



# menu

## **SUNDAY**

Sweet Potato Enchiladas with Red Rice and Black Beans

## **MONDAY**

Sausage, Eggplant and Feta Penne Pasta with Salad

## **TUESDAY**

Lemon Chicken with Green Beans and New Potatoes

## **WEDNESDAY**

Slow cooker Beef and Bean Burritos with Tortilla Chips and Salsa.

## **THURSDAY**

Pork Chops with Cinnamon Apples, Poppy seed Noodles and Peas

## **FRIDAY**

Date Night!

## **SATURDAY**

Broiled Sea Bass with Pineapple Chili Basil Glaze  
over Brown Rice with Sesame Asparagus

## sweet potato enchiladas

the nest

- 4 cups cooked and mashed sweet potatoes
- 4 garlic cloves, minced
- 1- 8 oz can of kidney beans
- 2 cups water
- 10+ tortillas
- 3 tsp Dijon mustard
- 1 tsp cayenne pepper
- 4 tsp soy sauce
- 3 tsp cumin
- 1/2 white onion, diced
- 2 tsp olive oil
- 2 cups cheddar cheese, shredded



Preheat oven to 375° F. Pour olive oil in a large skillet with garlic and onion. Heat and simmer until light brown, or soft. Add mashed sweet potatoes and kidney beans. Take off heat and pour in water slowly and mix periodically before adding more. Add seasonings: soy sauce, Dijon mustard, pepper, and cumin. Mix well and heat through. In a large casserole dish, lay out tortillas and fill with the mixture and a little bit of cheese; roll with the opening facing down. Pour remaining mixture over the top. Cook for 10-12 minutes. Sprinkle remaining cheese on top and cook again until melted.

### Serve with Red Rice and Black Beans.

**Red Rice:** Cook rice according to package directions. When done, mix in half a jar of salsa.

**Black Beans:** Cook beans according to package directions. When done, I like to mix in 1-2 tbsp of low fat sour cream before serving.

## sausage, eggplant and feta penne pasta

cooking light | makes 4 servings

- 4 1/2 cups cubed peeled eggplant (about 1 pound)
- 1/2 lb. pork breakfast sausage
- 4 garlic cloves, minced
- 2 tbsps tomato paste
- 1 tsp dried oregano
- 1/4 tsp freshly ground black pepper
- 1 (14.5 oz) can diced tomatoes, undrained
- 6 cups (10 oz) hot cooked penne pasta
- 1/2 cup (2 oz) crumbled feta cheese
- 1/4 cup chopped fresh parsley



Cook eggplant, sausage, and garlic in a large nonstick skillet over medium-high heat 5 minutes or until sausage is browned and eggplant is tender. Add tomato paste and the next 3 ingredients (through tomatoes); cook over medium heat 5 minutes, stirring occasionally.

Place pasta in a large bowl. Add tomato mixture, cheese, and parsley; toss well.

Serve with a green salad.

## lemon chicken with green beans and new potatoes

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- 6 tbsps olive oil
- 2 lemons, 1 thinly sliced, 1 juiced
- 4 cloves garlic
- 1 tsp salt
- 1/2 tsp ground pepper
- 3/4 lb green beans
- 8 small red potatoes, quartered
- 4 chicken breasts
- lemon pepper



Preheat oven to 450° F. Coat a large baking dish with 1 tbsp olive oil. Arrange lemon slices from 1 lemon in a single layer on the bottom of the dish. In large bowl combine remaining olive oil, lemon juice of 2nd lemon, garlic, salt and pepper. Add green beans and toss to coat.

Using tongs, remove green beans and arrange them on top of lemon slices. Add potatoes to same olive oil mixture and coat. Arrange on inside edge of dish on top of the beans. Sprinkle some lemon pepper seasoning on top of everything. Place chicken in olive oil mixture and coat. Place chicken in dish. Roast for 40-50 minutes. Remove chicken and continue roasting potatoes/beans if necessary.



## slow cooker beef and bean burritos

cooking light | makes 12 servings

- 1 (2 lb) London broil
- 1 (1.25 oz) pkg taco seasoning mix
- Cooking spray
- 1 cup chopped onion
- 1 tbsp white vinegar
- 1 (4.5 oz) can chopped green chiles
- 1 (16 oz) can fat-free refried beans
- 12 (8 inch) fat-free flour tortillas
- 1 1/2 cups (6 oz) shredded Monterey Jack cheese
- 1 1/2 cups chopped plum tomato
- 3/4 cup fat-free sour cream
- cilantro

Trim fat from meat; rub seasoning mix over both sides of meat. Place meat in an electric slow cooker coated with cooking spray; add onion, vinegar, and green chiles. Cover with lid; cook on low-heat setting for 9 hours. Remove meat from slow cooker, reserving cooking liquid; shred meat with two forks. Combine meat and reserved cooking liquid; stir well.



Warm beans and tortillas according to package directions. Spread 2 tbsp beans down the center of each tortilla. Spoon a heaping 1/3 cup meat mixture on top of beans. Top each with 2 tbsp cheese, 2 tbsp tomato, 1 tbsp sour cream and some cilantro; roll up.

**Serve with Tortilla Chips and Salsa.**

## pork chops with cinnamon apples

cooking light | makes 4 servings

- 1 tsp dried rubbed sage
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 4 (4 oz) boneless center-cut loin pork chops
- 1/2 tsp vegetable oil
- Cooking spray
- 1 tsp butter
- 4 cups sliced, peeled Granny Smith apples
- 1 tbsp brown sugar
- 1 tsp fresh lemon juice
- 1/2 tsp ground cinnamon
- Dash of salt

Combine first 3 ingredients, and sprinkle over the pork. Heat oil in a large nonstick skillet coated with cooking spray over medium heat. Add pork; cook 3 minutes on



each side or until done. Remove the pork from pan. Cover and keep warm.

Melt butter in pan over medium heat. Add apples and remaining ingredients, and cook 5 minutes or until tender, stirring frequently. Serve the apples with pork.

**Serve with Poppy seed Noodles and Peas.**

**Poppy seed Noodles:** Cook 8 oz wide egg noodles according to package directions. Place noodles in a large bowl. Add 2 tbsp chopped fresh parsley, 1 1/2 tbsp butter, 2 tsp poppy seeds, 1/4 tsp salt, and 1/4 tsp pepper; toss to combine.

**Peas:** Cook according to package directions.

## broiled sea bass with pineapple chili basil glaze

cooking light | makes 4 servings

- 3 tbsps pineapple preserves
- 2 tbsps rice vinegar
- 1 tsp chopped fresh or 1/4 tsp dried basil
- 1/8 tsp crushed red pepper
- 1 garlic clove, minced
- 3/4 tsp salt, divided
- 4 (6 oz) sea bass (or other firm white fish fillets)
- 1/4 tsp black pepper
- Cooking spray



Preheat broiler. Combine first 5 ingredients and 1/4 tsp salt in a small bowl. Sprinkle the fillets with 1/2 tsp salt and black pepper. Place the fillets on a broiler pan coated with cooking spray; broil 5 minutes. Remove from oven; brush fillets evenly with glaze.

Return to oven; broil for an additional 5 minutes or until the fish flakes easily when tested with a fork.

**Serve with Brown Rice and Sesame Asparagus.**

**Brown Rice:** Cook according to package directions.

**Sesame Asparagus:** Preheat oven to 450° F. Trim asparagus into 2-inch lengths. In a roasting pan, toss asparagus with olive oil and salt. Roast for 10 minutes, turning half way through. Add sesame seeds and roast until asparagus lightly browned and tender, about 5 minutes more.