Healthy Recipe of the Month
- July 2006
By Nancy Rogers, MS, RD, Coordinator, UA Worksite Wellness Program

Recipes and Grocery List for 5 Easy Supper Meals

I'm a big advocate of family meals, taking time to eat a nutritious meal together at the close of the day. It's at this time that we reconnect with each other and keep in touch. It also helps to develop good eating patterns in children, as they become used to eating nutrient dense foods that taste good! I have had several people ask me to give them some ideas of what's involved in making easy meals from scratch. So I'll show a Monday through Friday example of what I made for my family last week. Adjust the amount you cook to fit your individual situation. These recipes provide roughly 4-6 servings, with some leftovers for lunch the next day.

Send me an email and let me know if you liked any of these recipes - I'd love to hear from you!

---

5 Supper Meals

- **Meal 1:**
  Crock pot beans and cheese enchiladas
  Salad greens, tomato and red pepper slices
  Watermelon

- **Meal 2:**
Bean tostadas and Spanish rice  
Green onion, tomato, lettuce, avocado  
Cantaloupe  

- **Meal 3:**  
  Chicken breast or thighs with garlic and lemon  
  Boiled red potatoes and Broccoli  
  Watermelon  

- **Meal 4:**  
  Chile with beans  
  Cornbread  
  Carrot and jicama slices  
  Apple slices  

- **Meal 5:**  
  Cube steak  
  Instant brown rice  
  Frozen Italian green beans  
  Cantaloupe

**Grocery List**

- Tub margarine - one with plant stanol esthers may decrease LDL cholesterol  
- 1% or skim milk (or soy milk) to drink with meals - especially the kids!  
- Package of boneless/skinless chicken breasts or thighs (at least 4)  
- Package of cube steaks, think 1/3 to ½ lb per serving  
- 1 lb of lean hamburger  
- 1 lb or so of salt pork (just use a 1 inch cube, and store rest in freezer)  
- Package of 12 corn tortillas (I like the thin style)  
- Package of tostada shells  
- Frozen vegetables - Italian green beans or Mediterranean style  
- Medium size can of enchilada sauce  
- 2 small cans of tomato sauce  
- 1 large (32oz?) can of tomatoes, diced  
- Dried red chile powder  
- Powdered chicken boullion (usually in spice aisle)
• 1 pound mozzarella cheese, you can buy pre-grated
• Large package of dried pinto beans
• Instant brown rice - cooks in 10 minutes
• Long grain rice
• Small cornbread mix, one that uses oil (or if make your own from scratch - egg, milk, oil, flour, yellow cornmeal, baking powder, salt, sugar)
• Canola oil and olive oil
• 8 or so tomatoes
• 2 brown or white onions
• Garlic bulb (usually near the onions)
• 4 or more red potatoes
• Bunch broccoli or use frozen
• 1 green bell pepper
• 1 bunch cilantro
• Package of spring greens, pre-washed
• 2 red peppers
• Jicama
• Baby carrots
• Cantaloupe
• Watermelon
• Lemon
• 4 gala or golden delicious apples
• Bunch of green onions
• Avocado

Meal 1

Crock pot beans and cheese enchiladas
Salad greens, tomato and red pepper slices
Watermelon

Crock Pot Beans

Makes a full crock pot - use plain with juice, mashed, or whole in chili or soups.
Dried pinto beans, about 3-4 cups
Salt pork
Sort and clean enough beans to fill 1/3 of your crock pot. Rinse 3-4 times with water, then fill with water to within 2 inches of the top. Add a 1" cube of salt pork. Cover and cook on low 10-12 hours or on high 6 to 7 hours until beans are tender. Beans are tasty just as they are. When done, add salt and any seasonings you like, such as cumin or garlic.

**Easy Enchiladas** (not as rich as the real thing, but healthy and fast)

Enchilada sauce, medium can
12 corn tortillas
1 onion, diced
1 lb grated mozzarella cheese

Heat enchilada sauce in a saucepan until hot. Lightly grease a 9X13 pan. To assemble enchiladas: dip a tortilla in sauce, lay it in pan, sprinkle with cheese and onion, and roll up. Squeeze the enchiladas all together in one row. Top with remaining sauce, cheese and onion. Bake at 350 degrees until cheese melts, about 20 minutes.

**Dinner:** serve a bowl of beans, and a plate with the enchiladas, slices of red pepper and tomato on a bed of salad greens. Sprinkle chopped cilantro on the beans or enchiladas for flavor. Top with lowfat plain yogurt as a sour cream substitute.

**Meal 2**

Bean tostadas and Spanish rice
Green onion, tomato, lettuce, avocado
Cantaloupe

**Spanish Rice**

On stove or in microwave, heat to boiling 2 cups of water. In large fry pan on medium heat, heat 1 tbsp of canola oil, then add 1 cup rice. Stir constantly until lightly toasted. Add boiling water, 1-2 tbsp of powdered chicken bouillion, 1 small can tomato sauce. Turn down
heat. Cover and let simmer for 20-30 minutes until rice is tender. Can top with chopped cilantro or green onions.

**Bean Tostadas**
Take 2-3 cups of cooked beans and place in a fry pan. Heat on medium heat until bubbly. Turn down heat, then mash with a potato masher, and add salt to taste.

**Dinner:** At the table, have a plate with fresh vegetables - chopped green onion, greens, chopped tomato, and avocado slices. Top a tostada shell with beans, then vegetables. (limes can be squeezed on top for flavor, I like the tiny round ones). Have Spanish rice on the side. Serve melon for dessert or later in the evening.

**Meal 3**

Chicken breast or thighs with garlic and lemon
Boiled red potatoes and steamed Broccoli
Watermelon

**Chicken with garlic and lemon**
In large skillet (nonstick type works the best), add 2 tbsp olive oil, and heat on medium heat. Add 6 or so pieces of chicken and lightly brown. Add 3-4 chopped cloves of garlic and juice of one lemon (you can add 2-3 tbsp of white wine at this time). Cover and simmer for 30-45 minutes until chicken is thoroughly cooked and the juices run clear. Salt and pepper to taste.

**Red Potatoes**
Wash 4-6 potatoes. In a large saucepan, bring about 5 cups of water to boil, then add whole potatoes (should cover them completely). Bring back to a boil, then let simmer for around 30 minutes until a knife inserts easily.

**Broccoli**
Wash and cut off woody stems. Place in a
steamer (or if you don't have one, place 1 inch of water in bottom of pan and put broccoli stems in the water, flowers facing up. Cover and cook until desired doneness, about 10 minutes.

**Dinner:** On plate, cut potato into bites and add a bit of tub margarine, salt and pepper, and green onion or cilantro. I like plain lowfat yogurt on mine. Broccoli flowers and a piece of chicken, plus fruit round out the meal.

**Meal 4**

Chile with beans  
Cornbread  
Carrot sticks and jicama  
Apple slices

**Chile with beans**
In large saucepan, brown 1 lb hamburger with 1 chopped onion, 1 chopped green pepper, and 2 cloves of chopped garlic. Add 1-2 cups of crock pot beans, small can of tomato sauce, and large can whole tomatoes, plus 2-4 tbsp of dried red chile powder, salt to taste (1tsp). Simmer around 20 minutes.

**Cornbread**
Follow package directions or make from scratch: Grease a 9X13 inch pan, preheat oven to 400 degrees. In one bowl, beat 4 eggs with a wire whip (or a fork) until bubbly, and then add 2 cups milk and 2/3 c canola oil. In another bowl, mix 2 c flour, 2 c yellow cornmeal, ¼ to 1/3 c. sugar, 2 tbsp baking powder, 1 tsp salt. Pour liquid ingredients into the dry and just stir to combine - don't over-beat. Pour into pan and bake for 20-25 minutes, or until toothpick comes out clean.

**Dinner:** While cornbread is baking, make up the chile, then make a plate of carrot sticks, jicama slices, and apple slices. Serve chile in a bowl with hot cornbread slices (can butter
them with tub margarine) and munch on the veges on the side.

Meal 5

Cube steak
Instant brown rice
Frozen Italian green beans
Canteloupe

**Cube Steak**
In large fry pan, add 2 tsp olive or canola oil, and heat over medium heat. Add cube steak portions and fry until desired doneness (add a little water if it's too dry). Can add chopped cloves of garlic, or sliced onions to cook along with the meat.

**Instant Brown Rice**
In a large sauce pan, bring to boil about 4 cups of water. Add the rice packet and boil until done, about 10 minutes.

**Italian Green Beans or Mediterranean Vegetables**
In a small saucepan, heat a bit of water in the bottom. Add frozen veges and cook to desired tenderness, about 5 minutes.

**Dinner:** Place a piece of meat, some rice, and some green beans on the plate. Add a sliced tomato for color if you like, and have melon for dessert.