEEKLY MEAL PLAN

Mon

Broccoli Chicken & Cheese Wild Rice Casserole

- 2 cups broccoli florets
- ½ cup diced onion
- 1 clove garlic
- 1 cup uncooked wild rice
- 1 ½ tablespoons flour
- ¾ pound chicken breasts
- ¼ cups milk
- ½ cup shredded sharp cheddar cheese
- ¾ cup shredded Swiss cheese
- ¼ cup plain non-fat Greek yogurt
- 1 tablespoon butter

Tues

Pasta e Fagioli

- 1 onion
- 1 medium sized carrot
- 1 celery rib
- 4 garlic cloves
- ¼ cup minced fresh parsley
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- 3 anchovy fillets, rinsed and minced or 1 tablespoon anchovy paste (to taste)
- 1 (28-ounce) can diced tomatoes
- 2 (15-ounce) cans cannellini beans, rinsed
- 3½ cups chicken broth
- 1 cup elbow pasta
- 3 ounces pancetta or 3 slices bacon, chopped fine
- ½ lb. lean ground beef
- 1 Parmesan cheese rind
- 2 ounces Parmesan cheese, grated for garnish (optional)

Wed

Ginger Teriyaki Filet

- 1/2 teaspoon ginger root, minced
- 2 garlic cloves
- 1/4 cup soy sauce
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 tablespoon sesame oil
- 1½ lbs. top sirloin filets

Thurs

One Pot Creamy Sausage Roasted Red Pepper Pasta

- 1 medium yellow onion, chopped
- 16 ounces cremini mushrooms, sliced
- 2 cloves garlic, minced
- 2 cups baby spinach
- 1 tablespoon extra virgin olive oil
- 16 ounce jar roasted red peppers
- 8 ounces Barilla penne pasta, uncooked
- 1 lb. spicy pork sausage, casings removed
- ¼ cup heavy cream
- Freshly grated parmesan cheese, for serving

Fri

Butternut Squash Quinoa and Swiss Chard Stew

- 2 stalks celery
- 1 medium yellow onion
- 3 cloves garlic
- 1 tsp fresh thyme
- 1 tsp fresh rosemary
- 3 stalks swiss chard
- 1 small butternut squash
- 2 cups fresh green beans
- 1 can garbanzo beans
- 1 (14 oz) can crushed tomatoes
- 1/2 cup dry quinoa
- 4 cups vegetable broth

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