



WEEK FIVE

resolution

MEMORIAL
HERMANN®

WELCOME TO WEEK
5

How are you feeling? After a month of (mostly) cooking and eating at home, you should feel great! Hopefully you've tried a few recipes that will become a part of your regular rotation. For Monday's Zucchini Rolls, if you have two cups of marinara left over from last week, you can use that instead of a can of chopped tomatoes. Steak Burritos will be a treat for Tuesday night! You can always cut down the total amount of steak to 6-8 ounces by chopping the meat finely. Alternately, use 12 ounces of ground beef that you sauté with a little taco seasoning. Butternut Squash Carbonara is a one-dish meal and the bacon makes it savory and satisfying. If you'd like to make things easier on Thursday, use the meat from a store-bought rotisserie chicken and skip the quick bread. Friday's Mediterranean Cauliflower Crust pizza is a delicious healthy and homemade treat, but if you want to utilize a frozen, store-bought cauliflower crust, we won't tell!

MONDAY

Zucchini
Lasagna Rolls



TUESDAY

Steak
Burritos



WEDNESDAY

Butternut Squash
Carbonara with
Bacon and Broccoli



THURSDAY

Classic Chicken
Soup and
Seeded Whole
Grain Quick Bread



FRIDAY

Mediterranean
Cauliflower Crust
Pizza



SHOPPING LIST WEEK FIVE

PRODUCE	
<input type="checkbox"/>	Basil
<input type="checkbox"/>	Broccoli florets, 2 cups
<input type="checkbox"/>	Butternut squash, 1 large (3 pounds)
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower, 1 head
<input type="checkbox"/>	Celery
<input type="checkbox"/>	Cilantro
<input type="checkbox"/>	Garlic, 1 head
<input type="checkbox"/>	Guacamole
<input type="checkbox"/>	Lemon, 1
<input type="checkbox"/>	Onion, 1
<input type="checkbox"/>	Parsley
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	Zucchini, 3 large
PROTEIN	
<input type="checkbox"/>	Bacon
<input type="checkbox"/>	Skinless, bone-in chicken breasts, 2 pounds
<input type="checkbox"/>	Strip steak, 12 ounces
DAIRY	
<input type="checkbox"/>	6 eggs
<input type="checkbox"/>	Buttermilk, 1 1/2 cups
<input type="checkbox"/>	Cheddar cheese
<input type="checkbox"/>	Parmesan cheese
<input type="checkbox"/>	Part-skim mozzarella cheese
<input type="checkbox"/>	Part-skin ricotta cheese, 1 container
SPICES / HERBS	
<input type="checkbox"/>	Baking powder
<input type="checkbox"/>	Baking soda
<input type="checkbox"/>	Bay leaf
<input type="checkbox"/>	Crushed red pepper
<input type="checkbox"/>	Ground pepper
<input type="checkbox"/>	Italian seasoning
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Salt

CANNED GOODS	
<input type="checkbox"/>	Black olives, pitted and sliced
<input type="checkbox"/>	Crushed tomatoes, enough for two cups
<input type="checkbox"/>	Green olives, pitted and sliced
<input type="checkbox"/>	Low-sodium black beans, 1 15-ounce can
<input type="checkbox"/>	Low-sodium chicken broth, enough for 9 cups
<input type="checkbox"/>	Oil-packed sun-dried tomatoes
FROZEN FOODS	
<input type="checkbox"/>	Peas
CONDIMENTS	
<input type="checkbox"/>	Avocado oil
<input type="checkbox"/>	Canola Oil
<input type="checkbox"/>	Extra-virgin olive oil
<input type="checkbox"/>	Fresh salsa
<input type="checkbox"/>	Honey
<input type="checkbox"/>	Pure maple syrup
BAKERY	
<input type="checkbox"/>	Whole-wheat tortillas
OTHER	
<input type="checkbox"/>	Chopped almonds, enough for 1/4 cup
<input type="checkbox"/>	Flaxseed, enough for 3 tablespoons
<input type="checkbox"/>	Instant brown rice
<input type="checkbox"/>	Rolled oats, enough for 1 cup
<input type="checkbox"/>	Sesame seeds, enough for 3 tablespoons
<input type="checkbox"/>	Unsalted pumpkin seeds, enough for 1/3 cup
<input type="checkbox"/>	Unsalted sunflower seeds, enough for 1/3 cup
<input type="checkbox"/>	Whole-wheat egg noodles
<input type="checkbox"/>	Whole-wheat flour

Some recipes may include peanuts, tree nuts, eggs and wheat. Please make note of dietary restrictions before preparing.

PLATE METHOD SUGGESTIONS

MONDAY

breakfast

Turkey sausage patty,
whole grain english
muffin, watermelon

lunch

Turkey taco lettuce
wraps, rice, grilled
onions/peppers

snack

Corn and black bean
salsa, jicama
sticks/chips

TUESDAY

breakfast

Veggie/egg omelet,
grapes, roasted
breakfast potatoes

lunch

Salmon, quinoa,
mixed berries,
brussels sprouts

snack

Cottage cheese,
peaches,
bell pepper slices

WEDNESDAY

breakfast

Scrambled eggs,
whole grain toast,
orange

lunch

Light tuna salad with
whole grain crackers,
cucumbers, grapes

snack

Carrots, celery,
hummus,
whole grain pretzels

THURSDAY

breakfast

Greek yogurt, mixed
berries, unsweetened
granola

lunch

Veggie burger with
whole grain bun,
cauliflower tots, orange

snack

Light chicken salad,
whole grain crackers,
grapes

FRIDAY

breakfast

Oatmeal with milk,
peanut butter,
banana

lunch

Baked chicken breast,
green beans, carrots,
mashed potatoes

snack

Boiled egg,
mini bell peppers,
popcorn

Since these meals are suggestions, the ingredients are not included in the weekly shopping list.



Zucchini Lasagna Rolls

Serving Size: 4 rolls

Yield: 6 servings

Active Time: 45 minutes

Total Time: 1 hour 15 minutes

MONDAY

Ingredients

3 large zucchini, trimmed (about 4 pounds)
4 tablespoons extra-virgin olive oil, divided
¼ teaspoon salt plus a pinch, divided
2 cups crushed tomatoes
1 teaspoon Italian seasoning
4 teaspoons minced garlic, divided
¼ teaspoon crushed red pepper
2½ cups part-skim ricotta cheese
¼ cup grated Parmesan cheese
½ teaspoon ground pepper
¼ cup chopped almonds

Instructions

Position racks in the middle and upper third of oven; preheat to 425°. Coat two rimmed baking sheets with cooking spray.

Slice each zucchini lengthwise into ¼ to ⅝ inch-thick strips. Discard any small or misshapen pieces. You should have about 24 strips. Brush the strips with 3 tablespoons oil and sprinkle with ¼ teaspoon salt. Place on the prepared baking sheets. Roast until softened, 20 to 25 minutes. Set aside to cool slightly.

Reduce oven temperature to 350°.

Combine tomatoes, Italian seasoning, 2 teaspoons garlic and crushed red pepper in a large bowl. Spread the mixture in a 9-by-13-inch baking dish. Combine ricotta, Parmesan, pepper and 1 teaspoon garlic in a medium bowl.

When the zucchini is cool enough to handle, spread a generous tablespoon of the ricotta mixture on each slice. Roll up the slices and place them in the baking dish seam-side down. Bake until hot, 25 to 30 minutes.

Meanwhile, place almonds, the remaining 1 teaspoon garlic and the remaining pinch of salt in a mini food processor. Process until ground to a coarse meal. Heat the remaining 1 tablespoon oil in a medium skillet over medium heat. Add the almond mixture and cook, stirring frequently, until lightly browned and fragrant, 1 to 2 minutes. Serve the lasagna rolls topped with the almond mixture.

Nutrition

Calories: 324

Total Fat: 21 g

Saturated Fat: 7 g

Cholesterol: 35 mg

Carbohydrates: 19 g

Fiber: 4 g

Total Sugars: 8 g

Added Sugars: 0 g

Protein: 17 g

Sodium: 447 mg

Potassium: 855 mg

Folate: 66 mcg

Calcium: 380 mg

Carbohydrate Servings: 1 ½



Steak Burritos

Serving size: 1 burrito
Yield: 4 servings
Active Time: 30 minutes
Total Time: 30 minutes

TUESDAY

Ingredients

- ½ cup prepared fresh salsa
- ½ cup water
- ¼ cup instant brown rice
- 1 15-ounce can black beans, preferably low-sodium, rinsed
- 12 ounces strip steak, trimmed and thinly sliced crosswise
- ¼ teaspoon freshly ground pepper
- 1 tablespoon canola oil
- 4 8-inch tortillas, preferably whole-wheat
- ½ cup shredded sharp cheddar cheese
- ¼ cup prepared guacamole
- 2 tablespoons coarsely chopped fresh cilantro

Instructions

Combine salsa and water in a small saucepan; bring to a boil. Stir in rice, reduce heat to a simmer, cover and cook for 5 minutes. Stir in beans, return to a simmer and cook, uncovered, stirring occasionally, until the rice is tender and most of the liquid is absorbed, about 5 minutes more.

Meanwhile, sprinkle steak with pepper. Heat oil in a large skillet over medium-high heat. Add steak and cook, stirring occasionally, until browned and cooked through, 3 to 5 minutes.

To assemble, divide the steak among the tortillas and top with equal amounts of cheese, guacamole, cilantro and the rice mixture. Roll each tortilla up into a burrito.

Nutrition

Calories: 471	Added Sugars: 0 g
Total Fat: 16 g	Protein: 31 g
Saturated Fat: 6 g	Sodium: 600 mg
Cholesterol: 63 mg	Potassium: 279 mg
Carbohydrates: 49 g	Folate: 12 mcg
Fiber: 7 g	Calcium: 217 mg
Total Sugars: 4 g	Carbohydrate Servings: 3



Butternut Squash Carbonara with Bacon and Broccoli

Serving Size: 1 ¼ cups
Yield: 4 servings
Active Time: 35 minutes
Total Time: 35 minutes

WEDNESDAY

Ingredients

1 3-pound butternut squash, peeled
2 cups small broccoli florets
2 tablespoons extra-virgin olive oil
½ teaspoon ground pepper, divided
¼ teaspoon salt
2 large eggs, at room temperature
¾ cup grated Parmesan cheese, divided
4 strips bacon
2 large cloves garlic, grated
¼ cup low-sodium chicken broth

Instructions

Position oven racks in upper and lower thirds of oven; preheat to 400°.

Cut the neck of the squash from the bulb. Using the large noodle blade of a spiral vegetable slicer (or a julienne or regular vegetable peeler), spiralize (or cut) the squash neck into long strands. You should have about 10 cups of "noodles." (Reserve the bulb for another use.)

Combine the spiralized squash, broccoli, oil, ¼ teaspoon pepper and salt in a large bowl. Divide the mixture between 2 large rimmed baking sheets. Roast until just tender, 12 to 14 minutes.

Meanwhile, whisk eggs and ½ cup cheese in a medium bowl.

Cook bacon in a large nonstick skillet over medium heat until crisp, 7 to 9 minutes. Transfer to a paper towel-lined plate. Remove the pan from the heat; add garlic and stir until fragrant, about 30 seconds. Stir in broth and the remaining ¼ teaspoon pepper. Transfer 3 tablespoons of the broth to the egg mixture, whisking constantly until smooth. Add the egg mixture to the pan; cook over low heat, stirring, until thick and creamy, about 45 seconds. Add the roasted vegetables and gently toss to coat. Transfer to a serving bowl.

Serve topped with crumbled bacon and the remaining ¼ cup cheese.

Nutrition

Calories: 296	Added Sugars: 0 g
Total Fat: 17 g	Protein: 15 g
Saturated Fat: 6 g	Sodium: 594 mg
Cholesterol: 113 mg	Potassium: 831 mg
Carbohydrates: 23 g	Folate: 84 mcg
Fiber: 4 g	Calcium: 306 mg
Total Sugars: 5 g	Carbohydrate Servings: 1½



Classic Chicken Soup

Serving size: 1 ½ cups

Yield: 8 servings

Active Time: 40 minutes

Total Time: 1 hour

THURSDAY

Ingredients

2 tablespoons extra-virgin olive oil
1 cup chopped onion
2 large cloves garlic, minced
1 tablespoon chopped fresh thyme
or 1 teaspoon dried
1 bay leaf
8 cups low-sodium chicken broth
2 pounds bone-in chicken breasts
skin removed
2 cups sliced celery
2 cups sliced carrots
2 cups frozen peas
1¼ teaspoons salt
½ teaspoon ground pepper
3 cups cooked whole-wheat egg noodles
¼ cup chopped fresh parsley

Instructions

Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 minutes. Add thyme and bay leaf; cook, stirring, for 1 minute. Add broth and chicken. Cover, increase heat to high and bring to a simmer. Uncover and cook, turning the chicken occasionally, until an instant-read thermometer inserted into the thickest part without touching bone registers 165°, 20 to 22 minutes. Skim any foam from the surface as the chicken cooks. Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat from the bones and shred.

Meanwhile, add celery, carrots and peas to the pot; return to a simmer. Cook until the vegetables are tender, 4 to 10 minutes. Stir in the shredded chicken, salt, pepper and noodles and cook until heated through, about 3 minutes more. Remove from heat and stir in parsley.

Nutrition

Calories: 291	Added Sugars: 0 g
Total Fat: 8 g	Protein: 26 g
Saturated Fat: 2 g	Sodium: 553 mg
Cholesterol: 63 mg	Potassium: 598 mg
Carbohydrates: 28 g	Folate: 123 mcg
Fiber: 4 g	Calcium: 62 mg
Total Sugars: 5 g	Carbohydrate Servings: 2



Seeded Whole-Grain Quick Bread

Serving Size: 1 slice
Yield: 10 servings
Active Time: 25 minutes
Total Time: 4 hours
(Including 2 ½ hours cooling time)

THURSDAY

Ingredients

- ⅓ cup unsalted sunflower seeds
- ⅓ cup unsalted pumpkin seeds
- 3 tablespoons flaxseed
- 3 tablespoons sesame seeds
- 2 cups white whole-wheat flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 large eggs
- 1 ½ cups buttermilk
- 1 cup rolled oats
- ½ cup avocado oil or extra-virgin olive oil
- 2 tablespoons honey or pure maple syrup

Instructions

Preheat oven to 350°. Coat a 9-by-5-inch loaf pan with cooking spray.

Combine sunflower seeds, pumpkin seeds, flaxseed and sesame seeds in a dry medium skillet; toast over medium heat, stirring, until lightly brown and starting to pop, 5 to 7 minutes.

Reserve 2 tablespoons of the seed mixture in a small bowl; transfer the remaining seeds to a large bowl. Add flour, baking powder, baking soda and salt to the large bowl; whisk to combine. Whisk eggs in a medium bowl, then stir in buttermilk, oats, oil and honey (or maple syrup). Pour the wet ingredients into the dry ingredients; stir and fold together until combined. Scrape the batter into the prepared pan. Sprinkle with the reserved seeds.

Bake until golden brown and a toothpick inserted into the center of the loaf comes out clean, 45 to 55 minutes. Let cool in the pan for about 30 minutes before turning out onto a wire rack to cool completely.

Nutrition

Calories: 340	Added Sugars: 3 g
Total Fat: 20 g	Protein: 10 g
Saturated Fat: 3 g	Sodium: 418 mg
Cholesterol: 57 mg	Potassium: 249 mg
Carbohydrates: 32 g	Folate: 31 mcg
Fiber: 5 g	Calcium: 172mg
Total Sugars: 6 g	Carbohydrate Servings: 2



Mediterranean Cauliflower Crust Pizza

Serving Size: 1 slice

Yield: 4 servings

Active Time: 40 minutes

Total Time: 1 hour 10 minutes

FRIDAY

Ingredients

- 1 medium head cauliflower (about 2 pounds), trimmed and broken into small florets
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- ¼ teaspoon salt
- 2 Meyer lemons or 1 large regular lemon
- 6 oil-packed sun-dried tomatoes, drained and coarsely chopped
- ⅓ cup green or black olives, pitted and sliced
- 1 large egg, lightly beaten
- 1 cup shredded part-skim mozzarella cheese
- ½ teaspoon dried oregano
- Ground pepper to taste
- ¼ cup slivered fresh basil

Instructions

Preheat oven to 450°. Line a pizza pan or rimless baking sheet with parchment paper.

Place cauliflower in a food processor and pulse until reduced to rice-size crumbles. Transfer to a large nonstick skillet and add 1 tablespoon oil and salt. Heat over medium-high, stirring frequently, until the cauliflower begins to soften slightly (but don't let it brown), 8 to 10 minutes. Transfer to a large bowl to cool for at least 10 minutes.

Meanwhile, with a sharp knife, remove the skin and white pith from the lemon(s) and discard. Working over a small bowl, cut the segments from the membranes, letting the segments drop into the bowl (remove seeds). Drain the juice from the segments (save for another use). Add tomatoes and olives to the lemon segments; toss to combine.

Add egg, cheese and oregano to the cooled cauliflower; stir to combine. Spread the mixture onto the prepared baking sheet, shaping into an even 10-inch round. Drizzle the remaining 1 teaspoon oil over the top.

Bake the pizza until the top begins to brown, 10 to 14 minutes. Scatter the lemon-olive mixture over the top, season with pepper, and continue to bake until nicely browned all over, 8 to 14 minutes more. Scatter basil over the top. Cut into wedges and serve.

Nutrition

Calories: 200	Added Sugars: 0 g
Total Fat: 14 g	Protein: 11 g
Saturated Fat: 4 g	Sodium: 475 mg
Cholesterol: 62 mg	Potassium: 451 mg
Carbohydrates: 9 g	Folate: 63 mcg
Fiber: 3 g	Calcium: 260 mg
Total Sugars: 2 g	Carbohydrate Servings: ½